

1 - 1ª Jornada - 1ª Sessão
22.11.2019 - 9:00
Prova 11
22.11.2019
Femin., 1500m Livres
Absolutos
Lista inscritos

Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	16:48.10	Mariana Amaral Mendes	ADRCIMM	Felgueiras	2018
Rec Regional Jun 1	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Nacional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Jun 2	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	2014

TAC Jun 1: 20:02.86; Jun 2: 19:51.17; Sen: 19:45.34

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	17:25.17 S	14.07.2019	Alges (POR)	17:25.17
2	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	19:51.17			19:51.17
3	Mariana Marques Mercedes	03	Jun	129961	CDOM	19:51.17 S			19:51.17
4	Vera Figueiredo Narra	04	Jun	131121	CNA	20:02.86			20:02.86
5	Daniela Alexandra Pedro	04	Jun	130864	SCP	20:02.86			20:02.86
6	Anais Cloe Pereira	04	Jun	147048	SCP	20:02.86			20:02.86

Seniores

1	Ines Jacinto Henriques	00	Sen	120220	SCP	17:01.03 S	14.07.2019	Alges (POR)	17:01.03
2	Beatriz Paulo Ranito	99	Sen	116593	GESL	18:13.17 S	24.11.2018	Alges (POR)	18:13.17

Prova 12
22.11.2019
Masc., 100m Bruços
Absolutos
Lista inscritos

Rec Regional Abs	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Sen	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	1:03.11	Jose Guilherme Couto	SCP		
Rec Regional Juv A	1:03.25	Ricardo Samuel Pereira	SLB	Alges	2019
Rec Regional Juv B	1:05.89	Ricardo Samuel Pereira	SLB	S. Antonio Cavaleiros	2018
Rec Nacional Abs	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012
Rec Nacional Sen	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012
Rec Nacional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	2009
Rec Nacional Jun 1	1:02.99	Andre Goncalo Santos	LSC	Felgueiras	2013
Rec Nacional Juv A	1:03.25	Ricardo Samuel Pereira	SLB	Algés	2019
Rec Nacional Juv B	1:04.22	Andre Goncalo Santos	LSC	Braga	2012

TAC Juv B: 1:19.02; Juv A: 1:17.58; Jun 1: 1:14.74; Jun 2: 1:13.67; Sen: 1:12.26

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	1:15.10 L	11.05.2019	Vila Franca de Xira (POR)	1:12.84
2	Goncalo Ramos Costa	05	Juv B	205229	GESL	1:14.97 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:14.97
3	Afonso Lucio Costa	05	Juv B	202216	SCP	1:17.34 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:17.34
4	Pedro Maria Amado	05	Juv B	148286	SAD	1:21.02 L	11.05.2019	Vila Franca de Xira (POR)	1:18.58
5	Pedro Mahua Alvarez	05	Juv B	208096	SCP	1:18.77 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:18.77
6	Afonso Costa Albuquerque	05	Juv B	132515	CFB	1:19.02 S			1:19.02
7	Pedro Trindade Monteiro	05	Juv B	203176	GDSE	1:19.02 S			1:19.02
8	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	1:19.02 S			1:19.02
9	Tomas Silva Ventura	05	Juv B	128957	EULX	1:19.02 S			1:19.02

Prova 12, Masc., 100m Bru os

Juvenis A

1	Joao Lourenco Rebelo	04	Juv A	132558	SAD	1:08.87 L	01.08.2019	Funchal (POR)	1:06.80
2	Afonso Goncalves de Jorge	04	Juv A	201702	GESL	1:12.47 L	01.08.2019	Funchal (POR)	1:10.29
3	Tomas Sa Vieira	04	Juv A	131504	SAD	1:12.75 L	01.08.2019	Funchal (POR)	1:10.56
4	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	1:10.57 S	15.12.2018	Tomar (POR)	1:10.57
5	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	1:14.45 S	13.07.2019	Alges (POR)	1:14.45
6	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	1:17.47 L	11.05.2019	Vila Franca de Xira (POR)	1:15.14
7	Miguel Filipe Anjo	04	Juv A	201394	CDCP	1:18.07 L	09.06.2019	Badajoz (ESP)	1:15.72
8	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	1:15.78 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:15.78
9	Joao Pedro Faustino	04	Juv A	203986	CDCP	1:16.16 S	01.11.2019	Setubal (POR)	1:16.16
10	Miguel Madeira Silva	04	Juv A	132664	AONDA	1:16.22 S	13.07.2019	Alges (POR)	1:16.22
11	Mario Catalao Moura	04	Juv A	205377	CNS	1:16.64 S	19.05.2019	Alges (POR)	1:16.64
12	Hugo Tomas Silva	04	Juv A	200491	AONDA	1:19.60 L	09.02.2019	Lisboa (POR)	1:17.21
13	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	1:17.58 S			1:17.58
14	Duarte Brito Justino	04	Juv A	130802	ADRCIMM	1:17.58 S			1:17.58
15	Joao Negreiros Guerreiro	04	Juv A	209459	CIRL	1:17.58 S			1:17.58
16	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	1:17.58 S			1:17.58

Juniores

1	Diogo Garcez Mateus	02	Jun	129622	AONDA	1:09.07 L	15.03.2019	Vila Franca de Xira (POR)	1:06.99
2	Joao Luis Matos	03	Jun	130239	CNCVG	1:08.26 S	13.07.2019	Alges (POR)	1:08.26
3	David Van Ossenbruggen	03	Jun	126428	SFUAP	1:10.59 L	01.08.2019	Funchal (POR)	1:08.47
4	Tomas Almeida Leitao	03	Jun	129525	SAD	1:09.18 S	29.06.2019	Alges (POR)	1:09.18
5	Guilherme Matias Cristino	03	Jun	132528	SFUAP	1:11.16 S	15.12.2018	Tomar (POR)	1:11.16
6	Joao Maria Colaco	03	Jun	131515	SCP	1:11.38 S	15.12.2018	Tomar (POR)	1:11.38
7	Henrique Chan Machado	02	Jun	126835	SAD	1:11.46 S	13.07.2019	Alges (POR)	1:11.46
8	Pedro Almeida Marques	02	Jun	127176	CNS	1:13.67 S			1:13.67
9	Joao Gabriel Machado	02	Jun	211590	SCP	1:13.67			1:13.67
10	Diogo Miguel Duraes	03	Jun	123448	CNMJ	1:14.74 S			1:14.74
11	Tiago Represas Loureiro	03	Jun	208178	CNLX	1:14.74 S			1:14.74
12	Pedro Miguel Matos	03	Jun	130244	CNCVG	1:14.74 S			1:14.74

Seniores

1	Pedro Andre Santos	94	Sen	15732	SAD	1:03.23 S	13.07.2019	Alges (POR)	1:03.23
2	Renato Barros Frischknecht	01	Sen	122051	SAD	1:03.33 S	29.06.2019	Alges (POR)	1:03.33
3	Bruno Miguel Martins	93	Sen	26891	GESL	1:05.51 S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:05.51
4	Joao Manuel Vargas	00	Sen	123510	SLB	1:05.84 S	21.12.2018	Felgueiras (POR)	1:05.84
5	Daniel Nogueira Catalao	00	Sen	127075	SLB	1:06.33 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:06.33
6	Joao Costa Fonseca	00	Sen	125134	CNLX	1:06.75 S	13.07.2019	Alges (POR)	1:06.75
7	Bruno Miguel Ramos	97	Sen	109110	CFB	1:10.03 L	15.03.2019	Vila Franca de Xira (POR)	1:07.92
8	Afonso Mateus Ribeiro	95	Sen	100430	CFB	1:08.12 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:08.12
9	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	1:08.40 S	29.06.2019	Alges (POR)	1:08.40
10	Vicente Morgado Ventoso	00	Sen	126466	EULX	1:08.41 S	13.07.2019	Alges (POR)	1:08.41
11	Rui Miguel Correia	96	Sen	105378	CNMJ	1:09.57 S	14.04.2019	Coruche (POR)	1:09.57
12	Frederico Sousa Soares	96	Sen	104260	AHBE	1:10.14 S	02.02.2019	Ponte de Sor (POR)	1:10.14
13	Tiago Correia Neves	97	Sen	125796	CFB	1:10.20 S	16.02.2019	Guarda (POR)	1:10.20
14	Pedro Silva Vaz	98	Sen	111379	AHBE	1:12.26 S			1:12.26

Prova 13
22.11.2019
Femin., 100m Bruços
Absolutos
Lista inscritos

Rec Regional Abs	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	1:08.02	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	1:09.58	Diana Duarte Gomes	ABVE	Alapraia	2005
Rec Regional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Regional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Abs	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009
Rec Nacional Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009
Rec Nacional Jun 2	1:08.02	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	2009
Rec Nacional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Nacional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003

TAC Juv B: 1:29.29; Juv A: 1:26.83; Jun 1: 1:24.42; Jun 2: 1:23.60; Sen: 1:23.20

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Francisca Santos Ferreira	06	Juv B	200402	SAD	1:20.49 L	12.05.2019	Vila Franca de Xira (POR)	1:18.07
2	Catarina Danae Duarte	06	Juv B	201687	AHBE	1:20.85 S	25.04.2019	Sines (POR)	1:20.85
3	Matilde Aparicio Pereira	06	Juv B	200477	CNA	1:22.74 S	25.04.2019	Sines (POR)	1:22.74
4	Ines Correia Teixeira	06	Juv B	133334	CNA	1:23.17 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:23.17
5	Matilde Nunes Lopes	06	Juv B	201711	SLB	1:23.55 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:23.55
6	Maria Esteves Valente	06	Juv B	202954	SLB	1:24.69 S	18.11.2018	Estoril (POR)	1:24.69
7	Mariana Ramos Zacarias	06	Juv B	200183	CNS	1:26.25 S	10.03.2019	Setubal (POR)	1:26.25
8	Ema Faria Matta	06	Juv B	202337	CNCVG	1:27.60 S	29.06.2019	Alges (POR)	1:27.60
9	Erica Candeias Mendes	06	Juv B	147116	CNA	1:29.29 S			1:29.29
10	Madalena Graca Dias	06	Juv B	211407	CNLX	1:29.29			1:29.29
11	Carina Tymosh	06	Juv B	206434	DRCN	1:29.29 S			1:29.29
12	Margarida Sofia Cunha	06	Juv B	208098	GDSE	1:29.29 S			1:29.29
13	Carolina Filipa Correia	06	Juv B	208099	GDSE	1:29.29 S			1:29.29
14	Maria Beatriz Costa	06	Juv B	204155	SCP	1:29.29 S			1:29.29
WDR	Joana Rita Semedo	06	Juv B	200728	ADST	1:30.80 L	12.05.2019	Vila Franca de Xira (POR)	1:28.07

Juvenis A

1	Margarida Domingues Nunes	05	Juv A	201398	EULX	1:14.33 L	01.08.2019	Funchal (POR)	1:12.10
2	Maria Correia Ricardo	05	Juv A	129496	CNS	1:16.97 S	13.07.2019	Alges (POR)	1:16.97
3	Maria Teresa Fernandes	05	Juv A	132557	SAD	1:24.20 L	01.08.2019	Funchal (POR)	1:21.67
4	Maria Carolina Vargas	05	Juv A	132561	SLB	1:22.85 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:22.85
5	Ana Beatriz Simoes	05	Juv A	153354	SCP	1:23.61 S	19.05.2019	Alges (POR)	1:23.61
6	Ana Belo Braga	05	Juv A	132505	AONDA	1:26.50 L	15.03.2019	Vila Franca de Xira (POR)	1:23.90
7	Beatriz Barroso Silva	05	Juv A	133302	SCP	1:26.21 S	13.07.2019	Alges (POR)	1:26.21
8	Mafalda Pereira Matos	05	Juv A	200898	SCP	1:26.39 S	01.11.2018	Lisboa (POR)	1:26.39
9	Matilde Aleixo Duarte	05	Juv A	202526	CNS	1:26.83 S			1:26.83
10	Maria Del Rio Bernat	05	Juv A	200403	SAD	1:26.83 S			1:26.83

Juniores

1	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	1:19.80 L	15.03.2019	Vila Franca de Xira (POR)	1:17.40
2	Catarina Nunes Costa	04	Jun	131376	GESL	1:21.10 L	10.02.2019	Lisboa (POR)	1:18.66
3	Aleksandra Bozanic Borcic	04	Jun	133318	SAD	1:18.73 S	29.06.2019	Alges (POR)	1:18.73
4	Madalena Graca Gerales	04	Jun	131511	SCP	1:20.27 S	16.12.2018	Tomar (POR)	1:20.27
5	Carolina Porem Henriques	04	Jun	129802	SCP	1:20.37 S	19.05.2019	Alges (POR)	1:20.37
6	Caetana Neves Carneiro	03	Jun	129163	CNLX	1:23.60 S			1:23.60
7	Emily Monteiro Cunha	04	Jun	210670	SFUAP	1:24.42 S			1:24.42

Seniores

1	Ana Reis Sousa	02	Sen	122440	SAD	1:13.08 L	01.08.2019	Funchal (POR)	1:10.88
2	Leticia Maia Andre	02	Sen	132801	SLB	1:16.89 L	10.05.2019	Bucuresti (ROU)	1:14.58
3	Margarida Messias Ribeiro	98	Sen	110544	GESL	1:15.60 S	13.07.2019	Alges (POR)	1:15.60
4	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	1:16.50 S	13.07.2019	Alges (POR)	1:16.50
5	Beatriz Antunes Carvalho	99	Sen	117036	SCP	1:16.50 S	24.11.2018	Alges (POR)	1:16.50
6	Rita Fernandes Leitao	96	Sen	25571	CNLX	1:16.88 S	13.07.2019	Alges (POR)	1:16.88
7	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	1:19.93 S	14.04.2019	Coruche (POR)	1:19.93
8	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	1:20.31 S	13.07.2019	Alges (POR)	1:20.31

Prova 13, Femin., 100m Bruços

9	Iolanda Sofia Clérigo	02	Sen	126878	PDEM	1:20.85 S	13.07.2019	Alges (POR)	1:20.85
10	Mafalda Alexandra Henriques	98	Sen	105308	CFB	1:22.91 S	01.11.2019	Setubal (POR)	1:22.91
11	Soraia Guerra Rolim	95	Sen	121321	CIRL	1:23.20 S			1:23.20
12	Lia Ana Lima	01	Sen	205396	SAD	1:23.20			1:23.20

Prova 14

22.11.2019

Masc., 200m Costas
Absolutos
Lista inscritos

Rec Regional Abs	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Regional Sen	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Regional Jun 2	1:58.58	Alexis Manacas Santos	SCP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	2:00.88	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Regional Juv B	2:04.99	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	1:52.66	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018
Rec Nacional Sen	1:52.66	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018
Rec Nacional Jun 2	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	2004
Rec Nacional Jun 1	1:59.34	Adriano Miguel Niz		Alges	2003
Rec Nacional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Nacional Juv B	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia	2013

TAC Juv B: 2:34.80; Juv A: 2:31.99; Jun 1: 2:26.43; Jun 2: 2:24.34; Sen: 2:21.55

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	2:23.53 S	29.06.2019	Alges (POR)	2:23.53
2	Manuel Angelo Pereira	05	Juv B	151305	SCP	2:24.97 S	30.03.2019	Pinhal Novo (POR)	2:24.97
3	Joel Michael Fribergh	05	Juv B	203916	AHBE	2:25.19 S	30.03.2019	Pinhal Novo (POR)	2:25.19
4	Jose Manuel Sa	05	Juv B	203114	SCP	2:28.64 L	27.07.2019	Loule (POR)	2:25.66
5	Diogo Sousa Barbosa	05	Juv B	133332	SLB	2:29.88 L	27.07.2019	Loule (POR)	2:26.88
6	Martim Silva Cortes	05	Juv B	200486	AONDA	2:27.14 S	16.12.2018	Sto Antonio Cavaleiros (POR)	2:27.14
7	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	2:29.59 S	30.03.2019	Pinhal Novo (POR)	2:29.59
8	Francisc Gututui	05	Juv B	200907	SAD	2:31.21 S	30.03.2019	Pinhal Novo (POR)	2:31.21
9	Manuel Pires Oliveira	05	Juv B	201480	PDEM	2:33.60 S	30.03.2019	Pinhal Novo (POR)	2:33.60
10	Diogo Botelho Capricho	05	Juv B	142035	SCP	2:37.28 L	07.07.2019	Setubal (POR)	2:34.13

Juvenis A

1	Miguel Costa Simoes	04	Juv A	132350	CDCP	2:17.70 S	20.01.2019	Alapraia (POR)	2:17.70
2	Guilherme Machado Santos	04	Juv A	200202	SFUAP	2:21.56 L	02.08.2019	Funchal (POR)	2:18.72
3	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	2:18.76 S	29.06.2019	Alges (POR)	2:18.76
4	Jaeden Michael Nunes	04	Juv A	202508	CFB	2:25.65 S	13.07.2019	Alges (POR)	2:25.65
5	Daniel Elias Duarte	04	Juv A	147198	CIRL	2:28.42 S	13.07.2019	Alges (POR)	2:28.42
6	Afonso Romao Francisco	04	Juv A	204573	CDCP	2:28.55 S	25.04.2019	Sines (POR)	2:28.55
7	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	2:31.99 S			2:31.99
8	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	2:31.99 S			2:31.99

Juniores

1	Tomas Nogueira Gomes	03	Jun	126626	SFUAP	2:05.22 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:05.22
2	Antonio Santos Pereira	03	Jun	201690	AHBE	2:11.40 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:11.40
3	Tiago Miguel Dias	03	Jun	112753	CNLX	2:11.84 S	13.07.2019	Alges (POR)	2:11.84
4	Goncalo Filipe Valente	03	Jun	131380	GESL	2:14.67 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:14.67
5	Tiago Leite Barreiros	02	Jun	127804	SAD	2:16.81 S	24.11.2018	Alges (POR)	2:16.81
6	Nicolae Iachimovschi	03	Jun	130036	CFB	2:16.88 S	15.12.2018	Tomar (POR)	2:16.88
7	Dinis Viola Caroco	03	Jun	131696	SCP	2:17.55 S	13.07.2019	Alges (POR)	2:17.55
8	Pedro Henriques Correia	03	Jun	125257	SLB	2:17.80 S	15.12.2018	Tomar (POR)	2:17.80
9	Ricardo Martins Ferreira	03	Jun	127307	AONDA	2:18.26 S	13.07.2019	Alges (POR)	2:18.26
10	Pedro Pires Gomes	03	Jun	129534	CFB	2:22.12 L	02.08.2019	Funchal (POR)	2:19.27
11	Jose Miguel Oliveira	03	Jun	129493	CNS	2:20.39 S	15.12.2018	Tomar (POR)	2:20.39
12	Bernardo Araujo Freire	03	Jun	129532	SAD	2:21.39 S	15.12.2018	Tomar (POR)	2:21.39
13	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	2:24.34			2:24.34
14	Luis Maia Pegado	03	Jun	131701	EULX	2:26.42 S	13.07.2019	Alges (POR)	2:26.42
15	Pedro Miguel Matos	03	Jun	130244	CNCVG	2:26.43 S			2:26.43

Prova 14, Masc., 200m Costas

Seniores

1 Rodrigo Antonio Rosa	96	Sen	105214	VKGS	1:59.24 S	21.12.2018	Felgueiras (POR)	1:59.24
2 Bruno Miguel Ramos	97	Sen	109110	CFB	2:04.26 S	24.11.2018	Alges (POR)	2:04.26
3 Miguel Ribeiro Bate	99	Sen	117183	SAD	2:04.58 S	21.12.2018	Felgueiras (POR)	2:04.58
4 Pedro Andre Santos	94	Sen	15732	SAD	2:05.33 S	13.07.2019	Alges (POR)	2:05.33
5 Ricardo Saraiva Pires	98	Sen	107651	CIRL	2:05.38 S	21.12.2018	Felgueiras (POR)	2:05.38
6 Ricardo Martins Bras	01	Sen	121508	CFB	2:12.45 S	24.11.2018	Alges (POR)	2:12.45
7 Joao Pedro Gil	97	Sen	108343	CDCP	2:21.55			2:21.55

Prova 15 Femin., 200m Costas

22.11.2019

Absolutos

Lista inscritos

Rec Regional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Regional Sen	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Regional Jun 2	2:11.46	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Regional Jun 1	2:12.80	Petra Quintela Chaves	SAD	Algés	1994
Rec Regional Juv A	2:16.30	Petra Quintela Chaves	SAD		1993
Rec Regional Juv B	2:19.15	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Nacional Sen	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Nacional Jun 2	2:11.46	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Nacional Jun 1	2:11.74	Camila Rodrigues Rebelo	ALN	Felgueiras	2018
Rec Nacional Juv A	2:14.11	Camila Rodrigues Rebelo	ALN	Condeixa	2018
Rec Nacional Juv B	2:17.86	Catia Raquel Martinheira	LDC	Sines	2008

TAC Juv B: 2:50.69; Juv A: 2:45.95; Jun 1: 2:41.31; Jun 2: 2:39.74; Sen: 2:38.95

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	2:34.71 L	27.07.2019	Loule (POR)	2:31.61
2	Carolina Martins Camacho	06	Juv B	202646	SFUAP	2:37.80 L	27.07.2019	Loule (POR)	2:34.64
3	Mariana Coelho Carvalho	06	Juv B	200172	CNS	2:41.09 S	31.03.2019	Pinhal Novo (POR)	2:41.09
4	Marina Alexandra Oliveira	06	Juv B	200174	CNS	2:44.72 S	31.03.2019	Pinhal Novo (POR)	2:44.72
5	Maria Pinto Monteiro	06	Juv B	201397	SFUAP	2:48.87 L	16.06.2019	Vila Franca de Xira (POR)	2:45.49
6	Margarida Barbara Marques	06	Juv B	200396	SAD	2:45.87 S	10.03.2019	Setubal (POR)	2:45.87
7	Rita Martins Lopes	06	Juv B	203919	AHBE	2:45.91 S	31.03.2019	Pinhal Novo (POR)	2:45.91
8	Madalena Frago Guterres	06	Juv B	202908	SLB	2:46.27 S	10.03.2019	Setubal (POR)	2:46.27
9	Leonor Viola Marques	06	Juv B	202339	CNCVG	2:46.55 S	10.03.2019	Setubal (POR)	2:46.55
10	Carolina Costa Diniz	06	Juv B	151038	SCP	2:51.39 L	16.06.2019	Vila Franca de Xira (POR)	2:47.96
11	Catarina Coutinho Lima	06	Juv B	132460	SLB	2:48.74 S	10.03.2019	Setubal (POR)	2:48.74
12	Marta Silva Santos	06	Juv B	200182	CNS	2:54.15 L	07.07.2019	Setubal (POR)	2:50.66
13	Clara Sofia Herminio	06	Juv B	202218	CDCP	2:50.69 S			2:50.69

Juvenis A

1 Soraia Maria Salgado	05	Juv A	132513	AEFDTV	2:29.06 S	13.07.2019	Alges (POR)	2:29.06
2 Sofia Antunes Sebastiao	05	Juv A	147121	CNA	2:30.66 S	16.12.2018	Tomar (POR)	2:30.66
3 Barbara Cunha Ventura	05	Juv A	132458	SLB	2:32.91 S	13.07.2019	Alges (POR)	2:32.91
4 Rita Ferreira Gomes	05	Juv A	132563	SAD	2:33.04 S	13.07.2019	Alges (POR)	2:33.04
5 Francisca Otiao Tribuna	05	Juv A	132463	SLB	2:40.12 S	29.06.2019	Alges (POR)	2:40.12
6 Sara Nunes Conceicao	05	Juv A	201393	SFUAP	2:41.83 S	29.06.2019	Alges (POR)	2:41.83
7 Lara Moreira Lopo	05	Juv A	130424	EULX	2:42.23 S	13.07.2019	Alges (POR)	2:42.23

Juniores

1 Carolina Fale Costa	04	Jun	129801	ADRCIMM	2:25.51 S	16.12.2018	Tomar (POR)	2:25.51
2 Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	2:31.17 L	07.04.2019	Coimbra (POR)	2:28.14
3 Mariana Moraes Delfino	04	Jun	132603	SCP	2:29.20 S	17.02.2019	Sto Antº dos Cavaleiros (POR)	2:29.20
4 Anaís Cloe Pereira	04	Jun	147048	SCP	2:32.67 L	07.04.2019	Coimbra (POR)	2:29.61
5 Marta Macedo Inacio	04	Jun	132536	SCP	2:29.71 S	13.07.2019	Alges (POR)	2:29.71
6 Ana Margarida Soares	03	Jun	129488	CNS	2:29.75 S	21.12.2018	Felgueiras (POR)	2:29.75
7 Maria Ines Ribeiro	03	Jun	127252	CFB	2:30.12 S	13.07.2019	Alges (POR)	2:30.12
8 Ana Sofia Inacio	04	Jun	202686	CFB	2:31.50 S	16.12.2018	Tomar (POR)	2:31.50
9 Raquel Raposo Lopes	04	Jun	153469	CDCP	2:33.94 S	19.01.2019	Alapraia (POR)	2:33.94
10 Maria Martins Camacho	04	Jun	130618	SFUAP	2:37.50 S	29.06.2019	Alges (POR)	2:37.50

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11	Diana Valadas Horta	04	Jun	201782	SFUAP	2:39.53 S	13.07.2019	Alges (POR)	2:39.53
12	Maria Freire Alves	04	Jun	132522	AHBE	2:43.78 L	16.03.2019	Vila Franca de Xira (POR)	2:40.50

Seniores

1	Ana Raquel Ferreira	98	Sen	102755	CNLX	2:24.29 S	13.07.2019	Alges (POR)	2:24.29
2	Maria Ornelas Armas	98	Sen	106961	EULX	2:25.45 S	13.07.2019	Alges (POR)	2:25.45
3	Sofia Alexandra Nunes	00	Sen	112322	CIRL	2:28.71 L	28.07.2019	Dublin (IRL)	2:25.73
4	Ana Sofia Pina	02	Sen	125639	SLB	2:29.64 L	10.02.2019	Lisboa (POR)	2:26.64
5	Maria Mousinho Esteves	02	Sen	131944	CIRL	2:27.02 S	13.07.2019	Alges (POR)	2:27.02
6	Ines Figueira Santos	00	Sen	111277	SFUAP	2:32.19 S	13.07.2019	Alges (POR)	2:32.19
WDR	Luisa Maria Machado	01	Sen	121850	SFUAP	2:26.60 L	25.05.2019	Coimbra (POR)	2:23.66

Prova 16

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Masc., 100m Mariposa
Absolutos
Lista inscritos

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

TAC Juv B: 1:09.30; Juv A: 1:07.46; Jun 1: 1:05.02; Jun 2: 1:03.50; Sen: 1:01.99

Convers o tempo inscri  o: Convers o linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	1:04.38 L	27.07.2019	Loule (POR)	1:02.44
2	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	1:04.92 L	12.05.2019	Vila Franca de Xira (POR)	1:02.97
3	Andre Henriques Marques	05	Juv B	129665	SLB	1:03.90 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:03.90
4	Miguel Correia Anacleto	05	Juv B	151340	SCP	1:06.94 L	06.07.2019	Setubal (POR)	1:04.93
5	Tiago Silva Bartolo	05	Juv B	205340	SAD	1:07.93 L	06.07.2019	Setubal (POR)	1:05.89
6	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	1:08.28 L	12.05.2019	Vila Franca de Xira (POR)	1:06.23
7	Vasco Antela Silva	05	Juv B	142037	SCP	1:09.30 L			1:07.22
8	Gon�alo Duarte Carvalho	05	Juv B	132466	SLB	1:09.53 L	12.05.2019	Vila Franca de Xira (POR)	1:07.44
9	Simao Lopes Oliveira	05	Juv B	200178	CNS	1:09.77 L	27.07.2019	Loule (POR)	1:07.67
10	Vasco Santos Silva	05	Juv B	153388	SLB	1:09.30 S			1:09.30
11	Sebastiao Passos Simplicio	05	Juv B	129387	GDSE	1:09.30 S			1:09.30

Juvenis A

1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	58.31 L	03.08.2019	Funchal (POR)	56.56
2	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	1:03.33 L	03.08.2019	Funchal (POR)	1:01.43
3	Felipe Menegassi Maia	04	Juv A	207683	SAD	1:04.80 L	17.03.2019	Vila Franca de Xira (POR)	1:02.85
4	Joao Afonso Santos	04	Juv A	153371	SCP	1:03.73 S	19.05.2019	Alges (POR)	1:03.73
5	Miguel Madeira Silva	04	Juv A	132664	AONDA	1:06.71 L	12.05.2019	Vila Franca de Xira (POR)	1:04.70
6	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	1:06.81 L	02.08.2019	Funchal (POR)	1:04.80
7	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	1:06.91 L	12.05.2019	Vila Franca de Xira (POR)	1:04.90
8	Tiago Barroso Proenca	04	Juv A	129698	EULX	1:05.57 S	14.07.2019	Alges (POR)	1:05.57
9	Hugo Tomas Silva	04	Juv A	200491	AONDA	1:08.01 L	12.05.2019	Vila Franca de Xira (POR)	1:05.97
10	Tomas Martins Mira	04	Juv A	132215	CNS	1:06.49 S	29.06.2019	Alges (POR)	1:06.49
11	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	1:07.46 S			1:07.46
12	Joao Pedro Penelas	04	Juv A	150754	GESL	1:07.46 S			1:07.46
13	Goncalo Afonso Gouveia	04	Juv A	153360	SCP	1:07.46			1:07.46
14	Ruben Jose Salgueiro	04	Juv A	133507	SCP	1:07.46 S			1:07.46

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Juniores

1	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	1:01.08 L	06.04.2019	Coimbra (POR)	59.24
2	Martim Primavera Alfama	02	Jun	128833	GESL	59.68 S	14.07.2019	Alges (POR)	59.68
3	Luis Cabral Junior	03	Jun	129805	CFB	59.93 S	19.05.2019	Alges (POR)	59.93
4	Rodrigo Beja Lopes	03	Jun	205336	AONDA	1:01.79 L	12.05.2019	Vila Franca de Xira (POR)	59.93
5	Joao Garcez Mateus	02	Jun	129623	AONDA	1:02.03 L	10.02.2019	Lisboa (POR)	1:00.16
6	Joao Miguel Martins	02	Jun	127267	CFB	1:02.52 L	17.03.2019	Vila Franca de Xira (POR)	1:00.64
7	Joao Nogueira Mendes	02	Jun	128745	CIRL	1:01.08 S	14.04.2019	Coruche (POR)	1:01.08
8	Joao Miguel Cascalheira	03	Jun	201621	CNS	1:01.92 S	01.11.2019	Setubal (POR)	1:01.92
9	David Manuel Vale	03	Jun	148339	GESL	1:04.58 L	06.04.2019	Coimbra (POR)	1:02.64
10	Goncalo Vieira Almeida	03	Jun	129986	SFUAP	1:04.79 L	06.04.2019	Coimbra (POR)	1:02.84
11	Diogo Garcez Mateus	02	Jun	129622	AONDA	1:03.50			1:03.50
12	Hugo Nunes Magalhaes	02	Jun	127748	SAD	1:03.50			1:03.50
13	Simao Castro Barreto	02	Jun	132474	EULX	1:03.50 S			1:03.50
14	Luis Carlos Correia	03	Jun	207349	SFUAP	1:04.12 S	01.11.2019	Setubal (POR)	1:04.12
15	Afonso Esteves Tome	03	Jun	128467	ADRCIMM	1:04.71 S	29.06.2019	Alges (POR)	1:04.71

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	53.72 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	53.72
2	Carlos Filipe Lopes	01	Sen	127265	SFUAP	58.05 L	06.04.2019	Coimbra (POR)	56.30
3	Daniel Rochinha Pedro	98	Sen	111389	AHBE	56.94 S	20.06.2019	Sto Ant. Cavaleiros (POR)	56.94
4	Afonso Godinho Mestre	95	Sen	100365	CNLX	57.22 S	01.12.2018	Abrantes (POR)	57.22
5	Alexandre Miguel Branco	01	Sen	126584	SAD	59.21 L	14.04.2019	Oeiras (POR)	57.43
6	Ricardo Pinela Ferreira	01	Sen	122050	SLB	57.50 S	14.07.2019	Alges (POR)	57.50
7	Tiago Maria Camoes	01	Sen	121851	SFUAP	59.30 L	03.08.2019	Funchal (POR)	57.52
8	David Granja Lopes	90	Sen	22490	AONDA	59.44 L	10.02.2019	Lisboa (POR)	57.65
9	Hugo Pon	98	Sen	110164	SAD	58.16 S	24.11.2018	Alges (POR)	58.16
10	Pedro Barata Neves	00	Sen	118137	CIRL	1:00.40 L	25.07.2019	Dublin (IRL)	58.58
11	Edgar Filipe Santos	01	Sen	127750	SFUAP	58.89 S	14.07.2019	Alges (POR)	58.89
12	Miguel Ribeiro Bate	99	Sen	117183	SAD	1:01.05 L	05.04.2019	Coimbra (POR)	59.21
13	Diogo Puidival Marques	00	Sen	122045	AONDA	1:01.23 L	17.03.2019	Vila Franca de Xira (POR)	59.39
14	Pedro Mendes Ferreira	01	Sen	129621	CFB	59.49 S	14.07.2019	Alges (POR)	59.49
15	Filipe Ferrao Melo	01	Sen	200171	CNS	59.67 S	29.06.2019	Alges (POR)	59.67
16	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	59.92 S	14.07.2019	Alges (POR)	59.92
17	Renato Barros Frischknecht	01	Sen	122051	SAD	59.94 S	14.07.2019	Alges (POR)	59.94
18	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	1:00.07 S	14.07.2019	Alges (POR)	1:00.07
19	Bernardo Antunes Augusto	00	Sen	122518	AONDA	1:00.69 S	14.07.2019	Alges (POR)	1:00.69
20	Joao Pedro Gil	97	Sen	108343	CDCP	1:01.99			1:01.99
21	Joao Esteves Padrela	99	Sen	119137	CFB	1:01.99			1:01.99
22	Antonio Maria Ferreira	00	Sen	128468	PDEM	1:01.99 S			1:01.99
23	Jose Paula Carvalho	98	Sen	111450	SAD	1:01.99			1:01.99

Prova 17
22.11.2019
Femin., 100m Mariposa
Absolutos
Lista inscritos

Rec Regional Abs	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Sen	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Jun 2	1:02.03	Filipa Vilas Tiago	SCP	Porto	2010
Rec Regional Jun 1	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	1:03.09	Filipa Vilas Tiago	SCP	Sines	2008
Rec Regional Juv B	1:04.30	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010
Rec Nacional Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010
Rec Nacional Jun 2	59.65	Sara Francisco Cruz	ADBA	Leiria	2009
Rec Nacional Jun 1	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	2009
Rec Nacional Juv A	1:01.00	Mariana Pacheco Cunha	CFP	Felgueiras	2019
Rec Nacional Juv B	1:02.36	Mariana Pacheco Cunha	CFP	Felgueiras	2018

TAC Juv B: 1:16.77; Juv A: 1:14.65; Jun 1: 1:12.57; Jun 2: 1:11.87; Sen: 1:11.53

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Maria Leonor Coelho	06	Juv B	132470	SLB	1:12.08 L	11.05.2019	Vila Franca de Xira (POR)	1:09.91
2	Filipa Ferraz Domingos	06	Juv B	200878	SCP	1:13.63 L	11.05.2019	Vila Franca de Xira (POR)	1:11.42
3	Beatriz Mocego Niza	06	Juv B	148435	CNA	1:14.72 L	06.07.2019	Setubal (POR)	1:12.47
4	Catarina Gomes Costa	06	Juv B	201543	EULX	1:16.33 L	06.07.2019	Setubal (POR)	1:14.04
5	Leonor Santos Duro	06	Juv B	202520	CNS	1:14.42 S	10.03.2019	Setubal (POR)	1:14.42
6	Madalena Correa Sa	06	Juv B	201548	GESL	1:14.77 S	17.02.2019	Leiria (POR)	1:14.77
7	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	1:18.99 L	27.07.2019	Loule (POR)	1:16.62
8	Beatriz Portugal Costa	06	Juv B	133278	SLB	1:16.77 S			1:16.77
9	Catarina Lima Antunes	06	Juv B	151077	SCP	1:16.77 S			1:16.77
10	Beatriz Fernandes Gama	06	Juv B	151459	SCP	1:16.77 S			1:16.77
11	Ines Machado Marques	06	Juv B	201032	CNCVG	1:16.77 S			1:16.77

Juvenis A

1	Joana Rocha Ferreira	05	Juv A	201560	SLB	1:09.83 L	03.08.2019	Funchal (POR)	1:07.73
2	Erica Cristina Reis	05	Juv A	200201	SCP	1:10.90 L	11.05.2019	Vila Franca de Xira (POR)	1:08.77
3	Carmo Dias Vieira	05	Juv A	201319	EULX	1:11.68 L	09.02.2019	Lisboa (POR)	1:09.53
4	Nicole Patriarca Franca	05	Juv A	153435	SCP	1:12.06 L	17.03.2019	Vila Franca de Xira (POR)	1:09.89
5	Madalena Sampaio Torgal	05	Juv A	132521	AHBE	1:10.54 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:10.54
6	Iris Pereira Carrao	05	Juv A	201392	CIRL	1:11.22 S	14.07.2019	Alges (POR)	1:11.22
7	Rafaela Diogo Martins	05	Juv A	132214	CNS	1:13.49 S	29.06.2019	Alges (POR)	1:13.49
8	Sara Carreira Melo	05	Juv A	153366	GESL	1:14.43 S	19.05.2019	Alges (POR)	1:14.43
9	Catarina Martins Ferreira	05	Juv A	132506	AONDA	1:14.65 S			1:14.65
10	Rita Abibe Goncalves	05	Juv A	144730	GESL	1:14.65			1:14.65
11	Mafalda Pereira Matos	05	Juv A	200898	SCP	1:14.65			1:14.65
12	Mariana Andreia Silva	05	Juv A	141810	SCP	1:14.65 S			1:14.65

Juniores

1	Sara Moura Cruz	03	Jun	127488	SAD	1:07.19 L	06.04.2019	Coimbra (POR)	1:05.17
2	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	1:07.85 L	03.08.2019	Funchal (POR)	1:05.81
3	Madalena Rodrigues Tome	03	Jun	126829	AHBE	1:07.88 L	03.08.2019	Funchal (POR)	1:05.84
4	Carolina Fale Costa	04	Jun	129801	ADRCIMM	1:08.86 L	03.08.2019	Funchal (POR)	1:06.79
5	Alice Jesus Morgado	04	Jun	131016	GESL	1:07.49 S	16.12.2018	Tomar (POR)	1:07.49
6	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	1:10.63 L	17.03.2019	Vila Franca de Xira (POR)	1:08.51
7	Claudia Beatriz Martins	03	Jun	128830	GESL	1:08.70 S	14.07.2019	Alges (POR)	1:08.70
8	Carolina Porem Henriques	04	Jun	129802	SCP	1:09.56 S	16.12.2018	Tomar (POR)	1:09.56
9	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	1:11.73 L	11.05.2019	Vila Franca de Xira (POR)	1:09.57
10	Margarida Carvalho Barao	04	Jun	130241	CNCVG	1:10.36 S	14.07.2019	Alges (POR)	1:10.36
11	Mariana Fragoso Guterres	04	Jun	200475	SLB	1:13.79 L	06.04.2019	Coimbra (POR)	1:11.57
12	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	1:11.85 S	01.11.2019	Setubal (POR)	1:11.85

Seniores

1	Raquel Gomes Pereira	00	Sen	118469	SAD	1:02.91 L	14.04.2019	Oeiras (POR)	1:01.02
2	Leticia Maia Andre	02	Sen	132801	SLB	1:04.16 L	09.02.2019	Lisboa (POR)	1:02.23
3	Beatriz Mendes Viegas	00	Sen	110689	SCP	1:05.70 L	06.04.2019	Coimbra (POR)	1:03.72
4	Rita Barros Frischknecht	98	Sen	106257	SAD	1:04.04 S	24.11.2018	Alges (POR)	1:04.04
5	Clara Gomes Pereira	02	Sen	124393	SAD	1:05.23 S	14.07.2019	Alges (POR)	1:05.23
6	Rafaela Gomes Azevedo	02	Sen	122048	SAD	1:06.36 S	24.11.2018	Alges (POR)	1:06.36

Prova 17, Femin., 100m Mariposa

7	Margarida Messias Ribeiro	98	Sen	110544	GESL	1:07.42 S	14.07.2019	Alges (POR)	1:07.42
8	Ana Rita Matos	02	Sen	127501	CFB	1:10.33 L	02.08.2019	Funchal (POR)	1:08.22
9	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	1:11.93 L	17.03.2019	Vila Franca de Xira (POR)	1:09.77
10	Margarida Cunha Barros	02	Sen	127076	SFUAP	1:12.65 L	17.03.2019	Vila Franca de Xira (POR)	1:10.47
11	Joana Filipa Varandas	02	Sen	124305	CIRL	1:10.84 S	14.04.2019	Coruche (POR)	1:10.84
12	Paula Cristina Melo	93	Sen	104793	CNLX	1:11.53 S			1:11.53
13	Sofia Oliveira Silva	99	Sen	121399	CNS	1:11.53 S			1:11.53

Prova 18
22.11.2019
Masc., 4 x 100m Estilos
Absolutos
Lista inscritos

Rec Nacional Abs	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014
Rec Nacional Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014
Rec Nacional Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Mealhada	2000
Rec Nacional Juv A	4:01.13	Sport Alges e Dafundo	SAD	Tomar	2013
Rec Nacional Juv B	4:04.46	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014

TAC Juv B: 4:54.01; Juv A: 4:48.66; Sen: 4:30.25

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos								
1		Abs		SAD	3:59.97			3:59.97
2		Abs		SAD	4:00.59			4:00.59
3		Abs		SFUAP	4:06.00			4:06.00
4		Abs		CNLX	4:07.91			4:07.91
5		Abs		SAD	4:12.96			4:12.96
6		Abs		CNS	4:15.02			4:15.02
7		Abs		CIRL	4:15.17			4:15.17
8		Abs		CDCP	4:16.00			4:16.00
9		Abs		CDCP	4:26.00			4:26.00
10		Abs		SLB	4:30.97			4:30.97
11		Abs		SAD	4:33.35			4:33.35
12		Abs		CFB	4:41.37			4:41.37
13		Abs		GESL	4:45.45			4:45.45
14		Abs		CFB	4:56.00			4:56.00
15		Abs		AONDA	4:57.00			4:57.00
16		Abs		CNCVG	4:57.00			4:57.00

Prova 19
22.11.2019
Femin., 4 x 100m Estilos
Absolutos
Lista inscritos

Rec Nacional Abs	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	2009
Rec Nacional Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	2009
Rec Nacional Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	2009
Rec Nacional Juv A	4:33.40				
Rec Nacional Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	2006

TAC Juv B: 5:27.46; Juv A: 5:18.36; Sen: 5:06.57

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos								
1		Abs		CNLX	4:27.73			4:27.73
2		Abs		SAD	4:28.86			4:28.86
3		Abs		SAD	4:32.28			4:32.28
4		Abs		CIRL	4:45.32			4:45.32
5		Abs		SFUAP	4:47.28			4:47.28
6		Abs		SLB	4:50.87			4:50.87
7		Abs		SAD	4:52.94			4:52.94
8		Abs		SLB	5:00.40			5:00.40
9		Abs		CNS	5:10.00			5:10.00
10		Abs		AHBE	NT			NT
11		Abs		CNCVG	NT			NT
12		Abs		CNCVG	NT			NT

2 - 1ª Jornada - 2ª Sessão

22.11.2019 - 16:00

 Prova 20
 22.11.2019

Femin., 400m Livres

 Absolutos
 Lista inscritos

Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:13.87	Ana Reis Sousa	SAD	Alges	2019
Rec Regional Jun 1	4:19.15	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004

TAC Juv B: 5:20.08; Juv A: 5:11.18; Jun 1: 5:02.48; Jun 2: 4:59.54; Sen: 4:58.07

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	4:47.29 L	26.07.2019	Loule (POR)	4:41.54
2	Matilde Nunes Lopes	06	Juv B	201711	SLB	4:55.38 L	06.07.2019	Setubal (POR)	4:49.47
3	Beatriz Mocego Niza	06	Juv B	148435	CNA	4:50.72 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:50.72
4	Ines Correia Teixeira	06	Juv B	133334	CNA	5:00.23 L	06.07.2019	Setubal (POR)	4:54.22
5	Maria Esteves Valente	06	Juv B	202954	SLB	4:59.74 S	24.02.2019	Loures (POR)	4:59.74
6	Marina Alexandra Oliveira	06	Juv B	200174	CNS	5:03.05 S	10.03.2019	Setubal (POR)	5:03.05
7	Rita Borges Silva	06	Juv B	200715	CNA	5:14.67 L	16.06.2019	Vila Franca de Xira (POR)	5:08.37
8	Ines Machado Marques	06	Juv B	201032	CNCVG	5:08.46 S	31.03.2019	Pinhal Novo (POR)	5:08.46
9	Catarina Coutinho Lima	06	Juv B	132460	SLB	5:08.49 S	31.03.2019	Pinhal Novo (POR)	5:08.49
10	Catarina Gomes Costa	06	Juv B	201543	EULX	5:10.61 S	10.03.2019	Setubal (POR)	5:10.61
11	Maria Beatriz Costa	06	Juv B	204155	SCP	5:17.11 L	06.07.2019	Setubal (POR)	5:10.76
12	Iris Castro Campos	06	Juv B	205634	CNA	5:21.56 L	06.07.2019	Setubal (POR)	5:15.12
13	Mafalda Mourao Lopes	06	Juv B	202221	ADST	5:22.85 L	16.06.2019	Vila Franca de Xira (POR)	5:16.39
14	Clara Sofia Herminio	06	Juv B	202218	CDCP	5:20.08 S			5:20.08
15	Matilde Aparicio Pereira	06	Juv B	200477	CNA	5:20.08 S			5:20.08

Juvenis A

1	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	4:39.35 L	03.08.2019	Funchal (POR)	4:33.76
2	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	4:50.25 L	15.03.2019	Vila Franca de Xira (POR)	4:44.44
3	Maria Del Rio Bernat	05	Juv A	200403	SAD	4:53.59 S	14.07.2019	Alges (POR)	4:53.59
4	Francisca Otao Tribuna	05	Juv A	132463	SLB	4:59.13 S	16.12.2018	Tomar (POR)	4:59.13
5	Nicole Patriarca Franca	05	Juv A	153435	SCP	4:59.38 S	16.12.2018	Tomar (POR)	4:59.38
6	Madalena Carrapico Alexandrino	05	Juv A	132560	SAD	4:59.40 S	14.07.2019	Alges (POR)	4:59.40
7	Barbara Cunha Ventura	05	Juv A	132458	SLB	5:01.73 S	24.11.2018	Alges (POR)	5:01.73
8	Simone Filipe Monteiro	05	Juv A	203878	GESL	5:08.48 S	20.01.2019	Alapraia (POR)	5:08.48
9	Maria Antonia Ferraz	05	Juv A	128378	AHBE	5:11.18 S			5:11.18
10	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	5:11.18 S			5:11.18

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	4:30.53 L	03.08.2019	Funchal (POR)	4:25.11
2	Sara Moura Cruz	03	Jun	127488	SAD	4:32.23 S	14.07.2019	Alges (POR)	4:32.23
3	Marta Macedo Inacio	04	Jun	132536	SCP	4:38.39 S	16.12.2018	Tomar (POR)	4:38.39
4	Daniela Alexandra Pedro	04	Jun	130864	SCP	4:49.49 L	16.06.2019	Vila Franca de Xira (POR)	4:43.70
5	Raquel Raposo Lopes	04	Jun	153469	CDCP	4:49.32 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	4:49.32
6	Beatriz Costa Melo	04	Jun	132555	SAD	4:50.15 S	14.07.2019	Alges (POR)	4:50.15
7	Maria Martins Camacho	04	Jun	130618	SFUAP	4:51.15 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:51.15
8	Mariana Marques Mercedes	03	Jun	129961	CDOM	4:59.71 L	10.02.2019	Lisboa (POR)	4:53.71
9	Caetana Neves Carneiro	03	Jun	129163	CNLX	4:54.22 S	01.12.2018	Abrantes (POR)	4:54.22
10	Maria Ines Ribeiro	03	Jun	127252	CFB	4:54.39 S	13.07.2019	Alges (POR)	4:54.39
11	Diana Valadas Horta	04	Jun	201782	SFUAP	4:55.24 S	14.07.2019	Alges (POR)	4:55.24
12	Catarina Ines Correia	03	Jun	129491	CNS	4:57.79 S	14.07.2019	Alges (POR)	4:57.79
13	Matilde Carvalho Barao	04	Jun	130243	CNCVG	5:01.08 S	24.11.2018	Alges (POR)	5:01.08
14	Susana Chanoca Narciso	04	Jun	129388	CDCP	5:02.48			5:02.48

Prova 20, Femin., 400m Livres

Seniores

1	Ana Reis Sousa	02	Sen	122440	SAD	4:13.87 S	29.06.2019	Alges (POR)	4:13.87
2	Ana Sofia Pina	02	Sen	125639	SLB	4:24.25 L	06.04.2019	Coimbra (POR)	4:18.96
3	Rafaela Gomes Azevedo	02	Sen	122048	SAD	4:28.00 S	24.11.2018	Alges (POR)	4:28.00
4	Joana Filipa Varandas	02	Sen	124305	CIRL	4:36.40 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	4:36.40
5	Ines Figueira Santos	00	Sen	111277	SFUAP	4:37.32 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	4:37.32
6	Maria Ornelas Armas	98	Sen	106961	EULX	4:45.16 L	08.06.2019	Badajoz (ESP)	4:39.45
7	Beatriz Paulo Ranito	99	Sen	116593	GESL	4:40.67 S	24.11.2018	Alges (POR)	4:40.67
8	Catarina Trigo Ferreira	02	Sen	124523	CNLX	4:45.19 S	14.07.2019	Alges (POR)	4:45.19
9	Lia Ana Lima	01	Sen	205396	SAD	4:51.46 L	17.03.2019	Vila Franca de Xira (POR)	4:45.63
10	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	4:58.95 L	10.02.2019	Lisboa (POR)	4:52.97
11	Susana Pereira Veiga	00	Sen	121936	CNCVG	5:03.76 L	06.04.2019	Coimbra (POR)	4:57.68
12	Ana Raquel Ferreira	98	Sen	102755	CNLX	4:58.07			4:58.07
13	Sofia Oliveira Silva	99	Sen	121399	CNS	4:58.07 S			4:58.07
14	Iolanda Sofia Clérigo	02	Sen	126878	PDEM	4:58.07 S			4:58.07
15	Raquel Gomes Pereira	00	Sen	118469	SAD	4:58.07			4:58.07

Prova 21

22.11.2019

Masc., 400m Livres

Absolutos

Lista inscritos

Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	3:51.92	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Jun 2	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Jun 1	3:56.54	Rui Filipe Costa	VSC	Feigueiras	2007
Rec Nacional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Nacional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012

TAC Juv B: 4:51.39; Juv A: 4:46.09; Jun 1: 4:35.62; Jun 2: 4:31.67; Sen: 4:26.43

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Pedro Mahua Alvarez	05	Juv B	208096	SCP	4:36.10 L	26.07.2019	Loule (POR)	4:30.57
2	Andre Henriques Marques	05	Juv B	129665	SLB	4:41.38 L	06.07.2019	Setubal (POR)	4:35.75
3	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	4:45.85 L	06.07.2019	Setubal (POR)	4:40.13
4	Diogo Botelho Capricho	05	Juv B	142035	SCP	4:43.57 S	30.03.2019	Pinhal Novo (POR)	4:43.57
5	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	4:45.34 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:45.34
6	Vasco Antela Silva	05	Juv B	142037	SCP	4:51.39 L			4:45.56
7	Afonso Lucio Costa	05	Juv B	202216	SCP	4:53.77 L	06.07.2019	Setubal (POR)	4:47.89
8	Manuel Angelo Pereira	05	Juv B	151305	SCP	4:48.33 S	31.03.2019	Pinhal Novo (POR)	4:48.33
9	Jose Manuel Sa	05	Juv B	203114	SCP	4:54.34 L	06.07.2019	Setubal (POR)	4:48.45
10	Diogo Sousa Barbosa	05	Juv B	133332	SLB	4:49.95 S	16.12.2018	Sto Antonio Cavaleiros (POR)	4:49.95
11	Mateus Correa Walker	05	Juv B	202083	AHBE	4:51.39 S			4:51.39
12	Rodrigo Martins Bras	05	Juv B	129806	CFB	4:51.39 S			4:51.39
13	Joao Ferreira Rodrigues	05	Juv B	202709	GESL	4:51.39 S			4:51.39
14	Francisc Gututui	05	Juv B	200907	SAD	4:51.39			4:51.39

Juvenis A

1	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	4:30.94 L	13.04.2019	Oeiras (POR)	4:25.52
2	Yann Chetelat Fock	04	Juv A	129699	EULX	4:31.55 L	03.08.2019	Funchal (POR)	4:26.11
3	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	4:27.51 S	14.07.2019	Alges (POR)	4:27.51
4	Felipe Menegassi Maia	04	Juv A	207683	SAD	4:31.06 S	19.01.2019	Alapraia (POR)	4:31.06
5	Tomas Sa Vieira	04	Juv A	131504	SAD	4:35.20 S	19.01.2019	Alapraia (POR)	4:35.20
6	Afonso Romao Francisco	04	Juv A	204573	CDCP	4:35.36 S	14.07.2019	Alges (POR)	4:35.36
7	Pedro Forjaz Cirurgiao	04	Juv A	132564	SAD	4:36.51 S	14.07.2019	Alges (POR)	4:36.51
8	Victor Bethlem Tigre	04	Juv A	208094	SCP	4:38.02 S	14.07.2019	Alges (POR)	4:38.02
9	Miguel Filipe Anjo	04	Juv A	201394	CDCP	4:38.55 S	19.01.2019	Alapraia (POR)	4:38.55
10	Tomas Martins Mira	04	Juv A	132215	CNS	4:41.56 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:41.56
11	Duarte Brito Justino	04	Juv A	130802	ADRCIMM	4:41.98 S	14.07.2019	Alges (POR)	4:41.98
12	Joao Pedro Faustino	04	Juv A	203986	CDCP	4:46.09			4:46.09

Prova 21, Masc., 400m Livres

13	Daniel Elias Duarte	04	Juv A	147198	CIRL	4:46.09	4:46.09
14	Joao Nogueiros Guerreiro	04	Juv A	209459	CIRL	4:46.09	4:46.09

Juniores

1	Francisco Costa Nunes	02	Jun	121538	SCP	4:06.98 L	09.02.2019	Lisboa (POR)	4:02.04
2	Rodrigo Reis Dias	03	Jun	129003	CFB	4:11.51 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:11.51
3	Pedro Miguel Pinto	02	Jun	129924	SCP	4:12.16 S	27.04.2019	Felgueiras (POR)	4:12.16
4	Joao Nogueira Mendes	02	Jun	128745	CIRL	4:14.98 S	14.07.2019	Alges (POR)	4:14.98
5	Antonio Santos Pereira	03	Jun	201690	AHBE	4:15.57 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:15.57
6	Martim Primavera Alfama	02	Jun	128833	GESL	4:17.91 S	14.07.2019	Alges (POR)	4:17.91
7	Pedro Esteves Duarte	03	Jun	132531	CDCP	4:23.19 L	03.08.2019	Funchal (POR)	4:17.92
8	Alexandre Coelho Vieira	03	Jun	131516	SCP	4:23.63 S	14.07.2019	Alges (POR)	4:23.63
9	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	4:26.78 S	15.12.2018	Tomar (POR)	4:26.78
10	Joao Luis Matos	03	Jun	130239	CNCVG	4:36.63 L	16.06.2019	Vila Franca de Xira (POR)	4:31.09
11	Afonso Amaro Santos	02	Jun	131510	GESL	4:31.67			4:31.67
12	Joao Gabriel Machado	02	Jun	211590	SCP	4:31.67			4:31.67
13	Luis Carlos Correia	03	Jun	207349	SFUAP	4:33.17 S	14.07.2019	Alges (POR)	4:33.17
14	Diogo Miguel Duraes	03	Jun	123448	CNMJ	4:34.38 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:34.38
15	Vasco Salvador Fernando	03	Jun	129526	SAD	4:35.62 S			4:35.62

Seniores

1	Pedro Andre Santos	94	Sen	15732	SAD	4:00.50 S	24.11.2018	Alges (POR)	4:00.50
2	Bruno Rey Barros	01	Sen	208313	SCP	4:05.94 L	06.08.2019	Terrassa (ESP)	4:01.02
3	Daniel Rochinha Pedro	98	Sen	111389	AHBE	4:02.05 S	25.04.2019	Sines (POR)	4:02.05
4	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	4:08.32 L	07.04.2019	Coimbra (POR)	4:03.35
5	Afonso Mateus Ribeiro	95	Sen	100430	CFB	4:06.42 S	14.07.2019	Alges (POR)	4:06.42
6	Joao Esteves Padrela	99	Sen	119137	CFB	4:07.62 S	14.07.2019	Alges (POR)	4:07.62
7	Sebastiao Limbert Piedade	00	Sen	120451	SAD	4:17.98 S	24.11.2018	Alges (POR)	4:17.98
8	Ricardo Martins Bras	01	Sen	121508	CFB	4:18.36 S	24.11.2018	Alges (POR)	4:18.36
9	Filipe Ferreira Luz	98	Sen	112320	GESL	4:18.78 S	01.11.2018	Lisboa (POR)	4:18.78
10	Miguel Duarte Cruz	99	Sen	125797	CFB	4:29.40 L	03.08.2019	Funchal (POR)	4:24.01
11	Pedro Dordio Carreiro	97	Sen	120560	GESL	4:26.07 S	01.11.2018	Lisboa (POR)	4:26.07
12	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	4:26.36 S	24.11.2018	Alges (POR)	4:26.36
13	Pedro Ferraz Esteves	99	Sen	118772	CNLX	4:26.43			4:26.43
14	Joao Costa Fonseca	00	Sen	125134	CNLX	4:26.43			4:26.43
15	Francisco Madruga Silva	98	Sen	129151	CNLX	4:26.43			4:26.43
16	Andre Tavares Grenho	99	Sen	120605	GESL	4:26.43			4:26.43
17	Guilherme Pereira Dias	97	Sen	110443	VKGS	4:26.43			4:26.43

Prova 22
22.11.2019
Femin., 200m Mariposa
Absolutos
Lista inscritos

Rec Regional Abs	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	2:14.95	Bruna Leal Dantas	SCP	Porto	2012
Rec Regional Jun 1	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	1996
Rec Regional Juv A	2:18.93	Susana Patricia Miguel	SFUAP	Cantanhede	2004
Rec Regional Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs	2:05.74	Ana Catarina Monteiro	CFV	Hangzhou (CHN)	2018
Rec Nacional Sen	2:05.74	Ana Catarina Monteiro	CFV	Hangzhou (CHN)	2018
Rec Nacional Jun 2	2:10.12	Sara Francisco Cruz	ADBA	Leiria	2009
Rec Nacional Jun 1	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	1996
Rec Nacional Juv A	2:17.51	Raquel Maria Felgueiras			1995
Rec Nacional Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	2004

TAC Juv B: 2:48.53; Juv A: 2:43.90; Jun 1: 2:39.34; Jun 2: 2:37.81; Sen: 2:37.05

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Filipa Ferraz Domingos	06	Juv B	200878	SCP	2:41.18 L	27.07.2019	Loule (POR)	2:36.34
2	Leonor Santos Duro	06	Juv B	202520	CNS	2:47.99 L	27.07.2019	Loule (POR)	2:42.95
3	Catarina Lima Antunes	06	Juv B	151077	SCP	2:48.53 L			2:43.47
4	Beatriz Portugal Costa	06	Juv B	133278	SLB	2:48.53 S			2:48.53
5	Madalena Frago Guterres	06	Juv B	202908	SLB	2:48.53 S			2:48.53

Juvenis A

1	Carmo Dias Vieira	05	Juv A	201319	EULX	2:39.42 L	10.02.2019	Lisboa (POR)	2:34.63
2	Joana Rocha Ferreira	05	Juv A	201560	SLB	2:43.90			2:43.90
3	Rafaela Diogo Martins	05	Juv A	132214	CNS	2:43.90 S			2:43.90

Juniore

1	Maria Gomes Pereira	04	Jun	129510	SAD	2:25.48 S	14.07.2019	Alges (POR)	2:25.48
2	Carolina Porem Henriques	04	Jun	129802	SCP	2:32.68 L	04.04.2019	Coimbra (POR)	2:28.10
3	Carolina Fale Costa	04	Jun	129801	ADRCIMM	2:30.18 S	14.07.2019	Alges (POR)	2:30.18
4	Madalena Rodrigues Tome	03	Jun	126829	AHBE	2:30.33 S	14.07.2019	Alges (POR)	2:30.33
5	Leonor Alves Morganho	04	Jun	126315	SAD	2:36.13 L	04.08.2019	Funchal (POR)	2:31.44
6	Lidiana Correia Rodrigues	04	Jun	130399	CFB	2:37.99 L	15.06.2019	Rio Maior (POR)	2:33.25
7	Leonor Esteves Santos	04	Jun	130603	EULX	2:40.55 L	16.06.2019	Vila Franca de Xira (POR)	2:35.73
8	Mariana Frago Guterres	04	Jun	200475	SLB	2:40.85 L	16.06.2019	Vila Franca de Xira (POR)	2:36.02
9	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	2:37.81 S			2:37.81

Seniores

1	Barbara Sofia Barata	97	Sen	105454	SAD	2:21.05 L	04.08.2019	Funchal (POR)	2:16.81
2	Clara Gomes Pereira	02	Sen	124393	SAD	2:22.77 L	04.08.2019	Funchal (POR)	2:18.48
3	Leticia Maia Andre	02	Sen	132801	SLB	2:27.20 L	04.08.2019	Funchal (POR)	2:22.78
4	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	2:29.52 L	04.04.2019	Coimbra (POR)	2:25.03
5	Ana Rita Matos	02	Sen	127501	CFB	2:31.61 L	04.08.2019	Funchal (POR)	2:27.06
6	Margarida Cunha Barros	02	Sen	127076	SFUAP	2:30.21 S	14.07.2019	Alges (POR)	2:30.21
7	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	2:30.42 S	14.07.2019	Alges (POR)	2:30.42
8	Catarina Martins Mestre	00	Sen	120724	CNLX	2:37.05			2:37.05
9	Rita Barros Frischknecht	98	Sen	106257	SAD	2:37.05			2:37.05

Prova 23
22.11.2019
Masc., 200m Mariposa
Absolutos
Lista inscritos

Rec Regional Abs	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	2:00.39	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	2:03.51	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	2:07.51	Pedro Mendonça	CNCVG		2002
Rec Regional Juv B	2:11.56	Miguel Cabrita	SAD		1989
Rec Nacional Abs	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Sen	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Jun 2	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	2005
Rec Nacional Jun 1	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	2005
Rec Nacional Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	2009
Rec Nacional Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	2003

TAC Juv B: 2:35.84; Juv A: 2:31.70; Jun 1: 2:26.22; Jun 2: 2:22.80; Sen: 2:19.39

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	2:21.41 L	27.07.2019	Loule (POR)	2:17.16
2	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	2:28.86 S	31.03.2019	Pinhal Novo (POR)	2:28.86
3	Simao Lopes Oliveira	05	Juv B	200178	CNS	2:34.12 L	27.07.2019	Loule (POR)	2:29.49
4	Vasco Alves Morgado	05	Juv B	147123	SAD	2:34.47 L	27.07.2019	Loule (POR)	2:29.83
5	Tiago Silva Bartolo	05	Juv B	205340	SAD	2:35.93 L	27.07.2019	Loule (POR)	2:31.25
6	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	2:35.84 S			2:35.84

Juvenis A

1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	2:12.43 L	04.04.2019	Coimbra (POR)	2:08.45
2	Bernardo Victorino Almeida	04	Juv A	153357	SCP	2:13.65 S	14.07.2019	Alges (POR)	2:13.65
3	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	2:25.80 L	04.08.2019	Funchal (POR)	2:21.42
4	Miguel Costa Simoes	04	Juv A	132350	CDCP	2:26.58 L	16.06.2019	Vila Franca de Xira (POR)	2:22.18
5	Afonso Cipriano Pinto	04	Juv A	153352	SCP	2:27.17 L	04.04.2019	Coimbra (POR)	2:22.75
6	Nuno Fontes Mil homens	04	Juv A	153364	SCP	2:25.22 S	16.12.2018	Tomar (POR)	2:25.22
7	Tiago Barroso Proenca	04	Juv A	129698	EULX	2:26.70 S	14.07.2019	Alges (POR)	2:26.70
8	Joao Afonso Santos	04	Juv A	153371	SCP	2:31.70			2:31.70

Juniores

1	Joao Miguel Martins	02	Jun	127267	CFB	2:15.25 L	17.03.2019	Vila Franca de Xira (POR)	2:11.19
2	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	2:18.66 L	04.04.2019	Coimbra (POR)	2:14.50
3	Ruy Manuel Domingos	02	Jun	129012	SCP	2:16.28 S	04.11.2018	Vila Real St. Antonio (POR)	2:16.28
4	Joao Garcez Mateus	02	Jun	129623	AONDA	2:17.60 S	01.12.2018	Abrantes (POR)	2:17.60
5	Goncalo Vieira Almeida	03	Jun	129986	SFUAP	2:23.33 L	04.04.2019	Coimbra (POR)	2:19.03
6	David Manuel Vale	03	Jun	148339	GESL	2:24.30 L	04.08.2019	Funchal (POR)	2:19.97
7	Rodrigo Beja Lopes	03	Jun	205336	AONDA	2:25.14 L	17.03.2019	Vila Franca de Xira (POR)	2:20.78
8	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	2:25.33 L	15.06.2019	Rio Maior (POR)	2:20.97
9	Pedro Henriques Correia	03	Jun	125257	SLB	2:26.22 S			2:26.22

Seniores

1	Jose Paula Carvalho	98	Sen	111450	SAD	2:06.22 L	09.02.2019	Lisboa (POR)	2:02.43
2	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	2:04.20 S	23.12.2018	Felgueiras (POR)	2:04.20
3	Miguel Ribeiro Bate	99	Sen	117183	SAD	2:10.01 L	04.08.2019	Funchal (POR)	2:06.11
4	Alexandre Miguel Branco	01	Sen	126584	SAD	2:10.76 L	13.04.2019	Oeiras (POR)	2:06.83
5	Hugo Pon	98	Sen	110164	SAD	2:08.36 S	24.11.2018	Alges (POR)	2:08.36
6	Rafael Filipe Nunes	96	Sen	108344	SLB	2:08.89 S	14.07.2019	Alges (POR)	2:08.89
7	Pedro Barata Neves	00	Sen	118137	CIRL	2:13.37 L	27.07.2019	Dublin (IRL)	2:09.36
8	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	2:15.08 L	17.03.2019	Vila Franca de Xira (POR)	2:11.02
9	Pedro Mendes Ferreira	01	Sen	129621	CFB	2:12.76 S	14.07.2019	Alges (POR)	2:12.76
10	Carlos Filipe Lopes	01	Sen	127265	SFUAP	2:12.86 S	16.06.2019	Coimbra (POR)	2:12.86
11	Afonso Godinho Mestre	95	Sen	100365	CNLX	2:13.59 S	01.12.2018	Abrantes (POR)	2:13.59
12	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	2:19.39			2:19.39

Prova 24
22.11.2019
Femin., 50m Livres
Absolutos
Lista inscritos

Rec Regional Abs	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	25.99	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Regional Jun 1	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Nacional Abs	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009
Rec Nacional Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009
Rec Nacional Jun 2	25.95	Beatriz Mendes Viegas	TNC	Vila Real St. Antonio	2016
Rec Nacional Jun 1	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009

TAC Jun 1: 30.99; Jun 2: 30.68; Sen: 30.53

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	27.25 L	03.08.2019	Funchal (POR)	26.70
2	Leonor Maria Neves	03	Jun	131015	GESL	27.68 S	14.07.2019	Alges (POR)	27.68
3	Ana Margarida Soares	03	Jun	129488	CNS	28.22 S	14.07.2019	Alges (POR)	28.22
4	Sara Moura Cruz	03	Jun	127488	SAD	29.15 L	15.06.2019	Rio Maior (POR)	28.56
5	Yonina Brancourt	04	Jun	202082	GESL	28.59 S	13.07.2019	Alges (POR)	28.59
6	Marta Viola Marques	03	Jun	200870	CNCVG	28.64 S	14.07.2019	Alges (POR)	28.64
7	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	29.23 L	17.03.2019	Vila Franca de Xira (POR)	28.64
8	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	28.67 S	29.06.2019	Alges (POR)	28.67
9	Claudia Beatriz Martins	03	Jun	128830	GESL	28.79 S	14.07.2019	Alges (POR)	28.79
10	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	28.80 S	01.11.2019	Setubal (POR)	28.80
11	Madalena Rodrigues Tome	03	Jun	126829	AHBE	29.07 S	14.07.2019	Alges (POR)	29.07
12	Caetana Neves Carneiro	03	Jun	129163	CNLX	29.13 S	14.07.2019	Alges (POR)	29.13
13	Mariana Morais Delfino	04	Jun	132603	SCP	29.35 S	19.05.2019	Alges (POR)	29.35
14	Catarina Alexandra Marques	04	Jun	130232	CNCVG	31.19 L	15.06.2019	Rio Maior (POR)	30.56
15	Matilde Pereira Carrao	03	Jun	204157	CIRL	30.68 S			30.68
16	Barbara Almeida Ribeiro	04	Jun	130249	CNCVG	30.99			30.99

Seniores

1	Beatriz Mendes Viegas	00	Sen	110689	SCP	25.99 S	14.07.2019	Alges (POR)	25.99
2	Sofia Alexandra Nunes	00	Sen	112322	CIRL	27.40 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	27.40
3	Catarina Martins Mestre	00	Sen	120724	CNLX	27.66 S	13.07.2019	Alges (POR)	27.66
4	Luisa Maria Machado	01	Sen	121850	SFUAP	27.70 S	13.07.2019	Alges (POR)	27.70
5	Rafaela Gomes Azevedo	02	Sen	122048	SAD	28.03 S	24.11.2018	Alges (POR)	28.03
6	Mafalda Sofia Dias	01	Sen	121401	PDEM	28.73 L	17.03.2019	Vila Franca de Xira (POR)	28.15
7	Constanca Dias Baptista	01	Sen	126394	CFB	29.14 L	17.03.2019	Vila Franca de Xira (POR)	28.55
8	Carolina Saraiva Pires	96	Sen	100272	CIRL	28.73 S	24.11.2018	Alges (POR)	28.73
9	Soraia Guerra Rolim	95	Sen	121321	CIRL	29.64 L	09.02.2019	Lisboa (POR)	29.04
10	Catarina Trigo Ferreira	02	Sen	124523	CNLX	29.05 S	14.07.2019	Alges (POR)	29.05
11	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	29.06 S	24.11.2018	Alges (POR)	29.06
12	Maria Mousinho Esteves	02	Sen	131944	CIRL	29.71 L	09.02.2019	Lisboa (POR)	29.11
13	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	29.12 S	14.07.2019	Alges (POR)	29.12
14	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	29.20 S	12.01.2019	Silves (POR)	29.20
15	Ana Fernandes Costa	00	Sen	121407	CNMJ	30.15 S	24.11.2018	Alges (POR)	30.15
16	Rita Fernandes Leitao	96	Sen	25571	CNLX	30.53			30.53
17	Ana Burguete Tavares	00	Sen	119951	FS	30.53 S			30.53
18	Raquel Gomes Pereira	00	Sen	118469	SAD	30.53			30.53

Prova 25
22.11.2019
Masc., 50m Livres
Absolutos
Lista inscritos

Rec Regional Abs	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Regional Sen	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Regional Jun 2	22.33	Tiago Andre Venancio	POR	Vienna (AUT)	2004
Rec Regional Jun 1	23.14	Tiago Andre Venancio	CNS	Reboleira	2004
Rec Nacional Abs	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Nacional Sen	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Nacional Jun 2	22.24	Miguel Duarte Nascimento	PORTIN	Porto	2012
Rec Nacional Jun 1	23.12	Tiago Andrade Machado	SCA	Felgueiras	2018

TAC Jun 1: 27.40; Jun 2: 27.01; Sen: 26.49

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	25.25 L	17.03.2019	Vila Franca de Xira (POR)	24.74
2	Joao Nogueira Mendes	02	Jun	128745	CIRL	25.73 L	17.03.2019	Vila Franca de Xira (POR)	25.21
3	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	25.85 L	24.05.2019	Coimbra (POR)	25.33
4	Francisco Alves Souza	02	Jun	128881	GESL	25.43 S	13.07.2019	Alges (POR)	25.43
5	Pedro Machado Vieira	02	Jun	204156	SAD	25.53 S	14.07.2019	Alges (POR)	25.53
6	Tomas Nogueira Gomes	03	Jun	126626	SFUAP	25.77 S	16.12.2018	Tomar (POR)	25.77
7	Joao Miguel Cascalheira	03	Jun	201621	CNS	25.91 S	01.11.2019	Setubal (POR)	25.91
8	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	26.75 L	14.04.2019	Oeiras (POR)	26.21
9	Rodrigo Reis Dias	03	Jun	129003	CFB	26.59 S	19.05.2019	Alges (POR)	26.59
10	Henrique Miguel Costa	02	Jun	210705	SAD	26.87 S	29.06.2019	Alges (POR)	26.87
11	Jose Luis Buzio	02	Jun	208312	CNS	26.92 S	14.07.2019	Alges (POR)	26.92
12	Guilherme Carmo Manz	03	Jun	148571	CNCVG	27.52 L	15.06.2019	Rio Maior (POR)	26.97
13	Pedro Alves Martinho	02	Jun	129482	AHBE	27.01			27.01
14	Luis Cabral Junior	03	Jun	129805	CFB	27.03 S	19.05.2019	Alges (POR)	27.03
15	Daniel Shumeika Zayika	03	Jun	128884	SLB	27.36 S	14.07.2019	Alges (POR)	27.36
16	Afonso Esteves Tome	03	Jun	128467	ADRCIMM	27.40 S			27.40
17	Diogo Miguel Duraes	03	Jun	123448	CNMJ	27.40 S			27.40
18	Tiago Miguel Dias	03	Jun	112753	CNLX	27.40 S			27.40
19	Daniel Alexandre Ascenso	03	Jun	131377	GESL	27.40 S			27.40
20	Luis Maia Pegado	03	Jun	131701	EULX	27.40 S			27.40

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	22.45 S	14.07.2019	Alges (POR)	22.45
2	Francisco Carvalho Machado	98	Sen	111855	SAD	23.13 S	22.12.2018	Felgueiras (POR)	23.13
3	Joao Esteves Padrela	99	Sen	119137	CFB	23.88 L	03.08.2019	Funchal (POR)	23.40
4	Daniel Rochinha Pedro	98	Sen	111389	AHBE	23.97 L	10.02.2019	Lisboa (POR)	23.49
5	Diogo Ramos Lebre	01	Sen	122294	SLB	24.28 L	05.04.2019	Coimbra (POR)	23.79
6	David Granja Lopes	90	Sen	22490	AONDA	23.90 S	23.11.2018	Alges (POR)	23.90
7	Hugo Pon	98	Sen	110164	SAD	23.94 S	24.11.2018	Alges (POR)	23.94
8	Frederico Sousa Soares	96	Sen	104260	AHBE	24.09 S	13.07.2019	Alges (POR)	24.09
9	Diogo Carrasco Correia	95	Sen	26151	CFB	24.16 S	14.07.2019	Alges (POR)	24.16
10	Jaime Daniel Correia	99	Sen	111346	CDOM	24.23 S	24.11.2018	Alges (POR)	24.23
11	Ricardo Saraiva Pires	98	Sen	107651	CIRL	24.45 S	29.06.2019	Alges (POR)	24.45
12	Afonso Godinho Mestre	95	Sen	100365	CNLX	24.53 S	01.12.2018	Abrantes (POR)	24.53
13	Tiago Maria Camoes	01	Sen	121851	SFUAP	25.04 L	01.08.2019	Funchal (POR)	24.53
14	Bernardo Antunes Augusto	00	Sen	122518	AONDA	24.72 S	14.07.2019	Alges (POR)	24.72
15	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	25.35 L	14.04.2019	Oeiras (POR)	24.84
16	Joao Diogo Fernandes	98	Sen	121542	CFB	24.90 S	14.07.2019	Alges (POR)	24.90
17	Vicente Morgado Ventoso	00	Sen	126466	EULX	25.15 S	24.02.2019	Vila Franca de Xira (POR)	25.15
18	António Fernandes Carrico	98	Sen	106926	VKGS	26.02 L	15.06.2019	Don Benito (ESP)	25.50
19	Diogo Puidival Marques	00	Sen	122045	AONDA	25.57 S	14.07.2019	Alges (POR)	25.57
20	Miguel Rohula Reis	01	Sen	202644	SCP	25.67 S	14.07.2019	Alges (POR)	25.67
21	Pedro Ferraz Esteves	99	Sen	118772	CNLX	25.72 S	14.07.2019	Alges (POR)	25.72
22	Renato Barros Frischknecht	01	Sen	122051	SAD	25.72 S	24.11.2018	Alges (POR)	25.72
23	Rui Miguel Correia	96	Sen	105378	CNMJ	25.74 S	24.11.2018	Alges (POR)	25.74
24	Pedro Dordio Carreiro	97	Sen	120560	GESL	25.76 S	24.11.2018	Alges (POR)	25.76
25	Miguel Monteiro Dinis	01	Sen	124394	SAD	25.87 S	14.07.2019	Alges (POR)	25.87
26	Rodrigo Ponte Jorge	01	Sen	127873	SFUAP	26.02 S	24.11.2018	Alges (POR)	26.02
27	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	26.06 S	24.11.2018	Alges (POR)	26.06
28	Tiago Miguel Silvestre	00	Sen	122110	EULX	26.10 S	24.11.2018	Alges (POR)	26.10
29	Antonio Maria Ferreira	00	Sen	128468	PDEM	26.96 L	15.06.2019	Rio Maior (POR)	26.42
30	Pedro Diogo Birra	00	Sen	210486	CDCP	26.49 S			26.49

Prova 25, Masc., 50m Livres

31	Nuno Miguel Rola	83	Sen	11949	CFB	26.49	26.49
32	Joao Miguel Cardoso	97	Sen	109124	GESL	26.49	26.49
33	Ricardo Silva Marujo	00	Sen	125348	GESL	26.49 S	26.49
34	Pedro Andre Santos	94	Sen	15732	SAD	26.49	26.49
35	Diogo Correia Neves	94	Sen		CNCVG	26.49	26.49
36	Diogo Alexandre Araujo	01	Sen	122109	CDOM	26.49	26.49

Prova 26
Femin., 100m Costas
Absolutos

22.11.2019

Lista inscritos

Rec Regional Abs	59.61	Rafaela Gomes Azevedo	SAD	Alges	2019
Rec Regional Sen	1:01.01	Rita Barros Frischknecht	SAD	Felgueiras	2018
Rec Regional Jun 2	59.61	Rafaela Gomes Azevedo	SAD	Alges	2019
Rec Regional Jun 1	1:01.55	Inês Camacho Fernandes	SCP	Porto	2012
Rec Regional Juv A	1:01.43	Inês Camacho Fernandes	SCP	Mealhada	2011
Rec Regional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Nacional Abs	59.61	Rafaela Gomes Azevedo	SAD	Alges	2019
Rec Nacional Sen	1:00.64	Ana Sofia Leite	GCVR	Porto	2015
Rec Nacional Jun 2	59.61	Rafaela Gomes Azevedo	SAD	Alges	2019
Rec Nacional Jun 1	1:01.55	Ines Camacho Fernandes	SCP	Porto	2012
Rec Nacional Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	2011
Rec Nacional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011

TAC Juv B: 1:19.43; Juv A: 1:17.23; Jun 1: 1:15.07; Jun 2: 1:14.34; Sen: 1:13.98

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	1:10.94 S	29.03.2019	Pinhal Novo (POR)	1:10.94
2	Carolina Martins Camacho	06	Juv B	202646	SFUAP	1:12.20 S	01.11.2019	Setubal (POR)	1:12.20
3	Mariana Coelho Carvalho	06	Juv B	200172	CNS	1:13.78 S	24.02.2019	Loures (POR)	1:13.78
4	Madalena Correa Sa	06	Juv B	201548	GESL	1:14.91 S	08.03.2019	Setubal (POR)	1:14.91
5	Maria Pinto Monteiro	06	Juv B	201397	SFUAP	1:15.94 S	01.11.2019	Setubal (POR)	1:15.94
6	Ines Gaspar Silva	06	Juv B	204152	GESL	1:16.43 S	01.11.2019	Setubal (POR)	1:16.43
7	Rita Martins Lopes	06	Juv B	203919	AHBE	1:16.95 S	01.11.2019	Setubal (POR)	1:16.95
8	Leonor Viola Marques	06	Juv B	202339	CNCVG	1:18.55 L	11.05.2019	Vila Franca de Xira (POR)	1:16.97
9	Margarida Barbara Marques	06	Juv B	200396	SAD	1:17.16 S	01.11.2019	Setubal (POR)	1:17.16
10	Erica Candeias Mendes	06	Juv B	147116	CNA	1:17.39 S	09.03.2019	Setubal (POR)	1:17.39
11	Marta Silva Santos	06	Juv B	200182	CNS	1:17.89 S	19.01.2019	Alapraia (POR)	1:17.89
12	Carolina Costa Diniz	06	Juv B	151038	SCP	1:18.36 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:18.36
13	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	1:18.81 S	01.11.2019	Setubal (POR)	1:18.81
14	Eva Kurnosa	06	Juv B	204628	CPCD	1:19.43 S			1:19.43
15	Carina Tymosh	06	Juv B	206434	DRCN	1:19.43 S			1:19.43

Juvenis A

1	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	1:07.49 S	14.12.2018	Tomar (POR)	1:07.49
2	Rita Abibe Goncalves	05	Juv A	144730	GESL	1:10.04 S	29.06.2019	Alges (POR)	1:10.04
3	Marta Joao Pires	05	Juv A	147235	SAD	1:11.22 S	18.05.2019	Alges (POR)	1:11.22
4	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	1:13.88 L	09.02.2019	Lisboa (POR)	1:12.40
5	Iris Pereira Carrao	05	Juv A	201392	CIRL	1:12.81 S	18.05.2019	Alges (POR)	1:12.81
6	Rita Ferreira Gomes	05	Juv A	132565	SAD	1:13.52 S	14.07.2019	Alges (POR)	1:13.52
7	Maria Correia Ricardo	05	Juv A	129496	CNS	1:14.03 S	14.07.2019	Alges (POR)	1:14.03
8	Ana Belo Braga	05	Juv A	132505	AONDA	1:15.55 S	14.12.2018	Tomar (POR)	1:15.55
9	Lara Moreira Lopo	05	Juv A	130424	EULX	1:17.16 L	04.08.2019	Funchal (POR)	1:15.61
10	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	1:16.43 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:16.43
11	Carolina Silva	05	Juv A	133296	DRCN	1:17.00 S	01.11.2019	Setubal (POR)	1:17.00
12	Mariana Reis Ferreira	05	Juv A	200724	AONDA	1:17.23 S			1:17.23
13	Joana Fernandes Gama	05	Juv A	153361	SCP	1:17.23 S			1:17.23
14	Mariana Andreia Silva	05	Juv A	141810	SCP	1:17.23 S			1:17.23
15	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	1:17.23 S			1:17.23

Prova 26, Femin., 100m Costas
Juniores

1	Maria Gomes Pereira	04	Jun	129510	SAD	1:07.56 S	18.05.2019	Alges (POR)	1:07.56
2	Susana Chanoca Narciso	04	Jun	129388	CDCP	1:07.92 S	14.12.2018	Tomar (POR)	1:07.92
3	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	1:08.06 S	23.12.2018	Felgueiras (POR)	1:08.06
4	Carolina Fale Costa	04	Jun	129801	ADRCIMM	1:08.66 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:08.66
5	Yonina Brancourt	04	Jun	202082	GESL	1:09.91 S	14.07.2019	Alges (POR)	1:09.91
6	Ana Margarida Soares	03	Jun	129488	CNS	1:10.08 S	14.04.2019	Coruche (POR)	1:10.08
7	Anais Cloe Pereira	04	Jun	147048	SCP	1:11.92 L	05.04.2019	Coimbra (POR)	1:10.48
8	Maria Ines Ribeiro	03	Jun	127252	CFB	1:10.66 S	14.07.2019	Alges (POR)	1:10.66
9	Ana Sofia Inacio	04	Jun	202686	CFB	1:10.93 S	14.12.2018	Tomar (POR)	1:10.93
10	Marta Macedo Inacio	04	Jun	132536	SCP	1:11.04 S	14.07.2019	Alges (POR)	1:11.04
11	Vera Figueiredo Narra	04	Jun	131121	CNA	1:12.38 S	18.05.2019	Alges (POR)	1:12.38
12	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	1:12.51 S	01.11.2019	Setubal (POR)	1:12.51
13	Mariana Conceição Duarte	03	Jun	129507	FS	1:13.37 S	01.11.2019	Setubal (POR)	1:13.37
14	Maria Freire Alves	04	Jun	132522	AHBE	1:13.87 S	14.07.2019	Alges (POR)	1:13.87
15	Catarina Alexandra Marques	04	Jun	130232	CNCVG	1:14.21 S	18.05.2019	Alges (POR)	1:14.21
16	Raquel Raposo Lopes	04	Jun	153469	CDCP	1:14.80 S	12.01.2019	Torres Novas (POR)	1:14.80
17	Diana Valadas Horta	04	Jun	201782	SFUAP	1:14.95 S	01.11.2019	Setubal (POR)	1:14.95

Seniores

1	Rita Barros Frischknecht	98	Sen	106257	SAD	1:01.01 S	21.12.2018	Felgueiras (POR)	1:01.01
2	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	1:05.66 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:05.66
3	Ana Raquel Ferreira	98	Sen	102755	CNLX	1:06.42 S	23.12.2018	Felgueiras (POR)	1:06.42
4	Maria Mousinho Esteves	02	Sen	131944	CIRL	1:07.18 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	1:07.18
5	Sofia Alexandra Rolao	98	Sen	108413	SLB	1:09.63 L	09.02.2019	Lisboa (POR)	1:08.23
6	Maria Ornelas Armas	98	Sen	106961	EULX	1:08.32 S	14.04.2019	Coruche (POR)	1:08.32
7	Mafalda Sofia Dias	01	Sen	121401	PDEM	1:08.33 S	01.12.2018	Abrantes (POR)	1:08.33
8	Lia Ana Lima	01	Sen	205396	SAD	1:10.32 L	17.03.2019	Vila Franca de Xira (POR)	1:08.91
9	Ines Figueira Santos	00	Sen	111277	SFUAP	1:09.71 S	14.07.2019	Alges (POR)	1:09.71
10	Carolina Saraiva Pires	96	Sen	100272	CIRL	1:09.96 S	14.04.2019	Coruche (POR)	1:09.96
11	Constancia Dias Baptista	01	Sen	126394	CFB	1:11.60 S	01.11.2019	Setubal (POR)	1:11.60
12	Ana Fernandes Costa	00	Sen	121407	CNMJ	1:12.52 S	24.11.2018	Alges (POR)	1:12.52
13	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	1:13.42 S	14.04.2019	Coruche (POR)	1:13.42
14	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	1:13.98			1:13.98
15	Ana Burquete Tavares	00	Sen	119951	FS	1:13.98			1:13.98
16	Margarida Messias Ribeiro	98	Sen	110544	GESL	1:13.98 S			1:13.98

Prova 27

22.11.2019

Masc., 100m Costas
Absolutos
Lista inscritos

Rec Regional Abs	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Regional Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Regional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	55.75	Diogo Santos Costa	ADRCIMM	Felgueiras	2018
Rec Regional Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Juv B	59.52	Diogo Santos Costa	ADRCIMM	Algés	2017
Rec Nacional Abs	51.48	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018
Rec Nacional Sen	51.48	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018
Rec Nacional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Nacional Jun 1	56.33	Adriano Miguel Niz			
Rec Nacional Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Nacional Juv B	57.38	Gabriel Jose Lopes	CDL	Coimbra	2012

TAC Juv B: 1:11.63; Juv A: 1:10.33; Jun 1: 1:07.75; Jun 2: 1:06.78; Sen: 1:05.50

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	Joel Michael Fribergh	05	Juv B	203916	AHBE	1:06.06 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:06.06
2	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	1:07.81 L	27.07.2019	Loule (POR)	1:06.45
3	Martim Silva Cortes	05	Juv B	200486	AONDA	1:07.78 S	01.11.2019	Setubal (POR)	1:07.78
4	Miguel Correia Anacleto	05	Juv B	151340	SCP	1:11.32 L	12.05.2019	Vila Franca de Xira (POR)	1:09.89
5	Diogo Sousa Barbosa	05	Juv B	133332	SLB	1:09.94 S	01.11.2019	Setubal (POR)	1:09.94
6	Diogo Rafael Dias	05	Juv B	202931	DRCN	1:09.94 S	29.03.2019	Pinhal Novo (POR)	1:09.94
7	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	1:09.95 S	29.03.2019	Pinhal Novo (POR)	1:09.95
8	Manuel Pires Oliveira	05	Juv B	201480	PDEM	1:11.38 S	29.03.2019	Pinhal Novo (POR)	1:11.38

Prova 27, Masc., 100m Costas

9	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	1:11.42 S	01.11.2019	Setubal (POR)	1:11.42
10	Daniel Pankivskiy	05	Juv B	153427	CPCD	1:11.63 S	03.02.2019	Montemor-o-Novo (POR)	1:11.63
11	Lourenço Matos Perdigão	05	Juv B	130149	CNN	1:11.63 S			1:11.63
12	Eduard Daniel Milanov	05	Juv B	202776	CNS	1:11.63 S			1:11.63
13	Filipe Simoes Freitas	05	Juv B	202349	SCP	1:11.63 S			1:11.63

Juvenis A

1	Francisco Sousa Uva	04	Juv A	201477	SAD	1:01.93 S	20.01.2019	Alapraia (POR)	1:01.93
2	Miguel Costa Simoes	04	Juv A	132350	CDCP	1:02.85 S	25.04.2019	Sines (POR)	1:02.85
3	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	1:04.51 L	03.08.2019	Funchal (POR)	1:03.22
4	Guilherme Machado Santos	04	Juv A	200202	SFUAP	1:05.49 L	03.08.2019	Funchal (POR)	1:04.18
5	João Pedro Penelas	04	Juv A	150754	GESL	1:04.43 S	14.07.2019	Alges (POR)	1:04.43
6	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	1:06.03 L	03.08.2019	Funchal (POR)	1:04.70
7	Hugo Tomas Silva	04	Juv A	200491	AONDA	1:06.90 S	01.11.2019	Setubal (POR)	1:06.90
8	Jaeden Michael Nunes	04	Juv A	202508	CFB	1:07.21 S	14.07.2019	Alges (POR)	1:07.21
9	Duarte Brito Justino	04	Juv A	130802	ADRCIMM	1:07.22 S	18.05.2019	Alges (POR)	1:07.22
10	Gonçalo Gomes Augusto	04	Juv A	127270	AONDA	1:07.71 S	14.07.2019	Alges (POR)	1:07.71
11	Afonso Romão Francisco	04	Juv A	204573	CDCP	1:08.98 S	18.05.2019	Alges (POR)	1:08.98
12	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	1:09.15 S	18.05.2019	Alges (POR)	1:09.15
13	Mário Catalão Moura	04	Juv A	205377	CNS	1:09.26 S	18.05.2019	Alges (POR)	1:09.26
14	Gonçalo Afonso Gouveia	04	Juv A	153360	SCP	1:10.25 S	14.07.2019	Alges (POR)	1:10.25
15	Daniel Elias Duarte	04	Juv A	147198	CIRL	1:10.33 S			1:10.33
16	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	1:10.33 S			1:10.33
17	Alexandre Duarte Morais	04	Juv A	132645	PDEM	1:10.33 S	18.05.2019	Alges (POR)	1:10.33
18	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	1:10.33 S			1:10.33
19	Ruben Jose Salgueiro	04	Juv A	133507	SCP	1:10.33 S			1:10.33
20	Tomas Rebelo Dias	04	Juv A	148500	EULX	1:10.33 S			1:10.33
21	Andre Fragoso Matos	04	Juv A	202012	EULX	1:10.33 S			1:10.33
22	José Teixeira Ferreira	04	Juv A	153410	EULX	1:10.33 S			1:10.33

Juniões

1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	55.16 S	14.07.2019	Alges (POR)	55.16
2	Tomas Nogueira Gomes	03	Jun	126626	SFUAP	57.50 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	57.50
3	Hugo Nunes Magalhães	02	Jun	127748	SAD	59.28 S	29.06.2019	Alges (POR)	59.28
4	Antonio Santos Pereira	03	Jun	201690	AHBE	1:00.36 S	14.07.2019	Alges (POR)	1:00.36
5	Tiago Miguel Dias	03	Jun	112753	CNLX	1:00.58 S	14.07.2019	Alges (POR)	1:00.58
6	Nicolae Iachimovschi	03	Jun	130036	CFB	1:01.82 S	16.12.2018	Tomar (POR)	1:01.82
7	Pedro Pires Gomes	03	Jun	129534	CFB	1:02.53 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.53
8	Bernardo Araújo Freire	03	Jun	129532	SAD	1:02.86 S	14.07.2019	Alges (POR)	1:02.86
9	João Maria Colaco	03	Jun	131515	SCP	1:03.12 S	14.07.2019	Alges (POR)	1:03.12
10	Francisco Alves Souza	02	Jun	128881	GESL	1:05.15 L	02.08.2019	Funchal (POR)	1:03.84
11	Ricardo Martins Ferreira	03	Jun	127307	AONDA	1:04.33 S	14.12.2018	Tomar (POR)	1:04.33
12	Gonçalo Filipe Valente	03	Jun	131380	GESL	1:04.42 S	14.07.2019	Alges (POR)	1:04.42
13	Jose Miguel Oliveira	03	Jun	129493	CNS	1:04.45 S	14.12.2018	Tomar (POR)	1:04.45
14	Dinis Viola Caroco	03	Jun	131696	SCP	1:04.56 S	14.07.2019	Alges (POR)	1:04.56
15	Tiago Leite Barreiros	02	Jun	127804	SAD	1:04.92 S	14.07.2019	Alges (POR)	1:04.92
16	Pedro Alves Martinho	02	Jun	129482	AHBE	1:06.78			1:06.78
17	João Gabriel Machado	02	Jun	211590	SCP	1:06.78			1:06.78
18	Pedro Miguel Pinto	02	Jun	129924	SCP	1:06.78			1:06.78
19	Pedro Miguel Matos	03	Jun	130244	CNCVG	1:07.75 S			1:07.75

Seniores

1	Miguel Ribeiro Bate	99	Sen	117183	SAD	56.67 S	21.12.2018	Felgueiras (POR)	56.67
2	João Diogo Fernandes	98	Sen	121542	CFB	57.08 S	23.12.2018	Felgueiras (POR)	57.08
3	Ricardo Saraiva Pires	98	Sen	107651	CIRL	57.40 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	57.40
4	Bruno Miguel Ramos	97	Sen	109110	CFB	59.21 L	10.02.2019	Lisboa (POR)	58.02
5	Renato Barros Frischknecht	01	Sen	122051	SAD	1:00.20 S	14.07.2019	Alges (POR)	1:00.20
6	Francisco Carvalho Machado	98	Sen	111855	SAD	1:00.44 S	24.11.2018	Alges (POR)	1:00.44
7	Edgar Filipe Santos	01	Sen	127750	SFUAP	1:00.90 S	23.12.2018	Felgueiras (POR)	1:00.90
8	Carlos Marques Freire	01	Sen	121509	CFB	1:01.08 S	21.12.2018	Felgueiras (POR)	1:01.08
9	Diogo Carrasco Correia	95	Sen	26151	CFB	1:01.77 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:01.77
10	Tiago Correia Neves	97	Sen	125796	CFB	1:02.97 S	03.11.2018	Vila Real St. Antonio (POR)	1:02.97
11	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	1:03.80 S	14.07.2019	Alges (POR)	1:03.80
12	João Pedro Gil	97	Sen	108343	CDCP	1:05.50			1:05.50
13	Miguel Dordio Carreiro	97	Sen	117307	GESL	1:05.50 S			1:05.50
14	Alexandre Miguel Branco	01	Sen	126584	SAD	1:05.50			1:05.50
15	Diogo Gomes Sousa	95	Sen	25455	CNCVG	1:05.50			1:05.50
16	Diogo Alexandre Araújo	01	Sen	122109	CDOM	1:05.50			1:05.50

Prova 28
22.11.2019
Femin., 4 x 200m Livres
Absolutos
Lista inscritos

Rec Nacional Abs	8:08.99	Sport Alges e Dafundo	SAD	Alges	2018
Rec Nacional Sen	8:08.99	Sport Alges e Dafundo	SAD	Alges	2018
Rec Nacional Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	2009
Rec Nacional Juv A	8:51.54	Futebol Clube do Porto	FCP	Estarreja	2014
Rec Nacional Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	2011

TAC Juv B: 10:27.53; Juv A: 10:10.09; Sen: 9:41.04

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Absolutos							
1		Abs		SAD	8:46.13		8:46.13
2		Abs		ADRCIMM	8:47.99		8:47.99
3		Abs		SAD	8:48.56		8:48.56
4		Abs		SFUAP	9:06.80		9:06.80
5		Abs		SLB	9:40.86		9:40.86
6		Abs		SLB	9:41.02		9:41.02
7		Abs		AHBE	10:00.00		10:00.00
8		Abs		CNS	10:00.00		10:00.00

Prova 29
22.11.2019
Masc., 4 x 200m Livres
Absolutos
Lista inscritos

Rec Nacional Abs	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Jun	7:35.58	Associação Naval Amorense	ANAM	Felgueiras	2013
Rec Nacional Juv A	7:49.50	Associação Naval Amorense	ANAM	Algés	2012
Rec Nacional Juv B	8:07.64	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014

TAC Juv B: 9:29.43; Juv A: 9:19.06; Sen: 8:43.42

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Absolutos							
1		Abs		CFB	7:32.70		7:32.70
2		Abs		SAD	7:55.38		7:55.38
3		Abs		SAD	7:59.89		7:59.89
4		Abs		SFUAP	8:01.62		8:01.62
5		Abs		CFB	8:17.25		8:17.25
6		Abs		ADRCIMM	8:24.99		8:24.99
7		Abs		CDCP	8:32.00		8:32.00
8		Abs		SLB	9:00.42		9:00.42
9		Abs		CFB	9:28.82		9:28.82
10		Abs		GESL	10:58.24		10:58.24

3 - 2ª Jornada

23.11.2019 - 9:00

Prova 1

Masc., 1500m Livres

Absolutos

23.11.2019

Lista inscritos

Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Sen	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:25.11	João Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	ADRCIMM	Guarda	2016
Rec Regional Juv B	16:25.03	Pedro Fontoura Oliveira	CFB	Cantanhede	2004
Rec Nacional Abs	14:58.18	Jose Paulo Lopes	SCB	Felgueiras	2018
Rec Nacional Sen	14:58.18	Jose Paulo Lopes	SCB	Felgueiras	2018
Rec Nacional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Nacional Jun 1	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC		2007
Rec Nacional Juv B	16:09.71	Luis Miguel Monteiro	FCP	Felgueiras	1998

TAC Juv B: 19:35.89; Juv A: 19:14.51; Jun 1: 18:32.24; Jun 2: 18:16.34; Sen: 17:55.15

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
B 1	Pedro Maria Amado	05	Juv B	148286	SAD	18:11.12 L	26.07.2019	Loule (POR)	17:49.29
B 2	Andre Henriques Marques	05	Juv B	129665	SLB	17:57.87 S	10.03.2019	Setubal (POR)	17:57.87
B 3	Filipe Simoes Freitas	05	Juv B	202349	SCP	18:22.10 L	06.07.2019	Setubal (POR)	18:00.05
B 4	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	18:34.09 L	06.07.2019	Setubal (POR)	18:11.80
B 5	Manuel Angelo Pereira	05	Juv B	151305	SCP	18:15.74 S	31.03.2019	Pinhal Novo (POR)	18:15.74
B 6	Afonso Lucio Costa	05	Juv B	202216	SCP	19:01.94 S	19.05.2019	Alges (POR)	19:01.94
B 7	Vasco Alves Morgado	05	Juv B	147123	SAD	19:10.15 S	10.03.2019	Setubal (POR)	19:10.15
B 8	Rodrigo Martins Bras	05	Juv B	129806	CFB	19:13.93 S	19.05.2019	Alges (POR)	19:13.93
B 9	Jose Manuel Sa	05	Juv B	203114	SCP	19:15.51 S	19.05.2019	Alges (POR)	19:15.51
B 10	Joao Ferreira Rodrigues	05	Juv B	202709	GESL	19:16.22 S	10.03.2019	Setubal (POR)	19:16.22
B 11	Miguel Correia Anacleto	05	Juv B	151340	SCP	19:16.97 S	19.05.2019	Alges (POR)	19:16.97
B 12	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	19:18.45 S	19.05.2019	Alges (POR)	19:18.45
B 13	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	19:19.05 S	19.05.2019	Alges (POR)	19:19.05
B 14	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	19:20.33 S	19.05.2019	Alges (POR)	19:20.33
B 15	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	19:51.54 L	06.07.2019	Setubal (POR)	19:27.70
B 16	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	19:30.08 S	19.01.2019	Alapraia (POR)	19:30.08
B 17	Simao Lopes Oliveira	05	Juv B	200178	CNS	19:35.89 S			19:35.89
B 18	Pedro Mahua Alvarez	05	Juv B	208096	SCP	19:35.89 S			19:35.89

Juvenis A

B 1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	16:42.58 L	01.08.2019	Funchal (POR)	16:22.52
B 2	Bernardo Victorino Almeida	04	Juv A	153357	SCP	16:46.01 L	01.08.2019	Funchal (POR)	16:25.89
B 3	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	17:17.85 L	04.04.2019	Coimbra (POR)	16:57.09
B 4	Afonso Figueiredo Frasquilho	04	Juv A	153353	SCP	17:09.60 S	13.07.2019	Alges (POR)	17:09.60
B 5	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	17:43.64 L	04.04.2019	Coimbra (POR)	17:22.36
B 6	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	17:29.94 S	23.11.2018	Alges (POR)	17:29.94
B 7	Joao Lourenco Rebelo	04	Juv A	132558	SAD	17:30.02 S	23.11.2018	Alges (POR)	17:30.02
B 8	Francisco Sousa Uva	04	Juv A	201477	SAD	17:32.71 S	13.07.2019	Alges (POR)	17:32.71
B 9	Joao Afonso Santos	04	Juv A	153371	SCP	17:41.18 S	16.12.2018	Tomar (POR)	17:41.18
B 10	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	18:02.39 S	23.11.2018	Alges (POR)	18:02.39
B 11	Pedro Forjaz Cirurgiao	04	Juv A	132564	SAD	18:05.16 S	13.07.2019	Alges (POR)	18:05.16
B 12	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	18:05.78 S	16.12.2018	Tomar (POR)	18:05.78
B 13	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	18:12.42 S	23.11.2018	Alges (POR)	18:12.42
B 14	Miguel Filipe Anjo	04	Juv A	201394	CDCP	18:42.18 L	08.06.2019	Badajoz (ESP)	18:19.73
B 15	Tomas Martins Mira	04	Juv A	132215	CNS	18:27.55 S	13.07.2019	Alges (POR)	18:27.55
B 16	Afonso Cipriano Pinto	04	Juv A	153352	SCP	19:01.59 S	23.11.2018	Alges (POR)	19:01.59
B 17	Victor Bethlem Tigre	04	Juv A	208094	SCP	19:13.56 S	23.11.2018	Alges (POR)	19:13.56
B 18	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	19:14.51			19:14.51

"B" - Atletas Juvenis inscritos nas provas do Torneio Regional de Fundo

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Prova 1, Masc., 1500m Livres

Juniores

1	Francisco Costa Nunes	02	Jun	121538	SCP	15:57.16 S	15.03.2019	Coruche (POR)	15:57.16
2	Pedro Esteves Duarte	03	Jun	132531	CDCP	17:08.19 L	01.08.2019	Funchal (POR)	16:47.62
3	Rodrigo Reis Dias	03	Jun	129003	CFB	17:04.02 S	13.07.2019	Alges (POR)	17:04.02
4	Guilherme Matias Cristino	03	Jun	132528	SFUAP	17:11.48 S	16.12.2018	Tomar (POR)	17:11.48
5	Alexandre Coelho Vieira	03	Jun	131516	SCP	17:20.93 S	13.07.2019	Alges (POR)	17:20.93
6	Diogo Miguel Duraes	03	Jun	123448	CNMJ	17:48.55 S	23.11.2018	Alges (POR)	17:48.55

Seniores

1	Bruno Rey Barros	01	Sen	208313	SCP	16:22.42 L	07.04.2019	Sabadell (ESP)	16:02.77
2	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	16:35.22 S	23.11.2018	Alges (POR)	16:35.22
3	Pedro Barata Neves	00	Sen	118137	CIRL	16:41.76 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	16:41.76
4	Filipe Ferreira Luz	98	Sen	112320	GESL	17:06.15 S	23.11.2018	Alges (POR)	17:06.15
5	Joao Miguel Cardoso	97	Sen	109124	GESL	17:36.19 L	15.03.2019	Vila Franca de Xira (POR)	17:15.06
6	Tiago Correia Neves	97	Sen	125796	CFB	17:36.99 S	17.02.2019	Guarda (POR)	17:36.99
7	Daniel Rochinha Pedro	98	Sen	111389	AHBE	17:55.15			17:55.15
8	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	17:55.15			17:55.15
9	Rafael Filipe Nunes	96	Sen	108344	SLB	17:55.15			17:55.15
10	Miguel Duarte Cruz	99	Sen	125797	CFB	17:55.15			17:55.15
11	Francisco Madruga Silva	98	Sen	129151	CNLX	17:55.15			17:55.15
12	Igor Araujo Mogne	96	Sen	132477	SCP	17:55.15			17:55.15
13	Miguel Rohula Reis	01	Sen	202644	SCP	17:55.15			17:55.15

Prova 2

23.11.2019

Femin., 400m Estilos

Absolutos

Lista inscritos

Rec Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:49.07	Raquel Gomes Pereira	SAD	Felgueiras	2017
Rec Regional Jun 1	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	2005
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:48.80	Victoria Kaminskaya	PIMP	Silves	2011
Rec Nacional Jun 1	4:50.85	Diana Margarida Duraes	FOCA	Silves	2011
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004

TAC Juv B: 6:03.19; Juv A: 5:53.10; Jun 1: 5:43.22; Jun 2: 5:39.89; Sen: 5:38.23

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 Neves Antunes	06	Juv B	148284	CNCVG	5:21.00 S	18.05.2019	Alges (POR)	5:21.00
2	Maria Leonor Coelho	06	Juv B	132470	SLB	5:33.76 L	07.07.2019	Setubal (POR)	5:27.08
3	Matilde Nunes Lopes	06	Juv B	201711	SLB	5:27.78 S	18.05.2019	Alges (POR)	5:27.78
4	Carolina Martins Camacho	06	Juv B	202646	SFUAP	5:34.90 L	28.07.2019	Loule (POR)	5:28.20
5	Francisca Santos Ferreira	06	Juv B	200402	SAD	5:30.43 S	18.05.2019	Alges (POR)	5:30.43
6	Maria Esteves Valente	06	Juv B	202954	SLB	5:30.57 S	08.03.2019	Setubal (POR)	5:30.57
7	Beatriz Fernandes Gama	06	Juv B	151459	SCP	5:34.76 S	08.03.2019	Setubal (POR)	5:34.76
8	Leonor Tavares Catalao	06	Juv B	202215	SCP	5:35.98 S	18.05.2019	Alges (POR)	5:35.98
9	Filipa Ferraz Domingos	06	Juv B	200878	SCP	5:44.20 L	28.07.2019	Loule (POR)	5:37.31
10	Ines Correia Teixeira	06	Juv B	133334	CNA	5:38.65 S	18.05.2019	Alges (POR)	5:38.65
11	Leonor Santos Duro	06	Juv B	202520	CNS	5:41.75 S	19.01.2019	Alapraia (POR)	5:41.75
12	Beatriz Portugal Costa	06	Juv B	133278	SLB	5:43.64 S	18.05.2019	Alges (POR)	5:43.64
13	Beatriz Mocego Niza	06	Juv B	148435	CNA	5:45.14 S	18.05.2019	Alges (POR)	5:45.14
14	Madalena Correa Sa	06	Juv B	201548	GESL	5:45.75 S	29.03.2019	Pinhal Novo (POR)	5:45.75
15	Mariana Ramos Zacarias	06	Juv B	200183	CNS	5:49.46 S	08.03.2019	Setubal (POR)	5:49.46
16	Ines Gaspar Silva	06	Juv B	204152	GESL	5:50.40 S	18.05.2019	Alges (POR)	5:50.40
17	Madalena Fragoso Guterres	06	Juv B	202908	SLB	5:58.31 L	07.07.2019	Setubal (POR)	5:51.14
18	Catarina Coutinho Lima	06	Juv B	132460	SLB	5:54.21 S	19.01.2019	Alapraia (POR)	5:54.21
19	Maria Beatriz Costa	06	Juv B	204155	SCP	5:54.30 S	29.03.2019	Pinhal Novo (POR)	5:54.30
20	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	6:02.28 S	18.05.2019	Alges (POR)	6:02.28
21	Sofia Medeiros Pereira	06	Juv B	207512	CNMJ	6:03.19 S			6:03.19
22	Clara Sofia Herminio	06	Juv B	202218	CDCP	6:03.19 S			6:03.19

Prova 2, Femin., 400m Estilos

Juvenis A

1	Soraia Alexandra Delgado	05	Juv A	153438	SCP	5:09.91 L	02.08.2019	Funchal (POR)	5:03.71
2	Erica Cristina Reis	05	Juv A	200201	SCP	5:17.62 L	02.08.2019	Funchal (POR)	5:11.26
3	Marta Joao Pires	05	Juv A	147235	SAD	5:14.30 S	14.12.2018	Tomar (POR)	5:14.30
4	Ana Beatriz Simoes	05	Juv A	153354	SCP	5:18.66 S	14.12.2018	Tomar (POR)	5:18.66
5	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	5:23.05 S	14.12.2018	Tomar (POR)	5:23.05
6	Joana Fernandes Gama	05	Juv A	153361	SCP	5:34.08 L	02.08.2019	Funchal (POR)	5:27.39
7	Joana Rocha Ferreira	05	Juv A	201560	SLB	5:27.52 S	13.07.2019	Alges (POR)	5:27.52
8	Mariana Andreia Silva	05	Juv A	141810	SCP	5:27.58 S	13.07.2019	Alges (POR)	5:27.58
9	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	5:33.54 S	23.11.2018	Alges (POR)	5:33.54
10	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	5:39.23 S	14.12.2018	Tomar (POR)	5:39.23
11	Francisca Otao Tribuna	05	Juv A	132463	SLB	5:49.52 S	23.11.2018	Alges (POR)	5:49.52
12	Rafaela Diogo Martins	05	Juv A	132214	CNS	5:49.54 S	23.11.2018	Alges (POR)	5:49.54
13	Nicole Patriarca Franca	05	Juv A	153435	SCP	5:56.87 L	16.03.2019	Vila Franca de Xira (POR)	5:49.73
14	Maria Carolina Vargas	05	Juv A	132561	SLB	5:53.10			5:53.10
15	Barbara Cunha Ventura	05	Juv A	132458	SLB	5:53.10			5:53.10
16	Maria Correia Ricardo	05	Juv A	129496	CNS	5:53.10			5:53.10
17	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	5:53.10			5:53.10
18	Maria Teresa Fernandes	05	Juv A	132557	SAD	5:53.10			5:53.10

Juniores

1	Leonor Esteves Santos	04	Jun	130603	EULX	5:06.03 L	02.08.2019	Funchal (POR)	4:59.90
2	Marta Macedo Inacio	04	Jun	132536	SCP	5:12.70 S	14.12.2018	Tomar (POR)	5:12.70
3	Carolina Fale Costa	04	Jun	129801	ADRCIMM	5:17.75 S	14.12.2018	Tomar (POR)	5:17.75
4	Catarina Nunes Costa	04	Jun	131376	GESL	5:17.84 S	14.12.2018	Tomar (POR)	5:17.84
5	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	5:19.39 S	13.07.2019	Alges (POR)	5:19.39
6	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	5:19.88 S	16.06.2019	Coimbra (POR)	5:19.88
7	Alice Jesus Morgado	04	Jun	131016	GESL	5:20.97 S	14.12.2018	Tomar (POR)	5:20.97
8	Leonor Alves Morganho	04	Jun	126315	SAD	5:28.40 L	16.03.2019	Vila Franca de Xira (POR)	5:21.83
9	Margarida Filipe Ferreira	04	Jun	132347	CDCP	5:22.26 S	23.11.2018	Alges (POR)	5:22.26
10	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	5:30.98 L	06.04.2019	Coimbra (POR)	5:24.36
11	Carolina Porem Henriques	04	Jun	129802	SCP	5:26.93 S	14.12.2018	Tomar (POR)	5:26.93
12	Mariana Fragoso Guterres	04	Jun	200475	SLB	5:39.09 S	13.07.2019	Alges (POR)	5:39.09
13	Beatriz Moreira Carvalho	03	Jun	127313	VKGS	5:39.89			5:39.89
14	Mariana Marques Mercedes	03	Jun	129961	CDOM	5:39.89 S			5:39.89

Seniores

1	Clara Gomes Pereira	02	Sen	124393	SAD	5:06.03 S	23.11.2018	Alges (POR)	5:06.03
2	Lia Ana Lima	01	Sen	205396	SAD	5:12.75 S	19.12.2018	Luanda (ANG)	5:12.75
3	Ana Rita Matos	02	Sen	127501	CFB	5:23.92 L	02.08.2019	Funchal (POR)	5:17.44
4	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	5:23.17 S	13.07.2019	Alges (POR)	5:23.17
5	Joana Filipa Varandas	02	Sen	124305	CIRL	5:34.80 L	25.05.2019	Coimbra (POR)	5:28.10
6	Leticia Maia Andre	02	Sen	132801	SLB	5:38.23			5:38.23
7	Tatiana Raquel Pombo	01	Sen	121615	CDCP	5:38.23			5:38.23
WDR	Luisa Maria Machado	01	Sen	121850	SFUAP	4:48.43 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	4:48.43

Prova 3
23.11.2019
Masc., 100m Livres
Absolutos
Lista inscritos

Rec Regional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Sen	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Jun 2	48.38	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Jun 1	49.87	Tiago Andre Venancio	CNS		2004
Rec Regional Juv A	50.82	Tiago André Venâncio	CNS	Braga	2003
Rec Regional Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Nacional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Sen	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Jun 2	48.38	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Nacional Jun 1	49.87	Tiago Andre Venancio	CNS		2004
Rec Nacional Juv A	50.82	Tiago Andre Venancio	CNS	Braga	2003
Rec Nacional Juv B	52.29	Diogo Matos Ribeiro	CUC	Coimbra	2019

TAC Juv B: 1:02.83; Juv A: 1:01.69; Jun 1: 59.44; Jun 2: 58.59; Sen: 57.45

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	57.85 S	31.03.2019	Pinhal Novo (POR)	57.85
2	Martim Silva Cortes	05	Juv B	200486	AONDA	59.10 L	27.07.2019	Loule (POR)	57.91
3	Diogo Rafael Dias	05	Juv B	202931	DRCN	58.18 S	31.03.2019	Pinhal Novo (POR)	58.18
4	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	58.58 S	01.11.2019	Setubal (POR)	58.58
5	Joel Michael Fribergh	05	Juv B	203916	AHBE	1:00.55 L	27.07.2019	Loule (POR)	59.33
6	Tiago Silva Bartolo	05	Juv B	205340	SAD	1:01.53 L	27.07.2019	Loule (POR)	1:00.29
7	Rodrigo Martins Bras	05	Juv B	129806	CFB	1:01.78 L	27.07.2019	Loule (POR)	1:00.54
8	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	1:01.04 S	01.11.2019	Setubal (POR)	1:01.04
9	Manuel Pires Oliveira	05	Juv B	201480	PDEM	1:02.33 L	06.07.2019	Setubal (POR)	1:01.08
10	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	1:02.80 L	27.07.2019	Loule (POR)	1:01.54
11	Diogo Botelho Capricho	05	Juv B	142035	SCP	1:02.96 L	27.07.2019	Loule (POR)	1:01.70
12	Diogo Sousa Barbosa	05	Juv B	133332	SLB	1:01.95 S	01.11.2019	Setubal (POR)	1:01.95
13	Daniel Pankivskiy	05	Juv B	153427	CPCD	1:02.59 S	07.04.2019	Vila Franca de Xira (POR)	1:02.59
14	Martim Oliveira Paulo	05	Juv B	130231	GDSE	1:02.77 S	01.11.2019	Setubal (POR)	1:02.77
15	Miguel Jose Oliveira	05	Juv B	203918	AHBE	1:02.83 S			1:02.83
16	Mateus Correa Walker	05	Juv B	202083	AHBE	1:02.83 S			1:02.83
17	Vasco Santos Silva	05	Juv B	153388	SLB	1:02.83 S			1:02.83
18	Lourenco Matos Perdigao	05	Juv B	130149	CNN	1:02.83 S			1:02.83
19	Vyacheslav Hliba	05	Juv B	203912	GESL	1:02.83 S			1:02.83
20	Yan Hliba	05	Juv B	203913	GESL	1:02.83 S			1:02.83
21	Daniel Munoz Lopes	05	Juv B	203869	GESL	1:02.83 S			1:02.83
22	Pedro Miguel Monteiro	05	Juv B	201701	GESL	1:02.83			1:02.83
23	Tiago Verissimo Camelo	05	Juv B	204561	GDSE	1:02.83 S			1:02.83
24	Tiago Romão Lourenço	05	Juv B	202926	PDEM	1:02.83 S			1:02.83
25	Francisco Fino Motta	05	Juv B	202918	PDEM	1:02.83 S			1:02.83
26	Francisc Gututui	05	Juv B	200907	SAD	1:02.83 S			1:02.83
27	Vasco Antela Silva	05	Juv B	142037	SCP	1:02.83 S			1:02.83
28	Tomas Silva Ventura	05	Juv B	128957	EULX	1:02.83 S			1:02.83

Juvenis A

1	Miguel Madeira Silva	04	Juv A	132664	AONDA	56.31 S	14.07.2019	Alges (POR)	56.31
2	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	58.20 L	12.05.2019	Vila Franca de Xira (POR)	57.03
3	Alexandre Duarte Morais	04	Juv A	132645	PDEM	57.12 S	14.07.2019	Alges (POR)	57.12
4	Tomas Sa Vieira	04	Juv A	131504	SAD	57.27 S	14.07.2019	Alges (POR)	57.27
5	Miguel Costa Simoes	04	Juv A	132350	CDCP	57.56 S	19.05.2019	Alges (POR)	57.56
6	Felipe Menegassi Maia	04	Juv A	207683	SAD	57.80 S	19.05.2019	Alges (POR)	57.80
7	Afonso Romao Francisco	04	Juv A	204573	CDCP	58.28 S	14.07.2019	Alges (POR)	58.28
8	Guilherme Machado Santos	04	Juv A	200202	SFUAP	59.82 L	11.05.2019	Vila Franca de Xira (POR)	58.62
9	Joao Pedro Faustino	04	Juv A	203986	CDCP	59.07 S	01.11.2019	Setubal (POR)	59.07
10	Mario Catalao Moura	04	Juv A	205377	CNS	59.08 S	19.05.2019	Alges (POR)	59.08
11	Francisco Amaro Santos	04	Juv A	201404	GESL	1:00.29 L	17.03.2019	Vila Franca de Xira (POR)	59.08
12	Tiago Barroso Proenca	04	Juv A	129698	EULX	59.17 S	14.07.2019	Alges (POR)	59.17
13	Yann Chetelat Fock	04	Juv A	129699	EULX	59.35 S	13.07.2019	Alges (POR)	59.35
14	Joao Silva Angelino	04	Juv A	132832	PDEM	59.40 S	16.12.2018	Tomar (POR)	59.40
15	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	59.58 S	14.07.2019	Alges (POR)	59.58
16	Tomas Rebelo Dias	04	Juv A	148500	EULX	59.91 S	14.07.2019	Alges (POR)	59.91
17	Afonso Leonel Barreto	04	Juv A	202862	CPCD	59.95 S	01.11.2019	Setubal (POR)	59.95
18	Jaeden Michael Nunes	04	Juv A	202508	CFB	1:00.06 S	13.07.2019	Alges (POR)	1:00.06
19	Ruben Jose Salgueiro	04	Juv A	133507	SCP	1:00.47 S	14.07.2019	Alges (POR)	1:00.47

Prova 3, Masc., 100m Livres

20	Joao Negreiros Guerreiro	04	Juv A	209459	CIRL	1:00.71 S	14.07.2019	Alges (POR)	1:00.71
21	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	1:00.76 S	19.05.2019	Alges (POR)	1:00.76
22	Tom�s Pratas Neto	04	Juv A	132652	PDEM	1:00.94 S	19.05.2019	Alges (POR)	1:00.94
23	Duarte Brito Justino	04	Juv A	130802	ADRCIMM	1:01.03 S	14.07.2019	Alges (POR)	1:01.03
24	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	1:01.68 S	01.11.2019	Setubal (POR)	1:01.68
25	Guilherme Miguel Carneiro	04	Juv A	132518	AHBE	1:01.69 S			1:01.69
26	Hugo Tomas Silva	04	Juv A	200491	AONDA	1:01.69 S			1:01.69
27	Simao Martins Pereira	04	Juv A	202201	GESL	1:01.69			1:01.69
28	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	1:01.69 S			1:01.69
29	Afonso Miguel Ribeiro	04	Juv A	210966	PDEM	1:01.69 S			1:01.69
30	Andre Frago�s Matos	04	Juv A	202012	EULX	1:01.69 S			1:01.69
31	Jos� Teixeira Ferreira	04	Juv A	153410	EULX	1:01.69			1:01.69

Juniores

1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	51.33 S	14.07.2019	Alges (POR)	51.33
2	Diogo Garcez Mateus	02	Jun	129622	AONDA	54.34 S	14.07.2019	Alges (POR)	54.34
3	Antonio Santos Pereira	03	Jun	201690	AHBE	55.46 L	04.08.2019	Funchal (POR)	54.35
4	Martim Primavera Alfama	02	Jun	128833	GESL	54.42 S	14.07.2019	Alges (POR)	54.42
5	Pedro Machado Vieira	02	Jun	204156	SAD	54.62 S	29.06.2019	Alges (POR)	54.62
6	Joao Nogueira Mendes	02	Jun	128745	CIRL	56.15 L	16.03.2019	Vila Franca de Xira (POR)	55.02
7	Francisco Alves Souza	02	Jun	128881	GESL	55.06 S	14.07.2019	Alges (POR)	55.06
8	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	55.54 S	13.07.2019	Alges (POR)	55.54
9	Joao Miguel Cascalheira	03	Jun	201621	CNS	55.71 S	14.07.2019	Alges (POR)	55.71
10	Luis Cabral Junior	03	Jun	129805	CFB	55.96 S	19.05.2019	Alges (POR)	55.96
11	Daniel Shumeika Zayika	03	Jun	128884	SLB	56.56 S	13.07.2019	Alges (POR)	56.56
12	Ricardo Martins Ferreira	03	Jun	127307	AONDA	56.60 S	14.07.2019	Alges (POR)	56.60
13	Hugo Nunes Magalhaes	02	Jun	127748	SAD	56.84 S	23.11.2018	Alges (POR)	56.84
14	Afonso Esteves Tome	03	Jun	128467	ADRCIMM	56.94 S	29.06.2019	Alges (POR)	56.94
15	Rodrigo Beja Lopes	03	Jun	205336	AONDA	57.31 S	01.11.2019	Setubal (POR)	57.31
16	Pedro Pires Gomes	03	Jun	129534	CFB	57.59 S	14.07.2019	Alges (POR)	57.59
17	Tiago Miguel Dias	03	Jun	112753	CNLX	57.84 S	14.07.2019	Alges (POR)	57.84
18	Pedro Esteves Duarte	03	Jun	132531	CDCP	57.90 S	14.07.2019	Alges (POR)	57.90
19	Luis Carlos Correia	03	Jun	207349	SFUAP	58.31 S	01.11.2019	Setubal (POR)	58.31
20	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	58.38 S	14.07.2019	Alges (POR)	58.38
21	Jose Luis Buzio	02	Jun	208312	CNS	58.57 S	14.07.2019	Alges (POR)	58.57
22	Joao Garcez Mateus	02	Jun	129623	AONDA	58.58 S	14.07.2019	Alges (POR)	58.58
23	Pedro Alves Martinho	02	Jun	129482	AHBE	58.59			58.59
24	Henrique Miguel Costa	02	Jun	210705	SAD	58.59 S			58.59
25	Simao Castro Barreto	02	Jun	132474	EULX	58.59 S			58.59
26	Vasco Salvador Fernando	03	Jun	129526	SAD	58.66 S	14.07.2019	Alges (POR)	58.66
27	Jose Miguel Oliveira	03	Jun	129493	CNS	59.44 S			59.44
28	Daniel Alexandre Ascenso	03	Jun	131377	GESL	59.44 S			59.44
29	Guilherme Carmo Manz	03	Jun	148571	CNCVG	59.44 S			59.44
30	Luis Maia Pegado	03	Jun	131701	EULX	59.44 S			59.44
31	David Van Ossenbruggen	03	Jun	126428	SFUAP	59.44 S			59.44

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	50.00 S	09.12.2018	Sto Ant� dos Cavaleiros (POR)	50.00
2	Diogo Ramos Lebre	01	Sen	122294	SLB	50.81 S	21.12.2018	Felgueiras (POR)	50.81
3	Pedro Andre Santos	94	Sen	15732	SAD	50.90 S	14.07.2019	Alges (POR)	50.90
4	Francisco Carvalho Machado	98	Sen	111855	SAD	51.61 S	23.12.2018	Felgueiras (POR)	51.61
5	Hugo Pon	98	Sen	110164	SAD	52.78 S	14.07.2019	Alges (POR)	52.78
6	David Granja Lopes	90	Sen	22490	AONDA	52.95 S	25.11.2018	Alges (POR)	52.95
7	Daniel Sebastiao Francisco	00	Sen	210562	SLB	54.13 L	21.08.2019	Casablanca (MAR)	53.04
8	Tiago Maria Camoes	01	Sen	121851	SFUAP	54.64 L	02.08.2019	Funchal (POR)	53.54
9	Afonso Godinho Mestre	95	Sen	100365	CNLX	53.55 S	01.12.2018	Abrantes (POR)	53.55
10	Frederico Sousa Soares	96	Sen	104260	AHBE	53.88 S	14.07.2019	Alges (POR)	53.88
11	Miguel Ribeiro Bate	99	Sen	117183	SAD	53.97 S	23.11.2018	Alges (POR)	53.97
12	Bernardo Antunes Augusto	00	Sen	122518	AONDA	54.33 S	14.07.2019	Alges (POR)	54.33
13	Renato Barros Frischknecht	01	Sen	122051	SAD	54.70 S	14.07.2019	Alges (POR)	54.70
14	Pedro Barata Neves	00	Sen	118137	CIRL	54.90 S	13.07.2019	Alges (POR)	54.90
15	Pedro Dordio Carreiro	97	Sen	120560	GESL	56.19 L	17.03.2019	Vila Franca de Xira (POR)	55.06
16	Ricardo Nuno Esteves	99	Sen	121159	CIRL	55.16 S	14.07.2019	Alges (POR)	55.16
17	Carlos Filipe Lopes	01	Sen	127265	SFUAP	55.38 S	01.11.2019	Setubal (POR)	55.38
18	Alexandre Miguel Branco	01	Sen	126584	SAD	55.40 S	14.07.2019	Alges (POR)	55.40
19	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	55.47 S	14.07.2019	Alges (POR)	55.47
20	Miguel Monteiro Dinis	01	Sen	124394	SAD	56.12 S	29.06.2019	Alges (POR)	56.12
21	Ricardo Silva Marujo	00	Sen	125348	GESL	56.24 S	14.07.2019	Alges (POR)	56.24
22	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	56.34 S	25.04.2019	Sines (POR)	56.34

Prova 3, Masc., 100m Livres

23	Sebastiao Limbert Piedade	00	Sen	120451	SAD	56.39 S	23.11.2018	Alges (POR)	56.39
24	Pedro Ferraz Esteves	99	Sen	118772	CNLX	56.40 S	14.07.2019	Alges (POR)	56.40
25	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	56.55 S	23.11.2018	Alges (POR)	56.55
26	Diogo Puidival Marques	00	Sen	122045	AONDA	56.56 S	23.11.2018	Alges (POR)	56.56
27	Joao Costa Fonseca	00	Sen	125134	CNLX	56.95 S	13.07.2019	Alges (POR)	56.95
28	Rodrigo Ponte Jorge	01	Sen	127873	SFUAP	57.08 S	29.06.2019	Alges (POR)	57.08
29	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	57.45			57.45
30	Pedro Cerqueira Lobo	01	Sen	211075	FS	57.45			57.45
31	Richard Jesus Fernandes	95	Sen	205225	CIRL	57.45 S			57.45
32	Diogo Filipe Reis	99	Sen	132405	CIRL	57.45 S			57.45
33	Jose Paula Carvalho	98	Sen	111450	SAD	57.45			57.45
34	Ricardo Ferreira Cotovio	91	Sen	10921	VKGS	57.45			57.45
35	Diogo Correia Neves	94	Sen		CNCVG	57.45			57.45
36	Tiago Miguel Silvestre	00	Sen	122110	EULX	57.45 S			57.45

Prova 4
Femin., 100m Livres
Absolutos

23.11.2019

Lista inscritos

Rec Regional Abs	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	56.07	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Regional Jun 1	56.78	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	2015
Rec Regional Juv B	59.46	Isabel Pinto Abreu	CFB	Abrantes	2010
Rec Nacional Abs	55.12	Ana Pinho Rodrigues	ADS	Felgueiras	2018
Rec Nacional Sen	55.12	Ana Pinho Rodrigues	ADS	Felgueiras	2018
Rec Nacional Jun 2	56.07	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Nacional Jun 1	56.72	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	2015
Rec Nacional Juv B	57.65	Carolina Miranda Fernandes	CGA	Estarreja	2019

TAC Juv B: 1:10.08; Juv A: 1:08.13; Jun 1: 1:06.23; Jun 2: 1:05.59; Sen: 1:05.26

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	1:03.37 L	27.07.2019	Loule (POR)	1:01.46
2	Marina Alexandra Oliveira	06	Juv B	200174	CNS	1:06.84 L	12.05.2019	Vila Franca de Xira (POR)	1:04.83
3	Maria Pinto Monteiro	06	Juv B	201397	SFUAP	1:08.28 L	27.07.2019	Loule (POR)	1:06.23
4	Erica Candeias Mendes	06	Juv B	147116	CNA	1:08.38 L	06.07.2019	Setubal (POR)	1:06.32
5	Mafalda Mourao Lopes	06	Juv B	202221	ADST	1:08.73 L	27.07.2019	Loule (POR)	1:06.66
6	Rita Borges Silva	06	Juv B	200715	CNA	1:08.74 L	27.07.2019	Loule (POR)	1:06.67
7	Rita Martins Lopes	06	Juv B	203919	AHBE	1:07.23 S	09.03.2019	Setubal (POR)	1:07.23
8	Marta Silva Santos	06	Juv B	200182	CNS	1:07.50 S	30.03.2019	Pinhal Novo (POR)	1:07.50
9	Leonor Viola Marques	06	Juv B	202339	CNCVG	1:09.76 L	12.05.2019	Vila Franca de Xira (POR)	1:07.66
10	Catarina Gomes Costa	06	Juv B	201543	EULX	1:07.68 S	01.11.2019	Setubal (POR)	1:07.68
11	Margarida Barbara Marques	06	Juv B	200396	SAD	1:09.93 L	27.07.2019	Loule (POR)	1:07.83
12	Iris Castro Campos	06	Juv B	205634	CNA	1:07.95 S	01.11.2019	Setubal (POR)	1:07.95
13	Ines Gaspar Silva	06	Juv B	204152	GESL	1:10.26 L	27.07.2019	Loule (POR)	1:08.15
14	Luana Cardoso Magalhaes	06	Juv B	201688	AHBE	1:08.28 S	01.11.2019	Setubal (POR)	1:08.28
15	Mariana Coelho Carvalho	06	Juv B	200172	CNS	1:08.42 S	31.03.2019	Pinhal Novo (POR)	1:08.42
16	Ema Faria Matta	06	Juv B	202337	CNCVG	1:10.62 L	15.06.2019	Rio Maior (POR)	1:08.50
17	Catarina Danae Duarte	06	Juv B	201687	AHBE	1:08.56 S	30.03.2019	Pinhal Novo (POR)	1:08.56
18	Ines Machado Marques	06	Juv B	201032	CNCVG	1:10.83 L	12.05.2019	Vila Franca de Xira (POR)	1:08.70
19	Madalena Correa Sa	06	Juv B	201548	GESL	1:09.02 S	18.11.2018	Estoril (POR)	1:09.02
20	Carolina Costa Diniz	06	Juv B	151038	SCP	1:09.27 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:09.27
21	Maria Coronel Andre	06	Juv B	201689	AHBE	1:10.06 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:10.06
22	Catarina Lima Antunes	06	Juv B	151077	SCP	1:10.06 S	09.03.2019	Setubal (POR)	1:10.06
23	Clara Sofia Herminio	06	Juv B	202218	CDCP	1:10.08 S			1:10.08
24	Madalena Graca Dias	06	Juv B	211407	CNLX	1:10.08			1:10.08

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Juvenis A

1	Ana Beatriz Simoes	05	Juv A	153354	SCP	1:02.03 L	04.08.2019	Funchal (POR)	1:00.16
2	Iris Pereira Carrao	05	Juv A	201392	CIRL	1:02.85 L	27.07.2019	Dublin (IRL)	1:00.96
3	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	1:02.83 S	13.07.2019	Alges (POR)	1:02.83
4	Margarida Domingues Nunes	05	Juv A	201398	EULX	1:03.50 S	23.11.2018	Alges (POR)	1:03.50
5	Carmo Dias Vieira	05	Juv A	201319	EULX	1:04.56 S	23.11.2018	Alges (POR)	1:04.56
6	Simone Filipe Monteiro	05	Juv A	203878	GESL	1:04.68 S	14.07.2019	Alges (POR)	1:04.68
7	Mariana Marques Santos	05	Juv A	150757	GESL	1:07.01 L	17.03.2019	Vila Franca de Xira (POR)	1:05.00
8	Lara Moreira Lopo	05	Juv A	130424	EULX	1:05.32 S	14.07.2019	Alges (POR)	1:05.32
9	Mariana Reis Ferreira	05	Juv A	200724	AONDA	1:07.63 L	10.02.2019	Lisboa (POR)	1:05.60
10	Maria Correia Ricardo	05	Juv A	129496	CNS	1:05.74 S	01.11.2019	Setubal (POR)	1:05.74
11	Madalena Sampaio Torgal	05	Juv A	132521	AHBE	1:06.13 S	14.07.2019	Alges (POR)	1:06.13
12	Maria Del Rio Bernat	05	Juv A	200403	SAD	1:08.59 L	17.03.2019	Vila Franca de Xira (POR)	1:06.53
13	Maria Antonia Ferraz	05	Juv A	128378	AHBE	1:06.75 S	02.02.2019	Ponte de Sor (POR)	1:06.75
14	Madalena Carrapico Alexandrino	05	Juv A	132560	SAD	1:07.39 S	29.06.2019	Alges (POR)	1:07.39
15	Carolina Silva	05	Juv A	133296	DRCN	1:07.81 S	01.11.2019	Setubal (POR)	1:07.81
16	Maria Maria Jacob	05	Juv A	202334	AHBE	1:08.13 S			1:08.13
17	Ana Belo Braga	05	Juv A	132505	AONDA	1:08.13 S			1:08.13
18	Catarina Martins Ferreira	05	Juv A	132506	AONDA	1:08.13 S			1:08.13
19	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	1:08.13 S			1:08.13
20	Beatriz Isabel Tavares	05	Juv A	2001481	CNS	1:08.13 S			1:08.13
21	Joana Matilde Inácio	05	Juv A	201035	DRCN	1:08.13 S			1:08.13
22	Inês Azinheira Serra	05	Juv A	153113	PDEM	1:08.13 S			1:08.13
23	Rita Ferreira Gomes	05	Juv A	132565	SAD	1:08.13 S			1:08.13
24	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	1:08.13 S			1:08.13

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	59.01 L	04.08.2019	Funchal (POR)	57.24
2	Mariana Morais Delfino	04	Jun	132603	SCP	1:01.63 L	10.02.2019	Lisboa (POR)	59.78
3	Sara Moura Cruz	03	Jun	127488	SAD	1:00.50 S	14.07.2019	Alges (POR)	1:00.50
4	Leonor Maria Neves	03	Jun	131015	GESL	1:02.45 L	02.08.2019	Funchal (POR)	1:00.57
5	Ana Margarida Soares	03	Jun	129488	CNS	1:01.06 S	14.07.2019	Alges (POR)	1:01.06
6	Claudia Beatriz Martins	03	Jun	128830	GESL	1:01.44 S	14.07.2019	Alges (POR)	1:01.44
7	Anais Cloe Pereira	04	Jun	147048	SCP	1:03.43 L	12.05.2019	Vila Franca de Xira (POR)	1:01.52
8	Daniela Alexandra Pedro	04	Jun	130864	SCP	1:01.77 S	19.05.2019	Alges (POR)	1:01.77
9	Marta Viola Marques	03	Jun	200870	CNCVG	1:02.01 S	14.07.2019	Alges (POR)	1:02.01
10	Mariana Marques Mercedes	03	Jun	129961	CDOM	1:03.96 L	10.02.2019	Lisboa (POR)	1:02.04
11	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	1:02.08 S	14.04.2019	Coruche (POR)	1:02.08
12	Aleksandra Bozanic Borcic	04	Jun	133318	SAD	1:02.22 S	14.07.2019	Alges (POR)	1:02.22
13	Susana Chanoca Narciso	04	Jun	129388	CDCP	1:02.41 S	15.12.2018	Tomar (POR)	1:02.41
14	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	1:05.01 L	17.03.2019	Vila Franca de Xira (POR)	1:03.06
15	Caetana Neves Carneiro	03	Jun	129163	CNLX	1:03.18 S	14.07.2019	Alges (POR)	1:03.18
16	Barbara Almeida Ribeiro	04	Jun	130249	CNCVG	1:03.26 S	14.07.2019	Alges (POR)	1:03.26
17	Madalena Graca Geraldes	04	Jun	131511	SCP	1:03.59 S	14.07.2019	Alges (POR)	1:03.59
18	Madalena Rodrigues Tome	03	Jun	126829	AHBE	1:04.12 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:04.12
19	Beatriz Costa Melo	04	Jun	132555	SAD	1:04.48 S	14.07.2019	Alges (POR)	1:04.48
20	Catarina Alexandra Marques	04	Jun	130232	CNCVG	1:04.77 S	14.07.2019	Alges (POR)	1:04.77
21	Matilde Pereira Carrao	03	Jun	204157	CIRL	1:04.94 S	25.04.2019	Sines (POR)	1:04.94
22	Matilde Carvalho Barao	04	Jun	130243	CNCVG	1:05.07 S	29.06.2019	Alges (POR)	1:05.07
23	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	1:05.59 S			1:05.59
24	Raquel Raposo Lopes	04	Jun	153469	CDCP	1:06.23 S			1:06.23
25	Emily Monteiro Cunha	04	Jun	210670	SFUAP	1:06.23 S			1:06.23

Seniores

1	Ana Reis Sousa	02	Sen	122440	SAD	56.56 L	04.04.2019	Coimbra (POR)	54.86
2	Rita Barros Frischknecht	98	Sen	106257	SAD	57.28 L	04.04.2019	Coimbra (POR)	55.56
3	Beatriz Mendes Viegas	00	Sen	110689	SCP	58.05 L	04.04.2019	Coimbra (POR)	56.30
4	Sofia Alexandra Nunes	00	Sen	112322	CIRL	1:00.60 L	27.07.2019	Dublin (IRL)	58.78
5	Catarina Martins Mestre	00	Sen	120724	CNLX	1:01.64 L	16.03.2019	Vila Franca de Xira (POR)	59.79
6	Constancia Dias Baptista	01	Sen	126394	CFB	1:02.12 L	17.03.2019	Vila Franca de Xira (POR)	1:00.25
7	Carolina Lourenco Matos	98	Sen	109647	CDCP	1:00.26 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	1:00.26
8	Bruna Martins Riesenberger	97	Sen	105541	CIRL	1:00.45 S	14.07.2019	Alges (POR)	1:00.45
9	Tatiana Raquel Pombo	01	Sen	121615	CDCP	1:02.54 L	23.03.2019	Rio Maior (POR)	1:00.66
10	Margarida Sobral Pimenta	99	Sen	118764	CFB	1:02.98 L	13.04.2019	Oeiras (POR)	1:01.09
11	Margarida Messias Ribeiro	98	Sen	110544	GESL	1:01.68 S	14.07.2019	Alges (POR)	1:01.68
12	Carolina Saraiva Pires	96	Sen	100272	CIRL	1:03.60 L	17.03.2019	Vila Franca de Xira (POR)	1:01.69
13	Catarina Trigo Ferreira	02	Sen	124523	CNLX	1:03.74 L	15.06.2019	Rio Maior (POR)	1:01.82
14	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	1:01.83 S	14.07.2019	Alges (POR)	1:01.83
15	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	1:01.97 S	23.11.2018	Alges (POR)	1:01.97

Prova 4, Femin., 100m Livres

16	Ines Figueira Santos	00	Sen	111277	SFUAP	1:02.20 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.20
17	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	1:04.17 L	10.02.2019	Lisboa (POR)	1:02.24
18	Soraia Guerra Rolim	95	Sen	121321	CIRL	1:02.74 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	1:02.74
19	Susana Pereira Veiga	00	Sen	121936	CNCVG	1:05.08 L	09.09.2019	London (GBR)	1:03.12
20	Sofia Oliveira Silva	99	Sen	121399	CNS	1:05.12 S	01.11.2019	Setubal (POR)	1:05.12
21	Luana Correia Rodrigues	01	Sen	121504	CFB	1:05.26			1:05.26
22	Ana Raquel Ferreira	98	Sen	102755	CNLX	1:05.26			1:05.26
23	Ana Burguete Tavares	00	Sen	119951	FS	1:05.26 S			1:05.26
24	Maria Mousinho Esteves	02	Sen	131944	CIRL	1:05.26 S			1:05.26

Prova 5

23.11.2019

Masc., 50m Bruços
Absolutos
Lista inscritos

Rec Regional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Jun 2	28.57	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Regional Jun 1	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	2009
Rec Nacional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Jun 2	28.57	Pedro Miguel Agostinho	SCP	Felgueiras	2002
Rec Nacional Jun 1	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	2009

TAC Jun 1: 33.91; Jun 2: 33.43; Sen: 32.78

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Diogo Garcez Mateus	02	Jun	129622	AONDA	31.39 L	06.04.2019	Coimbra (POR)	30.44
2	Joao Luis Matos	03	Jun	130239	CNCVG	32.80 L	01.08.2019	Funchal (POR)	31.81
3	David Van Ossenbruggen	03	Jun	126428	SFUAP	32.87 L	01.08.2019	Funchal (POR)	31.88
4	Tomas Almeida Leitao	03	Jun	129525	SAD	33.12 L	05.04.2019	Coimbra (POR)	32.12
5	Henrique Chan Machado	02	Jun	126835	SAD	33.21 S	13.07.2019	Alges (POR)	33.21
6	Joao Maria Colaco	03	Jun	131515	SCP	33.61 S	15.12.2018	Tomar (POR)	33.61
7	Tiago Represas Loureiro	03	Jun	208178	CNLX	33.91 S			33.91

Seniores

1	Renato Barros Frischknecht	01	Sen	122051	SAD	30.02 L	02.08.2019	Funchal (POR)	29.11
2	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	30.68 L	14.04.2019	Oeiras (POR)	29.76
3	Joao Costa Fonseca	00	Sen	125134	CNLX	31.41 L	10.02.2019	Lisboa (POR)	30.46
4	Bruno Miguel Martins	93	Sen	26891	GESL	30.48 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	30.48
5	Diogo Ramos Lebre	01	Sen	122294	SLB	30.65 S	13.07.2019	Alges (POR)	30.65
6	Vicente Morgado Ventoso	00	Sen	126466	EULX	30.97 S	13.07.2019	Alges (POR)	30.97
7	Joao Manuel Vargas	00	Sen	123510	SLB	32.09 L	16.03.2019	Vila Franca de Xira (POR)	31.12
8	Frederico Sousa Soares	96	Sen	104260	AHBE	31.40 S	13.07.2019	Alges (POR)	31.40
9	Rui Miguel Correia	96	Sen	105378	CNMJ	32.61 L	10.02.2019	Lisboa (POR)	31.63
10	Tiago Rafael Martins	97	Sen	111267	CDOM	33.18 L	24.05.2019	Coimbra (POR)	32.18
11	Pedro Silva Vaz	98	Sen	111379	AHBE	32.23 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	32.23
12	Guilherme Pereira Gil	93	Sen	107558	CDCP	32.78			32.78
13	Richard Jesus Fernandes	95	Sen	205225	CIRL	32.78 S			32.78

Prova 6
23.11.2019
Femin., 50m Bru os
Absolutos
Lista inscritos

Rec Regional Abs	31.43	Diana Duarte Gomes	CNA	S. Ant�nio Cavaleiros	2009
Rec Regional Sen	31.43	Diana Duarte Gomes	CNA	Sto Ant� Cavaleiros	2009
Rec Regional Jun 2	32.09	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	32.37	Maria Carolina Rosa	SCP	Leiria	2009
Rec Nacional Abs	30.80	Ana Pinho Rodrigues	ADS	Porto	2017
Rec Nacional Sen	30.80	Ana Pinho Rodrigues	ADS	Porto	2017
Rec Nacional Jun 2	32.09	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	31.46	Ana Pinho Rodrigues	AEJ	Leiria	2009

TAC Jun 1: 39.03; Jun 2: 38.66; Sen: 38.48

Convers o tempo inscri  o: Convers o 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)	32.74
2	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	35.44 L	02.08.2019	Funchal (POR)	34.37
3	Maria Gomes Pereira	04	Jun	129510	SAD	36.03 L	02.08.2019	Funchal (POR)	34.94
4	Margarida Mota Silva	03	Jun	122224	PDEM	36.18 S	23.12.2018	Felgueiras (POR)	36.18
5	Madalena Graca Geraldes	04	Jun	131511	SCP	37.22 S	16.12.2018	Tomar (POR)	37.22
6	Catarina Nunes Costa	04	Jun	131376	GESL	38.49 L	01.08.2019	Funchal (POR)	37.33

Seniores

1	Barbara Sofia Barata	97	Sen	105454	SAD	34.06 L	14.04.2019	Oeiras (POR)	33.03
2	Carolina Lourenco Matos	98	Sen	109647	CDCP	33.46 S	23.12.2018	Felgueiras (POR)	33.46
3	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	35.12 L	16.03.2019	Vila Franca de Xira (POR)	34.06
4	Beatriz Antunes Carvalho	99	Sen	117036	SCP	34.38 S	23.12.2018	Felgueiras (POR)	34.38
5	Rita Fernandes Leitao	96	Sen	25571	CNLX	35.11 S	13.07.2019	Alges (POR)	35.11
6	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	35.85 S	09.12.2018	Sto Ant� dos Cavaleiros (POR)	35.85
7	Iolanda Sofia Cl�rigo	02	Sen	126878	PDEM	36.40 S	13.07.2019	Alges (POR)	36.40
8	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	36.42 S	23.11.2018	Alges (POR)	36.42
9	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	36.99 S	13.07.2019	Alges (POR)	36.99
10	Soraia Guerra Rolim	95	Sen	121321	CIRL	37.49 S	23.11.2018	Alges (POR)	37.49
11	Mafalda Alexandra Henriques	98	Sen	105308	CFB	38.48			38.48
12	Carolina Janardo Ribeiro	93	Sen	14581	CDOM	38.48			38.48

Prova 7
23.11.2019
Masc., 100m Estilos
Absolutos
Lista inscritos

Rec Regional Abs	52.91	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	52.91	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	56.47	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	58.85	Diogo Santos Costa	ADRCIMM	Felgueiras	2018
Rec Nacional Abs	52.91	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Nacional Sen	52.91	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Nacional Jun 2	56.47	Alexis Manacas Santos	SCP	Leiria	2009
Rec Nacional Jun 1	57.40	Diogo Filipe Carvalho	CGA	Aveiro	2005

TAC Jun 1: 1:07.25; Jun 2: 1:06.29; Sen: 1:05.01

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	58.85 S	23.12.2018	Felgueiras (POR)	58.85
2	Martim Primavera Alfama	02	Jun	128833	GESL	1:01.62 S	20.10.2019	Obidos (POR)	1:01.62
3	Joao Miguel Cascalheira	03	Jun	201621	CNS	1:03.91 S	01.11.2019	Setubal (POR)	1:03.91
4	Hugo Nunes Magalhaes	02	Jun	127748	SAD	1:06.02 S	10.11.2018	Cova da Piedade (POR)	1:06.02
5	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	1:06.29 S			1:06.29
6	Afonso Amaro Santos	02	Jun	131510	GESL	1:06.29			1:06.29
7	Simao Castro Barreto	02	Jun	132474	EULX	1:06.29 S			1:06.29
8	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	1:06.29			1:06.29
9	Goncalo Miguel Rodrigues	03	Jun	126830	AHBE	1:07.25			1:07.25
10	Nicolae Iachimovschi	03	Jun	130036	CFB	1:07.25			1:07.25
11	Luis Cabral Junior	03	Jun	129805	CFB	1:07.25			1:07.25
12	Dinis Viola Caroco	03	Jun	131696	SCP	1:07.25			1:07.25

Prova 7, Masc., 100m Estilos

13	Guilherme Carmo Manz	03	Jun	148571	CNCVG	1:07.25	1:07.25
14	Pedro Miguel Matos	03	Jun	130244	CNCVG	1:07.25	1:07.25
15	Luis Maia Pegado	03	Jun	131701	EULX	1:07.25	1:07.25
16	Joao Luis Matos	03	Jun	130239	CNCVG	1:07.25	1:07.25

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	56.73 S	23.11.2018	Alges (POR)	56.73
2	Hugo Pon	98	Sen	110164	SAD	58.76 S	23.12.2018	Felgueiras (POR)	58.76
3	Ricardo Pinela Ferreira	01	Sen	122050	SLB	1:00.53 S	23.12.2018	Felgueiras (POR)	1:00.53
4	Afonso Mateus Ribeiro	95	Sen	100430	CFB	1:00.76 S	23.11.2018	Alges (POR)	1:00.76
5	Andre Tavares Grenho	99	Sen	120605	GESL	1:01.49 S	23.11.2018	Alges (POR)	1:01.49
6	Jose Paula Carvalho	98	Sen	111450	SAD	1:01.69 S	03.11.2018	Vila Real St. Antonio (POR)	1:01.69
7	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	1:01.92 S	01.11.2019	Setubal (POR)	1:01.92
8	David Granja Lopes	90	Sen	22490	AONDA	1:02.08 S	01.11.2019	Setubal (POR)	1:02.08
9	Rodrigo Almeida Cabrito	01	Sen	121510	CFB	1:03.25 S	23.11.2018	Alges (POR)	1:03.25
10	Tiago Rafael Martins	97	Sen	111267	CDOM	1:03.27 S	23.11.2018	Alges (POR)	1:03.27
11	Ricardo Saraiva Pires	98	Sen	107651	CIRL	1:03.40 S	01.11.2019	Setubal (POR)	1:03.40
12	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	1:03.60 S	12.01.2019	Torres Novas (POR)	1:03.60
13	Bernardo Antunes Augusto	00	Sen	122518	AONDA	1:04.16 S	01.11.2019	Setubal (POR)	1:04.16
14	Alexandre Miguel Branco	01	Sen	126584	SAD	1:04.40 S	23.11.2018	Alges (POR)	1:04.40
15	Carlos Marques Freire	01	Sen	121509	CFB	1:04.48 S	23.11.2018	Alges (POR)	1:04.48
16	Diogo Puidival Marques	00	Sen	122045	AONDA	1:05.01			1:05.01
17	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	1:05.01			1:05.01
18	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	1:05.01			1:05.01
19	Rafael Filipe Nunes	96	Sen	108344	SLB	1:05.01			1:05.01
20	Rui Miguel Correia	96	Sen	105378	CNMJ	1:05.01 S			1:05.01
21	Joao Diogo Fernandes	98	Sen	121542	CFB	1:05.01			1:05.01
22	Pedro Cerqueira Lobo	01	Sen	211075	FS	1:05.01			1:05.01
23	Bruno Miguel Martins	93	Sen	26891	GESL	1:05.01			1:05.01
24	Antonio Maria Ferreira	00	Sen	128468	PDEM	1:05.01 S			1:05.01
25	Sebastiao Limbert Piedade	00	Sen	120451	SAD	1:05.01			1:05.01
26	Afonso Guilherme Jesus	00	Sen	117174	VKGS	1:05.01			1:05.01
27	Diogo Alexandre Araujo	01	Sen	122109	CDOM	1:05.01			1:05.01

Prova 8

23.11.2019

Femin., 100m Estilos
Absolutos
Lista inscritos

Rec Regional Abs	1:02.07	Raquel Gomes Pereira	SAD	Hangzhou (CHN)	2018
Rec Regional Sen	1:02.07	Raquel Gomes Pereira	SAD	Hangzhou (CHN)	2018
Rec Regional Jun 2	1:02.34	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	1:04.11	Maria Carolina Rosa	SCP	Leiria	2009
Rec Nacional Abs	1:01.83	Ana Pinho Rodrigues	ADS	Felgueiras	2018
Rec Nacional Sen	1:01.83	Ana Pinho Rodrigues	ADS	Felgueiras	2018
Rec Nacional Jun 2	1:02.34	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	1:04.11	Maria Carolina Rosa	SCP	Leiria	2009

TAC Jun 1: 1:16.26; Jun 2: 1:15.52; Sen: 1:15.14

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
1	Sara Moura Cruz	03	Jun	127488	SAD	1:08.44 S	10.11.2018	Cova da Piedade (POR)	1:08.44
2	Margarida Mota Silva	03	Jun	122224	PDEM	1:12.80 S	01.11.2019	Setubal (POR)	1:12.80
3	Leonor Maria Neves	03	Jun	131015	GESL	1:13.51 S	01.11.2018	Lisboa (POR)	1:13.51
4	Marta Sousa Caxaria	03	Jun	130756	CNMJ	1:13.60 S	23.11.2018	Alges (POR)	1:13.60
5	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	1:15.52			1:15.52
6	Marta Viola Marques	03	Jun	200870	CNCVG	1:15.52			1:15.52
7	Maria Freire Alves	04	Jun	132522	AHBE	1:16.26 S			1:16.26
8	Ana Sofia Inacio	04	Jun	202686	CFB	1:16.26			1:16.26
9	Lidiana Correia Rodrigues	04	Jun	130399	CFB	1:16.26			1:16.26
10	Alice Jesus Morgado	04	Jun	131016	GESL	1:16.26			1:16.26
11	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	1:16.26			1:16.26
12	Maria Gomes Pereira	04	Jun	129510	SAD	1:16.26			1:16.26
13	Matilde Carvalho Barao	04	Jun	130243	CNCVG	1:16.26			1:16.26
14	Catarina Alexandra Marques	04	Jun	130232	CNCVG	1:16.26			1:16.26

Prova 8, Femin., 100m Estilos
Seniores

1	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	1:05.87 S	23.12.2018	Felgueiras (POR)	1:05.87
2	Ana Sofia Pina	02	Sen	125639	SLB	1:06.08 S	03.11.2018	Vila Real St. Antonio (POR)	1:06.08
3	Margarida Messias Ribeiro	98	Sen	110544	GESL	1:07.17 S	23.12.2018	Felgueiras (POR)	1:07.17
4	Bruna Martins Riesenberger	97	Sen	105541	CIRL	1:07.90 S	12.01.2019	Torres Novas (POR)	1:07.90
5	Rita Fernandes Leitao	96	Sen	25571	CNLX	1:09.60 S	01.11.2019	Setubal (POR)	1:09.60
6	Beatriz Antunes Carvalho	99	Sen	117036	SCP	1:09.90 S	23.11.2018	Alges (POR)	1:09.90
7	Sofia Alexandra Nunes	00	Sen	112322	CIRL	1:11.09 S	23.11.2018	Alges (POR)	1:11.09
8	Iolanda Sofia Clérigo	02	Sen	126878	PDEM	1:12.15 S	23.11.2018	Alges (POR)	1:12.15
9	Mafalda Sofia Dias	01	Sen	121401	PDEM	1:12.54 S	01.11.2019	Setubal (POR)	1:12.54
10	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	1:13.97 S	12.01.2019	Torres Novas (POR)	1:13.97
11	Ana Fernandes Costa	00	Sen	121407	CNMJ	1:15.14 S			1:15.14
12	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	1:15.14			1:15.14
13	Margarida Sobral Pimenta	99	Sen	118764	CFB	1:15.14			1:15.14
14	Ana Burguete Tavares	00	Sen	119951	FS	1:15.14 S			1:15.14
15	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	1:15.14			1:15.14
16	Rafaela Gomes Azevedo	02	Sen	122048	SAD	1:15.14			1:15.14
17	Barbara Sofia Barata	97	Sen	105454	SAD	1:15.14			1:15.14
18	Rita Barros Frischknecht	98	Sen	106257	SAD	1:15.14			1:15.14
19	Clara Gomes Pereira	02	Sen	124393	SAD	1:15.14			1:15.14

Prova 9

23.11.2019

Masc., 4 x 50m Livres
Absolutos
Lista inscritos

Rec Nacional Abs	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Sen	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Jun	1:35.76	Futebol Clube do Porto/Imperio Bonanca	FCP	Felgueiras	2006

TAC Jun: 1:57.50; Sen: 1:49.49

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos								
1		Abs		CFB	1:32.75			1:32.75
2		Abs		SFUAP	1:39.13			1:39.13
3		Abs		AONDA	1:39.20			1:39.20
4		Abs		SAD	1:39.22			1:39.22
5		Abs		SAD	1:40.62			1:40.62
6		Abs		CNLX	1:42.52			1:42.52
7		Abs		CDOM	1:43.00			1:43.00
8		Abs		CFB	1:44.23			1:44.23
9		Abs		CIRL	1:45.31			1:45.31
10		Abs		SCP	1:45.58			1:45.58
11		Abs		CDCP	NT			NT

Prova 10

23.11.2019

Femin., 4 x 50m Livres
Absolutos
Lista inscritos

Rec Nacional Abs	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	2009

TAC Jun: 2:10.32; Sen: 2:03.17

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos								
1		Abs		SCP	1:49.62			1:49.62
2		Abs		SAD	1:52.08			1:52.08
3		Abs		CNLX	1:52.26			1:52.26
4		Abs		SAD	1:53.33			1:53.33
5		Abs		SCP	1:54.95			1:54.95
6		Abs		CDCP	1:55.50			1:55.50
7		Abs		CIRL	1:56.18			1:56.18
8		Abs		SFUAP	1:59.85			1:59.85

4 - 3ª Jornada - 1ª Sessão

24.11.2019 - 9:00

Prova 30	Femin., 800m Livres				Absolutos
24.11.2019					Lista inscritos
Rec Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Sen	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	2002
Rec Regional Jun 1	8:51.12	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	8:46.74	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Penafiel	2004
Rec Nacional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Sen	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Jun 2	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	2014
Rec Nacional Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	9:00.27	Alexandra Maria Silva	FCP		1981

TAC Juv B: 10:56.04; Juv A: 10:37.81; Jun 1: 10:19.98; Jun 2: 10:13.95; Sen: 10:10.95

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
B 1	Rebeca Neves Antunes	06	Juv B	148284	CNCVG	9:52.27 S	19.05.2019	Alges (POR)	9:52.27
B 2	Beatriz Mocego Niza	06	Juv B	148435	CNA	9:57.28 S	19.05.2019	Alges (POR)	9:57.28
B 3	Maria Leonor Coelho	06	Juv B	132470	SLB	10:01.53 S	19.05.2019	Alges (POR)	10:01.53
B 4	Maria Esteves Valente	06	Juv B	202954	SLB	10:15.51 L	26.07.2019	Loule (POR)	10:03.20
B 5	Francisca Santos Ferreira	06	Juv B	200402	SAD	10:06.93 S	19.05.2019	Alges (POR)	10:06.93
B 6	Ines Correia Teixeira	06	Juv B	133334	CNA	10:09.57 S	19.05.2019	Alges (POR)	10:09.57
B 7	Filipa Ferraz Domingos	06	Juv B	200878	SCP	10:12.63 S	30.03.2019	Pinhal Novo (POR)	10:12.63
B 8	Matilde Nunes Lopes	06	Juv B	201711	SLB	10:23.76 S	19.05.2019	Alges (POR)	10:23.76
B 9	Catarina Coutinho Lima	06	Juv B	132460	SLB	10:36.84 L	06.07.2019	Setubal (POR)	10:24.10
B 10	Leonor Tavares Catalao	06	Juv B	202215	SCP	10:28.07 S	20.01.2019	Alapraia (POR)	10:28.07
B 11	Beatriz Fernandes Gama	06	Juv B	151459	SCP	10:29.20 S	20.01.2019	Alapraia (POR)	10:29.20
B 12	Leonor Santos Duro	06	Juv B	202520	CNS	10:30.88 S	19.05.2019	Alges (POR)	10:30.88
B 13	Erica Candeias Mendes	06	Juv B	147116	CNA	10:34.45 S	19.05.2019	Alges (POR)	10:34.45
B 14	Carolina Martins Camacho	06	Juv B	202646	SFUAP	10:49.27 L	06.07.2019	Setubal (POR)	10:36.28
B 15	Marina Alexandra Oliveira	06	Juv B	200174	CNS	10:38.21 S	20.01.2019	Alapraia (POR)	10:38.21
B 16	Beatriz Portugal Costa	06	Juv B	133278	SLB	10:52.45 L	06.07.2019	Setubal (POR)	10:39.40
B 17	Ines Machado Marques	06	Juv B	201032	CNCVG	10:40.25 S	19.05.2019	Alges (POR)	10:40.25
B 18	Ines Gaspar Silva	06	Juv B	204152	GESL	10:41.05 S	19.05.2019	Alges (POR)	10:41.05
B 19	Madalena Correa Sa	06	Juv B	201548	GESL	10:45.10 S	20.01.2019	Alapraia (POR)	10:45.10
B 20	Rita Borges Silva	06	Juv B	200715	CNA	10:49.41 S	19.05.2019	Alges (POR)	10:49.41
B 21	Clara Sofia Herminio	06	Juv B	202218	CDCP	11:04.19 L	06.07.2019	Setubal (POR)	10:50.90
B 22	Madalena Fragozo Guterres	06	Juv B	202908	SLB	10:56.04 S	19.05.2019	Alges (POR)	10:56.04
B 23	Sofia Medeiros Pereira	06	Juv B	207512	CNMJ	10:56.04 S			10:56.04
B 24	Iris Castro Campos	06	Juv B	205634	CNA	10:56.04			10:56.04
B 25	Margarida Barbara Marques	06	Juv B	200396	SAD	10:56.04 S			10:56.04
B 26	Catarina Lima Antunes	06	Juv B	151077	SCP	10:56.04 S			10:56.04
Juvenis A									
B 1	Marta Joao Pires	05	Juv A	147235	SAD	9:31.37 L	04.08.2019	Funchal (POR)	9:19.94
B 2	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	9:26.78 S	13.07.2019	Alges (POR)	9:26.78
B 3	Soraia Alexandra Delgado	05	Juv A	153438	SCP	9:28.92 S	15.12.2018	Tomar (POR)	9:28.92
B 4	Ana Beatriz Simoes	05	Juv A	153354	SCP	9:41.46 L	05.04.2019	Coimbra (POR)	9:29.83
B 5	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	9:37.94 S	14.07.2019	Alges (POR)	9:37.94
B 6	Joana Fernandes Gama	05	Juv A	153361	SCP	9:39.78 S	13.07.2019	Alges (POR)	9:39.78
B 7	Erica Cristina Reis	05	Juv A	200201	SCP	9:50.76 S	25.11.2018	Alges (POR)	9:50.76
B 8	Maria Teresa Fernandes	05	Juv A	132557	SAD	9:51.56 S	13.07.2019	Alges (POR)	9:51.56
B 9	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	9:51.79 S	13.07.2019	Alges (POR)	9:51.79
B 10	Joana Rocha Ferreira	05	Juv A	201560	SLB	10:00.84 S	13.07.2019	Alges (POR)	10:00.84
B 11	Nicole Patriarca Franca	05	Juv A	153435	SCP	10:08.48 S	13.07.2019	Alges (POR)	10:08.48
B 12	Mariana Andreia Silva	05	Juv A	141810	SCP	10:08.93 S	15.12.2018	Tomar (POR)	10:08.93
B 13	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	10:15.81 S	25.11.2018	Alges (POR)	10:15.81
B 14	Barbara Cunha Ventura	05	Juv A	132458	SLB	10:29.29 S	25.11.2018	Alges (POR)	10:29.29
B 15	Francisca Otão Tribuna	05	Juv A	132463	SLB	10:31.45 S	25.11.2018	Alges (POR)	10:31.45
B 16	Maria Antonia Ferraz	05	Juv A	128378	AHBE	10:37.81			10:37.81
B 17	Maria Correia Ricardo	05	Juv A	129496	CNS	10:37.81			10:37.81
B 18	Sara Carreira Melo	05	Juv A	153366	GESL	10:37.81			10:37.81

Juvenis A

B 1	Marta Joao Pires	05	Juv A	147235	SAD	9:31.37 L	04.08.2019	Funchal (POR)	9:19.94
B 2	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	9:26.78 S	13.07.2019	Alges (POR)	9:26.78
B 3	Soraia Alexandra Delgado	05	Juv A	153438	SCP	9:28.92 S	15.12.2018	Tomar (POR)	9:28.92
B 4	Ana Beatriz Simoes	05	Juv A	153354	SCP	9:41.46 L	05.04.2019	Coimbra (POR)	9:29.83
B 5	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	9:37.94 S	14.07.2019	Alges (POR)	9:37.94
B 6	Joana Fernandes Gama	05	Juv A	153361	SCP	9:39.78 S	13.07.2019	Alges (POR)	9:39.78
B 7	Erica Cristina Reis	05	Juv A	200201	SCP	9:50.76 S	25.11.2018	Alges (POR)	9:50.76
B 8	Maria Teresa Fernandes	05	Juv A	132557	SAD	9:51.56 S	13.07.2019	Alges (POR)	9:51.56
B 9	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	9:51.79 S	13.07.2019	Alges (POR)	9:51.79
B 10	Joana Rocha Ferreira	05	Juv A	201560	SLB	10:00.84 S	13.07.2019	Alges (POR)	10:00.84
B 11	Nicole Patriarca Franca	05	Juv A	153435	SCP	10:08.48 S	13.07.2019	Alges (POR)	10:08.48
B 12	Mariana Andreia Silva	05	Juv A	141810	SCP	10:08.93 S	15.12.2018	Tomar (POR)	10:08.93
B 13	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	10:15.81 S	25.11.2018	Alges (POR)	10:15.81
B 14	Barbara Cunha Ventura	05	Juv A	132458	SLB	10:29.29 S	25.11.2018	Alges (POR)	10:29.29
B 15	Francisca Otão Tribuna	05	Juv A	132463	SLB	10:31.45 S	25.11.2018	Alges (POR)	10:31.45
B 16	Maria Antonia Ferraz	05	Juv A	128378	AHBE	10:37.81			10:37.81
B 17	Maria Correia Ricardo	05	Juv A	129496	CNS	10:37.81			10:37.81
B 18	Sara Carreira Melo	05	Juv A	153366	GESL	10:37.81			10:37.81

"B" - Atletas Juvenis inscritos nas provas do Torneio Regional de Fundo

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 Resultados online: anlisboa.info/live
anlisboa.pt

Prova 30, Femin., 800m Livres

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	9:11.34 S	13.07.2019	Alges (POR)	9:11.34
2	Lidiana Correia Rodrigues	04	Jun	130399	CFB	9:54.00 L	15.03.2019	Vila Franca de Xira (POR)	9:42.12
3	Vera Figueiredo Narra	04	Jun	131121	CNA	9:43.07 S	13.07.2019	Alges (POR)	9:43.07
4	Daniela Alexandra Pedro	04	Jun	130864	SCP	9:57.56 L	04.08.2019	Funchal (POR)	9:45.60
5	Catarina Nunes Costa	04	Jun	131376	GESL	10:03.72 L	15.03.2019	Vila Franca de Xira (POR)	9:51.64
6	Raquel Raposo Lopes	04	Jun	153469	CDCP	10:04.20 L	05.04.2019	Coimbra (POR)	9:52.11
7	Maria Ines Ribeiro	03	Jun	127252	CFB	9:52.92 S	13.07.2019	Alges (POR)	9:52.92
8	Alice Jesus Milgado	04	Jun	131016	GESL	9:58.69 S	25.11.2018	Alges (POR)	9:58.69
9	Margarida Filipe Ferreira	04	Jun	132347	CDCP	9:59.31 S	25.11.2018	Alges (POR)	9:59.31
10	Mariana Fragoso Guterres	04	Jun	200475	SLB	10:01.24 S	25.11.2018	Alges (POR)	10:01.24
11	Beatriz Moreira Carvalho	03	Jun	127313	VKGS	10:03.60 S	15.03.2019	Coruche (POR)	10:03.60
12	Caetana Neves Carneiro	03	Jun	129163	CNLX	10:13.95 S			10:13.95
13	Madalena Reis Cerdeira	03	Jun	130053	SCP	10:13.95 S			10:13.95
14	Mariana Marques Mercedes	03	Jun	129961	CDOM	10:13.95 S			10:13.95
15	Maria Martins Camacho	04	Jun	130618	SFUAP	10:19.98			10:19.98
16	Diana Valadas Horta	04	Jun	201782	SFUAP	10:19.98			10:19.98

Seniores

1	Souad Nefissa Cherouati	89	Sen	208644	SLB	8:44.73 S	12.12.2018	Hangzhou (CHN)	8:44.73
2	Ana Reis Sousa	02	Sen	122440	SAD	8:44.85 S	04.11.2018	Vila Real St. Antonio (POR)	8:44.85
3	Alexandra Couto Frazao	02	Sen	125426	SCP	8:45.84 S	23.12.2018	Felgueiras (POR)	8:45.84
4	Ana Sofia Pina	02	Sen	125639	SLB	9:15.67 L	05.04.2019	Coimbra (POR)	9:04.55
5	Filipa Serrano Rodrigues	01	Sen	112310	SLB	9:09.48 S	23.12.2018	Felgueiras (POR)	9:09.48
6	Maria Ornelas Armas	98	Sen	106961	EULX	9:27.43 S	13.07.2019	Alges (POR)	9:27.43
7	Beatriz Paulo Ranito	99	Sen	116593	GESL	9:28.78 S	25.11.2018	Alges (POR)	9:28.78
8	Joana Filipa Varandas	02	Sen	124305	CIRL	9:33.91 S	23.12.2018	Felgueiras (POR)	9:33.91
9	Tatiana Raquel Pombo	01	Sen	121615	CDCP	9:38.73 S	25.11.2018	Alges (POR)	9:38.73
10	Catarina Trigo Ferreira	02	Sen	124523	CNLX	9:38.79 S	13.07.2019	Alges (POR)	9:38.79
11	Leticia Maia Andre	02	Sen	132801	SLB	10:10.95			10:10.95
12	Catarina Martins Mestre	00	Sen	120724	CNLX	10:10.95			10:10.95
13	Sofia Oliveira Silva	99	Sen	121399	CNS	10:10.95			10:10.95
14	Susana Pereira Veiga	00	Sen	121936	CNCVG	10:10.95			10:10.95

Prova 31

24.11.2019

Masc., 400m Estilos

Absolutos

Lista inscritos

Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009
Rec Nacional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003

TAC Juv B: 5:33.64; Juv A: 5:27.57; Jun 1: 5:15.58; Jun 2: 5:11.06; Sen: 5:05.06

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	Andre Henriques Marques	05	Juv B	129665	SLB	4:58.48 S	18.05.2019	Alges (POR)	4:58.48
2	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	5:05.50 S	29.03.2019	Pinhal Novo (POR)	5:05.50
3	Filipe Simoes Freitas	05	Juv B	202349	SCP	5:06.39 S	29.03.2019	Pinhal Novo (POR)	5:06.39
4	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	5:06.81 S	18.05.2019	Alges (POR)	5:06.81
5	Miguel Correia Anacleto	05	Juv B	151340	SCP	5:08.37 S	29.03.2019	Pinhal Novo (POR)	5:08.37
6	Pedro Maria Amado	05	Juv B	148286	SAD	5:08.90 S	18.05.2019	Alges (POR)	5:08.90
7	Manuel Angelo Pereira	05	Juv B	151305	SCP	5:13.77 S	29.03.2019	Pinhal Novo (POR)	5:13.77
8	Simao Lopes Oliveira	05	Juv B	200178	CNS	5:20.72 L	28.07.2019	Loule (POR)	5:14.30
9	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	5:15.35 S	18.05.2019	Alges (POR)	5:15.35
10	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	5:15.56 S	08.03.2019	Setubal (POR)	5:15.56
11	Afonso Lucio Costa	05	Juv B	202216	SCP	5:16.78 S	29.03.2019	Pinhal Novo (POR)	5:16.78

Prova 31, Masc., 400m Estilos

12	Pedro Mahua Alvarez	05	Juv B	208096	SCP	5:18.55 S	29.03.2019	Pinhal Novo (POR)	5:18.55
13	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	5:27.43 S	18.05.2019	Alges (POR)	5:27.43
14	Vasco Alves Morgado	05	Juv B	147123	SAD	5:27.53 S	18.05.2019	Alges (POR)	5:27.53
15	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	5:29.83 S	20.01.2019	Alapraia (POR)	5:29.83
16	Jose Manuel Sa	05	Juv B	203114	SCP	5:29.89 S	18.05.2019	Alges (POR)	5:29.89
17	Manuel Pires Oliveira	05	Juv B	201480	PDEM	5:32.62 S	18.05.2019	Alges (POR)	5:32.62
18	Rodrigo Martins Bras	05	Juv B	129806	CFB	5:33.64 S			5:33.64
19	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	5:33.64 S			5:33.64
20	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	5:33.64			5:33.64

Juvenis A

1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	4:41.60 L	02.08.2019	Funchal (POR)	4:35.96
2	Joao Lourenco Rebelo	04	Juv A	132558	SAD	4:47.59 S	14.12.2018	Tomar (POR)	4:47.59
3	Bernardo Victorino Almeida	04	Juv A	153357	SCP	4:47.88 S	25.11.2018	Alges (POR)	4:47.88
4	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	4:50.71 S	13.07.2019	Alges (POR)	4:50.71
5	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	4:59.40 L	05.04.2019	Coimbra (POR)	4:53.41
6	Afonso Figueiredo Frasilho	04	Juv A	153353	SCP	4:54.45 S	13.07.2019	Alges (POR)	4:54.45
7	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	4:55.95 S	13.07.2019	Alges (POR)	4:55.95
8	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	4:58.17 S	13.07.2019	Alges (POR)	4:58.17
9	Miguel Costa Simoes	04	Juv A	132350	CDCP	5:05.05 L	05.04.2019	Coimbra (POR)	4:58.94
10	Afonso Cipriano Pinto	04	Juv A	153352	SCP	5:00.31 S	14.12.2018	Tomar (POR)	5:00.31
11	Joao Afonso Santos	04	Juv A	153371	SCP	5:01.09 S	14.12.2018	Tomar (POR)	5:01.09
12	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	5:02.43 S	25.11.2018	Alges (POR)	5:02.43
13	Afonso Goncalves de Jorge	04	Juv A	201702	GESL	5:04.05 S	13.07.2019	Alges (POR)	5:04.05
14	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	5:04.34 S	13.07.2019	Alges (POR)	5:04.34
15	Guilherme Machado Santos	04	Juv A	200202	SFUAP	5:08.32 S	13.07.2019	Alges (POR)	5:08.32
16	Felipe Menegassi Maia	04	Juv A	207683	SAD	5:11.44 S	25.11.2018	Alges (POR)	5:11.44
17	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	5:13.73 S	13.07.2019	Alges (POR)	5:13.73
18	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	5:14.42 S	25.11.2018	Alges (POR)	5:14.42
19	Alexandre Duarte Morais	04	Juv A	132645	PDEM	5:16.91 S	25.11.2018	Alges (POR)	5:16.91
20	Miguel Filipe Anjo	04	Juv A	201394	CDCP	5:17.19 S	13.07.2019	Alges (POR)	5:17.19
21	Yann Chetelat Fock	04	Juv A	129699	EULX	5:18.92 S	25.11.2018	Alges (POR)	5:18.92
22	Tomas Martins Mira	04	Juv A	132215	CNS	5:27.57			5:27.57
23	Pedro Forjaz Cirurgiao	04	Juv A	132564	SAD	5:27.57			5:27.57
24	Francisco Sousa Uva	04	Juv A	201477	SAD	5:27.57			5:27.57

Juniores

1	Pedro Henriques Correia	03	Jun	125257	SLB	4:49.11 S	13.07.2019	Alges (POR)	4:49.11
2	Joao Maria Colaco	03	Jun	131515	SCP	4:58.01 S	14.12.2018	Tomar (POR)	4:58.01
3	Diogo Miguel Duraes	03	Jun	123448	CNMJ	5:05.03 S	13.07.2019	Alges (POR)	5:05.03
4	Pedro Esteves Duarte	03	Jun	132531	CDCP	5:15.58 S			5:15.58

Seniores

1	Tiago Roberto Cordeiro	00	Sen	205275	SLB	4:26.54 S	13.07.2019	Alges (POR)	4:26.54
2	David Matias Cristino	01	Sen	127872	SFUAP	4:28.61 S	21.12.2018	Felgueiras (POR)	4:28.61
3	Joao Mota Correia	97	Sen	102308	SLB	4:31.49 S	29.06.2019	Alges (POR)	4:31.49
4	Sebastiao Limbert Piedade	00	Sen	120451	SAD	4:36.54 S	13.07.2019	Alges (POR)	4:36.54
5	Rafael Filipe Nunes	96	Sen	108344	SLB	4:37.41 S	21.12.2018	Felgueiras (POR)	4:37.41
6	Rodrigo Almeida Cabrito	01	Sen	121510	CFB	4:41.44 S	21.12.2018	Felgueiras (POR)	4:41.44
7	Pedro Barata Neves	00	Sen	118137	CIRL	4:43.66 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	4:43.66
8	Ricardo Martins Bras	01	Sen	121508	CFB	4:51.13 L	05.04.2019	Coimbra (POR)	4:45.30
9	Filipe Ferrao Melo	01	Sen	200171	CNS	4:45.37 S	13.07.2019	Alges (POR)	4:45.37
10	Bruno Rey Barros	01	Sen	208313	SCP	4:51.39 L	05.07.2019	Rias do Sur (ESP)	4:45.56
11	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	4:45.91 S	13.07.2019	Alges (POR)	4:45.91
12	Rafael Alcantara Aires	01	Sen	125130	SLB	4:54.82 L	16.03.2019	Vila Franca de Xira (POR)	4:48.92
13	Tiago Correia Neves	97	Sen	125796	CFB	4:49.95 S	13.07.2019	Alges (POR)	4:49.95
14	Joao Manuel Vargas	00	Sen	123510	SLB	4:56.67 L	16.03.2019	Vila Franca de Xira (POR)	4:50.73
15	Miguel Duarte Cruz	99	Sen	125797	CFB	5:05.10 L	05.04.2019	Coimbra (POR)	4:58.99

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Absolutos
Lista inscritos

Rec Regional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Regional Sen	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Regional Jun 2	2:26.47	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	2:26.87	Raquel Gomes Pereira	SAD	Porto	2015
Rec Regional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Regional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Nacional Sen	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Nacional Jun 2	2:26.47	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	2:26.87	Raquel Gomes Pereira	SAD	Porto	2015
Rec Nacional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Nacional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003

TAC Juv B: 3:12.76; Juv A: 3:07.46; Jun 1: 3:02.25; Jun 2: 3:00.49; Sen: 2:59.62

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Matilde Nunes Lopes	06	Juv B	201711	SLB	3:02.99 L	07.07.2019	Setubal (POR)	2:57.50
2	Maria Beatriz Costa	06	Juv B	204155	SCP	3:10.92 L	27.07.2019	Loule (POR)	3:05.19
3	Ema Faria Matta	06	Juv B	202337	CNCVG	3:11.32 L	07.07.2019	Setubal (POR)	3:05.58
4	Mariana Ramos Zacarias	06	Juv B	200183	CNS	3:06.93 S	09.03.2019	Setubal (POR)	3:06.93
5	Catarina Danae Duarte	06	Juv B	201687	AHBE	3:16.28 L	16.06.2019	Vila Franca de Xira (POR)	3:10.39
6	Carina Tymosh	06	Juv B	206434	DRCN	3:12.76 S			3:12.76
7	Patricia Sofia Coelho	06	Juv B	201546	GESL	3:12.76 S			3:12.76
8	Ines Gaspar Silva	06	Juv B	204152	GESL	3:12.76			3:12.76
9	Carolina Filipa Correia	06	Juv B	208099	GDSE	3:12.76 S			3:12.76
WDR	Joana Rita Semedo	06	Juv B	200728	ADST	3:10.08 S	25.04.2019	Sines (POR)	3:10.08

Juvenis A

1	Erica Cristina Reis	05	Juv A	200201	SCP	2:43.77 L	14.04.2019	Oeiras (POR)	2:38.85
2	Margarida Domingues Nunes	05	Juv A	201398	EULX	2:44.19 L	03.08.2019	Funchal (POR)	2:39.26
3	Maria Carolina Vargas	05	Juv A	132561	SLB	2:59.06 L	16.06.2019	Vila Franca de Xira (POR)	2:53.68
4	Ana Belo Braga	05	Juv A	132505	AONDA	3:04.03 S	14.07.2019	Alges (POR)	3:04.03
5	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	3:07.46 S			3:07.46
6	Matilde Aleixo Duarte	05	Juv A	202526	CNS	3:07.46 S			3:07.46
7	Rita Ferreira Gomes	05	Juv A	132565	SAD	3:07.46 S			3:07.46
8	Beatriz Barroso Silva	05	Juv A	133302	SCP	3:07.46 S			3:07.46

Juniores

1	Margarida Filipe Ferreira	04	Jun	132347	CDGP	2:41.81 L	03.08.2019	Funchal (POR)	2:36.95
2	Leonor Esteves Santos	04	Jun	130603	EULX	2:44.70 L	24.05.2019	Coimbra (POR)	2:39.75
3	Catarina Nunes Costa	04	Jun	131376	GESL	2:48.27 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	2:48.27
4	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	2:54.07 L	09.02.2019	Lisboa (POR)	2:48.84
5	Aleksandra Bozanic Borcic	04	Jun	133318	SAD	2:54.71 L	03.08.2019	Funchal (POR)	2:49.46
6	Leonor Alves Morganho	04	Jun	126315	SAD	2:58.02 L	03.08.2019	Funchal (POR)	2:52.67
7	Carolina Porem Henriques	04	Jun	129802	SCP	2:54.37 S	15.12.2018	Tomar (POR)	2:54.37
8	Madalena Graca Gerales	04	Jun	131511	SCP	3:00.76 L	09.02.2019	Lisboa (POR)	2:55.33

Seniores

1	Luisa Maria Machado	01	Sen	121850	SFUAP	2:32.52 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	2:32.52
2	Natacha Sofia Silva	02	Sen	125594	SLB	2:41.63 L	07.04.2019	Coimbra (POR)	2:36.78
3	Beatriz Antunes Carvalho	99	Sen	117036	SCP	2:41.49 S	25.11.2018	Alges (POR)	2:41.49
4	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	2:51.02 S	01.12.2018	Abrantes (POR)	2:51.02
5	Rita Fernandes Leitao	96	Sen	25571	CNLX	2:51.29 S	14.07.2019	Alges (POR)	2:51.29
6	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	2:53.48 S	29.06.2019	Alges (POR)	2:53.48
7	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	2:53.94 S	12.01.2019	Torres Novas (POR)	2:53.94
8	Soraia Guerra Rolim	95	Sen	121321	CIRL	2:58.66 S	25.04.2019	Sines (POR)	2:58.66
9	Souad Nefissa Cherouati	89	Sen	208644	SLB	2:59.62			2:59.62
10	Carolina Lourenco Matos	98	Sen	109647	CDGP	2:59.62			2:59.62
11	Mafalda Alexandra Henriques	98	Sen	105308	CFB	2:59.62			2:59.62
12	Ines Jacinto Henriques	00	Sen	120220	SCP	2:59.62			2:59.62

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Masc., 200m Bruços
Absolutos
Lista inscritos

Rec Regional Abs	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Regional Sen	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Regional Jun 2	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Regional Jun 1	2:16.77	José Guilherme Ferreira Couto	SCP		1994
Rec Regional Juv A	2:18.26	Ricardo Samuel Pereira	SLB	Felgueiras	2019
Rec Regional Juv B	2:26.72	Carlos Esteves Almeida	CNA	Reboleira	2003
Rec Nacional Abs	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012
Rec Nacional Sen	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012
Rec Nacional Jun 2	2:13.22	Andre Goncalo Santos	LSC	Porto	2014
Rec Nacional Jun 1	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Nacional Juv A	2:18.22	Andre Goncalo Santos	LSC	Felgueiras	2013
Rec Nacional Juv B	2:20.22	Andre Goncalo Santos	LSC	Braga	2012

TAC Juv B: 2:51.83; Juv A: 2:48.71; Jun 1: 2:42.53; Jun 2: 2:40.21; Sen: 2:37.11

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	2:36.77 L	27.07.2019	Loule (POR)	2:32.06
2	Goncalo Ramos Costa	05	Juv B	205229	GESL	2:46.20 L	07.07.2019	Setubal (POR)	2:41.21
3	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	2:43.69 S	10.03.2019	Setubal (POR)	2:43.69
4	Francisc Gutui	05	Juv B	200907	SAD	2:51.30 S	10.03.2019	Setubal (POR)	2:51.30
5	Afonso Costa Albuquerque	05	Juv B	132515	CFB	2:51.83 S			2:51.83
6	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	2:51.83 S			2:51.83
7	Jose Alves Monteiro	05	Juv B	200398	SAD	2:51.83 S			2:51.83
8	Tomas Silva Ventura	05	Juv B	128957	EULX	2:51.83 S			2:51.83

Juvenis A

1	Afonso Goncalves de Jorge	04	Juv A	201702	GESL	2:37.01 L	03.08.2019	Funchal (POR)	2:32.30
2	Tomas Sa Vieira	04	Juv A	131504	SAD	2:37.74 S	16.12.2018	Tomar (POR)	2:37.74
3	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	2:44.37 L	03.08.2019	Funchal (POR)	2:39.43
4	Jaeden Michael Nunes	04	Juv A	202508	CFB	2:39.77 S	14.07.2019	Alges (POR)	2:39.77
5	Miguel Filipe Anjo	04	Juv A	201394	CDCP	2:49.17 L	08.06.2019	Badajoz (ESP)	2:44.09
6	Hugo Tomas Silva	04	Juv A	200491	AONDA	2:45.21 S	25.04.2019	Sines (POR)	2:45.21
7	Miguel Madeira Silva	04	Juv A	132664	AONDA	2:52.47 L	16.06.2019	Vila Franca de Xira (POR)	2:47.29
8	Joao Pedro Faustino	04	Juv A	203986	CDCP	2:48.71 S			2:48.71
9	Daniel Elias Duarte	04	Juv A	147198	CIRL	2:48.71 S			2:48.71
10	Tomás Pratas Neto	04	Juv A	132652	PDEM	2:48.71 S			2:48.71
11	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	2:48.71 S			2:48.71

Juniores

1	Afonso Amaro Santos	02	Jun	131510	GESL	2:26.83 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	2:26.83
2	David Van Ossenbruggen	03	Jun	126428	SFUAP	2:34.47 L	03.08.2019	Funchal (POR)	2:29.83
3	Henrique Chan Machado	02	Jun	126835	SAD	2:32.15 S	29.06.2019	Alges (POR)	2:32.15
4	Guilherme Matias Cristino	03	Jun	132528	SFUAP	2:38.22 L	07.04.2019	Coimbra (POR)	2:33.47
5	Tomas Almeida Leitao	03	Jun	129525	SAD	2:33.48 S	16.12.2018	Tomar (POR)	2:33.48
6	Joao Luis Matos	03	Jun	130239	CNCVG	2:34.89 S	29.06.2019	Alges (POR)	2:34.89
7	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	2:40.21			2:40.21
8	Pedro Almeida Marques	02	Jun	127176	CNS	2:40.21 S			2:40.21
9	Joao Maria Colaco	03	Jun	131515	SCP	2:40.96 S	19.01.2019	Alapraia (POR)	2:40.96
10	Pedro Miguel Matos	03	Jun	130244	CNCVG	2:42.53 S			2:42.53

Seniores

1	Antonio Manuel Mendes	99	Sen	120726	SCP	2:14.13 S	22.12.2018	Felgueiras (POR)	2:14.13
2	Bruno Miguel Ramos	97	Sen	109110	CFB	2:18.02 S	25.11.2018	Alges (POR)	2:18.02
3	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	2:23.17 L	14.04.2019	Oeiras (POR)	2:18.87
4	Bruno Miguel Martins	93	Sen	26891	GESL	2:25.42 S	22.12.2018	Felgueiras (POR)	2:25.42
5	Ricardo Martins Bras	01	Sen	121508	CFB	2:26.20 S	22.12.2018	Felgueiras (POR)	2:26.20
6	Andre Tavares Grenho	99	Sen	120605	GESL	2:28.21 S	22.12.2018	Felgueiras (POR)	2:28.21
7	Tiago Rafael Martins	97	Sen	111267	CDOM	2:29.31 S	14.07.2019	Alges (POR)	2:29.31
8	Joao Costa Fonseca	00	Sen	125134	CNLX	2:29.82 S	14.07.2019	Alges (POR)	2:29.82
9	Afonso Guilherme Jesus	00	Sen	117174	VKGS	2:37.11			2:37.11

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Absolutos
Lista inscritos

Rec Regional Abs	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Sen	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Jun 2	28.16	Ines Camacho Fernandes	SCP	Portimao	2013
Rec Regional Jun 1	27.57	Filipa Vilas Tiago	SCP	Leiria	2009
Rec Nacional Abs	26.78	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010
Rec Nacional Sen	26.78	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010
Rec Nacional Jun 2	27.32	Sara Francisco Cruz	ADBA	Leiria	2009
Rec Nacional Jun 1	27.57	Filipa Vilas Tiago	SCP	Leiria	2009

TAC Jun 1: 33.34; Jun 2: 33.02; Sen: 32.86

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	29.89 L	01.08.2019	Funchal (POR)	28.99
2	Madalena Rodrigues Tome	03	Jun	126829	AHBE	30.12 L	01.08.2019	Funchal (POR)	29.21
3	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	31.70 L	15.03.2019	Vila Franca de Xira (POR)	30.74
4	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	30.93 S	13.07.2019	Alges (POR)	30.93
5	Claudia Beatriz Martins	03	Jun	128830	GESL	31.24 S	13.07.2019	Alges (POR)	31.24
6	Yonina Brancourt	04	Jun	202082	GESL	31.29 S	13.07.2019	Alges (POR)	31.29
7	Leonor Maria Neves	03	Jun	131015	GESL	31.40 S	13.07.2019	Alges (POR)	31.40
8	Alice Jesus Morgado	04	Jun	131016	GESL	32.52 L	03.08.2019	Funchal (POR)	31.54
9	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	31.71 S	13.07.2019	Alges (POR)	31.71
10	Marta Sousa Caxaria	03	Jun	130756	CNMJ	32.06 S	25.11.2018	Alges (POR)	32.06
11	Mariana Morais Delfino	04	Jun	132603	SCP	32.11 S	18.05.2019	Alges (POR)	32.11
12	Susana Chanoca Narciso	04	Jun	129388	CDCP	32.45 S	27.01.2019	Vila Franca de Xira (POR)	32.45
13	Mariana Fragoso Guterres	04	Jun	200475	SLB	34.00 L	04.04.2019	Coimbra (POR)	32.98
14	Matilde Pereira Carrao	03	Jun	204157	CIRL	33.02 S			33.02

Seniores

1	Lia Ana Lima	01	Sen	205396	SAD	28.33 L	07.04.2019	Coimbra (POR)	27.48
2	Ana Raquel Graveto	02	Sen	129628	SLB	29.05 L	10.02.2019	Lisboa (POR)	28.17
3	Sofia Alexandra Rolao	98	Sen	108413	SLB	29.32 L	01.08.2019	Funchal (POR)	28.44
4	Ines Jacinto Henriques	00	Sen	120220	SCP	29.53 L	10.02.2019	Lisboa (POR)	28.64
5	Mafalda Sofia Dias	01	Sen	121401	PDEM	30.32 L	15.03.2019	Vila Franca de Xira (POR)	29.41
6	Sofia Alexandra Nunes	00	Sen	112322	CIRL	30.78 L	15.03.2019	Vila Franca de Xira (POR)	29.85
7	Tatiana Raquel Pombo	01	Sen	121615	CDCP	30.84 L	15.03.2019	Vila Franca de Xira (POR)	29.91
8	Maria Oliveira Paulo	02	Sen	126497	GDSE	30.84 L	15.03.2019	Vila Franca de Xira (POR)	29.91
9	Constanca Dias Baptista	01	Sen	126394	CFB	31.15 L	15.03.2019	Vila Franca de Xira (POR)	30.21
10	Maria Mousinho Esteves	02	Sen	131944	CIRL	31.69 L	15.03.2019	Vila Franca de Xira (POR)	30.73
11	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	31.97 L	15.03.2019	Vila Franca de Xira (POR)	31.01
12	Ana Rita Matos	02	Sen	127501	CFB	32.07 L	15.06.2019	Rio Maior (POR)	31.10
13	Natacha Sofia Silva	02	Sen	125594	SLB	32.81 L	14.04.2019	Oeiras (POR)	31.82
14	Ana Burguete Tavares	00	Sen	119951	FS	32.86			32.86
15	Cláudia Almeida Costa	95	Sen	14919	CDOM	32.86			32.86

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Absolutos
Lista inscritos

Rec Regional Abs	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Regional Sen	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Regional Jun 2	24.96	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Jun 1	25.32	Tiago Andre Venancio	CNS		
Rec Nacional Abs	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Nacional Sen	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Nacional Jun 2	24.68	Joao Miguel Ascensao	FCP	Porto	2014
Rec Nacional Jun 1	25.32	Tiago Andre Venancio	CNS		

TAC Jun 1: 29.39; Jun 2: 28.70; Sen: 28.01

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Rodrigo Reis Dias	03	Jun	129003	CFB	27.07 L	03.08.2019	Funchal (POR)	26.25
2	Joao Nogueira Mendes	02	Jun	128745	CIRL	27.87 L	15.03.2019	Vila Franca de Xira (POR)	27.03
3	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	27.91 L	13.04.2019	Oeiras (POR)	27.07
4	Joao Garcez Mateus	02	Jun	129623	AONDA	27.93 L	15.03.2019	Vila Franca de Xira (POR)	27.09
5	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	28.03 L	06.04.2019	Coimbra (POR)	27.18
6	Luis Cabral Junior	03	Jun	129805	CFB	28.33 L	10.02.2019	Lisboa (POR)	27.48
7	Rodrigo Beja Lopes	03	Jun	205336	AONDA	28.56 L	03.08.2019	Funchal (POR)	27.70
8	Joao Miguel Martins	02	Jun	127267	CFB	28.61 L	15.06.2019	Rio Maior (POR)	27.75
9	Joao Miguel Cascalheira	03	Jun	201621	CNS	28.66 S	29.06.2019	Alges (POR)	28.66
10	David Manuel Vale	03	Jun	148339	GESL	29.39 S			29.39
11	Luis Carlos Correia	03	Jun	207349	SFUAP	29.99 S	19.05.2019	Alges (POR)	29.99
12	Tomas Fonseca Silva	03	Jun	210594	VKGS	34.38 S	01.11.2019	Setubal (POR)	34.38

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	24.24 S	13.07.2019	Alges (POR)	24.24
2	Miguel Henriques Marques	00	Sen	120530	SLB	25.07 L	07.04.2019	Coimbra (POR)	24.31
3	Daniel Sebastiao Francisco	00	Sen	210562	SLB	25.52 L	22.08.2019	Casablanca (MAR)	24.75
4	Bruno Miguel Ramos	97	Sen	109110	CFB	25.59 L	01.08.2019	Funchal (POR)	24.82
5	Daniel Rochinha Pedro	98	Sen	111389	AHBE	25.77 L	01.08.2019	Funchal (POR)	24.99
6	David Granja Lopes	90	Sen	22490	AONDA	26.01 L	07.04.2019	Coimbra (POR)	25.23
7	Diogo Carrasco Correia	95	Sen	26151	CFB	25.97 S	13.07.2019	Alges (POR)	25.97
8	Carlos Filipe Lopes	01	Sen	127265	SFUAP	26.78 L	01.08.2019	Funchal (POR)	25.97
9	Joao Diogo Fernandes	98	Sen	121542	CFB	26.81 L	15.03.2019	Vila Franca de Xira (POR)	26.00
10	Ricardo Pinela Ferreira	01	Sen	122050	SLB	26.04 S	21.12.2018	Felgueiras (POR)	26.04
11	Diogo Puidival Marques	00	Sen	122045	AONDA	26.86 L	15.03.2019	Vila Franca de Xira (POR)	26.05
12	Rafael Alcantara Aires	01	Sen	125130	SLB	26.24 S	27.04.2019	Felgueiras (POR)	26.24
13	Afonso Ribeiro Bate	98	Sen	117180	SAD	26.35 S	13.07.2019	Alges (POR)	26.35
14	Joao Mota Correia	97	Sen	102308	SLB	27.29 L	06.04.2019	Coimbra (POR)	26.47
15	Afonso Godinho Mestre	95	Sen	100365	CNLX	27.32 L	09.02.2019	Lisboa (POR)	26.50
16	Ricardo Saraiva Pires	98	Sen	107651	CIRL	27.48 L	25.05.2019	Coimbra (POR)	26.65
17	Bernardo Antunes Augusto	00	Sen	122518	AONDA	26.73 S	13.07.2019	Alges (POR)	26.73
18	Filipe Ferrao Melo	01	Sen	200171	CNS	27.62 L	15.03.2019	Vila Franca de Xira (POR)	26.79
19	Pedro Mendes Ferreira	01	Sen	129621	CFB	27.76 L	15.03.2019	Vila Franca de Xira (POR)	26.92
20	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	27.78 L	15.03.2019	Vila Franca de Xira (POR)	26.94
21	Miguel Rohula Reis	01	Sen	202644	SCP	28.06 L	15.03.2019	Vila Franca de Xira (POR)	27.21
22	Edgar Filipe Santos	01	Sen	127750	SFUAP	27.25 S	13.07.2019	Alges (POR)	27.25
23	Ricardo Nuno Esteves	99	Sen	121159	CIRL	28.13 L	09.02.2019	Lisboa (POR)	27.28
24	Frederico Sousa Soares	96	Sen	104260	AHBE	28.20 L	09.02.2019	Lisboa (POR)	27.35
25	Pedro Henriques Marques	00	Sen	120529	SFUAP	28.34 L	15.03.2019	Vila Franca de Xira (POR)	27.49
26	Antonio Maria Ferreira	00	Sen	128468	PDEM	28.62 L	15.03.2019	Vila Franca de Xira (POR)	27.76
27	Diogo Filipe Reis	99	Sen	132405	CIRL	28.01 S			28.01
28	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	28.01 S			28.01
29	Tiago Miguel Silvestre	00	Sen	122110	EULX	28.01 S			28.01
30	Joao Esteves Padrela	99	Sen	119137	CFB	NT			NT
31	Nuno Miguel Rola	83	Sen	11949	CFB	NT			NT
32	Ivo Andre Lopes	94	Sen	11728	EULX	NT			NT
33	Diogo Alexandre Araujo	01	Sen	122109	CDOM	NT			NT

Prova 36
24.11.2019
Femin., 4 x 100m Livres
Absolutos
Lista inscritos

Rec Nacional Abs	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010
Rec Nacional Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010
Rec Nacional Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	2009
Rec Nacional Juv A	4:05.16	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014
Rec Nacional Juv B	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	2002

TAC Juv B: 4:49.81; Juv A: 4:41.75; Sen: 4:28.33

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Absolutos							
1		Abs		SLB	3:52.30		3:52.30
2		Abs		CIRL	4:07.04		4:07.04
3		Abs		CNLX	4:07.32		4:07.32
4		Abs		CDCP	4:11.00		4:11.00
5		Abs		SFUAP	4:12.51		4:12.51
6		Abs		GESL	4:14.69		4:14.69
7		Abs		GESL	4:14.74		4:14.74
8		Abs		SAD	4:22.73		4:22.73
9		Abs		SLB	4:26.98		4:26.98
10		Abs		SLB	4:28.39		4:28.39
11		Abs		CNS	4:33.30		4:33.30
12		Abs		AHBE	NT		NT
13		Abs		CNCVG	NT		NT
14		Abs		CNCVG	NT		NT

Prova 37
24.11.2019
Masc., 4 x 100m Livres
Absolutos
Lista inscritos

Rec Nacional Abs	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	2009
Rec Nacional Jun	3:29.42	Associacao Naval Amorense	ANAM	Porto	2012
Rec Nacional Juv A	3:36.95	Associacao Naval Amorense	ANAM	Algés	2012
Rec Nacional Juv B	3:43.53	Futebol Clube do Porto	FCP	Braga	2012

TAC Juv B: 4:19.15; Juv A: 4:14.43; Sen: 3:58.21

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Absolutos							
1		Abs		SLB	3:26.94		3:26.94
2		Abs		SFUAP	3:40.99		3:40.99
3		Abs		CFB	3:43.59		3:43.59
4		Abs		CNLX	3:46.71		3:46.71
5		Abs		CIRL	3:48.44		3:48.44
6		Abs		SAD	3:50.01		3:50.01
7		Abs		CDCP	3:56.00		3:56.00
8		Abs		GESL	3:58.37		3:58.37
9		Abs		SLB	4:00.65		4:00.65
10		Abs		PDEM	4:04.71		4:04.71
11		Abs		CFB	4:08.67		4:08.67
12		Abs		SAD	4:13.12		4:13.12
13		Abs		GESL	4:18.42		4:18.42
14		Abs		AONDA	NT		NT
15		Abs		CDCP	NT		NT
16		Abs		CNCVG	NT		NT

5 - 3ª Jornada - 2ª Sessão

24.11.2019 - 16:00

 Prova 38
 24.11.2019

Masc., 800m Livres

 Absolutos
 Lista inscritos

Rec Regional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	7:56.83	Filipe Miguel Santo	SLB	Porto	2017
Rec Regional Jun 1	8:18.36	Rafael Lourenço Gil	ANAM	Alapraia	2013
Rec Nacional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Jun 2	8:00.39	Rafael Lourenço Gil	ANAM	Felgueiras	2013
Rec Nacional Jun 1	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	2009

TAC Jun 1: 9:42.43; Jun 2: 9:34.11; Sen: 9:23.02

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Francisco Costa Nunes	02	Jun	121538	SCP	8:29.02 S	15.03.2019	Coruche (POR)	8:29.02
2	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	8:59.65 L	04.04.2019	Coimbra (POR)	8:48.85
3	Pedro Esteves Duarte	03	Jun	132531	CDCP	8:55.09 S	14.07.2019	Alges (POR)	8:55.09
4	Alexandre Coelho Vieira	03	Jun	131516	SCP	9:08.95 S	13.07.2019	Alges (POR)	9:08.95
5	Diogo Miguel Duraes	03	Jun	123448	CNMJ	9:28.23 S	23.11.2018	Alges (POR)	9:28.23
6	Pedro Miguel Pinto	02	Jun	129924	SCP	9:34.11			9:34.11

Seniores

1	Bruno Rey Barros	01	Sen	208313	SCP	8:30.28 L	03.08.2019	Terrassa (ESP)	8:20.07
2	Afonso Ribeiro Bate	98	Sen	117180	SAD	8:37.90 S	23.11.2018	Alges (POR)	8:37.90
3	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	9:17.33 S	25.11.2018	Alges (POR)	9:17.33
4	Daniel Nogueira Catalao	00	Sen	127075	SLB	9:23.02			9:23.02
5	Tiago Roberto Cordeiro	00	Sen	205275	SLB	9:23.02			9:23.02
6	Miguel Duarte Cruz	99	Sen	125797	CFB	9:23.02			9:23.02
7	Pedro Ferraz Esteves	99	Sen	118772	CNLX	9:23.02			9:23.02
8	Francisco Madruga Silva	98	Sen	129151	CNLX	9:23.02			9:23.02

Prova 39
24.11.2019
Femin., 200m Estilos
Absolutos
Lista inscritos

Rec Regional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	2:16.22	Raquel Gomes Pereira	SAD	Alges	2016
Rec Regional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Regional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Sen	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	2:16.22	Raquel Gomes Pereira	SAD	Alges	2016
Rec Nacional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Nacional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Nacional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004

TAC Juv B: 2:51.27; Juv A: 2:46.52; Jun 1: 2:41.85; Jun 2: 2:40.28; Sen: 2:39.50

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 Fernandes Gama	06	Juv B	151459	SCP	2:36.15 S	09.03.2019	Setubal (POR)	2:36.15
2	Ines Correia Teixeira	06	Juv B	133334	CNA	2:43.05 L	16.06.2019	Vila Franca de Xira (POR)	2:39.78
3	Carolina Martins Camacho	06	Juv B	202646	SFUAP	2:41.33 S	29.06.2019	Alges (POR)	2:41.33
4	Beatriz Mocego Niza	06	Juv B	148435	CNA	2:46.10 L	28.07.2019	Loule (POR)	2:42.77
5	Beatriz Portugal Costa	06	Juv B	133278	SLB	2:43.15 S	01.11.2019	Setubal (POR)	2:43.15
6	Ema Faria Matta	06	Juv B	202337	CNCVG	2:46.75 L	16.06.2019	Vila Franca de Xira (POR)	2:43.41
7	Catarina Gomes Costa	06	Juv B	201543	EULX	2:46.78 L	07.07.2019	Setubal (POR)	2:43.44
8	Filipa Ferraz Domingos	06	Juv B	200878	SCP	2:48.78 L	12.05.2019	Vila Franca de Xira (POR)	2:45.40
9	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	2:46.78 S	01.11.2019	Setubal (POR)	2:46.78
10	Maria Beatriz Costa	06	Juv B	204155	SCP	2:50.53 L	16.06.2019	Vila Franca de Xira (POR)	2:47.11
11	Mariana Ramos Zacarias	06	Juv B	200183	CNS	2:50.63 L	07.07.2019	Setubal (POR)	2:47.21
12	Maria Pinto Monteiro	06	Juv B	201397	SFUAP	2:47.57 S	30.03.2019	Pinhal Novo (POR)	2:47.57
13	Ines Machado Marques	06	Juv B	201032	CNCVG	2:51.12 L	16.06.2019	Vila Franca de Xira (POR)	2:47.69
14	Madalena Fragoso Guterres	06	Juv B	202908	SLB	2:48.81 S	01.11.2019	Setubal (POR)	2:48.81
15	Leonor Viola Marques	06	Juv B	202339	CNCVG	2:49.45 S	09.03.2019	Setubal (POR)	2:49.45
16	Carolina Costa Diniz	06	Juv B	151038	SCP	2:53.15 L	16.06.2019	Vila Franca de Xira (POR)	2:49.68
17	Matilde Aparicio Pereira	06	Juv B	200477	CNA	2:51.14 S	01.11.2019	Setubal (POR)	2:51.14
18	Mafalda Mourao Lopes	06	Juv B	202221	ADST	2:54.66 L	07.07.2019	Setubal (POR)	2:51.16
19	Iris Castro Campos	06	Juv B	205634	CNA	2:51.27 S			2:51.27
20	Catarina Lima Antunes	06	Juv B	151077	SCP	2:51.27 S			2:51.27

Juvenis A

1	Margarida Domingues Nunes	05	Juv A	201398	EULX	2:27.57 S	14.07.2019	Alges (POR)	2:27.57
2	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	2:32.80 S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:32.80
3	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	2:33.87 S	14.07.2019	Alges (POR)	2:33.87
4	Joana Rocha Ferreira	05	Juv A	201560	SLB	2:35.38 S	01.11.2019	Setubal (POR)	2:35.38
5	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	2:37.71 S	15.12.2018	Tomar (POR)	2:37.71
6	Joana Fernandes Gama	05	Juv A	153361	SCP	2:37.90 S	18.05.2019	Alges (POR)	2:37.90
7	Mariana Andreia Silva	05	Juv A	141810	SCP	2:39.54 S	18.05.2019	Alges (POR)	2:39.54
8	Iris Pereira Carrao	05	Juv A	201392	CIRL	2:43.70 L	12.05.2019	Vila Franca de Xira (POR)	2:40.42
9	Barbara Cunha Ventura	05	Juv A	132458	SLB	2:41.91 S	01.11.2019	Setubal (POR)	2:41.91
10	Maria Carolina Vargas	05	Juv A	132561	SLB	2:43.78 S	14.07.2019	Alges (POR)	2:43.78
11	Lara Moreira Lopo	05	Juv A	130424	EULX	2:44.70 S	14.07.2019	Alges (POR)	2:44.70
12	Mariana Reis Ferreira	05	Juv A	200724	AONDA	2:44.84 S	14.07.2019	Alges (POR)	2:44.84
13	Rafaela Diogo Martins	05	Juv A	132214	CNS	2:44.98 S	14.07.2019	Alges (POR)	2:44.98
14	Ana Belo Braga	05	Juv A	132505	AONDA	2:45.87 S	18.05.2019	Alges (POR)	2:45.87
15	Mafalda Pereira Matos	05	Juv A	200898	SCP	2:45.92 S	01.11.2018	Lisboa (POR)	2:45.92
16	Francisca Otao Tribuna	05	Juv A	132463	SLB	2:46.36 S	18.05.2019	Alges (POR)	2:46.36
17	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	2:46.52 S			2:46.52
18	Beatriz Barroso Silva	05	Juv A	133302	SCP	2:46.52 S			2:46.52
19	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	2:46.52 S			2:46.52

Prova 39, Femin., 200m Estilos

Juniores

1	Leonor Esteves Santos	04	Jun	130603	EULX	2:29.62 L	04.04.2019	Coimbra (POR)	2:26.62
2	Madalena Reis Cerdeira	03	Jun	130053	SCP	2:30.16 S	25.11.2018	Alges (POR)	2:30.16
3	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	2:33.31 L	17.03.2019	Vila Franca de Xira (POR)	2:30.24
4	Margarida Filipe Ferreira	04	Jun	132347	CDCP	2:33.69 L	10.02.2019	Lisboa (POR)	2:30.61
5	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	2:33.58 S	18.05.2019	Alges (POR)	2:33.58
6	Maria Freire Alves	04	Jun	132522	AHBE	2:39.14 S	14.07.2019	Alges (POR)	2:39.14
7	Ana Sofia Inacio	04	Jun	202686	CFB	2:40.19 S	18.05.2019	Alges (POR)	2:40.19
8	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	2:40.28			2:40.28
9	Catarina Alexandra Marques	04	Jun	130232	CNCVG	2:40.51 S	18.05.2019	Alges (POR)	2:40.51

Seniores

1	Luisa Maria Machado	01	Sen	121850	SFUAP	2:16.47 S	29.06.2019	Alges (POR)	2:16.47
2	Ana Reis Sousa	02	Sen	122440	SAD	2:20.57 L	04.04.2019	Coimbra (POR)	2:17.75
3	Ines Jacinto Henriques	00	Sen	120220	SCP	2:22.26 L	24.05.2019	Coimbra (POR)	2:19.41
4	Catarina Martins Mestre	00	Sen	120724	CNLX	2:23.86 S	01.11.2019	Setubal (POR)	2:23.86
5	Luana Correia Rodrigues	01	Sen	121504	CFB	2:27.63 S	14.07.2019	Alges (POR)	2:27.63
6	Natacha Sofia Silva	02	Sen	125594	SLB	2:28.22 S	14.07.2019	Alges (POR)	2:28.22
7	Filipa Serrano Rodrigues	01	Sen	112310	SLB	2:32.21 L	10.02.2019	Lisboa (POR)	2:29.16
8	Ana Raquel Ferreira	98	Sen	102755	CNLX	2:33.13 S	01.11.2019	Setubal (POR)	2:33.13
9	Ana Rita Matos	02	Sen	127501	CFB	2:33.22 S	01.11.2019	Setubal (POR)	2:33.22
10	Rita Fernandes Leitao	96	Sen	25571	CNLX	2:33.94 S	01.11.2019	Setubal (POR)	2:33.94
11	Joana Filipa Varandas	02	Sen	124305	CIRL	2:34.84 S	14.07.2019	Alges (POR)	2:34.84
12	Tatiana Raquel Pombo	01	Sen	121615	CDCP	2:36.79 S	25.04.2019	Sines (POR)	2:36.79
13	Leticia Maia Andre	02	Sen	132801	SLB	2:39.50			2:39.50
14	Souad Nefissa Cherouati	89	Sen	208644	SLB	2:39.50			2:39.50
15	Ana Raquel Graveto	02	Sen	129628	SLB	2:39.50			2:39.50
16	Sofia Alexandra Rolao	98	Sen	108413	SLB	2:39.50			2:39.50
17	Carolina Lourenco Matos	98	Sen	109647	CDCP	2:39.50			2:39.50

Prova 40

24.11.2019

Masc., 200m Estilos

Absolutos

Lista inscritos

Rec Regional Abs	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	2:01.23	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	2:04.10	Tiago André Venâncio	CNS	Alapraia	2004
Rec Regional Juv A	2:06.94	Diogo Gomes Sousa	CNCVG	Estoril, Alapraia	2011
Rec Regional Juv B	2:10.75	Diogo Leal Dantas	SCP	Algés	2015
Rec Nacional Abs	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015
Rec Nacional Sen	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015
Rec Nacional Jun 2	2:00.80	Diogo Filipe Carvalho	CGA	Alapraia	2005
Rec Nacional Jun 1	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	2005
Rec Nacional Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	2004
Rec Nacional Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	2003

TAC Juv B: 2:37.77; Juv A: 2:34.90; Jun 1: 2:29.23; Jun 2: 2:27.10; Sen: 2:24.25

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	2:27.35 L	28.07.2019	Loule (POR)	2:24.40
2	Pedro Mahua Alvarez	05	Juv B	208096	SCP	2:27.35 L	28.07.2019	Loule (POR)	2:24.40
3	Filipe Simoes Freitas	05	Juv B	202349	SCP	2:25.24 S	29.06.2019	Alges (POR)	2:25.24
4	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	2:27.34 S	31.03.2019	Pinhal Novo (POR)	2:27.34
5	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	2:28.60 S	29.06.2019	Alges (POR)	2:28.60
6	Diogo Sousa Barbosa	05	Juv B	133332	SLB	2:32.18 S	01.11.2019	Setubal (POR)	2:32.18
7	Tiago Silva Bartolo	05	Juv B	205340	SAD	2:35.31 L	16.06.2019	Vila Franca de Xira (POR)	2:32.20
8	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	2:35.55 L	07.07.2019	Setubal (POR)	2:32.43
9	Vasco Alves Morgado	05	Juv B	147123	SAD	2:35.67 L	28.07.2019	Loule (POR)	2:32.55
10	Manuel Angelo Pereira	05	Juv B	151305	SCP	2:36.14 L	16.06.2019	Vila Franca de Xira (POR)	2:33.01
11	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	2:33.38 S	29.06.2019	Alges (POR)	2:33.38
12	Eduard Daniel Milanov	05	Juv B	202776	CNS	2:35.49 S	01.11.2019	Setubal (POR)	2:35.49
13	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	2:36.19 S	01.11.2019	Setubal (POR)	2:36.19
14	Afonso Costa Albuquerque	05	Juv B	132515	CFB	2:37.77 S			2:37.77

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15	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	2:37.77 S	2:37.77
16	Goncalo Ramos Costa	05	Juv B	205229	GESL	2:37.77 S	2:37.77
17	Jose Alves Monteiro	05	Juv B	200398	SAD	2:37.77 S	2:37.77
18	Vasco Antela Silva	05	Juv B	142037	SCP	2:37.77 S	2:37.77

Juvenis A

1	Afonso Figueiredo Frasquilho	04	Juv A	153353	SCP	2:20.94 L	04.08.2019	Funchal (POR)	2:18.12
2	Afonso Cipriano Pinto	04	Juv A	153352	SCP	2:20.42 S	14.07.2019	Alges (POR)	2:20.42
3	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	2:24.88 L	09.02.2019	Lisboa (POR)	2:21.98
4	Miguel Madeira Silva	04	Juv A	132664	AONDA	2:22.33 S	25.04.2019	Sines (POR)	2:22.33
5	Guilherme Machado Santos	04	Juv A	200202	SFUAP	2:22.62 S	14.07.2019	Alges (POR)	2:22.62
6	Afonso Goncalves de Jorge	04	Juv A	201702	GESL	2:23.77 S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:23.77
7	Yann Chetelat Fock	04	Juv A	129699	EULX	2:25.26 S	02.02.2019	Ponte de Sor (POR)	2:25.26
8	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	2:26.42 S	14.07.2019	Alges (POR)	2:26.42
9	Tomás Pratas Neto	04	Juv A	132652	PDEM	2:27.13 S	14.07.2019	Alges (POR)	2:27.13
10	Hugo Tomas Silva	04	Juv A	200491	AONDA	2:27.23 S	14.07.2019	Alges (POR)	2:27.23
11	Tomas Martins Mira	04	Juv A	132215	CNS	2:27.43 S	18.05.2019	Alges (POR)	2:27.43
12	Jaeden Michael Nunes	04	Juv A	202508	CFB	2:27.80 S	14.07.2019	Alges (POR)	2:27.80
13	Miguel Filipe Anjo	04	Juv A	201394	CDCP	2:27.89 S	01.11.2019	Setubal (POR)	2:27.89
14	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	2:27.95 S	18.05.2019	Alges (POR)	2:27.95
15	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	2:28.37 S	14.07.2019	Alges (POR)	2:28.37
16	Goncalo Afonso Gouveia	04	Juv A	153360	SCP	2:28.77 S	14.07.2019	Alges (POR)	2:28.77
17	Joao Pedro Faustino	04	Juv A	203986	CDCP	2:29.04 S	01.11.2019	Setubal (POR)	2:29.04
18	Nuno Fontes Mil homens	04	Juv A	153364	SCP	2:29.36 S	16.12.2018	Tomar (POR)	2:29.36
19	Afonso Romao Francisco	04	Juv A	204573	CDCP	2:29.68 S	18.05.2019	Alges (POR)	2:29.68
20	Duarte Brito Justino	04	Juv A	130802	ADRCIMM	2:30.72 S	18.05.2019	Alges (POR)	2:30.72
21	Mario Catalao Moura	04	Juv A	205377	CNS	2:30.87 S	18.05.2019	Alges (POR)	2:30.87

Juniores

1	Tomas Nogueira Gomes	03	Jun	126626	SFUAP	2:11.47 S	18.05.2019	Alges (POR)	2:11.47
2	Diogo Garcez Mateus	02	Jun	129622	AONDA	2:12.12 S	14.07.2019	Alges (POR)	2:12.12
3	Afonso Amaro Santos	02	Jun	131510	GESL	2:16.42 S	29.06.2019	Alges (POR)	2:16.42
4	Joao Luis Matos	03	Jun	130239	CNCVG	2:16.67 S	18.05.2019	Alges (POR)	2:16.67
5	Joao Maria Colaco	03	Jun	131515	SCP	2:17.39 S	14.07.2019	Alges (POR)	2:17.39
6	Joao Miguel Cascalheira	03	Jun	201621	CNS	2:21.57 L	11.05.2019	Vila Franca de Xira (POR)	2:18.73
7	Ricardo Martins Ferreira	03	Jun	127307	AONDA	2:21.83 L	17.03.2019	Vila Franca de Xira (POR)	2:18.99
8	Pedro Henriques Correia	03	Jun	125257	SLB	2:19.52 S	14.07.2019	Alges (POR)	2:19.52
9	Guilherme Matias Cristino	03	Jun	132528	SFUAP	2:21.27 S	01.11.2019	Setubal (POR)	2:21.27
10	Afonso Esteves Tome	03	Jun	128467	ADRCIMM	2:23.19 S	18.05.2019	Alges (POR)	2:23.19
11	David Van Ossenbruggen	03	Jun	126428	SFUAP	2:23.52 S	16.12.2018	Tomar (POR)	2:23.52
12	Daniel Alexandre Ascenso	03	Jun	131377	GESL	2:24.45 S	14.07.2019	Alges (POR)	2:24.45
13	Dinis Viola Caroco	03	Jun	131696	SCP	2:25.97 S	14.07.2019	Alges (POR)	2:25.97
14	Joao Gabriel Machado	02	Jun	211590	SCP	2:27.10			2:27.10

Seniores

1	Daniel Nogueira Catalao	00	Sen	127075	SLB	2:05.86 S	22.12.2018	Felgueiras (POR)	2:05.86
2	Joao Mota Correia	97	Sen	102308	SLB	2:05.90 S	22.12.2018	Felgueiras (POR)	2:05.90
3	David Matias Cristino	01	Sen	127872	SFUAP	2:06.03 S	22.12.2018	Felgueiras (POR)	2:06.03
4	Sebastiao Limbert Piedade	00	Sen	120451	SAD	2:10.38 S	29.06.2019	Alges (POR)	2:10.38
5	Afonso Mateus Ribeiro	95	Sen	100430	CFB	2:11.57 S	14.07.2019	Alges (POR)	2:11.57
6	Joao Esteves Padrela	99	Sen	119137	CFB	2:12.29 S	14.07.2019	Alges (POR)	2:12.29
7	Bruno Miguel Martins	93	Sen	26891	GESL	2:12.54 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	2:12.54
8	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	2:12.81 S	01.11.2019	Setubal (POR)	2:12.81
9	Filipe Ferreira Luz	98	Sen	112320	GESL	2:13.37 S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:13.37
10	Rodrigo Almeida Cabrito	01	Sen	121510	CFB	2:13.71 S	25.11.2018	Alges (POR)	2:13.71
11	Filipe Ferrao Melo	01	Sen	200171	CNS	2:15.12 S	01.11.2019	Setubal (POR)	2:15.12
12	Andre Tavares Grenho	99	Sen	120605	GESL	2:15.45 S	25.11.2018	Alges (POR)	2:15.45
13	Joao Manuel Vargas	00	Sen	123510	SLB	2:15.60 S	25.11.2018	Alges (POR)	2:15.60
14	Tiago Rafael Martins	97	Sen	111267	CDOM	2:15.76 S	14.07.2019	Alges (POR)	2:15.76
15	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	2:17.17 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	2:17.17
16	Ricardo Martins Bras	01	Sen	121508	CFB	2:19.10 S	25.11.2018	Alges (POR)	2:19.10
17	Pedro Ferraz Esteves	99	Sen	118772	CNLX	2:21.37 S	14.07.2019	Alges (POR)	2:21.37
18	Rui Miguel Correia	96	Sen	105378	CNMJ	2:21.56 S	25.11.2018	Alges (POR)	2:21.56
19	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	2:24.25			2:24.25
20	Rafael Alcantara Aires	01	Sen	125130	SLB	2:24.25			2:24.25
21	Daniel Sebastiao Francisco	00	Sen	210562	SLB	2:24.25			2:24.25
22	Joao Pedro Gil	97	Sen	108343	CDCP	2:24.25			2:24.25
23	Joao Costa Fonseca	00	Sen	125134	CNLX	2:24.25			2:24.25

Prova 40, Masc., 200m Estilos

24	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	2:24.25	2:24.25
25	Afonso Guilherme Jesus	00	Sen	117174	VKGS	2:24.25	2:24.25
26	Ivo Andre Lopes	94	Sen	11728	EULX	2:24.25	2:24.25

Prova 41
24.11.2019
Femin., 50m Costas
Absolutos
Lista inscritos

Rec Regional Abs	28.17	Ines Camacho Fernandes	SCP	Funchal	2016
Rec Regional Sen	28.17	Ines Camacho Fernandes	SCP	Funchal	2016
Rec Regional Jun 2	28.50	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Regional Jun 1	28.42	Ines Camacho Fernandes	SCP	Porto	2012
Rec Nacional Abs	28.07	Ana Sofia Leite	GCVR	Algés	2015
Rec Nacional Sen	28.07	Ana Sofia Leite	GCVR	Algés	2015
Rec Nacional Jun 2	28.53	Ines Camacho Fernandes	SCP	Felgueiras	2013
Rec Nacional Jun 1	28.42	Ines Camacho Fernandes	SCP	Porto	2012

TAC Jun 1: 35.32; Jun 2: 34.98; Sen: 34.80

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Ana Margarida Soares	03	Jun	129488	CNS	32.41 S	01.11.2019	Setubal (POR)	32.41
2	Leonor Maria Neves	03	Jun	131015	GESL	32.74 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	32.74
3	Mariana Moraes Delfino	04	Jun	132603	SCP	33.28 S	10.11.2018	Cova da Piedade (POR)	33.28
4	Susana Chanoca Narciso	04	Jun	129388	CDCP	33.34 S	12.01.2019	Campo Maior (POR)	33.34
5	Anais Cloe Pereira	04	Jun	147048	SCP	34.48 L	05.04.2019	Coimbra (POR)	33.79
6	Marta Vainauskaite	03	Jun	200913	AHBE	34.98			34.98

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	29.69 L	04.04.2019	Coimbra (POR)	29.09
2	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	30.08 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	30.08
3	Maria Mousinho Esteves	02	Sen	131944	CIRL	30.84 S	22.12.2018	Felgueiras (POR)	30.84
4	Sofia Alexandra Rolao	98	Sen	108413	SLB	30.93 S	22.12.2018	Felgueiras (POR)	30.93
5	Ana Raquel Ferreira	98	Sen	102755	CNLX	31.24 S	22.12.2018	Felgueiras (POR)	31.24
6	Sofia Alexandra Nunes	00	Sen	112322	CIRL	32.27 L	10.02.2019	Lisboa (POR)	31.62
7	Mafalda Sofia Dias	01	Sen	121401	PDEM	32.06 S	25.11.2018	Alges (POR)	32.06
8	Constanca Dias Baptista	01	Sen	126394	CFB	33.53 L	14.04.2019	Oeiras (POR)	32.85
9	Maria Ornelas Armas	98	Sen	106961	EULX	34.01 L	25.05.2019	Coimbra (POR)	33.33
10	Soraia Guerra Rolim	95	Sen	121321	CIRL	33.36 S	22.12.2018	Felgueiras (POR)	33.36
11	Ana Fernandes Costa	00	Sen	121407	CNMJ	34.27 S	03.02.2019	Montemor-o-Novo (POR)	34.27
12	Mariana Antunes Silva	02	Sen	137865	AEFDTV	34.63 S	25.11.2018	Alges (POR)	34.63
13	Ana Burguete Tavares	00	Sen	119951	FS	34.80			34.80

Prova 42
24.11.2019
Masc., 50m Costas
Absolutos
Lista inscritos

Rec Regional Abs	23.80	Alexis Manacas Santos	SCP	Felgueiras	2018
Rec Regional Sen	23.80	Alexis Manacas Santos	SCP	Felgueiras	2018
Rec Regional Jun 2	25.01	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	25.85	Diogo Santos Costa	ADRCIMM	Felgueiras	2018
Rec Nacional Abs	23.69	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018
Rec Nacional Sen	23.69	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018
Rec Nacional Jun 2	25.01	Alexis Manacas Santos	SCP	Leiria	
Rec Nacional Jun 1	26.69	Alexandre Lages Ribas	EDV	Felgueiras	2013

TAC Jun 1: 31.82; Jun 2: 31.36; Sen: 30.75

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Tomas Nogueira Gomes	03	Jun	126626	SFUAP	27.76 S	12.01.2019	Torres Novas (POR)	27.76
2	Bernardo Araujo Freire	03	Jun	129532	SAD	28.64 S	13.07.2019	Alges (POR)	28.64
3	Antonio Santos Pereira	03	Jun	201690	AHBE	28.73 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	28.73
4	Tiago Miguel Dias	03	Jun	112753	CNLX	28.93 S	14.07.2019	Alges (POR)	28.93
5	Nicolae Iachimovschi	03	Jun	130036	CFB	29.08 S	13.07.2019	Alges (POR)	29.08
6	Francisco Alves Souza	02	Jun	128881	GESL	29.56 S	13.07.2019	Alges (POR)	29.56
7	Pedro Pires Gomes	03	Jun	129534	CFB	30.38 S	20.06.2019	Sto Ant. Cavaleiros (POR)	30.38
8	Tiago Leite Barreiros	02	Jun	127804	SAD	30.84 S	13.07.2019	Alges (POR)	30.84
9	Jose Miguel Oliveira	03	Jun	129493	CNS	31.17 S	01.11.2019	Setubal (POR)	31.17
10	Pedro Alves Martinho	02	Jun	129482	AHBE	31.36			31.36
11	Gonçalo Filipe Valente	03	Jun	131380	GESL	32.19 L	05.04.2019	Coimbra (POR)	31.54
12	Dinis Viola Caroco	03	Jun	131696	SCP	31.71 S	14.07.2019	Alges (POR)	31.71
13	Gonçalo Miguel Rodrigues	03	Jun	126830	AHBE	31.82 S			31.82

Seniores

1	Rafael Alcantara Aires	01	Sen	125130	SLB	26.20 S	28.04.2019	Felgueiras (POR)	26.20
2	David Miguel Leiria	93	Sen	14530	VKGS	26.49 S	22.12.2018	Felgueiras (POR)	26.49
3	Daniel Rochinha Pedro	98	Sen	111389	AHBE	26.91 S	14.07.2019	Alges (POR)	26.91
4	Joao Mota Correia	97	Sen	102308	SLB	27.10 S	22.12.2018	Felgueiras (POR)	27.10
5	Ricardo Saraiva Pires	98	Sen	107651	CIRL	27.11 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	27.11
6	Carlos Marques Freire	01	Sen	121509	CFB	27.20 S	22.12.2018	Felgueiras (POR)	27.20
7	Diogo Carrasco Correia	95	Sen	26151	CFB	27.31 S	13.07.2019	Alges (POR)	27.31
8	Ricardo Pinela Ferreira	01	Sen	122050	SLB	27.85 S	14.07.2019	Alges (POR)	27.85
9	Edgar Filipe Santos	01	Sen	127750	SFUAP	28.50 S	22.12.2018	Felgueiras (POR)	28.50
10	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	29.43 L	14.04.2019	Oeiras (POR)	28.84
11	Tiago Correia Neves	97	Sen	125796	CFB	30.31 L	12.05.2019	Oeiras (POR)	29.70
12	Miguel Henriques Marques	00	Sen	120530	SLB	30.75			30.75
13	Ivo Andre Lopes	94	Sen	11728	EULX	30.75			30.75
14	Diogo Alexandre Araujo	01	Sen	122109	CDOM	30.75			30.75

Prova 43
24.11.2019
Femin., 200m Livres
Absolutos
Lista inscritos

Rec Regional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	1:59.62	Leticia Maia Andre	SLB	Felgueiras	2018
Rec Regional Jun 1	2:02.12	Leticia Maia Andre	SLB	Porto	2017
Rec Regional Juv A	2:03.93	Maria Ferreira Moura	SCP	Tomar	2018
Rec Regional Juv B	2:06.53	Ana Claudia Santos	SFUAP	Mealhada	2004
Rec Nacional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Sen	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Jun 2	1:59.62	Leticia Maia Andre	SLB	Felgueiras	2018
Rec Nacional Jun 1	2:01.17	Ana Reis Sousa	CNLA	Leiria	2017
Rec Nacional Juv A	2:03.93	Maria Ferreira Moura	SCP	Tomar	2018
Rec Nacional Juv B	2:04.38	Camila Rodrigues Rebelo	SANC	Coimbra	2017

TAC Juv B: 2:31.94; Juv A: 2:27.72; Jun 1: 2:23.60; Jun 2: 2:22.20; Sen: 2:21.50

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	2:19.86 L	26.07.2019	Loule (POR)	2:17.06
2	Maria Esteves Valente	06	Juv B	202954	SLB	2:19.38 S	10.03.2019	Setubal (POR)	2:19.38
3	Marina Alexandra Oliveira	06	Juv B	200174	CNS	2:24.10 S	10.03.2019	Setubal (POR)	2:24.10
4	Ines Gaspar Silva	06	Juv B	204152	GESL	2:28.70 L	06.07.2019	Setubal (POR)	2:25.72
5	Maria Pinto Monteiro	06	Juv B	201397	SFUAP	2:29.61 L	16.06.2019	Vila Franca de Xira (POR)	2:26.61
6	Catarina Gomes Costa	06	Juv B	201543	EULX	2:26.65 S	10.03.2019	Setubal (POR)	2:26.65
7	Rita Borges Silva	06	Juv B	200715	CNA	2:26.68 S	25.04.2019	Sines (POR)	2:26.68
8	Erica Candeias Mendes	06	Juv B	147116	CNA	2:30.15 L	06.07.2019	Setubal (POR)	2:27.14
9	Madalena Correa Sa	06	Juv B	201548	GESL	2:30.25 L	16.06.2019	Vila Franca de Xira (POR)	2:27.24
10	Catarina Coutinho Lima	06	Juv B	132460	SLB	2:30.45 L	06.07.2019	Setubal (POR)	2:27.44
11	Ema Faria Matta	06	Juv B	202337	CNCVG	2:30.89 L	15.06.2019	Rio Maior (POR)	2:27.87
12	Rita Martins Lopes	06	Juv B	203919	AHBE	2:27.90 S	31.03.2019	Pinhal Novo (POR)	2:27.90
13	Leonor Viola Marques	06	Juv B	202339	CNCVG	2:31.01 L	16.06.2019	Vila Franca de Xira (POR)	2:27.99
14	Marta Silva Santos	06	Juv B	200182	CNS	2:28.23 S	10.03.2019	Setubal (POR)	2:28.23
15	Margarida Barbara Marques	06	Juv B	200396	SAD	2:33.18 L	07.07.2019	Setubal (POR)	2:30.11
16	Leonor Santos Duro	06	Juv B	202520	CNS	2:33.45 L	16.06.2019	Vila Franca de Xira (POR)	2:30.38
17	Luana Cardoso Magalhaes	06	Juv B	201688	AHBE	2:30.60 S	10.03.2019	Setubal (POR)	2:30.60
18	Mafalda Mourao Lopes	06	Juv B	202221	ADST	2:33.77 L	16.06.2019	Vila Franca de Xira (POR)	2:30.69
19	Iris Castro Campos	06	Juv B	205634	CNA	2:35.04 L	16.06.2019	Vila Franca de Xira (POR)	2:31.93
20	Clara Sofia Herminio	06	Juv B	202218	CDCP	2:31.94 S			2:31.94
21	Matilde Aparicio Pereira	06	Juv B	200477	CNA	2:31.94			2:31.94

Juvenis A

1	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	2:20.00 L	16.03.2019	Vila Franca de Xira (POR)	2:17.20
2	Mariana Marques Santos	05	Juv A	150757	GESL	2:17.67 S	29.06.2019	Alges (POR)	2:17.67
3	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	2:20.89 L	02.08.2019	Funchal (POR)	2:18.07
4	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	2:20.63 S	13.07.2019	Alges (POR)	2:20.63
5	Maria Del Rio Bernat	05	Juv A	200403	SAD	2:21.15 S	13.07.2019	Alges (POR)	2:21.15
6	Nicole Patriarca Franca	05	Juv A	153435	SCP	2:22.30 S	13.07.2019	Alges (POR)	2:22.30
7	Mariana Reis Ferreira	05	Juv A	200724	AONDA	2:23.03 S	13.07.2019	Alges (POR)	2:23.03
8	Madalena Carrapico Alexandrino	05	Juv A	132560	SAD	2:23.26 S	13.07.2019	Alges (POR)	2:23.26
9	Maria Antonia Ferraz	05	Juv A	128378	AHBE	2:26.98 S	25.04.2019	Sines (POR)	2:26.98
10	Madalena Sampaio Torgal	05	Juv A	132521	AHBE	2:27.72			2:27.72
11	Carolina Silva	05	Juv A	133296	DRCN	2:27.72 S			2:27.72
12	Rita Ferreira Gomes	05	Juv A	132565	SAD	2:27.72 S			2:27.72

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	2:07.56 L	02.08.2019	Funchal (POR)	2:05.00
2	Marta Macedo Inacio	04	Jun	132536	SCP	2:11.85 S	16.12.2018	Tomar (POR)	2:11.85
3	Anais Cloe Pereira	04	Jun	147048	SCP	2:17.48 L	16.06.2019	Vila Franca de Xira (POR)	2:14.73
4	Claudia Beatriz Martins	03	Jun	128830	GESL	2:15.09 S	25.11.2018	Alges (POR)	2:15.09
5	Lidiana Correia Rodrigues	04	Jun	130399	CFB	2:15.11 S	13.07.2019	Alges (POR)	2:15.11
6	Ana Margarida Soares	03	Jun	129488	CNS	2:15.24 S	13.07.2019	Alges (POR)	2:15.24
7	Susana Chanoca Narciso	04	Jun	129388	CDCP	2:15.42 S	16.12.2018	Tomar (POR)	2:15.42
8	Beatriz Costa Melo	04	Jun	132555	SAD	2:15.58 S	13.07.2019	Alges (POR)	2:15.58
9	Vera Figueiredo Narra	04	Jun	131121	CNA	2:15.75 S	16.12.2018	Tomar (POR)	2:15.75
10	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	2:18.60 L	09.02.2019	Lisboa (POR)	2:15.82
11	Margarida Filipe Ferreira	04	Jun	132347	CDCP	2:17.31 S	13.07.2019	Alges (POR)	2:17.31

Prova 43, Femin., 200m Livres

12	Daniela Alexandra Pedro	04	Jun	130864	SCP	2:17.54 S	13.07.2019	Alges (POR)	2:17.54
13	Mariana Marques Mercedes	03	Jun	129961	CDOM	2:20.50 L	09.02.2019	Lisboa (POR)	2:17.69
14	Yonina Brancourt	04	Jun	202082	GESL	2:17.72 S	13.07.2019	Alges (POR)	2:17.72
15	Caetana Neves Carneiro	03	Jun	129163	CNLX	2:18.59 S	13.07.2019	Alges (POR)	2:18.59
16	Maria Martins Camacho	04	Jun	130618	SFUAP	2:18.76 S	13.07.2019	Alges (POR)	2:18.76
17	Diana Valadas Horta	04	Jun	201782	SFUAP	2:18.80 S	13.07.2019	Alges (POR)	2:18.80
18	Marta Viola Marques	03	Jun	200870	CNCVG	2:18.83 S	13.07.2019	Alges (POR)	2:18.83
19	Madalena Graca Gerales	04	Jun	131511	SCP	2:23.48 L	16.06.2019	Vila Franca de Xira (POR)	2:20.61
20	Catarina Ines Correia	03	Jun	129491	CNS	2:21.68 S	13.07.2019	Alges (POR)	2:21.68
21	Matilde Pereira Carrao	03	Jun	204157	CIRL	2:21.70 S	25.04.2019	Sines (POR)	2:21.70
22	Matilde Carvalho Barao	04	Jun	130243	CNCVG	2:21.70 S	29.06.2019	Alges (POR)	2:21.70
23	Raquel Raposo Lopes	04	Jun	153469	CDCP	2:21.87 S	25.04.2019	Sines (POR)	2:21.87
24	Mariana Fragoso Guterres	04	Jun	200475	SLB	2:25.08 L	09.02.2019	Lisboa (POR)	2:22.17
25	Madalena Rodrigues Tome	03	Jun	126829	AHBE	2:22.20			2:22.20

Seniores

1	Alexandra Couto Frazao	02	Sen	125426	SCP	2:03.23 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	2:03.23
2	Ana Sofia Pina	02	Sen	125639	SLB	2:05.01 S	23.12.2018	Felgueiras (POR)	2:05.01
3	Filipa Serrano Rodrigues	01	Sen	112310	SLB	2:06.32 S	03.11.2018	Vila Real St. Antonio (POR)	2:06.32
4	Margarida Sobral Pimenta	99	Sen	118764	CFB	2:11.96 L	09.02.2019	Lisboa (POR)	2:09.32
5	Ines Figueira Santos	00	Sen	111277	SFUAP	2:10.36 S	08.12.2018	Sto Antº dos Cavaleiros (POR)	2:10.36
6	Tatiana Raquel Pombo	01	Sen	121615	CDCP	2:10.89 S	09.12.2018	Sto Antº dos Cavaleiros (POR)	2:10.89
7	Ana Raquel Graveto	02	Sen	129628	SLB	2:10.96 S	27.04.2019	Felgueiras (POR)	2:10.96
8	Lia Ana Lima	01	Sen	205396	SAD	2:15.34 L	16.03.2019	Vila Franca de Xira (POR)	2:12.63
9	Joana Filipa Varandas	02	Sen	124305	CIRL	2:15.04 S	29.06.2019	Alges (POR)	2:15.04
10	Carolina Saraiva Pires	96	Sen	100272	CIRL	2:15.10 S	25.04.2019	Sines (POR)	2:15.10
11	Natacha Sofia Silva	02	Sen	125594	SLB	2:15.29 S	13.07.2019	Alges (POR)	2:15.29
12	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	2:16.38 S	23.02.2019	Olhao (POR)	2:16.38
13	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	2:16.90 S	25.11.2018	Alges (POR)	2:16.90
14	Souad Nefissa Cherouati	89	Sen	208644	SLB	2:21.50			2:21.50
15	Carolina Lourenco Matos	98	Sen	109647	CDCP	2:21.50			2:21.50

Prova 44

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Absolutos
Lista inscritos

Rec Regional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Sen	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Jun 2	1:47.73	Tiago Andre Venancio	FPN	Viena (AUT)	2004
Rec Regional Jun 1	1:52.38	Rafael Lourenço Gil	ANAM	Sto Antº Cavaleiros	2012
Rec Regional Juv A	1:51.06	Tiago André Venâncio	CNS		2003
Rec Regional Juv B	1:56.53	Joao Pedro Gil	ANAM	Algés	2012
Rec Nacional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Sen	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Jun 2	1:47.73	Tiago Andre Venancio	FPN	Viena (AUT)	2004
Rec Nacional Jun 1	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	1:51.06	Tiago Andre Venancio	CNS	Braga	2003
Rec Nacional Juv B	1:53.76	Diogo Matos Ribeiro	CUC	Coimbra	2019

TAC Juv B: 2:16.78; Juv A: 2:14.30; Jun 1: 2:09.38; Jun 2: 2:07.53; Sen: 2:05.07

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	2:07.97 L	27.07.2019	Loule (POR)	2:05.41
2	Andre Henriques Marques	05	Juv B	129665	SLB	2:08.62 S	29.03.2019	Pinhal Novo (POR)	2:08.62
3	Afonso Lucio Costa	05	Juv B	202216	SCP	2:11.38 S	30.03.2019	Pinhal Novo (POR)	2:11.38
4	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	2:14.98 L	16.06.2019	Vila Franca de Xira (POR)	2:12.28
5	Pedro Maria Amado	05	Juv B	148286	SAD	2:12.92 S	29.06.2019	Alges (POR)	2:12.92
6	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	2:13.73 S	09.03.2019	Setubal (POR)	2:13.73
7	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	2:16.69 L	07.07.2019	Setubal (POR)	2:13.95
8	Manuel Pires Oliveira	05	Juv B	201480	PDEM	2:17.46 L	07.07.2019	Setubal (POR)	2:14.71
9	Jose Manuel Sa	05	Juv B	203114	SCP	2:18.03 L	07.07.2019	Setubal (POR)	2:15.26
10	Joel Michael Fribergh	05	Juv B	203916	AHBE	2:19.06 L	16.06.2019	Vila Franca de Xira (POR)	2:16.27
11	Rodrigo Martins Bras	05	Juv B	129806	CFB	2:19.27 L	16.06.2019	Vila Franca de Xira (POR)	2:16.48
12	Mateus Correa Walker	05	Juv B	202083	AHBE	2:16.78 S			2:16.78
13	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	2:16.78 S			2:16.78
14	Daniel Pankivsky	05	Juv B	153427	CPCD	2:16.78 S			2:16.78

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15	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	2:16.78 S	2:16.78
16	Diogo Rafael Dias	05	Juv B	202931	DRCN	2:16.78 S	2:16.78
17	Vyacheslav Hliba	05	Juv B	203912	GESL	2:16.78 S	2:16.78
18	Yan Hliba	05	Juv B	203913	GESL	2:16.78 S	2:16.78
19	Pedro Miguel Monteiro	05	Juv B	201701	GESL	2:16.78	2:16.78
20	Francisc Gututui	05	Juv B	200907	SAD	2:16.78 S	2:16.78
21	Diogo Botelho Capricho	05	Juv B	142035	SCP	2:16.78 S	2:16.78
22	Goncalo Ramos Costa	05	Juv B	205229	GESL	2:16.78 S	2:16.78

Juvenis A

1	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	2:03.80 S	14.07.2019	Alges (POR)	2:03.80
2	Miguel Costa Simoes	04	Juv A	132350	CDCP	2:03.90 S	25.04.2019	Sines (POR)	2:03.90
3	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	2:04.32 S	13.07.2019	Alges (POR)	2:04.32
4	Joao Afonso Santos	04	Juv A	153371	SCP	2:04.53 S	14.12.2018	Tomar (POR)	2:04.53
5	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	2:05.50 S	12.01.2019	Torres Novas (POR)	2:05.50
6	Miguel Madeira Silva	04	Juv A	132664	AONDA	2:05.54 S	13.07.2019	Alges (POR)	2:05.54
7	Francisco Amaro Santos	04	Juv A	201404	GESL	2:05.77 S	29.06.2019	Alges (POR)	2:05.77
8	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	2:08.95 L	16.06.2019	Vila Franca de Xira (POR)	2:06.37
9	Afonso Romao Francisco	04	Juv A	204573	CDCP	2:07.51 S	13.07.2019	Alges (POR)	2:07.51
10	Tiago Barroso Proenca	04	Juv A	129698	EULX	2:07.90 S	13.07.2019	Alges (POR)	2:07.90
11	Alexandre Duarte Morais	04	Juv A	132645	PDEM	2:11.52 L	16.03.2019	Vila Franca de Xira (POR)	2:08.89
12	Victor Bethlem Tigre	04	Juv A	208094	SCP	2:09.93 S	13.07.2019	Alges (POR)	2:09.93
13	Pedro Forjaz Cirurgiao	04	Juv A	132564	SAD	2:11.13 S	29.06.2019	Alges (POR)	2:11.13
14	Joao Pedro Faustino	04	Juv A	203986	CDCP	2:11.17 S	13.07.2019	Alges (POR)	2:11.17
15	Francisco Sousa Uva	04	Juv A	201477	SAD	2:12.22 S	14.12.2018	Tomar (POR)	2:12.22
16	Ruben Jose Salgueiro	04	Juv A	133507	SCP	2:13.23 S	13.07.2019	Alges (POR)	2:13.23
17	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	2:14.07 S	13.07.2019	Alges (POR)	2:14.07
18	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	2:14.30 S			2:14.30
19	Afonso Leonel Barreto	04	Juv A	202862	CPCD	2:14.30 S			2:14.30
20	Daniel Elias Duarte	04	Juv A	147198	CIRL	2:14.30			2:14.30
21	Joao Negreiros Guerreiro	04	Juv A	209459	CIRL	2:14.30 S			2:14.30
22	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	2:14.30 S			2:14.30
23	Joao Silva Angelino	04	Juv A	132832	PDEM	2:14.30 S			2:14.30
24	Tomas Rebelo Dias	04	Juv A	148500	EULX	2:14.30 S			2:14.30
25	Tomas Rebelo Dias	04	Juv A	148500	EULX	2:14.30 S			2:14.30

Juniores

1	Francisco Alves Souza	02	Jun	128881	GESL	1:57.96 S	13.07.2019	Alges (POR)	1:57.96
2	Antonio Santos Pereira	03	Jun	201690	AHBE	2:00.46 L	02.08.2019	Funchal (POR)	1:58.05
3	Diogo Garcez Mateus	02	Jun	129622	AONDA	1:58.35 S	13.07.2019	Alges (POR)	1:58.35
4	Martim Primavera Alfama	02	Jun	128833	GESL	1:58.51 S	13.07.2019	Alges (POR)	1:58.51
5	Joao Nogueira Mendes	02	Jun	128745	CIRL	1:59.52 S	13.07.2019	Alges (POR)	1:59.52
6	Rodrigo Reis Dias	03	Jun	129003	CFB	1:59.86 S	13.07.2019	Alges (POR)	1:59.86
7	Pedro Machado Vieira	02	Jun	204156	SAD	2:00.93 S	13.07.2019	Alges (POR)	2:00.93
8	Ricardo Martins Ferreira	03	Jun	127307	AONDA	2:03.26 S	13.07.2019	Alges (POR)	2:03.26
9	Pedro Esteves Duarte	03	Jun	132531	CDCP	2:04.23 S	25.04.2019	Sines (POR)	2:04.23
10	Rodrigo Beja Lopes	03	Jun	205336	AONDA	2:05.62 S	13.07.2019	Alges (POR)	2:05.62
11	Luis Carlos Correia	03	Jun	207349	SFUAP	2:06.82 S	13.07.2019	Alges (POR)	2:06.82
12	Vasco Salvador Fernando	03	Jun	129526	SAD	2:07.42 S	13.07.2019	Alges (POR)	2:07.42
13	Joao Garcez Mateus	02	Jun	129623	AONDA	2:07.53 S			2:07.53
14	Daniel Alexandre Ascenso	03	Jun	131377	GESL	2:07.76 S	13.07.2019	Alges (POR)	2:07.76
15	Daniel Shumeika Zayika	03	Jun	128884	SLB	2:10.55 L	16.06.2019	Vila Franca de Xira (POR)	2:07.93
16	Alexandre Coelho Vieira	03	Jun	131516	SCP	2:08.43 S	14.07.2019	Alges (POR)	2:08.43
17	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	2:08.85 S	13.07.2019	Alges (POR)	2:08.85
18	Goncalo Filipe Valente	03	Jun	131380	GESL	2:09.29 S	25.11.2018	Alges (POR)	2:09.29
19	Luis Cabral Junior	03	Jun	129805	CFB	2:09.38 S			2:09.38
20	David Manuel Vale	03	Jun	148339	GESL	2:09.38 S			2:09.38

Seniores

1	Afonso Ribeiro Bate	98	Sen	117180	SAD	1:51.56 S	23.12.2018	Felgueiras (POR)	1:51.56
2	Joao Esteves Padrela	99	Sen	119137	CFB	1:55.00 S	13.07.2019	Alges (POR)	1:55.00
3	Afonso Mateus Ribeiro	95	Sen	100430	CFB	1:56.46 S	13.07.2019	Alges (POR)	1:56.46
4	David Matias Cristino	01	Sen	127872	SFUAP	1:59.89 L	10.02.2019	Lisboa (POR)	1:57.49
5	Tiago Maria Camoes	01	Sen	121851	SFUAP	1:57.74 S	13.07.2019	Alges (POR)	1:57.74
6	Pedro Barata Neves	00	Sen	118137	CIRL	2:00.28 L	24.07.2019	Dublin (IRL)	1:57.87
7	Frederico Sousa Soares	96	Sen	104260	AHBE	1:57.88 S	25.11.2018	Alges (POR)	1:57.88
8	Miguel Henriques Marques	00	Sen	120530	SLB	1:58.53 S	13.07.2019	Alges (POR)	1:58.53
9	Pedro Dordio Carreiro	97	Sen	120560	GESL	2:01.90 L	16.03.2019	Vila Franca de Xira (POR)	1:59.46
10	Filipe Ferreira Luz	98	Sen	112320	GESL	1:59.51 S	13.07.2019	Alges (POR)	1:59.51

Prova 44, Masc., 200m Livres

11	Miguel Monteiro Dinis	01	Sen	124394	SAD	2:00.59 S	29.06.2019	Alges (POR)	2:00.59
12	Ricardo Silva Marujo	00	Sen	125348	GESL	2:01.58 S	25.11.2018	Alges (POR)	2:01.58
13	Daniel Nogueira Catalao	00	Sen	127075	SLB	2:06.45 L	16.03.2019	Vila Franca de Xira (POR)	2:03.92
14	Diogo Puidival Marques	00	Sen	122045	AONDA	2:05.07 S			2:05.07
15	Daniel Sebastiao Francisco	00	Sen	210562	SLB	2:05.07			2:05.07
16	Rui Miguel Correia	96	Sen	105378	CNMJ	2:05.07 S			2:05.07
17	Ricardo Nuno Stevens	99	Sen	121159	CIRL	2:05.07			2:05.07
18	Antonio Manuel Mendes	99	Sen	120726	SCP	2:05.07			2:05.07
19	Miguel Rohula Reis	01	Sen	202644	SCP	2:05.07			2:05.07
20	Leonardo Peralta Reis	96	Sen	25450	VKGS	2:05.07			2:05.07
21	Vicente Morgado Ventoso	00	Sen	126466	EULX	2:05.07 S			2:05.07
22	Tiago Rafael Martins	97	Sen	111267	CDOM	2:05.07 S			2:05.07

Prova 45

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Femin., 4 x 50m Estilos
Absolutos
Lista inscritos

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

TAC Jun: 2:25.28; Sen: 2:18.87

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos								
1		Abs		SLB	2:00.92			2:00.92
2		Abs		CNLX	2:04.47			2:04.47
3		Abs		CDCP	2:06.00			2:06.00
4		Abs		CIRL	2:07.15			2:07.15
5		Abs		SFUAP	2:13.08			2:13.08

Prova 46

24.11.2019

Masc., 4 x 50m Estilos
Absolutos
Lista inscritos

Rec Nacional Abs	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras	2013

TAC Jun: 2:13.52; Sen: 2:02.84

Ord.	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos								
1		Abs		CFB	1:41.56			1:41.56
2		Abs		SLB	1:45.95			1:45.95
3		Abs		AONDA	1:51.96			1:51.96
4		Abs		CFB	1:53.28			1:53.28
5		Abs		CIRL	1:53.29			1:53.29
6		Abs		SFUAP	1:54.34			1:54.34
7		Abs		CNS	1:58.20			1:58.20
8		Abs		VKGS	2:00.00			2:00.00