

1 - 1ª Jornada - 1ª Sessão
13.07.2019 - 9:00
Prova 1 **Absolutos**
13.07.2019 **Lista inscritos**
Masc., 4 x 50m Livres

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
Rec Nacional Abs	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	2018

TAC - Masc Juv B 50m: 2:05.97; Juv A 50m: 2:02.30; Juv 50m: 2:02.30; Jun 50m: 1:59.90; Sen 50m: 1:51.73

Ord.	Esc.	Clube	Tempo Insc.
Absolutos			
1	Abs	Sport Lisboa e Benfica	1:37.26
2	Abs	Associação Humanitaria dos Bombeiros dos Estoris	1:37.55
3	Abs	Gesloures - Gestão Equipamentos E.M.	1:42.61
4	Abs	A Onda Azeitão	1:42.71
5	Abs	Clube de Instrução e Recreio do Laranjeiro	1:42.80
6	Abs	Avançado EULx	1:44.13
7	Abs	Clube Natação de Lisboa	1:45.00
8	Abs	Clube Natacao do Montijo	1:49.49
9	Abs	Palmela Desporto EEM	1:52.20
10	Abs	A Onda Azeitão	1:52.83

Prova 2 **Absolutos**
13.07.2019 **Lista inscritos**
Femin., 4 x 50m Livres

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
Rec Nacional Abs	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009

TAC - Fem Juv B 50m: 2:19.71; Juv A 50m: 2:15.64; Juv 50m: 2:15.64; Jun 50m: 2:12.98; Sen 50m: 2:05.69

Ord.	Esc.	Clube	Tempo Insc.
Absolutos			
1	Abs	Gesloures - Gestão Equipamentos E.M.	1:52.69
2	Abs	Clube Natação de Lisboa	1:56.00
3	Abs	Sport Lisboa e Benfica	1:56.03
4	Abs	A Onda Azeitão	2:08.97
5	Abs	Gesloures - Gestão Equipamentos E.M.	2:18.42

Prova 3
13.07.2019
Masc., 1500m Livres
Absolutos
Lista inscritos

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 Fountoura Oliveira	CFB	Cantanhede	2004
Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Nacional Abs	14:58.18	Jose Paulo Lopes	SCB	Felgueiras	2018

TAC - Masc Juv B 50m: 19:59.88; Juv A 50m: 19:38.06; Jun 1 50m: 18:54.92; Jun 2 50m: 18:38.71; Sen 50m: 18:17.10

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

1	Antonio Lombardi Carvalho	04	Juv	129886	CFB	17:17.85 L	04.04.2019	Coimbra (POR)	16:57.09
2	Bernardo Jorge Simoes	04	Juv	130250	CNCVG	17:22.74 L	20.07.2018	S. Joao da Madeira (POR)	17:01.88
3	Pedro Esteves Duarte	03	Juv	132531	CDCP	17:05.63 S	16.12.2018	Tomar (POR)	17:05.63
4	Guilherme Matias Cristino	03	Juv	132528	SFUAP	17:11.48 S	16.12.2018	Tomar (POR)	17:11.48
5	Afonso Figueiredo Frasquilho	04	Juv	153353	SCP	17:16.74 S	16.12.2018	Tomar (POR)	17:16.74
6	Joao Maria Colaco	03	Juv	131515	SCP	17:28.16 S	23.11.2018	Alges (POR)	17:28.16
7	Rodrigo Reis Dias	03	Juv	129003	CFB	17:29.26 S	23.11.2018	Alges (POR)	17:29.26
8	Alexandre Coelho Vieira	03	Juv	131516	SCP	17:39.43 S	16.12.2018	Tomar (POR)	17:39.43
9	Felipe Menegassi Maia	04	Juv	207683	SAD	17:47.88 S	23.11.2018	Alges (POR)	17:47.88
10	Francisco Sousa Uva	04	Juv	201477	SAD	17:51.91 S	16.12.2018	Tomar (POR)	17:51.91
11	Joao Matos Fidalgo	03	Juv	128885	SLB	18:04.51 S	23.11.2018	Alges (POR)	18:04.51
12	Tomas Santos Luis	04	Juv	153367	SCP	18:04.59 S	23.11.2018	Alges (POR)	18:04.59
13	Miguel Costa Simoes	04	Juv	132350	CDCP	18:30.26 L	15.03.2019	Vila Franca de Xira (POR)	18:08.05
14	Pedro Forjaz Cirurgiao	04	Juv	132564	SAD	18:53.28 L	15.03.2019	Vila Franca de Xira (POR)	18:30.61
15	Tomas Martins Mira	04	Juv	132215	CNS	19:44.89 L	15.03.2019	Vila Franca de Xira (POR)	19:21.19

Absolutos

1	Tomas Penha Monteiro	02	Abs	132566	SAD	16:53.17 L	04.04.2019	Coimbra (POR)	16:32.90
2	Pedro Barata Neves	00	Abs	118137	CIRL	16:56.37 L	26.07.2018	Oeiras (POR)	16:36.04
3	Rafael Rodrigues Jacinto	02	Abs	129002	CFB	17:00.49 L	04.04.2019	Coimbra (POR)	16:40.08
4	Afonso Mateus Ribeiro	95	Abs	100430	CFB	17:04.93 L	14.04.2019	Oeiras (POR)	16:44.43
5	Joao Mota Correia	97	Abs	102308	SLB	17:55.15			17:55.15
6	Goncalo Morais Gordo	02	Abs	126006	ADRCIMM	18:32.24			18:32.24

Prova 4
13.07.2019
Femin., 800m Livres
Absolutos
Lista inscritos

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 Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018

TAC - Fem Juv B 50m: 11:09.43; Juv A 50m: 10:50.83; Jun 1 50m: 10:32.63; Jun 2 50m: 10:26.49; Sen 50m: 10:23.41

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

1	Leonor Esteves Santos	04	Juv	130630	EULX	9:27.80 L	05.04.2019	Coimbra (POR)	9:16.44
2	Soraia Alexandra Delgado	05	Juv	153438	SCP	9:28.92 S	15.12.2018	Tomar (POR)	9:28.92
3	Sofia Antunes Sebastiao	05	Juv	147121	CNA	9:46.07 L	05.04.2019	Coimbra (POR)	9:34.34
4	Lidiana Correia Rodrigues	04	Juv	130399	CFB	9:54.00 L	15.03.2019	Vila Franca de Xira (POR)	9:42.12
5	Vera Figueiredo Narra	04	Juv	131121	CNA	9:59.77 L	05.04.2019	Coimbra (POR)	9:47.77
6	Raquel Raposo Lopes	04	Juv	153469	CDCP	10:04.20 L	05.04.2019	Coimbra (POR)	9:52.11
7	Anais Cloe Pereira	04	Juv	147048	SCP	10:09.47 L	15.03.2019	Vila Franca de Xira (POR)	9:57.28
8	Mariana Fragoso Guterres	04	Juv	200475	SLB	10:01.24 S	25.11.2018	Alges (POR)	10:01.24
9	Madalena Graca Geraldes	04	Juv	131511	SCP	10:15.81 L	26.07.2018	Oeiras (POR)	10:03.49
10	Carolina Fale Costa	04	Juv	129801	ADRCIMM	10:05.47 S	25.11.2018	Alges (POR)	10:05.47
11	Mariana Andreia Silva	05	Juv	141810	SCP	10:08.93 S	15.12.2018	Tomar (POR)	10:08.93

Prova 4, Femin., 800m Livres

12	Joana Rocha Ferreira	05	Juv	201560	SLB	10:09.34 S	15.12.2018	Tomar (POR)	10:09.34
13	Joana Fernandes Gama	05	Juv	153361	SCP	10:26.17 L	15.03.2019	Vila Franca de Xira (POR)	10:13.64
14	Nicole Patriarca Franca	05	Juv	153435	SCP	10:26.82 L	05.07.2018	Setubal (POR)	10:14.28
15	Beatriz Costa Melo	04	Juv	132555	SAD	10:27.36 S	25.11.2018	Alges (POR)	10:27.36
16	Carolina Anjos Frischknecht	04	Juv	129489	CNS	10:49.89 L	15.03.2019	Vila Franca de Xira (POR)	10:36.89
17	Carolina Fonseca Gomes	05	Juv	202528	CDOM	10:56.04			10:56.04
18	Iris Pereira Carrao	05	Juv	201392	CIRL	10:56.04			10:56.04
19	Maria Teresa Fernandes	05	Juv	132557	SAD	10:56.04			10:56.04

Absolutos

1	Mariana Amaral Mendes	02	Abs	123959	ADRCIMM	8:49.31 S	23.12.2018	Felgueiras (POR)	8:49.31
2	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	9:12.77 S	25.11.2018	Alges (POR)	9:12.77
3	Natacha Sofia Silva	02	Abs	125594	SLB	9:38.58 L	08.07.2018	Setubal (POR)	9:27.00
4	Maria Ornelas Armas	98	Abs	106961	EULX	9:46.55 L	15.03.2019	Vila Franca de Xira (POR)	9:34.81
5	Maria Ines Ribeiro	03	Abs	127252	INDANL	10:11.47 L	15.03.2019	Vila Franca de Xira (POR)	9:59.24
6	Sofia Alexandra Rolao	98	Abs	108413	SLB	10:10.95			10:10.95
7	Catarina Trigo Ferreira	02	Abs	124523	CNLX	10:13.95			10:13.95

Prova 5

Masc., 50m Mariposa

Absolutos

13.07.2019

Lista inscritos

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 Regional Juv A	25.72	Vicente Oliveira Gomes	SCP	Sto Ant. Cavaleiros	2018
Rec Regional Juv B	26.93	David Miguel Ferro	SFUAP		1999
Rec Regional Abs	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Nacional Abs	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018

TAC - Masc Juv B 50m: 30.30; Juv A 50m: 30.30; Jun 1 50m: 30.30; Jun 2 50m: 29.59; Sen 50m: 28.89

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

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

1	Miguel Henriques Marques	00	Abs	120530	SLB	25.07 L	07.04.2019	Coimbra (POR)	24.31
2	Artiom Viatcheslavovitch Poliakov	93	Abs	11114	COL	25.14 L	07.04.2019	Coimbra (POR)	24.38
3	Fernando Souza Silva	86	Abs	207684	SFUAP	24.61 S	16.06.2019	Coimbra (POR)	24.61
4	Daniel Rochinha Pedro	98	Abs	111389	AHBE	26.28 L	15.03.2019	Vila Franca de Xira (POR)	25.49
5	Tiago Roberto Cordeiro	00	Abs	205275	SLB	26.49 L	04.07.2018	Helsinki (FIN)	25.69
6	Carlos Filipe Lopes	01	Abs	127265	SFUAP	26.60 L	26.07.2018	Oeiras (POR)	25.80
7	Ricardo Pinela Ferreira	01	Abs	122050	SLB	26.64 L	26.07.2018	Oeiras (POR)	25.84
8	Diogo Puidival Marques	00	Abs	122045	AONDA	26.72 L	26.07.2018	Oeiras (POR)	25.91
9	Carlos Marques Freire	01	Abs	121509	CFB	26.76 L	09.02.2019	Lisboa (POR)	25.95
10	Joao Diogo Fernandes	98	Abs	121542	CFB	26.81 L	15.03.2019	Vila Franca de Xira (POR)	26.00
11	Tiago Correia Neves	97	Abs	125796	CFB	26.86 L	05.07.2018	Lublin (POL)	26.05
12	Diogo Carrasco Correia	95	Abs	26151	CFB	26.10 S	25.11.2018	Alges (POR)	26.10
13	Rafael Alcantara Aires	01	Abs	125130	SLB	26.24 S	27.04.2019	Felgueiras (POR)	26.24
14	Afonso Ribeiro Bate	98	Abs	117180	SAD	26.40 S	25.11.2018	Alges (POR)	26.40
15	Hugo Pon	98	Abs	110164	SAD	27.31 L	15.03.2019	Vila Franca de Xira (POR)	26.49
16	Carlos Afonso Almeida	98	Abs	119275	SAD	27.32 L	15.03.2019	Vila Franca de Xira (POR)	26.50
17	Alexandre Miguel Branco	01	Abs	126584	SAD	27.40 L	09.02.2019	Lisboa (POR)	26.57
18	Ricardo Saraiva Pires	98	Abs	107651	CIRL	27.48 L	25.05.2019	Coimbra (POR)	26.65
19	Filipe Ferrao Melo	01	Abs	200171	CNS	27.62 L	15.03.2019	Vila Franca de Xira (POR)	26.79
20	Pedro Mendes Ferreira	01	Abs	129621	CFB	27.76 L	15.03.2019	Vila Franca de Xira (POR)	26.92
21	Miguel Ribeiro Bate	99	Abs	117183	SAD	27.76 L	05.04.2019	Coimbra (POR)	26.92
22	Leonardo Pedro Rochinha	98	Abs	111381	AHBE	27.78 L	05.07.2018	Setubal (POR)	26.94
23	Diogo Alexandre Casteleiro	01	Abs	126581	SCP	27.78 L	15.03.2019	Vila Franca de Xira (POR)	26.94
24	Bernardo Antunes Augusto	00	Abs	122518	AONDA	26.96 S	25.11.2018	Alges (POR)	26.96
25	Rodrigo Reis Dias	03	Abs	129003	CFB	27.83 L	06.04.2019	Coimbra (POR)	26.99
26	Daniel Nogueira Catalao	00	Abs	127075	SLB	27.86 L	06.04.2019	Coimbra (POR)	27.02
27	Andre Tavares Grenho	99	Abs	120605	GESL	27.03 S	25.11.2018	Alges (POR)	27.03
28	Joao Nogueira Mendes	02	Abs	128745	CIRL	27.87 L	15.03.2019	Vila Franca de Xira (POR)	27.03
29	Henrique Rodrigues Cruz	02	Abs	128145	ADRCIMM	27.91 L	13.04.2019	Oeiras (POR)	27.07
30	Joao Garcez Mateus	02	Abs	129623	AONDA	27.93 L	15.03.2019	Vila Franca de Xira (POR)	27.09
31	Tiago Maria Camoes	01	Abs	121851	SFUAP	27.94 L	09.02.2019	Lisboa (POR)	27.10
32	Diogo Ramos Lebre	01	Abs	122294	SLB	27.18 S	27.04.2019	Felgueiras (POR)	27.18

Prova 5, Masc., 50m Mariposa

33	Miguel Rohula Reis	01	Abs	202644	SCP	28.06 L	15.03.2019	Vila Franca de Xira (POR)	27.21
34	Edgar Filipe Santos	01	Abs	127750	SFUAP	28.12 L	15.03.2019	Vila Franca de Xira (POR)	27.27
35	Ricardo Nuno Estevens	99	Abs	121159	CIRL	28.13 L	09.02.2019	Lisboa (POR)	27.28
36	Rodrigo Antonio Rosa	96	Abs	105214	SLB	28.14 L	01.06.2019	Porto (POR)	27.29
37	Renato Barros Frischknecht	01	Abs	122051	SAD	28.16 L	15.03.2019	Vila Franca de Xira (POR)	27.31
38	Eduardo Garcia Guia	98	Abs	126881	PDEM	28.23 L	05.07.2018	Setubal (POR)	27.38
39	Filipe Ferreira Luz	98	Abs	112320	GESL	27.48 S	09.12.2018	S Antonio dos Cavaleiros (POR)	27.48
40	Pedro Henriques Marques	00	Abs	120529	SFUAP	28.34 L	15.03.2019	Vila Franca de Xira (POR)	27.49
41	Sebastiao Limbert Piedade	00	Abs	120451	SAD	28.46 L	15.03.2019	Vila Franca de Xira (POR)	27.60
42	Joao Miguel Martins	02	Abs	127267	CFB	28.61 L	15.06.2019	Rio Maior (POR)	27.75
43	Antonio Maria Ferreira	00	Abs	128468	PDEM	28.62 L	15.03.2019	Vila Franca de Xira (POR)	27.76
44	Guilherme Maria Matos	00	Abs	117944	EULX	28.83 L	09.06.2019	Badajoz (ESP)	27.96
45	Rafael Filipe Nunes	96	Abs	108344	SLB	28.01 S			28.01
46	Miguel Duarte Cruz	99	Abs	125797	CFB	28.01 S			28.01
47	Tiago Miguel Silvestre	00	Abs	122110	EULX	28.01 S			28.01
48	Bruno Miguel Martins	93	Abs	26891	GESL	28.01 S			28.01
49	Diogo Filipe Reis	99	Abs	132405	CIRL	28.01 S			28.01
50	Rodrigo Beja Lopes	03	Abs	132651	AONDA	28.41 S	19.05.2019	Alges (POR)	28.41
51	Afonso Amaro Santos	02	Abs	131510	GESL	28.48 S	20.06.2019	Sto Ant. Cavaleiros (POR)	28.48
52	Rodrigo Ponte Jorge	01	Abs	127873	SFUAP	28.70			28.70
	Francisco Carvalho Machado	98	Abs	111855	SAD	26.89 L	13.04.2019	Oeiras (POR)	26.08 WDR

Prova 6
Femin., 50m Mariposa
Absolutos

13.07.2019

Lista inscritos

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 Regional Juv A	28.82	Catarina Tiago Nunes	SFUAP	Leiria	2009
Rec Regional Juv B	29.91	Ana Viana	SCP		2002
Rec Regional Abs	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Nacional Abs	26.78	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010

TAC - Fem Juv B 50m: 34.37; Juv A 50m: 34.37; Jun 1 50m: 34.37; Jun 2 50m: 34.04; Sen 50m: 33.88

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos									
1	Ana Raquel Graveto	02	Abs	129628	SLB	29.05 L	10.02.2019	Lisboa (POR)	28.17
2	Francisca Salvador Mesquita	02	Abs	123935	ADRCIMM	29.09 L	15.03.2019	Vila Franca de Xira (POR)	28.21
3	Mafalda Sofia Dias	01	Abs	121401	PDEM	30.32 L	15.03.2019	Vila Franca de Xira (POR)	29.41
4	Sara Moura Cruz	03	Abs	127488	SAD	30.59 L	15.03.2019	Vila Franca de Xira (POR)	29.67
5	Maria Oliveira Paulo	02	Abs	126497	GDSE	30.84 L	15.03.2019	Vila Franca de Xira (POR)	29.91
6	Maria Lopes Amado	04	Abs	131517	INDLE	30.92 L	04.04.2019	Coimbra (POR)	29.99 EXH
7	Madalena Rodrigues Tome	03	Abs	126829	AHBE	31.04 L	07.04.2019	Coimbra (POR)	30.10
8	Constanca Dias Baptista	01	Abs	126394	CFB	31.15 L	15.03.2019	Vila Franca de Xira (POR)	30.21
9	Beatriz Vaz Rebelo	03	Abs	128829	GESL	31.16 L	15.03.2019	Vila Franca de Xira (POR)	30.22
10	Catarina Rodrigues Belchior	01	Abs	122528	AONDA	31.40 L	15.03.2019	Vila Franca de Xira (POR)	30.45
11	Bruna Martins Riesenberger	97	Abs	105541	CIRL	30.47 S	25.11.2018	Alges (POR)	30.47
12	Clara Gomes Pereira	02	Abs	124393	SAD	31.67 L	15.03.2019	Vila Franca de Xira (POR)	30.72
13	Maria Mousinho Esteves	02	Abs	131944	CIRL	31.69 L	15.03.2019	Vila Franca de Xira (POR)	30.73
14	Beatriz Elisabete Pereira	97	Abs	132344	CDCP	31.97 L	15.03.2019	Vila Franca de Xira (POR)	31.01
15	Ana Rita Matos	02	Abs	127501	CFB	32.07 L	15.06.2019	Rio Maior (POR)	31.10
16	Beatriz Pedro Ferreira	03	Abs	200146	CPCD	32.08 L	05.07.2018	Setubal (POR)	31.11
17	Leonor Maria Neves	03	Abs	131015	GESL	31.57 S	25.11.2018	Alges (POR)	31.57
18	Iolanda Sofia Clérigo	02	Abs	126878	PDEM	32.71 L	10.02.2019	Lisboa (POR)	31.72
19	Claudia Ferreira Borges	99	Abs	116591	SLB	31.88 S	23.02.2019	Olhao (POR)	31.88
20	Alice Jesus Morgado	04	Abs	131016	GESL	32.87 L	06.04.2019	Coimbra (POR)	31.88
21	Daniela Sofia Fernandes	02	Abs	200164	CPCD	33.31 L	05.07.2018	Setubal (POR)	32.31
22	Margarida Cunha Barros	02	Abs	127076	SFUAP	33.43 L	15.03.2019	Vila Franca de Xira (POR)	32.42
23	Catarina Nunes Costa	04	Abs	131376	GESL	33.56 L	10.02.2019	Lisboa (POR)	32.55
24	Claudia Beatriz Martins	03	Abs	128830	GESL	32.67 S	29.06.2019	Alges (POR)	32.67
25	Sara Carreira Melo	05	Abs	153366	GESL	33.00 S	18.05.2019	Alges (POR)	33.00
26	Patricia Bacelar Bacelar	02	Abs	122035	DRCN	33.02			33.02
27	Yonina Brancourt	04	Abs	202082	GESL	33.02 S	29.06.2019	Alges (POR)	33.02
28	Madalena Sampaio Torgal	05	Abs	132521	AHBE	33.11 S	20.06.2019	Sto Ant. Cavaleiros (POR)	33.11
29	Rafaela Rodrigues Moura	03	Abs	127272	AONDA	33.34 S			33.34
30	Joana Matilde Inácio	05	Abs	201035	DRCN	33.34 S			33.34

Prova 6, Femin., 50m Mariposa

31 Raquel Correia	04	Abs	205119	DRCN	33.34	S	33.34
32 Sofia Vilardell Rodrigues	04	Abs	132308	GESL	33.34	S	33.34
33 Margarida Mota Silva	03	Abs	122224	PDEM	33.34		33.34
34 Joana Isabel Pulquerio	03	Abs	126427	SFUAP	33.34	S	33.34

Prova 7
Masc., 100m Bruços
Absolutos

13.07.2019

Lista inscritos

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	1:03.93	Ricardo Samuel Pereira	SLB	Felgueiras	2019
Rec Regional Juv B	1:05.89	Ricardo Samuel Pereira	SLB	S. Antonio Cavaleiros	2018
Rec Regional Abs	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Abs	58.19	Carlos Esteves Almeida	FPN	Chatres (FRA)	2012

TAC - Masc Juv B 50m: 1:21.47; Juv A 50m: 1:19.98; Jun 1 50m: 1:17.05; Jun 2 50m: 1:15.95; Sen 50m: 1:14.49

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

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

1	Ricardo Samuel Pereira	03	Juv	131801	SLB	1:05.33 L	05.04.2019	Coimbra (POR)	1:03.37
2	Joao Lourenco Rebelo	04	Juv	132558	SAD	1:07.17 S	29.06.2019	Alges (POR)	1:07.17
3	Joao Luis Matos	03	Juv	130239	CNCVG	1:08.37 S	19.05.2019	Alges (POR)	1:08.37
4	Tomas Almeida Leitao	03	Juv	129525	SAD	1:09.18 S	29.06.2019	Alges (POR)	1:09.18
5	David Van Ossenbruggen	03	Juv	126428	SFUAP	1:11.62 L	05.04.2019	Coimbra (POR)	1:09.47
6	Tomas Sa Vieira	04	Juv	131504	SAD	1:11.45 S	15.12.2018	Tomar (POR)	1:11.45
7	Joao Miguel Cascalheira	03	Juv	201621	CNS	1:14.43 L	15.03.2019	Vila Franca de Xira (POR)	1:12.19
8	Duarte Cadima Goncalves	04	Juv	153295	CNMJ	1:12.21 S	14.04.2019	Coruche (POR)	1:12.21
9	Salvador Ataíde Parente	03	Juv	131383	GESL	1:12.42 S	19.05.2019	Alges (POR)	1:12.42
10	Jaeden Michael Nunes	04	Juv	202508	CFB	1:13.15 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:13.15
11	Joao Afonso Santos	04	Juv	153371	SCP	1:13.31 S	19.05.2019	Alges (POR)	1:13.31
12	Tiago Fanha Lopes	04	Juv	129520	CNMJ	1:13.73 S	19.05.2019	Alges (POR)	1:13.73
13	Diogo Miguel Duraes	03	Juv	123448	CNMJ	1:14.92 S	19.05.2019	Alges (POR)	1:14.92
14	Diogo Miguel Monteiro	04	Juv	147200	DRCN	1:14.96 S	19.05.2019	Alges (POR)	1:14.96
15	Tiago Miguel Trombinhas	04	Juv	201495	ADRCIMM	1:17.47 L	11.05.2019	Vila Franca de Xira (POR)	1:15.14
16	Miguel Filipe Anjo	04	Juv	201394	CDPC	1:18.07 L	09.06.2019	Badajoz (ESP)	1:15.72
17	Miguel Madeira Silva	04	Juv	132664	AONDA	1:16.23 S	19.05.2019	Alges (POR)	1:16.23
18	Tiago Represas Loureiro	03	Juv	208178	FS	1:16.25 S	19.05.2019	Alges (POR)	1:16.25
19	Goncalo Feliciano Santos	03	Juv	202529	SCP	1:16.37 S	24.11.2018	Alges (POR)	1:16.37
20	Pedro Miguel Matos	03	Juv	130244	CNCVG	1:17.01 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:17.01
21	Hugo Tomas Silva	04	Juv	200491	AONDA	1:19.60 L	09.02.2019	Lisboa (POR)	1:17.21
22	Tomás Pratas Neto	04	Juv	132652	PDEM	1:17.51 S	19.05.2019	Alges (POR)	1:17.51
23	Pedro Henriques Correia	03	Juv	125257	SLB	1:17.58 S			1:17.58
24	Goncalo Henriques Wanzeller	03	Juv	129523	CFB	1:17.58 S			1:17.58
25	Guilherme Carmo Manz	03	Juv	148571	CNCVG	1:17.58 S			1:17.58
26	Ricardo Novikov	03	Juv	129524	SAD	1:17.58 S			1:17.58
27	Alexandre Duarte Morais	04	Juv	132645	PDEM	1:18.08 S	19.05.2019	Alges (POR)	1:18.08
28	Duarte Brito Justino	04	Juv	130802	ADRCIMM	1:18.57 S	19.05.2019	Alges (POR)	1:18.57
29	Joao Pedro Faustino	04	Juv	203986	CDPC	1:19.02 S			1:19.02
30	Alexandre Goncalves Silva	04	Juv	148433	CNLX	1:19.02 S			1:19.02
31	Yann Chetelat Fock	04	Juv	129699	EULX	1:19.02 S			1:19.02
32	Tomas Filipe Cunha	04	Juv	208097	GDSE	1:19.02 S			1:19.02
33	Joao Negreiros Guerreiro	04	Juv	209459	CIRL	1:19.02 S			1:19.02
34	Miguel Alexandre Araujo	04	Juv	131174	SFUAP	1:19.02 S			1:19.02
35	Goncalo Filipe Carrapito	04	Juv	129666	SFUAP	1:19.02 S			1:19.02

Absolutos

1	Pedro Andre Santos	94	Abs	15732	SAD	1:04.34 S	24.11.2018	Alges (POR)	1:04.34
2	Rodrigo Almeida Cabrito	01	Abs	121510	CFB	1:04.46 S	21.12.2018	Felgueiras (POR)	1:04.46
3	Joao Manuel Vargas	00	Abs	123510	INDANL	1:05.84 S	21.12.2018	Felgueiras (POR)	1:05.84
4	Daniel Nogueira Catalao	00	Abs	127075	SLB	1:06.33 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:06.33
5	Diogo Garcez Mateus	02	Abs	129622	AONDA	1:09.07 L	15.03.2019	Vila Franca de Xira (POR)	1:06.99
6	Joao Costa Fonseca	00	Abs	125134	CNLX	1:09.22 L	26.07.2018	Oeiras (POR)	1:07.14
7	Bernardo Geada Brito	02	Abs	130621	SFUAP	1:07.42 S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:07.42
8	Bernardo Garcia Perloiro	00	Abs	120635	SCP	1:10.19 L	26.07.2018	Oeiras (POR)	1:08.08
9	Ricardo Basilio Marreiros	97	Abs	107317	INDANL	1:08.40 S	29.06.2019	Alges (POR)	1:08.40
10	Tiago Rafael Martins	97	Abs	111267	EULX	1:09.50 S	14.04.2019	Coruche (POR)	1:09.50

Prova 7, Masc., 100m Bruços

11	Rui Miguel Correia	96	Abs	105378	CNMJ	1:09.57 S	14.04.2019	Coruche (POR)	1:09.57
12	Vicente Morgado Ventoso	00	Abs	126466	EULX	1:11.28 S	14.04.2019	Coruche (POR)	1:11.28
13	Henrique Chan Machado	02	Abs	126835	SAD	1:12.12 S	29.06.2019	Alges (POR)	1:12.12
14	Joao Mota Correia	97	Abs	102308	SLB	1:12.26			1:12.26
15	Filipe Eduardo Morais	01	Abs	200145	CPCD	1:15.45 L	15.03.2019	Vila Franca de Xira (POR)	1:13.18
16	Diogo Ramos Lebre	01	Abs	122294	SLB	1:13.67			1:13.67
17	Diogo Miguel Esteves	02	Abs	129054	CNS	1:14.74 S			1:14.74
18	Pedro Almeida Marques	02	Abs	127176	CNS	1:14.74 S			1:14.74
19	Martim Primavera Alfama	02	Abs	128833	GESL	1:14.74			1:14.74

Prova 8

13.07.2019

Femin., 100m Bruços
Absolutos
Lista inscritos

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 Regional Abs	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009

TAC - Fem Juv B 50m: 1:32.05; Juv A 50m: 1:29.52; Jun 1 50m: 1:27.03; Jun 2 50m: 1:26.20; Sen 50m: 1:25.77

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Margarida Filipe Ferreira	04	Juv	132347	CDCP	1:15.54 L	05.04.2019	Coimbra (POR)	1:13.27
2	Maria Gomes Pereira	04	Juv	129510	SAD	1:13.76 S	16.12.2018	Tomar (POR)	1:13.76
3	Margarida Domingues Nunes	05	Juv	201398	EULX	1:16.68 L	05.04.2019	Coimbra (POR)	1:14.38
4	Marta Pereira Domingos	04	Juv	132529	SFUAP	1:18.74 L	26.07.2018	Oeiras (POR)	1:16.37
5	Maria Correia Ricardo	05	Juv	129496	CNS	1:19.94 L	05.04.2019	Coimbra (POR)	1:17.54
6	Aleksandra Bozanic Borcic	04	Juv	133318	SAD	1:18.73 S	29.06.2019	Alges (POR)	1:18.73
7	Marta Macedo Inacio	04	Juv	132536	SCP	1:21.43 S	19.05.2019	Alges (POR)	1:21.43
8	Marta Joao Pires	05	Juv	147235	SAD	1:21.49 S	19.05.2019	Alges (POR)	1:21.49
9	Leonor Alves Morganho	04	Juv	126315	SAD	1:22.24 S	19.05.2019	Alges (POR)	1:22.24
10	Maria Carolina Vargas	05	Juv	132561	SLB	1:22.85 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:22.85
11	Catarina Maria Santos	05	Juv	201337	CPCD	1:22.87 S	12.01.2019	Campo Maior (POR)	1:22.87
12	Ana Belo Braga	05	Juv	132505	AONDA	1:26.50 L	15.03.2019	Vila Franca de Xira (POR)	1:23.90
13	Alice Castico Moreira	04	Juv	123963	CNMJ	1:24.19 S	24.11.2018	Alges (POR)	1:24.19
14	Isadora Maia Andre	05	Juv	132800	SLB	1:27.07 L	15.03.2019	Vila Franca de Xira (POR)	1:24.45
15	Joana Marinho Coelho	04	Juv	131514	SCP	1:26.51 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:26.51
16	Emily Monteiro Cunha	04	Juv	210670	SFUAP	1:26.83 S			1:26.83
17	Beatriz Barroso Silva	05	Juv	133302	CDOM	1:30.15 L	12.05.2019	Vila Franca de Xira (POR)	1:27.44
18	Rita Ferreira Gomes	05	Juv	132565	SAD	1:28.18 S	29.06.2019	Alges (POR)	1:28.18
19	Maria Del Rio Bernat	05	Juv	200403	SAD	1:29.09 S	29.06.2019	Alges (POR)	1:29.09

Absolutos

1	Natacha Sofia Silva	02	Abs	125594	SLB	1:13.76 S	21.12.2018	Felgueiras (POR)	1:13.76
2	Ines Silva Bernardo	00	Abs	122689	SLB	1:16.46 L	26.07.2018	Oeiras (POR)	1:14.16
3	Francisca Salvador Mesquita	02	Abs	123935	ADRCIMM	1:15.55 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:15.55
4	Mariana Graca Vasconcelos	99	Abs	107648	AHBE	1:16.04 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:16.04
5	Beatriz Antunes Carvalho	99	Abs	117036	SCP	1:16.50 S	24.11.2018	Alges (POR)	1:16.50
6	Andreia Wongsangnoi Alves	03	Abs	130956	ADRCIMM	1:19.80 L	15.03.2019	Vila Franca de Xira (POR)	1:17.40
7	Beatriz Vaz Rebelo	03	Abs	128829	GESL	1:18.60 S	29.06.2019	Alges (POR)	1:18.60
8	Margarida Messias Ribeiro	98	Abs	110544	GESL	1:21.84 L	10.02.2019	Lisboa (POR)	1:19.38
9	Margarida Mota Silva	03	Abs	122224	PDEM	1:22.30 L	26.07.2018	Oeiras (POR)	1:19.83
10	Cristiana Silva Ulpiano	95	Abs	100250	CIRL	1:19.93 S	14.04.2019	Coruche (POR)	1:19.93
11	Iolanda Sofia Clérigo	02	Abs	126878	PDEM	1:20.91 S	14.04.2019	Coruche (POR)	1:20.91
12	Rafaela Sofia Silva	03	Abs	127686	SLB	1:23.63 L	15.03.2019	Vila Franca de Xira (POR)	1:21.12
13	Mariana Van Ossenbruggen	98	Abs	105545	CIRL	1:21.30 S	29.06.2019	Alges (POR)	1:21.30
14	Rita Fernandes Leitao	96	Abs	25571	CNLX	1:23.20			1:23.20
15	Joana Isabel Pulquerio	03	Abs	126427	SFUAP	1:24.42 S			1:24.42

Prova 9
13.07.2019
Masc., 50m Costas
Absolutos
Lista inscritos

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 Regional Juv A	26.26	Diogo Santos Costa	ADRCIMM	Alges	2018
Rec Regional Juv B	29.06	Diogo Santos Costa	ADRCIMM	Algés	2017
Rec Regional Abs	23.80	Alexis Manacas Santos	SCP	Felgueiras	2018
Rec Nacional Abs	23.69	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 32.46; Juv A 50m: 32.46; Jun 1 50m: 32.46; Jun 2 50m: 31.99; Sen 50m: 31.37

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos									
1	Rodrigo Antonio Rosa	96	Abs	105214	SLB	25.62 S	22.12.2018	Felgueiras (POR)	25.62
2	Diogo Santos Costa	02	Abs	126007	ADRCIMM	25.85 S	22.12.2018	Felgueiras (POR)	25.85
3	Rafael Alcantara Aires	01	Abs	125130	SLB	26.20 S	28.04.2019	Felgueiras (POR)	26.20
4	Miguel Ribeiro Bate	99	Abs	117183	SAD	26.43 S	22.12.2018	Felgueiras (POR)	26.43
5	Joao Diogo Fernandes	98	Abs	121542	CFB	26.90 S	22.12.2018	Felgueiras (POR)	26.90
6	Fernando Souza Silva	86	Abs	207684	SFUAP	26.95 S	29.06.2019	Alges (POR)	26.95
7	Carlos Afonso Almeida	98	Abs	119275	SAD	27.06 S	22.12.2018	Felgueiras (POR)	27.06
8	Carlos Marques Freire	01	Abs	121509	CFB	27.20 S	22.12.2018	Felgueiras (POR)	27.20
9	Artiom Viatcheslavovitch Poliakov	93	Abs	11114	COL	28.02 L	01.06.2019	Mairena Del Aljarafe (ESP)	27.46
10	Filipe Ferreira Luz	98	Abs	112320	GESL	27.74 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	27.74
11	Hugo Nunes Magalhaes	02	Abs	127748	SAD	28.25 S	22.12.2018	Felgueiras (POR)	28.25
12	Rodrigo Melo Pinto	01	Abs	128733	CNCVG	28.27 S	22.12.2018	Felgueiras (POR)	28.27
13	Edgar Filipe Santos	01	Abs	127750	SFUAP	28.50 S	22.12.2018	Felgueiras (POR)	28.50
14	Gonçalo Carvalho Ferrao	01	Abs	127233	CDCP	29.25 L	08.06.2019	Badajoz (ESP)	28.66
15	Antonio Santos Pereira	03	Abs	201690	AHBE	28.73 S	09.12.2018	S Antonio dos Cavaleiros (POR)	28.73
16	Ricardo Pinela Ferreira	01	Abs	122050	SLB	28.80 S	20.06.2019	Sto Ant. Cavaleiros (POR)	28.80
17	Diogo Carrasco Correia	95	Abs	26151	CFB	29.04 S	20.06.2019	Sto Ant. Cavaleiros (POR)	29.04
18	Renato Barros Frischknecht	01	Abs	122051	SAD	29.75 L	15.03.2019	Vila Franca de Xira (POR)	29.15
19	Tiago Miguel Dias	03	Abs	207929	CNLX	29.87 L	15.06.2019	Rio Maior (POR)	29.27
20	Francisco Martins Pedro	01	Abs	125349	GESL	29.48 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	29.48
21	Nicolae Iachimovschi	03	Abs	130036	CFB	30.30 L	15.06.2019	Rio Maior (POR)	29.69
22	Pedro Henriques Marques	00	Abs	120529	SFUAP	30.78 L	15.03.2019	Vila Franca de Xira (POR)	30.16
23	Guilherme Ventura Carvalho	01	Abs	121613	GESL	31.03 L	15.03.2019	Vila Franca de Xira (POR)	30.40
24	Bernardo Araujo Freire	03	Abs	129532	SAD	30.41 S	29.06.2019	Alges (POR)	30.41
25	Daniel Rochinha Pedro	98	Abs	111389	AHBE	30.75 S			30.75
26	Joao Esteves Padrela	99	Abs	119137	CFB	30.75			30.75
27	Afonso Ribeiro Bate	98	Abs	117180	SAD	30.75			30.75
28	Tiago Barros Ferreira	94	Abs	16003	SAD	30.75			30.75
29	Tiago Leite Barreiros	02	Abs	127804	SAD	31.71 L	15.03.2019	Vila Franca de Xira (POR)	31.07
30	Francisco Alves Souza	02	Abs	128881	GESL	31.13 S	29.06.2019	Alges (POR)	31.13
31	Jose Miguel Oliveira	03	Abs	129493	CNS	31.24 S	14.12.2018	Tomar (POR)	31.24
32	Gonçalo Nuno Raposo	03	Abs	126880	AONDA	31.90 L	05.07.2018	Setubal (POR)	31.26
33	Tiago Morgado Nogueira	04	Abs	202389	ADRCIMM	32.13 L	13.04.2019	Oeiras (POR)	31.48
34	Luis Cabral Junior	03	Abs	129805	CFB	31.82 S			31.82
35	Afonso Amaro Santos	02	Abs	131510	GESL	31.82			31.82
	Francisco Carvalho Machado	98	Abs	111855	SAD	28.33 S	25.11.2018	Alges (POR)	28.33 WDR

Prova 10
13.07.2019
Femin., 50m Costas
Absolutos
Lista inscritos

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 Regional Juv A	28.99	Ines Camacho Fernandes	SCP	Cantanhede	2012
Rec Regional Juv B	30.09	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Regional Abs	28.17	Ines Camacho Fernandes	SCP	Funchal	2016
Rec Nacional Abs	28.07	Ana Sofia Leite	GCVR	Alg�s	2015

TAC - Fem Juv B 50m: 36.04; Juv A 50m: 36.04; Jun 1 50m: 36.04; Jun 2 50m: 35.69; Sen 50m: 35.51

Convers o tempo inscri o: Convers o linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Absolutos									
1	Catarina Martins Mestre	00	Abs	120724	CNLX	29.69 L	04.04.2019	Coimbra (POR)	29.09
2	Beatriz Elisabete Pereira	97	Abs	132344	CDCP	30.08 S	09.12.2018	S Antonio dos Cavaleiros (POR)	30.08
3	Maria Lopes Amado	04	Abs	131517	INDLE	30.42 S	09.12.2018	S Antonio dos Cavaleiros (POR)	30.42 EXH
4	Ana Raquel Ferrelira	98	Abs	102755	CNLX	31.24 S	22.12.2018	Felgueiras (POR)	31.24
5	Sara Moura Cruz	03	Abs	127488	SAD	32.16 L	04.04.2019	Coimbra (POR)	31.51
6	Mafalda Sofia Dias	01	Abs	121401	PDEM	32.06 S	25.11.2018	Alges (POR)	32.06
7	Luana Correia Rodrigues	01	Abs	121504	CFB	32.30 S	25.11.2018	Alges (POR)	32.30
8	Leonor Maria Neves	03	Abs	131015	GESL	32.74 S	09.12.2018	S Antonio dos Cavaleiros (POR)	32.74
9	Constanca Dias Baptista	01	Abs	126394	CFB	33.53 L	14.04.2019	Oeiras (POR)	32.85
10	Celeste Santos Ricardo	01	Abs	121325	SFUAP	33.03 S	09.12.2018	S Antonio dos Cavaleiros (POR)	33.03
11	Andreia Wongsangnoi Alves	03	Abs	130956	ADRCIMM	33.09 S	23.12.2018	Felgueiras (POR)	33.09
12	Ana Margarida Soares	03	Abs	129488	CNS	33.78 L	15.03.2019	Vila Franca de Xira (POR)	33.10
13	Carolina Fale Costa	04	Abs	129801	ADRCIMM	33.22 S	20.06.2019	Sto Ant. Cavaleiros (POR)	33.22
14	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	33.24 S	24.11.2018	Alges (POR)	33.24
15	Soraia Guerra Rolim	95	Abs	121321	CIRL	34.04 L	05.07.2018	Setubal (POR)	33.35
16	Catarina Rodrigues Belchior	01	Abs	122528	AONDA	33.78 S	25.11.2018	Alges (POR)	33.78
17	Ana Fernandes Costa	00	Abs	121407	CNMJ	34.27 S	03.02.2019	Montemor-o-Novo (POR)	34.27
18	Mariana Antunes Silva	02	Abs	137865	AEFDTV	34.63 S	25.11.2018	Alges (POR)	34.63
19	Mafalda Santos Costa	05	Abs	132453	ADRCIMM	35.39 L	05.04.2019	Coimbra (POR)	34.68
20	Rita Abibe Goncalves	05	Abs	144730	GESL	34.73 S	29.06.2019	Alges (POR)	34.73
21	Ines Figueira Santos	00	Abs	111277	SFUAP	34.80			34.80
22	Ana Raquel Graveto	02	Abs	129628	SLB	34.98			34.98
23	Clarisse Sousa Barradas	05	Abs	207193	DRCN	35.32 S			35.32

Prova 11
13.07.2019
Masc., 4 x 200m Livres
Absolutos
Lista inscritos

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

TAC - Masc Juv B 50m: 9:41.04; Juv A 50m: 9:30.48; Juv 50m: 9:30.48; Jun 50m: 9:16.45; Sen 50m: 8:54.10

Ord.	Esc.	Clube	Tempo Insc.
Juvenis			
1	Juv	Clube Futebol Os Belenenses	8:27.09
2	Juv	Clube Desportivo Cova da Piedade	8:35.50
3	Juv	Clube de Natac�o Col�gio Vasco da Gama	8:42.79
4	Juv	Assoc Desp Rec Cult Colegio Int Monte Maior	8:47.39
5	Juv	Sport Lisboa e Benfica	8:54.83
6	Juv	Clube Natacao do Montijo	8:55.87

Prova 11, Masc., 4 x 200m Livres
Absolutos

1 Benfica Abs	Abs	Sport Lisboa e Benfica	7:45.22
2 Uni�o Piedense Abs	Abs	Soc.Filarm�nica Uni�o A. Piedense	7:46.72
3 Monte Maior Abs	Abs	Assoc.Desp Rec Cult Colegio Int Monte Maior	8:10.50
4 Uni�o Piedense Juv	Abs	Soc.Filarm�nica Uni�o A. Piedense	8:25.61
5 Avan�ado EULx Abs	Abs	Avan�ado EULx	8:26.51

Prova 12

13.07.2019

Femin., 4 x 200m Livres
**Absolutos
Lista inscritos**

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	Alg�s	2011
Rec Nacional Abs	8:08.99	Sport Alges e Dafundo	SAD	Alges	2018

TAC - Fem Juv B 50m: 10:40.33; Juv A 50m: 10:22.55; Juv 50m: 10:22.55; Jun 50m: 9:48.00; Sen 50m: 9:52.90

Ord.	Esc.	Clube	Tempo Insc.
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Juvenis

1 Gesloures Juv	Juv	Gesloures - Gest�o Equipamentos E.M.	9:18.90
2 Benfica Juv	Juv	Sport Lisboa e Benfica	9:20.85
3 Avan�ado EULx Juv	Juv	Avan�ado EULx	9:24.26
4 Vasco da Gama Juv	Juv	Clube de Natac�o Col�gio Vasco da Gama	9:33.66

Absolutos

1 Benfica Abs	Abs	Sport Lisboa e Benfica	9:04.59
2 Natacao Lisboa Abs	Abs	Clube Natac�o de Lisboa	9:15.00

2 - 1ª Jornada - 2ª Sessão

13.07.2019 - 16:00

Prova 13
 13.07.2019

Masc., 400m Estilos
Absolutos
 Lista inscritos

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 Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Nacional Abs	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

TAC - Masc Juv B 50m: 5:40.44; Juv A 50m: 5:34.26; Jun 1 50m: 5:22.02; Jun 2 50m: 5:17.42; Sen 50m: 5:11.28

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Pedro Henriques Correia	03	Juv	125257	SLB	4:55.64 S	14.12.2018	Tomar (POR)	4:55.64
2	Guilherme Matias Cristino	03	Juv	132528	SFUAP	4:55.93 S	14.12.2018	Tomar (POR)	4:55.93
3	Afonso Figueiredo Frasquilho	04	Juv	153353	SCP	4:57.79 S	25.11.2018	Alges (POR)	4:57.79
4	Joao Maria Colaco	03	Juv	131515	SCP	4:58.01 S	14.12.2018	Tomar (POR)	4:58.01
5	Andre Azevedo Baraona	04	Juv	123965	CNMJ	5:00.33 S	25.11.2018	Alges (POR)	5:00.33
6	Tiago Miguel Trombinhas	04	Juv	201495	ADRCIMM	5:02.43 S	25.11.2018	Alges (POR)	5:02.43
7	Salvador Ataíde Parente	03	Juv	131383	GESL	5:12.01 L	16.03.2019	Vila Franca de Xira (POR)	5:05.77
8	Joao Matos Fidalgo	03	Juv	128885	SLB	5:13.11 L	16.03.2019	Vila Franca de Xira (POR)	5:06.84
9	Diogo Miguel Duraes	03	Juv	123448	CNMJ	5:06.93 S	25.11.2018	Alges (POR)	5:06.93
10	Tiago Morgado Nogueira	04	Juv	202389	ADRCIMM	5:09.60 S	14.12.2018	Tomar (POR)	5:09.60
11	Alexandre Coelho Vieira	03	Juv	131516	SCP	5:16.60 L	16.03.2019	Vila Franca de Xira (POR)	5:10.26
12	Tiago Fanha Lopes	04	Juv	129520	CNMJ	5:10.60 S	25.11.2018	Alges (POR)	5:10.60
13	Yann Chetelat Fock	04	Juv	129699	EULX	5:18.92 S	25.11.2018	Alges (POR)	5:18.92
14	Guilherme Machado Santos	04	Juv	200202	SFUAP	5:25.87 L	08.07.2018	Setubal (POR)	5:19.35
15	Miguel Filipe Anjo	04	Juv	201394	CDCP	5:26.70 L	16.03.2019	Vila Franca de Xira (POR)	5:20.16
16	Goncalo Henriques Wanzeller	03	Juv	129523	CFB	5:27.74 L	11.05.2019	Chicago, Illinois (USA)	5:21.18
17	Duarte Cadima Goncalves	04	Juv	153295	CNMJ	5:33.64			5:33.64
18	Rodrigo Neves Fernandes	04	Juv	150758	GESL	5:33.64			5:33.64
19	Afonso Goncalves de Jorge	04	Juv	201702	GESL	5:33.64 S			5:33.64

Absolutos

1	David Matias Cristino	01	Abs	127872	SFUAP	4:28.61 S	21.12.2018	Felgueiras (POR)	4:28.61
2	Tiago Roberto Cordeiro	00	Abs	205275	SLB	4:34.49 L	02.06.2019	Mairena Del Aljarafe (ESP)	4:29.00
3	Daniel Nogueira Catalao	00	Abs	127075	SLB	4:36.49 L	27.07.2018	Oeiras (POR)	4:30.96
4	Hugo Pon	98	Abs	110164	SAD	4:43.49 L	16.03.2019	Vila Franca de Xira (POR)	4:37.82
5	Pedro Miguel Silva	94	Abs	100227	ADRCIMM	4:45.96 L	10.02.2019	Lisboa (POR)	4:40.24
6	Bernardo Garcia Perloiro	00	Abs	120635	SCP	4:40.60 S	21.12.2018	Felgueiras (POR)	4:40.60
7	Sebastiao Limbert Piedade	00	Abs	120451	SAD	4:41.22 S	29.06.2019	Alges (POR)	4:41.22
8	Rodrigo Almeida Cabrito	01	Abs	121510	CFB	4:41.44 S	21.12.2018	Felgueiras (POR)	4:41.44
9	Goncalo Morais Gordo	02	Abs	126006	ADRCIMM	4:48.67 L	14.04.2019	Oeiras (POR)	4:42.89
10	Pedro Barata Neves	00	Abs	118137	CIRL	4:43.66 S	09.12.2018	S Antonio dos Cavaleiros (POR)	4:43.66
11	Jose Maria Pereira	01	Abs	126579	SCP	4:46.99 S	21.12.2018	Felgueiras (POR)	4:46.99
12	Rafael Alcantara Aires	01	Abs	125130	SLB	4:54.82 L	16.03.2019	Vila Franca de Xira (POR)	4:48.92
13	Tiago Correia Neves	97	Abs	125796	CFB	5:01.30 L	06.07.2018	Lublin (POL)	4:55.27
14	Alexandre Miguel Branco	01	Abs	126584	SAD	5:01.73 L	16.03.2019	Vila Franca de Xira (POR)	4:55.69
15	Miguel Duarte Cruz	99	Abs	125797	CFB	5:05.10 L	05.04.2019	Coimbra (POR)	4:58.99
16	Ricardo Basilio Marreiros	97	Abs	107317	INDANL	5:05.06			5:05.06
17	Filipe Ferrao Melo	01	Abs	200171	CNS	5:11.06			5:11.06

Prova 14
13.07.2019
Femin., 400m Estilos
Absolutos
Lista inscritos

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 Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 6:10.60; Juv A 50m: 6:00.31; Jun 1 50m: 5:50.23; Jun 2 50m: 5:46.83; Sen 50m: 5:45.13

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

1	Maria Gomes Pereira	04	Juv	129510	SAD	5:00.82 S	14.12.2018	Tomar (POR)	5:00.82
2	Margarida Domingues Nunes	05	Juv	201398	EULX	5:31.66 L	16.03.2019	Vila Franca de Xira (POR)	5:25.02
3	Marta Pereira Domingos	04	Juv	132529	SFUAP	5:26.51 S	14.12.2018	Tomar (POR)	5:26.51
4	Madalena Graca Geraldos	04	Juv	131511	SCP	5:29.09 S	14.12.2018	Tomar (POR)	5:29.09
5	Joana Rocha Ferreira	05	Juv	201560	SLB	5:32.17 S	23.11.2018	Alges (POR)	5:32.17
6	Mariana Andreia Silva	05	Juv	141810	SCP	5:35.37 S	23.11.2018	Alges (POR)	5:35.37
7	Mariana Fragoso Guterres	04	Juv	200475	SLB	5:53.10			5:53.10
8	Iris Pereira Carrao	05	Juv	201392	CIRL	6:03.19			6:03.19

Absolutos

1	Luisa Maria Machado	01	Abs	121850	SFUAP	4:48.43 S	09.12.2018	S Antonio dos Cavaleiros (POR)	4:48.43
2	Mariana Amaral Mendes	02	Abs	123959	ADRCIMM	4:54.50 S	09.12.2018	S Antonio dos Cavaleiros (POR)	4:54.50
3	Natacha Sofia Silva	02	Abs	125594	SLB	5:06.55 S	23.11.2018	Alges (POR)	5:06.55
4	Ana Rita Matos	02	Abs	127501	CFB	5:28.22 L	14.04.2019	Oeiras (POR)	5:21.65
5	Rafaela Sofia Silva	03	Abs	127686	SLB	5:28.41 S	23.11.2018	Alges (POR)	5:28.41
6	Tatiana Alexandre Cardoso	01	Abs	127355	CNA	5:38.23			5:38.23
7	Daniela Mascarenhas Henriques	03	Abs	128827	GESL	5:46.83			5:46.83

Prova 15
13.07.2019
Masc., 200m Livres
Absolutos
Lista inscritos

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 Regional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 2:19.57; Juv A 50m: 2:17.03; Jun 1 50m: 2:12.01; Jun 2 50m: 2:10.12; Sen 50m: 2:07.62

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

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

1	Bernardo Jorge Simoes	04	Juv	130250	CNCVG	1:59.63 L	06.04.2019	Coimbra (POR)	1:57.23
2	Rodrigo Reis Dias	03	Juv	129003	CFB	2:02.42 S	14.12.2018	Tomar (POR)	2:02.42
3	Ricardo Novikov	03	Juv	129524	SAD	2:03.21 S	15.12.2018	Tomar (POR)	2:03.21
4	Ricardo Martins Ferreira	03	Juv	127307	AONDA	2:03.81 S	15.12.2018	Tomar (POR)	2:03.81
5	Miguel Costa Simoes	04	Juv	132350	CDCP	2:03.90 S	25.04.2019	Sines (POR)	2:03.90
6	Joao Lourenco Rebelo	04	Juv	132558	SAD	2:03.93 S	24.11.2018	Alges (POR)	2:03.93
7	Pedro Esteves Duarte	03	Juv	132531	CDCP	2:04.23 S	25.04.2019	Sines (POR)	2:04.23
8	Francisco Amaro Santos	04	Juv	201404	GESL	2:05.77 S	29.06.2019	Alges (POR)	2:05.77
9	Rafael Caceres Lopes	04	Juv	201395	SFUAP	2:08.95 L	16.06.2019	Vila Franca de Xira (POR)	2:06.37
10	Afonso Esteves Tome	03	Juv	128467	ADRCIMM	2:09.41 L	13.04.2019	Oeiras (POR)	2:06.82
11	Tomas Sa Vieira	04	Juv	131504	SAD	2:07.08 S	29.06.2019	Alges (POR)	2:07.08
12	Francisco Ribeiro Vieira	04	Juv	130443	AEFDTV	2:10.09 L	16.06.2019	Vila Franca de Xira (POR)	2:07.48
13	Daniel Shumeika Zayika	03	Juv	128884	SLB	2:10.55 L	16.06.2019	Vila Franca de Xira (POR)	2:07.93
14	Luis Carlos Correia	03	Juv	207349	INDANL	2:08.45 S	29.06.2019	Alges (POR)	2:08.45
15	Afonso Romao Francisco	04	Juv	204573	CDCP	2:11.26 L	10.02.2019	Lisboa (POR)	2:08.63
16	Alexandre Duarte Morais	04	Juv	132645	PDEM	2:11.52 L	16.03.2019	Vila Franca de Xira (POR)	2:08.89

Prova 15, Masc., 200m Livres

17	Daniel Alexandre Ascenso	03	Juv	131377	GESL	2:09.20 S	29.06.2019	Alges (POR)	2:09.20
18	Henrique Pinheiro Valente	03	Juv	130237	CNCVG	2:09.80 S	25.11.2018	Alges (POR)	2:09.80
19	Miguel Madeira Silva	04	Juv	132664	AONDA	2:12.45 L	16.06.2019	Vila Franca de Xira (POR)	2:09.80
20	Joao Pedro Penelas	04	Juv	150754	GESL	2:10.39 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:10.39
21	Rodrigo Beja Lopes	03	Juv	132651	AONDA	2:13.47 L	16.03.2019	Vila Franca de Xira (POR)	2:10.80
22	Yann Chetelat Fock	04	Juv	129699	EULX	2:11.01 S	25.11.2018	Alges (POR)	2:11.01
23	Victor Bethlem Tigre	04	Juv	208094	SCP	2:11.07 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:11.07
24	Pedro Forjaz Cirurgiao	04	Juv	132564	SAD	2:11.13 S	29.06.2019	Alges (POR)	2:11.13
25	Tomas Martins Mira	04	Juv	132215	CNS	2:11.65 S	29.06.2019	Alges (POR)	2:11.65
26	Vasco Salvador Fernando	03	Juv	129526	SAD	2:14.73 L	16.03.2019	Vila Franca de Xira (POR)	2:12.03
27	Ruben Jose Salgueiro	04	Juv	133507	SCP	2:15.49 L	07.07.2018	Setubal (POR)	2:12.78
28	Tiago Barroso Proenca	04	Juv	129698	EULX	2:15.99 L	16.06.2019	Vila Franca de Xira (POR)	2:13.27
29	Miguel Filipe Anjo	04	Juv	201394	CDCP	2:16.17 L	16.06.2019	Vila Franca de Xira (POR)	2:13.44
30	Guilherme Pinto Restolho	04	Juv	200488	SCP	2:16.70 L	16.06.2019	Vila Franca de Xira (POR)	2:13.96
31	Gonçalo Gomes Augusto	04	Juv	127270	AONDA	2:16.97 L	16.06.2019	Vila Franca de Xira (POR)	2:14.23
32	Guilherme Carmo Manz	03	Juv	148571	CNCVG	2:14.30 S			2:14.30
33	Joao Silva Angelino	04	Juv	132832	PDEM	2:14.67 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:14.67
34	Tomas Rebelo Dias	04	Juv	148500	EULX	2:16.33 S	25.11.2018	Alges (POR)	2:16.33
35	Joao Pedro Faustino	04	Juv	203986	CDCP	2:16.78 S			2:16.78
36	Rodrigo Rebelo Pereira	04	Juv	208309	CIRL	2:16.78 S			2:16.78

Absolutos

1	Artiom Viatcheslavovitch Poliakov	93	Abs	11114	COL	1:51.39 S	01.12.2018	Caldas da Rainha (POR)	1:51.39
2	Daniel Rochinha Pedro	98	Abs	111389	AHBE	1:52.47 S	25.04.2019	Sines (POR)	1:52.47
3	Pedro Andre Santos	94	Abs	15732	SAD	1:53.70 S	13.01.2019	Granada (ESP)	1:53.70
4	Tiago Roberto Cordeiro	00	Abs	205275	SLB	1:56.44 L	27.07.2018	Oeiras (POR)	1:54.11
5	Gonçalo Carvalho Ferrao	01	Abs	127233	CDCP	1:55.31 S	23.12.2018	Felgueiras (POR)	1:55.31
6	Miguel Ribeiro Bate	99	Abs	117183	SAD	1:56.08 S	03.11.2018	Vila Real St. Antonio (POR)	1:56.08
7	Joao Esteves Padrela	99	Abs	119137	CFB	1:58.87 L	13.04.2019	Oeiras (POR)	1:56.49
8	Joao Mota Correia	97	Abs	102308	SLB	1:56.54 S	19.01.2019	Alcobaca (POR)	1:56.54
9	Rafael Rodrigues Jacinto	02	Abs	129002	CFB	1:56.81 S	23.12.2018	Felgueiras (POR)	1:56.81
10	Diogo Santos Cardoso	01	Abs	122969	ADRCIMM	1:59.64 L	14.04.2019	Oeiras (POR)	1:57.24
11	Bernardo Geadá Brito	02	Abs	130621	SFUAP	1:57.96 S	22.12.2018	Felgueiras (POR)	1:57.96
12	Francisco Alves Souza	02	Abs	128881	GESL	1:57.97 S	29.06.2019	Alges (POR)	1:57.97
13	Afonso Mateus Ribeiro	95	Abs	100430	CFB	1:58.49 S	25.11.2018	Alges (POR)	1:58.49
14	Tomas Penha Monteiro	02	Abs	132566	SAD	2:00.95 L	26.07.2018	Oeiras (POR)	1:58.53
15	Diogo Garcez Mateus	02	Abs	129622	AONDA	1:58.59 S	25.04.2019	Sines (POR)	1:58.59
16	Tiago Maria Camoes	01	Abs	121851	SFUAP	1:58.64 S	29.06.2019	Alges (POR)	1:58.64
17	Carlos Afonso Almeida	98	Abs	119275	SAD	1:59.22 S	25.11.2018	Alges (POR)	1:59.22
18	Pedro Dordio Carreiro	97	Abs	120560	GESL	2:01.90 L	16.03.2019	Vila Franca de Xira (POR)	1:59.46
19	Filipe Ferreira Luz	98	Abs	112320	GESL	2:00.48 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:00.48
20	Miguel Monteiro Dinis	01	Abs	124394	SAD	2:00.59 S	29.06.2019	Alges (POR)	2:00.59
21	Ricardo Martins Bras	01	Abs	121508	CFB	2:00.67 S	24.11.2018	Alges (POR)	2:00.67
22	Joao Nogueira Mendes	02	Abs	128745	CIRL	2:01.11 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:01.11
23	Hugo Nunes Magalhaes	02	Abs	127748	SAD	2:01.15 S	25.11.2018	Alges (POR)	2:01.15
24	Martim Primavera Alfama	02	Abs	128833	GESL	2:03.84 L	01.06.2019	Porto (POR)	2:01.36
25	Bernardo Antunes Augusto	00	Abs	122518	AONDA	2:02.36 S	25.11.2018	Alges (POR)	2:02.36
26	Leandro Rosa Fernandes	99	Abs	153431	CPCD	2:02.42 S	25.11.2018	Alges (POR)	2:02.42
27	Pedro Machado Vieira	02	Abs	204156	SAD	2:02.87 S	25.11.2018	Alges (POR)	2:02.87
28	Guilherme Maria Matos	00	Abs	117944	EULX	2:03.34 S	25.11.2018	Alges (POR)	2:03.34
29	Miguel Henriques Marques	00	Abs	120530	SLB	2:05.07 S			2:05.07
30	Antonio Maria Ferreira	00	Abs	128468	PDEM	2:05.07 S			2:05.07
31	Afonso Amaro Santos	02	Abs	131510	GESL	2:08.86 L	15.06.2019	Rio Maior (POR)	2:06.28
32	Guilherme Ventura Carvalho	01	Abs	121613	GESL	2:07.53			2:07.53
33	Renato Barros Frischknecht	01	Abs	122051	SAD	2:07.53			2:07.53

Prova 16
13.07.2019
Femin., 200m Livres
Absolutos
Lista inscritos

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 Regional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 2:35.04; Juv A 50m: 2:30.73; Jun 1 50m: 2:26.52; Jun 2 50m: 2:25.10; Sen 50m: 2:24.38

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Maria Lopes Amado	04	Juv	131517	INDLE	2:08.32 S	16.12.2018	Tomar (POR)	2:08.32 EXH
2	Marta Joao Pires	05	Juv	147235	SAD	2:11.48 L	07.04.2019	Coimbra (POR)	2:08.85
3	Leonor Esteves Santos	04	Juv	130630	EULX	2:11.24 S	16.12.2018	Tomar (POR)	2:11.24
4	Sofia Antunes Sebastiao	05	Juv	147121	CNA	2:15.81 L	16.06.2019	Vila Franca de Xira (POR)	2:13.09
5	Isadora Maia Andre	05	Juv	132800	SLB	2:17.89 L	16.03.2019	Vila Franca de Xira (POR)	2:15.13
6	Mafalda Santos Costa	05	Juv	132453	ADRCIMM	2:15.28 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:15.28
7	Mariana Morais Delfino	04	Juv	132603	SCP	2:15.48 S	16.12.2018	Tomar (POR)	2:15.48
8	Maria Jardim Fidalgo	04	Juv	131429	CNCVG	2:18.60 L	09.02.2019	Lisboa (POR)	2:15.82
9	Lidiana Correia Rodrigues	04	Juv	130399	CFB	2:15.88 S	16.12.2018	Tomar (POR)	2:15.88
10	Erica Cristina Reis	05	Juv	200201	SCP	2:16.17 S	03.11.2018	Vila Real St. Antonio (POR)	2:16.17
11	Soraia Maria Salgado	05	Juv	132513	AEFDTV	2:20.00 L	16.03.2019	Vila Franca de Xira (POR)	2:17.20
12	Margarida Carvalho Barao	04	Juv	130241	CNCVG	2:17.62 S	29.06.2019	Alges (POR)	2:17.62
13	Daniela Alexandra Pedro	04	Juv	130864	SCP	2:20.44 L	09.02.2019	Lisboa (POR)	2:17.63
14	Alice Jesus Morgado	04	Juv	131016	GESL	2:17.64 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:17.64
15	Margarida Filipe Ferreira	04	Juv	132347	CDCP	2:21.38 L	16.06.2019	Vila Franca de Xira (POR)	2:18.55
16	Joana Marinho Coelho	04	Juv	131514	SCP	2:21.46 L	09.02.2019	Lisboa (POR)	2:18.63
17	Carolina Porem Henriques	04	Juv	129802	SCP	2:21.91 L	16.03.2019	Vila Franca de Xira (POR)	2:19.07
18	Catarina Alexandra Marques	04	Juv	130232	CNCVG	2:19.37 S	29.06.2019	Alges (POR)	2:19.37
19	Margarida Domingues Nunes	05	Juv	201398	EULX	2:19.60 S	25.11.2018	Alges (POR)	2:19.60
20	Yonina Brancourt	04	Juv	202082	GESL	2:22.65 L	15.06.2019	Rio Maior (POR)	2:19.79
21	Beatriz Costa Melo	04	Juv	132555	SAD	2:23.44 L	16.03.2019	Vila Franca de Xira (POR)	2:20.57
22	Joana Fernandes Gama	05	Juv	153361	SCP	2:23.46 L	16.03.2019	Vila Franca de Xira (POR)	2:20.59
23	Francisca Otao Tribuna	05	Juv	132463	SLB	2:23.67 L	16.03.2019	Vila Franca de Xira (POR)	2:20.79
24	Carmo Dias Vieira	05	Juv	201319	EULX	2:23.68 L	16.03.2019	Vila Franca de Xira (POR)	2:20.80
25	Diana Valadas Horta	04	Juv	201782	CIRL	2:23.82 L	15.06.2019	Rio Maior (POR)	2:20.94
26	Maria Martins Camacho	04	Juv	130618	SFUAP	2:21.11 S	25.11.2018	Alges (POR)	2:21.11
27	Andreia Velho Magalhaes	04	Juv	131092	SLB	2:24.48 L	16.03.2019	Vila Franca de Xira (POR)	2:21.59
28	Matilde Carvalho Barao	04	Juv	130243	CNCVG	2:21.70 S	29.06.2019	Alges (POR)	2:21.70
29	Sara Nunes Conceicao	05	Juv	201393	SFUAP	2:22.07 S	29.06.2019	Alges (POR)	2:22.07
30	Rita Abibe Goncalves	05	Juv	144730	GESL	2:24.97 L	16.06.2019	Vila Franca de Xira (POR)	2:22.07
31	Maria Del Rio Bernat	05	Juv	200403	SAD	2:25.46 L	16.03.2019	Vila Franca de Xira (POR)	2:22.55
32	Maria Teresa Fernandes	05	Juv	132557	SAD	2:25.68 L	16.03.2019	Vila Franca de Xira (POR)	2:22.76
33	Luciana Rodrigues Moura	05	Juv	129624	AONDA	2:25.87 L	16.03.2019	Vila Franca de Xira (POR)	2:22.95
34	Sofia Vilardell Rodrigues	04	Juv	132308	GESL	2:26.46 L	06.07.2018	Setubal (POR)	2:23.53
35	Nicole Patriarca Franca	05	Juv	153435	SCP	2:26.99 L	16.06.2019	Vila Franca de Xira (POR)	2:24.05
36	Mariana Reis Ferreira	05	Juv	200724	AONDA	2:27.48 L	07.07.2018	Setubal (POR)	2:24.53
37	Madalena Carrapico Alexandrino	05	Juv	132560	SAD	2:24.88 S	16.12.2018	Tomar (POR)	2:24.88
38	Renata Campos Reis	04	Juv	200422	GESL	2:29.91 L	16.06.2019	Vila Franca de Xira (POR)	2:26.91
39	Maria Antonia Ferraz	05	Juv	128378	AHBE	2:26.98 S	25.04.2019	Sines (POR)	2:26.98
40	Alice Castico Moreira	04	Juv	123963	CNMJ	2:27.72 S			2:27.72
41	Carolina Anjos Frischknecht	04	Juv	129489	CNS	2:27.72 S			2:27.72
42	Leonor Alves Morganho	04	Juv	126315	SAD	2:27.72			2:27.72
43	Lara Moreira Lopo	05	Juv	130424	EULX	2:30.80 L	16.03.2019	Vila Franca de Xira (POR)	2:27.78
44	Mariana Maiato Paulino	05	Juv	133001	CNCVG	2:31.33 L	15.06.2019	Rio Maior (POR)	2:28.30
45	Beatriz Isabel Tavares	05	Juv	200181	CNS	2:31.82 L	16.03.2019	Vila Franca de Xira (POR)	2:28.78
46	Ana Belo Braga	05	Juv	132505	AONDA	2:31.94 S			2:31.94
47	Catarina Martins Ferreira	05	Juv	132506	AONDA	2:31.94 S			2:31.94

Absolutos

1	Luisa Maria Machado	01	Abs	121850	SFUAP	2:04.51 S	23.12.2018	Felgueiras (POR)	2:04.51
2	Sofia Alexandra Rolao	98	Abs	108413	SLB	2:06.88 S	29.06.2019	Alges (POR)	2:06.88
3	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	2:07.29 S	25.11.2018	Alges (POR)	2:07.29
4	Ana Raquel Graveto	02	Abs	129628	SLB	2:11.23 L	27.07.2018	Oeiras (POR)	2:08.60
5	Margarida Sobral Pimenta	99	Abs	118764	CFB	2:11.96 L	09.02.2019	Lisboa (POR)	2:09.32
6	Ines Figueira Santos	00	Abs	111277	SFUAP	2:10.36 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:10.36

Prova 16, Femin., 200m Livres

7	Margarida Messias Ribeiro	98	Abs	110544	GESL	2:14.09	L	16.03.2019	Vila Franca de Xira (POR)	2:11.40
8	Sara Moura Cruz	03	Abs	127488	SAD	2:14.15	L	16.03.2019	Vila Franca de Xira (POR)	2:11.46
9	Clara Gomes Pereira	02	Abs	124393	SAD	2:16.15	S	24.11.2018	Alges (POR)	2:16.15
10	Catarina Guimaraes Moreira	03	Abs	131755	SAD	2:17.08	S	29.06.2019	Alges (POR)	2:17.08
11	Ana Margarida Soares	03	Abs	129488	CNS	2:20.83	L	16.03.2019	Vila Franca de Xira (POR)	2:18.01
12	Soraia Guerra Rolim	95	Abs	121321	CIRL	2:18.24	S	25.04.2019	Sines (POR)	2:18.24
13	Catarina Trigo Ferreira	02	Abs	124523	CNLX	2:21.59	L	15.06.2019	Rio Maior (POR)	2:18.75
14	Francisca Razina Oliveira	03	Abs	130620	ANAM	2:20.09	S	25.11.2018	Alges (POR)	2:20.09
15	Marta Viola Marques	03	Abs	200870	CNCVG	2:20.20	S	25.11.2018	Alges (POR)	2:20.20
16	Luana Correia Rodrigues	01	Abs	121504	CFB	2:21.50				2:21.50
17	Matilde Pereira Carrao	03	Abs	204157	CIRL	2:21.70	S	25.04.2019	Sines (POR)	2:21.70
18	Catarina Ines Correia	03	Abs	129491	CNS	2:21.97	S	29.06.2019	Alges (POR)	2:21.97
19	Caetana Neves Carneiro	03	Abs	129163	CNLX	2:25.72	L	15.06.2019	Rio Maior (POR)	2:22.80
20	Beatriz Pedro Ferreira	03	Abs	200146	CPCD	2:25.97	L	06.07.2018	Setubal (POR)	2:23.05

**Prova 17
13.07.2019**
Masc., 50m Bruços
**Absolutos
Lista inscritos**

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 Regional Juv A	30.31	Carlos Esteves Almeida	CNA	Pinhal Novo	2003
Rec Regional Juv B	31.23	Ricardo Samuel Pereira	SLB	Albufeira	2017
Rec Regional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014

TAC - Masc Juv B 50m: 34.96; Juv A 50m: 34.96; Jun 1 50m: 34.96; Jun 2 50m: 34.45; Sen 50m: 33.79

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Absolutos										
1	Ricardo Samuel Pereira	03	Abs	131801	SLB	30.16	L	10.02.2019	Lisboa (POR)	29.25
2	Pedro Miguel Silva	94	Abs	100227	ADRCIMM	30.68	L	14.04.2019	Oeiras (POR)	29.76
3	Miguel Henriques Marques	00	Abs	120530	SLB	30.92	L	06.04.2019	Coimbra (POR)	29.99
4	Diogo Garcez Mateus	02	Abs	129622	AONDA	31.39	L	06.04.2019	Coimbra (POR)	30.44
5	Joao Costa Fonseca	00	Abs	125134	CNLX	31.41	L	10.02.2019	Lisboa (POR)	30.46
6	Bruno Miguel Martins	93	Abs	26891	GESL	30.48	S	09.12.2018	S Antonio dos Cavaleiros (POR)	30.48
7	Joao Manuel Vargas	00	Abs	123510	INDANL	32.09	L	16.03.2019	Vila Franca de Xira (POR)	31.12
8	Daniel Nogueira Catalao	00	Abs	127075	SLB	32.30	L	26.07.2018	Oeiras (POR)	31.33
9	Ricardo Basilio Marreiros	97	Abs	107317	INDANL	31.42	S	29.06.2019	Alges (POR)	31.42
10	David Granja Lopes	90	Abs	22490	AONDA	32.45	L	16.03.2019	Vila Franca de Xira (POR)	31.47
11	Bernardo Garcia Perloiro	00	Abs	120635	SCP	32.46	L	16.03.2019	Vila Franca de Xira (POR)	31.48
12	Joao Lourenco Rebelo	04	Abs	132558	SAD	31.55	S	29.06.2019	Alges (POR)	31.55
13	Vicente Morgado Ventoso	00	Abs	126466	EULX	32.58	L	08.06.2019	Badajoz (ESP)	31.60
14	Rui Miguel Correia	96	Abs	105378	CNMJ	32.61	L	10.02.2019	Lisboa (POR)	31.63
15	Tomas Almeida Leitao	03	Abs	129525	SAD	33.12	L	05.04.2019	Coimbra (POR)	32.12
16	Tiago Rafael Martins	97	Abs	111267	EULX	33.18	L	24.05.2019	Coimbra (POR)	32.18
17	Pedro Silva Vaz	98	Abs	111379	AHBE	32.23	S	09.12.2018	S Antonio dos Cavaleiros (POR)	32.23
18	Frederico Sousa Soares	96	Abs	104260	AHBE	32.61	S	02.02.2019	Ponte de Sor (POR)	32.61
19	Richard Jesus Fernandes	95	Abs	205225	CIRL	32.78	S			32.78
20	Diogo Ramos Lebre	01	Abs	122294	SLB	33.43				33.43
21	Filipe Eduardo Morais	01	Abs	200145	CPCD	33.43	S			33.43
22	Henrique Chan Machado	02	Abs	126835	SAD	34.84	L	15.06.2019	Rio Maior (POR)	33.79
23	Diogo Miguel Monteiro	04	Abs	147200	DRCN	33.91	S			33.91
24	Tiago Represas Loureiro	03	Abs	208178	FS	33.91	S			33.91

Prova 18
13.07.2019
Femin., 50m Bruços
Absolutos
Lista inscritos

Rec Regional Sen	31.43	Diana Duarte Gomes	CNA	Sto Ant ^o 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 Regional Juv A	33.73	Nadia Alexandra Correia	SFUAP	Mealhada	2000
Rec Regional Juv B	34.82	Ana Beatriz Marques	SAD	Algés	2012
Rec Regional Abs	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009
Rec Nacional Abs	30.80	Ana Pinho Rodrigues	ADS	Porto	2017

TAC - Fem Juv B 50m: 40.24; Juv A 50m: 40.24; Jun 1 50m: 40.24; Jun 2 50m: 39.85; Sen 50m: 39.67

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

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

1	Claudia Ferreira Borges	99	Abs	116591	SLB	33.93 L	06.04.2019	Coimbra (POR)	32.91
2	Margarida Filipe Ferreira	04	Abs	132347	CDPC	34.29 L	06.04.2019	Coimbra (POR)	33.26
3	Mariana Graca Vasconcelos	99	Abs	107648	AHBE	35.12 L	16.03.2019	Vila Franca de Xira (POR)	34.06
4	Beatriz Antunes Carvalho	99	Abs	117036	SCP	35.36 L	27.07.2018	Oeiras (POR)	34.29
5	Natacha Sofia Silva	02	Abs	125594	SLB	35.43 L	05.04.2019	Coimbra (POR)	34.36
6	Andreia Wongsangnoi Alves	03	Abs	130956	ADRCIMM	35.59 L	16.03.2019	Vila Franca de Xira (POR)	34.52
7	Ines Silva Bernardo	00	Abs	122689	SLB	36.52 L	16.03.2019	Vila Franca de Xira (POR)	35.42
8	Margarida Mota Silva	03	Abs	122224	PDEM	36.18 S	23.12.2018	Felgueiras (POR)	36.18
9	Cristiana Silva Ulpiano	95	Abs	100250	CIRL	36.42 S	23.11.2018	Alges (POR)	36.42
10	Iolanda Sofia Clérigo	02	Abs	126878	PDEM	36.64 S	23.11.2018	Alges (POR)	36.64
11	Aleksandra Bozanic Borcic	04	Abs	133318	SAD	36.88 S	29.06.2019	Alges (POR)	36.88
12	Beatriz Vaz Rebelo	03	Abs	128829	GESL	36.92 S	29.06.2019	Alges (POR)	36.92
13	Mariana Van Ossenbruggen	98	Abs	105545	CIRL	37.29 S	23.11.2018	Alges (POR)	37.29
14	Sofia Vilardeil Rodrigues	04	Abs	132308	GESL	38.70 L	10.02.2019	Lisboa (POR)	37.53
15	Ana Fernandes Costa	00	Abs	121407	CNMJ	38.48 S			38.48
16	Rita Fernandes Leitao	96	Abs	25571	CNLX	38.48			38.48
17	Laura Moreno Gonçalves	04	Abs	207189	DRCN	39.03			39.03
18	Raquel Correia	04	Abs	205119	DRCN	39.03 S			39.03

Prova 19
13.07.2019
Masc., 200m Costas
Absolutos
Lista inscritos

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 Regional Abs	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Nacional Abs	1:52.66	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 2:37.96; Juv A 50m: 2:35.09; Jun 1 50m: 2:29.41; Jun 2 50m: 2:27.27; Sen 50m: 2:24.43

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

1	Tomas Nogueira Gomes	03	Juv	126626	SFUAP	2:05.22 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:05.22
2	Andre Azevedo Baraona	04	Juv	123965	CNMJ	2:12.46 S	15.12.2018	Tomar (POR)	2:12.46
3	Tiago Miguel Dias	03	Juv	207929	CNLX	2:16.99 L	07.04.2019	Coimbra (POR)	2:14.25
4	Felipe Menegassi Maia	04	Juv	207683	SAD	2:16.02 S	29.06.2019	Alges (POR)	2:16.02
5	Nicolae Iachimovschi	03	Juv	130036	CFB	2:16.88 S	15.12.2018	Tomar (POR)	2:16.88
6	Miguel Costa Simoes	04	Juv	132350	CDPC	2:17.70 S	20.01.2019	Alapraia (POR)	2:17.70
7	Pedro Henriques Correia	03	Juv	125257	SLB	2:17.80 S	15.12.2018	Tomar (POR)	2:17.80
8	Dinis Viola Caroco	03	Juv	131696	SCP	2:19.19 S	15.12.2018	Tomar (POR)	2:19.19
9	Ricardo Martins Ferreira	03	Juv	127307	AONDA	2:19.27 S	25.04.2019	Sines (POR)	2:19.27
10	Guilherme Machado Santos	04	Juv	200202	SFUAP	2:22.16 L	07.04.2019	Coimbra (POR)	2:19.31
11	Tiago Fanha Lopes	04	Juv	129520	CNMJ	2:19.89 S	15.12.2018	Tomar (POR)	2:19.89
12	Jose Miguel Oliveira	03	Juv	129493	CNS	2:20.39 S	15.12.2018	Tomar (POR)	2:20.39
13	Francisco Ribeiro Vieira	04	Juv	130443	AEFDTV	2:23.71 L	16.06.2019	Vila Franca de Xira (POR)	2:20.83
14	Gonçalo Nuno Raposo	03	Juv	126880	AONDA	2:20.94 S	25.04.2019	Sines (POR)	2:20.94
15	Pedro Pires Gomes	03	Juv	129534	CFB	2:24.25 L	16.06.2019	Vila Franca de Xira (POR)	2:21.36
16	Bernardo Araujo Freire	03	Juv	129532	SAD	2:21.39 S	15.12.2018	Tomar (POR)	2:21.39
17	Francisco Sousa Uva	04	Juv	201477	SAD	2:21.79 S	29.06.2019	Alges (POR)	2:21.79

Prova 19, Masc., 200m Costas

18	Joao Miguel Cascalheira	03	Juv	201621	CNS	2:25.01	L	16.06.2019	Vila Franca de Xira (POR)	2:22.11
19	Afonso Cipriano Pinto	04	Juv	153352	SCP	2:25.93	L	16.06.2019	Vila Franca de Xira (POR)	2:23.01
20	Antonio Lombardi Carvalho	04	Juv	129886	CFB	2:26.79	L	16.03.2019	Vila Franca de Xira (POR)	2:23.85
21	Luis Maia Pegado	03	Juv	131701	SCP	2:26.88	S	24.11.2018	Alges (POR)	2:26.88
22	Tomas Santos Luis	04	Juv	153367	SCP	2:30.03	L	16.03.2019	Vila Franca de Xira (POR)	2:27.02
23	Gonçalo Gomes Augusto	04	Juv	127270	AONDA	2:28.35	S	20.01.2019	Alapraia (POR)	2:28.35
24	Tomás Pratas Neto	04	Juv	132652	PDEM	2:28.94	S	25.04.2019	Sines (POR)	2:28.94
25	Pedro Miguel Matos	03	Juv	130244	CNCVG	2:29.23	S	29.06.2019	Alges (POR)	2:29.23
26	Goncalo Afonso Gouveia	04	Juv	153360	SCP	2:32.48	L	16.06.2019	Vila Franca de Xira (POR)	2:29.43
27	Goncalo Filipe Carrapito	04	Juv	129666	SFUAP	2:30.04	S	20.01.2019	Alapraia (POR)	2:30.04
28	Luis Cabral Junior	03	Juv	129805	CFB	2:31.99				2:31.99
29	Daniel Elias Duarte	04	Juv	147198	CIRL	2:33.03	S	29.06.2019	Alges (POR)	2:33.03
30	Jaeden Michael Nunes	04	Juv	202508	CFB	2:34.80				2:34.80
31	Miguel Alexandre Araujo	04	Juv	131174	SFUAP	2:34.80	S			2:34.80

Absolutos

1	Rodrigo Antonio Rosa	96	Abs	105214	SLB	1:59.24	S	21.12.2018	Felgueiras (POR)	1:59.24
2	Diogo Santos Costa	02	Abs	126007	ADRCIMM	2:01.78	S	21.12.2018	Felgueiras (POR)	2:01.78
3	Martim Primavera Alfama	02	Abs	128833	GESL	2:05.55	S	21.12.2018	Felgueiras (POR)	2:05.55
4	Pedro Andre Santos	94	Abs	15732	SAD	2:05.65	S	12.01.2019	Granada (ESP)	2:05.65
5	David Matias Cristino	01	Abs	127872	SFUAP	2:06.59	S	12.01.2019	Granada (ESP)	2:06.59
6	Diogo Ramos Lebre	01	Abs	122294	SLB	2:06.95	S	28.04.2019	Felgueiras (POR)	2:06.95
7	Joao Diogo Fernandes	98	Abs	121542	CFB	2:10.05	L	14.04.2019	Oeiras (POR)	2:07.44
8	Tiago Barros Ferreira	94	Abs	16003	SAD	2:08.21	S	29.06.2019	Alges (POR)	2:08.21
9	Ricardo Pinela Ferreira	01	Abs	122050	SLB	2:10.81	S	29.06.2019	Alges (POR)	2:10.81
10	Rodrigo Melo Pinto	01	Abs	128733	CNCVG	2:11.49	S	27.10.2018	Ponte da Barca (POR)	2:11.49
11	Edgar Filipe Santos	01	Abs	127750	SFUAP	2:14.30	S	24.11.2018	Alges (POR)	2:14.30
12	Tiago Leite Barreiros	02	Abs	127804	SAD	2:16.81	S	24.11.2018	Alges (POR)	2:16.81
13	Tomas Penha Monteiro	02	Abs	132566	SAD	2:21.17	L	16.03.2019	Vila Franca de Xira (POR)	2:18.34
14	Joao Manuel Vargas	00	Abs	123510	INDANL	2:21.55				2:21.55
15	Goncalo Morais Gordo	02	Abs	126006	ADRCIMM	2:26.43				2:26.43

Prova 20

13.07.2019

Femin., 200m Costas
Absolutos

Lista inscritos

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 Regional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Nacional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017

TAC - Fem Juv B 50m: 2:54.17; Juv A 50m: 2:49.33; Jun 1 50m: 2:44.60; Jun 2 50m: 2:43.00; Sen 50m: 2:42.20

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis										
1	Maria Lopes Amado	04	Juv	131517	INDLE	2:20.28	S	16.12.2018	Tomar (POR)	2:20.28 EXH
2	Carolina Fale Costa	04	Juv	129801	ADRCIMM	2:25.51	S	16.12.2018	Tomar (POR)	2:25.51
3	Soraia Maria Salgado	05	Juv	132513	AEFDTV	2:32.32	L	10.02.2019	Lisboa (POR)	2:29.27
4	Joana Maia Antunes	04	Juv	131699	SLB	2:30.21	S	19.01.2019	Alcobaca (POR)	2:30.21
5	Ana Sofia Inacio	04	Juv	202686	SCP	2:31.50	S	16.12.2018	Tomar (POR)	2:31.50
6	Ana Beatriz Simoes	05	Juv	153354	SCP	2:35.74	L	16.03.2019	Vila Franca de Xira (POR)	2:32.62
7	Barbara Cunha Ventura	05	Juv	132458	SLB	2:33.71	S	29.06.2019	Alges (POR)	2:33.71
8	Raquel Raposo Lopes	04	Juv	153469	CDCP	2:33.94	S	19.01.2019	Alapraia (POR)	2:33.94
9	Vera Figueiredo Narra	04	Juv	131121	CNA	2:37.65	L	16.03.2019	Vila Franca de Xira (POR)	2:34.49
10	Mafalda Santos Costa	05	Juv	132453	ADRCIMM	2:35.02	S	24.11.2018	Alges (POR)	2:35.02
11	Marta Macedo Inacio	04	Juv	132536	SCP	2:39.35	L	16.03.2019	Vila Franca de Xira (POR)	2:36.16
12	Rita Ferreira Gomes	05	Juv	132565	SAD	2:36.23	S	29.06.2019	Alges (POR)	2:36.23
13	Simone Filipe Monteiro	05	Juv	203878	GESL	2:36.51	S	29.06.2019	Alges (POR)	2:36.51
14	Maria Martins Camacho	04	Juv	130618	SFUAP	2:37.50	S	29.06.2019	Alges (POR)	2:37.50
15	Maria Correia Ricardo	05	Juv	129496	CNS	2:38.26	S	25.04.2019	Sines (POR)	2:38.26
16	Rafaela Diogo Martins	05	Juv	132214	CNS	2:38.58	S	29.06.2019	Alges (POR)	2:38.58
17	Francisca Otao Tribuna	05	Juv	132463	SLB	2:40.12	S	29.06.2019	Alges (POR)	2:40.12
18	Maria Freire Alves	04	Juv	132522	AHBE	2:43.78	L	16.03.2019	Vila Franca de Xira (POR)	2:40.50
19	Neuza Velho Magalhaes	05	Juv	131096	SLB	2:44.43	L	16.06.2019	Vila Franca de Xira (POR)	2:41.14

Prova 20, Femin., 200m Costas

20	Diana Valadas Horta	04	Juv	201782	CIRL	2:46.07 L	16.06.2019	Vila Franca de Xira (POR)	2:42.74
21	Catarina Maria Santos	05	Juv	201337	CPCD	2:43.85 S	19.01.2019	Alapraia (POR)	2:43.85
22	Lara Moreira Lopo	05	Juv	130424	EULX	2:47.74 L	16.06.2019	Vila Franca de Xira (POR)	2:44.38
23	Mariana Maiato Paulino	05	Juv	133001	CNCVG	2:44.61 S	29.06.2019	Alges (POR)	2:44.61
24	Ana Belo Braga	05	Juv	132505	AONDA	2:45.15 S	25.04.2019	Sines (POR)	2:45.15
25	Mariana Reis Ferreira	05	Juv	200724	AONDA	2:51.86 L	16.03.2019	Vila Franca de Xira (POR)	2:48.42
26	Carolina Alexandra Silva	05	Juv	133296	DRCN	2:53.54 L	16.06.2019	Vila Franca de Xira (POR)	2:50.06
27	Catarina Martins Ferreira	05	Juv	132506	AONDA	2:50.69 S			2:50.69

Absolutos

1	Catarina Martins Mestre	00	Abs	120724	CNLX	2:16.59 S	24.11.2018	Alges (POR)	2:16.59
2	Francisca Salvador Mesquita	02	Abs	123935	ADRCIMM	2:23.02 S	24.11.2018	Alges (POR)	2:23.02
3	Ana Raquel Ferreira	98	Abs	102755	CNLX	2:28.73 L	27.07.2018	Oeiras (POR)	2:25.75
4	Beatriz Elisabete Pereira	97	Abs	132344	CDCP	2:26.55 S	24.11.2018	Alges (POR)	2:26.55
5	Maria Ornelas Armas	98	Abs	106961	EULX	2:31.71 L	16.03.2019	Vila Franca de Xira (POR)	2:28.67
6	Maria Mousinho Esteves	02	Abs	131944	CIRL	2:29.38 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:29.38
7	Ines Figueira Santos	00	Abs	111277	SFUAP	2:33.00 S	16.06.2019	Coimbra (POR)	2:33.00
8	Celeste Santos Ricardo	01	Abs	121325	SFUAP	2:33.62 S	24.11.2018	Alges (POR)	2:33.62
9	Maria Ines Ribeiro	03	Abs	127252	INDANL	2:35.27 S	24.11.2018	Alges (POR)	2:35.27
10	Bruna Martins Riesenberger	97	Abs	105541	CIRL	2:39.58 L	06.07.2018	Setubal (POR)	2:36.38

Prova 21
Masc., 4 x 100m Livres
Absolutos

13.07.2019

Lista inscritos

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
Rec Nacional Abs	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	2018

TAC - Masc Juv B 50m: 4:24.43; Juv A 50m: 4:19.62; Juv 50m: 4:19.62; Jun 50m: 4:14.52; Sen 50m: 4:03.07

Ord.	Esc.	Clube	Tempo Insc.
Juvenis			
1	Juv	Clube Futebol Os Belenenses	3:49.66
2	Juv	Sport Lisboa e Benfica	3:51.34
3	Juv	Soc.Filarmónica União A. Piedense	3:51.63
4	Juv	A Onda Azeitão	3:54.57
5	Juv	Clube de Natação Colégio Vasco da Gama	3:56.04
6	Juv	Gesloures - Gestão Equipamentos E.M.	3:56.24
7	Juv	Clube Desportivo Cova da Piedade	3:57.00
8	Juv	Assoc Desp Rec Cult Colegio Int Monte Maior	4:03.02
9	Juv	Avançado EULx	4:07.01

Absolutos

1	Abs	Sport Lisboa e Benfica	3:35.41
2	Abs	A Onda Azeitão	3:35.55
3	Abs	Soc.Filarmónica União A. Piedense	3:36.00
4	Abs	Clube de Instrucao e Recreio do Laranjeiro	3:39.81
5	Abs	Clube Natação de Lisboa	3:44.00
6	Abs	Assoc Desp Rec Cult Colegio Int Monte Maior	3:45.37
7	Abs	Avançado EULx	3:51.18
8	Abs	Palmela Desporto EEM	4:02.05
9	Abs	Clube Natacao do Montijo	4:10.00

Prova 22
 13.07.2019

Femin., 4 x 100m Livres

 Absolutos
 Lista inscritos

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
Rec Nacional Abs	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010

TAC - Fem Juv B 50m: 4:55.71; Juv A 50m: 4:47.51; Juv 50m: 4:47.51; Jun 50m: 4:41.22; Sen 50m: 4:33.81

Ord.	Esc.	Clube	Tempo Insc.
Juvenis			
1	Juv	Sporting Clube de Portugal	4:08.00
2	Juv	Sport Lisboa e Benfica	4:17.40
3	Juv	Avançado EULx	4:19.43
4	Juv	Clube de Natação Colégio Vasco da Gama	4:24.30
5	Juv	Soc.Filarmónica União A. Piedense	4:26.57

Absolutos

1	Abs	Gesloures - Gestão Equipamentos E.M.	4:05.15
2	Abs	Clube de Instrucao e Recreio do Laranjeiro	4:09.88
3	Abs	Clube Natação de Lisboa	4:10.00
4	Abs	Sport Lisboa e Benfica	4:14.29
5	Abs	A Onda Azeitão	4:32.14

3 - 2ª Jornada - 1ª Sessão
14.07.2019 - 9:00
Prova 23 **Absolutos**
14.07.2019 **Lista inscritos**
Femin., 100m Mariposa

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 Regional Abs	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Nacional Abs	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010

TAC - Fem Juv B 50m: 1:19.13; Juv A 50m: 1:16.96; Jun 1 50m: 1:14.82; Jun 2 50m: 1:14.10; Sen 50m: 1:13.74

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Isadora Maia Andre	05	Juv	132800	SLB	1:08.17 L	06.04.2019	Coimbra (POR)	1:06.12
2	Carolina Fale Costa	04	Juv	129801	ADRCIMM	1:06.87 S	19.05.2019	Alges (POR)	1:06.87
3	Maria Jardim Fidalgo	04	Juv	131429	CNCVG	1:09.66 L	11.05.2019	Vila Franca de Xira (POR)	1:07.57
4	Vera Figueiredo Narra	04	Juv	131121	CNA	1:10.57 L	06.04.2019	Coimbra (POR)	1:08.45
5	Margarida Filipe Ferreira	04	Juv	132347	CDCP	1:11.21 L	11.05.2019	Vila Franca de Xira (POR)	1:09.07
6	Marta Joao Pires	05	Juv	147235	SAD	1:11.25 L	17.03.2019	Vila Franca de Xira (POR)	1:09.11
7	Carmo Dias Vieira	05	Juv	201319	EULX	1:11.68 L	09.02.2019	Lisboa (POR)	1:09.53
8	Leonor Alves Morganho	04	Juv	126315	SAD	1:12.04 L	17.03.2019	Vila Franca de Xira (POR)	1:09.87
9	Nicole Patriarca Franca	05	Juv	153435	SCP	1:12.06 L	17.03.2019	Vila Franca de Xira (POR)	1:09.89
10	Joana Fernandes Gama	05	Juv	153361	SCP	1:12.24 L	11.05.2019	Vila Franca de Xira (POR)	1:10.07
11	Madalena Sampaio Torgal	05	Juv	132521	AHBE	1:10.54 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:10.54
12	Margarida Carvalho Barao	04	Juv	130241	CNCVG	1:10.57 S	29.06.2019	Alges (POR)	1:10.57
13	Iris Pereira Carrao	05	Juv	201392	CIRL	1:11.24 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:11.24
14	Mariana Fragoso Guterres	04	Juv	200475	SLB	1:13.79 L	06.04.2019	Coimbra (POR)	1:11.57
15	Ana Sofia Inacio	04	Juv	202686	SCP	1:13.80 L	17.03.2019	Vila Franca de Xira (POR)	1:11.58
16	Madalena Graca Geraldes	04	Juv	131511	SCP	1:11.79 S	19.05.2019	Alges (POR)	1:11.79
17	Andreia Velho Magalhaes	04	Juv	131092	SLB	1:14.54 L	09.02.2019	Lisboa (POR)	1:12.30
18	Rafaela Diogo Martins	05	Juv	132214	CNS	1:13.49 S	29.06.2019	Alges (POR)	1:13.49
19	Neuza Velho Magalhaes	05	Juv	131096	SLB	1:13.82 S	19.05.2019	Alges (POR)	1:13.82
20	Luciana Rodrigues Moura	05	Juv	129624	AONDA	1:14.00 S	19.05.2019	Alges (POR)	1:14.00
21	Catarina Rossas Fonseca	04	Juv	131994	CNLX	1:14.65 S			1:14.65
22	Catarina Alexandra Marques	04	Juv	130232	CNCVG	1:14.65 S			1:14.65
23	Francisca Ottao Tribuna	05	Juv	132463	SLB	1:17.85 L	17.03.2019	Vila Franca de Xira (POR)	1:15.51
24	Maria Teresa Fernandes	05	Juv	132557	SAD	1:16.26 S	29.06.2019	Alges (POR)	1:16.26

Absolutos

1	Madalena Rodrigues Tome	03	Abs	126829	AHBE	1:06.04 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:06.04
2	Clara Gomes Pereira	02	Abs	124393	SAD	1:06.11 S	29.06.2019	Alges (POR)	1:06.11
3	Sofia Alexandra Nunes	00	Abs	112322	CIRL	1:06.54 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:06.54
4	Mariana Amaral Mendes	02	Abs	123959	ADRCIMM	1:06.57 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:06.57
5	Daniela Mascarenhas Henriques	03	Abs	128827	GESL	1:07.66 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:07.66
6	Margarida Messias Ribeiro	98	Abs	110544	GESL	1:08.19 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:08.19
7	Ana Rita Matos	02	Abs	127501	CFB	1:10.40 L	15.06.2019	Rio Maior (POR)	1:08.28
8	Claudia Beatriz Martins	03	Abs	128830	GESL	1:08.95 S	29.06.2019	Alges (POR)	1:08.95
9	Claudia Ferreira Borges	99	Abs	116591	SLB	1:09.05 S	24.02.2019	Olhao (POR)	1:09.05
10	Catarina Rodrigues Belchior	01	Abs	122528	AONDA	1:09.54 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:09.54
11	Margarida Cunha Barros	02	Abs	127076	SFUAP	1:12.65 L	17.03.2019	Vila Franca de Xira (POR)	1:10.47
12	Joana Isabel Pulquerio	03	Abs	126427	SFUAP	1:12.40 S	24.11.2018	Alges (POR)	1:12.40
13	Rafaela Rodrigues Moura	03	Abs	127272	AONDA	1:12.57 S			1:12.57

Prova 24
 14.07.2019

Masc., 100m Mariposa

 Absolutos
 Lista inscritos

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 Regional Abs	51.70	Duarte Rafael Mourao	CNA	Leiria	2009
Rec Nacional Abs	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	2009

TAC - Masc Juv B 50m: 1:11.45; Juv A 50m: 1:09.54; Jun 1 50m: 1:07.04; Jun 2 50m: 1:05.47; Sen 50m: 1:03.91

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

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

1	Bernardo Jorge Simoes	04	Juv	130250	CNCVG	57.44 S	19.05.2019	Alges (POR)	57.44
2	Henrique Pinheiro Valente	03	Juv	130237	CNCVG	1:01.08 L	06.04.2019	Coimbra (POR)	59.24
3	Goncalo Henriques Wanzeller	03	Juv	129523	CFB	1:01.42 L	28.07.2018	Oeiras (POR)	59.57
4	Rodrigo Beja Lopes	03	Juv	132651	AONDA	1:01.79 L	12.05.2019	Vila Franca de Xira (POR)	59.93
5	Andre Azevedo Baraona	04	Juv	123965	CNMJ	1:02.42 L	06.04.2019	Coimbra (POR)	1:00.54
6	Joao Matos Fidalgo	03	Juv	128885	SLB	1:02.98 L	06.04.2019	Coimbra (POR)	1:01.09
7	Tomas Sa Vieira	04	Juv	131504	SAD	1:03.14 L	06.04.2019	Coimbra (POR)	1:01.24
8	Joao Miguel Cascalheira	03	Juv	201621	CNS	1:04.23 L	17.03.2019	Vila Franca de Xira (POR)	1:02.30
9	David Manuel Vale	03	Juv	148339	GESL	1:04.58 L	06.04.2019	Coimbra (POR)	1:02.64
10	Francisco Ribeiro Vieira	04	Juv	130443	AEFDTV	1:04.78 L	12.05.2019	Vila Franca de Xira (POR)	1:02.83
11	Felipe Menegassi Maia	04	Juv	207683	SAD	1:04.80 L	17.03.2019	Vila Franca de Xira (POR)	1:02.85
12	Afonso Cipriano Pinto	04	Juv	153352	SCP	1:03.44 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:03.44
13	Joao Luis Matos	03	Juv	130239	CNCVG	1:03.49 S	19.05.2019	Alges (POR)	1:03.49
14	Joao Afonso Santos	04	Juv	153371	SCP	1:03.73 S	19.05.2019	Alges (POR)	1:03.73
15	Tomas Almeida Leitao	03	Juv	129525	SAD	1:03.74 S	19.05.2019	Alges (POR)	1:03.74
16	Antonio Santos Pereira	03	Juv	201690	AHBE	1:03.94 S	19.05.2019	Alges (POR)	1:03.94
17	Afonso Figueiredo Frاسquilha	04	Juv	153353	SCP	1:04.21 S	19.05.2019	Alges (POR)	1:04.21
18	Pedro Henriques Correia	03	Juv	125257	SLB	1:06.49 L	10.02.2019	Lisboa (POR)	1:04.49
19	Diogo Miguel Monteiro	04	Juv	147200	DRCN	1:06.65 L	17.03.2019	Vila Franca de Xira (POR)	1:04.65
20	Luis Carlos Correia	03	Juv	207349	INDANL	1:06.67 L	12.05.2019	Vila Franca de Xira (POR)	1:04.67
21	Miguel Madeira Silva	04	Juv	132664	AONDA	1:06.71 L	12.05.2019	Vila Franca de Xira (POR)	1:04.70
22	Afonso Esteves Tome	03	Juv	128467	ADRCIMM	1:04.71 S	29.06.2019	Alges (POR)	1:04.71
23	Pedro Pires Gomes	03	Juv	129534	CFB	1:04.75 S	19.05.2019	Alges (POR)	1:04.75
24	Rafael Caceres Lopes	04	Juv	201395	SFUAP	1:06.91 L	12.05.2019	Vila Franca de Xira (POR)	1:04.90
25	Ricardo Novikov	03	Juv	129524	SAD	1:05.33 S	29.06.2019	Alges (POR)	1:05.33
26	Hugo Tomas Silva	04	Juv	200491	AONDA	1:08.01 L	12.05.2019	Vila Franca de Xira (POR)	1:05.97
27	Tiago Morgado Nogueira	04	Juv	202389	ADRCIMM	1:08.45 L	12.05.2019	Vila Franca de Xira (POR)	1:06.39
28	Tomas Martins Mira	04	Juv	132215	CNS	1:06.49 S	29.06.2019	Alges (POR)	1:06.49
29	Tiago Barroso Proenca	04	Juv	129698	EULX	1:08.61 L	08.06.2019	Badajoz (ESP)	1:06.55
30	Guilherme Pinto Restolho	04	Juv	200488	SCP	1:08.72 L	12.05.2019	Vila Franca de Xira (POR)	1:06.65
31	Daniel Shumeika Zayika	03	Juv	128884	SLB	1:06.81 S	19.05.2019	Alges (POR)	1:06.81
32	Guilherme Lousada Carneiro	04	Juv	132518	AHBE	1:07.09 S	29.06.2019	Alges (POR)	1:07.09
33	Gonçalo Nuno Raposo	03	Juv	126880	AONDA	1:07.46 S			1:07.46
34	Afonso Romao Francisco	04	Juv	204573	CDCP	1:10.25 L	17.03.2019	Vila Franca de Xira (POR)	1:08.14
35	Gonçalo Gomes Augusto	04	Juv	127270	AONDA	1:09.30 S			1:09.30

Absolutos

1	Fernando Souza Silva	86	Abs	207684	SFUAP	53.72 S	09.12.2018	S Antonio dos Cavaleiros (POR)	53.72
2	Tiago Roberto Cordeiro	00	Abs	205275	SLB	56.47 L	06.04.2019	Coimbra (POR)	54.77
3	Carlos Filipe Lopes	01	Abs	127265	SFUAP	58.05 L	06.04.2019	Coimbra (POR)	56.30
4	Ricardo Pinela Ferreira	01	Abs	122050	SLB	59.10 L	28.07.2018	Oeiras (POR)	57.32
5	Tiago Maria Camoes	01	Abs	121851	SFUAP	59.39 L	28.07.2018	Oeiras (POR)	57.60
6	Diogo Carrasco Correia	95	Abs	26151	CFB	57.61 S	24.11.2018	Alges (POR)	57.61
7	Miguel Henriques Marques	00	Abs	120530	SLB	58.12 S	29.06.2019	Alges (POR)	58.12
8	Diogo Puidival Marques	00	Abs	122045	AONDA	59.93 L	28.07.2018	Oeiras (POR)	58.13
9	Hugo Pon	98	Abs	110164	SAD	58.16 S	24.11.2018	Alges (POR)	58.16
10	Tiago Correia Neves	97	Abs	125796	CFB	1:00.16 L	06.04.2019	Coimbra (POR)	58.35
11	Artiom Viatcheslavovitch Poliakov	93	Abs	11114	COL	1:00.58 L	17.03.2019	Vila Franca de Xira (POR)	58.76
12	Miguel Ribeiro Bate	99	Abs	117183	SAD	1:00.72 L	27.07.2018	Oeiras (POR)	58.89
13	Edgar Filipe Santos	01	Abs	127750	SFUAP	1:01.15 L	17.03.2019	Vila Franca de Xira (POR)	59.31
14	Rafael Alcantara Aires	01	Abs	125130	SLB	59.46 S	28.10.2018	Setubal (POR)	59.46
15	Afonso Ribeiro Bate	98	Abs	117180	SAD	59.49 S	24.11.2018	Alges (POR)	59.49
16	Filipe Ferrao Melo	01	Abs	200171	CNS	59.67 S	29.06.2019	Alges (POR)	59.67
17	Diogo Santos Cardoso	01	Abs	122969	ADRCIMM	1:01.56 L	10.02.2019	Lisboa (POR)	59.71
18	Rafael Rodrigues Jacinto	02	Abs	129002	CFB	1:01.62 L	10.02.2019	Lisboa (POR)	59.77

Prova 24, Masc., 100m Mariposa

19	Daniel Nogueira Catalao	00	Abs	127075	SLB	59.84 S	28.10.2018	Setubal (POR)	59.84
20	Pedro Mendes Ferreira	01	Abs	129621	CFB	1:01.81 L	17.03.2019	Vila Franca de Xira (POR)	59.95
21	Pedro Henriques Marques	00	Abs	120529	SFUAP	1:01.99 L			1:00.13
22	Joao Garcez Mateus	02	Abs	129623	AONDA	1:02.03 L	10.02.2019	Lisboa (POR)	1:00.16
23	Ricardo Saraiva Pires	98	Abs	107651	CIRL	1:00.26 S	24.11.2018	Alges (POR)	1:00.26
24	Rodrigo Antonio Rosa	96	Abs	105214	SLB	1:00.31 S	28.10.2018	Setubal (POR)	1:00.31
25	Henrique Rodrigues Cruz	02	Abs	128145	ADRCIMM	1:02.22 L	14.04.2019	Oeiras (POR)	1:00.35
26	Martim Primavera Alfama	02	Abs	128833	GESL	1:02.45 L	15.06.2019	Rio Maior (POR)	1:00.57
27	Joao Miguel Martins	02	Abs	127267	CFB	1:02.52 L	17.03.2019	Vila Franca de Xira (POR)	1:00.64
28	Diogo Alexandre Casteleiro	01	Abs	126581	SCP	1:02.55 L	10.02.2019	Lisboa (POR)	1:00.67
29	Bernardo Antunes Augusto	00	Abs	122518	AONDA	1:00.70 S	24.11.2018	Alges (POR)	1:00.70
30	Miguel Rohula Reis	01	Abs	202644	SCP	1:02.77 L	17.03.2019	Vila Franca de Xira (POR)	1:00.88
31	Joao Nogueira Mendes	02	Abs	128745	CIRL	1:01.08 S	14.04.2019	Coruche (POR)	1:01.08
32	Rodrigo Costa Teixeira	99	Abs	108410	CIRL	1:01.49 S	14.04.2019	Coruche (POR)	1:01.49
33	Carlos Marques Freire	01	Abs	121509	CFB	1:03.42 L	17.03.2019	Vila Franca de Xira (POR)	1:01.51
34	Ricardo Nuno Estevens	99	Abs	121159	CIRL	1:01.60 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:01.60
35	Joao Mota Correia	97	Abs	102308	SLB	1:01.99			1:01.99
36	Guilherme Maria Matos	00	Abs	117944	EULX	1:01.99 S			1:01.99
37	Tiago Miguel Silvestre	00	Abs	122110	EULX	1:01.99 S			1:01.99
38	Antonio Maria Ferreira	00	Abs	128468	PDEM	1:01.99 S			1:01.99
39	Tiago Barros Ferreira	94	Abs	16003	SAD	1:01.99			1:01.99
40	Ricardo Basilio Marreiros	97	Abs	107317	INDANL	1:01.99			1:01.99
41	Afonso Amaro Santos	02	Abs	131510	GESL	1:02.39 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.39
42	Ricardo Martins Bras	01	Abs	121508	CFB	1:03.50 S			1:03.50
43	Renato Barros Frischknecht	01	Abs	122051	SAD	1:03.50			1:03.50
	Francisco Carvalho Machado	98	Abs	111855	SAD	1:01.99 S			1:01.99 WDR

Prova 25**Femin., 200m Bruços****Absolutos**

14.07.2019

Lista inscritos

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 Regional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Nacional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019

TAC - Fem Juv B 50m: 3:18.71; Juv A 50m: 3:13.25; Jun 1 50m: 3:07.88; Jun 2 50m: 3:06.07; Sen 50m: 3:05.17

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Leonor Esteves Santos	04	Juv	130630	EULX	2:44.70 L	24.05.2019	Coimbra (POR)	2:39.75
2	Margarida Domingues Nunes	05	Juv	201398	EULX	2:45.76 L	08.06.2019	Badajoz (ESP)	2:40.78
3	Marta Pereira Domingos	04	Juv	132529	SFUAP	2:49.55 L	28.07.2018	Oeiras (POR)	2:44.46
4	Maria Correia Ricardo	05	Juv	129496	CNS	2:52.10 S	25.04.2019	Sines (POR)	2:52.10
5	Maria Carolina Vargas	05	Juv	132561	SLB	2:59.06 L	16.06.2019	Vila Franca de Xira (POR)	2:53.68
6	Carolina Fonseca Gomes	05	Juv	202528	CDOM	3:06.39 L	16.06.2019	Vila Franca de Xira (POR)	3:00.79
7	Luana Santos Freitas	04	Juv	130470	CNA	3:06.94 L	17.03.2019	Vila Franca de Xira (POR)	3:01.33
8	Alice Castico Moreira	04	Juv	123963	CNMJ	3:04.17 S	20.01.2019	Alapraia (POR)	3:04.17
9	Ana Belo Braga	05	Juv	132505	AONDA	3:11.58 L	17.03.2019	Vila Franca de Xira (POR)	3:05.83
10	Emily Monteiro Cunha	04	Juv	210670	SFUAP	3:07.46 S			3:07.46
11	Beatriz Barroso Silva	05	Juv	133302	CDOM	3:14.21 L	09.02.2019	Lisboa (POR)	3:08.38
12	Matilde Aleixo Duarte	05	Juv	202526	CNS	3:12.76 S			3:12.76

Absolutos

1	Luisa Maria Machado	01	Abs	121850	SFUAP	2:32.52 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:32.52
2	Francisca Salvador Mesquita	02	Abs	123935	ADRCIMM	2:35.55 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:35.55
3	Beatriz Antunes Carvalho	99	Abs	117036	SCP	2:41.49 S	25.11.2018	Alges (POR)	2:41.49
4	Mariana Graca Vasconcelos	99	Abs	107648	AHBE	2:51.55 L	07.07.2018	Setubal (POR)	2:46.40
5	Rafaela Sofia Silva	03	Abs	127686	SLB	2:50.24 S	29.06.2019	Alges (POR)	2:50.24
6	Tatiana Alexandre Cardoso	01	Abs	127355	CNA	2:51.02 S	01.12.2018	Abrantes (POR)	2:51.02
7	Andreia Wongsangnoi Alves	03	Abs	130956	ADRCIMM	2:57.66 L	17.03.2019	Vila Franca de Xira (POR)	2:52.33
8	Mariana Van Ossenbruggen	98	Abs	105545	CIRL	2:53.48 S	29.06.2019	Alges (POR)	2:53.48
9	Rita Fernandes Leitao	96	Abs	25571	CNLX	2:59.62			2:59.62
10	Maria Carolina Rosa	94	Abs	14248	SCP	2:59.62			2:59.62

Prova 26
14.07.2019
Masc., 200m Bruços
Absolutos
Lista inscritos

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 Regional Abs	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Nacional Abs	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012

TAC - Masc Juv B 50m: 2:57.14; Juv A 50m: 2:53.92; Jun 1 50m: 2:47.55; Jun 2 50m: 2:45.17; Sen 50m: 2:41.97

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

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

1	Ricardo Samuel Pereira	03	Juv	131801	SLB	2:18.26 S	28.04.2019	Felgueiras (POR)	2:18.26
2	Antonio Lombardi Carvalho	04	Juv	129886	CFB	2:32.50 S	16.12.2018	Tomar (POR)	2:32.50
3	Guilherme Matias Cristino	03	Juv	132528	SFUAP	2:38.22 L	07.04.2019	Coimbra (POR)	2:33.47
4	Joao Luis Matos	03	Juv	130239	CNCVG	2:34.89 S	29.06.2019	Alges (POR)	2:34.89
5	Duarte Cadima Goncalves	04	Juv	153295	CNMJ	2:44.05 L	17.03.2019	Vila Franca de Xira (POR)	2:39.12
6	Joao Maria Colaco	03	Juv	131515	SCP	2:40.96 S	19.01.2019	Alapraia (POR)	2:40.96
7	Tiago Miguel Trombinhas	04	Juv	201495	ADRCIMM	2:47.27 L	14.04.2019	Oeiras (POR)	2:42.25
8	Jaeden Michael Nunes	04	Juv	202508	CFB	2:47.45 L	07.04.2019	Coimbra (POR)	2:42.42
9	Goncalo Feliciano Santos	03	Juv	202529	SCP	2:42.91 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:42.91
10	Miguel Filipe Anjo	04	Juv	201394	CDCP	2:49.17 L	08.06.2019	Badajoz (ESP)	2:44.09
11	Diogo Miguel Duraes	03	Juv	123448	CNMJ	2:45.05 S	12.01.2019	Torres Novas (POR)	2:45.05
12	Hugo Tomas Silva	04	Juv	200491	AONDA	2:45.21 S	25.04.2019	Sines (POR)	2:45.21
13	Afonso Goncalves de Jorge	04	Juv	201702	GESL	2:46.06 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:46.06
14	Rodrigo Neves Fernandes	04	Juv	150758	GESL	2:51.43 L	16.06.2019	Vila Franca de Xira (POR)	2:46.28
15	Nicolae Iachimovschi	03	Juv	130036	CFB	2:53.87 L	17.03.2019	Vila Franca de Xira (POR)	2:48.65
16	Tiago Represas Loureiro	03	Juv	208178	FS	2:48.71 S			2:48.71
17	Joao Pedro Faustino	04	Juv	203986	CDCP	2:51.83 S			2:51.83
18	Miguel Alexandre Araujo	04	Juv	131174	SFUAP	2:51.83 S			2:51.83

Absolutos

1	Francisco Robalo Quintas	95	Abs	26501	CFB	2:08.87 S	28.04.2019	Felgueiras (POR)	2:08.87
2	Pedro Andre Santos	94	Abs	15732	SAD	2:16.43 S	12.01.2019	Granada (ESP)	2:16.43
3	Joao Manuel Vargas	00	Abs	123510	INDANL	2:21.45 S	22.12.2018	Felgueiras (POR)	2:21.45
4	Bruno Miguel Martins	93	Abs	26891	GESL	2:25.42 S	22.12.2018	Felgueiras (POR)	2:25.42
5	Joao Costa Fonseca	00	Abs	125134	CNLX	2:32.36 L	28.07.2018	Oeiras (POR)	2:27.78
6	Tiago Rafael Martins	97	Abs	111267	EULX	2:34.36 L	24.05.2019	Coimbra (POR)	2:29.72
7	Diogo Garcez Mateus	02	Abs	129622	AONDA	2:30.03 S	25.04.2019	Sines (POR)	2:30.03
8	Filipe Ferrao Melo	01	Abs	200171	CNS	2:31.07 S	01.06.2019	Campo Maior (POR)	2:31.07
9	Henrique Chan Machado	02	Abs	126835	SAD	2:32.15 S	29.06.2019	Alges (POR)	2:32.15
10	Bernardo Garcia Perloiro	00	Abs	120635	SCP	2:37.22 L	17.03.2019	Vila Franca de Xira (POR)	2:32.50
11	Diogo Santos Cardoso	01	Abs	122969	ADRCIMM	2:40.21			2:40.21
12	Diogo Miguel Esteves	02	Abs	129054	CNS	2:42.53 S			2:42.53
13	Pedro Almeida Marques	02	Abs	127176	CNS	2:42.53 S			2:42.53

Prova 27
14.07.2019
Femin., 50m Livres
Absolutos
Lista inscritos

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 Regional Juv A	27.33	Harrieth Larcher Smith	CFB	Pacos de Ferreira	2003
Rec Regional Juv B	27.16	Harrieth Larcher Smith	CFB	Tomar	2003
Rec Regional Abs	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009

TAC - Fem Juv B 50m: 31.62; Juv A 50m: 31.62; Jun 1 50m: 31.62; Jun 2 50m: 31.30; Sen 50m: 31.15

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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Absolutos

1	Beatriz Mendes Viegas	00	Abs	110689	SCP	26.54 L	14.04.2019	Oeiras (POR)	26.00
2	Maria Gomes Pereira	04	Abs	129510	SAD	26.78 L	05.04.2019	Coimbra (POR)	26.24
3	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	27.59 L	02.06.2019	Porto (POR)	27.03
4	Maria Carolina Rosa	94	Abs	14248	SCP	27.93 L	05.04.2019	Coimbra (POR)	27.37
5	Sofia Alexandra Rolao	98	Abs	108413	SLB	27.46 S	21.12.2018	Felgueiras (POR)	27.46
6	Ana Raquel Graveto	02	Abs	129628	SLB	27.87 S	03.11.2018	Vila Real St. Antonio (POR)	27.87
7	Leonor Maria Neves	03	Abs	131015	GESL	28.07 S	29.06.2019	Alges (POR)	28.07
8	Mafalda Sofia Dias	01	Abs	121401	PDEM	28.73 L	17.03.2019	Vila Franca de Xira (POR)	28.15
9	Catarina Rodrigues Belchior	01	Abs	122528	AONDA	28.77 L	26.07.2018	Oeiras (POR)	28.19
10	Ana Margarida Soares	03	Abs	129488	CNS	28.90 L	17.03.2019	Vila Franca de Xira (POR)	28.32
11	Constanca Dias Baptista	01	Abs	126394	CFB	29.14 L	17.03.2019	Vila Franca de Xira (POR)	28.55
12	Margarida Mota Silva	03	Abs	122224	PDEM	28.59 S	10.11.2018	Cova da Piedade (POR)	28.59
13	Claudia Ferreira Borges	99	Abs	116591	SLB	28.60 S	24.11.2018	Alges (POR)	28.60
14	Beatriz Elisabete Pereira	97	Abs	132344	CDCP	28.65 S	24.11.2018	Alges (POR)	28.65
15	Marta Joao Pires	05	Abs	147235	SAD	29.15 S	19.05.2019	Alges (POR)	29.15
16	Caetana Neves Carneiro	03	Abs	129163	CNLX	29.17 S	01.12.2018	Abrantes (POR)	29.17
17	Catarina Trigo Ferreira	02	Abs	124523	CNLX	29.86 L	15.06.2019	Rio Maior (POR)	29.26
18	Marta Viola Marques	03	Abs	200870	CNCVG	29.91 L	09.02.2019	Lisboa (POR)	29.31
19	Clara Gomes Pereira	02	Abs	124393	SAD	29.32 S	24.11.2018	Alges (POR)	29.32
20	Madalena Rodrigues Tome	03	Abs	126829	AHBE	29.95 L	17.03.2019	Vila Franca de Xira (POR)	29.35
21	Claudia Beatriz Martins	03	Abs	128830	GESL	30.15 L	17.03.2019	Vila Franca de Xira (POR)	29.54
22	Ana Fernandes Costa	00	Abs	121407	CNMJ	30.15 S	24.11.2018	Alges (POR)	30.15
23	Catarina Guimaraes Moreira	03	Abs	131755	SAD	30.31 S	29.06.2019	Alges (POR)	30.31
24	Patricia Bacelar Bacelar	02	Abs	122035	DRCN	30.68			30.68
25	Rafaela Rodrigues Moura	03	Abs	127272	AONDA	30.99 S			30.99
26	Joana Matilde Inácio	05	Abs	201035	DRCN	30.99 S			30.99
27	Carolina Alexandra Silva	05	Abs	133296	DRCN	30.99 S			30.99
28	Raquel Correia	04	Abs	205119	DRCN	30.99 S			30.99

Prova 28
14.07.2019
Masc., 50m Livres
Absolutos
Lista inscritos

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 Regional Juv A	24.16	David Miguel Ferro	SFUAP		2000
Rec Regional Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Regional Abs	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Nacional Abs	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018

TAC - Masc Juv B 50m: 27.97; Juv A 50m: 27.97; Jun 1 50m: 27.97; Jun 2 50m: 27.57; Sen 50m: 27.03

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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Absolutos

1	Artiom Viatcheslavovitch Poliakov	93	Abs	11114	COL	23.24 L	05.04.2019	Coimbra (POR)	22.77
2	Fernando Souza Silva	86	Abs	207684	SFUAP	22.92 S	24.11.2018	Alges (POR)	22.92
3	Miguel Henriques Marques	00	Abs	120530	SLB	23.54 L	05.04.2019	Coimbra (POR)	23.06
4	Daniel Rochinha Pedro	98	Abs	111389	AHBE	23.97 L	10.02.2019	Lisboa (POR)	23.49
5	Joao Esteves Padrela	99	Abs	119137	CFB	23.50 S	22.12.2018	Felgueiras (POR)	23.50
6	Diogo Ramos Lebre	01	Abs	122294	SLB	24.28 L	05.04.2019	Coimbra (POR)	23.79
7	Hugo Pon	98	Abs	110164	SAD	23.94 S	24.11.2018	Alges (POR)	23.94
8	Gonçalo Carvalho Ferrao	01	Abs	127233	CDCP	24.67 L	05.04.2019	Coimbra (POR)	24.17

Prova 28, Masc., 50m Livres

9	Leonardo Pedro Rochinha	98	Abs	111381	AHBE	24.19	S	29.06.2019	Alges (POR)	24.19
10	Bernardo Geada Brito	02	Abs	130621	SFUAP	24.42	S	21.12.2018	Felgueiras (POR)	24.42
11	Ricardo Saraiva Pires	98	Abs	107651	CIRL	24.45	S	29.06.2019	Alges (POR)	24.45
12	Frederico Sousa Soares	96	Abs	104260	AHBE	24.55	S	29.06.2019	Alges (POR)	24.55
13	Diogo Carrasco Correia	95	Abs	26151	CFB	25.01	S	24.11.2018	Alges (POR)	25.01
14	Bernardo Antunes Augusto	00	Abs	122518	AONDA	25.63	L	15.06.2019	Rio Maior (POR)	25.11
15	Miguel Duarte Cruz	99	Abs	125797	CFB	25.20	S	22.12.2018	Felgueiras (POR)	25.20
16	Joao Nogueira Mendes	02	Abs	128745	CIRL	25.73	L	17.03.2019	Vila Franca de Xira (POR)	25.21
17	Ricardo Nuno Estevens	99	Abs	121159	CIRL	25.22	S	09.12.2018	S Antonio dos Cavaleiros (POR)	25.22
18	Carlos Afonso Almeida	98	Abs	119275	SAD	25.27	S	24.11.2018	Alges (POR)	25.27
19	Vicente Morgado Ventoso	00	Abs	126466	EULX	25.37	S	24.11.2018	Alges (POR)	25.37
20	Carlos Filipe Lopes	01	Abs	127265	SFUAP	25.91	L	24.05.2019	Coimbra (POR)	25.39
21	Tiago Maria Camoes	01	Abs	121851	SFUAP	25.66	S	20.06.2019	Sto Ant. Cavaleiros (POR)	25.66
22	Pedro Machado Vieira	02	Abs	204156	SAD	26.26	L	17.03.2019	Vila Franca de Xira (POR)	25.73
23	Diogo Puidival Marques	00	Abs	122045	AONDA	25.75	S	24.11.2018	Alges (POR)	25.75
24	Pedro Dordio Carreiro	97	Abs	120560	GESL	25.76	S	24.11.2018	Alges (POR)	25.76
25	Guilherme Maria Matos	00	Abs	117944	EULX	25.89	S	24.11.2018	Alges (POR)	25.89
26	Miguel Rohula Reis	01	Abs	202644	SCP	25.94	S	18.05.2019	Espinho (POR)	25.94
27	Rodrigo Ponte Jorge	01	Abs	127873	SFUAP	26.02	S	24.11.2018	Alges (POR)	26.02
28	Eduardo Garcia Guia	98	Abs	126881	PDEM	26.56	L	07.07.2018	Setubal (POR)	26.02
29	Filipe Nunes Magalhaes	98	Abs	110455	CNLX	26.06	S	24.11.2018	Alges (POR)	26.06
30	Tiago Miguel Silvestre	00	Abs	122110	EULX	26.10	S	24.11.2018	Alges (POR)	26.10
31	Henrique Rodrigues Cruz	02	Abs	128145	ADRCIMM	26.75	L	14.04.2019	Oeiras (POR)	26.21
32	Tomas Penha Monteiro	02	Abs	132566	SAD	26.27	S	10.11.2018	Cova da Piedade (POR)	26.27
33	Hugo Nunes Magalhaes	02	Abs	127748	SAD	27.01	L	15.06.2019	Rio Maior (POR)	26.47
34	Pedro Ferraz Esteves	99	Abs	118772	CNLX	27.02	L	17.03.2019	Vila Franca de Xira (POR)	26.48
35	Miguel Monteiro Dinis	01	Abs	124394	SAD	27.03	L	10.02.2019	Lisboa (POR)	26.48
36	Joao Diogo Fernandes	98	Abs	121542	CFB	26.49	S			26.49
37	Richard Jesus Fernandes	95	Abs	205225	CIRL	26.49	S			26.49
38	Diogo Filipe Reis	99	Abs	132405	CIRL	26.49	S			26.49
39	Ricardo Basilio Marreiros	97	Abs	107317	INDANL	26.49	S			26.49
40	Joao Garcez Mateus	02	Abs	129623	AONDA	27.04	L	17.03.2019	Vila Franca de Xira (POR)	26.49
41	Guilherme Ventura Carvalho	01	Abs	121613	GESL	26.71	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	26.71
42	Henrique Miguel Costa	02	Abs	210705	SAD	26.87	S	29.06.2019	Alges (POR)	26.87
43	Joao Pedro Penelas	04	Abs	150754	GESL	27.12	S	29.06.2019	Alges (POR)	27.12
44	Jose Luis Buzio	02	Abs	208312	CNS	27.37	S	29.06.2019	Alges (POR)	27.37
45	Diogo Miguel Monteiro	04	Abs	147200	DRCN	27.40	S	21.07.2018	S. Joao da Madeira (POR)	27.40
46	Simao Castro Barreto	02	Abs	132474	EULX	27.40	S	07.07.2018	Setubal (POR)	27.40
47	Tiago Represas Loureiro	03	Abs	208178	FS	27.40	S	19.05.2019	Alges (POR)	27.40
48	Francisco Amaro Santos	04	Abs	201404	GESL	27.40	S	15.06.2019	Rio Maior (POR)	27.40
49	Joao Negreiros Guerreiro	04	Abs	209459	CIRL	27.40	S	29.06.2019	Alges (POR)	27.40

Prova 29

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Femin., 100m Costas
Absolutos

Lista inscritos

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 Regional Abs	59.61	Rafaela Gomes Azevedo	SAD	Alges	2019
Rec Nacional Abs	59.61	Rafaela Gomes Azevedo	SAD	Alges	2019

TAC - Fem Juv B 50m: 1:21.07; Juv A 50m: 1:18.82; Jun 1 50m: 1:16.61; Jun 2 50m: 1:15.86; Sen 50m: 1:15.49

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis										
1	Soraia Maria Salgado	05	Juv	132513	AEFDTV	1:07.49	S	14.12.2018	Tomar (POR)	1:07.49
2	Joana Maia Antunes	04	Juv	131699	SLB	1:08.83	S	14.12.2018	Tomar (POR)	1:08.83
3	Ana Sofia Inacio	04	Juv	202686	SCP	1:10.93	S	14.12.2018	Tomar (POR)	1:10.93
4	Marta Macedo Inacio	04	Juv	132536	SCP	1:11.06	S	18.05.2019	Alges (POR)	1:11.06
5	Mafalda Santos Costa	05	Juv	132453	ADRCIMM	1:13.88	L	09.02.2019	Lisboa (POR)	1:12.40
6	Rafaela Diogo Martins	05	Juv	132214	CNS	1:12.78	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:12.78
7	Barbara Cunha Ventura	05	Juv	132458	SLB	1:13.00	S	14.12.2018	Tomar (POR)	1:13.00
8	Daniela Alexandra Pedro	04	Juv	130864	SCP	1:13.32	S	18.05.2019	Alges (POR)	1:13.32
9	Rita Ferreira Gomes	05	Juv	132565	SAD	1:13.90	S	14.12.2018	Tomar (POR)	1:13.90
10	Maria Correia Ricardo	05	Juv	129496	CNS	1:14.26	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:14.26
11	Sara Carreira Melo	05	Juv	153366	GESL	1:14.31	S	18.05.2019	Alges (POR)	1:14.31

Prova 29, Femin., 100m Costas

12	Aleksandra Bozanic Borcic	04	Juv	133318	SAD	1:14.38 S	15.12.2018	Tomar (POR)	1:14.38
13	Francisca Ot�o Tribuna	05	Juv	132463	SLB	1:14.60 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:14.60
14	Neuza Velho Magalhaes	05	Juv	131096	SLB	1:16.32 L	11.05.2019	Vila Franca de Xira (POR)	1:14.79
15	Simone Filipe Monteiro	05	Juv	203878	GESL	1:16.35 L	17.03.2019	Vila Franca de Xira (POR)	1:14.82
16	Ana Belo Braga	05	Juv	132505	AONDA	1:15.55 S	14.12.2018	Tomar (POR)	1:15.55
17	Maria Freire Alves	04	Juv	132522	AHBE	1:17.75 L	17.03.2019	Vila Franca de Xira (POR)	1:16.19
18	Sara Nunes Conceic�o	05	Juv	201393	SFUAP	1:16.43 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:16.43
19	Renata Campos Reis	04	Juv	200422	GESL	1:18.16 L	17.03.2019	Vila Franca de Xira (POR)	1:16.59
20	Mariana Marques Santos	05	Juv	150757	GESL	1:18.12 S	18.05.2019	Alges (POR)	1:18.12
21	Beatriz Isabel Tavares	05	Juv	200181	CNS	1:18.50 S	14.04.2019	Coruche (POR)	1:18.50
22	Mariana Reis Ferreira	05	Juv	200724	AONDA	1:18.68 S	24.11.2018	Alges (POR)	1:18.68
23	Catarina Martins Ferreira	05	Juv	132506	AONDA	1:19.43 S			1:19.43

Absolutos

1	Catarina Martins Mestre	00	Abs	120724	CNLX	1:02.68 S	23.12.2018	Felgueiras (POR)	1:02.68
2	Beatriz Elisabete Pereira	97	Abs	132344	CDCP	1:05.27 S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:05.27
3	Ana Raquel Ferreira	98	Abs	102755	CNLX	1:06.42 S	23.12.2018	Felgueiras (POR)	1:06.42
4	Andreia Wongsangnoi Alves	03	Abs	130956	ADRCIMM	1:08.06 S	23.12.2018	Felgueiras (POR)	1:08.06
5	Maria Ornelas Armas	98	Abs	106961	EULX	1:08.32 S	14.04.2019	Coruche (POR)	1:08.32
6	Mafalda Sofia Dias	01	Abs	121401	PDEM	1:08.33 S	01.12.2018	Abrantes (POR)	1:08.33
7	Luisa Maria Machado	01	Abs	121850	SFUAP	1:08.77 S	28.10.2018	Setubal (POR)	1:08.77
8	Carolina Saraiva Pires	96	Abs	100272	CIRL	1:09.96 S	14.04.2019	Coruche (POR)	1:09.96
9	Ana Margarida Soares	03	Abs	129488	CNS	1:10.08 S	14.04.2019	Coruche (POR)	1:10.08
10	Bruna Martins Riesenberger	97	Abs	105541	CIRL	1:10.17 S	24.11.2018	Alges (POR)	1:10.17
11	Celeste Santos Ricardo	01	Abs	121325	SFUAP	1:10.65 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:10.65
12	Rafaela Sofia Silva	03	Abs	127686	SLB	1:11.79 S	02.02.2019	Ponte de Sor (POR)	1:11.79
13	Maria Ines Ribeiro	03	Abs	127252	INDANL	1:13.21 S	24.11.2018	Alges (POR)	1:13.21

**Prova 30
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Masc., 100m Costas
**Absolutos
Lista inscritos**

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	Alg�s	2017
Rec Regional Abs	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Nacional Abs	51.48	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 1:13.11; Juv A 50m: 1:11.78; Jun 1 50m: 1:09.15; Jun 2 50m: 1:08.16; Sen 50m: 1:06.84

Convers o tempo inscriç o: Convers o linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Tomas Nogueira Gomes	03	Juv	126626	SFUAP	57.50 S	08.12.2018	S Antonio dos Cavaleiros (POR)	57.50
2	Antonio Santos Pereira	03	Juv	201690	AHBE	1:00.38 S	25.04.2019	Sines (POR)	1:00.38
3	Andre Azevedo Baraona	04	Juv	123965	CNMJ	1:01.19 S	18.05.2019	Alges (POR)	1:01.19
4	Tiago Miguel Dias	03	Juv	207929	CNLX	1:02.55 L	05.04.2019	Coimbra (POR)	1:01.29
5	Pedro Pires Gomes	03	Juv	129534	CFB	1:02.53 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.53
6	Miguel Costa Simoes	04	Juv	132350	CDCP	1:02.85 S	25.04.2019	Sines (POR)	1:02.85
7	Bernardo Araujo Freire	03	Juv	129532	SAD	1:03.00 S	16.12.2018	Tomar (POR)	1:03.00
8	Gonçalo Nuno Raposo	03	Juv	126880	AONDA	1:05.64 L	10.02.2019	Lisboa (POR)	1:04.32
9	Jose Miguel Oliveira	03	Juv	129493	CNS	1:04.45 S	14.12.2018	Tomar (POR)	1:04.45
10	Tiago Fanha Lopes	04	Juv	129520	CNMJ	1:04.48 S	14.04.2019	Coruche (POR)	1:04.48
11	Dinis Viola Caroco	03	Juv	131696	SCP	1:04.76 S	18.05.2019	Alges (POR)	1:04.76
12	Guilherme Machado Santos	04	Juv	200202	SFUAP	1:04.76 S	18.05.2019	Alges (POR)	1:04.76
13	Joao Maria Colaco	03	Juv	131515	SCP	1:04.96 S	18.05.2019	Alges (POR)	1:04.96
14	Joao Pedro Penelas	04	Juv	150754	GESL	1:05.27 S	18.05.2019	Alges (POR)	1:05.27
15	Afonso Cipriano Pinto	04	Juv	153352	SCP	1:05.56 S	18.05.2019	Alges (POR)	1:05.56
16	Duarte Brito Justino	04	Juv	130802	ADRCIMM	1:07.22 S	18.05.2019	Alges (POR)	1:07.22
17	Daniel Shumeika Zayika	03	Juv	128884	SLB	1:07.36 S	24.11.2018	Alges (POR)	1:07.36
18	Tomas Santos Luis	04	Juv	153367	SCP	1:08.88 L	17.03.2019	Vila Franca de Xira (POR)	1:07.50
19	Jaeden Michael Nunes	04	Juv	202508	CFB	1:07.74 S	18.05.2019	Alges (POR)	1:07.74
20	Tom�s Pratas Neto	04	Juv	132652	PDEM	1:08.18 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:08.18
21	Vasco Salvador Fernando	03	Juv	129526	SAD	1:08.87 S	29.06.2019	Alges (POR)	1:08.87
22	Gonçalo Gomes Augusto	04	Juv	127270	AONDA	1:09.08 S	18.05.2019	Alges (POR)	1:09.08
23	Pedro Miguel Matos	03	Juv	130244	CNCVG	1:09.13 S	29.06.2019	Alges (POR)	1:09.13

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24	Goncalo Filipe Carrapito	04	Juv	129666	SFUAP	1:09.55	S	24.11.2018	Alges (POR)	1:09.55
25	Alexandre Duarte Moraes	04	Juv	132645	PDEM	1:10.33	S	18.05.2019	Alges (POR)	1:10.33
26	Luis Maia Pegado	03	Juv	131701	SCP	1:10.33	S			1:10.33
27	Goncalo Afonso Gouveia	04	Juv	153360	SCP	1:12.25	L	21.07.2018	S. Joao da Madeira (POR)	1:10.80
28	Daniel Elias Duarte	04	Juv	147198	CIRL	1:11.63	S			1:11.63
29	Rodrigo Rebelo Pereira	04	Juv	208309	CIRL	1:11.63	S			1:11.63
30	Joao Silva Angelino	04	Juv	132832	PDEM	1:11.63	S			1:11.63
31	Daniel Zorro Correia	04	Juv	131065	PDEM	1:11.63	S			1:11.63
32	Miguel Alexandre Araujo	04	Juv	131174	SFUAP	1:11.63	S			1:11.63

Absolutos

1	Rodrigo Antonio Rosa	96	Abs	105214	SLB	55.09	S	23.12.2018	Felgueiras (POR)	55.09
2	Diogo Santos Costa	02	Abs	126007	ADRCIMM	55.17	S	29.06.2019	Alges (POR)	55.17
3	David Matias Cristino	01	Abs	127872	SFUAP	57.58	S	21.12.2018	Felgueiras (POR)	57.58
4	Pedro Andre Santos	94	Abs	15732	SAD	57.94	S	24.11.2018	Alges (POR)	57.94
5	Filipe Ferreira Luz	98	Abs	112320	GESL	1:00.02	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:00.02
6	Tiago Barros Ferreira	94	Abs	16003	SAD	1:00.05	S	29.06.2019	Alges (POR)	1:00.05
7	Ricardo Pinela Ferreira	01	Abs	122050	SLB	1:00.17	S	02.02.2019	Ponte de Sor (POR)	1:00.17
8	Rodrigo Melo Pinto	01	Abs	128733	CNCVG	1:00.25	S	23.12.2018	Felgueiras (POR)	1:00.25
9	Edgar Filipe Santos	01	Abs	127750	SFUAP	1:00.90	S	23.12.2018	Felgueiras (POR)	1:00.90
10	Carlos Marques Freire	01	Abs	121509	CFB	1:01.08	S	21.12.2018	Felgueiras (POR)	1:01.08
11	Renato Barros Frischknecht	01	Abs	122051	SAD	1:01.59	S	24.11.2018	Alges (POR)	1:01.59
12	Guilherme Ventura Carvalho	01	Abs	121613	GESL	1:02.35	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.35
13	Goncalo Moraes Gordo	02	Abs	126006	ADRCIMM	1:03.66	S	24.11.2018	Alges (POR)	1:03.66
14	Francisco Martins Pedro	01	Abs	125349	GESL	1:04.15	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:04.15
15	Tiago Leite Barreiros	02	Abs	127804	SAD	1:05.16	S	24.11.2018	Alges (POR)	1:05.16
16	Joao Manuel Vargas	00	Abs	123510	INDANL	1:05.50				1:05.50
	Francisco Carvalho Machado	98	Abs	111855	SAD	1:00.44	S	24.11.2018	Alges (POR)	1:00.44 WDR

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Femin., 400m Livres
**Absolutos
Lista inscritos**

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 Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 5:26.60; Juv A 50m: 5:17.54; Jun 1 50m: 5:08.66; Jun 2 50m: 5:05.66; Sen 50m: 5:04.15

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

1	Leonor Esteves Santos	04	Juv	130630	EULX	4:35.95	L	06.04.2019	Coimbra (POR)	4:30.43
2	Lidiana Correia Rodrigues	04	Juv	130399	CFB	4:36.13	S	16.12.2018	Tomar (POR)	4:36.13
3	Soraia Alexandra Delgado	05	Juv	153438	SCP	4:36.91	S	04.11.2018	Vila Real St. Antonio (POR)	4:36.91
4	Sofia Antunes Sebastiao	05	Juv	147121	CNA	4:46.78	L	06.04.2019	Coimbra (POR)	4:41.04
5	Catarina Nunes Costa	04	Juv	131376	GESL	4:48.02	S	16.12.2018	Tomar (POR)	4:48.02
6	Raquel Raposo Lopes	04	Juv	153469	CDCP	4:49.32	S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:49.32
7	Maria Martins Camacho	04	Juv	130618	SFUAP	4:51.15	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:51.15
8	Mariana Fragoso Guterres	04	Juv	200475	SLB	4:51.60	S	24.11.2018	Alges (POR)	4:51.60
9	Erica Cristina Reis	05	Juv	200201	SCP	4:58.25	L	20.07.2018	S. Joao da Madeira (POR)	4:52.28
10	Alice Jesus Morgado	04	Juv	131016	GESL	4:58.26	L	17.03.2019	Vila Franca de Xira (POR)	4:52.29
11	Beatriz Costa Melo	04	Juv	132555	SAD	4:59.75	L	17.03.2019	Vila Franca de Xira (POR)	4:53.75
12	Margarida Carvalho Barao	04	Juv	130241	CNCVG	4:59.88	L	17.03.2019	Vila Franca de Xira (POR)	4:53.88
13	Maria Jardim Fidalgo	04	Juv	131429	CNCVG	4:54.64	S	20.01.2019	Alapraia (POR)	4:54.64
14	Diana Valadas Horta	04	Juv	201782	CIRL	4:55.39	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:55.39
15	Joana Marinho Coelho	04	Juv	131514	SCP	4:55.54	S	16.12.2018	Tomar (POR)	4:55.54
16	Madalena Graca Geraldes	04	Juv	131511	SCP	4:56.55	S	16.12.2018	Tomar (POR)	4:56.55
17	Joana Rocha Ferreira	05	Juv	201560	SLB	5:02.97	L	17.03.2019	Vila Franca de Xira (POR)	4:56.91
18	Maria Del Rio Bernat	05	Juv	200403	SAD	5:03.08	L	17.03.2019	Vila Franca de Xira (POR)	4:57.01
19	Luciana Rodrigues Moura	05	Juv	129624	AONDA	4:59.23	S	16.12.2018	Tomar (POR)	4:59.23
20	Mariana Andreia Silva	05	Juv	141810	SCP	5:06.74	L	17.03.2019	Vila Franca de Xira (POR)	5:00.60
21	Matilde Carvalho Barao	04	Juv	130243	CNCVG	5:01.08	S	24.11.2018	Alges (POR)	5:01.08
22	Carolina Fonseca Gomes	05	Juv	202528	CDOM	5:02.04	S	24.11.2018	Alges (POR)	5:02.04

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23	Madalena Carrapico Alexandrino	05	Juv	132560	SAD	5:02.51 S	16.12.2018	Tomar (POR)	5:02.51
24	Carolina Anjos Frischknecht	04	Juv	129489	CNS	5:11.18 S			5:11.18
25	Carolina Alexandra Silva	05	Juv	133296	DRCN	5:26.15 L	16.06.2019	Vila Franca de Xira (POR)	5:19.62

Absolutos

1	Ines Jacinto Henriques	00	Abs	120220	SCP	4:20.21 L	06.04.2019	Coimbra (POR)	4:15.00
2	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	4:26.78 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:26.78
3	Sofia Alexandra Rolao	98	Abs	108413	SLB	4:26.90 S	29.06.2019	Alges (POR)	4:26.90
4	Bruna Martins Riesenberger	97	Abs	105541	CIRL	4:30.72 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:30.72
5	Ines Figueira Santos	00	Abs	111277	SFUAP	4:33.12 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:33.12
6	Ana Raquel Graveto	02	Abs	129628	SLB	4:33.34 S	24.11.2018	Alges (POR)	4:33.34
7	Sara Moura Cruz	03	Abs	127488	SAD	4:33.81 S	24.11.2018	Alges (POR)	4:33.81
8	Margarida Sobral Pimenta	99	Abs	118764	CFB	4:34.07 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:34.07
9	Natacha Sofia Silva	02	Abs	125594	SLB	4:42.06 L	07.07.2018	Setubal (POR)	4:36.41
10	Luana Correia Rodrigues	01	Abs	121504	CFB	4:44.99 L	17.03.2019	Vila Franca de Xira (POR)	4:39.29
11	Maria Ornelas Armas	98	Abs	106961	EULX	4:45.16 L	08.06.2019	Badajoz (ESP)	4:39.45
12	Catarina Guimaraes Moreira	03	Abs	131755	SAD	5:02.36 L	17.03.2019	Vila Franca de Xira (POR)	4:56.31
13	Francisca Razina Oliveira	03	Abs	130620	ANAM	4:59.25 S	24.11.2018	Alges (POR)	4:59.25
14	Catarina Trigo Ferreira	02	Abs	124523	CNLX	4:59.54			4:59.54
15	Leonor Ramos Zacarias	03	Abs	127070	CNS	4:59.89 S	24.11.2018	Alges (POR)	4:59.89
16	Catarina Ines Correia	03	Abs	129491	CNS	5:00.34 S	27.10.2018	Ponte da Barca (POR)	5:00.34
17	Matilde Pereira Carrao	03	Abs	204157	CIRL	5:02.13 S	01.07.2018	S. Antonio Cavaleiros (POR)	5:02.13

Prova 32

14.07.2019

Masc., 400m Livres
Absolutos
Lista inscritos

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 Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

TAC - Masc Juv B 50m: 4:57.33; Juv A 50m: 4:51.92; Jun 1 50m: 4:41.23; Jun 2 50m: 4:37.22; Sen 50m: 4:31.86

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
1	Bernardo Victorino Almeida	04	Juv	153357	SCP	4:03.15 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:03.15
2	Bernardo Jorge Simoes	04	Juv	130250	CNCVG	4:04.39 S	29.06.2019	Alges (POR)	4:04.39
3	Tomas Nogueira Gomes	03	Juv	126626	SFUAP	4:18.08 S	24.11.2018	Alges (POR)	4:18.08
4	Pedro Esteves Duarte	03	Juv	132531	CDCP	4:20.08 S	15.12.2018	Tomar (POR)	4:20.08
5	Ricardo Martins Ferreira	03	Juv	127307	AONDA	4:22.56 S	25.04.2019	Sines (POR)	4:22.56
6	Guilherme Matias Cristino	03	Juv	132528	SFUAP	4:22.91 S	15.12.2018	Tomar (POR)	4:22.91
7	Joao Lourenco Rebelo	04	Juv	132558	SAD	4:24.93 S	04.11.2018	Vila Real St. Antonio (POR)	4:24.93
8	Henrique Pinheiro Valente	03	Juv	130237	CNCVG	4:26.78 S	15.12.2018	Tomar (POR)	4:26.78
9	Francisco Ribeiro Vieira	04	Juv	130443	AEFDTV	4:31.09 S	19.01.2019	Alapraia (POR)	4:31.09
10	Joao Matos Fidalgo	03	Juv	128885	SLB	4:31.62 S	24.11.2018	Alges (POR)	4:31.62
11	Daniel Alexandre Ascenso	03	Juv	131377	GESL	4:37.23 L	17.03.2019	Vila Franca de Xira (POR)	4:31.68
12	Alexandre Coelho Vieira	03	Juv	131516	SCP	4:38.26 L	17.03.2019	Vila Franca de Xira (POR)	4:32.69
13	Rafael Caceres Lopes	04	Juv	201395	SFUAP	4:39.28 L	17.03.2019	Vila Franca de Xira (POR)	4:33.69
14	Luis Carlos Correia	03	Juv	207349	INDANL	4:33.81 S	24.11.2018	Alges (POR)	4:33.81
15	Diogo Miguel Duraes	03	Juv	123448	CNMJ	4:34.38 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:34.38
16	Pedro Forjaz Cirurgiao	04	Juv	132564	SAD	4:42.34 L	17.03.2019	Vila Franca de Xira (POR)	4:36.69
17	Francisco Sousa Uva	04	Juv	201477	SAD	4:42.61 L	17.03.2019	Vila Franca de Xira (POR)	4:36.95
18	Afonso Romao Francisco	04	Juv	204573	CDCP	4:37.17 S	19.01.2019	Alapraia (POR)	4:37.17
19	Tiago Barroso Proenca	04	Juv	129698	EULX	4:43.18 L	16.06.2019	Vila Franca de Xira (POR)	4:37.51
20	Miguel Filipe Anjo	04	Juv	201394	CDCP	4:38.55 S	19.01.2019	Alapraia (POR)	4:38.55
21	Yann Chetelat Fock	04	Juv	129699	EULX	4:45.61 L	17.03.2019	Vila Franca de Xira (POR)	4:39.89
22	Duarte Cadima Goncalves	04	Juv	153295	CNMJ	4:40.18 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:40.18
23	Victor Bethlem Tigre	04	Juv	208094	SCP	4:48.50 L	17.03.2019	Vila Franca de Xira (POR)	4:42.73
24	Tiago Morgado Nogueira	04	Juv	202389	ADRCIMM	4:48.61 L	20.07.2018	S. Joao da Madeira (POR)	4:42.83
25	Duarte Brito Justino	04	Juv	130802	ADRCIMM	4:45.86 S	24.11.2018	Alges (POR)	4:45.86
26	Rodrigo Reis Dias	03	Juv	129003	CFB	4:46.00 S			4:46.00
27	Luis Cabral Junior	03	Juv	129805	CFB	4:46.09 S			4:46.09
	Joao Luis Matos	03	Juv	130239	CNCVG	4:29.62 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:29.62 RJC

Prova 32, Masc., 400m Livres
Absolutos

1	Tiago Cunha Costa	99	Abs	120725	SCP	3:46.94	S	22.12.2018	Felgueiras (POR)	3:46.94	
2	David Matias Cristino	01	Abs	127872	SFUAP	3:57.45	S	22.12.2018	Felgueiras (POR)	3:57.45	
3	Afonso Ribeiro Bate	98	Abs	117180	SAD	3:58.37	S	22.12.2018	Felgueiras (POR)	3:58.37	
4	Daniel Rochinha Pedro	98	Abs	111389	AHBE	4:02.05	S	25.04.2019	Sines (POR)	4:02.05	
5	Rafael Alcantara Aires	01	Abs	125130	SLB	4:02.52	S	27.04.2019	Felgueiras (POR)	4:02.52	
6	Miguel Ribeiro Bate	99	Abs	117183	SAD	4:07.52	L	28.07.2018	Oeiras (POR)	4:02.57	
7	Rafael Rodrigues Jacinto	02	Abs	129002	CFB	4:13.19	L	13.04.2019	Oeiras (POR)	4:08.12	
8	Joao Mota Correia	97	Abs	102308	SLB	4:09.11	S	24.11.2018	Alges (POR)	4:09.11	
9	Joao Esteves Padrela	99	Abs	119137	CFB	4:10.27	S	24.11.2018	Alges (POR)	4:10.27	
10	Afonso Mateus Ribeiro	95	Abs	100430	CFB	4:13.28	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:13.28	
11	Francisco Alves Souza	02	Abs	128881	GESL	4:13.51	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:13.51	
12	Tiago Rafael Martins	97	Abs	111267	EULX	4:20.85	S	24.11.2018	Alges (POR)	4:20.85	
13	Martim Primavera Alfama	02	Abs	128833	GESL	4:26.18	L	17.03.2019	Vila Franca de Xira (POR)	4:20.85	
14	Alexandre Miguel Branco	01	Abs	126584	SAD	4:31.67	S			4:31.67	
15	Hugo Nunes Magalhaes	02	Abs	127748	SAD	4:35.62	S			4:35.62	
	Joao Nogueira Mendes	02	Abs	128745	CIRL	4:19.16	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:19.16	RJC

Prova 33

14.07.2019

Femin., 4 x 50m Estilos
Absolutos

Lista inscritos

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
Rec Nacional Abs	1:53.38	Futebol Clube do Porto	FCP	Porto	2012

TAC - Fem Juv B 50m: 2:35.74; Juv A 50m: 2:31.20; Juv 50m: 2:31.20; Jun 50m: 2:28.24; Sen 50m: 2:21.70

Ord.	Esc.	Clube	Tempo Insc.
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Absolutos

1	Benfica Abs	Abs	Sport Lisboa e Benfica	2:03.74
2	Natação de Lisboa Abs	Abs	Clube Nataçao de Lisboa	2:05.49
3	Gesloures Abs	Abs	Gesloures - Gestão Equipamentos E.M.	2:08.35
4	A Onda Juv	Abs	A Onda Azeitão	2:08.97
5	Laranjeiro Abs	Abs	Clube de Instrucao e Recreio do Laranjeiro	2:10.12
6	Gesloures Juv	Abs	Gesloures - Gestão Equipamentos E.M.	2:25.31

Prova 34

14.07.2019

Masc., 4 x 50m Estilos
Absolutos

Lista inscritos

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
Rec Nacional Abs	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	2018

TAC - Masc Juv B 50m: 2:23.14; Juv A 50m: 2:18.98; Juv 50m: 2:18.98; Jun 50m: 2:16.25; Sen 50m: 2:05.35

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

1	Benfica Abs	Abs		SLB	1:48.99			1:48.99
2	União Piedense Abs	Abs		SFUAP	1:50.56			1:50.56
3	Gesloures Abs	Abs		GESL	1:50.97			1:50.97
4	A Onda Abs	Abs		AONDA	1:51.95			1:51.95
5	Natação de Lisboa Abs	Abs		CNLX	1:55.00			1:55.00
6	Estoris Abs	Abs		AHBE	1:56.43			1:56.43
7	A Onda Juv	Abs		AONDA	2:02.20			2:02.20
8	Montijo Juv	Abs		CNMJ	2:05.35			2:05.35
9	Palmela Juv	Abs		PDEM	2:10.95			2:10.95

4 - 2ª Jornada - 2ª Sessão
14.07.2019 - 16:00
Prova 35 **Absolutos**
14.07.2019 **Lista inscritos**
Femin., 1500m Livres

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 Regional Juv A	17:49.40	Barbara Marques Rodrigues	SAD	Algés	2012
Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018

TAC - Fem Juv B 50m: 20:27.41; Juv A 50m: 20:27.41; Jun 1 50m: 20:27.41; Jun 2 50m: 20:15.48; Sen 50m: 20:09.53

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

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

1	Mariana Amaral Mendes	02	Abs	123959	ADRCIMM	16:48.10 S	21.12.2018	Felgueiras (POR)	16:48.10
2	Ines Jacinto Henriques	00	Abs	120220	SCP	17:05.85 S	24.11.2018	Alges (POR)	17:05.85
3	Ema Jeronimo Conceicao	03	Abs	129812	AEFDTV	18:27.83 L	17.03.2019	Vila Franca de Xira (POR)	18:05.67
4	Maria Ines Ribeiro	03	Abs	127252	INDANL	19:20.18 L	17.03.2019	Vila Franca de Xira (POR)	18:56.97
5	Mafalda Santos Costa	05	Abs	132453	ADRCIMM	20:02.86			20:02.86
6	Raquel Raposo Lopes	04	Abs	153469	CDCP	20:02.86			20:02.86
7	Leonor Esteves Santos	04	Abs	130630	EULX	20:02.86			20:02.86

Prova 36 **Absolutos**
14.07.2019 **Lista inscritos**
Masc., 800m Livres

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 Regional Juv A	8:26.72	Pedro Fontoura Oliveira	CFB	Loures	2005
Rec Regional Juv B	8:35.60	Pedro Fontoura Oliveira	CFB	Loures	2004
Rec Regional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017

TAC - Masc Juv B 50m: 9:54.32; Juv A 50m: 9:54.32; Jun 1 50m: 9:54.32; Jun 2 50m: 9:45.83; Sen 50m: 9:34.51

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

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

1	Tiago Cunha Costa	99	Abs	120725	SCP	8:19.61 S	23.11.2018	Alges (POR)	8:19.61
2	Rafael Rodrigues Jacinto	02	Abs	129002	CFB	8:59.65 L	04.04.2019	Coimbra (POR)	8:48.85
3	Pedro Esteves Duarte	03	Abs	132531	CDCP	9:16.15 L	04.04.2019	Coimbra (POR)	9:05.02
4	Tiago Miguel Trombinhas	04	Abs	201495	ADRCIMM	9:25.97 L	04.04.2019	Coimbra (POR)	9:14.65

Prova 37
14.07.2019
Femin., 200m Mariposa
Absolutos
Lista inscritos

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 Regional Abs	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	2:05.74	Ana Catarina Monteiro	CFV	Hangzhou (CHN)	2018

TAC - Fem Juv B 50m: 2:53.75; Juv A 50m: 2:48.97; Jun 1 50m: 2:44.27; Jun 2 50m: 2:42.69; Sen 50m: 2:41.91

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Maria Gomes Pereira	04	Juv	129510	SAD	2:26.38 S	24.11.2018	Alges (POR)	2:26.38
2	Vera Figueiredo Narra	04	Juv	131121	CNA	2:37.88 L	17.03.2019	Vila Franca de Xira (POR)	2:33.14
3	Carmo Dias Vieira	05	Juv	201319	EULX	2:39.42 L	10.02.2019	Lisboa (POR)	2:34.63
4	Mariana Fragoso Guterres	04	Juv	200475	SLB	2:40.85 L	16.06.2019	Vila Franca de Xira (POR)	2:36.02
5	Carolina Fale Costa	04	Juv	129801	ADRCIMM	2:36.79 S	20.01.2019	Alapraia (POR)	2:36.79
6	Ana Sofia Inacio	04	Juv	202686	SCP	2:43.58 L	16.06.2019	Vila Franca de Xira (POR)	2:38.67
7	Nicole Patriarca Franca	05	Juv	153435	SCP	2:40.32 S	15.12.2018	Tomar (POR)	2:40.32
8	Andreia Velho Magalhaes	04	Juv	131092	SLB	2:45.35 L	17.03.2019	Vila Franca de Xira (POR)	2:40.39
9	Luciana Rodrigues Moura	05	Juv	129624	AONDA	2:42.20 S	25.04.2019	Sines (POR)	2:42.20
10	Sofia Vilardell Rodrigues	04	Juv	132308	GESL	2:43.90			2:43.90
11	Neuza Velho Magalhaes	05	Juv	131096	SLB	2:48.53 S			2:48.53
12	Carolina Fonseca Gomes	05	Juv	202528	CDOM	2:48.53			2:48.53
13	Marta Joao Pires	05	Juv	147235	SAD	2:48.53			2:48.53

Absolutos

1	Francisca Salvador Mesquita	02	Abs	123935	ADRCIMM	2:23.00 L	04.04.2019	Coimbra (POR)	2:18.71
2	Daniela Mascarenhas Henriques	03	Abs	128827	GESL	2:30.06 L	04.04.2019	Coimbra (POR)	2:28.46
3	Natacha Sofia Silva	02	Abs	125594	SLB	2:31.07 S	23.12.2018	Felgueiras (POR)	2:31.07
4	Margarida Cunha Barros	02	Abs	127076	SFUAP	2:32.58 S	23.12.2018	Felgueiras (POR)	2:32.58
5	Tatiana Alexandre Cardoso	01	Abs	127355	CNA	2:37.05			2:37.05
6	Madalena Rodrigues Tome	03	Abs	126829	AHBE	2:39.34 S			2:39.34
7	Joana Isabel Pulquerio	03	Abs	126427	SFUAP	2:39.34 S			2:39.34

Prova 38
14.07.2019
Masc., 200m Mariposa
Absolutos
Lista inscritos

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 Regional Abs	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

TAC - Masc Juv B 50m: 2:40.65; Juv A 50m: 2:36.40; Jun 1 50m: 2:30.75; Jun 2 50m: 2:27.23; Sen 50m: 2:23.71

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis									
1	Henrique Pinheiro Valente	03	Juv	130237	CNCVG	2:18.66 L	04.04.2019	Coimbra (POR)	2:14.50
2	Andre Azevedo Baraona	04	Juv	123965	CNMJ	2:20.79 L	04.04.2019	Coimbra (POR)	2:16.56
3	Rodrigo Beja Lopes	03	Juv	132651	AONDA	2:25.14 L	17.03.2019	Vila Franca de Xira (POR)	2:20.78
4	Alexandre Coelho Vieira	03	Juv	131516	SCP	2:26.01 L	16.06.2019	Vila Franca de Xira (POR)	2:21.63
5	Bernardo Victorino Almeida	04	Juv	153357	SCP	2:26.96 L	07.07.2018	Setubal (POR)	2:22.55
6	Rafael Caceres Lopes	04	Juv	201395	SFUAP	2:29.68 L	17.03.2019	Vila Franca de Xira (POR)	2:25.19
7	Antonio Lombardi Carvalho	04	Juv	129886	CFB	2:33.54 L	17.03.2019	Vila Franca de Xira (POR)	2:28.93
8	Hugo Tomas Silva	04	Juv	200491	AONDA	2:29.24 S	25.04.2019	Sines (POR)	2:29.24
9	Guilherme Lousada Carneiro	04	Juv	132518	AHBE	2:34.54 L	17.03.2019	Vila Franca de Xira (POR)	2:29.90
10	Tiago Morgado Nogueira	04	Juv	202389	ADRCIMM	2:34.54 L	17.03.2019	Vila Franca de Xira (POR)	2:29.90
11	Tiago Barroso Proenca	04	Juv	129698	EULX	2:35.04 L	16.06.2019	Vila Franca de Xira (POR)	2:30.38
12	Nicolae Iachimovschi	03	Juv	130036	CFB	2:31.70			2:31.70

Prova 38, Masc., 200m Mariposa

13	Pedro Forjaz Cirurgiao	04	Juv	132564	SAD	2:40.17	L	16.06.2019	Vila Franca de Xira (POR)	2:35.36
14	Felipe Menegassi Maia	04	Juv	207683	SAD	2:35.84				2:35.84

Absolutos

1	Tiago Roberto Cordeiro	00	Abs	205275	SLB	2:01.39	L	13.04.2019	Oeiras (POR)	1:57.74
2	David Matias Cristino	01	Abs	127872	SFUAP	2:07.13	L	04.04.2019	Coimbra (POR)	2:03.31
3	Diogo Santos Cardoso	01	Abs	122969	ADRCIMM	2:08.93	L	13.04.2019	Oeiras (POR)	2:05.06
4	Goncalo Morais Gordo	02	Abs	126006	ADRCIMM	2:12.11	L	04.04.2019	Coimbra (POR)	2:08.14
5	Rafael Filipe Nunes	96	Abs	108344	SLB	2:12.40	L	29.07.2018	Oeiras (POR)	2:08.42
6	Afonso Ribeiro Bate	98	Abs	117180	SAD	2:09.71	S	24.11.2018	Alges (POR)	2:09.71
7	Daniel Nogueira Catalao	00	Abs	127705	SLB	2:10.57	S	24.11.2018	Alges (POR)	2:10.57
8	Diogo Alexandre Casteleiro	01	Abs	126581	SCP	2:15.08	L	17.03.2019	Vila Franca de Xira (POR)	2:11.02
9	Pedro Barata Neves	00	Abs	118137	CIRL	2:15.60	L	15.06.2019	Rio Maior (POR)	2:11.53
10	Carlos Filipe Lopes	01	Abs	127265	SFUAP	2:12.86	S	16.06.2019	Coimbra (POR)	2:12.86
11	Jose Maria Pereira	01	Abs	126579	SCP	2:14.80	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:14.80
12	Joao Garcez Mateus	02	Abs	129623	AONDA	2:20.07	L	29.07.2018	Oeiras (POR)	2:15.86
13	Tiago Correia Neves	97	Abs	125796	CFB	2:16.14	S	16.02.2019	Guarda (POR)	2:16.14
14	Diogo Puidival Marques	00	Abs	122045	AONDA	2:20.99	L	08.07.2018	Setubal (POR)	2:16.76
15	Joao Mota Correia	97	Abs	102308	SLB	2:19.39				2:19.39
16	Rodrigo Costa Teixeira	99	Abs	108410	CIRL	2:19.39	S			2:19.39
17	Pedro Mendes Ferreira	01	Abs	129621	CFB	2:24.88	L	15.06.2019	Rio Maior (POR)	2:20.53
18	Rafael Alcantara Aires	01	Abs	125130	SLB	2:22.80				2:22.80
19	Ricardo Martins Bras	01	Abs	121508	CFB	2:22.80				2:22.80
20	Diogo Santos Costa	02	Abs	126007	ADRCIMM	2:26.22				2:26.22

Prova 39

14.07.2019

Femin., 100m Livres

Absolutos

Lista inscritos

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 Regional Abs	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	55.12	Ana Pinho Rodrigues	ADS	Felgueiras	2018

TAC - Fem Juv B 50m: 1:11.50; Juv A 50m: 1:09.51; Jun 1 50m: 1:07.57; Jun 2 50m: 1:06.92; Sen 50m: 1:06.58

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

1	Erica Cristina Reis	05	Juv	200201	SCP	1:01.02	S	19.05.2019	Alges (POR)	1:01.02
2	Maria Jardim Fidalgo	04	Juv	131429	CNCVG	1:02.08	S	14.04.2019	Coruche (POR)	1:02.08
3	Sofia Antunes Sebastiao	05	Juv	147121	CNA	1:02.74	S	14.04.2019	Coruche (POR)	1:02.74
4	Margarida Filipe Ferreira	04	Juv	132347	CDCP	1:02.82	S	15.12.2018	Tomar (POR)	1:02.82
5	Isadora Maia Andre	05	Juv	132800	SLB	1:03.01	S	15.12.2018	Tomar (POR)	1:03.01
6	Joana Rocha Ferreira	05	Juv	201560	SLB	1:04.64	L	12.05.2019	Vila Franca de Xira (POR)	1:03.34
7	Lidiana Correia Rodrigues	04	Juv	130399	CFB	1:03.46	S	23.11.2018	Alges (POR)	1:03.46
8	Joana Maia Antunes	04	Juv	131699	SLB	1:03.57	S	25.11.2018	Alges (POR)	1:03.57
9	Soraia Maria Salgado	05	Juv	132513	AEFDTV	1:03.75	S	01.12.2018	Abrantes (POR)	1:03.75
10	Carolina Fonseca Gomes	05	Juv	202528	CDOM	1:05.08	L	12.05.2019	Vila Franca de Xira (POR)	1:03.77
11	Mafalda Santos Costa	05	Juv	132453	ADRCIMM	1:05.10	L	04.04.2019	Coimbra (POR)	1:03.79
12	Margarida Carvalho Barao	04	Juv	130241	CNCVG	1:04.13	S	29.06.2019	Alges (POR)	1:04.13
13	Carolina Porem Henriques	04	Juv	129802	SCP	1:04.44	S	19.05.2019	Alges (POR)	1:04.44
14	Madalena Graca Geraldes	04	Juv	131511	SCP	1:04.52	S	19.05.2019	Alges (POR)	1:04.52
15	Andreia Velho Magalhaes	04	Juv	131092	SLB	1:05.87	L	10.02.2019	Lisboa (POR)	1:04.55
16	Sara Nunes Conceicao	05	Juv	201393	SFUAP	1:04.72	S	19.05.2019	Alges (POR)	1:04.72
17	Joana Fernandes Gama	05	Juv	153361	SCP	1:04.73	S	19.05.2019	Alges (POR)	1:04.73
18	Diana Valadas Horta	04	Juv	201782	CIRL	1:06.20	L	15.06.2019	Rio Maior (POR)	1:04.87
19	Aleksandra Bozanic Borcic	04	Juv	133318	SAD	1:04.95	S	19.05.2019	Alges (POR)	1:04.95
20	Francisca Otao Tribuna	05	Juv	132463	SLB	1:06.32	L	12.05.2019	Vila Franca de Xira (POR)	1:04.99
21	Matilde Carvalho Barao	04	Juv	130243	CNCVG	1:05.07	S	29.06.2019	Alges (POR)	1:05.07
22	Maria Martins Camacho	04	Juv	130618	SFUAP	1:05.35	S	23.11.2018	Alges (POR)	1:05.35
23	Catarina Alexandra Marques	04	Juv	130232	CNCVG	1:06.79	L	12.05.2019	Vila Franca de Xira (POR)	1:05.45
24	Simone Filipe Monteiro	05	Juv	203878	GESL	1:05.52	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:05.52
25	Neuza Velho Magalhaes	05	Juv	131096	SLB	1:07.17	L	12.05.2019	Vila Franca de Xira (POR)	1:05.82

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26	Beatriz Costa Melo	04	Juv	132555	SAD	1:07.18	L	12.05.2019	Vila Franca de Xira (POR)	1:05.83
27	Mariana Reis Ferreira	05	Juv	200724	AONDA	1:07.63	L	10.02.2019	Lisboa (POR)	1:06.27
28	Lara Moreira Lopo	05	Juv	130424	EULX	1:08.09	L	08.06.2019	Badajoz (ESP)	1:06.72
29	Maria Antonia Ferraz	05	Juv	128378	AHBE	1:06.75	S	02.02.2019	Ponte de Sor (POR)	1:06.75
30	Mariana Andreia Silva	05	Juv	141810	SCP	1:08.15	L	12.05.2019	Vila Franca de Xira (POR)	1:06.78
31	Madalena Carrapico Alexandrino	05	Juv	132560	SAD	1:07.39	S	29.06.2019	Alges (POR)	1:07.39
32	Madalena Sampaio Torgal	05	Juv	132521	AHBE	1:09.07	L	12.05.2019	Vila Franca de Xira (POR)	1:07.68
33	Raquel Raposo Lopes	04	Juv	153469	CDCP	1:07.69	S	03.03.2019	Pombal (POR)	1:07.69
34	Maria Leonor Marques	04	Juv	132523	CDOM	1:08.13	S			1:08.13
35	Emily Monteiro Cunha	04	Juv	210670	SFUAP	1:08.13	S			1:08.13
36	Beatriz Isabel Tavares	05	Juv	200181	CNS	1:09.61	L	21.07.2018	S. Joao da Madeira (POR)	1:08.21
37	Mariana Maiato Paulino	05	Juv	133001	CNCVG	1:09.88	L	12.05.2019	Vila Franca de Xira (POR)	1:08.48
38	Maria Jacob Marta	05	Juv	202334	AHBE	1:09.89	L	17.03.2019	Vila Franca de Xira (POR)	1:08.49
39	Barbara Cunha Ventura	05	Juv	132458	SLB	1:08.69	S	23.11.2018	Alges (POR)	1:08.69
40	Rafaela Diogo Martins	05	Juv	132214	CNS	1:09.60	S	14.04.2019	Coruche (POR)	1:09.60
41	Carolina Alexandra Silva	05	Juv	133296	DRCN	1:09.60	S	19.05.2019	Alges (POR)	1:09.60
42	Joana Matilde Inácio	05	Juv	201035	DRCN	1:09.94	S	19.05.2019	Alges (POR)	1:09.94
43	Catarina Martins Ferreira	05	Juv	132506	AONDA	1:10.08	S			1:10.08
44	Beatriz Barroso Silva	05	Juv	133302	CDOM	1:10.08	S			1:10.08
45	Catarina Silva Tavares	05	Juv	201696	DRCN	1:10.08	S			1:10.08
46	Inês Azinheira Serra	05	Juv	153113	PDEM	1:10.08	S			1:10.08

Absolutos

1	Beatriz Mendes Viegas	00	Abs	110689	SCP	56.38	S	21.12.2018	Felgueiras (POR)	56.38
2	Sofia Alexandra Rolao	98	Abs	108413	SLB	58.74	S	20.06.2019	Sto Ant. Cavaleiros (POR)	58.74
3	Ana Raquel Graveto	02	Abs	129628	SLB	59.78	S	21.12.2018	Felgueiras (POR)	59.78
4	Constanca Dias Baptista	01	Abs	126394	CFB	1:02.12	L	17.03.2019	Vila Franca de Xira (POR)	1:00.87
5	Ana Margarida Soares	03	Abs	129488	CNS	1:02.59	L	29.07.2018	Oeiras (POR)	1:01.33
6	Bruna Martins Riesenberger	97	Abs	105541	CIRL	1:02.68	L	17.03.2019	Vila Franca de Xira (POR)	1:01.42
7	Sara Moura Cruz	03	Abs	127488	SAD	1:02.81	L	15.06.2019	Rio Maior (POR)	1:01.55
8	Joana Filipa Varandas	02	Abs	124305	CIRL	1:02.93	L	27.07.2018	Oeiras (POR)	1:01.67
9	Ines Figueira Santos	00	Abs	111277	SFUAP	1:02.93	L	08.07.2018	Setubal (POR)	1:01.67
10	Carolina Saraiva Pires	96	Abs	100272	CIRL	1:01.79	S	14.04.2019	Coruche (POR)	1:01.79
11	Beatriz Elisabete Pereira	97	Abs	132344	CDCP	1:01.97	S	23.11.2018	Alges (POR)	1:01.97
12	Margarida Messias Ribeiro	98	Abs	110544	GESL	1:02.02	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.02
13	Francisca Salvador Mesquita	02	Abs	123935	ADRCIMM	1:03.45	L	09.02.2019	Lisboa (POR)	1:02.18
14	Catarina Rodrigues Belchior	01	Abs	122528	AONDA	1:03.59	L	10.02.2019	Lisboa (POR)	1:02.31
15	Mafalda Sofia Dias	01	Abs	121401	PDEM	1:03.59	L	17.03.2019	Vila Franca de Xira (POR)	1:02.31
16	Catarina Trigo Ferreira	02	Abs	124523	CNLX	1:03.74	L	15.06.2019	Rio Maior (POR)	1:02.46
17	Mariana Amaral Mendes	02	Abs	123959	ADRCIMM	1:03.85	L	19.01.2019	Antwerpen (BEL)	1:02.57
18	Claudia Beatriz Martins	03	Abs	128830	GESL	1:04.06	L	17.03.2019	Vila Franca de Xira (POR)	1:02.77
19	Claudia Ferreira Borges	99	Abs	116591	SLB	1:03.06	S	23.11.2018	Alges (POR)	1:03.06
20	Marta Viola Marques	03	Abs	200870	CNCVG	1:04.57	L	15.06.2019	Rio Maior (POR)	1:03.27
21	Rafaela Sofia Silva	03	Abs	127686	SLB	1:04.76	L	10.02.2019	Lisboa (POR)	1:03.46
22	Catarina Guimaraes Moreira	03	Abs	131755	SAD	1:03.75	S	29.06.2019	Alges (POR)	1:03.75
23	Caetana Neves Carneiro	03	Abs	129163	CNLX	1:03.97	S	01.12.2018	Abrantes (POR)	1:03.97
24	Francisca Razina Oliveira	03	Abs	130620	ANAM	1:04.42	S	23.11.2018	Alges (POR)	1:04.42
25	Celeste Santos Ricardo	01	Abs	121325	SFUAP	1:05.85	L	08.07.2018	Setubal (POR)	1:04.53
26	Cristiana Silva Ulpiano	95	Abs	100250	CIRL	1:06.15	L	17.03.2019	Vila Franca de Xira (POR)	1:04.82
27	Matilde Pereira Carrao	03	Abs	204157	CIRL	1:04.94	S	25.04.2019	Sines (POR)	1:04.94
28	Ana Fernandes Costa	00	Abs	121407	CNMJ	1:05.26	S			1:05.26
29	Rafaela Rodrigues Moura	03	Abs	127272	AONDA	1:06.23	S			1:06.23
	Margarida Mota Silva	03	Abs	122224	PDEM	1:02.84	L	29.07.2018	Oeiras (POR)	1:01.58 WDR

Prova 40
14.07.2019
Masc., 100m Livres
Absolutos
Lista inscritos

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 Regional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 1:04.12; Juv A 50m: 1:02.95; Jun 1 50m: 1:00.65; Jun 2 50m: 59.78; Sen 50m: 58.62

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

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

1	Tomas Nogueira Gomes	03	Juv	126626	SFUAP	54.57 L	04.04.2019	Coimbra (POR)	53.47
2	Antonio Santos Pereira	03	Juv	201690	AHBE	55.93 L	04.04.2019	Coimbra (POR)	54.81
3	Joao Lourenco Rebelo	04	Juv	132558	SAD	55.45 S	19.05.2019	Alges (POR)	55.45
4	Rodrigo Reis Dias	03	Juv	129003	CFB	55.87 S	19.05.2019	Alges (POR)	55.87
5	Ricardo Novikov	03	Juv	129524	SAD	56.17 S	15.12.2018	Tomar (POR)	56.17
6	Joao Miguel Cascalheira	03	Juv	201621	CNS	56.51 S	19.05.2019	Alges (POR)	56.51
7	Daniel Shumeika Zayika	03	Juv	128884	SLB	56.90 S	20.06.2019	Sto Ant. Cavaleiros (POR)	56.90
8	Afonso Esteves Tome	03	Juv	128467	ADRCIMM	56.94 S	29.06.2019	Alges (POR)	56.94
9	Rafael Caceres Lopes	04	Juv	201395	SFUAP	58.20 L	12.05.2019	Vila Franca de Xira (POR)	57.03
10	Afonso Figueiredo Frasquilho	04	Juv	153353	SCP	57.33 S	16.12.2018	Tomar (POR)	57.33
11	Joao Afonso Santos	04	Juv	153371	SCP	57.43 S	15.12.2018	Tomar (POR)	57.43
12	Miguel Costa Simoes	04	Juv	132350	CDCP	57.56 S	19.05.2019	Alges (POR)	57.56
13	Ricardo Martins Ferreira	03	Juv	127307	AONDA	58.81 L	09.02.2019	Lisboa (POR)	57.63
14	Alexandre Duarte Morais	04	Juv	132645	PDEM	57.71 S	19.05.2019	Alges (POR)	57.71
15	Tomas Sa Vieira	04	Juv	131504	SAD	57.83 S	19.05.2019	Alges (POR)	57.83
16	Pedro Pires Gomes	03	Juv	129534	CFB	57.84 S	19.05.2019	Alges (POR)	57.84
17	Pedro Esteves Duarte	03	Juv	132531	CDCP	59.10 L	11.05.2019	Vila Franca de Xira (POR)	57.91
18	Francisco Ribeiro Vieira	04	Juv	130443	AEFDTV	57.98 S	19.05.2019	Alges (POR)	57.98
19	Tomas Martins Mira	04	Juv	132215	CNS	58.00 S	19.05.2019	Alges (POR)	58.00
20	Luis Carlos Correia	03	Juv	207349	INDANL	58.37 S	19.05.2019	Alges (POR)	58.37
21	Miguel Madeira Silva	04	Juv	132664	AONDA	59.72 L	17.03.2019	Vila Franca de Xira (POR)	58.52
22	Henrique Pinheiro Valente	03	Juv	130237	CNCVG	59.77 L	15.06.2019	Rio Maior (POR)	58.57
23	Tiago Miguel Trombinhas	04	Juv	201495	ADRCIMM	58.59 S	19.05.2019	Alges (POR)	58.59
24	Afonso Romao Francisco	04	Juv	204573	CDCP	58.82 S	03.03.2019	Pombal (POR)	58.82
25	Bernardo Araujo Freire	03	Juv	129532	SAD	58.92 S	16.12.2018	Tomar (POR)	58.92
26	Vasco Salvador Fernando	03	Juv	129526	SAD	1:00.32 L	17.03.2019	Vila Franca de Xira (POR)	59.11
27	Joao Silva Angelino	04	Juv	132832	PDEM	59.40 S	16.12.2018	Tomar (POR)	59.40
28	Tiago Miguel Dias	03	Juv	207929	CNLX	59.75 S	23.11.2018	Alges (POR)	59.75
29	Tomas Santos Luis	04	Juv	153367	SCP	59.82 S	19.05.2019	Alges (POR)	59.82
30	Diogo Miguel Monteiro	04	Juv	147200	DRCN	1:01.17 L	17.03.2019	Vila Franca de Xira (POR)	59.94
31	Guilherme Carmo Manz	03	Juv	148571	CNCVG	1:00.03 S	29.06.2019	Alges (POR)	1:00.03
32	Victor Bethlem Tigre	04	Juv	208094	SCP	1:00.05 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:00.05
33	Francisco Sousa Uva	04	Juv	201477	SAD	1:01.46 L	17.03.2019	Vila Franca de Xira (POR)	1:00.23
34	Jose Miguel Oliveira	03	Juv	129493	CNS	1:01.57 L	17.03.2019	Vila Franca de Xira (POR)	1:00.33
35	Ruben Jose Salgueiro	04	Juv	133507	SCP	1:02.05 L	21.07.2018	S. Joao da Madeira (POR)	1:00.80
36	Afonso Goncalves de Jorge	04	Juv	201702	GESL	1:00.86 S	19.05.2019	Alges (POR)	1:00.86
37	Guilherme Pinto Restolho	04	Juv	200488	SCP	1:01.02 S	19.05.2019	Alges (POR)	1:01.02
38	Gonçalo Nuno Raposo	03	Juv	126880	AONDA	1:02.34 L	17.03.2019	Vila Franca de Xira (POR)	1:01.09
39	Tomas Rebelo Dias	04	Juv	148500	EULX	1:02.69 L	17.03.2019	Vila Franca de Xira (POR)	1:01.43
40	Duarte Brito Justino	04	Juv	130802	ADRCIMM	1:01.63 S	19.05.2019	Alges (POR)	1:01.63
41	Joao Pedro Faustino	04	Juv	203986	CDCP	1:01.64 S	19.05.2019	Alges (POR)	1:01.64
42	Tomas Graca Firme	03	Juv	129583	EULX	1:01.69			1:01.69
43	Tiago Barroso Proenca	04	Juv	129698	EULX	1:02.40 S	23.11.2018	Alges (POR)	1:02.40
44	Henrique Manuel Ribeiro	04	Juv	133303	CDOM	1:02.83 S			1:02.83
45	Joao Negreiros Guerreiro	04	Juv	209459	CIRL	1:02.83 S			1:02.83
46	Rodrigo Rebelo Pereira	04	Juv	208309	CIRL	1:02.83 S			1:02.83

Absolutos

1	Fernando Souza Silva	86	Abs	207684	SFUAP	50.00 S	09.12.2018	S Antonio dos Cavaleiros (POR)	50.00
2	Antiom Viatcheslavovitch Poliakov	93	Abs	11114	COL	51.68 L	04.04.2019	Coimbra (POR)	50.64
3	Daniel Rochinha Pedro	98	Abs	111389	AHBE	50.90 S	09.12.2018	S Antonio dos Cavaleiros (POR)	50.90
4	Pedro Andre Santos	94	Abs	15732	SAD	51.84 S	23.11.2018	Alges (POR)	51.84
5	Diogo Santos Costa	02	Abs	126007	ADRCIMM	52.93 L	13.04.2019	Oeiras (POR)	51.87
6	Gonçalo Carvalho Ferrao	01	Abs	127233	CDCP	53.37 L	04.04.2019	Coimbra (POR)	52.30
7	Leonardo Pedro Rochinha	98	Abs	111381	AHBE	52.36 S	01.07.2018	S. Antonio Cavaleiros (POR)	52.36

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8	Bernardo Geada Brito	02	Abs	130621	SFUAP	52.69	S	08.12.2018	S Antonio dos Cavaleiros (POR)	52.69
9	David Granja Lopes	90	Abs	22490	AONDA	52.95	S	25.11.2018	Alges (POR)	52.95
10	Miguel Henriques Marques	00	Abs	120530	SLB	52.97	S	02.02.2019	Ponte de Sor (POR)	52.97
11	Hugo Pon	98	Abs	110164	SAD	53.27	S	23.11.2018	Alges (POR)	53.27
12	Rafael Rodrigues Jacinto	02	Abs	129002	CFB	54.90	L	14.04.2019	Oeiras (POR)	53.80
13	Tiago Maria Camoos	01	Abs	121851	SFUAP	53.85	S	29.06.2019	Alges (POR)	53.85
14	Frederico Sousa Soares	96	Abs	104260	AHBE	54.55	S	29.06.2019	Alges (POR)	54.55
15	Bernardo Antunes Augusto	00	Abs	122518	AONDA	54.60	S	23.11.2018	Alges (POR)	54.60
16	Pedro Machado Vieira	02	Abs	204156	SAD	54.62	S	29.06.2019	Alges (POR)	54.62
17	Diogo Garcez Mateus	02	Abs	129622	AONDA	54.69	S	25.04.2019	Sines (POR)	54.69
18	Joao Nogueira Mendes	02	Abs	128745	CIRL	56.15	L	16.03.2019	Vila Franca de Xira (POR)	55.02
19	Francisco Alves Souza	02	Abs	128881	GESL	55.19	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	55.19
20	Martim Primavera Alfama	02	Abs	128833	GESL	56.89	L	15.06.2019	Rio Maior (POR)	55.75
21	Ricardo Pinela Ferreira	01	Abs	122050	SLB	55.79	S	20.06.2019	Sto Ant. Cavaleiros (POR)	55.79
22	Vicente Morgado Ventoso	00	Abs	126466	EULX	55.81	S	04.11.2018	Vila Real St. Antonio (POR)	55.81
23	Ricardo Nuno Estevens	99	Abs	121159	CIRL	55.93	S	14.04.2019	Coruche (POR)	55.93
24	Miguel Rohula Reis	01	Abs	202644	SCP	56.09	S	19.05.2019	Espinho (POR)	56.09
25	Miguel Monteiro Dinis	01	Abs	124394	SAD	56.12	S	29.06.2019	Alges (POR)	56.12
26	Carlos Filipe Lopes	01	Abs	127265	SFUAP	57.49	L	25.05.2019	Coimbra (POR)	56.34
27	Rodrigo Ponte Jorge	01	Abs	127873	SFUAP	57.57	L	08.07.2018	Setubal (POR)	56.41
28	Guilherme Maria Matos	00	Abs	117944	EULX	56.43	S	25.11.2018	Alges (POR)	56.43
29	Alexandre Miguel Branco	01	Abs	126584	SAD	56.45	S	23.11.2018	Alges (POR)	56.45
30	Renato Barros Frischknecht	01	Abs	122051	SAD	56.53	S	23.11.2018	Alges (POR)	56.53
31	Ricardo Silva Marujo	00	Abs	125348	GESL	56.54	S	20.06.2019	Sto Ant. Cavaleiros (POR)	56.54
32	Filipe Nunes Magalhaes	98	Abs	110455	CNLX	56.55	S	23.11.2018	Alges (POR)	56.55
33	Diogo Puidival Marques	00	Abs	122045	AONDA	56.56	S	23.11.2018	Alges (POR)	56.56
34	Henrique Rodrigues Cruz	02	Abs	128145	ADRCIMM	57.78	L	14.04.2019	Oeiras (POR)	56.62
35	Pedro Ferraz Esteves	99	Abs	118772	CNLX	57.45				57.45
36	Richard Jesus Fernandes	95	Abs	205225	CIRL	57.45	S			57.45
37	Diogo Filipe Reis	99	Abs	132405	CIRL	57.45	S			57.45
38	Antonio Maria Ferreira	00	Abs	128468	PDEM	57.45	S			57.45
39	Diogo Santos Cardoso	01	Abs	122969	ADRCIMM	57.57	S	23.11.2018	Alges (POR)	57.57
40	Afonso Amaro Santos	02	Abs	131510	GESL	59.68	L	15.06.2019	Rio Maior (POR)	58.48
41	Joao Garcez Mateus	02	Abs	129623	AONDA	59.97	L	17.03.2019	Vila Franca de Xira (POR)	58.77
42	Jose Luis Buzio	02	Abs	208312	CNS	59.44	S			59.44
43	Simao Castro Barreto	02	Abs	132474	EULX	59.44	S			59.44
	Francisco Carvalho Machado	98	Abs	111855	SAD	51.61	S	23.12.2018	Felgueiras (POR)	51.61 WDR
	Joao Mota Correia	97	Abs	102308	SLB	55.98	L	08.07.2018	Setubal (POR)	54.86 RJC

Prova 41
Femin., 200m Estilos
Absolutos

14.07.2019

Lista inscritos

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 Regional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 2:54.77; Juv A 50m: 2:49.91; Jun 1 50m: 2:45.16; Jun 2 50m: 2:43.55; Sen 50m: 2:42.75

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis										
1	Margarida Domingues Nunes	05	Juv	201398	EULX	2:32.97	L	17.03.2019	Vila Franca de Xira (POR)	2:29.91
2	Carolina Fale Costa	04	Juv	129801	ADRCIMM	2:31.27	S	18.05.2019	Alges (POR)	2:31.27
3	Ana Beatriz Simoes	05	Juv	153354	SCP	2:32.00	S	18.05.2019	Alges (POR)	2:32.00
4	Alice Jesus Morgado	04	Juv	131016	GESL	2:32.54	S	18.05.2019	Alges (POR)	2:32.54
5	Anais Cloe Pereira	04	Juv	147048	SCP	2:33.87	S	18.05.2019	Alges (POR)	2:33.87
6	Soraia Maria Salgado	05	Juv	132513	AEFDTV	2:37.96	L	12.05.2019	Vila Franca de Xira (POR)	2:34.80
7	Sara Carreira Melo	05	Juv	153366	GESL	2:35.66	S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:35.66
8	Leonor Alves Morganho	04	Juv	126315	SAD	2:35.75	S	18.05.2019	Alges (POR)	2:35.75
9	Maria Correia Ricardo	05	Juv	129496	CNS	2:38.96	L	16.06.2019	Vila Franca de Xira (POR)	2:35.78
10	Joana Rocha Ferreira	05	Juv	201560	SLB	2:36.68	S	29.06.2019	Alges (POR)	2:36.68
11	Joana Marinho Coelho	04	Juv	131514	SCP	2:37.11	S	15.12.2018	Tomar (POR)	2:37.11
12	Maria Teresa Fernandes	05	Juv	132557	SAD	2:38.55	S	18.05.2019	Alges (POR)	2:38.55
13	Margarida Carvalho Barao	04	Juv	130241	CNCVG	2:42.13	L	12.05.2019	Vila Franca de Xira (POR)	2:38.88
14	Marta Pereira Domingos	04	Juv	132529	SFUAP	2:42.60	L	17.03.2019	Vila Franca de Xira (POR)	2:39.34

Prova 41, Femin., 200m Estilos

15	Carmo Dias Vieira	05	Juv	201319	EULX	2:39.57	S	25.11.2018	Alges (POR)	2:39.57
16	Maria Freire Alves	04	Juv	132522	AHBE	2:42.93	L	17.03.2019	Vila Franca de Xira (POR)	2:39.67
17	Daniela Alexandra Pedro	04	Juv	130864	SCP	2:39.75	S	25.11.2018	Alges (POR)	2:39.75
18	Catarina Alexandra Marques	04	Juv	130232	CNCVG	2:40.51	S	18.05.2019	Alges (POR)	2:40.51
19	Luciana Rodrigues Moura	05	Juv	129624	AONDA	2:42.83	S	25.04.2019	Sines (POR)	2:42.83
20	Rafaela Diogo Martins	05	Juv	132214	CNS	2:45.02	S	25.11.2018	Alges (POR)	2:45.02
21	Mariana Reis Ferreira	05	Juv	200724	AONDA	2:45.67	S	18.05.2019	Alges (POR)	2:45.67
22	Rita Ferreira Gomes	05	Juv	132565	SAD	2:49.72	L	16.06.2019	Vila Franca de Xira (POR)	2:46.32
23	Mariana Marques Santos	05	Juv	150757	GESL	2:46.70	S	18.05.2019	Alges (POR)	2:46.70
24	Barbara Cunha Ventura	05	Juv	132458	SLB	2:48.42	S	18.05.2019	Alges (POR)	2:48.42
25	Catarina Martins Ferreira	05	Juv	132506	AONDA	2:48.63	S	18.05.2019	Alges (POR)	2:48.63
26	Maria Carolina Vargas	05	Juv	132561	SLB	2:52.21	L	16.06.2019	Vila Franca de Xira (POR)	2:48.76
27	Maria Del Rio Bernat	05	Juv	200403	SAD	2:49.55	S	19.01.2019	Alapraia (POR)	2:49.55
28	Lara Moreira Lopo	05	Juv	130424	EULX	2:51.27	S			2:51.27

Absolutos

1	Luisa Maria Machado	01	Abs	121850	SFUAP	2:16.47	S	29.06.2019	Alges (POR)	2:16.47
2	Clara Gomes Pereira	02	Abs	124393	SAD	2:26.29	S	25.11.2018	Alges (POR)	2:26.29
3	Ines Silva Bernardo	00	Abs	122689	SLB	2:29.56	L	13.04.2019	Oeiras (POR)	2:26.56
4	Claudia Ferreira Borges	99	Abs	116591	SLB	2:28.39	S	23.02.2019	Olhao (POR)	2:28.39
5	Sofia Alexandra Nunes	00	Abs	112322	CIRL	2:30.92	S	25.04.2019	Sines (POR)	2:30.92
6	Leonor Maria Neves	03	Abs	131015	GESL	2:31.58	S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:31.58
7	Ana Rita Matos	02	Abs	127501	CFB	2:34.00	S	25.11.2018	Alges (POR)	2:34.00
8	Andreia Wongsangnoi Alves	03	Abs	130956	ADRCIMM	2:35.31	S	29.06.2019	Alges (POR)	2:35.31
9	Rafaela Sofia Silva	03	Abs	127686	SLB	2:36.36	S	25.11.2018	Alges (POR)	2:36.36
10	Joana Filipa Varandas	02	Abs	124305	CIRL	2:38.67	S	25.11.2018	Alges (POR)	2:38.67
11	Margarida Sobral Pimenta	99	Abs	118764	CFB	2:39.50				2:39.50
12	Luana Correia Rodrigues	01	Abs	121504	CFB	2:39.50				2:39.50
13	Rita Fernandes Leitao	96	Abs	25571	CNLX	2:39.50				2:39.50
14	Ana Raquel Ferreira	98	Abs	102755	CNLX	2:39.50				2:39.50
	Natacha Sofia Silva	02	Abs	125594	SLB	2:31.61	L	29.07.2018	Oeiras (POR)	2:28.57 RJC

Prova 42

14.07.2019

Masc., 200m Estilos
Absolutos

Lista inscritos

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 Regional Abs	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Nacional Abs	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015

TAC - Masc Juv B 50m: 2:41.00; Juv A 50m: 2:38.07; Jun 1 50m: 2:32.28; Jun 2 50m: 2:30.10; Sen 50m: 2:27.20

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

1	Bernardo Jorge Simoes	04	Juv	130250	CNCVG	2:09.07	S	18.05.2019	Alges (POR)	2:09.07
2	Tomas Nogueira Gomes	03	Juv	126626	SFUAP	2:11.47	S	18.05.2019	Alges (POR)	2:11.47
3	Goncalo Henriques Wanzeller	03	Juv	129523	CFB	2:15.28	S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:15.28
4	Joao Luis Matos	03	Juv	130239	CNCVG	2:16.67	S	18.05.2019	Alges (POR)	2:16.67
5	Luis Cabral Junior	03	Juv	129805	CFB	2:16.79	S	20.01.2019	Alapraia (POR)	2:16.79
6	Joao Miguel Cascalheira	03	Juv	201621	CNS	2:21.57	L	11.05.2019	Vila Franca de Xira (POR)	2:18.73
7	Tomas Almeida Leitao	03	Juv	129525	SAD	2:18.96	S	29.06.2019	Alges (POR)	2:18.96
8	Ricardo Martins Ferreira	03	Juv	127307	AONDA	2:21.83	L	17.03.2019	Vila Franca de Xira (POR)	2:18.99
9	Pedro Henriques Correia	03	Juv	125257	SLB	2:22.54	L	09.02.2019	Lisboa (POR)	2:19.68
10	Joao Maria Colaco	03	Juv	131515	SCP	2:20.12	S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:20.12
11	Rodrigo Beja Lopes	03	Juv	132651	AONDA	2:21.50	S	18.05.2019	Alges (POR)	2:21.50
12	Guilherme Matias Cristino	03	Juv	132528	SFUAP	2:22.30	S	25.11.2018	Alges (POR)	2:22.30
13	Miguel Madeira Silva	04	Juv	132664	AONDA	2:22.33	S	25.04.2019	Sines (POR)	2:22.33
14	Tiago Fanha Lopes	04	Juv	129520	CNMJ	2:25.41	L	16.06.2019	Vila Franca de Xira (POR)	2:22.50
15	Afonso Cipriano Pinto	04	Juv	153352	SCP	2:22.51	S	18.05.2019	Alges (POR)	2:22.51
16	Joao Matos Fidalgo	03	Juv	128885	SLB	2:22.96	S	18.05.2019	Alges (POR)	2:22.96
17	Afonso Esteves Torme	03	Juv	128467	ADRCIMM	2:23.19	S	18.05.2019	Alges (POR)	2:23.19
18	David Manuel Vale	03	Juv	148339	GESL	2:23.24	S	18.05.2019	Alges (POR)	2:23.24
19	Joao Afonso Santos	04	Juv	153371	SCP	2:23.44	S	18.05.2019	Alges (POR)	2:23.44

Prova 42, Masc., 200m Estilos

20	Diogo Miguel Duraes	03	Juv	123448	CNMJ	2:23.61 S	18.05.2019	Alges (POR)	2:23.61
21	Guilherme Machado Santos	04	Juv	200202	SFUAP	2:23.78 S	29.06.2019	Alges (POR)	2:23.78
22	Daniel Alexandre Ascenso	03	Juv	131377	GESL	2:24.95 S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:24.95
23	Yann Chetelat Fock	04	Juv	129699	EULX	2:25.26 S	02.02.2019	Ponte de Sor (POR)	2:25.26
24	Duarte Cadima Goncalves	04	Juv	153295	CNMJ	2:25.59 S	18.05.2019	Alges (POR)	2:25.59
25	Joao Pedro Penelas	04	Juv	150754	GESL	2:26.42 S	18.05.2019	Alges (POR)	2:26.42
26	Dinis Viola Caroco	03	Juv	131696	SCP	2:26.59 S	18.05.2019	Alges (POR)	2:26.59
27	Goncalo Filipe Valente	03	Juv	131380	GESL	2:26.89 S	29.06.2019	Alges (POR)	2:26.89
28	Tomas Martins Mira	04	Juv	132215	CNS	2:27.43 S	18.05.2019	Alges (POR)	2:27.43
29	Goncalo Filipe Carrapito	04	Juv	129666	SFUAP	2:27.45 S	16.12.2018	Tomar (POR)	2:27.45
30	Hugo Tomas Silva	04	Juv	200491	AONDA	2:27.68 S	18.05.2019	Alges (POR)	2:27.68
31	Tomás Pratas Neto	04	Juv	132652	PDEM	2:27.95 S	18.05.2019	Alges (POR)	2:27.95
32	Alexandre Duarte Morais	04	Juv	132645	PDEM	2:27.96 S	18.05.2019	Alges (POR)	2:27.96
33	Francisco Amaro Santos	04	Juv	201404	GESL	2:28.54 S	18.05.2019	Alges (POR)	2:28.54
34	Rodrigo Neves Fernandes	04	Juv	150758	GESL	2:29.31 S	18.05.2019	Alges (POR)	2:29.31
35	Goncalo Feliciano Santos	03	Juv	202529	SCP	2:29.56 S	18.05.2019	Alges (POR)	2:29.56
36	Gonçalo Gomes Augusto	04	Juv	127270	AONDA	2:29.69 S	18.05.2019	Alges (POR)	2:29.69
37	Jaeden Michael Nunes	04	Juv	202508	CFB	2:29.71 S	18.05.2019	Alges (POR)	2:29.71
38	Pedro Miguel Matos	03	Juv	130244	CNCVG	2:33.63 L	08.07.2018	Setubal (POR)	2:30.55
39	Duarte Brito Justino	04	Juv	130802	ADRCIMM	2:30.72 S	18.05.2019	Alges (POR)	2:30.72
40	Luis Maia Pegado	03	Juv	131701	SCP	2:34.90			2:34.90
41	Goncalo Afonso Gouveia	04	Juv	153360	SCP	2:39.08 L	16.06.2019	Vila Franca de Xira (POR)	2:35.89
42	Daniel Elias Duarte	04	Juv	147198	CIRL	2:37.72 S	29.06.2019	Alges (POR)	2:37.72
	Tiago Miguel Trombinhas	04	Juv	201495	ADRCIMM	2:24.88 L	09.02.2019	Lisboa (POR)	2:21.98 RJC

Absolutos

1	Sebastiao Limbert Piedade	00	Abs	120451	SAD	2:10.38 S	29.06.2019	Alges (POR)	2:10.38
2	Tiago Roberto Cordeiro	00	Abs	205275	SLB	2:13.89 L	06.04.2019	Coimbra (POR)	2:11.21
3	Bernardo Garcia Perloiro	00	Abs	120635	SCP	2:11.49 S	29.06.2019	Alges (POR)	2:11.49
4	Bruno Miguel Martins	93	Abs	26891	GESL	2:12.54 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:12.54
5	Diogo Ramos Lebre	01	Abs	122294	SLB	2:15.25 L	09.02.2019	Lisboa (POR)	2:12.54
6	Rafael Filipe Nunes	96	Abs	108344	SLB	2:12.66 S	25.11.2018	Alges (POR)	2:12.66
7	Goncalo Morais Gordo	02	Abs	126006	ADRCIMM	2:16.05 L	13.04.2019	Oeiras (POR)	2:13.32
8	Ricardo Saraiva Pires	98	Abs	107651	CIRL	2:13.63 S	25.04.2019	Sines (POR)	2:13.63
9	Afonso Mateus Ribeiro	95	Abs	100430	CFB	2:13.67 S	25.11.2018	Alges (POR)	2:13.67
10	Rodrigo Almeida Cabrito	01	Abs	121510	CFB	2:13.71 S	25.11.2018	Alges (POR)	2:13.71
11	Diogo Garcez Mateus	02	Abs	129622	AONDA	2:13.93 S	25.04.2019	Sines (POR)	2:13.93
12	Rodrigo Antonio Rosa	96	Abs	105214	SLB	2:15.34 S	02.02.2019	Aachen (GER)	2:15.34
13	Joao Manuel Vargas	00	Abs	123510	INDANL	2:15.60 S	25.11.2018	Alges (POR)	2:15.60
14	Tiago Rafael Martins	97	Abs	111267	EULX	2:16.33 S	25.11.2018	Alges (POR)	2:16.33
15	Rodrigo Costa Teixeira	99	Abs	108410	CIRL	2:17.17 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:17.17
16	Pedro Dordio Carreiro	97	Abs	120560	GESL	2:20.45 L	17.03.2019	Vila Franca de Xira (POR)	2:17.64
17	Miguel Duarte Cruz	99	Abs	125797	CFB	2:21.04 S	25.11.2018	Alges (POR)	2:21.04
18	Joao Miguel Martins	02	Abs	127267	CFB	2:22.78 S	01.07.2018	S. Antonio Cavaleiros (POR)	2:22.78
19	Joao Esteves Padrela	99	Abs	119137	CFB	2:24.25			2:24.25
20	Pedro Ferraz Esteves	99	Abs	118772	CNLX	2:24.25			2:24.25
21	Vicente Morgado Ventoso	00	Abs	126466	EULX	2:24.25			2:24.25
22	Carlos Afonso Almeida	98	Abs	119275	SAD	2:24.25			2:24.25
23	Miguel Ribeiro Bate	99	Abs	117183	SAD	2:24.25			2:24.25
24	Ricardo Basilio Marreiros	97	Abs	107317	INDANL	2:24.25			2:24.25
25	Ricardo Correia Teixeira	01	Abs	130134	CFB	2:27.10			2:27.10

Prova 43 Femin., 4 x 100m Estilos Absolutos
 14.07.2019 Lista inscritos

Rec Nacional Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. Ant�nio 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
Rec Nacional Abs	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. Ant�nio Cavaleiros	2009

TAC - Fem Juv B 50m: 5:34.14; Juv A 50m: 5:24.85; Juv 50m: 5:24.85; Jun 50m: 5:21.55; Sen 50m: 5:12.83

Ord.	Esc.	Clube	Tempo Insc.
Juvenis			
1	Juv	Sporting Clube de Portugal	4:45.50
2	Juv	Sport Lisboa e Benfica	4:46.95
3	Juv	Avan�ado EULx	4:52.66
4	Juv	A Onda Azeit�o	5:05.20
5	Juv	CD Olivais e Moscavide	5:18.36
6	Juv	Clube de Natac�o Col�gio Vasco da Gama	5:18.36

Absolutos

1	Abs	Sport Lisboa e Benfica	4:26.07
2	Abs	Assoc Desp Rec Cult Colegio Int Monte Maior	4:31.37
3	Abs	Clube Natac�o de Lisboa	4:35.63
4	Abs	Clube de Instrucao e Recreio do Laranjeiro	4:44.30
5	Abs	Soc.Filarm�nica Uni�o A. Piedense	5:02.21

Prova 44 Masc., 4 x 100m Estilos Absolutos
 14.07.2019 Lista inscritos

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
Rec Nacional Abs	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014

TAC - Masc Juv B 50m: 5:00.00; Juv A 50m: 4:54.56; Juv 50m: 4:54.56; Jun 50m: 4:46.67; Sen 50m: 4:35.77

Ord.	Esc.	Clube	Tempo Insc.
Juvenis			
1	Juv	Clube Futebol Os Belenenses	4:06.31
2	Juv	Sport Lisboa e Benfica	4:08.96
3	Juv	Soc.Filarm�nica Uni�o A. Piedense	4:15.52
4	Juv	Gesloures - Gest�o Equipamentos E.M.	4:16.19
5	Juv	A Onda Azeit�o	4:17.51
6	Juv	Sporting Clube de Portugal	4:23.53
7	Juv	Clube Natacao do Montijo	4:25.84
8	Juv	Clube de Natac�o Col�gio Vasco da Gama	4:26.38
9	Juv	Assoc Desp Rec Cult Colegio Int Monte Maior	4:28.40
10	Juv	Clube Desportivo Cova da Piedade	4:29.00

Absolutos

1	Abs	Sport Lisboa e Benfica	3:48.24
2	Abs	Soc.Filarm�nica Uni�o A. Piedense	3:59.00
3	Abs	A Onda Azeit�o	3:59.30
4	Abs	Gesloures - Gest�o Equipamentos E.M.	3:59.95
5	Abs	Clube Natac�o de Lisboa	4:02.98
6	Abs	Assoc Desp Rec Cult Colegio Int Monte Maior	4:06.38
7	Abs	Avan�ado EULx	4:22.46