

1 - 1ª Jornada - Sessão Única

15.03.2019 - 15:30

Prova 1	Masc., 1500m Livres				Absolutos
15.03.2019					Lista inscritos
Rec Regional Sen	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	15:32.05	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:52.30	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	15:52.62	Diogo Santos Cardoso	ADRCIMM	Gyoer (HUN)	2017
Rec Regional Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	2005
Rec Regional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Nacional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Antonio Lombardi Carvalho	04	Juv B	129886	CFB	17:29.02 S	23.11.2018	Alges (POR)	17:50.00
2	Andre Azevedo Baraona	04	Juv B	123965	CNMJ	17:29.94 S	23.11.2018	Alges (POR)	17:50.93
3	Tiago Miguel Trombinhas	04	Juv B	201495	ADRCIMM	17:36.20 S	23.11.2018	Alges (POR)	17:57.32
4	Francisco Amaro Santos	04	Juv B	201404	GESL	17:43.58 S	23.11.2018	Alges (POR)	18:04.85
5	Felipe Menegassi Maia	04	Juv B	207683	SAD	17:47.88 S	23.11.2018	Alges (POR)	18:09.23
6	Francisco Sousa Uva	04	Juv B	201477	SAD	17:51.91 S	16.12.2018	Tomar (POR)	18:13.34
7	Tomas Santos Luis	04	Juv B	153367	SCP	18:04.59 S	23.11.2018	Alges (POR)	18:26.28
8	Pedro Forjaz Cirurgiao	04	Juv B	132564	SAD	18:55.91 S	23.11.2018	Alges (POR)	19:18.62
9	Miguel Costa Simoes	04	Juv B	132350	CDCP	18:57.35 S	06.05.2018	Alapraia (POR)	19:20.09
10	Tomas Martins Mira	04	Juv B	132215	CNS	19:16.68 S	06.05.2018	Alapraia (POR)	19:39.81
11	Afonso Romao Francisco	04	Juv B	204573	CDCP	19:59.88 L			19:59.88

Juvenis A

1	Joao Soares Carneiro	03	Juv A	205269	SLB	16:15.51 S	23.11.2018	Alges (POR)	16:35.02
2	Tomas Nogueira Gomes	03	Juv A	126626	SFUAP	16:36.51 S	09.12.2018	S Antonio dos Cavaleiros (POR)	16:56.44
3	Pedro Esteves Duarte	03	Juv A	132531	CDCP	17:05.63 S	16.12.2018	Tomar (POR)	17:26.14
4	Guilherme Matias Cristino	03	Juv A	132528	SFUAP	17:11.48 S	16.12.2018	Tomar (POR)	17:32.11
5	Alexandre Coelho Vieira	03	Juv A	131516	SCP	17:39.43 S	16.12.2018	Tomar (POR)	18:00.61
6	Daniel Alexandre Ascenso	03	Juv A	131377	GESL	18:19.76 S	16.12.2018	Tomar (POR)	18:41.75
7	Luis Cabral Junior	03	Juv A	129805	CFB	19:02.80 S	06.05.2018	Alapraia (POR)	19:25.65
8	José Miguel Oliveira	03	Juv A	129493	CNS	19:32.69 L	05.07.2018	Setubal (POR)	19:32.69

Juniores

1	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	15:27.16 S	23.12.2018	Felgueiras (POR)	15:45.70
2	Bruno Rey Barros	01	Jun	208313	SCP	16:30.52 L	10.02.2019	Lisboa (POR)	16:30.52
3	David Matias Cristino	01	Jun	127872	SFUAP	16:22.60 S	23.11.2018	Alges (POR)	16:42.25
4	Francisco Alves Souza	02	Jun	128881	GESL	16:54.48 S	09.12.2018	S Antonio dos Cavaleiros (POR)	17:14.77
5	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	17:46.11 L	18.03.2018	Coimbra (POR)	17:46.11
6	Alexandre Miguel Branco	01	Jun	126584	SAD	18:38.71			18:38.71
7	Ricardo Miguel Silveira	02	Jun	208184	SFUAP	18:54.92			18:54.92

Seniores

1	Miguel Ribeiro Bate	99	Sen	117183	SAD	16:09.64 L	26.07.2018	Oeiras (POR)	16:09.64
2	Bruno Miguel Ramos	97	Sen	109110	CFB	15:52.99 S	23.11.2018	Alges (POR)	16:12.05
3	Filipe Ferreira Luz	98	Sen	112320	GESL	17:06.15 S	23.11.2018	Alges (POR)	17:26.67
4	Joao Miguel Cardoso	97	Sen	109124	GESL	17:18.12 S	23.11.2018	Alges (POR)	17:38.88
5	Rafael Goncalves Sousa	99	Sen	153436	CPCD	18:17.10 L			18:17.10
6	Afonso Mateus Ribeiro	95	Sen	100430	CFB	18:17.10			18:17.10

Prova 2
15.03.2019
Femin., 800m Livres
Absolutos
Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Marta Joao Pires	05	Juv B	147235	SAD	9:28.60 S	15.12.2018	Tomar (POR)	9:39.97
2	Mafalda Santos Costa	05	Juv B	132453	ADRCIMM	9:45.84 S	15.12.2018	Tomar (POR)	9:57.55
3	Sofia Antunes Sebastiao	05	Juv B	147121	CNA	9:48.96 S	15.12.2018	Tomar (POR)	10:00.73
4	Mariana Andreia Silva	05	Juv B	141810	SCP	10:08.93 S	15.12.2018	Tomar (POR)	10:21.10
5	Nicole Patriarca Franca	05	Juv B	153435	SCP	10:12.50 S	10.03.2018	Caldas da Rainha (POR)	10:24.75
6	Joana Fernandes Gama	05	Juv B	153361	SCP	10:19.58 S	25.11.2018	Alges (POR)	10:31.97
7	Mariana Marques Santos	05	Juv B	150757	GESL	10:24.48 S	25.11.2018	Alges (POR)	10:36.97
8	Maria Ines Pinto	05	Juv B	132618	CPCD	10:42.51 S	06.05.2018	Viseu (POR)	10:55.36

Juvenis A

1	Leonor Esteves Santos	04	Juv A	130603	EULX	9:19.66 S	15.12.2018	Tomar (POR)	9:30.85
2	Catarina Nunes Costa	04	Juv A	131376	GESL	9:53.98 S	15.12.2018	Tomar (POR)	10:05.86
3	Raquel Raposo Lopes	04	Juv A	153469	CDCP	9:55.41 S	15.12.2018	Tomar (POR)	10:07.31
4	Daniela Alexandra Pedro	04	Juv A	130864	SCP	9:56.19 S	15.12.2018	Tomar (POR)	10:08.11
5	Lidiana Correia Rodrigues	04	Juv A	130399	CFB	10:01.03 S	06.05.2018	Alapraia (POR)	10:13.05
6	Anais Cloe Pereira	04	Juv A	147048	SCP	10:13.20 L	26.07.2018	Oeiras (POR)	10:13.20
7	Mariana Fragoso Guterres	04	Juv A	200475	SLB	10:01.24 S	25.11.2018	Alges (POR)	10:13.26
8	Carolina Porem Henriques	04	Juv A	129802	SCP	10:02.41 S	25.11.2018	Alges (POR)	10:14.45
9	Madalena Graca Geraldes	04	Juv A	131511	SCP	10:15.81 L	26.07.2018	Oeiras (POR)	10:15.81
10	Margarida Carvalho Barao	04	Juv A	130241	CNCVG	10:17.09 S	01.12.2018	Abrantes (POR)	10:29.43
11	Mariana Morais Delfino	04	Juv A	132603	SCP	10:21.93 S	25.11.2018	Alges (POR)	10:34.36
12	Joana Marinho Coelho	04	Juv A	131514	SCP	10:23.81 S	06.05.2018	Alapraia (POR)	10:36.28
13	Ana Sofia Inacio	04	Juv A	202686	SCP	10:24.94 S	06.05.2018	Alapraia (POR)	10:37.43
14	Beatriz Costa Melo	04	Juv A	132555	SAD	10:27.36 S	25.11.2018	Alges (POR)	10:39.90
15	Carolina Anjos Frischknecht	04	Juv A	129489	CNS	10:50.83 L			10:50.83

Juniores

1	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	8:49.31 S	23.12.2018	Felgueiras (POR)	8:59.89
2	Rafaela Gomes Azevedo	02	Jun	122048	SAD	9:10.08 S	14.04.2018	Felgueiras (POR)	9:21.08
3	Ena Jeronimo Conceicao	03	Jun	129812	AEFDTV	9:12.77 S	25.11.2018	Alges (POR)	9:23.82
4	Maria Ines Ribeiro	03	Jun	127252	INDANL	10:01.25 S	25.11.2018	Alges (POR)	10:13.27

Seniores

1	Rita Barros Frischknecht	98	Sen	106257	SAD	8:56.00 S	25.11.2018	Alges (POR)	9:06.72
2	Luisa Maria Machado	01	Sen	121850	SFUAP	9:06.23 S	31.05.2018	Alges (POR)	9:17.15
3	Margarida Messias Ribeiro	98	Sen	110544	GESL	9:32.47 S	09.12.2018	S Antonio dos Cavaleiros (POR)	9:43.91
4	Sara Rulin Loureiro	01	Sen	123345	SLB	9:33.10 S	31.05.2018	Alges (POR)	9:44.56
5	Maria Ornelas Armas	98	Sen	106961	EULX	9:38.62 S	25.11.2018	Alges (POR)	9:50.19

Prova 3
15.03.2019
Masc., 50m Mariposa
Absolutos
Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Goncalo Morais Gordo	02	Jun	126006	ADRCIMM	27.64 L	09.02.2019	Lisboa (POR)	27.64
2	Tiago Maria Camoes	01	Jun	121851	SFUAP	27.87 L	18.03.2018	Coimbra (POR)	27.87
3	Joao Nogueira Mendes	02	Jun	128745	CIRL	27.46 S	25.11.2018	Alges (POR)	28.28
4	Filipe Ferrao Melo	01	Jun	200171	CNS	28.43 L	09.02.2019	Lisboa (POR)	28.43
5	Joao Miguel Martins	02	Jun	127267	CFB	28.64 L	16.06.2018	Rio Maior (POR)	28.64
6	Joao Garcez Mateus	02	Jun	129623	AONDA	28.72 L	10.02.2019	Lisboa (POR)	28.72
7	Pedro Mendes Ferreira	01	Jun	129621	CFB	28.85 L	10.02.2019	Lisboa (POR)	28.85
8	Diogo Alexandre Casteleiro	01	Jun	126581	SCP	28.93 L	10.02.2019	Lisboa (POR)	28.93
9	Edgar Filipe Santos	01	Jun	127750	SFUAP	28.95 L	10.02.2019	Lisboa (POR)	28.95
10	Miguel Rohula Reis	01	Jun	202644	SCP	28.22 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	29.06
11	Renato Barros Frischknecht	01	Jun	122051	SAD	28.26 S	25.11.2018	Alges (POR)	29.10
12	Rodrigo Ponte Jorge	01	Jun	127873	SFUAP	29.59			29.59
13	Joao Silva Bernardo	02	Jun	128146	SLB	30.30 L			30.30

Seniores

1	Artiom Viatcheslavovitch Poliakov	93	Sen	11114	COL	25.28 L	25.03.2018	Funchal (POR)	25.28
2	David Granja Lopes	90	Sen	22490	AONDA	26.08 L	20.05.2018	Coimbra (POR)	26.08
3	Joao Daniel Machado	99	Sen	109714	SFUAP	26.19 L	09.02.2019	Lisboa (POR)	26.19
4	Daniel Rochinha Pedro	98	Sen	111389	AHBE	26.32 L	09.02.2019	Lisboa (POR)	26.32
5	Tiago Correia Neves	97	Sen	125796	CFB	26.51 L	25.03.2018	Funchal (POR)	26.51
6	Diogo Puidival Marques	00	Sen	122045	AONDA	26.72 L	26.07.2018	Oeiras (POR)	26.72
7	Tomas da Silva Coxixo	99	Sen	118387	PDEM	27.13 L	17.03.2018	Coimbra (POR)	27.13
8	Joao Diogo Fernandes	98	Sen	121542	CFB	27.21 L	05.07.2018	Setubal (POR)	27.21
9	Miguel Bras Sergio	95	Sen	100925	AHBE	26.51 S	08.12.2018	S Antonio dos Cavaleiros (POR)	27.30
10	Hugo Pon	98	Sen	110164	SAD	26.79 S	25.11.2018	Alges (POR)	27.59
11	Carlos Afonso Almeida	98	Sen	119275	SAD	26.84 S	25.11.2018	Alges (POR)	27.64
12	Francisco Carvalho Machado	98	Sen	111855	SAD	27.01 S	25.11.2018	Alges (POR)	27.82
13	Ricardo Saraiva Pires	98	Sen	107651	CIRL	27.21 S	25.11.2018	Alges (POR)	28.02
14	Carlos Miguel Pinto	97	Sen	107661	CNLX	28.05 L	09.02.2019	Lisboa (POR)	28.05
15	Frederico Sousa Soares	96	Sen	104260	AHBE	28.20 L	09.02.2019	Lisboa (POR)	28.20
16	Joao Andre Rodrigues	99	Sen	122968	GESL	27.54 S	08.12.2018	S Antonio dos Cavaleiros (POR)	28.36
17	Miguel Duarte Cruz	99	Sen	125797	CFB	28.72 L	25.03.2018	Funchal (POR)	28.72
18	Pedro Henriques Marques	00	Sen	120529	SFUAP	28.77 L	05.07.2018	Setubal (POR)	28.77
19	Antonio Maria Ferreira	00	Sen	128468	PDEM	28.86 L	09.02.2019	Lisboa (POR)	28.86
20	Sebastiao Limbert Piedade	00	Sen	120451	SAD	28.89			28.89
21	Francisco Passos Vasconcelos	91	Sen	15891	CNLX	28.89			28.89
22	Diogo Filipe Reis	99	Sen	132405	CIRL	28.89 L			28.89

Prova 4
15.03.2019
Femin., 50m Mariposa
Absolutos
Lista inscritos

Rec Regional Sen	27.80	Filipa Ferreira Silva	CNA	Coimbra	2008
Rec Regional Jun 2	28.47	Ines Camacho Fernandes	SCP	Coimbra	2014
Rec Regional Jun 1	28.46	Filipa Ferreira Silva	CNA		2001
Rec Regional Absoluto	27.80	Filipa Ferreira Silva	CNA	Coimbra	2008
Rec Nacional Absoluto	27.27	Sara Freitas Oliveira	FPN	Eindhoven (NED)	2011

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

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

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

1	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	29.21 L	26.07.2018	Oeiras (POR)	29.21
2	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	29.91 S	21.12.2018	Felgueiras (POR)	30.80
3	Maria Oliveira Paulo	02	Jun	126497	GDSE	30.90 L	25.03.2018	Funchal (POR)	30.90
4	Madalena Rodrigues Tome	03	Jun	126829	AHBE	31.41 L	10.02.2019	Lisboa (POR)	31.41
5	Beatriz Vaz Rebelo	03	Jun	128829	GESL	30.72 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	31.64
6	Sara Moura Cruz	03	Jun	127488	SAD	30.90 S	31.05.2018	Alges (POR)	31.82
7	Rafaela Gomes Azevedo	02	Jun	122048	SAD	31.03 S	24.11.2018	Alges (POR)	31.96
8	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	31.12 S	17.06.2018	Sto Ant. Cavaleiros (POR)	32.05
9	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	32.08 L	05.07.2018	Setubal (POR)	32.08
10	Ana Rita Matos	02	Jun	127501	CFB	32.34 L	16.06.2018	Rio Maior (POR)	32.34
11	Carolina Ganhao Ferro	02	Jun	126267	GESL	31.51 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	32.45
12	Maria Mousinho Esteves	02	Jun	131944	CIRL	31.56 S	25.11.2018	Alges (POR)	32.50
13	Leonor Maria Neves	03	Jun	131015	GESL	31.57 S	25.11.2018	Alges (POR)	32.51
14	Margarida Cunha Barros	02	Jun	127076	SFUAP	32.64 L	17.03.2018	Coimbra (POR)	32.64
15	Clara Gomes Pereira	02	Jun	124393	SAD	32.85 L	29.07.2018	Oeiras (POR)	32.85
16	Daniela Sofia Fernandes	02	Jun	200164	CPCD	33.31 L	05.07.2018	Setubal (POR)	33.31
17	Marta Viola Marques	03	Jun	200870	CNCVG	34.37			34.37

Seniores

1	Francisca Gomes Azevedo	97	Sen	100356	SAD	28.89 L	17.03.2018	Coimbra (POR)	28.89
2	Barbara Sofia Barata	97	Sen	105454	SAD	29.63 L	25.03.2018	Funchal (POR)	29.63
3	Catarina Welvitichia Sousa	00	Sen	202557	SLB	30.63 L	03.06.2018	Porto (POR)	30.63
4	Tatiana Raquel Pombo	01	Sen	121615	CDCP	30.73 L	26.07.2018	Oeiras (POR)	30.73
5	Sofia Alexandra Nunes	00	Sen	112322	CIRL	30.91 L	10.02.2019	Lisboa (POR)	30.91
6	Catarina Rodrigues Belchior	01	Sen	122528	AONDA	31.12 L	10.03.2018	Coimbra (POR)	31.12
7	Mafalda Sofia Dias	01	Sen	121401	PDEM	31.12 L	25.03.2018	Funchal (POR)	31.12
8	Barbara Francisco Ferreira	01	Sen	125344	GESL	30.39 S	08.12.2018	S Antonio dos Cavaleiros (POR)	31.30
9	Catarina Martins Mestre	00	Sen	120724	CNLX	30.92 S	25.11.2018	Alges (POR)	31.84
10	Constanca Dias Baptista	01	Sen	126394	CFB	31.43 S	25.11.2018	Alges (POR)	32.37
11	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	33.88			33.88

Prova 5
15.03.2019
Masc., 100m Bruços
Absolutos
Lista inscritos

Rec Regional Sen	1:01.19	Carlos Esteves Almeida	CNA	Debrecen (HUN)	2012
Rec Regional Jun 2	1:02.87	Andre Miguel Silva	PDEM	Faro	2009
Rec Regional Jun 1	1:04.54	Andre Miguel Silva	PDEM	Belgrade (SRB)	2008
Rec Regional Juv A	1:06.44	Andre Miguel Silva	PDEM	Vila Franca de Xira	2007
Rec Regional Juv B	1:06.16	Ricardo Samuel Pereira	SLB	Oeiras	2018
Rec Regional Absoluto	1:01.19	Carlos Esteves Almeida	CNA	Debrecen (HUN)	2012
Rec Nacional Absoluto	1:01.01	Carlos Esteves Almeida	FPN	Barcelona (ESP)	2013

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Joao Lourenco Rebelo	04	Juv B	132558	SAD	1:08.77 S	15.12.2018	Tomar (POR)	1:10.83
2	Tomas Sa Vieira	04	Juv B	131504	SAD	1:11.45 S	15.12.2018	Tomar (POR)	1:13.59
3	Duarte Cadima Goncalves	04	Juv B	153295	CNMJ	1:16.44 L	09.02.2019	Lisboa (POR)	1:16.44
4	Afonso Goncalves de Jorge	04	Juv B	201702	GESL	1:15.31 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:17.56
5	Jaeden Michael Nunes	04	Juv B	202508	CFB	1:18.18 L	09.02.2019	Lisboa (POR)	1:18.18
6	Tiago Fanha Lopes	04	Juv B	129520	CNMJ	1:16.76 S	12.01.2019	Torres Novas (POR)	1:19.06
7	Diogo Miguel Monteiro	04	Juv B	202931	DRCN	1:16.76 S	24.11.2018	Alges (POR)	1:19.06
8	David Jorge Sequeira	04	Juv B	130234	CNCVG	1:17.20 S	10.03.2018	Caldas da Rainha (POR)	1:19.51
9	Miguel Filipe Anjo	04	Juv B	201394	CDCP	1:19.59 L	09.02.2019	Lisboa (POR)	1:19.59
10	Hugo Tomas Silva	04	Juv B	200491	AONDA	1:19.60 L	09.02.2019	Lisboa (POR)	1:19.60
11	Daniel Germano Abdurramane	04	Juv B	132556	SAD	1:21.47			1:21.47
12	Afonso Leonel Barreto	04	Juv B	202862	CPCD	1:21.47 L			1:21.47
13	Joao Pedro Faustino	04	Juv B	203986	CDCP	1:21.47			1:21.47
14	Alexandre Goncalves Silva	04	Juv B	148433	CNLX	1:21.47 L			1:21.47
15	Mario Catalao Moura	04	Juv B	205377	CNS	1:21.47 L			1:21.47
16	Yann Chetelat Fock	04	Juv B	129699	EULX	1:21.47 L			1:21.47
17	Francisco Ribeiro Vieira	04	Juv B	130443	AEFDTV	1:21.47			1:21.47
18	Tomas Filipe Cunha	04	Juv B	208097	GDSE	1:21.47 L			1:21.47
19	Miguel Madeira Silva	04	Juv B	132664	AONDA	1:21.47 L			1:21.47
20	Tomás Pratas Neto	04	Juv B	132652	PDEM	1:21.47 L			1:21.47
21	Miguel Alexandre Araujo	04	Juv B	131174	SFUAP	1:21.47 L			1:21.47
22	Goncalo Filipe Carrapito	04	Juv B	129666	SFUAP	1:21.47 L			1:21.47

Juvenis A

1	Tomas Almeida Leitao	03	Juv A	129525	SAD	1:09.30 S	15.12.2018	Tomar (POR)	1:11.37
2	David Van Ossenbruggen	03	Juv A	126428	SFUAP	1:10.63 S	15.12.2018	Tomar (POR)	1:12.74
3	Joao Luis Matos	03	Juv A	130239	CNCVG	1:11.30 S	24.11.2018	Alges (POR)	1:13.43
4	Diogo Miguel Duraes	03	Juv A	123448	CNMJ	1:18.06 L	09.02.2019	Lisboa (POR)	1:18.06
5	Goncalo Feliciano Santos	03	Juv A	202529	SCP	1:16.37 S	24.11.2018	Alges (POR)	1:18.66
6	Nicolae Iachimovschi	03	Juv A	130036	CFB	1:19.39 L	26.05.2018	Vila Franca de Xira (POR)	1:19.39
7	Goncalo Miguel Rodrigues	03	Juv A	126830	AHBE	1:19.98 L			1:19.98
8	Andre Santos Costa	03	Juv A	129963	CNA	1:19.98 L			1:19.98
9	Joao Miguel Cascalheira	03	Juv A	201621	CNS	1:19.98 L			1:19.98
10	Guilherme Carmo Manz	03	Juv A	148571	CNCVG	1:19.98 L			1:19.98
11	Tiago Represas Loureiro	03	Juv A	208178	FS	1:19.98 L			1:19.98

Juniores

1	Rodrigo Almeida Cabrito	01	Jun	121510	CFB	1:04.46 S	21.12.2018	Felgueiras (POR)	1:06.39
2	Diogo Garcez Mateus	02	Jun	129622	AONDA	1:09.20 L	09.02.2019	Lisboa (POR)	1:09.20
3	Bernardo Geadá Brito	02	Jun	130621	SFUAP	1:07.42 S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:09.44
4	Henrique Chan Machado	02	Jun	126835	SAD	1:11.57 S	31.05.2018	Alges (POR)	1:13.71
5	Ricardo Correia Teixeira	01	Jun	130134	CFB	1:13.22 S	24.11.2018	Alges (POR)	1:15.41
6	Filipe Eduardo Morais	01	Jun	200145	CPCD	1:13.48 S	03.02.2019	Montemor-o-Novo (POR)	1:15.68
7	Tomas Silvestre Almeida	01	Jun	126471	CNLX	1:15.95			1:15.95
8	Filipe Ferrao Melo	01	Jun	200171	CNS	1:15.95			1:15.95
9	Vasco Camacho Ramos	02	Jun	201622	PDEM	1:17.05			1:17.05

Prova 5, Masc., 100m Bruços
Seniores

1	Hugo Pon	98	Sen	110164	SAD	1:04.61 L	26.07.2018	Oeiras (POR)	1:04.61
2	Pedro Andre Santos	94	Sen	15732	SAD	1:04.34 S	24.11.2018	Alges (POR)	1:06.27
3	Andre Tavares Grenho	99	Sen	120605	GESL	1:06.75 L	26.07.2018	Oeiras (POR)	1:06.75
4	Joao Costa Fonseca	00	Sen	125134	CNLX	1:09.22 L	26.07.2018	Oeiras (POR)	1:09.22
5	Bernardo Garcia Perloiro	00	Sen	120635	SCP	1:10.19 L	26.07.2018	Oeiras (POR)	1:10.19
6	Rui Miguel Correia	96	Sen	105378	CNMJ	1:08.38 S	15.04.2018	Coruche (POR)	1:10.43
7	Ricardo Basilio Marreiros	97	Sen	107317	INDANL	1:11.73 S	15.04.2018	Coruche (POR)	1:13.88
8	Pedro Silva Vaz	98	Sen	111379	AHBE	1:12.14 S	15.04.2018	Coruche (POR)	1:14.30
9	Bruno Miguel Ramos	97	Sen	109110	CFB	1:14.49			1:14.49

Prova 6

15.03.2019

Femin., 100m Bruços
Absolutos
Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Margarida Domingues Nunes	05	Juv B	201398	EULX	1:20.07 L	10.02.2019	Lisboa (POR)	1:20.07
2	Erica Cristina Reis	05	Juv B	200201	SCP	1:20.11 L	10.02.2019	Lisboa (POR)	1:20.11
3	Soraia Alexandra Delgado	05	Juv B	153438	SCP	1:18.74 S	04.11.2018	Vila Real St. Antonio (POR)	1:21.10
4	Catarina Maria Santos	05	Juv B	201337	CPCD	1:22.87 S	12.01.2019	Campo Maior (POR)	1:25.35
5	Sara Carreira Melo	05	Juv B	153366	GESL	1:23.01 S	24.11.2018	Alges (POR)	1:25.50
6	Maria Teresa Fernandes	05	Juv B	132557	SAD	1:24.92 S	16.12.2018	Tomar (POR)	1:27.46
7	Ana Belo Braga	05	Juv B	132505	AONDA	1:24.96 S	24.11.2018	Alges (POR)	1:27.50
8	Carolina Fonseca Gomes	05	Juv B	202528	CDOM	1:25.12 S	24.11.2018	Alges (POR)	1:27.67
9	Luisa Morais Marques	05	Juv B	137863	AEFDTV	1:25.98 S	24.11.2018	Alges (POR)	1:28.55
10	Mafalda Pereira Matos	05	Juv B	200898	SCP	1:26.39 S	01.11.2018	Lisboa (POR)	1:28.98
11	Maria Carolina Vargas	05	Juv B	132561	SLB	1:27.02 S	02.02.2019	Ponte de Sor (POR)	1:29.63
12	Beatriz Barroso Silva	05	Juv B	133302	CDOM	1:31.62 L	10.02.2019	Lisboa (POR)	1:31.62
13	Maria Sousa Caxaria	05	Juv B	148574	CNMJ	1:31.93 L	10.02.2019	Lisboa (POR)	1:31.93
14	Isadora Maia Andre	05	Juv B	132800	SLB	1:32.05			1:32.05
15	Matilde Aleixo Duarte	05	Juv B	202526	CNS	1:32.05 L			1:32.05

Juvenis A

1	Maria Gomes Pereira	04	Juv A	129510	SAD	1:13.76 S	16.12.2018	Tomar (POR)	1:15.97
2	Marta Pereira Domingos	04	Juv A	132529	SFUAP	1:18.74 L	26.07.2018	Oeiras (POR)	1:18.74
3	Aleksandra Bozanic Borcic	04	Juv A	133318	SAD	1:20.89 S	16.12.2018	Tomar (POR)	1:23.31
4	Marta Macedo Inacio	04	Juv A	132536	SCP	1:21.51 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:23.95
5	Vera Figueiredo Narra	04	Juv A	131121	CNA	1:24.40 L	05.07.2018	Setubal (POR)	1:24.40
6	Alice Castico Moreira	04	Juv A	123963	CNMJ	1:24.19 S	24.11.2018	Alges (POR)	1:26.71
7	Leonor Alves Morganho	04	Juv A	126315	SAD	1:27.28 L	16.06.2018	Rio Maior (POR)	1:27.28
8	Luana Santos Freitas	04	Juv A	130470	CNA	1:29.06 L	05.07.2018	Setubal (POR)	1:29.06
9	Maria Leonor Marques	04	Juv A	132523	CDOM	1:29.52 L			1:29.52
10	Alisa Bekauri	04	Juv A	128989	COL	1:29.52			1:29.52
11	Matilde Carvalho Barao	04	Juv A	130243	CNCVG	1:29.52 L			1:29.52
12	Carolina Pinto Luz	04	Juv A	127274	GDSE	1:29.52 L			1:29.52
13	Maria Ferreira Moura	04	Juv A	131382	SCP	1:29.52			1:29.52

Juniores

1	Clara Gomes Pereira	02	Jun	124393	SAD	1:15.60 L	23.03.2018	Funchal (POR)	1:15.60
2	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	1:15.55 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:17.81
3	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	1:18.91 S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:21.27
4	Margarida Mota Silva	03	Jun	122224	PDEM	1:22.30 L	26.07.2018	Oeiras (POR)	1:22.30
5	Rafaela Sofia Silva	03	Jun	127686	SLB	1:23.50 S	02.02.2019	Ponte de Sor (POR)	1:26.00
6	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	1:26.20			1:26.20

Prova 6, Femin., 100m Bruços

7	Leonor Maria Neves	03	Jun	131015	GESL	1:27.03	L	1:27.03
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Seniores

1	Luisa Maria Machado	01	Sen	121850	SFUAP	1:11.48	S	21.12.2018	Felgueiras (POR)	1:13.62
2	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	1:16.04	S	01.07.2018	S. Antonio Cavaleiros (POR)	1:18.32
3	Beatriz Antunes Carvalho	99	Sen	117036	SCP	1:16.27	S	31.05.2018	Alges (POR)	1:18.55
4	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	1:19.68	S	24.11.2018	Alges (POR)	1:22.07

Prova 7
Masc., 50m Costas
Absolutos

15.03.2019

Lista inscritos

Rec Regional Sen	25.49	Alexis Manacas Santos	SCP	Funchal	2018
Rec Regional Jun 2	26.58	Alexis Manacas Santos	SCP	Coimbra	2010
Rec Regional Jun 1	26.91	Alexis Manacas Santos	SCP	Prague (CZE)	2009
Rec Regional Absoluto	25.49	Alexis Manacas Santos	SCP	Funchal	2018
Rec Nacional Absoluto	25.49	Alexis Manacas Santos	SCP	Funchal	2018

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

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

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

1	Carlos Marques Freire	01	Jun	121509	CFB	27.20	S	22.12.2018	Felgueiras (POR)	27.74
2	Hugo Nunes Magalhaes	02	Jun	127748	SAD	28.25	S	22.12.2018	Felgueiras (POR)	28.81
3	Rodrigo Melo Pinto	01	Jun	128733	CNCVG	28.27	S	22.12.2018	Felgueiras (POR)	28.83
4	Edgar Filipe Santos	01	Jun	127750	SFUAP	28.50	S	22.12.2018	Felgueiras (POR)	29.07
5	Francisco Martins Pedro	01	Jun	125349	GESL	29.48	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	30.07
6	Renato Barros Frischknecht	01	Jun	122051	SAD	29.81	S	24.11.2018	Alges (POR)	30.40
7	Tiago Leite Barreiros	02	Jun	127804	SAD	31.14	S	31.05.2018	Alges (POR)	31.76
8	Guilherme Ventura Carvalho	01	Jun	121613	GESL	31.77	L	10.02.2019	Lisboa (POR)	31.77
9	Alexandre Miguel Branco	01	Jun	126584	SAD	31.99				31.99

Seniores

1	Miguel Ribeiro Bate	99	Sen	117183	SAD	26.43	S	22.12.2018	Felgueiras (POR)	26.95
2	Joao Daniel Machado	99	Sen	109714	SFUAP	26.58	S	09.12.2018	S Antonio dos Cavaleiros (POR)	27.11
3	Tomas da Silva Coxixo	99	Sen	118387	PDEM	26.69	S	09.12.2018	S Antonio dos Cavaleiros (POR)	27.22
4	Joao Diogo Fernandes	98	Sen	121542	CFB	26.90	S	22.12.2018	Felgueiras (POR)	27.43
5	Carlos Afonso Almeida	98	Sen	119275	SAD	27.60	L	22.03.2018	Funchal (POR)	27.60
6	Ricardo Saraiva Pires	98	Sen	107651	CIRL	27.11	S	09.12.2018	S Antonio dos Cavaleiros (POR)	27.65
7	Miguel Bras Sergio	95	Sen	100925	AHBE	27.97	S	25.11.2018	Alges (POR)	28.52
8	Pedro Andre Santos	94	Sen	15732	SAD	28.60	L	03.06.2018	Porto (POR)	28.60
9	Francisco Carvalho Machado	98	Sen	111855	SAD	28.33	S	25.11.2018	Alges (POR)	28.89
10	Pedro Henriques Marques	00	Sen	120529	SFUAP	31.34	L	05.07.2018	Setubal (POR)	31.34
11	Artiom Viatcheslavovitch Poliakov	93	Sen	11114	COL	31.37				31.37
12	Carlos Miguel Pinto	97	Sen	107661	CNLX	31.37				31.37

Prova 8
 15.03.2019

Femin., 50m Costas
Absolutos
 Lista inscritos

Rec Regional Sen	29.85	Maria Carlos Santos	GESL						2002
Rec Regional Sen	29.85	Catarina Martins Mestre	CNLX	Lisboa					2018
Rec Regional Jun 2	29.24	Rafaela Gomes Azevedo	SAD	Lisboa					2019
Rec Regional Jun 1	29.33	Rafaela Gomes Azevedo	SAD	Oeiras					2018
Rec Regional Absoluto	29.24	Rafaela Gomes Azevedo	SAD	Lisboa					2019
Rec Nacional Absoluto	29.24	Rafaela Gomes Azevedo	SAD	Lisboa					2019

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Maria Mousinho Esteves	02	Jun	131944	CIRL	30.84 S	22.12.2018	Felgueiras (POR)	31.45
2	Sara Moura Cruz	03	Jun	127488	SAD	31.92 S	10.11.2018	Cova da Piedade (POR)	32.55
3	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	33.09 S	23.12.2018	Felgueiras (POR)	33.75
4	Ana Margarida Soares	03	Jun	129488	CNS	33.34 S	25.11.2018	Alges (POR)	34.00
5	Margarida Mota Silva	03	Jun	122224	PDEM	33.97 S	28.10.2018	Setubal (POR)	34.64
6	Mariana Antunes Silva	02	Jun	137865	AEFDTV	34.63 S	25.11.2018	Alges (POR)	35.32

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	29.46 S	22.12.2018	Felgueiras (POR)	30.04
2	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	30.08 S	09.12.2018	S Antonio dos Cavaleiros (POR)	30.68
3	Francisca Gomes Azevedo	97	Sen	100356	SAD	31.14 L	22.03.2018	Funchal (POR)	31.14
4	Catarina Welvitchia Sousa	00	Sen	202557	SLB	31.21 S	18.12.2018	Luanda (ANG)	31.83
5	Mafalda Sofia Dias	01	Sen	121401	PDEM	32.62 L	16.06.2018	Rio Maior (POR)	32.62
6	Luana Correia Rodrigues	01	Sen	121504	CFB	32.30 S	25.11.2018	Alges (POR)	32.94
7	Soraia Guerra Rolim	95	Sen	121321	CIRL	33.33 L	02.06.2018	Porto (POR)	33.33
8	Celeste Santos Ricardo	01	Sen	121325	SFUAP	32.98 S	31.05.2018	Alges (POR)	33.64
9	Constanca Dias Baptista	01	Sen	126394	CFB	33.36 S	01.07.2018	S. Antonio Cavaleiros (POR)	34.02
10	Ana Fernandes Costa	00	Sen	121407	CNMJ	33.86 S	12.05.2018	Estremoz (POR)	34.53
11	Debora Francisca Barata	98	Sen	153429	CPCD	34.63 S	03.02.2019	Montemor-o-Novo (POR)	35.32
12	Carolina Saraiva Pires	96	Sen	100272	CIRL	35.51			35.51

Prova 9
 15.03.2019

Masc., 4 x 200m Livres
Absolutos
 Lista inscritos

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

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

Ord.	Categ.	Clube	Obs	Tempo Inscr.
Juvenis				
1	Juv	Clube Futebol Os Belenenses		8:27.09
2	Juv	Colégio Vasco da Gama		9:02.99
3	Juv	C N Montijo		9:06.31
4	Juv	Geslours		9:24.57
5	Juv	Cova da Piedade		9:30.00

Juniores

1	Jun	Geslours		8:38.08
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Seniores

1	Sen	Geslours		8:19.95
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Prova 10
15.03.2019

Femin., 4 x 200m Livres

Absolutos
Lista inscritos

Rec Nacional Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	2018
Rec Nacional Jun	8:39.85	Sporting Clube de Portugal	SCP	Coimbra	2010
Rec Nacional Juv A	9:01.51	tempo limite			
Rec Nacional Juv	9:01.51	tempo limite			
Rec Nacional Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	2012
Rec Nacional Absoluto	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	2018

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

Ord.		Categ.	Clube	Obs	Tempo Inscr.
Juvenis					
1	Vasco da Gama Juv	Juv	Colégio Vasco da Gama		9:40.64
2	Gesloures Juv	Juv	Gesloures		10:10.49
Juniores					
1	Gesloures Jun	Jun	Gesloures		9:24.60

2 - 2ª Jornada - Sessão Única

16.03.2019 - 15:30

Prova 11	Masc., 400m Estilos				Absolutos	
16.03.2019					Lista inscritos	
Rec Regional Sen	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016	
Rec Regional Jun 2	4:22.25	Joao Alexandre Vital	SCP	Oeiras	2016	
Rec Regional Jun 1	4:25.23	Joao Alexandre Vital	ADRCIMM	Singapore	2015	
Rec Regional Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	2014	
Rec Regional Juv B	4:37.06	Joao Alexandre Vital	ADRCIMM	Utrecht (NED)	2013	
Rec Regional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016	
Rec Nacional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016	

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Joao Lourenco Rebelo	04	Juv B	132558	SAD	4:47.59 S	14.12.2018	Tomar (POR)	4:53.34
2	Miguel Costa Simoes	04	Juv B	132350	CDCP	5:03.84 S	14.12.2018	Tomar (POR)	5:09.91
3	Miguel Filipe Anjo	04	Juv B	201394	CDCP	5:27.47 S	25.11.2018	Alges (POR)	5:34.01
4	Jaeden Michael Nunes	04	Juv B	202508	CFB	5:27.72 S	25.11.2018	Alges (POR)	5:34.27

Juvenis A

1	Rodrigo Reis Dias	03	Juv A	129003	CFB	4:44.12 S	14.12.2018	Tomar (POR)	4:49.80
2	Tomas Nogueira Gomes	03	Juv A	126626	SFUAP	4:48.70 S	25.11.2018	Alges (POR)	4:54.47
3	Guilherme Matias Cristino	03	Juv A	132528	SFUAP	4:55.93 S	14.12.2018	Tomar (POR)	5:01.84
4	Diogo Miguel Duraes	03	Juv A	123448	CNMJ	5:06.93 S	25.11.2018	Alges (POR)	5:13.06
5	David Manuel Vale	03	Juv A	148339	GESL	5:14.45 S	17.06.2018	Sto Ant. Cavaleiros (POR)	5:20.73
6	Alexandre Coelho Vieira	03	Juv A	131516	SCP	5:15.48 S	25.11.2018	Alges (POR)	5:21.79
7	Joao Matos Fidalgo	03	Juv A	128885	SLB	5:17.37 S	05.05.2018	Alapraia (POR)	5:23.71
8	Salvador Ataide Parente	03	Juv A	131383	GESL	5:34.26			5:34.26

Juniores

1	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	4:31.96 S	21.12.2018	Felgueiras (POR)	4:37.39
2	Rodrigo Almeida Cabrito	01	Jun	121510	CFB	4:41.44 S	21.12.2018	Felgueiras (POR)	4:47.06
3	Tomas Penha Monteiro	02	Jun	132566	SAD	4:43.32 S	25.11.2018	Alges (POR)	4:48.98
4	Bruno Rey Barros	01	Jun	208313	SCP	4:52.71 L	22.12.2018	Castellon (ESP)	4:52.71
5	Jose Maria Pereira	01	Jun	126579	SCP	4:46.99 S	21.12.2018	Felgueiras (POR)	4:52.73
6	Goncalo Morais Gordo	02	Jun	126006	ADRCIMM	4:53.78 L	23.03.2018	Funchal (POR)	4:53.78
7	Alexandre Miguel Branco	01	Jun	126584	SAD	5:17.42			5:17.42
8	Rafael Alcantara Aires	01	Jun	125130	SLB	5:17.42			5:17.42
9	Ricardo Martins Bras	01	Jun	121508	CFB	5:17.42			5:17.42

Seniores

1	Jose Paula Carvalho	98	Sen	111450	SLB	4:18.69 S	21.12.2018	Felgueiras (POR)	4:23.86
2	Antonio Fernando Pinto	99	Sen	109280	SLB	4:34.60 L	27.07.2018	Oeiras (POR)	4:34.60
3	Daniel Nogueira Catalao	00	Sen	127075	SLB	4:36.49 L	27.07.2018	Oeiras (POR)	4:36.49
4	Rafael Filipe Nunes	96	Sen	108344	SLB	4:37.41 S	21.12.2018	Felgueiras (POR)	4:42.95
5	Bernardo Garcia Perloiro	00	Sen	120635	SCP	4:43.84 L	23.03.2018	Funchal (POR)	4:43.84
6	Joao Mota Correia	97	Sen	102308	SLB	4:44.13 L	20.05.2018	Coimbra (POR)	4:44.13
7	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	4:45.96 L	10.02.2019	Lisboa (POR)	4:45.96
8	Sebastiao Limbert Piedade	00	Sen	120451	SAD	4:50.09 L	18.03.2018	Coimbra (POR)	4:50.09
9	Joao Manuel Vargas	00	Sen	123510	INDANL	4:51.43 S	25.11.2018	Alges (POR)	4:57.25
10	Miguel Duarte Cruz	99	Sen	125797	CFB	5:08.09 L	06.07.2018	Lublin (POL)	5:08.09
11	Hugo Pon	98	Sen	110164	SAD	5:11.28			5:11.28
12	Guilherme Pereira Dias	97	Sen	110443	SLB	5:11.28			5:11.28
13	Rodrigo Antonio Rosa	96	Sen	105214	SLB	5:11.28			5:11.28
14	Francisco Robalo Quintas	95	Sen	26501	CFB	5:11.28			5:11.28
15	Andre Tavares Grenho	99	Sen	120605	GESL	5:11.28			5:11.28
16	Tiago Cunha Costa	99	Sen	120725	SCP	5:11.28			5:11.28

Prova 12
 16.03.2019

Femin., 400m Estilos

 Absolutos
 Lista inscritos

Rec Regional Sen	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	4:59.14	Luisa Maria Machado	SFUAP	Oeiras	2018
Rec Regional Jun 1	4:58.87	Susana Patricia Miguel	SFUAP	Palma de Mallorca (ESP)	2006
Rec Regional Juv A	5:01.32	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2017
Rec Regional Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	2004
Rec Regional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Nacional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017

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

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

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

1	Margarida Domingues Nunes	05	Juv B	201398	EULX	5:29.24 S	23.11.2018	Alges (POR)	5:35.82
2	Mariana Andreia Silva	05	Juv B	141810	SCP	5:35.37 S	14.12.2018	Tomar (POR)	5:42.07
3	Nicole Patriarca Franca	05	Juv B	153435	SCP	5:51.45 S	23.11.2018	Alges (POR)	5:58.47

Juvenis A

1	Maria Gomes Pereira	04	Juv A	129510	SAD	4:59.82 S	05.05.2018	Alapraia (POR)	5:05.81
2	Carolina Fale Costa	04	Juv A	129801	ADRCIMM	5:17.75 S	14.12.2018	Tomar (POR)	5:24.10
3	Leonor Alves Morganho	04	Juv A	126315	SAD	5:26.13 L	24.03.2018	Funchal (POR)	5:26.13
4	Margarida Filipe Ferreira	04	Juv A	132347	CDCP	5:22.26 S	23.11.2018	Alges (POR)	5:28.70
5	Marta Pereira Domingos	04	Juv A	132529	SFUAP	5:26.51 S	14.12.2018	Tomar (POR)	5:33.04
6	Madalena Graca Geraldês	04	Juv A	131511	SCP	5:29.09 S	14.12.2018	Tomar (POR)	5:35.67
7	Joana Marinho Coelho	04	Juv A	131514	SCP	5:30.09 S	14.12.2018	Tomar (POR)	5:36.69
8	Mariana Morais Delfino	04	Juv A	132603	SCP	5:32.87 S	23.11.2018	Alges (POR)	5:39.52
9	Sofia Vilardell Rodrigues	04	Juv A	132308	GESL	5:40.76 S	17.06.2018	Sto Ant. Cavaleiros (POR)	5:47.57

Juniores

1	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	4:51.74 S	21.12.2018	Felgueiras (POR)	4:57.57
2	Ana Reis Sousa	02	Jun	122440	SAD	4:53.29 S	21.12.2018	Felgueiras (POR)	4:59.15
3	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	4:54.50 S	09.12.2018	S Antonio dos Cavaleiros (POR)	5:00.39
4	Clara Gomes Pereira	02	Jun	124393	SAD	5:06.03 S	23.11.2018	Alges (POR)	5:12.15
5	Natacha Sofia Silva	02	Jun	125594	SLB	5:06.55 S	23.11.2018	Alges (POR)	5:12.68
6	Erna Jeronimo Conceicao	03	Jun	129812	AEFDTV	5:19.73 S	05.05.2018	Alapraia (POR)	5:26.12
7	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	5:23.74 S	05.05.2018	Alapraia (POR)	5:30.21
8	Joana Filipa Varandas	02	Jun	124305	CIRL	5:28.65 S	09.12.2018	S Antonio dos Cavaleiros (POR)	5:35.22
9	Mariana Marques Mercedes	03	Jun	129961	CDOM	5:38.72 S	05.05.2018	Alapraia (POR)	5:45.49
10	Ana Raquel Graveto	02	Jun	129628	SLB	5:46.83			5:46.83
11	Ana Rita Matos	02	Jun	127501	CFB	5:46.83			5:46.83
12	Madalena Reis Cerdeira	03	Jun	130053	SCP	5:50.23			5:50.23

Seniores

1	Ines Jacinto Henriques	00	Sen	120220	SCP	4:47.16 S	21.12.2018	Felgueiras (POR)	4:52.90
2	Rita Barros Frischknecht	98	Sen	106257	SAD	4:54.40 S	13.01.2019	Granada (ESP)	5:00.28
3	Filipa Serrano Rodrigues	01	Sen	112310	SLB	5:01.50 S	23.11.2018	Alges (POR)	5:07.53
4	Ines Silva Bernardo	00	Sen	122689	SLB	5:09.57 L	27.07.2018	Oeiras (POR)	5:09.57
5	Madalena Gomes Azevedo	99	Sen	110160	SAD	5:45.13			5:45.13
6	Claudia Ferreira Borges	99	Sen	116591	SLB	5:45.13			5:45.13
7	Catarina Martins Mestre	00	Sen	120724	CNLX	5:45.13			5:45.13
8	Bruna Martins Riesenberger	97	Sen	105541	CIRL	5:45.13			5:45.13
9	Beatriz Mendes Viegas	00	Sen	110689	SCP	5:45.13			5:45.13

Prova 13
 16.03.2019

Masc., 200m Livres

 Absolutos
 Lista inscritos

Rec Regional Sen	1:48.39	Alexis Manacas Santos	SCP	Coimbra	2017
Rec Regional Jun 2	1:49.98	Tiago André Venâncio	CNS	Budapest (HUN)	2007
Rec Regional Jun 1	1:53.79	Tiago Andre Venancio	CNS	Lisboa	2004
Rec Regional Juv A	1:55.57	Andre Filipe Farinha	SLB	Torreveja (ESP)	2012
Rec Regional Juv B	1:57.67	Diogo Gomes Sousa	CNCVG	Coimbra	2010
Rec Regional Absoluto	1:48.39	Alexis Manacas Santos	SCP	Coimbra	2017
Rec Nacional Absoluto	1:48.39	Alexis Manacas Santos	SCP	Coimbra	2017

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Bernardo Jorge Simoes	04	Juv B	130250	CNCVG	1:57.82 S	15.12.2018	Tomar (POR)	2:00.17
2	Tiago Miguel Trombinhas	04	Juv B	201495	ADRCIMM	2:08.16 L	21.07.2018	S. Joao da Madeira (POR)	2:08.16
3	Francisco Ribeiro Vieira	04	Juv B	130443	AEFDTV	2:07.67 S	15.12.2018	Tomar (POR)	2:10.22
4	Rafael Caceres Lopes	04	Juv B	201395	SFUAP	2:08.28 S	15.12.2018	Tomar (POR)	2:10.84
5	Afonso Romao Francisco	04	Juv B	204573	CDCP	2:11.26 L	10.02.2019	Lisboa (POR)	2:11.26
6	Felipe Menegassi Maia	04	Juv B	207683	SAD	2:11.45 L	07.07.2018	Setubal (POR)	2:11.45
7	Afonso Figueiredo Frasquilho	04	Juv B	153353	SCP	2:08.95 S	10.03.2018	Caldas da Rainha (POR)	2:11.52
8	Francisco Amaro Santos	04	Juv B	201404	GESL	2:09.85 S	31.05.2018	Alges (POR)	2:12.44
9	Tomas Sa Vieira	04	Juv B	131504	SAD	2:10.41 S	25.11.2018	Alges (POR)	2:13.01
10	Yann Chetelat Fock	04	Juv B	129699	EULX	2:11.01 S	25.11.2018	Alges (POR)	2:13.63
11	Victor Bethlem Tigre	04	Juv B	208094	SCP	2:11.07 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:13.69
12	Duarte Cadima Goncalves	04	Juv B	153295	CNMJ	2:12.52 S	25.11.2018	Alges (POR)	2:15.17
13	Alexandre Duarte Morais	04	Juv B	132645	PDEM	2:15.24 L	07.07.2018	Setubal (POR)	2:15.24
14	Pedro Forjaz Cirurgiao	04	Juv B	132564	SAD	2:14.22 S	25.11.2018	Alges (POR)	2:16.90
15	Joao Silva Angelino	04	Juv B	132832	PDEM	2:14.67 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:17.36
16	Guilherme Pinto Restolho	04	Juv B	200488	SCP	2:18.03 L	17.06.2018	Vila Franca de Xira (POR)	2:18.03
17	Tomas Martins Mira	04	Juv B	132215	CNS	2:18.82 L	07.07.2018	Setubal (POR)	2:18.82
18	Tiago Barroso Proenca	04	Juv B	129698	EULX	2:16.24 S	24.11.2018	Alges (POR)	2:18.96
19	Tomas Rebelo Dias	04	Juv B	148500	EULX	2:16.33 S	25.11.2018	Alges (POR)	2:19.05
20	David Jorge Sequeira	04	Juv B	130234	CNCVG	2:19.57 L			2:19.57
21	Miguel Madeira Silva	04	Juv B	132664	AONDA	2:19.57 L			2:19.57

Juvenis A

1	Joao Soares Carneiro	03	Juv A	205269	SLB	2:02.82 L	10.02.2019	Lisboa (POR)	2:02.82
2	Antonio Santos Pereira	03	Juv A	201690	AHBE	2:01.34 S	15.12.2018	Tomar (POR)	2:03.76
3	Ricardo Novikov	03	Juv A	129524	SAD	2:03.21 S	15.12.2018	Tomar (POR)	2:05.67
4	Ricardo Martins Ferreira	03	Juv A	127307	AONDA	2:03.81 S	15.12.2018	Tomar (POR)	2:06.28
5	Luis Cabral Junior	03	Juv A	129805	CFB	2:06.48 L	27.07.2018	Oeiras (POR)	2:06.48
6	Pedro Esteves Duarte	03	Juv A	132531	CDCP	2:05.46 S	15.12.2018	Tomar (POR)	2:07.96
7	Tomas Almeida Leitao	03	Juv A	129525	SAD	2:05.81 S	24.11.2018	Alges (POR)	2:08.32
8	Ricardo Samuel Pereira	03	Juv A	131801	SLB	2:06.26 S	15.04.2018	Felgueiras (POR)	2:08.78
9	Afonso Esteves Tome	03	Juv A	128467	ADRCIMM	2:07.07 S	15.12.2018	Tomar (POR)	2:09.61
10	Luis Carlos Correia	03	Juv A	207349	INDANL	2:08.46 S	25.11.2018	Alges (POR)	2:11.02
11	Daniel Shumeika Zayika	03	Juv A	128884	SLB	2:09.09 S	14.12.2018	Tomar (POR)	2:11.67
12	Joao Luis Matos	03	Juv A	130239	CNCVG	2:09.74 S	14.12.2018	Tomar (POR)	2:12.33
13	Daniel Alexandre Ascenso	03	Juv A	131377	GESL	2:11.66 S	25.11.2018	Alges (POR)	2:14.29
14	Joao Matos Fidalgo	03	Juv A	128885	SLB	2:13.04 S	19.01.2019	Alcobaca (POR)	2:15.70
15	Goncalo Vieira Almeida	03	Juv A	129986	SFUAP	2:15.79 L	17.06.2018	Vila Franca de Xira (POR)	2:15.79
16	Vasco Salvador Fernando	03	Juv A	129526	SAD	2:13.13 S	25.11.2018	Alges (POR)	2:15.79
17	Pedro Henriques Correia	03	Juv A	125257	SLB	2:17.03 L			2:17.03
18	Tiago Miguel Dias	03	Juv A	207929	CNLX	2:17.03 L			2:17.03
19	Joao Miguel Cascalheira	03	Juv A	201621	CNS	2:17.03 L			2:17.03
20	Guilherme Carmo Manz	03	Juv A	148571	CNCVG	2:17.03 L			2:17.03
21	Tiago Represas Loureiro	03	Juv A	208178	FS	2:17.03			2:17.03
22	Rodrigo Beja Lopes	03	Juv A	132651	AONDA	2:17.03 L			2:17.03
23	David Van Ossenbruggen	03	Juv A	126428	SFUAP	2:17.03 L			2:17.03

Juniores

1	Diogo Ramos Lebre	01	Jun	122294	SLB	1:51.25 S	22.12.2018	Felgueiras (POR)	1:53.47
2	Diogo Santos Costa	02	Jun	126007	ADRCIMM	1:57.46 L	17.03.2018	Coimbra (POR)	1:57.46
3	Gonçalo Carvalho Ferrao	01	Jun	127233	CDCP	1:55.31 S	23.12.2018	Felgueiras (POR)	1:57.61
4	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	1:56.81 S	23.12.2018	Felgueiras (POR)	1:59.14
5	Bruno Rey Barros	01	Jun	208313	SCP	1:59.77 L	10.02.2019	Lisboa (POR)	1:59.77
6	David Matias Cristiano	01	Jun	127872	SFUAP	1:59.89 L	10.02.2019	Lisboa (POR)	1:59.89

Prova 13, Masc., 200m Livres

7	Francisco Alves Souza	02	Jun	128881	GESL	1:58.90 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:01.27
8	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	2:01.39 L	26.07.2018	Oeiras (POR)	2:01.39
9	Joao Nogueira Mendes	02	Jun	128745	CIRL	2:01.11 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:03.53
10	Hugo Nunes Magalhaes	02	Jun	127748	SAD	2:01.15 S	25.11.2018	Alges (POR)	2:03.57
11	Diogo Garcez Mateus	02	Jun	129622	AONDA	2:01.85 S	25.04.2018	Sines (POR)	2:04.28
12	Tiago Maria Camoes	01	Jun	121851	SFUAP	2:01.93 S	31.05.2018	Alges (POR)	2:04.36
13	Martim Primavera Alfama	02	Jun	128833	GESL	2:04.62 L	10.02.2019	Lisboa (POR)	2:04.62
14	Miguel Monteiro Dinis	01	Jun	124394	SAD	2:02.70 S	31.05.2018	Alges (POR)	2:05.15
15	Pedro Machado Vieira	02	Jun	204156	SAD	2:02.87 S	25.11.2018	Alges (POR)	2:05.32
16	Rodrigo Ponte Jorge	01	Jun	127873	SFUAP	2:05.14 S	12.05.2018	Condeixa (POR)	2:07.64
17	Pedro Miguel Pinto	02	Jun	129924	SCP	2:05.73 S	24.11.2018	Alges (POR)	2:08.24
18	Ricardo Pinela Ferreira	01	Jun	122050	SLB	2:10.12			2:10.12
19	Filipe Ferrao Melo	01	Jun	200171	CNS	2:10.12 L			2:10.12
20	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	2:12.01 L			2:12.01
21	Joao Garcez Mateus	02	Jun	129623	AONDA	2:12.01			2:12.01

Seniores

1	Jose Paula Carvalho	98	Sen	111450	SLB	1:49.84 S	22.12.2018	Felgueiras (POR)	1:52.03
2	Afonso Ribeiro Bate	98	Sen	117180	SAD	1:51.56 S	23.12.2018	Felgueiras (POR)	1:53.79
3	Pedro Andre Santos	94	Sen	15732	SAD	1:53.70 S	13.01.2019	Granada (ESP)	1:55.97
4	Rafael Lourenco Gil	96	Sen	105234	SCP	1:54.36 S	25.11.2018	Alges (POR)	1:56.64
5	Miguel Ribeiro Bate	99	Sen	117183	SAD	1:55.14 S	31.05.2018	Alges (POR)	1:57.44
6	Daniel Rochinha Pedro	98	Sen	111389	AHBE	1:56.08 S	25.11.2018	Alges (POR)	1:58.40
7	Antonio Fernando Pinto	99	Sen	109280	SLB	1:58.51 L	26.07.2018	Oeiras (POR)	1:58.51
8	Diogo Carrasco Correia	95	Sen	26151	CFB	1:56.41 S	25.11.2018	Alges (POR)	1:58.73
9	Joao Mota Correia	97	Sen	102308	SLB	1:56.54 S	19.01.2019	Alcobaca (POR)	1:58.87
10	Joao Esteves Padrela	99	Sen	119137	CFB	1:56.74 S	25.11.2018	Alges (POR)	1:59.07
11	Frederico Sousa Soares	96	Sen	104260	AHBE	1:57.88 S	25.11.2018	Alges (POR)	2:00.23
12	Joao Andre Rodrigues	99	Sen	122968	GESL	1:58.39 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:00.75
13	Afonso Mateus Ribeiro	95	Sen	100430	CFB	1:58.49 S	25.11.2018	Alges (POR)	2:00.86
14	Pedro Barata Neves	00	Sen	118137	CIRL	1:59.13 S	12.01.2019	Torres Novas (POR)	2:01.51
15	Carlos Afonso Almeida	98	Sen	119275	SAD	1:59.22 S	25.11.2018	Alges (POR)	2:01.60
16	Tiago Correia Neves	97	Sen	125796	CFB	1:59.52 S	23.12.2018	Felgueiras (POR)	2:01.91
17	Afonso Godinho Mestre	95	Sen	100365	CNLX	2:02.20 L	06.07.2018	Setubal (POR)	2:02.20
18	Daniel Nogueira Catalao	00	Sen	127075	SLB	2:00.64 S	01.07.2018	S. Antonio Cavaleiros (POR)	2:03.05
19	Joao Miguel Cardoso	97	Sen	109124	GESL	2:01.32 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:03.74
20	Ricardo Silva Marujo	00	Sen	125348	GESL	2:01.58 S	25.11.2018	Alges (POR)	2:04.01
21	Pedro Dordio Carreiro	97	Sen	120560	GESL	2:02.51 S	25.11.2018	Alges (POR)	2:04.96
22	Guilherme Maria Matos	00	Sen	117944	EULX	2:03.34 S	25.11.2018	Alges (POR)	2:05.80
23	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	2:03.52 S	31.05.2018	Alges (POR)	2:05.99
24	Miguel Henriques Marques	00	Sen	120530	SLB	2:04.07 S	31.05.2018	Alges (POR)	2:06.55
25	Tomas da Silva Coxixo	99	Sen	118387	PDEM	2:04.81 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:07.30
26	Rodrigo Antonio Rosa	96	Sen	105214	SLB	2:07.62			2:07.62
27	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	2:07.62 L			2:07.62
28	Diogo Puidival Marques	00	Sen	122045	AONDA	2:07.62 L			2:07.62
29	Rodrigo Guerreiro Benavente	00	Sen	122962	AONDA	2:07.62 L			2:07.62
30	Antonio Maria Ferreira	00	Sen	128468	PDEM	2:07.62			2:07.62

Prova 14
16.03.2019
Femin., 200m Livres
Absolutos
Lista inscritos

Rec Regional Sen	2:01.48	Diana Margarida Duraes	SLB	Budapest (HUN)	2017
Rec Regional Jun 2	2:03.65	Ana Reis Sousa	SAD	Lisboa	2019
Rec Regional Jun 1	2:03.02	Leticia Maia Andre	SLB	Oeiras	2018
Rec Regional Juv A	2:07.11	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	2:07.77	Maria Ferreira Moura	SCP	Funchal	2018
Rec Regional Absoluto	2:01.48	Diana Margarida Duraes	SLB	Budapest (HUN)	2017
Rec Nacional Absoluto	2:01.48	Diana Margarida Duraes	SLB	Budapest (HUN)	2017

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Marta Joao Pires	05	Juv B	147235	SAD	2:10.45 S	16.12.2018	Tomar (POR)	2:13.05
2	Mafalda Santos Costa	05	Juv B	132453	ADRCIMM	2:15.28 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:17.98
3	Isadora Maia Andre	05	Juv B	132800	SLB	2:16.35 S	16.12.2018	Tomar (POR)	2:19.07
4	Joana Rocha Ferreira	05	Juv B	201560	SLB	2:18.80 S	16.12.2018	Tomar (POR)	2:21.57
5	Carolina Fonseca Gomes	05	Juv B	202528	CDOM	2:18.80 S	11.03.2018	Caldas da Rainha (POR)	2:21.57
6	Iris Pereira Carrao	05	Juv B	201392	CIRL	2:21.06 S	25.11.2018	Alges (POR)	2:23.88
7	Carmo Dias Vieira	05	Juv B	201319	EULX	2:21.43 S	25.11.2018	Alges (POR)	2:24.25
8	Joana Fernandes Gama	05	Juv B	153361	SCP	2:23.30 S	25.11.2018	Alges (POR)	2:26.16
9	Francisca Otao Tribuna	05	Juv B	132463	SLB	2:26.37 L	16.06.2018	Vila Franca de Xira (POR)	2:26.37
10	Filipa Raposo Silva	05	Juv B	153359	SCP	2:24.29 S	16.12.2018	Tomar (POR)	2:27.17
11	Neuza Velho Magalhaes	05	Juv B	131096	SLB	2:27.26 L	09.02.2019	Lisboa (POR)	2:27.26
12	Mariana Reis Ferreira	05	Juv B	200724	AONDA	2:27.48 L	07.07.2018	Setubal (POR)	2:27.48
13	Madalena Carrapico Alexandrino	05	Juv B	132560	SAD	2:24.62 S	31.05.2018	Alges (POR)	2:27.51
14	Mariana Marques Santos	05	Juv B	150757	GESL	2:24.73 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:27.62
15	Maria Teresa Fernandes	05	Juv B	132557	SAD	2:24.86 S	14.12.2018	Tomar (POR)	2:27.75
16	Soraia Maria Salgado	05	Juv B	132513	AEFDTV	2:25.30 S	20.01.2019	Alapraia (POR)	2:28.20
17	Maria Del Rio Bernat	05	Juv B	200403	SAD	2:25.68 S	25.11.2018	Alges (POR)	2:28.59
18	Luciana Rodrigues Moura	05	Juv B	129624	AONDA	2:26.13 S	16.12.2018	Tomar (POR)	2:29.05
19	Sara Nunes Conceicao	05	Juv B	201393	SFUAP	2:26.75 S	25.11.2018	Alges (POR)	2:29.68
20	Marta Beatriz Mota	05	Juv B	144727	GESL	2:27.00 S	25.11.2018	Alges (POR)	2:29.94
21	Rita Abibe Goncalves	05	Juv B	144730	GESL	2:30.18 L	16.06.2018	Vila Franca de Xira (POR)	2:30.18
22	Barbara Cunha Ventura	05	Juv B	132458	SLB	2:27.98 S	25.11.2018	Alges (POR)	2:30.94
23	Simone Filipe Monteiro	05	Juv B	203878	GESL	2:29.30 S	25.11.2018	Alges (POR)	2:32.28
24	Beatriz Isabel Tavares	05	Juv B	200181	CNS	2:32.73 L	07.07.2018	Setubal (POR)	2:32.73
25	Maria Correia Ricardo	05	Juv B	129496	CNS	2:34.01 L	07.07.2018	Setubal (POR)	2:34.01
26	Maria Ines Pinto	05	Juv B	132618	CPCD	2:31.03 S	24.11.2018	Alges (POR)	2:34.05
27	Mariana Maiato Paulino	05	Juv B	133001	CNCVG	2:31.77 S	25.11.2018	Alges (POR)	2:34.80
28	Maria Antonia Ferraz	05	Juv B	128378	AHBE	2:35.04 L			2:35.04
29	Maria Sousa Caxaria	05	Juv B	148574	CNMJ	2:35.04 L			2:35.04
30	Lara Moreira Lopo	05	Juv B	130424	EULX	2:35.04 L			2:35.04

Juvenis A

1	Maria Jardim Fidalgo	04	Juv A	131429	CNCVG	2:18.60 L	09.02.2019	Lisboa (POR)	2:18.60
2	Anais Cloe Pereira	04	Juv A	147048	SCP	2:15.93 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:18.64
3	Alice Jesus Morgado	04	Juv A	131016	GESL	2:17.64 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:20.39
4	Daniela Alexandra Pedro	04	Juv A	130864	SCP	2:20.44 L	09.02.2019	Lisboa (POR)	2:20.44
5	Catarina Nunes Costa	04	Juv A	131376	GESL	2:18.34 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:21.10
6	Aleksandra Bozanic Borcic	04	Juv A	133318	SAD	2:18.86 S	14.12.2018	Tomar (POR)	2:21.63
7	Margarida Carvalho Barao	04	Juv A	130241	CNCVG	2:19.14 S	16.12.2018	Tomar (POR)	2:21.92
8	Joana Maia Antunes	04	Juv A	131699	SLB	2:19.38 S	14.12.2018	Tomar (POR)	2:22.16
9	Beatriz Costa Melo	04	Juv A	132555	SAD	2:19.76 S	31.05.2018	Alges (POR)	2:22.55
10	Carolina Porem Henriques	04	Juv A	129802	SCP	2:23.45 L	16.06.2018	Vila Franca de Xira (POR)	2:23.45
11	Maria Martins Camacho	04	Juv A	130618	SFUAP	2:21.11 S	25.11.2018	Alges (POR)	2:23.93
12	Mariana Fragoso Guterres	04	Juv A	200475	SLB	2:24.33 L	16.06.2018	Vila Franca de Xira (POR)	2:24.33
13	Raquel Raposo Lopes	04	Juv A	153469	CDCC	2:22.08 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:24.92
14	Matilde Carvalho Barao	04	Juv A	130243	CNCVG	2:23.03 S	31.05.2018	Alges (POR)	2:25.89
15	Andreia Velho Magalhaes	04	Juv A	131092	SLB	2:23.21 S	25.11.2018	Alges (POR)	2:26.07
16	Diana Valadas Horta	04	Juv A	201782	CIRL	2:24.05 S	25.11.2018	Alges (POR)	2:26.93
17	Ana Sofia Inacio	04	Juv A	202686	SCP	2:25.75 S	25.11.2018	Alges (POR)	2:28.66
18	Catarina Alexandra Marques	04	Juv A	130232	CNCVG	2:29.25 L	06.07.2018	Setubal (POR)	2:29.25
19	Alice Castico Moreira	04	Juv A	123963	CNMJ	2:30.73 L			2:30.73

Prova 14, Femin., 200m Livres
Juniores

1	Rafaela Gomes Azevedo	02	Jun	122048	SAD	2:06.60	S	22.12.2018	Felgueiras (POR)	2:09.13
2	Mafalda Marques Pinto	02	Jun	125422	SCP	2:09.41	L	09.02.2019	Lisboa (POR)	2:09.41
3	Ana Raquel Graveto	02	Jun	129628	SLB	2:11.23	L	27.07.2018	Oeiras (POR)	2:11.23
4	Filipa Ramos Peixeira	03	Jun	129008	SCP	2:12.05	L	26.07.2018	Oeiras (POR)	2:12.05
5	Sara Moura Cruz	03	Jun	127488	SAD	2:14.69	L	16.06.2018	Rio Maior (POR)	2:14.69
6	Beatriz Vaz Rebelo	03	Jun	128829	GESL	2:15.42	L	25.03.2018	Funchal (POR)	2:15.42
7	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	2:14.69	S	25.11.2018	Alges (POR)	2:17.38
8	Claudia Beatriz Martins	03	Jun	128830	GESL	2:15.09	S	25.11.2018	Alges (POR)	2:17.79
9	Carolina Ganhao Ferro	02	Jun	126267	GESL	2:18.37	L	06.07.2018	Setubal (POR)	2:18.37
10	Mariana Marques Mercedes	03	Jun	129961	CDOM	2:19.81	L	16.06.2018	Vila Franca de Xira (POR)	2:19.81
11	Ana Margarida Soares	03	Jun	129488	CNS	2:19.78	S	31.05.2018	Alges (POR)	2:22.57
12	Francisca Razina Oliveira	03	Jun	130620	ANAM	2:20.09	S	25.11.2018	Alges (POR)	2:22.89
13	Marta Viola Marques	03	Jun	200870	CNCVG	2:20.20	S	25.11.2018	Alges (POR)	2:23.00
14	Matilde Pereira Carrao	03	Jun	204157	CIRL	2:23.08	S	25.11.2018	Alges (POR)	2:25.94
15	Caetana Neves Carneiro	03	Jun	129163	CNLX	2:23.35	S	01.12.2018	Abrantes (POR)	2:26.21
16	Catarina Guimaraes Moreira	03	Jun	131755	SAD	2:26.52				2:26.52

Seniores

1	Margarida Sobral Pimenta	99	Sen	118764	CFB	2:11.96	L	09.02.2019	Lisboa (POR)	2:11.96
2	Eva Guerreiro Carvalho	99	Sen	111392	SLB	2:12.26	L	25.03.2018	Funchal (POR)	2:12.26
3	Sofia Alexandra Rolao	98	Sen	108413	SLB	2:12.78	L	07.07.2018	Coimbra (POR)	2:12.78
4	Ines Figueira Santos	00	Sen	111277	SFUAP	2:10.36	S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:12.96
5	Tatiana Raquel Pombo	01	Sen	121615	CDCP	2:13.17	L	27.07.2018	Oeiras (POR)	2:13.17
6	Margarida Messias Ribeiro	98	Sen	110544	GESL	2:10.59	S	31.05.2018	Alges (POR)	2:13.20
7	Sara Rulin Loureiro	01	Sen	123345	SLB	2:13.46	L	25.03.2018	Funchal (POR)	2:13.46
8	Lia Ana Lima	01	Sen	205396	SCP	2:13.93	S	03.11.2018	Vila Real St. Antonio (POR)	2:16.60
9	Raquel Gomes Pereira	00	Sen	118469	SAD	2:24.38				2:24.38

**Prova 15
16.03.2019**
Masc., 50m Bruços
**Absolutos
Lista inscritos**

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juniores										
1	Renato Barros Frischknecht	01	Jun	122051	SAD	29.21	S	23.12.2018	Felgueiras (POR)	30.08
2	Bernardo Geada Brito	02	Jun	130621	SFUAP	30.74	S	09.12.2018	S Antonio dos Cavaleiros (POR)	31.66
3	Afonso Amaro Santos	02	Jun	131510	GESL	32.28	L	27.07.2018	Oeiras (POR)	32.28
4	Diogo Garcez Mateus	02	Jun	129622	AONDA	32.28	L	10.02.2019	Lisboa (POR)	32.28
5	Martim Rebelo Malfeito	02	Jun	129023	SCP	31.64	S	23.11.2018	Alges (POR)	32.58
6	Henrique Chan Machado	02	Jun	126835	SAD	34.46	L	16.06.2018	Rio Maior (POR)	34.46
7	Vasco Camacho Ramos	02	Jun	201622	PDEM	34.96				34.96

Seniores

1	Guilherme Miguel Teixeira	97	Sen	105091	CFB	28.21	S	23.12.2018	Felgueiras (POR)	29.05
2	Hugo Pon	98	Sen	110164	SAD	29.53	L	18.03.2018	Coimbra (POR)	29.53
3	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	29.69	L	18.03.2018	Coimbra (POR)	29.69
4	Miguel Henriques Marques	00	Sen	120530	SLB	30.79	L	24.03.2018	Funchal (POR)	30.79
5	Andre Tavares Grenho	99	Sen	120605	GESL	30.91	L	24.03.2018	Funchal (POR)	30.91
6	Guilherme Assis Ramos	98	Sen	100274	AEFDTV	30.17	S	17.06.2018	Sto Ant. Cavaleiros (POR)	31.07
7	Bruno Miguel Martins	93	Sen	26891	GESL	30.48	S	09.12.2018	S Antonio dos Cavaleiros (POR)	31.39
8	Joao Costa Fonseca	00	Sen	125134	CNLX	31.41	L	10.02.2019	Lisboa (POR)	31.41
9	Andre Filipe Magalhaes	98	Sen	111394	AONDA	31.49	L	19.05.2018	Coimbra (POR)	31.49
10	Joao Manuel Vargas	00	Sen	123510	INDANL	31.21	S	21.12.2018	Felgueiras (POR)	32.14
11	Rui Miguel Correia	96	Sen	105378	CNMJ	32.61	L	10.02.2019	Lisboa (POR)	32.61
12	Vicente Morgado Ventoso	00	Sen	126466	EULX	31.83	S	03.11.2018	Vila Real St. Antonio (POR)	32.78
13	Bernardo Garcia Perloiro	00	Sen	120635	SCP	32.92	L	26.07.2018	Oeiras (POR)	32.92

Prova 15, Masc., 50m Bruços

14	Pedro Silva Vaz	98	Sen	111379	AHBE	32.23	S	09.12.2018	S Antonio dos Cavaleiros (POR)	33.19
15	Ricardo Basilio Marreiros	97	Sen	107317	INDANL	33.79				33.79
16	Pedro Ferraz Esteves	99	Sen	118772	CNLX	33.79				33.79
17	Francisco Passos Vasconcelos	91	Sen	15891	CNLX	33.79	L			33.79
18	David Granja Lopes	90	Sen	22490	AONDA	33.79				33.79

Prova 16
Femin., 50m Bruços
Absolutos

16.03.2019

Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juniores										
1	Clara Gomes Pereira	02	Jun	124393	SAD	34.70	L	18.03.2018	Coimbra (POR)	34.70
2	Madalena Reis Cerdeira	03	Jun	130053	SCP	35.28	L	06.07.2018	Setubal (POR)	35.28
3	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	34.58	S	23.12.2018	Felgueiras (POR)	35.61
4	Natacha Sofia Silva	02	Jun	125594	SLB	34.82	S	21.12.2018	Felgueiras (POR)	35.86
5	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	35.86	S	23.12.2018	Felgueiras (POR)	36.93
6	Caetana Neves Carneiro	03	Jun	129163	CNLX	40.24	L			40.24
7	Leonor Maria Neves	03	Jun	131015	GESL	40.24	L			40.24

Seniores

1	Raquel Gomes Pereira	00	Sen	118469	SAD	33.13	L	27.07.2018	Oeiras (POR)	33.13
2	Claudia Ferreira Borges	99	Sen	116591	SLB	33.49	L	24.03.2018	Funchal (POR)	33.49
3	Barbara Sofia Barata	97	Sen	105454	SAD	34.86	L	18.03.2018	Coimbra (POR)	34.86
4	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	35.93	L	06.07.2018	Setubal (POR)	35.93
5	Ines Silva Bernardo	00	Sen	122689	SLB	35.81	S	23.11.2018	Alges (POR)	36.88
6	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	37.01	S	23.11.2018	Alges (POR)	38.12
7	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	37.29	S	23.11.2018	Alges (POR)	38.40
8	Soraia Guerra Rolim	95	Sen	121321	CIRL	37.49	S	23.11.2018	Alges (POR)	38.61
9	Filipa Vilas Tiago	94	Sen	10634	SLB	39.67				39.67

Prova 17
Masc., 200m Costas
Absolutos

16.03.2019

Lista inscritos

Rec Regional Sen	1:59.91	Pedro Diogo Oliveira	ESJB	Palma De Mallorca (ESP)	2014
Rec Regional Jun 2	2:03.55	Joao Alexandre Vital	SCP	Coimbra	2015
Rec Regional Jun 1	2:03.93	Joao Alexandre Vital	ADRCIMM	Singapore	2015
Rec Regional Juv A	2:06.59	Joao Alexandre Vital	ADRCIMM	Netanya (ISR)	2014
Rec Regional Juv B	2:06.44	Joao Alexandre Vital	FPN	Utrecht (NED)	2013
Rec Regional Absoluto	1:59.91	Pedro Diogo Oliveira	ESJB	Palma De Mallorca (ESP)	2014
Rec Nacional Absoluto	1:58.83	Pedro Diogo Oliveira	FPN	Londres (GBR)	2012

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis B										
1	Andre Azevedo Baraona	04	Juv B	123965	CNMJ	2:12.46	S	15.12.2018	Tomar (POR)	2:15.10
2	Miguel Costa Simoes	04	Juv B	132350	CDCP	2:17.70	S	20.01.2019	Alapraia (POR)	2:20.45
3	Tiago Fanha Lopes	04	Juv B	129520	CNMJ	2:19.89	S	15.12.2018	Tomar (POR)	2:22.68
4	Guilherme Machado Santos	04	Juv B	200202	SFUAP	2:20.21	S	15.12.2018	Tomar (POR)	2:23.01
5	Joao Pedro Penelas	04	Juv B	150754	GESL	2:21.40	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:24.22
6	Tiago Morgado Nogueira	04	Juv B	202389	ADRCIMM	2:21.80	S	20.01.2019	Alapraia (POR)	2:24.63
7	Antonio Lombardi Carvalho	04	Juv B	129886	CFB	2:24.56	S	10.03.2018	Caldas da Rainha (POR)	2:27.45
8	Afonso Cipriano Pinto	04	Juv B	153352	SCP	2:26.61	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:29.54
9	Francisco Sousa Uva	04	Juv B	201477	SAD	2:27.70	S	20.01.2019	Alapraia (POR)	2:30.65

Prova 17, Masc., 200m Costas

10	Tomas Santos Luis	04	Juv B	153367	SCP	2:30.68	L	09.02.2019	Lisboa (POR)	2:30.68
11	Goncalo Filipe Carrapito	04	Juv B	129666	SFUAP	2:29.67	S	10.03.2018	Caldas da Rainha (POR)	2:32.66
12	Tomás Pratas Neto	04	Juv B	132652	PDEM	2:30.08	S	20.01.2019	Alapraia (POR)	2:33.08
13	Duarte Brito Justino	04	Juv B	130802	ADRCIMM	2:31.74	S	20.01.2019	Alapraia (POR)	2:34.77
14	Tomas Martins Mira	04	Juv B	132215	CNS	2:31.81	S	24.11.2018	Alges (POR)	2:34.84
15	Daniel Elias Duarte	04	Juv B	147198	CIRL	2:37.96	L			2:37.96

Juvenis A

1	Tomas Nogueira Gomes	03	Juv A	126626	SFUAP	2:05.22	S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:07.72
2	Antonio Santos Pereira	03	Juv A	201690	AHBE	2:11.40	S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:14.02
3	Tiago Miguel Dias	03	Juv A	207929	CNLX	2:15.37	S	15.12.2018	Tomar (POR)	2:18.07
4	Rodrigo Reis Dias	03	Juv A	129003	CFB	2:16.11	S	24.11.2018	Alges (POR)	2:18.83
5	Nicolae Iachimovschi	03	Juv A	130036	CFB	2:16.88	S	15.12.2018	Tomar (POR)	2:19.61
6	Dinis Viola Caroco	03	Juv A	131696	SCP	2:19.19	S	15.12.2018	Tomar (POR)	2:21.97
7	Ricardo Martins Ferreira	03	Juv A	127307	AONDA	2:19.61	S	25.04.2018	Sines (POR)	2:22.40
8	José Miguel Oliveira	03	Juv A	129493	CNS	2:20.39	S	15.12.2018	Tomar (POR)	2:23.19
9	Bernardo Araujo Freire	03	Juv A	129532	SAD	2:21.39	S	15.12.2018	Tomar (POR)	2:24.21
10	Goncalo Nuno Raposo	03	Juv A	126880	AONDA	2:22.04	S	15.12.2018	Tomar (POR)	2:24.88
11	Pedro Pires Gomes	03	Juv A	129534	CFB	2:24.26	S	20.01.2019	Alapraia (POR)	2:27.14
12	Luis Maia Pegado	03	Juv A	131701	SCP	2:26.88	S	24.11.2018	Alges (POR)	2:29.81
13	Ricardo Samuel Pereira	03	Juv A	131801	SLB	2:35.09				2:35.09
14	Pedro Miguel Matos	03	Juv A	130244	CNCVG	2:35.09	L			2:35.09

Juniores

1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	2:01.78	S	21.12.2018	Felgueiras (POR)	2:04.21
2	Martim Primavera Alfama	02	Jun	128833	GESL	2:05.55	S	21.12.2018	Felgueiras (POR)	2:08.06
3	Rafael Alcantara Aires	01	Jun	125130	SLB	2:11.78	L	18.03.2018	Coimbra (POR)	2:11.78
4	Rodrigo Melo Pinto	01	Jun	128733	CNCVG	2:11.49	S	27.10.2018	Ponte da Barca (POR)	2:14.12
5	Ricardo Martins Bras	01	Jun	121508	CFB	2:12.45	S	24.11.2018	Alges (POR)	2:15.09
6	Guilherme Ventura Carvalho	01	Jun	121613	GESL	2:14.89	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:17.58
7	Tiago Leite Barreiros	02	Jun	127804	SAD	2:16.52	S	31.05.2018	Alges (POR)	2:19.25
8	Pedro Mendes Ferreira	01	Jun	129621	CFB	2:17.16	S	24.11.2018	Alges (POR)	2:19.90
9	Renato Barros Frischknecht	01	Jun	122051	SAD	2:17.49	S	24.11.2018	Alges (POR)	2:20.24
10	Francisco Martins Pedro	01	Jun	125349	GESL	2:20.83	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:23.64
11	Alexandre Miguel Branco	01	Jun	126584	SAD	2:27.27				2:27.27
12	Ricardo Pinela Ferreira	01	Jun	122050	SLB	2:27.27				2:27.27
13	Diogo Ramos Lebre	01	Jun	122294	SLB	2:27.27				2:27.27
14	Gonçalo Carvalho Ferrao	01	Jun	127233	CDCP	2:27.27				2:27.27
15	Tomas Penha Monteiro	02	Jun	132566	SAD	2:29.41				2:29.41

Seniores

1	Pedro Andre Santos	94	Sen	15732	SAD	2:05.65	S	12.01.2019	Granada (ESP)	2:08.16
2	Carlos Afonso Almeida	98	Sen	119275	SAD	2:08.32	S	31.05.2018	Alges (POR)	2:10.88
3	Tiago Barros Ferreira	94	Sen	16003	SAD	2:08.60	S	31.05.2018	Alges (POR)	2:11.17
4	Joao Diogo Fernandes	98	Sen	121542	CFB	2:09.09	S	24.11.2018	Alges (POR)	2:11.67
5	Filipe Ferreira Luz	98	Sen	112320	GESL	2:09.81	S	31.05.2018	Alges (POR)	2:12.40
6	Tiago Correia Neves	97	Sen	125796	CFB	2:18.43	S	04.11.2018	Vila Real St. Antonio (POR)	2:21.19
7	Guilherme Pereira Dias	97	Sen	110443	SLB	2:24.43				2:24.43
8	Joao Miguel Santana	00	Sen	112719	SLB	2:24.43	L			2:24.43
9	Francisco Robalo Quintas	95	Sen	26501	CFB	2:24.43				2:24.43

Prova 18
 16.03.2019

Femin., 200m Costas

 Absolutos
 Lista inscritos

Rec Regional Sen	2:15.27	Francisca Gomes Azevedo	SAD	Coimbra	2015
Rec Regional Jun 2	2:15.53	Rita Barros Frischknecht	SAD	Coimbra	2015
Rec Regional Jun 1	2:18.61	Rafaela Gomes Azevedo	SAD	Coimbra	2018
Rec Regional Juv A	2:20.26	Rafaela Gomes Azevedo	SAD	Geneva (SUI)	2017
Rec Regional Juv B	2:22.91	Rafaela Gomes Azevedo	SAD	Oeiras	2016
Rec Regional Absoluto	2:15.27	Francisca Gomes Azevedo	SAD	Coimbra	2015
Rec Nacional Absoluto	2:15.27	Francisca Gomes Azevedo	SAD	Coimbra	2015

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

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

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

1	Erica Cristina Reis	05	Juv B	200201	SCP	2:27.72 S	16.12.2018	Tomar (POR)	2:30.67
2	Soraia Maria Salgado	05	Juv B	132513	AEFDTV	2:32.32 L	10.02.2019	Lisboa (POR)	2:32.32
3	Sofia Antunes Sebastiao	05	Juv B	147121	CNA	2:30.66 S	16.12.2018	Tomar (POR)	2:33.67
4	Soraia Alexandra Delgado	05	Juv B	153438	SCP	2:31.49 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:34.52
5	Ana Beatriz Simoes	05	Juv B	153354	SCP	2:37.64 L	21.07.2018	S. Joao da Madeira (POR)	2:37.64
6	Rita Ferreira Gomes	05	Juv B	132565	SAD	2:36.39 S	16.12.2018	Tomar (POR)	2:39.51
7	Barbara Cunha Ventura	05	Juv B	132458	SLB	2:37.38 S	19.01.2019	Alapraia (POR)	2:40.52
8	Luisa Morais Marques	05	Juv B	137863	AEFDTV	2:39.14 S	19.01.2019	Alapraia (POR)	2:42.32
9	Maria Correia Ricardo	05	Juv B	129496	CNS	2:39.50 S	24.11.2018	Alges (POR)	2:42.69
10	Marta Sofia Carvalho	05	Juv B	133331	ADRCIMM	2:40.27 S	16.12.2018	Tomar (POR)	2:43.47
11	Francisca Otao Tribuna	05	Juv B	132463	SLB	2:40.68 S	24.11.2018	Alges (POR)	2:43.89
12	Rafaela Diogo Martins	05	Juv B	132214	CNS	2:41.50 S	24.11.2018	Alges (POR)	2:44.73
13	Luciana Rodrigues Moura	05	Juv B	129624	AONDA	2:47.38 L	17.06.2018	Vila Franca de Xira (POR)	2:47.38
14	Neuza Velho Magalhaes	05	Juv B	131096	SLB	2:44.60 S	19.01.2019	Alapraia (POR)	2:47.89
15	Ana Belo Braga	05	Juv B	132505	AONDA	2:47.05 S	11.03.2018	Caldas da Rainha (POR)	2:50.39
16	Beatriz Isabel Tavares	05	Juv B	200181	CNS	2:50.69 L	07.07.2018	Setubal (POR)	2:50.69
17	Mariana Reis Ferreira	05	Juv B	200724	AONDA	2:53.04 L	07.07.2018	Setubal (POR)	2:53.04
18	Mariana Maiato Paulino	05	Juv B	133001	CNCVG	2:54.17 L			2:54.17
19	Lara Moreira Lopo	05	Juv B	130424	EULX	2:54.17 L			2:54.17

Juvenis A

1	Carolina Fale Costa	04	Juv A	129801	ADRCIMM	2:25.51 S	16.12.2018	Tomar (POR)	2:28.42
2	Joana Maia Antunes	04	Juv A	131699	SLB	2:30.21 S	19.01.2019	Alcobaca (POR)	2:33.21
3	Marta Macedo Inacio	04	Juv A	132536	SCP	2:31.14 S	31.05.2018	Alges (POR)	2:34.16
4	Raquel Raposo Lopes	04	Juv A	153469	CDCP	2:32.05 S	10.06.2018	Badajoz (ESP)	2:35.09
5	Yonina Brancourt	04	Juv A	202082	GESL	2:33.79 S	04.03.2018	Almada (POR)	2:36.86
6	Vera Figueiredo Narra	04	Juv A	131121	CNA	2:35.79 S	19.01.2019	Alapraia (POR)	2:38.90
7	Catarina Nunes Costa	04	Juv A	131376	GESL	2:40.30 S	19.01.2019	Alapraia (POR)	2:43.50
8	Renata Campos Reis	04	Juv A	200422	GESL	2:41.30 S	19.01.2019	Alapraia (POR)	2:44.52
9	Maria Freire Alves	04	Juv A	132522	AHBE	2:42.30 S	19.01.2019	Alapraia (POR)	2:45.54
10	Joana Miguel Sousa	04	Juv A	130442	AHBE	2:49.33			2:49.33

Juniores

1	Sara Moura Cruz	03	Jun	127488	SAD	2:21.41 S	21.12.2018	Felgueiras (POR)	2:24.23
2	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	2:28.15 S	21.12.2018	Felgueiras (POR)	2:31.11
3	Ana Margarida Soares	03	Jun	129488	CNS	2:31.75 L	27.07.2018	Oeiras (POR)	2:31.75
4	Maria Mousinho Esteves	02	Jun	131944	CIRL	2:29.38 S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:32.36
5	Maria Ines Ribeiro	03	Jun	127252	INDANL	2:32.42 S	31.05.2018	Alges (POR)	2:35.46
6	Rafaela Sofia Silva	03	Jun	127686	SLB	2:34.33 S	24.11.2018	Alges (POR)	2:37.41
7	Ana Reis Sousa	02	Jun	122440	SAD	2:43.00			2:43.00

Seniores

1	Madalena Gomes Azevedo	99	Sen	110160	SAD	2:18.60 S	24.11.2018	Alges (POR)	2:21.37
2	Filipa Serrano Rodrigues	01	Sen	112310	SLB	2:18.80 S	26.03.2018	Funchal (POR)	2:21.57
3	Sofia Alexandra Nunes	00	Sen	112322	CIRL	2:26.96 L	25.03.2018	Funchal (POR)	2:26.96
4	Ana Raquel Ferreira	98	Sen	102755	SLB	2:28.73 L	27.07.2018	Oeiras (POR)	2:28.73
5	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	2:26.55 S	24.11.2018	Alges (POR)	2:29.48
6	Mafalda Sofia Dias	01	Sen	121401	PDEM	2:26.93 S	25.04.2018	Sines (POR)	2:29.86
7	Margarida Messias Ribeiro	98	Sen	110544	GESL	2:28.01 S	24.11.2018	Alges (POR)	2:30.97
8	Maria Ornelas Armas	98	Sen	106961	EULX	2:29.71 S	04.11.2018	Vila Real St. Antonio (POR)	2:32.70
9	Lia Ana Lima	01	Sen	205396	SCP	2:30.75 S	20.12.2018	Luanda (ANG)	2:33.76
10	Sofia Alexandra Rolao	98	Sen	108413	SLB	2:33.93 L	07.07.2018	Coimbra (POR)	2:33.93

Prova 18, Femin., 200m Costas

11	Ines Figueira Santos	00	Sen	111277	SFUAP	2:32.28 S	12.05.2018	Condeixa (POR)	2:35.32
12	Celeste Santos Ricardo	01	Sen	121325	SFUAP	2:32.55 S	12.05.2018	Condeixa (POR)	2:35.60
13	Filipa Vilas Tiago	94	Sen	10634	SLB	2:33.69 S	25.04.2018	Sines (POR)	2:36.76

Prova 19

16.03.2019

Masc., 4 x 100m Livres
Absolutos
Lista inscritos

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

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

Ord.		Categ.	Clube	Obs	Tempo Inscr.
Juvenis					
1	Belenenses Juv	Juv	Clube Futebol Os Belenenses		3:49.66
2	Monte Maior Juv	Juv	Colegio Int Monte Maior		3:59.22
3	Cova da Piedade Juv	Juv	Cova da Piedade		4:07.50
4	Gesloure Juv 1	Juv	Gesloures		4:07.96
5	Vasco da Gama Juv	Juv	Col�gio Vasco da Gama		4:09.37
6	Montijo Juv	Juv	C N Montijo		4:13.57
7	Gesloures Juv 2	Juv	Gesloures		4:14.92
8	União Piedense Juv 1	Juv	União Piedense		4:15.00
9	Palmela Juv	Juv	Palmela Desporto EEM		4:18.89
10	União Piedense Juv 2	Juv	União Piedense		4:19.00

Juniores

1	Monte Maior Jun	Jun	Colegio Int Monte Maior		3:47.91
2	União Piedense Jun	Jun	União Piedense		3:52.00
3	Gesloures Jun	Jun	Gesloures		3:54.16

Seniores

1	Gesloures Sen	Sen	Gesloures		3:47.53
2	Nataç�o de Lisboa Sen	Sen	Nataç�o de Lisboa		3:49.00
3	Onda Sen	Sen	A Onda - Azeit�o		3:50.00

Absolutos

1	Laranjeiro Abs	Abs	Laranjeiro	EXH	3:48.19
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Prova 20
 16.03.2019

Femin., 4 x 100m Livres

 Absolutos
 Lista inscritos

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

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

Ord.		Categ.	Clube	Obs	Tempo Inscr.
<u>Juvenis</u>					
1	Gesloures Juv	Juv	Gesloures		4:23.15
2	Vasco da Gama Juv	Juv	Colégio Vasco da Gama		4:26.17
3	Gesloures Juv	Juv	Gesloures		4:35.63
<u>Juniores</u>					
1	Gesloures Jun	Jun	Gesloures		4:15.20
<u>Absolutos</u>					
1	Gesloures Abs	Abs	Laranjeiro	EXH	4:14.06
2	Natação de Lisboa Abs	Abs	Natação de Lisboa	EXH	4:25.00

3 - 3ª Jornada - 1ª Sessão

17.03.2019 - 9:00

Prova 21
 17.03.2019

Femin., 100m Mariposa
Absolutos
 Lista inscritos

Rec Regional Sen	1:00.49	Sara Alexandra Madeira	CNCVCG	Barcelona (ESP)	2008
Rec Regional Jun 2	1:02.56	Sara Alexandra Madeira	CNCVCG	Jamor	2004
Rec Regional Jun 1	1:02.98	Ana Francisco	SFUAP		1996
Rec Regional Juv A	1:03.57	Filipa Vilas Tiago	SCP	Lisboa	2009
Rec Regional Juv B	1:03.88	Inês Camacho Fernandes	SCP	Trabzon (TUR)	2011
Rec Regional Absoluto	1:00.49	Sara Alexandra Madeira	CNCVCG	Barcelona (ESP)	2008
Rec Nacional Absoluto	58.76	Sara Freitas Oliveira	FPN	Budapeste (HUN)	2010

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Isadora Maia Andre	05	Juv B	132800	SLB	1:09.17 L	09.02.2019	Lisboa (POR)	1:09.17
2	Carmo Dias Vieira	05	Juv B	201319	EULX	1:11.68 L	09.02.2019	Lisboa (POR)	1:11.68
3	Ana Beatriz Simoes	05	Juv B	153354	SCP	1:12.69 L	26.05.2018	Vila Franca de Xira (POR)	1:12.69
4	Nicole Patriarca Franca	05	Juv B	153435	SCP	1:11.01 S	11.03.2018	Caldas da Rainha (POR)	1:13.14
5	Joana Fernandes Gama	05	Juv B	153361	SCP	1:13.31 L	09.02.2019	Lisboa (POR)	1:13.31
6	Carolina Fonseca Gomes	05	Juv B	202528	CDOM	1:11.46 S	23.02.2019	Peniche (POR)	1:13.60
7	Marta Joao Pires	05	Juv B	147235	SAD	1:14.40 L	21.07.2018	S. Joao da Madeira (POR)	1:14.40
8	Rafaela Diogo Martins	05	Juv B	132214	CNS	1:16.95 L	06.07.2018	Setubal (POR)	1:16.95
9	Madalena Sampaio Torgal	05	Juv B	132521	AHBE	1:14.74 S	02.02.2019	Ponte de Sor (POR)	1:16.98
10	Sofia Antunes Sebastiao	05	Juv B	147121	CNA	1:15.94 S	23.11.2018	Alges (POR)	1:18.21
11	Iris Pereira Carrao	05	Juv B	201392	CIRL	1:18.70 L	26.05.2018	Vila Franca de Xira (POR)	1:18.70
12	Francisca Otao Tribuna	05	Juv B	132463	SLB	1:19.13 L			1:19.13
13	Margarida Martins Pereira	05	Juv B	207244	CPCD	1:19.13 L			1:19.13

Juvenis A

1	Alice Jesus Morgado	04	Juv A	131016	GESL	1:07.49 S	16.12.2018	Tomar (POR)	1:09.51
2	Carolina Fale Costa	04	Juv A	129801	ADRCIMM	1:07.57 S	16.12.2018	Tomar (POR)	1:09.59
3	Lidiana Correia Rodrigues	04	Juv A	130399	CFB	1:08.37 S	24.11.2018	Alges (POR)	1:10.42
4	Maria Jardim Fidalgo	04	Juv A	131429	CNCVCG	1:09.04 S	16.12.2018	Tomar (POR)	1:11.11
5	Leonor Alves Morganho	04	Juv A	126315	SAD	1:10.98 S	31.05.2018	Alges (POR)	1:13.10
6	Mariana Fragoso Guterres	04	Juv A	200475	SLB	1:13.89 L	26.05.2018	Vila Franca de Xira (POR)	1:13.89
7	Margarida Filipe Ferreira	04	Juv A	132347	CDCP	1:14.49 L	26.05.2018	Vila Franca de Xira (POR)	1:14.49
8	Andreia Velho Magalhaes	04	Juv A	131092	SLB	1:14.54 L	09.02.2019	Lisboa (POR)	1:14.54
9	Ana Sofia Inacio	04	Juv A	202686	SCP	1:12.56 S	24.11.2018	Alges (POR)	1:14.73
10	Mariana Morais Delfino	04	Juv A	132603	SCP	1:13.16 S	24.11.2018	Alges (POR)	1:15.35
11	Catarina Rossas Fonseca	04	Juv A	131994	CNLX	1:16.96 L			1:16.96
12	Margarida Carvalho Barao	04	Juv A	130241	CNCVCG	1:16.96 L			1:16.96

Juniores

1	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	1:04.57 L	28.07.2018	Oeiras (POR)	1:04.57
2	Ana Reis Sousa	02	Jun	122440	SAD	1:06.09 S	14.04.2018	Felgueiras (POR)	1:08.07
3	Filipa Ramos Peixeira	03	Jun	129008	SCP	1:07.85 S	24.11.2018	Alges (POR)	1:09.88
4	Madalena Rodrigues Tome	03	Jun	126829	AHBE	1:08.72 S	02.02.2019	Ponte de Sor (POR)	1:10.78
5	Ana Rita Matos	02	Jun	127501	CFB	1:08.81 S	24.11.2018	Alges (POR)	1:10.87
6	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	1:09.11 S	24.11.2018	Alges (POR)	1:11.18
7	Mafalda Marques Pinto	02	Jun	125422	SCP	1:09.83 S	15.04.2018	Coruche (POR)	1:11.92
8	Marta Sousa Caxaria	03	Jun	130756	CNMJ	1:11.93 L	26.05.2018	Vila Franca de Xira (POR)	1:11.93
9	Margarida Cunha Barros	02	Jun	127076	SFUAP	1:12.47 L	18.03.2018	Coimbra (POR)	1:12.47
10	Joana Filipa Varandas	02	Jun	124305	CIRL	1:13.19 L	07.07.2018	Setubal (POR)	1:13.19
11	Carolina Ganhao Ferro	02	Jun	126267	GESL	1:11.08 S	12.05.2018	Caldas da Rainha (POR)	1:13.21
12	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	1:12.40 S	24.11.2018	Alges (POR)	1:14.57

Seniores

1	Francisca Gomes Azevedo	97	Sen	100356	SAD	1:04.04 L	18.03.2018	Coimbra (POR)	1:04.04
2	Catarina Welvitichia Sousa	00	Sen	202557	SLB	1:05.47 S	23.03.2018	Lilongwe (MAW)	1:07.43
3	Sofia Alexandra Nunes	00	Sen	112322	CIRL	1:06.54 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:08.53
4	Bruna Martins Riesenberger	97	Sen	105541	CIRL	1:09.00 L	09.02.2019	Lisboa (POR)	1:09.00
5	Sara Costa Guerra	99	Sen	117600	CNLX	1:09.38 L	07.07.2018	Setubal (POR)	1:09.38
6	Catarina Rodrigues Belchior	01	Sen	122528	AONDA	1:09.54 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:11.62

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Prova 21, Femin., 100m Mariposa

7 Tatiana Alexandre Cardoso 01 Sen 127355 CNA 1:09.99 S 02.02.2019 Ponte de Sor (POR) 1:12.09

**Prova 22
17.03.2019**
Masc., 100m Mariposa
**Absolutos
Lista inscritos**

Rec Regional Sen	52.80	Simão Gomes Morgado	CNA	Pequim (CHN)	2008
Rec Regional Jun 2	56.00	Duarte Rafael Mourao	GESL		2002
Rec Regional Jun 1	54.77	Tiago Andre Venancio	CNS	Jamor	2004
Rec Regional Juv A	57.59	Ricardo Jorge Coxo	SFUAP		1998
Rec Regional Juv B	57.61	Diogo Gomes Sousa	CNCVG	Coimbra	2010
Rec Regional Absoluto	52.80	Simão Gomes Morgado	CNA	Pequim (CHN)	2008
Rec Nacional Absoluto	52.42	Diogo Filipe Carvalho	CGA	Lisboa	2009

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

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

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

1	Bernardo Jorge Simoes	04	Juv B	130250	CNCVG	1:00.48 L	10.02.2019	Lisboa (POR)	1:00.48
2	Andre Azevedo Baraona	04	Juv B	123965	CNMJ	1:02.51 L	10.02.2019	Lisboa (POR)	1:02.51
3	Bernardo Victorino Almeida	04	Juv B	153357	SCP	1:03.53 L	21.07.2018	S. Joao da Madeira (POR)	1:03.53
4	Joao Afonso Santos	04	Juv B	153371	SCP	1:06.35 L	10.02.2019	Lisboa (POR)	1:06.35
5	Afonso Cipriano Pinto	04	Juv B	153352	SCP	1:04.94 S	15.12.2018	Tomar (POR)	1:06.88
6	Joao Lourenco Rebelo	04	Juv B	132558	SAD	1:07.34 L	27.05.2018	Vila Franca de Xira (POR)	1:07.34
7	Felipe Menegassi Maia	04	Juv B	207683	SAD	1:07.62 L	06.07.2018	Setubal (POR)	1:07.62
8	Alexandre Duarte Moraes	04	Juv B	132645	PDEM	1:07.72 L	10.02.2019	Lisboa (POR)	1:07.72
9	Francisco Ribeiro Vieira	04	Juv B	130443	AEFDTV	1:05.84 S	24.11.2018	Alges (POR)	1:07.81
10	Rafael Caceres Lopes	04	Juv B	201395	SFUAP	1:07.56 S	24.11.2018	Alges (POR)	1:09.58
11	Hugo Tomas Silva	04	Juv B	200491	AONDA	1:10.07 L	06.07.2018	Setubal (POR)	1:10.07
12	Guilherme Pinto Restolho	04	Juv B	200488	SCP	1:08.26 S	24.11.2018	Alges (POR)	1:10.30
13	Tiago Barroso Proenca	04	Juv B	129698	EULX	1:11.05 L	27.05.2018	Vila Franca de Xira (POR)	1:11.05
14	Guilherme Lousada Carneiro	04	Juv B	132518	AHBE	1:09.18 S	24.11.2018	Alges (POR)	1:11.25
15	Afonso Romao Francisco	04	Juv B	204573	CDCP	1:11.45 L			1:11.45
16	Diogo Miguel Monteiro	04	Juv B	202931	DRCN	1:11.45 L			1:11.45
17	Miguel Madeira Silva	04	Juv B	132664	AONDA	1:11.45 L			1:11.45

Juvenis A

1	Henrique Pinheiro Valente	03	Juv A	130237	CNCVG	1:02.26 L	10.02.2019	Lisboa (POR)	1:02.26
2	Joao Matos Fidalgo	03	Juv A	128885	SLB	1:03.78 L	10.02.2019	Lisboa (POR)	1:03.78
3	Rodrigo Beja Lopes	03	Juv A	132651	AONDA	1:04.40 L	10.02.2019	Lisboa (POR)	1:04.40
4	Salvador Ataíde Parente	03	Juv A	131383	GESL	1:03.32 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:05.22
5	David Manuel Vale	03	Juv A	148339	GESL	1:03.76 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:05.67
6	Pedro Henriques Correia	03	Juv A	125257	SLB	1:05.80 L	27.05.2018	Vila Franca de Xira (POR)	1:05.80
7	Joao Miguel Cascalheira	03	Juv A	201621	CNS	1:06.01 L	10.02.2019	Lisboa (POR)	1:06.01
8	Goncalo Vieira Almeida	03	Juv A	129986	SFUAP	1:04.30 S	15.12.2018	Tomar (POR)	1:06.22
9	Afonso Esteves Tome	03	Juv A	128467	ADRCIMM	1:06.72 L	10.02.2019	Lisboa (POR)	1:06.72
10	Ricardo Samuel Pereira	03	Juv A	131801	SLB	1:07.43 L	27.07.2018	Oeiras (POR)	1:07.43
11	Andre Santos Costa	03	Juv A	129963	CNA	1:07.10 S	02.02.2019	Ponte de Sor (POR)	1:09.11
12	Joao Pedro Rodrigues	03	Juv A	200156	CPCD	1:07.29 S	15.12.2018	Tomar (POR)	1:09.30
13	Luis Carlos Correia	03	Juv A	207349	INDANL	1:09.54			1:09.54

Juniores

1	Tiago Maria Camoes	01	Jun	121851	SFUAP	58.89 L	18.03.2018	Coimbra (POR)	58.89
2	Goncalo Moraes Gordo	02	Jun	126006	ADRCIMM	59.98 L	10.02.2019	Lisboa (POR)	59.98
3	Pedro Miguel Pinto	02	Jun	129924	SCP	1:00.31 L	27.05.2018	Vila Franca de Xira (POR)	1:00.31
4	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	1:01.56 L	10.02.2019	Lisboa (POR)	1:01.56
5	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	1:01.62 L	10.02.2019	Lisboa (POR)	1:01.62
6	Edgar Filipe Santos	01	Jun	127750	SFUAP	1:01.83 L	10.02.2019	Lisboa (POR)	1:01.83
7	Filipe Ferrao Melo	01	Jun	200171	CNS	1:01.88 L	10.02.2019	Lisboa (POR)	1:01.88
8	Pedro Mendes Ferreira	01	Jun	129621	CFB	1:02.00 L	10.02.2019	Lisboa (POR)	1:02.00
9	Joao Garcez Mateus	02	Jun	129623	AONDA	1:02.03 L	10.02.2019	Lisboa (POR)	1:02.03
10	Diogo Alexandre Casteleiro	01	Jun	126581	SCP	1:02.55 L	10.02.2019	Lisboa (POR)	1:02.55
11	Joao Miguel Martins	02	Jun	127267	CFB	1:02.88 L	10.02.2019	Lisboa (POR)	1:02.88
12	Martim Primavera Alfama	02	Jun	128833	GESL	1:01.54 S	03.11.2018	Vila Real St. Antonio (POR)	1:03.38
13	Miguel Rohula Reis	01	Jun	202644	SCP	1:04.27 L	07.07.2018	Setubal (POR)	1:04.27
14	Carlos Marques Freire	01	Jun	121509	CFB	1:02.76 S	01.07.2018	S. Antonio Cavaleiros (POR)	1:04.64

Prova 22, Masc., 100m Mariposa

15	Joao Nogueira Mendes	02	Jun	128745	CIRL	1:03.21 S	24.11.2018	Alges (POR)	1:05.10
16	Diogo Ramos Lebre	01	Jun	122294	SLB	1:05.47 L			1:05.47
17	Jose Maria Pereira	01	Jun	126579	SCP	1:05.47 L			1:05.47
18	Tomas Penha Monteiro	02	Jun	132566	SAD	1:06.04 L	23.03.2018	Funchal (POR)	1:06.04
19	Martim Rebelo Malfeito	02	Jun	129023	SCP	1:06.26 L	27.05.2018	Vila Franca de Xira (POR)	1:06.26
20	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	1:06.65 L	07.07.2018	Setubal (POR)	1:06.65
21	Joao Silva Bernardo	02	Jun	128146	SLB	1:07.04 L			1:07.04
22	Simão Castro Barreto	02	Jun	132474	EULX	1:07.04 L			1:07.04
23	Ricardo Miguel Silveira	02	Jun	208184	SFUAP	1:07.04 L			1:07.04

Seniores

1	Bruno Miguel Ramos	97	Sen	109110	CFB	56.22 L	28.07.2018	Oeiras (POR)	56.22
2	Afonso Godinho Mestre	95	Sen	100365	CNLX	58.77 L	28.07.2018	Oeiras (POR)	58.77
3	Diogo Carrasco Correia	95	Sen	26151	CFB	59.12 L	18.03.2018	Coimbra (POR)	59.12
4	Diogo Puidival Marques	00	Sen	122045	AONDA	59.14 L	19.05.2018	Coimbra (POR)	59.14
5	David Granja Lopes	90	Sen	22490	AONDA	59.19 L	07.07.2018	Setubal (POR)	59.19
6	Daniel Rochinha Pedro	98	Sen	111389	AHBE	58.15 S	24.11.2018	Alges (POR)	59.89
7	Miguel Bras Sergio	95	Sen	100925	AHBE	58.73 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:00.49
8	Guilherme Miguel Teixeira	97	Sen	105091	CFB	58.75 S	24.11.2018	Alges (POR)	1:00.51
9	Pedro Barata Neves	00	Sen	118137	CIRL	1:00.98 L	03.06.2018	Porto (POR)	1:00.98
10	Ricardo Nuno Estevens	99	Sen	121159	CIRL	1:01.60 S	09.12.2018	S Antonio dos Cavaleiros (POR)	1:03.44
11	Miguel Duarte Cruz	99	Sen	125797	CFB	1:03.91 L			1:03.91
12	Artiom Viatcheslavovitch Poliakov	93	Sen	11114	COL	1:03.91			1:03.91
13	Antonio Maria Ferreira	00	Sen	128468	PDEM	1:03.91 L			1:03.91

Prova 23

17.03.2019

Femin., 200m Bruços
Absolutos

Lista inscritos

Rec Regional 19 +	2:27.19	Victoria Kaminskaya	SLB	Glasgow (GBR)	2018
Rec Regional Sen	2:27.70	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	2:29.23	Raquel Gomes Pereira	SAD	Coimbra	2017
Rec Regional Jun 1	2:29.51	Diana Duarte Gomes	INDANL	Budapest (HUN)	2005
Rec Regional Juv A	2:31.32	Diana Duarte Gomes	ABVE	Mulhouse (FRA)	2004
Rec Regional Juv B	2:36.98	Diana Duarte Gomes	CNA	Paris (FRA)	2003
Rec Regional Absoluto	2:27.19	Victoria Kaminskaya	SLB	Glasgow (GBR)	2018
Rec Nacional Absoluto	2:27.19	Victoria Kaminskaya	SLB	Glasgow (GBR)	2018

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Margarida Domingues Nunes	05	Juv B	201398	EULX	2:48.11 S	15.12.2018	Tomar (POR)	2:53.15
2	Erica Cristina Reis	05	Juv B	200201	SCP	2:53.69 L	07.07.2018	Setubal (POR)	2:53.69
3	Maria Correia Ricardo	05	Juv B	129496	CNS	2:59.74 L	09.02.2019	Lisboa (POR)	2:59.74
4	Sara Carreira Melo	05	Juv B	153366	GESL	2:58.47 S	25.11.2018	Alges (POR)	3:03.82
5	Maria Teresa Fernandes	05	Juv B	132557	SAD	2:59.59 S	20.01.2019	Alapraia (POR)	3:04.97
6	Maria Carolina Vargas	05	Juv B	132561	SLB	3:05.74 L	09.02.2019	Lisboa (POR)	3:05.74
7	Joana Rocha Ferreira	05	Juv B	201560	SLB	3:06.11 L	21.07.2018	S. Joao da Madeira (POR)	3:06.11
8	Catarina Maria Santos	05	Juv B	201337	CPCD	3:08.76 L	09.02.2019	Lisboa (POR)	3:08.76
9	Ana Belo Braga	05	Juv B	132505	AONDA	3:05.95 S	25.11.2018	Alges (POR)	3:11.52
10	Maria Sousa Caxaria	05	Juv B	148574	CNMJ	3:08.55 S	20.01.2019	Alapraia (POR)	3:14.20
11	Beatriz Barroso Silva	05	Juv B	133302	CDOM	3:14.21 L	09.02.2019	Lisboa (POR)	3:14.21

Juvenis A

1	Leonor Esteves Santos	04	Juv A	130603	EULX	2:48.04 L	17.06.2018	Vila Franca de Xira (POR)	2:48.04
2	Marta Pereira Domingos	04	Juv A	132529	SFUAP	2:49.55 L	28.07.2018	Oeiras (POR)	2:49.55
3	Luana Santos Freitas	04	Juv A	130470	CNA	3:02.73 S	25.11.2018	Alges (POR)	3:08.21
4	Alice Castico Moreira	04	Juv A	123963	CNMJ	3:04.17 S	20.01.2019	Alapraia (POR)	3:09.69
5	Marta Macedo Inacio	04	Juv A	132536	SCP	3:13.25			3:13.25

Prova 23, Femin., 200m Bruços
Juniores

1	Ana Reis Sousa	02	Jun	122440	SAD	2:40.15	L	09.02.2019	Lisboa (POR)	2:40.15
2	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	2:35.55	S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:40.21
3	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	2:52.11	S	31.05.2018	Alges (POR)	2:57.27
4	Rafaela Sofia Silva	03	Jun	127686	SLB	3:07.88	L			3:07.88
5	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	3:07.88	L			3:07.88

Seniores

1	Beatriz Antunes Carvalho	99	Sen	117036	SCP	2:41.49	S	25.11.2018	Alges (POR)	2:46.33
2	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	2:51.55	L	07.07.2018	Setubal (POR)	2:51.55

Prova 24

17.03.2019

Masc., 200m Bruços
Absolutos
Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis B										
1	Antonio Lombardi Carvalho	04	Juv B	129886	CFB	2:32.50	S	16.12.2018	Tomar (POR)	2:37.07
2	Tomas Sa Vieira	04	Juv B	131504	SAD	2:37.74	S	16.12.2018	Tomar (POR)	2:42.47
3	Duarte Cadima Goncalves	04	Juv B	153295	CNMJ	2:44.93	L	10.02.2019	Lisboa (POR)	2:44.93
4	Hugo Tomas Silva	04	Juv B	200491	AONDA	2:45.95	S	25.11.2018	Alges (POR)	2:50.92
5	Afonso Goncalves de Jorge	04	Juv B	201702	GESL	2:46.06	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:51.04
6	Miguel Filipe Anjo	04	Juv B	201394	CDCP	2:51.14	L	10.02.2019	Lisboa (POR)	2:51.14
7	Jaeden Michael Nunes	04	Juv B	202508	CFB	2:46.49	S	19.01.2019	Alapraia (POR)	2:51.48
8	David Jorge Sequeira	04	Juv B	130234	CNCVG	2:48.89	S	11.03.2018	Caldas da Rainha (POR)	2:53.95
9	Mateus Reinehr Lima	04	Juv B	131417	ADRCIMM	2:54.66	L	16.06.2018	Vila Franca de Xira (POR)	2:54.66
10	Daniel Germano Abdurramane	04	Juv B	132556	SAD	2:57.14				2:57.14
11	Joao Pedro Faustino	04	Juv B	203986	CDCP	2:57.14				2:57.14

Juvenis A

1	Joao Soares Carneiro	03	Juv A	205269	SLB	2:19.27	S	16.12.2018	Tomar (POR)	2:23.44
2	Luis Cabral Junior	03	Juv A	129805	CFB	2:31.93	S	16.12.2018	Tomar (POR)	2:36.48
3	Tomas Almeida Leitao	03	Juv A	129525	SAD	2:33.48	S	16.12.2018	Tomar (POR)	2:38.08
4	David Van Ossenbruggen	03	Juv A	126428	SFUAP	2:34.18	S	12.01.2019	Torres Novas (POR)	2:38.80
5	Guilherme Matias Cristino	03	Juv A	132528	SFUAP	2:35.00	S	12.01.2019	Torres Novas (POR)	2:39.65
6	Joao Luis Matos	03	Juv A	130239	CNCVG	2:38.22	S	31.05.2018	Alges (POR)	2:42.96
7	Goncalo Feliciano Santos	03	Juv A	202529	SCP	2:42.91	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:47.79
8	Rodrigo Reis Dias	03	Juv A	129003	CFB	2:53.92	L			2:53.92
9	Nicolae Iachimovschi	03	Juv A	130036	CFB	2:53.92	L			2:53.92
10	Tiago Represas Loureiro	03	Juv A	208178	FS	2:53.92	L			2:53.92

Juniores

1	David Matias Cristino	01	Jun	127872	SFUAP	2:24.11	S	09.12.2018	S Antonio dos Cavaleiros (POR)	2:28.43
2	Henrique Chan Machado	02	Jun	126835	SAD	2:32.21	S	31.05.2018	Alges (POR)	2:36.77
3	Diogo Garcez Mateus	02	Jun	129622	AONDA	2:32.61	S	25.11.2018	Alges (POR)	2:37.18
4	Filipe Eduardo Morais	01	Jun	200145	CPCD	2:41.91	L	07.07.2018	Setubal (POR)	2:41.91
5	Diogo Miguel Esteves	02	Jun	129054	CNS	2:47.55	L			2:47.55
6	Pedro Almeida Marques	02	Jun	127176	CNS	2:47.55	L			2:47.55

Prova 24, Masc., 200m Bruços
Seniores

1	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	2:22.72	L	28.07.2018	Oeiras (POR)	2:22.72
2	Andre Tavares Grenho	99	Sen	120605	GESL	2:28.09	L	25.03.2018	Funchal (POR)	2:28.09
3	Bruno Miguel Martins	93	Sen	26891	GESL	2:29.40	L	25.03.2018	Funchal (POR)	2:29.40
4	Joao Costa Fonseca	00	Sen	125134	CNLX	2:32.36	L	28.07.2018	Oeiras (POR)	2:32.36
5	Andre Filipe Magalhaes	98	Sen	111394	AONDA	2:29.07	S	01.12.2018	Abrantes (POR)	2:33.54
6	Tiago Rafael Martins	97	Sen	111267	EULX	2:30.22	S	10.06.2018	Badajoz (ESP)	2:34.72
7	Rui Miguel Correia	96	Sen	105378	CNMJ	2:34.75	S	27.10.2018	Ponte da Barca (POR)	2:39.39
8	Ricardo Basilio Marreiros	97	Sen	107317	INDANL	2:41.97	L			2:41.97
9	Filipe Ferreira Luz	98	Sen	112320	GESL	2:41.97				2:41.97
10	Bernardo Garcia Perloiro	00	Sen	120635	SCP	2:41.97				2:41.97

Prova 25

17.03.2019

Femin., 50m Livres
Absolutos

Lista inscritos

Rec Regional Sen	25.73	Patricia Vilas Conceicao	CNA	Oeiras	2012
Rec Regional Sen	25.73	Patricia Vilas Conceicao	CNA	Oeiras	2012
Rec Regional Jun 2	26.99	Ana Reis Sousa	SAD	Lisboa	2019
Rec Regional Jun 1	26.97	Isabel Pinto Abreu	CFB	Coimbra	2012
Rec Regional Absoluto	25.73	Patricia Vilas Conceicao	CNA	Oeiras	2012
Rec Nacional Absoluto	25.66	Ana Pinho Rodrigues	ADS	Oeiras	2018

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

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

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

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	27.83	L	09.02.2019	Lisboa (POR)	27.83
2	Margarida Mota Silva	03	Jun	122224	PDEM	28.81	L	16.06.2018	Rio Maior (POR)	28.81
3	Leonor Maria Neves	03	Jun	131015	GESL	28.86	L	09.02.2019	Lisboa (POR)	28.86
4	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	29.27	L	09.02.2019	Lisboa (POR)	29.27
5	Ana Margarida Soares	03	Jun	129488	CNS	28.73	S	24.11.2018	Alges (POR)	29.30
6	Margarida Sousa Gaspar	03	Jun	127250	ADRCIMM	28.76	S	24.11.2018	Alges (POR)	29.33
7	Maria Mousinho Esteves	02	Jun	131944	CIRL	29.71	L	09.02.2019	Lisboa (POR)	29.71
8	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	29.13	S	24.11.2018	Alges (POR)	29.71
9	Caetana Neves Carneiro	03	Jun	129163	CNLX	29.17	S	01.12.2018	Abrantes (POR)	29.75
10	Carolina Ganhao Ferro	02	Jun	126267	GESL	29.20	S	03.11.2018	Vila Real St. Antonio (POR)	29.78
11	Mariana Marques Mercedes	03	Jun	129961	CDOM	29.84	L	09.02.2019	Lisboa (POR)	29.84
12	Marta Viola Marques	03	Jun	200870	CNCVG	29.91	L	09.02.2019	Lisboa (POR)	29.91
13	Maria Oliveira Paulo	02	Jun	126497	GDSE	29.46	S	24.11.2018	Alges (POR)	30.04
14	Claudia Beatriz Martins	03	Jun	128830	GESL	30.32	S	23.11.2018	Alges (POR)	30.92
15	Madalena Rodrigues Tome	03	Jun	126829	AHBE	30.33	S	24.11.2018	Alges (POR)	30.93
16	Daniela Sofia Fernandes	02	Jun	200164	CPCD	31.03	L	07.07.2018	Setubal (POR)	31.03
17	Catarina Trigo Ferreira	02	Jun	124523	CNLX	31.30				31.30
18	Catarina Guimaraes Moreira	03	Jun	131755	SAD	31.62	L			31.62
19	Rafaela Rodrigues Moura	03	Jun	127272	AONDA	31.62	L			31.62

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	28.46	L	09.02.2019	Lisboa (POR)	28.46
2	Catarina Rodrigues Belchior	01	Sen	122528	AONDA	28.77	L	26.07.2018	Oeiras (POR)	28.77
3	Mafalda Sofia Dias	01	Sen	121401	PDEM	28.29	S	24.11.2018	Alges (POR)	28.85
4	Sara Rulin Loureiro	01	Sen	123345	SLB	28.87	L	28.07.2018	Oeiras (POR)	28.87
5	Tatiana Raquel Pombo	01	Sen	121615	CDCP	28.96	L	23.03.2018	Funchal (POR)	28.96
6	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	28.65	S	24.11.2018	Alges (POR)	29.22
7	Barbara Francisco Ferreira	01	Sen	125344	GESL	28.81	S	24.11.2018	Alges (POR)	29.38
8	Margarida Sobral Pimenta	99	Sen	118764	CFB	29.43	L	16.06.2018	Rio Maior (POR)	29.43
9	Constanca Dias Baptista	01	Sen	126394	CFB	29.55	L	09.02.2019	Lisboa (POR)	29.55
10	Soraia Guerra Rolim	95	Sen	121321	CIRL	29.60	L	03.06.2018	Porto (POR)	29.60
11	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	29.06	S	24.11.2018	Alges (POR)	29.64
12	Susana Pereira Veiga	00	Sen	121936	CNCVG	29.78	L	19.08.2018	Dublin (IRL)	29.78
13	Celeste Santos Ricardo	01	Sen	121325	SFUAP	30.02	L	18.03.2018	Coimbra (POR)	30.02
14	Debora Francisca Barata	98	Sen	153429	CPCD	31.15				31.15

Prova 26
 17.03.2019

Masc., 50m Livres

 Absolutos
 Lista inscritos

Rec Regional Sen	22.39	Miguel Duarte Nascimento	SLB	Coimbra	2017
Rec Regional Jun 2	23.11	Tiago Andre Venancio	CNS	Budapest (HUN)	2005
Rec Regional Jun 1	22.95	Tiago André Venâncio	CNS	Lisboa	2004
Rec Regional Absoluto	22.39	Miguel Duarte Nascimento	SLB	Coimbra	2017
Rec Nacional Absoluto	22.36	Alexandre Escudier Agostinho	PORTIN	Coimbra	2009

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Bernardo Geada Brito	02	Jun	130621	SFUAP	24.42 S	21.12.2018	Felgueiras (POR)	24.90
2	Diogo Santos Costa	02	Jun	126007	ADRCIMM	24.79 S	24.11.2018	Alges (POR)	25.28
3	Gonçalo Carvalho Ferrao	01	Jun	127233	CDCP	24.91 S	01.12.2018	Abrantes (POR)	25.40
4	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	26.18 L	10.02.2019	Lisboa (POR)	26.18
5	Francisco Alves Souza	02	Jun	128881	GESL	25.70 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	26.21
6	Joao Nogueira Mendes	02	Jun	128745	CIRL	26.37 L	10.02.2019	Lisboa (POR)	26.37
7	Rodrigo Ponte Jorge	01	Jun	127873	SFUAP	26.02 S	24.11.2018	Alges (POR)	26.54
8	Joao Silva Bernardo	02	Jun	128146	SLB	26.74 L	18.03.2018	Coimbra (POR)	26.74
9	Filipe Ferrao Melo	01	Jun	200171	CNS	26.80 L	10.02.2019	Lisboa (POR)	26.80
10	Miguel Monteiro Dinis	01	Jun	124394	SAD	26.93 L	16.06.2018	Rio Maior (POR)	26.93
11	Miguel Rohula Reis	01	Jun	202644	SCP	26.52 S	23.11.2018	Tallinn (EST)	27.05
12	Claudio Bularu Freitas	02	Jun	153426	CPCD	26.80 S	24.11.2018	Alges (POR)	27.33
13	Pedro Chainho Santos	01	Jun	205328	AONDA	27.57 L			27.57
14	Pedro Machado Vieira	02	Jun	204156	SAD	27.06 S	23.11.2018	Alges (POR)	27.60
15	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	27.97 L			27.97
16	Jose Luis Buzio	02	Jun	208312	CNS	27.97 L			27.97
17	Gonçalo Vieira Bugalho	02	Jun	208302	EULX	27.97 L			27.97
18	Joao Garcez Mateus	02	Jun	129623	AONDA	27.97 L			27.97

Seniores

1	Francisco Carvalho Machado	98	Sen	111855	SAD	23.58 L	23.03.2018	Funchal (POR)	23.58
2	Joao Daniel Machado	99	Sen	109714	SFUAP	23.19 S	09.12.2018	S Antonio dos Cavaleiros (POR)	23.65
3	Daniel Rochinha Pedro	98	Sen	111389	AHBE	23.97 L	10.02.2019	Lisboa (POR)	23.97
4	David Granja Lopes	90	Sen	22490	AONDA	23.90 S	23.11.2018	Alges (POR)	24.37
5	Guilherme Assis Ramos	98	Sen	100274	AEFDTV	24.30 S	17.06.2018	Sto Ant. Cavaleiros (POR)	24.78
6	Afonso Godinho Mestre	95	Sen	100365	CNLX	24.53 S	01.12.2018	Abrantes (POR)	25.02
7	Ricardo Saraiva Pires	98	Sen	107651	CIRL	24.56 S	19.01.2019	Alcobaca (POR)	25.05
8	Tomas da Silva Coxixo	99	Sen	118387	PDEM	24.60 S	24.11.2018	Alges (POR)	25.09
9	Frederico Sousa Soares	96	Sen	104260	AHBE	24.62 S	24.11.2018	Alges (POR)	25.11
10	Diogo Carrasco Correia	95	Sen	26151	CFB	25.17 L	18.03.2018	Coimbra (POR)	25.17
11	Bernardo Antunes Augusto	00	Sen	122518	AONDA	25.16 S	24.11.2018	Alges (POR)	25.66
12	Miguel Duarte Cruz	99	Sen	125797	CFB	25.20 S	22.12.2018	Felgueiras (POR)	25.70
13	Ricardo Nuno Estevens	99	Sen	121159	CIRL	25.22 S	09.12.2018	S Antonio dos Cavaleiros (POR)	25.72
14	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	25.76 L	18.03.2018	Coimbra (POR)	25.76
15	Vicente Morgado Ventoso	00	Sen	126466	EULX	25.37 S	24.11.2018	Alges (POR)	25.87
16	Andre Filipe Magalhaes	98	Sen	111394	AONDA	25.90 L	07.07.2018	Setubal (POR)	25.90
17	Carlos Miguel Pinto	97	Sen	107661	CNLX	25.64 S	24.11.2018	Alges (POR)	26.15
18	Rui Miguel Correia	96	Sen	105378	CNMJ	25.74 S	24.11.2018	Alges (POR)	26.25
19	Leandro Rosa Fernandes	99	Sen	153431	CPCD	25.78 S	24.11.2018	Alges (POR)	26.29
20	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	26.32 L	10.02.2019	Lisboa (POR)	26.32
21	Guilherme Maria Matos	00	Sen	117944	EULX	25.89 S	24.11.2018	Alges (POR)	26.40
22	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	26.06 S	24.11.2018	Alges (POR)	26.58
23	Joao Andre Rodrigues	99	Sen	122968	GESL	26.71 L	10.02.2019	Lisboa (POR)	26.71
24	Miguel Bras Sergio	95	Sen	100925	AHBE	27.03			27.03
25	Joao Diogo Fernandes	98	Sen	121542	CFB	27.03			27.03
26	Pedro Ferraz Esteves	99	Sen	118772	CNLX	27.03			27.03
27	Miguel Dordio Carreiro	97	Sen	117307	GESL	27.03 L			27.03
28	Richard Jesus Fernandes	95	Sen	205225	CIRL	27.03 L			27.03
29	Diogo Filipe Reis	99	Sen	132405	CIRL	27.03 L			27.03
30	Antonio Maria Ferreira	00	Sen	128468	PDEM	27.03 L			27.03

Prova 27
 17.03.2019

Femin., 100m Costas

 Absolutos
 Lista inscritos

Rec Regional Sen	1:04.01	Maria Carlos Santos	GESL					1998
Rec Regional Jun 2	1:03.39	Rafaela Gomes Azevedo	SAD	Lisboa				2019
Rec Regional Jun 1	1:03.57	Rafaela Gomes Azevedo	SAD	Coimbra				2018
Rec Regional Juv A	1:03.92	Ines Camacho Fernandes	SCP	Coimbra				2012
Rec Regional Juv B	1:05.06	Ines Camacho Fernandes	SCP	Oeiras				2011
Rec Regional Absoluto	1:03.39	Rafaela Gomes Azevedo	SAD	Lisboa				2019
Rec Nacional Absoluto	1:03.39	Rafaela Gomes Azevedo	SAD	Lisboa				2019

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Soraia Maria Salgado	05	Juv B	132513	AEFDTV	1:07.49 S	14.12.2018	Tomar (POR)	1:08.84
2	Rita Abibe Goncalves	05	Juv B	144730	GESL	1:11.62 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:13.05
3	Mafalda Santos Costa	05	Juv B	132453	ADRCIMM	1:13.88 L	09.02.2019	Lisboa (POR)	1:13.88
4	Marta Sofia Carvalho	05	Juv B	133331	ADRCIMM	1:12.46 S	14.12.2018	Tomar (POR)	1:13.90
5	Luisa Morais Marques	05	Juv B	137863	AEFDTV	1:12.90 S	14.12.2018	Tomar (POR)	1:14.35
6	Barbara Cunha Ventura	05	Juv B	132458	SLB	1:13.00 S	14.12.2018	Tomar (POR)	1:14.46
7	Rita Ferreira Gomes	05	Juv B	132565	SAD	1:13.90 S	14.12.2018	Tomar (POR)	1:15.37
8	Maria Correia Ricardo	05	Juv B	129496	CNS	1:15.45 S	24.11.2018	Alges (POR)	1:16.95
9	Rafaela Diogo Martins	05	Juv B	132214	CNS	1:15.45 S	10.11.2018	Cova da Piedade (POR)	1:16.95
10	Francisca Otao Tribuna	05	Juv B	132463	SLB	1:15.53 S	24.11.2018	Alges (POR)	1:17.04
11	Ana Belo Braga	05	Juv B	132505	AONDA	1:15.55 S	14.12.2018	Tomar (POR)	1:17.06
12	Simone Filipe Monteiro	05	Juv B	203878	GESL	1:15.84 S	24.11.2018	Alges (POR)	1:17.35
13	Sara Nunes Conceicao	05	Juv B	201393	SFUAP	1:17.73 S	10.11.2018	Cova da Piedade (POR)	1:19.28
14	Neuza Velho Magalhaes	05	Juv B	131096	SLB	1:18.00 S	24.11.2018	Alges (POR)	1:19.56
15	Luciana Rodrigues Moura	05	Juv B	129624	AONDA	1:18.14 S	27.10.2018	Ponte da Barca (POR)	1:19.70
16	Mariana Reis Ferreira	05	Juv B	200724	AONDA	1:18.68 S	24.11.2018	Alges (POR)	1:20.25
17	Mariana Maiato Paulino	05	Juv B	133001	CNCVG	1:21.07 L			1:21.07
18	Joana Matilde Inácio	05	Juv B	201035	DRCN	1:21.07 L			1:21.07
19	Carolina Alexandra Silva	05	Juv B	133296	DRCN	1:21.07 L			1:21.07
20	Catarina Martins Ferreira	05	Juv B	132506	AONDA	1:21.07 L			1:21.07
21	Mafalda Pereira Matos	05	Juv B	200898	SCP	1:21.07			1:21.07

Juvenis A

1	Maria Ferreira Moura	04	Juv A	131382	SCP	1:08.77 S	01.11.2018	Lisboa (POR)	1:10.14
2	Joana Maia Antunes	04	Juv A	131699	SLB	1:08.83 S	14.12.2018	Tomar (POR)	1:10.20
3	Carolina Fale Costa	04	Juv A	129801	ADRCIMM	1:09.27 S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:10.65
4	Ana Sofia Inacio	04	Juv A	202686	SCP	1:10.93 S	14.12.2018	Tomar (POR)	1:12.34
5	Yonina Brancourt	04	Juv A	202082	GESL	1:11.07 S	14.12.2018	Tomar (POR)	1:12.49
6	Lidiana Correia Rodrigues	04	Juv A	130399	CFB	1:12.60 S	24.11.2018	Alges (POR)	1:14.05
7	Anais Cloe Pereira	04	Juv A	147048	SCP	1:14.23 L	26.05.2018	Vila Franca de Xira (POR)	1:14.23
8	Sara Alexandra Castro	04	Juv A	126049	CNMJ	1:13.16 S	14.12.2018	Tomar (POR)	1:14.62
9	Raquel Raposo Lopes	04	Juv A	153469	CDCP	1:13.23 S	10.06.2018	Badajoz (ESP)	1:14.69
10	Maria Gomes Pereira	04	Juv A	129510	SAD	1:16.02 L	17.06.2018	Vila Franca de Xira (POR)	1:16.02
11	Renata Campos Reis	04	Juv A	200422	GESL	1:16.70 S	24.11.2018	Alges (POR)	1:18.23
12	Maria Freire Alves	04	Juv A	132522	AHBE	1:17.21 S	24.11.2018	Alges (POR)	1:18.75
13	Diana Valadas Horta	04	Juv A	201782	CIRL	1:18.82 L			1:18.82

Juniores

1	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	1:08.06 S	23.12.2018	Felgueiras (POR)	1:09.42
2	Marta Sousa Caxaria	03	Jun	130756	CNMJ	1:11.95 L	11.03.2018	Coimbra (POR)	1:11.95
3	Margarida Mota Silva	03	Jun	122224	PDEM	1:10.64 S	28.10.2018	Setubal (POR)	1:12.05
4	Ana Margarida Soares	03	Jun	129488	CNS	1:11.51 S	24.11.2018	Alges (POR)	1:12.94
5	Rafaela Sofia Silva	03	Jun	127686	SLB	1:11.79 S	02.02.2019	Ponte de Sor (POR)	1:13.22
6	Margarida Sousa Gaspar	03	Jun	127250	ADRCIMM	1:12.03 S	17.06.2018	Sto Ant. Cavaleiros (POR)	1:13.47
7	Maria Ines Ribeiro	03	Jun	127252	INDANL	1:12.80 S	31.05.2018	Alges (POR)	1:14.25
8	Catarina Trigo Ferreira	02	Jun	124523	CNLX	1:15.86			1:15.86

Prova 27, Femin., 100m Costas
Seniores

1	Francisca Gomes Azevedo	97	Sen	100356	SAD	1:05.99	L	23.03.2018	Funchal (POR)	1:05.99
2	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	1:05.27	S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:06.57
3	Catarina Welvitchia Sousa	00	Sen	202557	SLB	1:06.44	S	21.03.2018	Lilongwe (MAW)	1:07.76
4	Mafalda Sofia Dias	01	Sen	121401	PDEM	1:07.91	S	15.04.2018	Coruche (POR)	1:09.26
5	Soraia Guerra Rolim	95	Sen	121321	CIRL	1:09.27	S	31.05.2018	Alges (POR)	1:10.65
6	Lia Ana Lima	01	Sen	205396	SCP	1:10.07	S	19.12.2018	Luanda (ANG)	1:11.47
7	Maria Ornelas Armas	98	Sen	106961	EULX	1:10.18	S	03.11.2018	Vila Real St. Antonio (POR)	1:11.58
8	Carolina Saraiva Pires	96	Sen	100272	CIRL	1:10.59	S	15.04.2018	Coruche (POR)	1:12.00
9	Celeste Santos Ricardo	01	Sen	121325	SFUAP	1:10.65	S	01.07.2018	S. Antonio Cavaleiros (POR)	1:12.06
10	Constanca Dias Baptista	01	Sen	126394	CFB	1:11.81	S	31.05.2018	Alges (POR)	1:13.24
11	Ana Fernandes Costa	00	Sen	121407	CNMJ	1:12.27	S	28.10.2018	Setubal (POR)	1:13.71

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17.03.2019

Masc., 100m Costas
Absolutos
Lista inscritos

Rec Regional Sen	55.42	Pedro Diogo Oliveira	ESJB	Coimbra	2015
Rec Regional Jun 2	57.09	Alexis Manacas Santos	SCP	Coimbra	2010
Rec Regional Jun 1	57.17	Alexis Manacas Santos	SCP	Prague (CZE)	2009
Rec Regional Juv A	58.61	Diogo Gomes Sousa	CNCVG	Coimbra	2011
Rec Regional Juv B	59.97	Diogo Gomes Sousa	CNCVG	Coimbra	2010
Rec Regional Absoluto	55.42	Pedro Diogo Oliveira	ESJB	Coimbra	2015
Rec Nacional Absoluto	55.01	Gabriel Jose Lopes	ALN	Coimbra	2017

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis B										
1	Andre Azevedo Baraona	04	Juv B	123965	CNMJ	1:01.36	S	14.12.2018	Tomar (POR)	1:02.58
2	Guilherme Machado Santos	04	Juv B	200202	SFUAP	1:05.27	S	16.12.2018	Tomar (POR)	1:06.57
3	Tiago Fanha Lopes	04	Juv B	129520	CNMJ	1:05.45	S	14.12.2018	Tomar (POR)	1:06.75
4	Joao Pedro Penelas	04	Juv B	150754	GESL	1:05.66	S	16.12.2018	Tomar (POR)	1:06.97
5	Bernardo Victorino Almeida	04	Juv B	153357	SCP	1:06.42	S	17.06.2018	Sto Ant. Cavaleiros (POR)	1:07.74
6	Tiago Morgado Nogueira	04	Juv B	202389	ADRCIMM	1:08.47	L	10.02.2019	Lisboa (POR)	1:08.47
7	Duarte Brito Justino	04	Juv B	130802	ADRCIMM	1:07.46	S	16.12.2018	Tomar (POR)	1:08.80
8	Afonso Cipriano Pinto	04	Juv B	153352	SCP	1:08.57	S	09.03.2018	Caldas da Rainha (POR)	1:09.94
9	Tomas Santos Luis	04	Juv B	153367	SCP	1:09.56	S	24.11.2018	Alges (POR)	1:10.95
10	Tomás Pratas Neto	04	Juv B	132652	PDEM	1:12.07	L	10.02.2019	Lisboa (POR)	1:12.07
11	Ruben Jose Salgueiro	04	Juv B	133507	CDOM	1:13.11	L			1:13.11
12	Mario Catalao Moura	04	Juv B	205377	CNS	1:13.11	L			1:13.11
13	Andre Fragoso Matos	04	Juv B	202012	EULX	1:13.11	L			1:13.11
14	Tomas Rebelo Dias	04	Juv B	148500	EULX	1:13.11	L			1:13.11
15	Daniel Elias Duarte	04	Juv B	147198	CIRL	1:13.11	L			1:13.11

Juvenis A

1	Tomas Nogueira Gomes	03	Juv A	126626	SFUAP	57.50	S	08.12.2018	S Antonio dos Cavaleiros (POR)	58.65
2	Antonio Santos Pereira	03	Juv A	201690	AHBE	1:00.46	S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:01.66
3	Nicolae Iachimovschi	03	Juv A	130036	CFB	1:01.82	S	16.12.2018	Tomar (POR)	1:03.05
4	Tiago Miguel Dias	03	Juv A	207929	CNLX	1:04.25	L	10.02.2019	Lisboa (POR)	1:04.25
5	Bernardo Araujo Freire	03	Juv A	129532	SAD	1:03.00	S	16.12.2018	Tomar (POR)	1:04.26
6	Goncalo Filipe Valente	03	Juv A	131380	GESL	1:03.80	S	12.05.2018	Caldas da Rainha (POR)	1:05.07
7	Ricardo Martins Ferreira	03	Juv A	127307	AONDA	1:04.09	S	15.04.2018	Coruche (POR)	1:05.37
8	Goncalo Nuno Raposo	03	Juv A	126880	AONDA	1:05.64	L	10.02.2019	Lisboa (POR)	1:05.64
9	José Miguel Oliveira	03	Juv A	129493	CNS	1:04.45	S	14.12.2018	Tomar (POR)	1:05.73
10	Dinis Viola Caroco	03	Juv A	131696	SCP	1:05.49	S	14.12.2018	Tomar (POR)	1:06.80
11	Pedro Pires Gomes	03	Juv A	129534	CFB	1:08.15	L	10.02.2019	Lisboa (POR)	1:08.15
12	Daniel Shumeika Zayika	03	Juv A	128884	SLB	1:07.36	S	24.11.2018	Alges (POR)	1:08.70
13	Goncalo Vieira Almeida	03	Juv A	129986	SFUAP	1:08.17	S	10.11.2018	Cova da Piedade (POR)	1:09.53
14	David Van Ossenbruggen	03	Juv A	126428	SFUAP	1:09.55	S	24.11.2018	Alges (POR)	1:10.94

Prova 28, Masc., 100m Costas
Juniores

1	David Matias Cristino	01	Jun	127872	SFUAP	57.58 S	21.12.2018	Felgueiras (POR)	58.73
2	Rodrigo Melo Pinto	01	Jun	128733	CNCVG	1:00.25 S	23.12.2018	Felgueiras (POR)	1:01.45
3	Hugo Nunes Magalhaes	02	Jun	127748	SAD	1:00.76 S	24.11.2018	Alges (POR)	1:01.97
4	Gonçalo Carvalho Ferrao	01	Jun	127233	CDPC	1:00.81 S	12.05.2018	Caldas da Rainha (POR)	1:02.02
5	Edgar Filipe Santos	01	Jun	127750	SFUAP	1:00.90 S	23.12.2018	Felgueiras (POR)	1:02.11
6	Carlos Marques Freire	01	Jun	121509	CFB	1:01.08 S	21.12.2018	Felgueiras (POR)	1:02.30
7	Tiago Leite Barreiros	02	Jun	127804	SAD	1:03.98 S	31.05.2018	Alges (POR)	1:05.26
8	Francisco Martins Pedro	01	Jun	125349	GESL	1:04.15 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:05.43
9	Pedro Mendes Ferreira	01	Jun	129621	CFB	1:04.25 S	24.11.2018	Alges (POR)	1:05.53
10	Guilherme Ventura Carvalho	01	Jun	121613	GESL	1:05.86 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:07.17
11	Rodrigo Almeida Cabrito	01	Jun	121510	CFB	1:06.24 S	24.11.2018	Alges (POR)	1:07.56
12	Tomas Penha Monteiro	02	Jun	132566	SAD	1:09.15			1:09.15

Seniores

1	Tiago Barros Ferreira	94	Sen	16003	SAD	1:01.36 S	24.11.2018	Alges (POR)	1:02.58
2	Tiago Correia Neves	97	Sen	125796	CFB	1:03.60 L	02.07.2018	Lublin (POL)	1:03.60
3	Joao Miguel Cardoso	97	Sen	109124	GESL	1:06.84			1:06.84
4	Joao Daniel Machado	99	Sen	109714	SFUAP	1:06.84			1:06.84

Prova 29
Femin., 400m Livres
Absolutos

17.03.2019

Lista inscritos

Rec Regional Sen	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	4:22.21	Ana Reis Sousa	SAD	Lisboa	2019
Rec Regional Jun 1	4:20.37	Marta Andreia Ferreira	SCP	Berlin (GER)	2002
Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	4:29.25	Susana Patricia Miguel	SFUAP	Oeiras	2004
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018

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

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

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

1	Soraia Alexandra Delgado	05	Juv B	153438	SCP	4:36.91 S	04.11.2018	Vila Real St. Antonio (POR)	4:42.44
2	Mafalda Santos Costa	05	Juv B	132453	ADRCIMM	4:52.43 L	10.02.2019	Lisboa (POR)	4:52.43
3	Nicole Patriarca Franca	05	Juv B	153435	SCP	4:59.38 S	16.12.2018	Tomar (POR)	5:05.36
4	Margarida Domingues Nunes	05	Juv B	201398	EULX	5:05.48 L	05.07.2018	Setubal (POR)	5:05.48
5	Joana Rocha Ferreira	05	Juv B	201560	SLB	4:59.83 S	20.01.2019	Alapraia (POR)	5:05.82
6	Soraia Maria Salgado	05	Juv B	132513	AEFDTV	4:59.86 S	20.01.2019	Alapraia (POR)	5:05.85
7	Barbara Cunha Ventura	05	Juv B	132458	SLB	5:01.73 S	24.11.2018	Alges (POR)	5:07.76
8	Mariana Andreia Silva	05	Juv B	141810	SCP	5:01.79 S	16.12.2018	Tomar (POR)	5:07.82
9	Madalena Carrapico Alexandrino	05	Juv B	132560	SAD	5:02.51 S	16.12.2018	Tomar (POR)	5:08.56
10	Maria Del Rio Bernat	05	Juv B	200403	SAD	5:03.08 S	16.12.2018	Tomar (POR)	5:09.14
11	Mariana Marques Santos	05	Juv B	150757	GESL	5:03.22 S	20.01.2019	Alapraia (POR)	5:09.28
12	Simone Filipe Monteiro	05	Juv B	203878	GESL	5:08.48 S	20.01.2019	Alapraia (POR)	5:14.65
13	Sara Nunes Conceicao	05	Juv B	201393	SFUAP	5:10.55 S	24.11.2018	Alges (POR)	5:16.76
14	Beatriz Isabel Tavares	05	Juv B	200181	CNS	5:12.15 S	20.01.2019	Alapraia (POR)	5:18.39
15	Maria Ines Pinto	05	Juv B	132618	CPCD	5:13.84 S	16.06.2018	Mealhada (POR)	5:20.11
16	Maria Antonia Ferraz	05	Juv B	128378	AHBE	5:15.47 S	24.11.2018	Alges (POR)	5:21.77
17	Marta Beatriz Mota	05	Juv B	144727	GESL	5:19.17 S	20.01.2019	Alapraia (POR)	5:25.55

Juvenis A

1	Maria Ferreira Moura	04	Juv A	131382	SCP	4:28.52 S	16.12.2018	Tomar (POR)	4:33.89
2	Leonor Esteves Santos	04	Juv A	130603	EULX	4:30.92 S	26.01.2019	Abrantes (POR)	4:36.33
3	Vera Figueiredo Narra	04	Juv A	131121	CNA	4:52.41 L	28.07.2018	Oeiras (POR)	4:52.41
4	Daniela Alexandra Pedro	04	Juv A	130864	SCP	4:48.30 S	16.12.2018	Tomar (POR)	4:54.06
5	Raquel Raposo Lopes	04	Juv A	153469	CDPC	4:49.32 S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:55.10
6	Carolina Porem Henriques	04	Juv A	129802	SCP	4:55.38 L	07.07.2018	Setubal (POR)	4:55.38
7	Margarida Filipe Ferreira	04	Juv A	132347	CDPC	4:50.87 S	24.11.2018	Alges (POR)	4:56.68
8	Anais Cloe Pereira	04	Juv A	147048	SCP	4:57.40 L	07.07.2018	Setubal (POR)	4:57.40
9	Mariana Fragoso Guterres	04	Juv A	200475	SLB	4:51.60 S	24.11.2018	Alges (POR)	4:57.43
10	Maria Martins Camacho	04	Juv A	130618	SFUAP	4:52.07 S	16.12.2018	Tomar (POR)	4:57.91

Prova 29, Femin., 400m Livres

11	Madalena Graca Gerales	04	Juv A	131511	SCP	4:52.98 S	17.06.2018	Sto Ant. Cavaleiros (POR)	4:58.84
12	Margarida Carvalho Barao	04	Juv A	130241	CNCVG	4:54.94 S	16.12.2018	Tomar (POR)	5:00.83
13	Alice Jesus Morgado	04	Juv A	131016	GESL	4:54.98 S	25.11.2018	Alges (POR)	5:00.88
14	Beatriz Costa Melo	04	Juv A	132555	SAD	4:55.50 S	20.01.2019	Alapraia (POR)	5:01.41
15	Joana Marinho Coelho	04	Juv A	131514	SCP	4:55.54 S	16.12.2018	Tomar (POR)	5:01.45
16	Sofia Vilardell Rodrigues	04	Juv A	132308	GESL	4:56.93 S	20.01.2019	Alapraia (POR)	5:02.86
17	Catarina Alexandra Marques	04	Juv A	130232	CNCVG	4:59.54 S	20.01.2019	Alapraia (POR)	5:05.53
18	Matilde Carvalho Barao	04	Juv A	130243	CNCVG	5:01.08 S	24.11.2018	Alges (POR)	5:07.10
19	Aleksandra Bozanic Borcic	04	Juv A	133318	SAD	5:17.54 L			5:17.54
20	Alice Castico Moreira	04	Juv A	123963	CNMJ	5:17.54 L			5:17.54
21	Carolina Anjos Frischknecht	04	Juv A	129489	CNS	5:17.54 L			5:17.54

Juniores

1	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	4:23.74 S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:29.01
2	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	4:28.28 S	24.11.2018	Alges (POR)	4:33.64
3	Mafalda Marques Pinto	02	Jun	125422	SCP	4:33.63 S	04.11.2018	Vila Real St. Antonio (POR)	4:39.10
4	Joana Filipa Varandas	02	Jun	124305	CIRL	4:39.46 L	28.07.2018	Oeiras (POR)	4:39.46
5	Filipa Ramos Peixeira	03	Jun	129008	SCP	4:41.11 S	25.11.2018	Alges (POR)	4:46.73
6	Leonor Maria Neves	03	Jun	131015	GESL	4:41.77 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:47.40
7	Mariana Marques Mercedes	03	Jun	129961	CDOM	4:59.71 L	10.02.2019	Lisboa (POR)	4:59.71
8	Francisca Razina Oliveira	03	Jun	130620	ANAM	4:59.25 S	24.11.2018	Alges (POR)	5:05.23
9	Leonor Ramos Zacarias	03	Jun	127070	CNS	4:59.89 S	24.11.2018	Alges (POR)	5:05.88
10	Catarina Ines Correia	03	Jun	129491	CNS	5:00.34 S	27.10.2018	Ponte da Barca (POR)	5:06.34
11	Catarina Guimaraes Moreira	03	Jun	131755	SAD	5:08.66 L			5:08.66

Seniores

1	Bruna Martins Riesenberger	97	Sen	105541	CIRL	4:30.72 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:36.13
2	Ines Figueira Santos	00	Sen	111277	SFUAP	4:33.12 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:38.58
3	Margarida Sobral Pimenta	99	Sen	118764	CFB	4:34.13 S	24.11.2018	Alges (POR)	4:39.61
4	Sara Rulin Loureiro	01	Sen	123345	SLB	4:35.05 S	24.11.2018	Alges (POR)	4:40.55
5	Tatiana Raquel Pombo	01	Sen	121615	CDCP	4:42.18 L	07.07.2018	Setubal (POR)	4:42.18
6	Luana Correia Rodrigues	01	Sen	121504	CFB	4:42.35 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:47.99
7	Lia Ana Lima	01	Sen	205396	SCP	4:49.38 S	20.12.2018	Luanda (ANG)	4:55.16
8	Susana Pereira Veiga	00	Sen	121936	CNCVG	5:04.15 L			5:04.15

Prova 30

17.03.2019

Masc., 400m Livres
Absolutos
Lista inscritos

Rec Regional Sen	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Jun 2	3:58.65	Tiago Cunha Costa	SCP	Oeiras	2017
Rec Regional Jun 1	4:02.05	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	4:04.23	Andre Filipe Farinha	SLB	Torre Vieja (ESP)	2012
Rec Regional Juv B	4:09.11	Andre Filipe Farinha	SLB	Povoia de Varzim	2011
Rec Regional Absoluto	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Nacional Absoluto	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Bernardo Jorge Simoes	04	Juv B	130250	CNCVG	4:11.39 S	15.12.2018	Tomar (POR)	4:16.41
2	Tiago Miguel Trombinhas	04	Juv B	201495	ADRCIMM	4:25.28 S	10.03.2018	Caldas da Rainha (POR)	4:30.58
3	Joao Afonso Santos	04	Juv B	153371	SCP	4:27.98 S	15.12.2018	Tomar (POR)	4:33.34
4	Afonso Figueiredo Frasquilho	04	Juv B	153353	SCP	4:27.99 S	16.12.2018	Tomar (POR)	4:33.35
5	Felipe Menegassi Maia	04	Juv B	207683	SAD	4:29.60 S	31.05.2018	Alges (POR)	4:34.99
6	Miguel Costa Simoes	04	Juv B	132350	CDCP	4:29.92 S	19.01.2019	Alapraia (POR)	4:35.31
7	Francisco Amaro Santos	04	Juv B	201404	GESL	4:36.07 L	16.06.2018	Vila Franca de Xira (POR)	4:36.07
8	Alexandre Duarte Morais	04	Juv B	132645	PDEM	4:35.25 S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:40.75
9	Afonso Romao Francisco	04	Juv B	204573	CDCP	4:37.17 S	19.01.2019	Alapraia (POR)	4:42.71
10	Goncalo Filipe Carrapito	04	Juv B	129666	SFUAP	4:38.22 S	19.01.2019	Alapraia (POR)	4:43.78
11	Miguel Filipe Anjo	04	Juv B	201394	CDCP	4:38.55 S	19.01.2019	Alapraia (POR)	4:44.12
12	Yann Chetelat Fock	04	Juv B	129699	EULX	4:39.13 S	10.03.2018	Caldas da Rainha (POR)	4:44.71
13	Duarte Cadima Goncalves	04	Juv B	153295	CNMJ	4:40.18 S	01.07.2018	S. Antonio Cavaleiros (POR)	4:45.78
14	Pedro Forjaz Cirurgiao	04	Juv B	132564	SAD	4:41.25 S	24.11.2018	Alges (POR)	4:46.87
15	Francisco Sousa Uva	04	Juv B	201477	SAD	4:41.76 S	16.12.2018	Tomar (POR)	4:47.39

Prova 30, Masc., 400m Livres

16	Tomas Martins Mira	04	Juv B	132215	CNS	4:43.42	S	19.01.2019	Alapraia (POR)	4:49.08
17	Tiago Fanha Lopes	04	Juv B	129520	CNMJ	4:43.53	S	16.12.2018	Tomar (POR)	4:49.20
18	Rafael Caceres Lopes	04	Juv B	201395	SFUAP	4:49.32	L	05.07.2018	Setubal (POR)	4:49.32
19	Duarte Brito Justino	04	Juv B	130802	ADRCIMM	4:45.86	S	24.11.2018	Alges (POR)	4:51.57
20	Rodrigo Neves Fernandes	04	Juv B	150758	GESL	4:48.02	S	19.01.2019	Alapraia (POR)	4:53.78
21	Victor Bethlem Tigre	04	Juv B	208094	SCP	4:48.51	S	24.11.2018	Alges (POR)	4:54.28
22	Afonso Leonel Barreto	04	Juv B	202862	CPCD	4:50.78	S	19.01.2019	Alapraia (POR)	4:56.59

Juvenis A

1	Rodrigo Reis Dias	03	Juv A	129003	CFB	4:14.03	S	15.12.2018	Tomar (POR)	4:19.11
2	Joao Soares Carneiro	03	Juv A	205269	SLB	4:18.95	S	23.11.2018	Alges (POR)	4:24.12
3	Pedro Esteves Duarte	03	Juv A	132531	CDCP	4:20.08	S	15.12.2018	Tomar (POR)	4:25.28
4	Guilherme Matias Cristino	03	Juv A	132528	SFUAP	4:22.91	S	15.12.2018	Tomar (POR)	4:28.16
5	Ricardo Novikov	03	Juv A	129524	SAD	4:24.13	S	15.12.2018	Tomar (POR)	4:29.41
6	Antonio Santos Pereira	03	Juv A	201690	AHBE	4:25.82	S	19.01.2019	Alapraia (POR)	4:31.13
7	Henrique Pinheiro Valente	03	Juv A	130237	CNCVG	4:26.78	S	15.12.2018	Tomar (POR)	4:32.11
8	Ricardo Samuel Pereira	03	Juv A	131801	SLB	4:27.47	S	04.11.2018	Vila Real St. Antonio (POR)	4:32.81
9	Joao Luis Matos	03	Juv A	130239	CNCVG	4:29.62	S	01.07.2018	S. Antonio Cavaleiros (POR)	4:35.01
10	Joao Matos Fidalgo	03	Juv A	128885	SLB	4:31.62	S	24.11.2018	Alges (POR)	4:37.05
11	Luis Carlos Correia	03	Juv A	207349	INDANL	4:33.81	S	24.11.2018	Alges (POR)	4:39.28
12	Diogo Miguel Duraes	03	Juv A	123448	CNMJ	4:35.02	S	24.11.2018	Alges (POR)	4:40.52
13	Alexandre Coelho Vieira	03	Juv A	131516	SCP	4:36.77	S	16.12.2018	Tomar (POR)	4:42.30
14	Vasco Salvador Fernando	03	Juv A	129526	SAD	4:37.07	S	19.01.2019	Alapraia (POR)	4:42.61
15	Daniel Alexandre Ascenso	03	Juv A	131377	GESL	4:39.06	S	04.03.2018	Almada (POR)	4:44.64
16	Luis Maia Pegado	03	Juv A	131701	SCP	4:42.34	S	24.11.2018	Alges (POR)	4:47.98

Juniores

1	Bruno Rey Barros	01	Jun	208313	SCP	4:09.18	L	09.02.2019	Lisboa (POR)	4:09.18
2	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	4:11.66	L	25.03.2018	Funchal (POR)	4:11.66
3	Pedro Miguel Pinto	02	Jun	129924	SCP	4:12.42	S	24.11.2018	Alges (POR)	4:17.46
4	Francisco Alves Souza	02	Jun	128881	GESL	4:14.31	S	04.11.2018	Vila Real St. Antonio (POR)	4:19.39
5	Diogo Santos Costa	02	Jun	126007	ADRCIMM	4:15.26	S	17.06.2018	Sto Ant. Cavaleiros (POR)	4:20.36
6	Bernardo Geada Brito	02	Jun	130621	SFUAP	4:15.29	S	24.11.2018	Alges (POR)	4:20.39
7	Pedro Machado Vieira	02	Jun	204156	SAD	4:18.08	S	24.11.2018	Alges (POR)	4:23.24
8	Ricardo Martins Bras	01	Jun	121508	CFB	4:18.36	S	24.11.2018	Alges (POR)	4:23.52
9	Miguel Monteiro Dinis	01	Jun	124394	SAD	4:21.65	S	24.11.2018	Alges (POR)	4:26.88
10	Sim�o Castro Barreto	02	Jun	132474	EULX	4:35.10	S	24.11.2018	Alges (POR)	4:40.60
11	Martim Primavera Alfama	02	Jun	128833	GESL	4:41.23				4:41.23

Seniores

1	Rafael Lourenco Gil	96	Sen	105234	SCP	3:49.87	S	22.12.2018	Felgueiras (POR)	3:54.46
2	Afonso Ribeiro Bate	98	Sen	117180	SAD	3:58.37	S	22.12.2018	Felgueiras (POR)	4:03.13
3	Bruno Miguel Ramos	97	Sen	109110	CFB	4:03.57	L	17.03.2018	Coimbra (POR)	4:03.57
4	Artiom Viatcheslavovitch Poliakov	93	Sen	11114	COL	4:05.39	S	24.11.2018	Alges (POR)	4:10.29
5	Daniel Rochinha Pedro	98	Sen	111389	AHBE	4:06.22	S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:11.14
6	Pedro Barata Neves	00	Sen	118137	CIRL	4:12.94	L	28.07.2018	Oeiras (POR)	4:12.94
7	Joao Esteves Padrela	99	Sen	119137	CFB	4:10.27	S	24.11.2018	Alges (POR)	4:15.27
8	Joao Miguel Cardoso	97	Sen	109124	GESL	4:10.45	S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:15.45
9	Sebastiao Limbert Piedade	00	Sen	120451	SAD	4:14.92	S	31.05.2018	Alges (POR)	4:20.01
10	Afonso Mateus Ribeiro	95	Sen	100430	CFB	4:24.96	L	07.07.2018	Setubal (POR)	4:24.96
11	Tiago Rafael Martins	97	Sen	111267	EULX	4:20.85	S	24.11.2018	Alges (POR)	4:26.06

4 - 3ª Jornada - 2ª Sessão
17.03.2019 - 16:00
Prova 31 **Femin., 1500m Livres** **Absolutos**
17.03.2019 **Lista inscritos**

Rec Regional Sen	16:15.60	Diana Margarida Duraes	SLB	Canet-En-Roussillon (FRA)	2018
Rec Regional Jun 2	17:34.40	Barbara Marques Rodrigues	SAD	Oeiras	2014
Rec Regional Jun 1	17:24.20	Mariana Amaral Mendes	ADRCIMM	Oeiras	2018
Rec Regional Absoluto	16:15.60	Diana Margarida Duraes	SLB	Canet-En-Roussillon (FRA)	2018
Rec Nacional Absoluto	16:15.60	Diana Margarida Duraes	SLB	Canet-En-Roussillon (FRA)	2018

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

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

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

1	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	16:48.10 S	21.12.2018	Felgueiras (POR)	17:08.26
2	Joana Filipa Varandas	02	Jun	124305	CIRL	18:43.43 L	08.07.2018	Setubal (POR)	18:43.43
3	Mariana Marques Mercedes	03	Jun	129961	CDOM	19:58.29 S	24.11.2018	Alges (POR)	20:22.25
4	Emmanuel Jeronimo Conceicao	03	Jun	129812	AEFDTV	20:27.41			20:27.41
5	Maria Ines Ribeiro	03	Jun	127252	INDANL	20:27.41			20:27.41

Seniores

1	Tatiana Raquel Pombo	01	Sen	121615	CDCP	20:09.53			20:09.53
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Prova 32 **Masc., 800m Livres** **Absolutos**
17.03.2019 **Lista inscritos**

Rec Regional Sen	8:06.49	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	8:15.16	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	8:19.86	Joao Pedro Gil	ANAM	Coimbra	2014
Rec Regional Absoluto	8:06.49	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Nacional Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	2007

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

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

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

1	Diogo Santos Cardoso	01	Jun	122969	ADRCIMM	8:17.76 S	23.12.2018	Felgueiras (POR)	8:27.71
2	Diogo Ramos Lebre	01	Jun	122294	SLB	8:37.58 L	29.07.2018	Oeiras (POR)	8:37.58
3	David Matias Cristino	01	Jun	127872	SFUAP	8:28.17 S	25.11.2018	Alges (POR)	8:38.33
4	Bruno Rey Barros	01	Jun	208313	SCP	8:48.61 L	10.02.2019	Lisboa (POR)	8:48.61
5	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	9:21.06 L	08.07.2018	Setubal (POR)	9:21.06
6	Ricardo Miguel Silveira	02	Jun	208184	SFUAP	9:54.32			9:54.32

Seniores

1	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	9:17.33 S	25.11.2018	Alges (POR)	9:28.47
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Prova 33
 17.03.2019

Femin., 200m Mariposa
Absolutos
 Lista inscritos

Rec Regional Sen	2:12.29	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	2:18.40	Carolina Mantua Guedes	SCP	Oeiras	2015
Rec Regional Jun 1	2:17.11	Ana Rita Francisco	SFUAP	Porto	1996
Rec Regional Juv A	2:15.56	Ana Rita Francisco	SFUAP	Geneve (SUI)	1995
Rec Regional Juv B	2:20.75	Susana Patricia Miguel	SFUAP	Genova (ITA)	2004
Rec Regional Absoluto	2:12.29	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Nacional Absoluto	2:08.03	Ana Catarina Monteiro	CFV	Glasgow (GBR)	2018

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

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

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

1	Carmo Dias Vieira	05	Juv B	201319	EULX	2:39.42 L	10.02.2019	Lisboa (POR)	2:39.42
2	Luciana Rodrigues Moura	05	Juv B	129624	AONDA	2:46.66 S	15.12.2018	Tomar (POR)	2:51.66

Juvenis A

1	Maria Gomes Pereira	04	Juv A	129510	SAD	2:26.38 S	24.11.2018	Alges (POR)	2:30.77
2	Leonor Alves Morganho	04	Juv A	126315	SAD	2:38.04 L	22.03.2018	Funchal (POR)	2:38.04
3	Maria Jardim Fidalgo	04	Juv A	131429	CNCVG	2:39.02 L	29.07.2018	Oeiras (POR)	2:39.02
4	Catarina Nunes Costa	04	Juv A	131376	GESL	2:36.28 S	20.01.2019	Alapraia (POR)	2:40.96
5	Ana Sofia Inacio	04	Juv A	202686	SCP	2:39.56 S	15.12.2018	Tomar (POR)	2:44.34
6	Vera Figueiredo Narra	04	Juv A	131121	CNA	2:42.01 S	20.01.2019	Alapraia (POR)	2:46.87
7	Andreia Velho Magalhaes	04	Juv A	131092	SLB	2:48.97 L			2:48.97

Juniores

1	Mariana Amaral Mendes	02	Jun	123959	ADRCIMM	2:29.95 L	10.02.2019	Lisboa (POR)	2:29.95
2	Ana Reis Sousa	02	Jun	122440	SAD	2:27.21 S	15.04.2018	Felgueiras (POR)	2:31.62
3	Margarida Cunha Barros	02	Jun	127076	SFUAP	2:36.65 L	17.03.2018	Coimbra (POR)	2:36.65

Seniores

1	Margarida Messias Ribeiro	98	Sen	110544	GESL	2:41.91			2:41.91
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Prova 34
 17.03.2019

Masc., 200m Mariposa
Absolutos
 Lista inscritos

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

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

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

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

1	Bernardo Jorge Simoes	04	Juv B	130250	CNCVG	2:11.87 S	16.12.2018	Tomar (POR)	2:15.82
2	Andre Azevedo Baraona	04	Juv B	123965	CNMJ	2:21.89 L	09.02.2019	Lisboa (POR)	2:21.89
3	Rafael Caceres Lopes	04	Juv B	201395	SFUAP	2:31.12 L	09.02.2019	Lisboa (POR)	2:31.12
4	Francisco Ribeiro Vieira	04	Juv B	130443	AEFDTV	2:30.27 S	12.01.2019	Torres Novas (POR)	2:34.77
5	Tiago Morgado Nogueira	04	Juv B	202389	ADRCIMM	2:31.82 S	11.03.2018	Caldas da Rainha (POR)	2:36.37
6	Hugo Tomas Silva	04	Juv B	200491	AONDA	2:36.78 L	21.07.2018	S. Joao da Madeira (POR)	2:36.78
7	Guilherme Lousada Carneiro	04	Juv B	132518	AHBE	2:40.65 L			2:40.65
8	Antonio Lombardi Carvalho	04	Juv B	129886	CFB	2:40.65 L			2:40.65

Prova 34, Masc., 200m Mariposa
Juvenis A

1	Joao Soares Carneiro	03	Juv A	205269	SLB	2:09.53 L	09.02.2019	Lisboa (POR)	2:09.53
2	Rodrigo Reis Dias	03	Juv A	129003	CFB	2:12.38 L	09.02.2019	Lisboa (POR)	2:12.38
3	Henrique Pinheiro Valente	03	Juv A	130237	CNCVG	2:22.46 L	29.07.2018	Oeiras (POR)	2:22.46
4	Goncalo Vieira Almeida	03	Juv A	129986	SFUAP	2:20.60 S	16.12.2018	Tomar (POR)	2:24.81
5	Alexandre Coelho Vieira	03	Juv A	131516	SCP	2:29.05 L	09.02.2019	Lisboa (POR)	2:29.05
6	Rodrigo Beja Lopes	03	Juv A	132651	AONDA	2:28.87 S	24.11.2018	Alges (POR)	2:33.33
7	David Manuel Vale	03	Juv A	148339	GESL	2:33.59 L	29.07.2018	Oeiras (POR)	2:33.59
8	Pedro Esteves Duarte	03	Juv A	132531	CDCP	2:36.40 L			2:36.40

Juniores

1	Goncalo Morais Gordo	02	Jun	126006	ADRCIMM	2:14.91 L	29.07.2018	Oeiras (POR)	2:14.91
2	Diogo Alexandre Casteleiro	01	Jun	126581	SCP	2:17.28 L	09.02.2019	Lisboa (POR)	2:17.28
3	Joao Miguel Martins	02	Jun	127267	CFB	2:14.14 S	24.11.2018	Alges (POR)	2:18.16
4	Jose Maria Pereira	01	Jun	126579	SCP	2:14.80 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:18.84
5	Joao Garcez Mateus	02	Jun	129623	AONDA	2:20.07 L	29.07.2018	Oeiras (POR)	2:20.07

Seniores

1	Bruno Miguel Ramos	97	Sen	109110	CFB	2:04.90 L	22.03.2018	Funchal (POR)	2:04.90
2	Rafael Filipe Nunes	96	Sen	108344	SLB	2:12.40 L	29.07.2018	Oeiras (POR)	2:12.40
3	Filipe Ferreira Luz	98	Sen	112320	GESL	2:09.97 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:13.86
4	Diogo Puidival Marques	00	Sen	122045	AONDA	2:20.99 L	08.07.2018	Setubal (POR)	2:20.99

Prova 35

17.03.2019

Femin., 100m Livres
Absolutos

Lista inscritos

Rec Regional Sen	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	2008
Rec Regional Jun 2	57.15	Ana Reis Sousa	SAD	Lisboa	2019
Rec Regional Jun 1	57.50	Leticia Maia Andre	SLB	Oeiras	2018
Rec Regional Juv A	57.75	Maria Carolina Rosa	SCP	Prague (CZE)	2009
Rec Regional Juv B	59.58	Maria Ferreira Moura	SCP	Funchal	2018
Rec Regional Absoluto	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	2008
Rec Nacional Absoluto	56.41	Ana Sofia Leite	GCVR	Coimbra	2015

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

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

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

1	Sofia Antunes Sebastiao	05	Juv B	147121	CNA	1:03.15 S	15.12.2018	Tomar (POR)	1:04.41
2	Soraia Maria Salgado	05	Juv B	132513	AEFDTV	1:03.75 S	01.12.2018	Abrantes (POR)	1:05.02
3	Carolina Fonseca Gomes	05	Juv B	202528	CDOM	1:03.85 S	23.11.2018	Alges (POR)	1:05.12
4	Joana Rocha Ferreira	05	Juv B	201560	SLB	1:03.90 S	02.02.2019	Ponte de Sor (POR)	1:05.17
5	Mafalda Santos Costa	05	Juv B	132453	ADRCIMM	1:05.31 L	10.02.2019	Lisboa (POR)	1:05.31
6	Iris Pereira Carrao	05	Juv B	201392	CIRL	1:06.10 L	27.05.2018	Vila Franca de Xira (POR)	1:06.10
7	Rita Abibe Goncalves	05	Juv B	144730	GESL	1:05.07 S	15.12.2018	Tomar (POR)	1:06.37
8	Sara Carreira Melo	05	Juv B	153366	GESL	1:05.33 S	23.11.2018	Alges (POR)	1:06.63
9	Filipa Raposo Silva	05	Juv B	153359	SCP	1:06.09 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:07.41
10	Sara Nunes Conceicao	05	Juv B	201393	SFUAP	1:07.51 L	10.02.2019	Lisboa (POR)	1:07.51
11	Mariana Reis Ferreira	05	Juv B	200724	AONDA	1:07.63 L	10.02.2019	Lisboa (POR)	1:07.63
12	Maria Antonia Ferraz	05	Juv B	128378	AHBE	1:06.75 S	02.02.2019	Ponte de Sor (POR)	1:08.08
13	Simone Filipe Monteiro	05	Juv B	203878	GESL	1:06.82 S	23.11.2018	Alges (POR)	1:08.15
14	Francisca Otao Tribuna	05	Juv B	132463	SLB	1:08.23 L	26.05.2018	Vila Franca de Xira (POR)	1:08.23
15	Marta Beatriz Mota	05	Juv B	144727	GESL	1:07.28 S	23.11.2018	Alges (POR)	1:08.62
16	Mariana Marques Santos	05	Juv B	150757	GESL	1:07.41 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:08.75
17	Madalena Carrapico Alexandrino	05	Juv B	132560	SAD	1:07.87 S	15.12.2018	Tomar (POR)	1:09.22
18	Madalena Sampaio Torgal	05	Juv B	132521	AHBE	1:08.10 S	23.11.2018	Alges (POR)	1:09.46
19	Catarina Maria Santos	05	Juv B	201337	CPCD	1:08.22 S	23.11.2018	Alges (POR)	1:09.58
20	Beatriz Isabel Tavares	05	Juv B	200181	CNS	1:09.61 L	21.07.2018	S. Joao da Madeira (POR)	1:09.61
21	Maria Del Rio Bernat	05	Juv B	200403	SAD	1:08.61 S	23.11.2018	Alges (POR)	1:09.98
22	Neuza Velho Magalhaes	05	Juv B	131096	SLB	1:08.61 S	25.11.2018	Alges (POR)	1:09.98
23	Barbara Cunha Ventura	05	Juv B	132458	SLB	1:08.69 S	23.11.2018	Alges (POR)	1:10.06
24	Mariana Andreia Silva	05	Juv B	141810	SCP	1:10.68 L	06.07.2018	Setubal (POR)	1:10.68
25	Lara Moreira Lopo	05	Juv B	130424	EULX	1:10.77 L	08.07.2018	Setubal (POR)	1:10.77

Prova 35, Femin., 100m Livres

26	Maria Jacob Marta	05	Juv B	202334	AHBE	1:11.05	L	08.07.2018	Setubal (POR)	1:11.05
27	Maria Sousa Caxaria	05	Juv B	148574	CNMJ	1:11.50	L			1:11.50
28	Beatriz Barroso Silva	05	Juv B	133302	CDOM	1:11.50	L			1:11.50
29	Margarida Martins Pereira	05	Juv B	207244	CPCD	1:11.50	L			1:11.50
30	Mariana Maiato Paulino	05	Juv B	133001	CNCVG	1:11.50	L			1:11.50
31	Joana Matilde Inácio	05	Juv B	201035	DRCN	1:11.50	L			1:11.50
32	Carolina Alexandra Silva	05	Juv B	133296	DRCN	1:11.50	L			1:11.50
33	Catarina Da Silva Tavares	05	Juv B	201696	DRCN	1:11.50	L			1:11.50
34	Clarisse Sousa Barradas	05	Juv B	207193	DRCN	1:11.50	L			1:11.50

Juvenis A

1	Margarida Filipe Ferreira	04	Juv A	132347	CDCP	1:02.82	S	15.12.2018	Tomar (POR)	1:04.07
2	Maria Jardim Fidalgo	04	Juv A	131429	CNCVG	1:04.60	L	10.02.2019	Lisboa (POR)	1:04.60
3	Anais Cloe Pereira	04	Juv A	147048	SCP	1:03.40	S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:04.66
4	Sofia Vilardell Rodrigues	04	Juv A	132308	GESL	1:03.54	S	15.12.2018	Tomar (POR)	1:04.81
5	Joana Maia Antunes	04	Juv A	131699	SLB	1:03.57	S	25.11.2018	Alges (POR)	1:04.84
6	Yonina Brancourt	04	Juv A	202082	GESL	1:03.65	S	16.12.2018	Tomar (POR)	1:04.92
7	Joana Marinho Coelho	04	Juv A	131514	SCP	1:05.74	L	10.02.2019	Lisboa (POR)	1:05.74
8	Andreia Velho Magalhaes	04	Juv A	131092	SLB	1:05.87	L	10.02.2019	Lisboa (POR)	1:05.87
9	Madalena Graca Geraldes	04	Juv A	131511	SCP	1:04.88	S	17.06.2018	Sto Ant. Cavaleiros (POR)	1:06.17
10	Diana Valadas Horta	04	Juv A	201782	CIRL	1:06.54	L	10.02.2019	Lisboa (POR)	1:06.54
11	Daniela Alexandra Pedro	04	Juv A	130864	SCP	1:06.64	L	09.02.2019	Lisboa (POR)	1:06.64
12	Maria Martins Camacho	04	Juv A	130618	SFUAP	1:05.35	S	23.11.2018	Alges (POR)	1:06.65
13	Margarida Carvalho Barao	04	Juv A	130241	CNCVG	1:06.75	L	10.02.2019	Lisboa (POR)	1:06.75
14	Beatriz Costa Melo	04	Juv A	132555	SAD	1:05.49	S	31.05.2018	Alges (POR)	1:06.80
15	Mariana Fragoso Guterres	04	Juv A	200475	SLB	1:06.83	L	08.07.2018	Setubal (POR)	1:06.83
16	Carolina Pinto Luz	04	Juv A	127274	GDSE	1:07.08	L	27.05.2018	Vila Franca de Xira (POR)	1:07.08
17	Catarina Alexandra Marques	04	Juv A	130232	CNCVG	1:07.39	L	10.02.2019	Lisboa (POR)	1:07.39
18	Matilde Carvalho Barao	04	Juv A	130243	CNCVG	1:07.43	L	10.02.2019	Lisboa (POR)	1:07.43
19	Alice Carvalho Amigo	04	Juv A	127275	GDSE	1:08.65	L	27.05.2018	Vila Franca de Xira (POR)	1:08.65
20	Raquel Raposo Lopes	04	Juv A	153469	CDCP	1:07.69	S	03.03.2019	Pombal (POR)	1:09.04
21	Alice Castico Moreira	04	Juv A	123963	CNMJ	1:09.51	L			1:09.51
22	Maria Leonor Marques	04	Juv A	132523	CDOM	1:09.51	L			1:09.51
23	Catarina Rossas Fonseca	04	Juv A	131994	CNLX	1:09.51	L			1:09.51
24	Raquel Correia	04	Juv A	205119	DRCN	1:09.51	L			1:09.51
25	Laura Moreno Gonçalves	04	Juv A	207189	DRCN	1:09.51	L			1:09.51

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	1:00.21	L	10.02.2019	Lisboa (POR)	1:00.21
2	Ana Margarida Soares	03	Jun	129488	CNS	1:02.59	L	29.07.2018	Oeiras (POR)	1:02.59
3	Margarida Mota Silva	03	Jun	122224	PDEM	1:02.84	L	29.07.2018	Oeiras (POR)	1:02.84
4	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	1:01.93	S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:03.16
5	Carolina Ganhao Ferro	02	Jun	126267	GESL	1:01.99	S	17.06.2018	Sto Ant. Cavaleiros (POR)	1:03.23
6	Claudia Beatriz Martins	03	Jun	128830	GESL	1:02.90	S	23.11.2018	Alges (POR)	1:04.15
7	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	1:03.47	S	03.02.2019	Montemor-o-Novo (POR)	1:04.73
8	Margarida Sousa Gaspar	03	Jun	127250	ADRCIMM	1:03.51	S	31.05.2018	Alges (POR)	1:04.78
9	Marta Viola Marques	03	Jun	200870	CNCVG	1:05.24	L	10.02.2019	Lisboa (POR)	1:05.24
10	Caetana Neves Carneiro	03	Jun	129163	CNLX	1:03.97	S	01.12.2018	Abrantes (POR)	1:05.24
11	Francisca Razina Oliveira	03	Jun	130620	ANAM	1:05.62	L	27.05.2018	Vila Franca de Xira (POR)	1:05.62
12	Catarina Guimaraes Moreira	03	Jun	131755	SAD	1:06.48	L	27.05.2018	Vila Franca de Xira (POR)	1:06.48
13	Matilde Pereira Carrao	03	Jun	204157	CIRL	1:05.27	S	01.07.2018	S. Antonio Cavaleiros (POR)	1:06.57
14	Catarina Trigo Ferreira	02	Jun	124523	CNLX	1:06.92	L			1:06.92
15	Rafaela Rodrigues Moura	03	Jun	127272	AONDA	1:07.57	L			1:07.57

Seniores

1	Francisca Gomes Azevedo	97	Sen	100356	SAD	59.60	L	17.03.2018	Coimbra (POR)	59.60
2	Luisa Maria Machado	01	Sen	121850	SFUAP	1:00.11	L	02.06.2018	Porto (POR)	1:00.11
3	Sara Rulin Loureiro	01	Sen	123345	SLB	1:00.38	S	02.02.2019	Ponte de Sor (POR)	1:01.58
4	Bruna Martins Riesenberger	97	Sen	105541	CIRL	1:02.12	L	02.06.2018	Porto (POR)	1:02.12
5	Tatiana Raquel Pombo	01	Sen	121615	CDCP	1:01.24	S	15.04.2018	Coruche (POR)	1:02.46
6	Ines Figueira Santos	00	Sen	111277	SFUAP	1:02.93	L	08.07.2018	Setubal (POR)	1:02.93
7	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	1:01.78	S	15.04.2018	Coruche (POR)	1:03.01
8	Constanca Dias Baptista	01	Sen	126394	CFB	1:03.20	L	08.07.2018	Setubal (POR)	1:03.20
9	Catarina Rodrigues Belchior	01	Sen	122528	AONDA	1:03.59	L	10.02.2019	Lisboa (POR)	1:03.59
10	Carolina Saraiva Pires	96	Sen	100272	CIRL	1:02.55	S	31.05.2018	Alges (POR)	1:03.80
11	Maria Ornelas Armas	98	Sen	106961	EULX	1:02.57	S	07.07.2018	Praia da Vitoria (POR)	1:03.82
12	Barbara Francisco Ferreira	01	Sen	125344	GESL	1:02.61	S	23.11.2018	Alges (POR)	1:03.86
13	Soraia Guerra Rolim	95	Sen	121321	CIRL	1:02.74	S	08.12.2018	S Antonio dos Cavaleiros (POR)	1:03.99

Prova 35, Femin., 100m Livres

14	Lia Ana Lima	01	Sen	205396	SCP	1:02.96 S	20.12.2018	Luanda (ANG)	1:04.21
15	Mafalda Sofia Dias	01	Sen	121401	PDEM	1:04.82 L	08.07.2018	Setubal (POR)	1:04.82
16	Susana Pereira Veiga	00	Sen	121936	CNCVG	1:05.50 L	14.08.2018	Dublin (IRL)	1:05.50
17	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	1:06.58			1:06.58
18	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	1:06.58			1:06.58

Prova 36
Masc., 100m Livres
Absolutos

17.03.2019

Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Bernardo Jorge Simoes	04	Juv B	130250	CNCVG	55.14 L	09.02.2019	Lisboa (POR)	55.14
2	Afonso Figueiredo Frasquilho	04	Juv B	153353	SCP	57.33 S	16.12.2018	Tomar (POR)	58.47
3	Joao Afonso Santos	04	Juv B	153371	SCP	57.43 S	15.12.2018	Tomar (POR)	58.57
4	Tomas Sa Vieira	04	Juv B	131504	SAD	57.89 S	16.12.2018	Tomar (POR)	59.04
5	Rafael Caceres Lopes	04	Juv B	201395	SFUAP	59.71 L	09.02.2019	Lisboa (POR)	59.71
6	Joao Pedro Penelas	04	Juv B	150754	GESL	58.57 S	16.12.2018	Tomar (POR)	59.74
7	Afonso Romao Francisco	04	Juv B	204573	CDCP	58.82 S	03.03.2019	Pombal (POR)	59.99
8	Tiago Miguel Trombinhas	04	Juv B	201495	ADRCIMM	1:00.01 L	09.02.2019	Lisboa (POR)	1:00.01
9	Felipe Menegassi Maia	04	Juv B	207683	SAD	1:00.05 L	21.07.2018	S. Joao da Madeira (POR)	1:00.05
10	Francisco Ribeiro Vieira	04	Juv B	130443	AEFDTV	59.28 S	16.12.2018	Tomar (POR)	1:00.46
11	Joao Silva Angelino	04	Juv B	132832	PDEM	59.40 S	16.12.2018	Tomar (POR)	1:00.58
12	Tomas Martins Mira	04	Juv B	132215	CNS	59.80 S	01.12.2018	Abrantes (POR)	1:00.99
13	Francisco Amaro Santos	04	Juv B	201404	GESL	59.88 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:01.07
14	Victor Bethlem Tigre	04	Juv B	208094	SCP	1:00.05 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:01.25
15	Duarte Cadima Goncalves	04	Juv B	153295	CNMJ	1:00.59 S	23.11.2018	Alges (POR)	1:01.80
16	Ruben Jose Salgueiro	04	Juv B	133507	CDOM	1:02.05 L	21.07.2018	S. Joao da Madeira (POR)	1:02.05
17	Alexandre Duarte Morais	04	Juv B	132645	PDEM	1:01.03 S	23.11.2018	Alges (POR)	1:02.25
18	Guilherme Pinto Restolho	04	Juv B	200488	SCP	1:01.42 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:02.64
19	Diogo Miguel Monteiro	04	Juv B	202931	DRCN	1:01.43 S	23.11.2018	Alges (POR)	1:02.65
20	Tomas Rebelo Dias	04	Juv B	148500	EULX	1:01.58 S	23.11.2018	Alges (POR)	1:02.81
21	Afonso Leonel Barreto	04	Juv B	202862	CPCD	1:01.62 S	28.10.2018	Setubal (POR)	1:02.85
22	Francisco Sousa Uva	04	Juv B	201477	SAD	1:01.67 S	25.11.2018	Alges (POR)	1:02.90
23	Mario Catalao Moura	04	Juv B	205377	CNS	1:01.99 S	23.11.2018	Alges (POR)	1:03.23
24	Miguel Madeira Silva	04	Juv B	132664	AONDA	1:02.29 S	28.10.2018	Setubal (POR)	1:03.53
25	Duarte Norte Martins	04	Juv B	130803	ADRCIMM	1:02.32 S	23.11.2018	Alges (POR)	1:03.56
26	Tiago Barroso Proenca	04	Juv B	129698	EULX	1:02.40 S	23.11.2018	Alges (POR)	1:03.64
27	Duarte Brito Justino	04	Juv B	130802	ADRCIMM	1:03.87 L	08.07.2018	Setubal (POR)	1:03.87
28	Pedro Forjaz Cirurgiao	04	Juv B	132564	SAD	1:04.12 L			1:04.12
29	Henrique Manuel Ribeiro	04	Juv B	133303	CDOM	1:04.12 L			1:04.12
30	David Jorge Sequeira	04	Juv B	130234	CNCVG	1:04.12 L			1:04.12
31	Andre Fragoso Matos	04	Juv B	202012	EULX	1:04.12 L			1:04.12
32	Rodrigo Neves Fernandes	04	Juv B	150758	GESL	1:04.12 L			1:04.12
33	Miguel Alexandre Araujo	04	Juv B	131174	SFUAP	1:04.12 L			1:04.12

Juvenis A

1	Antonio Santos Pereira	03	Juv A	201690	AHBE	55.41 S	26.01.2019	Abrantes (POR)	56.51
2	Ricardo Novikov	03	Juv A	129524	SAD	56.17 S	15.12.2018	Tomar (POR)	57.29
3	Luis Cabral Junior	03	Juv A	129805	CFB	57.00 S	25.11.2018	Alges (POR)	58.14
4	Tomas Almeida Leitao	03	Juv A	129525	SAD	57.56 S	16.12.2018	Tomar (POR)	58.71
5	Afonso Esteves Tome	03	Juv A	128467	ADRCIMM	59.18 L	09.02.2019	Lisboa (POR)	59.18
6	Daniel Shumeika Zayika	03	Juv A	128884	SLB	58.02 S	02.02.2019	Ponte de Sor (POR)	59.18
7	Joao Miguel Cascalheira	03	Juv A	201621	CNS	58.22 S	16.12.2018	Tomar (POR)	59.38
8	Pedro Esteves Duarte	03	Juv A	132531	CDCP	58.46 S	16.12.2018	Tomar (POR)	59.62
9	Henrique Pinheiro Valente	03	Juv A	130237	CNCVG	58.98 S	25.11.2018	Alges (POR)	1:00.16
10	Joao Pedro Rodrigues	03	Juv A	200156	CPCD	59.33 S	16.12.2018	Tomar (POR)	1:00.51

Prova 36, Masc., 100m Livres

11	Joao Matos Fidalgo	03	Juv A	128885	SLB	59.34 S	23.11.2018	Alges (POR)	1:00.52
12	Rodrigo Beja Lopes	03	Juv A	132651	AONDA	59.75 S	28.10.2018	Setubal (POR)	1:00.94
13	Luis Carlos Correia	03	Juv A	207349	INDANL	59.77 S	23.11.2018	Alges (POR)	1:00.96
14	Guilherme Carmo Manz	03	Juv A	148571	CNCVG	1:00.06 S	23.11.2018	Alges (POR)	1:01.26
15	Goncalo Filipe Valente	03	Juv A	131380	GESL	1:00.11 S	23.11.2018	Alges (POR)	1:01.31
16	Daniel Alexandre Ascenso	03	Juv A	131377	GESL	1:00.56 S	23.11.2018	Alges (POR)	1:01.77
17	Vasco Salvador Fernando	03	Juv A	129526	SAD	1:00.57 S	23.11.2018	Alges (POR)	1:01.78
18	Goncalo Vieira Almeida	03	Juv A	129986	SFUAP	1:00.74 S	12.01.2019	Torres Novas (POR)	1:01.95
19	Diogo Miguel Duraes	03	Juv A	123448	CNMJ	1:00.75 S	03.02.2019	Montemor-o-Novo (POR)	1:01.96
20	José Miguel Oliveira	03	Juv A	129493	CNS	1:02.31 L	26.05.2018	Vila Franca de Xira (POR)	1:02.31
21	Goncalo Nuno Raposo	03	Juv A	126880	AONDA	1:01.32 S	23.11.2018	Alges (POR)	1:02.54
22	Goncalo Feliciano Santos	03	Juv A	202529	SCP	1:01.40 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:02.62
23	Goncalo Miguel Rodrigues	03	Juv A	126830	AHBE	1:02.95 L			1:02.95

Juniores

1	Gonçalo Carvalho Ferrao	01	Jun	127233	CDCP	52.33 S	21.12.2018	Felgueiras (POR)	53.37
2	Bernardo Geada Brito	02	Jun	130621	SFUAP	52.69 S	08.12.2018	S Antonio dos Cavaleiros (POR)	53.74
3	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	55.32 L	27.07.2018	Oeiras (POR)	55.32
4	Francisco Alves Souza	02	Jun	128881	GESL	55.19 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	56.29
5	Joao Nogueira Mendes	02	Jun	128745	CIRL	55.32 S	09.12.2018	S Antonio dos Cavaleiros (POR)	56.42
6	Tiago Maria Camoes	01	Jun	121851	SFUAP	56.63 L	09.02.2019	Lisboa (POR)	56.63
7	Martim Primavera Alfama	02	Jun	128833	GESL	56.69 L	22.03.2018	Funchal (POR)	56.69
8	Diogo Garcez Mateus	02	Jun	129622	AONDA	56.93 L	27.05.2018	Vila Franca de Xira (POR)	56.93
9	Pedro Machado Vieira	02	Jun	204156	SAD	56.04 S	23.11.2018	Alges (POR)	57.16
10	Joao Silva Bernardo	02	Jun	128146	SLB	57.47 L	09.02.2019	Lisboa (POR)	57.47
11	Miguel Rohula Reis	01	Jun	202644	SCP	56.37 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	57.49
12	Rodrigo Ponte Jorge	01	Jun	127873	SFUAP	57.57 L	08.07.2018	Setubal (POR)	57.57
13	Hugo Nunes Magalhaes	02	Jun	127748	SAD	56.84 S	23.11.2018	Alges (POR)	57.97
14	Miguel Monteiro Dinis	01	Jun	124394	SAD	56.87 S	23.11.2018	Alges (POR)	58.00
15	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	58.51 L	27.07.2018	Oeiras (POR)	58.51
16	Joao Garcez Mateus	02	Jun	129623	AONDA	59.70 L	26.05.2018	Vila Franca de Xira (POR)	59.70
17	Carlos Marques Freire	01	Jun	121509	CFB	59.78			59.78
18	Tomas Silvestre Almeida	01	Jun	126471	CNLX	59.78 L			59.78
19	Pedro Chainho Santos	01	Jun	205328	AONDA	59.78 L			59.78
20	Simão Castro Barreto	02	Jun	132474	EULX	1:00.65 L			1:00.65

Seniores

1	Daniel Rochinha Pedro	98	Sen	111389	AHBE	50.90 S	09.12.2018	S Antonio dos Cavaleiros (POR)	51.91
2	Joao Esteves Padrela	99	Sen	119137	CFB	52.09 S	25.11.2018	Alges (POR)	53.13
3	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	53.30 L	18.03.2018	Coimbra (POR)	53.30
4	Joao Daniel Machado	99	Sen	109714	SFUAP	53.38 L	09.02.2019	Lisboa (POR)	53.38
5	David Granja Lopes	90	Sen	22490	AONDA	52.95 S	25.11.2018	Alges (POR)	54.00
6	Ricardo Saraiva Pires	98	Sen	107651	CIRL	53.16 S	12.01.2019	Torres Novas (POR)	54.22
7	Tiago Correia Neves	97	Sen	125796	CFB	55.31 L	18.03.2018	Coimbra (POR)	55.31
8	Bernardo Antunes Augusto	00	Sen	122518	AONDA	54.60 S	23.11.2018	Alges (POR)	55.69
9	Tomas da Silva Coxixo	99	Sen	118387	PDEM	54.82 S	08.12.2018	S Antonio dos Cavaleiros (POR)	55.91
10	Leandro Rosa Fernandes	99	Sen	153431	CPCD	54.85 S	12.01.2019	Campo Maior (POR)	55.94
11	Frederico Sousa Soares	96	Sen	104260	AHBE	55.02 S	28.10.2018	Setubal (POR)	56.12
12	Joao Andre Rodrigues	99	Sen	122968	GESL	55.12 S	31.05.2018	Alges (POR)	56.22
13	Pedro Dordio Carreiro	97	Sen	120560	GESL	55.54 S	09.12.2018	S Antonio dos Cavaleiros (POR)	56.65
14	Andre Filipe Magalhaes	98	Sen	111394	AONDA	55.54 S	15.04.2018	Coruche (POR)	56.65
15	Vicente Morgado Ventoso	00	Sen	126466	EULX	55.81 S	04.11.2018	Vila Real St. Antonio (POR)	56.92
16	Ricardo Nuno Esteves	99	Sen	121159	CIRL	55.91 S	12.05.2018	Caldas da Rainha (POR)	57.02
17	Rui Miguel Correia	96	Sen	105378	CNMJ	56.17 S	03.02.2019	Montemor-o-Novo (POR)	57.29
18	Guilherme Maria Matos	00	Sen	117944	EULX	56.43 S	25.11.2018	Alges (POR)	57.55
19	Joao Miguel Cardoso	97	Sen	109124	GESL	56.49 S	02.02.2019	Ponte de Sor (POR)	57.62
20	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	56.55 S	23.11.2018	Alges (POR)	57.68
21	Diogo Puidival Marques	00	Sen	122045	AONDA	56.56 S	23.11.2018	Alges (POR)	57.69
22	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	58.02 L	16.06.2018	Rio Maior (POR)	58.02
23	Pedro Henriques Marques	00	Sen	120529	SFUAP	58.09 L	08.07.2018	Setubal (POR)	58.09
24	Ricardo Silva Marujo	00	Sen	125348	GESL	57.17 S	23.11.2018	Alges (POR)	58.31
25	Guilherme Miguel Teixeira	97	Sen	105091	CFB	58.62			58.62
26	Diogo Filipe Reis	99	Sen	132405	CIRL	58.62 L			58.62
27	Antonio Maria Ferreira	00	Sen	128468	PDEM	58.62 L			58.62

Prova 37
17.03.2019
Femin., 200m Estilos
Absolutos
Lista inscritos

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

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Soraia Alexandra Delgado	05	Juv B	153438	SCP	2:28.60 S	15.12.2018	Tomar (POR)	2:31.57
2	Erica Cristina Reis	05	Juv B	200201	SCP	2:30.10 S	15.12.2018	Tomar (POR)	2:33.10
3	Isadora Maia Andre	05	Juv B	132800	SLB	2:31.60 S	15.12.2018	Tomar (POR)	2:34.63
4	Marta Joao Pires	05	Juv B	147235	SAD	2:38.98 L	22.07.2018	S. Joao da Madeira (POR)	2:38.98
5	Sofia Antunes Sebastiao	05	Juv B	147121	CNA	2:36.16 S	19.01.2019	Alapraia (POR)	2:39.28
6	Ana Beatriz Simoes	05	Juv B	153354	SCP	2:39.74 L	27.05.2018	Vila Franca de Xira (POR)	2:39.74
7	Maria Correia Ricardo	05	Juv B	129496	CNS	2:37.94 S	25.11.2018	Alges (POR)	2:41.09
8	Margarida Domingues Nunes	05	Juv B	201398	EULX	2:38.24 S	15.12.2018	Tomar (POR)	2:41.40
9	Joana Rocha Ferreira	05	Juv B	201560	SLB	2:39.22 S	15.12.2018	Tomar (POR)	2:42.40
10	Carmo Dias Vieira	05	Juv B	201319	EULX	2:39.57 S	25.11.2018	Alges (POR)	2:42.76
11	Luisa Morais Marques	05	Juv B	137863	AEFDTV	2:41.96 S	15.12.2018	Tomar (POR)	2:45.19
12	Joana Fernandes Gama	05	Juv B	153361	SCP	2:46.00 L	08.07.2018	Setubal (POR)	2:46.00
13	Luciana Rodrigues Moura	05	Juv B	129624	AONDA	2:44.33 S	19.01.2019	Alapraia (POR)	2:47.61
14	Ana Belo Braga	05	Juv B	132505	AONDA	2:46.22 S	25.11.2018	Alges (POR)	2:49.54
15	Mariana Reis Ferreira	05	Juv B	200724	AONDA	2:51.43 L	08.07.2018	Setubal (POR)	2:51.43
16	Maria Teresa Fernandes	05	Juv B	132557	SAD	2:48.07 S	25.11.2018	Alges (POR)	2:51.43
17	Nicole Patriarca Franca	05	Juv B	153435	SCP	2:51.92 L	27.05.2018	Vila Franca de Xira (POR)	2:51.92
18	Neuza Velho Magalhaes	05	Juv B	131096	SLB	2:53.47 L	08.07.2018	Setubal (POR)	2:53.47
19	Maria Carolina Vargas	05	Juv B	132561	SLB	2:51.17 S	19.01.2019	Alapraia (POR)	2:54.59
20	Rita Ferreira Gomes	05	Juv B	132565	SAD	2:54.77			2:54.77
21	Lara Moreira Lopo	05	Juv B	130424	EULX	2:54.77 L			2:54.77
22	Catarina Martins Ferreira	05	Juv B	132506	AONDA	2:54.77 L			2:54.77

Juvenis A

1	Maria Ferreira Moura	04	Juv A	131382	SCP	2:23.79 S	01.07.2018	S. Antonio Cavaleiros (POR)	2:26.66
2	Margarida Filipe Ferreira	04	Juv A	132347	CDCCP	2:33.69 L	10.02.2019	Lisboa (POR)	2:33.69
3	Leonor Esteves Santos	04	Juv A	130603	EULX	2:31.32 S	25.11.2018	Alges (POR)	2:34.34
4	Carolina Fale Costa	04	Juv A	129801	ADRCIMM	2:31.90 S	15.12.2018	Tomar (POR)	2:34.93
5	Maria Jardim Fidalgo	04	Juv A	131429	CNCVG	2:34.22 S	01.12.2018	Abrantes (POR)	2:37.30
6	Alice Jesus Morgado	04	Juv A	131016	GESL	2:35.62 S	25.11.2018	Alges (POR)	2:38.73
7	Carolina Porem Henriques	04	Juv A	129802	SCP	2:39.62 L	16.06.2018	Vila Franca de Xira (POR)	2:39.62
8	Marta Pereira Domingos	04	Juv A	132529	SFUAP	2:41.45 L	17.03.2018	Coimbra (POR)	2:41.45
9	Aleksandra Bozanic Borcic	04	Juv A	133318	SAD	2:39.00 S	31.05.2018	Alges (POR)	2:42.18
10	Maria Freire Alves	04	Juv A	132522	AHBE	2:43.51 S	19.01.2019	Alapraia (POR)	2:46.78
11	Catarina Alexandra Marques	04	Juv A	130232	CNCVG	2:49.91 L			2:49.91

Juniores

1	Francisca Salvador Mesquita	02	Jun	123935	ADRCIMM	2:18.92 S	22.12.2018	Felgueiras (POR)	2:21.69
2	Ana Reis Sousa	02	Jun	122440	SAD	2:21.85 L	10.02.2019	Lisboa (POR)	2:21.85
3	Madalena Reis Cerdeira	03	Jun	130053	SCP	2:30.16 S	25.11.2018	Alges (POR)	2:33.16
4	Filipa Ramos Peixeira	03	Jun	129008	SCP	2:31.75 S	12.05.2018	Condeixa (POR)	2:34.78
5	Marta Sousa Caxaria	03	Jun	130756	CNMJ	2:35.52 L	29.07.2018	Oeiras (POR)	2:35.52
6	Mafalda Marques Pinto	02	Jun	125422	SCP	2:33.64 S	25.11.2018	Alges (POR)	2:36.71
7	Ana Rita Matos	02	Jun	127501	CFB	2:34.00 S	25.11.2018	Alges (POR)	2:37.08
8	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	2:37.32 L	27.05.2018	Vila Franca de Xira (POR)	2:37.32
9	Rafaela Sofia Silva	03	Jun	127686	SLB	2:36.36 S	25.11.2018	Alges (POR)	2:39.48
10	Mariana Marques Mercedes	03	Jun	129961	CDOM	2:37.29 S	25.11.2018	Alges (POR)	2:40.43
11	Beatriz Vaz Rebelo	03	Jun	128829	GESL	2:45.16			2:45.16

Prova 37, Femin., 200m Estilos
Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	2:24.92 S	25.11.2018	Alges (POR)	2:27.81
2	Lia Ana Lima	01	Sen	205396	SCP	2:26.32 S	18.12.2018	Luanda (ANG)	2:29.24
3	Beatriz Antunes Carvalho	99	Sen	117036	SCP	2:28.19 S	25.11.2018	Alges (POR)	2:31.15
4	Sofia Alexandra Nunes	00	Sen	112322	CIRL	2:32.55 S	31.05.2018	Alges (POR)	2:35.60
5	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	2:36.33 S	02.02.2019	Ponte de Sor (POR)	2:39.45

Prova 38

17.03.2019

Masc., 200m Estilos
Absolutos

Lista inscritos

Rec Regional Sen	1:58.88	Alexis Manacas Santos	SCP	Coimbra	2017
Rec Regional Jun 2	2:04.00	Carlos Esteves Almeida	CNA	Barcelona (ESP)	2006
Rec Regional Jun 1	2:04.32	Carlos Esteves Almeida	CNA	Budapest (HUN)	2005
Rec Regional Juv A	2:08.11	Carlos Esteves Almeida	CNA	Jamor	2004
Rec Regional Juv B	2:11.18	Joao Alexandre Vital	ADRCIMM	Serravalle (SMR)	2013
Rec Regional Absoluto	1:58.88	Alexis Manacas Santos	SCP	Coimbra	2017
Rec Nacional Absoluto	1:58.88	Alexis Manacas Santos	SCP	Coimbra	2017

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

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Joao Lourenco Rebelo	04	Juv B	132558	SAD	2:16.64 S	25.11.2018	Alges (POR)	2:19.37
2	Bernardo Victorino Almeida	04	Juv B	153357	SCP	2:19.56 S	01.07.2018	S. Antonio Cavaleiros (POR)	2:22.35
3	Tiago Miguel Trombinhas	04	Juv B	201495	ADRCIMM	2:24.88 L	09.02.2019	Lisboa (POR)	2:24.88
4	Miguel Costa Simoes	04	Juv B	132350	CDCP	2:22.91 S	03.03.2019	Pombal (POR)	2:25.76
5	Antonio Lombardi Carvalho	04	Juv B	129886	CFB	2:22.97 S	25.11.2018	Alges (POR)	2:25.82
6	Tiago Fanha Lopes	04	Juv B	129520	CNMJ	2:24.49 S	25.11.2018	Alges (POR)	2:27.38
7	Guilherme Machado Santos	04	Juv B	200202	SFUAP	2:24.70 S	16.12.2018	Tomar (POR)	2:27.59
8	Afonso Cipriano Pinto	04	Juv B	153352	SCP	2:25.03 S	25.11.2018	Alges (POR)	2:27.93
9	Yann Chetelat Fock	04	Juv B	129699	EULX	2:25.26 S	02.02.2019	Ponte de Sor (POR)	2:28.16
10	Tiago Morgado Nogueira	04	Juv B	202389	ADRCIMM	2:25.65 S	16.12.2018	Tomar (POR)	2:28.56
11	Goncalo Filipe Carrapito	04	Juv B	129666	SFUAP	2:27.45 S	16.12.2018	Tomar (POR)	2:30.39
12	Tomas Santos Luis	04	Juv B	153367	SCP	2:28.73 S	25.11.2018	Alges (POR)	2:31.70
13	Hugo Tomas Silva	04	Juv B	200491	AONDA	2:29.85 S	16.12.2018	Tomar (POR)	2:32.84
14	Miguel Filipe Anjo	04	Juv B	201394	CDCP	2:29.92 S	20.01.2019	Alapraia (POR)	2:32.91
15	Miguel Madeira Silva	04	Juv B	132664	AONDA	2:30.83 S	20.01.2019	Alapraia (POR)	2:33.84
16	Jaeden Michael Nunes	04	Juv B	202508	CFB	2:31.13 S	25.11.2018	Alges (POR)	2:34.15
17	Tomás Pratas Neto	04	Juv B	132652	PDEM	2:33.96 S	25.11.2018	Alges (POR)	2:37.03
18	Duarte Brito Justino	04	Juv B	130802	ADRCIMM	2:34.85 S	25.11.2018	Alges (POR)	2:37.94
19	Rodrigo Neves Fernandes	04	Juv B	150758	GESL	2:34.87 S	20.01.2019	Alapraia (POR)	2:37.96
20	Afonso Goncalves de Jorge	04	Juv B	201702	GESL	2:35.31 S	01.07.2018	S. Antonio Cavaleiros (POR)	2:38.41
21	Tiago Barroso Proenca	04	Juv B	129698	EULX	2:35.63 S	25.11.2018	Alges (POR)	2:38.74
22	Mario Catalao Moura	04	Juv B	205377	CNS	2:36.50 S	03.02.2019	Montemor-o-Novo (POR)	2:39.63
23	Daniel Germano Abdurramane	04	Juv B	132556	SAD	2:41.00			2:41.00
24	Andre Fragoso Matos	04	Juv B	202012	EULX	2:41.00 L			2:41.00
25	Tomas Rebelo Dias	04	Juv B	148500	EULX	2:41.00 L			2:41.00

Juvenis A

1	Tomas Nogueira Gomes	03	Juv A	126626	SFUAP	2:11.50 S	16.12.2018	Tomar (POR)	2:14.13
2	Ricardo Samuel Pereira	03	Juv A	131801	SLB	2:14.13 S	16.12.2018	Tomar (POR)	2:16.81
3	Luis Cabral Junior	03	Juv A	129805	CFB	2:16.79 S	20.01.2019	Alapraia (POR)	2:19.52
4	Ricardo Martins Ferreira	03	Juv A	127307	AONDA	2:19.45 S	16.12.2018	Tomar (POR)	2:22.23
5	Pedro Henriques Correia	03	Juv A	125257	SLB	2:22.54 L	09.02.2019	Lisboa (POR)	2:22.54
6	Joao Miguel Cascalheira	03	Juv A	201621	CNS	2:22.17 S	20.01.2019	Alapraia (POR)	2:25.01
7	Guilherme Matias Cristino	03	Juv A	132528	SFUAP	2:22.30 S	25.11.2018	Alges (POR)	2:25.14
8	David Van Ossenbruggen	03	Juv A	126428	SFUAP	2:23.52 S	16.12.2018	Tomar (POR)	2:26.39
9	Joao Luis Matos	03	Juv A	130239	CNCVG	2:23.64 S	20.01.2019	Alapraia (POR)	2:26.51
10	Salvador Ataide Parente	03	Juv A	131383	GESL	2:24.09 S	20.01.2019	Alapraia (POR)	2:26.97
11	David Manuel Vale	03	Juv A	148339	GESL	2:24.79 S	16.12.2018	Tomar (POR)	2:27.68
12	Diogo Miguel Duraes	03	Juv A	123448	CNMJ	2:24.98 S	16.12.2018	Tomar (POR)	2:27.88
13	Nicolae Iachimovschi	03	Juv A	130036	CFB	2:24.99 S	20.01.2019	Alapraia (POR)	2:27.89
14	Goncalo Filipe Valente	03	Juv A	131380	GESL	2:27.16 S	31.05.2018	Alges (POR)	2:30.10
15	Afonso Esteves Tome	03	Juv A	128467	ADRCIMM	2:27.22 S	20.01.2019	Alapraia (POR)	2:30.16
16	Andre Santos Costa	03	Juv A	129963	CNA	2:28.31 S	25.11.2018	Alges (POR)	2:31.27

Prova 38, Masc., 200m Estilos

17	Pedro Pires Gomes	03	Juv A	129534	CFB	2:28.92 S	20.01.2019	Alapraia (POR)	2:31.89
18	Pedro Miguel Matos	03	Juv A	130244	CNCVG	2:32.41 L	26.05.2018	Vila Franca de Xira (POR)	2:32.41
19	Bernardo Araujo Freire	03	Juv A	129532	SAD	2:31.28 S	25.11.2018	Alges (POR)	2:34.30
20	José Miguel Oliveira	03	Juv A	129493	CNS	2:31.31 S	25.11.2018	Alges (POR)	2:34.33
21	Tiago Represas Loureiro	03	Juv A	208178	FS	2:38.07 L			2:38.07

Juniore

1	David Matias Cristino	01	Jun	127872	SFUAP	2:06.03 S	22.12.2018	Felgueiras (POR)	2:08.55
2	Bruno Rey Barros	01	Jun	208313	SCP	2:14.93 L	21.12.2018	Castellon (ESP)	2:14.93
3	Diogo Ramos Lebre	01	Jun	122294	SLB	2:15.25 L	09.02.2019	Lisboa (POR)	2:15.25
4	Rodrigo Almeida Cabrito	01	Jun	121510	CFB	2:13.71 S	25.11.2018	Alges (POR)	2:16.38
5	Goncalo Morais Gordo	02	Jun	126006	ADRCIMM	2:14.74 S	31.05.2018	Alges (POR)	2:17.43
6	Martim Primavera Alfama	02	Jun	128833	GESL	2:17.86 L	09.02.2019	Lisboa (POR)	2:17.86
7	Diogo Garcez Mateus	02	Jun	129622	AONDA	2:16.70 S	01.12.2018	Abrantes (POR)	2:19.43
8	Martim Rebelo Malfeito	02	Jun	129023	SCP	2:17.65 S	25.11.2018	Alges (POR)	2:20.40
9	Afonso Amaro Santos	02	Jun	131510	GESL	2:18.46 S	12.05.2018	Caldas da Rainha (POR)	2:21.22
10	Ricardo Martins Bras	01	Jun	121508	CFB	2:19.10 S	25.11.2018	Alges (POR)	2:21.88
11	Filipe Eduardo Morais	01	Jun	200145	CPCD	2:23.83 S	03.02.2019	Montemor-o-Novo (POR)	2:26.70
12	Diogo Santos Costa	02	Jun	126007	ADRCIMM	2:32.28			2:32.28
13	Simão Castro Barreto	02	Jun	132474	EULX	2:32.28 L			2:32.28

Seniores

1	Bruno Miguel Ramos	97	Sen	109110	CFB	1:59.35 S	22.12.2018	Felgueiras (POR)	2:01.73
2	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	2:10.69 S	02.02.2019	Aachen (GER)	2:13.30
3	Bernardo Garcia Perloiro	00	Sen	120635	SCP	2:13.80 L	24.03.2018	Funchal (POR)	2:13.80
4	Tiago Barros Ferreira	94	Sen	16003	SAD	2:11.96 S	31.05.2018	Alges (POR)	2:14.59
5	Bruno Miguel Martins	93	Sen	26891	GESL	2:12.54 S	08.12.2018	S Antonio dos Cavaleiros (POR)	2:15.19
6	Andre Tavares Grenho	99	Sen	120605	GESL	2:15.45 S	25.11.2018	Alges (POR)	2:18.15
7	Tiago Rafael Martins	97	Sen	111267	EULX	2:16.33 S	25.11.2018	Alges (POR)	2:19.05
8	Pedro Barata Neves	00	Sen	118137	CIRL	2:17.25 S	12.05.2018	Caldas da Rainha (POR)	2:19.99
9	Sebastiao Limbert Piedade	00	Sen	120451	SAD	2:20.44 L	26.05.2018	Sevilha (ESP)	2:20.44
10	Pedro Dordio Carreiro	97	Sen	120560	GESL	2:20.04 S	02.02.2019	Ponte de Sor (POR)	2:22.84
11	Miguel Duarte Cruz	99	Sen	125797	CFB	2:21.04 S	25.11.2018	Alges (POR)	2:23.86
12	Andre Filipe Magalhaes	98	Sen	111394	AONDA	2:21.10 S	25.11.2018	Alges (POR)	2:23.92

Prova 39

17.03.2019

Femin., 4 x 100m Estilos
**Absolutos
Lista inscritos**

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

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

Ord.		Categ.	Clube	Obs	Tempo Inscr.
Juvenis					
1	Gesloures Juv 1	Juv	Gesloures		4:52.46
2	Vasco da Gama Juv	Juv	Colégio Vasco da Gama		5:05.80
3	Gesloures Juv 2	Juv	Gesloures		5:21.56

Juniore

1	Gesloures Jun	Jun	Gesloures		4:54.79
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Absolutos

1	Natação de Lisboa	Abs	Natação de Lisboa	EXH	4:50.00
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Prova 40
 17.03.2019

Masc., 4 x 100m Estilos

 Absolutos
 Lista inscritos

Rec Nacional Sen	3:46.10	Sporting Clube de Portugal	SCP	Coimbra	2018
Rec Nacional Jun	3:55.96	Futebol Clube do Porto/Imperio Bonanca	FCP	Faro	2009
Rec Nacional Juv A	4:07.60	Futebol Clube do Porto	FCP	Famalicão	2013
Rec Nacional Juv	4:07.60				
Rec Nacional Juv B	4:11.24	Sporting Clube de Portugal	SCP	Jamor	2012
Rec Nacional Absoluto	3:46.10	Sporting Clube de Portugal	SCP	Coimbra	2018

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

Ord.	Categ.	Clube	Obs	Tempo Inscr.
Juvenis				
1	Juv	Belenenses Juv		4:06.31
2	Juv	União Piedense Juv 1		4:29.00
3	Juv	Montijo Juv		4:30.74
4	Juv	Geslours Juv		4:33.16
5	Juv	Vasco da Gama Juv		4:41.38
6	Juv	Cova da Piedade Juv		4:43.00
7	Juv	Monte Maior Juv		4:48.75
8	Juv	Palmela Juv		4:51.03
9	Juv	Geslours Juv 2		4:57.86
10	Juv	União Piedense Juv		5:00.00
Juniores				
1	Jun	Geslours Jun		4:18.00
2	Jun	União Piedense Jun		4:18.00
Seniores				
1	Sen	Onda Sen		4:10.68
2	Sen	Geslours Sen		4:13.90
Absolutos				
1	Abs	Monte Maior Abs	EXH	4:03.81
2	Abs	Natação de Lisboa Abs	EXH	4:07.00