

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

1 - 1ª jornada - sessão única

05-05-2018 - 16:00

Prova 1	Femin., 400m Estilos					Infantil B
05-05-2018 - 16:00						Resultados
Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	SIRP	Porto		01-12-2014
Recorde Distrital INF B	5:20.68	Filipa Vilas, RUIVO	DNMG	Nazaré		01-05-2009
Rec Nac 25m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)		13-12-2017
Rec Nac 25m INF B	5:15.68	Susana Patricia, MIGUEL	POR	Rio Maior		06-07-2002

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts
1.	Filipa Mendes, SIMOES		06	Ba/Bomcar						5:42.64	434
	50m:	35.99 35.99	150m:	2:02.40	45.12	250m:	3:35.76	50.22	350m:	5:04.54	39.21
	100m:	1:17.28 41.29	200m:	2:45.54	43.14	300m:	4:25.33	49.57	400m:	5:42.64	38.10
2.	Ariana Bento, CARAPINHA		06	Nautico Marinha Grande						5:45.36	424
	50m:	36.53 36.53	150m:	2:05.71	43.95	250m:	3:37.01	48.59	350m:	5:07.68	39.72
	100m:	1:21.76 45.23	200m:	2:48.42	42.71	300m:	4:27.96	50.95	400m:	5:45.36	37.68
3.	Filipa Paiva, DINIS		06	Ba/Bomcar						5:53.11	396
	50m:	38.16 38.16	150m:	2:06.19	43.94	250m:	3:42.95	53.24	350m:	5:15.48	39.61
	100m:	1:22.25 44.09	200m:	2:49.71	43.52	300m:	4:35.87	52.92	400m:	5:53.11	37.63
4.	Maria Francisca, FROIS		06	Ba/Bomcar						6:02.52	366
	50m:	39.18 39.18	150m:	2:14.31	47.36	250m:	3:51.91	51.96	350m:	5:25.04	40.65
	100m:	1:26.95 47.77	200m:	2:59.95	45.64	300m:	4:44.39	52.48	400m:	6:02.52	37.48
5.	Ana Francisca, SILVA		06	Alcobaça						6:02.83	365
	50m:	37.75 37.75	150m:	2:09.08	46.58	250m:	3:46.78	52.78	350m:	5:21.53	42.20
	100m:	1:22.50 44.75	200m:	2:54.00	44.92	300m:	4:39.33	52.55	400m:	6:02.83	41.30
6.	Maria Madalena, ALVES		06	Ba/Bomcar						6:05.02	359
	50m:	40.44 40.44	150m:	2:14.17	45.90	250m:	3:53.78	53.81	350m:	5:26.60	40.58
	100m:	1:28.27 47.83	200m:	2:59.97	45.80	300m:	4:46.02	52.24	400m:	6:05.02	38.42
7.	Jessica Mendes, SANTOS		06	Nautico Marinha Grande						6:06.53	354
	50m:	41.81 41.81	150m:	2:17.48	46.35	250m:	3:53.33	51.97	350m:	5:26.86	40.65
	100m:	1:31.13 49.32	200m:	3:01.36	43.88	300m:	4:46.21	52.88	400m:	6:06.53	39.67
8.	Catarina Machado, BELO		06	Benedita Sport Club						6:09.11	347
	50m:	39.42 39.42	150m:	2:17.44	50.22	250m:	3:54.88	49.80	350m:	5:27.71	42.27
	100m:	1:27.22 47.80	200m:	3:05.08	47.64	300m:	4:45.44	50.56	400m:	6:09.11	41.40
9.	Leonor Verissimo, FARIA		06	Nucleo de Pombal						6:10.98	342
	50m:	40.79 40.79	150m:	2:16.16	47.58	250m:	3:57.64	55.80	350m:	5:32.93	39.73
	100m:	1:28.58 47.79	200m:	3:01.84	45.68	300m:	4:53.20	55.56	400m:	6:10.98	38.05
10.	Constanca Arinto, TRINDADE		06	Alcobaça						6:13.20	336
	50m:	40.80 40.80	150m:	2:16.15	48.26	250m:	3:55.70	53.36	350m:	5:32.73	42.31
	100m:	1:27.89 47.09	200m:	3:02.34	46.19	300m:	4:50.42	54.72	400m:	6:13.20	40.47
11.	Matilde Fernandes, BARQUINHA		06	Nautico Marinha Grande						6:17.95	323
	50m:	40.55 40.55	150m:	2:20.30	50.07	250m:	3:56.75	50.51	350m:	5:36.60	43.27
	100m:	1:30.23 49.68	200m:	3:06.24	45.94	300m:	4:53.33	56.58	400m:	6:17.95	41.35
12.	Maria Joao, ASCENSO		06	Nautico Marinha Grande						6:18.24	322
	50m:	37.79 37.79	150m:	2:10.28	47.75	250m:	3:51.66	55.58	350m:	5:33.52	43.06
	100m:	1:22.53 44.74	200m:	2:56.08	45.80	300m:	4:50.46	58.80	400m:	6:18.24	44.72
13.	Sofia Simao, CUNHA		06	Pimpões/ Cimai						6:20.53	316
	50m:	42.89 42.89	150m:	2:20.00	47.67	250m:	4:01.68	56.11	350m:	5:40.57	42.10
	100m:	1:32.33 49.44	200m:	3:05.57	45.57	300m:	4:58.47	56.79	400m:	6:20.53	39.96
14.	Ines Mestre, SA		06	Ba/Bomcar						6:24.12	308
	50m:	42.49 42.49	150m:	2:20.75	47.18	250m:	4:01.38	51.90	350m:	5:40.55	46.25
	100m:	1:33.57 51.08	200m:	3:09.48	48.73	300m:	4:54.30	52.92	400m:	6:24.12	43.57
15.	Margarida Marques, ARROJA		06	Pimpões/ Cimai						6:27.88	299
	50m:	41.32 41.32	150m:	2:19.07	48.71	250m:	4:04.70	56.05	350m:	5:46.77	44.72
	100m:	1:30.36 49.04	200m:	3:08.65	49.58	300m:	5:02.05	57.35	400m:	6:27.88	41.11

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 1, Femin., 400m Estilos, Infantil B

Lugar			Ano					Tempo final	Pts		
16.	Filipa Roma, BRIZIDA		06	Ba/Bomcar				6:34.53	284		
	50m:	51.28 51.28	150m:	2:35.68	46.41	250m:	4:15.98	53.29	350m:	5:53.44	43.55
	100m:	1:49.27 57.99	200m:	3:22.69	47.01	300m:	5:09.89	53.91	400m:	6:34.53	41.09
17.	Beatriz Luz, MARTINS		06	Pimpões/ Cimai				6:53.43	247		
	50m:	46.31 46.31	150m:	2:34.67	50.75	250m:	4:23.87	59.66	350m:	6:10.70	45.29
	100m:	1:43.92 57.61	200m:	3:24.21	49.54	300m:	5:25.41	1:01.54	400m:	6:53.43	42.73
18.	Dalila Leal, BERNARDINO		06	Nucleo de Pombal				6:55.61	243		
	50m:	41.27 41.27	150m:	2:23.00	51.68	250m:	4:20.39	1:04.38	350m:	6:10.32	47.41
	100m:	1:31.32 50.05	200m:	3:16.01	53.01	300m:	5:22.91	1:02.52	400m:	6:55.61	45.29
19.	Beatriz Goncalves, CORREIA		06	Benedita Sport Club				7:09.92	219		
	50m:	46.32 46.32	150m:	2:41.45	55.55	250m:	4:35.52	59.95	350m:	6:23.58	48.03
	100m:	1:45.90 59.58	200m:	3:35.57	54.12	300m:	5:35.55	1:00.03	400m:	7:09.92	46.34
20.	Flavia Mendes, DOMINGUES		06	Nucleo de Pombal				7:18.12	207		
	50m:	48.10 48.10	150m:	2:46.96	54.09	250m:	4:39.77	59.99	350m:	6:31.35	49.89
	100m:	1:52.87 1:04.77	200m:	3:39.78	52.82	300m:	5:41.46	1:01.69	400m:	7:18.12	46.77

Prova 1 Femin., 400m Estilos Infantil A Resultados

05-05-2018 - 16:00

Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	SIRP	Porto	01-12-2014
Recorde Distrital INF A	5:05.68	Filipa Vilas, RUIVO	DNMG	Leiria	01-06-2010
Rec Nac 25m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac 25m INF A	5:05.68	Filipa Vilas, RUIVO	POR	Leiria	12-06-2010

Pontos: FINA 2017

Lugar			Ano					Tempo final	Pts		
1.	Carlota Macedo, LAGOA		05	Ba/Bomcar				5:30.60	483		
	50m:	35.67 35.67	150m:	1:59.18	42.95	250m:	3:28.24	47.87	350m:	4:54.27	38.42
	100m:	1:16.23 40.56	200m:	2:40.37	41.19	300m:	4:15.85	47.61	400m:	5:30.60	36.33
2.	Juliana Branco, REIS		05	Alcobaça				5:36.60	458		
	50m:	36.19 36.19	150m:	2:03.83	44.33	250m:	3:33.57	46.71	350m:	4:59.18	38.73
	100m:	1:19.50 43.31	200m:	2:46.86	43.03	300m:	4:20.45	46.88	400m:	5:36.60	37.42
3.	Rosa Branca, LOPES		05	Pimpões/ Cimai				5:45.61	423		
	50m:	36.81 36.81	150m:	2:02.91	43.28	250m:	3:34.37	48.03	350m:	5:05.53	41.04
	100m:	1:19.63 42.82	200m:	2:46.34	43.43	300m:	4:24.49	50.12	400m:	5:45.61	40.08
4.	Maria Ines, MARQUES		05	Alcobaça				5:48.72	411		
	50m:	38.28 38.28	150m:	2:07.68	45.78	250m:	3:39.89	48.03	350m:	5:09.38	40.66
	100m:	1:21.90 43.62	200m:	2:51.86	44.18	300m:	4:28.72	48.83	400m:	5:48.72	39.34
5.	Soraia Carvalho, FERREIRA		05	Nautico Marinha Grande				6:03.24	364		
	50m:	37.79 37.79	150m:	2:13.22	49.66	250m:	3:50.62	49.93	350m:	5:24.83	41.08
	100m:	1:23.56 45.77	200m:	3:00.69	47.47	300m:	4:43.75	53.13	400m:	6:03.24	38.41
6.	Joana Silva, ALVES		05	Benedita Sport Club				6:11.29	341		
	50m:	39.07 39.07	150m:	2:15.34	49.45	250m:	3:59.13	56.53	350m:	5:34.89	39.73
	100m:	1:25.89 46.82	200m:	3:02.60	47.26	300m:	4:55.16	56.03	400m:	6:11.29	36.40
7.	Maria Silva, CARVALHO		05	Pimpões/ Cimai				6:23.43	309		
	50m:	38.73 38.73	150m:	2:14.66	49.56	250m:	3:59.30	56.73	350m:	5:41.89	42.98
	100m:	1:25.10 46.37	200m:	3:02.57	47.91	300m:	4:58.91	59.61	400m:	6:23.43	41.54
8.	Diana Carvalho, PINEU		05	Ba/Bomcar				6:37.96	277		
	50m:	42.38 42.38	150m:	2:27.88	52.49	250m:	4:14.17	55.31	350m:	5:54.56	44.91
	100m:	1:35.39 53.01	200m:	3:18.86	50.98	300m:	5:09.65	55.48	400m:	6:37.96	43.40

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 1, Femin., 400m Estilos

Prova 1 Femin., 400m Estilos Juvenil B
05-05-2018 - 16:00 Resultados

Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	SIRP	Porto	01-12-2014
Recorde Distrital JUV B	5:02.87	Filipa Vilas, RUIVO	DNMG	Óbidos	01-12-2010
Rec Nac 25m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac 25m JUV B	4:57.68	Susana Patricia, MIGUEL	POR	Penafiel	19-03-2004

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts
1.	Maria Lopes, AMADO		04	Ba/Bomcar						5:12.11	574
	50m:	33.07 33.07	150m:	1:51.71	40.54	250m:	3:16.11	45.51	350m:	4:37.39	36.37
	100m:	1:11.17 38.10	200m:	2:30.60	38.89	300m:	4:01.02	44.91	400m:	5:12.11	34.72
2.	Bruna Silva, MOITEIRO		04	Nautico Marinha Grande						5:28.02	494
	50m:	34.76 34.76	150m:	1:59.67	42.90	250m:	3:29.87	49.40	350m:	4:53.58	35.59
	100m:	1:16.77 42.01	200m:	2:40.47	40.80	300m:	4:17.99	48.12	400m:	5:28.02	34.44
3.	Rita Mendes, SIMOES		04	Ba/Bomcar						5:28.72	491
	50m:	34.90 34.90	150m:	1:58.21	42.69	250m:	3:27.32	47.65	350m:	4:52.47	37.50
	100m:	1:15.52 40.62	200m:	2:39.67	41.46	300m:	4:14.97	47.65	400m:	5:28.72	36.25
4.	Maria Joao, REIS		04	Nautico Marinha Grande						5:30.82	482
	50m:	35.48 35.48	150m:	1:58.06	40.95	250m:	3:27.52	49.19	350m:	4:53.30	36.95
	100m:	1:17.11 41.63	200m:	2:38.33	40.27	300m:	4:16.35	48.83	400m:	5:30.82	37.52
5.	Alexandra Cordeiro, SILVA		04	Alcobaça						5:31.39	479
	50m:	36.70 36.70	150m:	2:04.16	42.65	250m:	3:31.99	47.82	350m:	4:55.75	37.10
	100m:	1:21.51 44.81	200m:	2:44.17	40.01	300m:	4:18.65	46.66	400m:	5:31.39	35.64
6.	Maria Ines, SILVA		04	Alcobaça						5:34.85	465
	50m:	34.90 34.90	150m:	1:59.34	44.21	250m:	3:31.09	48.40	350m:	4:58.98	38.18
	100m:	1:15.13 40.23	200m:	2:42.69	43.35	300m:	4:20.80	49.71	400m:	5:34.85	35.87
7.	Margarida Violante, VIANA		04	Ba/Bomcar						5:36.15	459
	50m:	35.31 35.31	150m:	2:00.58	43.74	250m:	3:32.78	50.03	350m:	5:00.01	37.23
	100m:	1:16.84 41.53	200m:	2:42.75	42.17	300m:	4:22.78	50.00	400m:	5:36.15	36.14
8.	Sofia Morais, FARIA		04	Ba/Bomcar						5:46.63	419
	50m:	36.46 36.46	150m:	2:04.44	44.70	250m:	3:39.51	51.35	350m:	5:08.51	39.57
	100m:	1:19.74 43.28	200m:	2:48.16	43.72	300m:	4:28.94	49.43	400m:	5:46.63	38.12
9.	Ines Miguel, SILVA		04	Nautico Marinha Grande						5:56.06	386
	50m:	38.18 38.18	150m:	2:08.17	45.26	250m:	3:44.06	51.86	350m:	5:18.10	41.57
	100m:	1:22.91 44.73	200m:	2:52.20	44.03	300m:	4:36.53	52.47	400m:	5:56.06	37.96
10.	Beatriz Sofia, AMARO		04	Nautico Marinha Grande						6:05.88	356
	50m:	41.87 41.87	150m:	2:18.18	45.60	250m:	3:53.48	50.77	350m:	5:26.12	41.01
	100m:	1:32.58 50.71	200m:	3:02.71	44.53	300m:	4:45.11	51.63	400m:	6:05.88	39.76

Prova 1 Femin., 400m Estilos Juvenil A
05-05-2018 - 16:00 Resultados

Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	SIRP	Porto	01-12-2014
Recorde Distrital JUV A	4:58.17	Filipa Vilas, RUIVO	DNMG	Silves	01-12-2011
Rec Nac 25m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac 25m JUV A	4:51.85	Ana Claudia, SANTOS	POR	Setubal	21-11-2004

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts
1.	Luana Pinto, DOMINGUES		03	Ba/Bomcar						5:10.03	586
	50m:	32.47 32.47	150m:	1:50.21	40.80	250m:	3:13.39	42.89	350m:	4:34.02	36.61
	100m:	1:09.41 36.94	200m:	2:30.50	40.29	300m:	3:57.41	44.02	400m:	5:10.03	36.01
2.	Ines Filipa, JACINTO		03	Ba/Bomcar						5:24.48	511
	50m:	33.68 33.68	150m:	1:56.30	43.11	250m:	3:23.89	45.83	350m:	4:47.80	37.52
	100m:	1:13.19 39.51	200m:	2:38.06	41.76	300m:	4:10.28	46.39	400m:	5:24.48	36.68
3.	Renata Simoes, RATO		03	Nautico Marinha Grande						5:30.76	482
	50m:	34.97 34.97	150m:	1:59.78	44.26	250m:	3:28.43	46.26	350m:	4:53.60	39.82
	100m:	1:15.52 40.55	200m:	2:42.17	42.39	300m:	4:13.78	45.35	400m:	5:30.76	37.16

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 1, Femin., 400m Estilos, Juvenil A

Lugar	Ano	Tempo final	Pts
4. Sara Santos, LOPES	03 Ba/Bomcar	5:39.60	445
50m: 33.03 33.03	150m: 1:56.29 43.95	250m: 3:29.61 50.31	350m: 4:58.85 39.43
100m: 1:12.34 39.31	200m: 2:39.30 43.01	300m: 4:19.42 49.81	400m: 5:39.60 40.75
5. Ana Rui, GOMES	03 Clube Naval da Nazaré	5:51.32	402
50m: 35.56 35.56	150m: 2:02.57 43.29	250m: 3:37.27 52.43	350m: 5:11.38 41.33
100m: 1:19.28 43.72	200m: 2:44.84 42.27	300m: 4:30.05 52.78	400m: 5:51.32 39.94

Prova 1

Femin., 400m Estilos

Junior

05-05-2018 - 16:00

Resultados

Recorde Distrital Absoluto	4:39.03	Victoria, KAMINSKAYA	SIRP	Porto	01-12-2014
Recorde Distrital JUN	4:48.80	Victoria, KAMINSKAYA	SIRP	Silves	01-12-2011
Rec Nac 25m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13-12-2017
Rec Nac 25m 17	4:46.89	Ines Neto, ROCHA	POR	Felgueiras	15-04-2018
Rec Nac 25m 16	4:50.85	Diana Margarida, DURAES	POR	Silves	02-12-2011

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
1. Rita Afonso, BELO	02 Benedita Sport Club	5:22.45	520
50m: 32.40 32.40	150m: 1:48.72 39.43	250m: 3:14.85 47.46	350m: 4:43.20 40.32
100m: 1:09.29 36.89	200m: 2:27.39 38.67	300m: 4:02.88 48.03	400m: 5:22.45 39.25
2. Cintia Cristina, CRUZ	02 Alcobaça	5:40.96	440
50m: 36.86 36.86	150m: 2:04.04 44.09	250m: 3:35.61 48.95	350m: 5:03.42 39.40
100m: 1:19.95 43.09	200m: 2:46.66 42.62	300m: 4:24.02 48.41	400m: 5:40.96 37.54

Prova 2

Masc., 1500m Livres

Infantil B

05-05-2018

Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13-12-2015
Recorde Distrital INF B	17:11.29	André Vilas, RUIVO	DNMG	Leiria	03-03-2013
Rec Nac 25m Absoluto	15:00.65	Rafael Lourenco, GIL	POR	Porto	13-12-2015
Rec Nac 25m INF B	17:11.29	Andre Vilas, RUIVO	POR	Leiria	03-03-2013

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
1. Miguel Fernandes, OLIVEIRA	05 Nautico Marinha Grande	17:55.17	490
100m: 1:07.33 1:07.33	500m: 5:53.42 1:11.98	900m: 10:42.53 1:12.44	1300m: 15:34.81 1:13.09
200m: 2:18.60 1:11.27	600m: 7:05.57 1:12.15	1000m: 11:55.65 1:13.12	1400m: 16:45.98 1:11.17
300m: 3:29.88 1:11.28	700m: 8:17.79 1:12.22	1100m: 13:07.91 1:12.26	1500m: 17:55.17 1:09.19
400m: 4:41.44 1:11.56	800m: 9:30.09 1:12.30	1200m: 14:21.72 1:13.81	
2. Tomas Amor, SARREIRA	05 Nautico Marinha Grande	18:34.71	440
100m: 1:10.83 1:10.83	500m: 6:07.09 1:13.50	900m: 11:07.31 1:15.48	1300m: 16:09.33 1:16.16
200m: 2:26.13 1:15.30	600m: 7:21.97 1:14.88	1000m: 12:22.48 1:15.17	1400m: 17:24.97 1:15.64
300m: 3:39.45 1:13.32	700m: 8:36.83 1:14.86	1100m: 13:37.86 1:15.38	1500m: 18:34.71 1:09.74
400m: 4:53.59 1:14.14	800m: 9:51.83 1:15.00	1200m: 14:53.17 1:15.31	
3. Afonso Manuel, ASCENSO	05 Nautico Marinha Grande	18:51.82	420
100m: 1:12.45 1:12.45	500m: 6:15.52 1:15.45	900m: 11:18.92 1:15.01	1300m: 16:23.80 1:16.91
200m: 2:29.30 1:16.85	600m: 7:31.98 1:16.46	1000m: 12:34.76 1:15.84	1400m: 17:39.20 1:15.40
300m: 3:44.84 1:15.54	700m: 8:48.31 1:16.33	1100m: 13:51.16 1:16.40	1500m: 18:51.82 1:12.62
400m: 5:00.07 1:15.23	800m: 10:03.91 1:15.60	1200m: 15:06.89 1:15.73	
4. Lucas Filipe, MOREIRA	05 Ba/Bomcar	20:03.02	350
100m: 1:15.89 1:15.89	500m: 6:39.46 1:21.00	900m: 12:00.46 1:20.99	1300m: 17:26.60 1:20.05
200m: 2:36.94 1:21.05	600m: 7:59.21 1:19.75	1000m: 13:21.33 1:20.87	1400m: 18:47.19 1:20.59
300m: 3:58.16 1:21.22	700m: 9:19.05 1:19.84	1100m: 14:44.21 1:22.88	1500m: 20:03.02 1:15.83
400m: 5:18.46 1:20.30	800m: 10:39.47 1:20.42	1200m: 16:06.55 1:22.34	
5. Dylan Marques, FELIX	05 Pimpões/ Cimai	20:03.09	350
100m: 1:14.06 1:14.06	500m: 6:32.96 1:21.28	900m: 11:57.81 1:20.99	1300m: 17:22.93 1:20.59
200m: 2:31.64 1:17.58	600m: 7:54.67 1:21.71	1000m: 13:19.31 1:21.50	1400m: 18:44.35 1:21.42
300m: 3:50.90 1:19.26	700m: 9:15.50 1:20.83	1100m: 14:40.73 1:21.42	1500m: 20:03.09 1:18.74
400m: 5:11.68 1:20.78	800m: 10:36.82 1:21.32	1200m: 16:02.34 1:21.61	

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 2, Masc., 1500m Livres, Infantil B

Lugar			Ano					Tempo final	Pts
6.	Diogo Miguel, ROSETE		05	Nautico Marinha Grande				20:51.52	311
	100m:	1:18.60 1:18.60	500m:	6:53.72 1:24.46	900m:	12:28.71 1:24.70	1300m:	18:08.78 1:25.46	
	200m:	2:41.93 1:23.33	600m:	8:16.31 1:22.59	1000m:	13:53.47 1:24.76	1400m:	19:32.20 1:23.42	
	300m:	4:05.41 1:23.48	700m:	9:40.21 1:23.90	1100m:	15:18.18 1:24.71	1500m:	20:51.52 1:19.32	
	400m:	5:29.26 1:23.85	800m:	11:04.01 1:23.80	1200m:	16:43.32 1:25.14			
7.	Tiago Serradas, FRANCISCO		05	Nautico Marinha Grande				20:52.13	310
	100m:	1:22.73 1:22.73	500m:	7:01.75 1:23.63	900m:	12:39.15 1:25.27	1300m:	18:07.41 1:22.10	
	200m:	2:48.93 1:26.20	600m:	8:26.18 1:24.43	1000m:	14:02.04 1:22.89	1400m:	19:30.18 1:22.77	
	300m:	4:12.23 1:23.30	700m:	9:51.52 1:25.34	1100m:	15:24.46 1:22.42	1500m:	20:52.13 1:21.95	
	400m:	5:38.12 1:25.89	800m:	11:13.88 1:22.36	1200m:	16:45.31 1:20.85			
8.	Henrique Joao, CRUZ		05	Alcobaça				21:08.66	298
	100m:	1:23.60 1:23.60	500m:	7:08.37 1:26.38	900m:	12:51.10 1:25.71	1300m:	18:29.64 1:24.79	
	200m:	2:49.50 1:25.90	600m:	8:33.62 1:25.25	1000m:	14:15.65 1:24.55	1400m:	19:51.18 1:21.54	
	300m:	4:16.34 1:26.84	700m:	9:59.70 1:26.08	1100m:	15:39.33 1:23.68	1500m:	21:08.66 1:17.48	
	400m:	5:41.99 1:25.65	800m:	11:25.39 1:25.69	1200m:	17:04.85 1:25.52			
9.	Antonio Iuri, LADYKA		05	Alcobaça				21:10.74	297
	100m:	1:22.14 1:22.14	500m:	7:04.51 1:25.44	900m:	12:47.73 1:25.38	1300m:	18:27.25 1:25.19	
	200m:	2:47.79 1:25.65	600m:	8:30.28 1:25.77	1000m:	14:13.60 1:25.87	1400m:	19:49.78 1:22.53	
	300m:	4:13.27 1:25.48	700m:	9:56.89 1:26.61	1100m:	15:37.35 1:23.75	1500m:	21:10.74 1:20.96	
	400m:	5:39.07 1:25.80	800m:	11:22.35 1:25.46	1200m:	17:02.06 1:24.71			
10.	Samuel Filipe, AMORIM		05	Nautico Marinha Grande				21:39.68	277
	100m:	1:22.99 1:22.99	500m:	7:13.40 1:26.74	900m:	12:58.10 1:25.76	1300m:	18:45.92 1:27.52	
	200m:	2:50.69 1:27.70	600m:	8:39.97 1:26.57	1000m:	14:24.69 1:26.59	1400m:	20:13.50 1:27.58	
	300m:	4:18.47 1:27.78	700m:	10:05.76 1:25.79	1100m:	15:51.24 1:26.55	1500m:	21:39.68 1:26.18	
	400m:	5:46.66 1:28.19	800m:	11:32.34 1:26.58	1200m:	17:18.40 1:27.16			
11.	Tomas Portugal, SILVEIRA		05	Alcobaça				22:01.73	264
	100m:	1:21.93 1:21.93	500m:	7:09.77 1:28.03	900m:	13:03.53 1:29.02	1300m:	19:02.82 1:30.68	
	200m:	2:48.01 1:26.08	600m:	8:37.35 1:27.58	1000m:	14:31.78 1:28.25	1400m:	20:33.22 1:30.40	
	300m:	4:14.45 1:26.44	700m:	10:06.00 1:28.65	1100m:	16:01.71 1:29.93	1500m:	22:01.73 1:28.51	
	400m:	5:41.74 1:27.29	800m:	11:34.51 1:28.51	1200m:	17:32.14 1:30.43			
12.	Pedro Pinheiro, RIBEIRO		05	Benedita Sport Club				22:04.47	262
	100m:	1:20.52 1:20.52	500m:	7:11.87 1:27.98	900m:	13:08.89 1:30.10	1300m:	19:12.16 1:32.71	
	200m:	2:47.88 1:27.36	600m:	8:40.09 1:28.22	1000m:	14:40.52 1:31.63	1400m:	20:41.00 1:28.84	
	300m:	4:16.24 1:28.36	700m:	10:08.56 1:28.47	1100m:	16:11.36 1:30.84	1500m:	22:04.47 1:23.47	
	400m:	5:43.89 1:27.65	800m:	11:38.79 1:30.23	1200m:	17:39.45 1:28.09			
13.	Joao Gerardo, BOITA		05	Benedita Sport Club				22:28.98	248
	100m:	1:22.29 1:22.29	500m:	7:23.16 1:30.53	900m:	13:27.70 1:30.65	1300m:	19:34.06 1:30.93	
	200m:	2:52.19 1:29.90	600m:	8:54.23 1:31.07	1000m:	14:59.44 1:31.74	1400m:	21:03.89 1:29.83	
	300m:	4:21.84 1:29.65	700m:	10:26.19 1:31.96	1100m:	16:31.85 1:32.41	1500m:	22:28.98 1:25.09	
	400m:	5:52.63 1:30.79	800m:	11:57.05 1:30.86	1200m:	18:03.13 1:31.28			
14.	Renato Gomes, MARQUES		05	Nautico Marinha Grande				23:05.84	229
	100m:	1:23.17 1:23.17	500m:	7:21.70 1:30.32	900m:	13:36.38 1:34.81	1300m:	19:57.66 1:36.74	
	200m:	2:51.99 1:28.82	600m:	8:54.25 1:32.55	1000m:	15:09.72 1:33.34	1400m:	21:34.20 1:36.54	
	300m:	4:22.11 1:30.12	700m:	10:26.63 1:32.38	1100m:	16:45.02 1:35.30	1500m:	23:05.84 1:31.64	
	400m:	5:51.38 1:29.27	800m:	12:01.57 1:34.94	1200m:	18:20.92 1:35.90			

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Infantil A
05-05-2018 Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13-12-2015
Recorde Distrital INF A	16:13.14	André Vilas, RUIVO	DNMG	Campo Maior	30-03-2014
Rec Nac 25m Absoluto	15:00.65	Rafael Lourenco, GIL	POR	Porto	13-12-2015
Rec Nac 25m INF A	16:13.14	Andre Vilas, RUIVO	POR	Campo Maior	30-03-2014

Pontos: FINA 2017

Lugar	Ano		Tempo final						Pts		
1. Vitor Belo, CLARA	04 Ba/Bomcar		17:28.53						529		
100m:	1:05.16	1:05.16	500m:	5:43.76	1:10.37	900m:	10:26.26	1:10.82	1300m:	15:09.59	1:11.13
200m:	2:14.52	1:09.36	600m:	6:54.28	1:10.52	1000m:	11:37.14	1:10.88	1400m:	16:20.01	1:10.42
300m:	3:23.63	1:09.11	700m:	8:05.10	1:10.82	1100m:	12:47.82	1:10.68	1500m:	17:28.53	1:08.52
400m:	4:33.39	1:09.76	800m:	9:15.44	1:10.34	1200m:	13:58.46	1:10.64			
2. Nuno Marques, SILVA	04 Ba/Bomcar		17:38.76						513		
100m:	1:06.52	1:06.52	500m:	5:51.05	1:11.18	900m:	10:38.10	1:11.70	1300m:	15:20.97	1:09.91
200m:	2:17.10	1:10.58	600m:	7:02.65	1:11.60	1000m:	11:49.47	1:11.37	1400m:	16:30.93	1:09.96
300m:	3:28.37	1:11.27	700m:	8:14.62	1:11.97	1100m:	13:00.88	1:11.41	1500m:	17:38.76	1:07.83
400m:	4:39.87	1:11.50	800m:	9:26.40	1:11.78	1200m:	14:11.06	1:10.18			
3. Guilherme Silva, CASTANHEIRA	04 Ba/Bomcar		18:13.50						466		
100m:	1:08.29	1:08.29	500m:	5:58.65	1:13.31	900m:	10:54.95	1:14.56	1300m:	15:50.11	1:13.57
200m:	2:19.77	1:11.48	600m:	7:12.61	1:13.96	1000m:	12:08.90	1:13.95	1400m:	17:03.44	1:13.33
300m:	3:32.93	1:13.16	700m:	8:27.17	1:14.56	1100m:	13:22.14	1:13.24	1500m:	18:13.50	1:10.06
400m:	4:45.34	1:12.41	800m:	9:40.39	1:13.22	1200m:	14:36.54	1:14.40			
4. Ricardo Morais, FARIA	04 Ba/Bomcar		18:34.22						440		
100m:	1:10.39	1:10.39	500m:	6:07.42	1:14.97	900m:	11:07.27	1:15.53	1300m:	16:11.24	1:16.05
200m:	2:24.07	1:13.68	600m:	7:22.27	1:14.85	1000m:	12:22.51	1:15.24	1400m:	17:25.99	1:14.75
300m:	3:38.15	1:14.08	700m:	8:37.50	1:15.23	1100m:	13:38.44	1:15.93	1500m:	18:34.22	1:08.23
400m:	4:52.45	1:14.30	800m:	9:51.74	1:14.24	1200m:	14:55.19	1:16.75			
5. Joao Gabriel, ANICETO	04 Ba/Bomcar		19:01.99						409		
100m:	1:14.75	1:14.75	500m:	6:19.16	1:15.74	900m:	11:24.19	1:17.23	1300m:	16:32.46	1:16.43
200m:	2:31.49	1:16.74	600m:	7:34.47	1:15.31	1000m:	12:41.40	1:17.21	1400m:	17:48.88	1:16.42
300m:	3:47.68	1:16.19	700m:	8:50.12	1:15.65	1100m:	13:59.38	1:17.98	1500m:	19:01.99	1:13.11
400m:	5:03.42	1:15.74	800m:	10:06.96	1:16.84	1200m:	15:16.03	1:16.65			
6. Rodrigo Miguel, REIS	04 Ba/Bomcar		19:12.30						398		
100m:	1:09.41	1:09.41	500m:	6:09.42	1:15.55	900m:	11:20.81	1:18.70	1300m:	16:39.91	1:19.27
200m:	2:23.46	1:14.05	600m:	7:26.71	1:17.29	1000m:	12:40.66	1:19.85	1400m:	17:57.74	1:17.83
300m:	3:38.31	1:14.85	700m:	8:43.88	1:17.17	1100m:	14:01.21	1:20.55	1500m:	19:12.30	1:14.56
400m:	4:53.87	1:15.56	800m:	10:02.11	1:18.23	1200m:	15:20.64	1:19.43			
7. Daniel, TSYKAL	04 Alcobaça		19:15.86						394		
100m:	1:15.04	1:15.04	500m:	6:24.65	1:17.81	900m:	11:36.00	1:17.78	1300m:	16:45.07	1:16.98
200m:	2:31.78	1:16.74	600m:	7:43.00	1:18.35	1000m:	12:53.96	1:17.96	1400m:	18:02.64	1:17.57
300m:	3:49.42	1:17.64	700m:	9:00.73	1:17.73	1100m:	14:10.80	1:16.84	1500m:	19:15.86	1:13.22
400m:	5:06.84	1:17.42	800m:	10:18.22	1:17.49	1200m:	15:28.09	1:17.29			
8. Lucas Pipiraite, CARDOSO	04 Clube Naval da Nazaré		19:18.84						391		
100m:	1:15.54	1:15.54	500m:	6:29.44	1:18.85	900m:	11:38.01	1:17.13	1300m:	16:44.15	1:16.82
200m:	2:33.50	1:17.96	600m:	7:47.64	1:18.20	1000m:	12:53.58	1:15.57	1400m:	18:01.46	1:17.31
300m:	3:51.98	1:18.48	700m:	9:04.81	1:17.17	1100m:	14:09.95	1:16.37	1500m:	19:18.84	1:17.38
400m:	5:10.59	1:18.61	800m:	10:20.88	1:16.07	1200m:	15:27.33	1:17.38			
9. Vasco Silva, SOUSA	04 Ba/Bomcar		19:42.96						368		
100m:	1:15.27	1:15.27	500m:	6:20.63	1:17.16	900m:	11:35.08	1:20.41	1300m:	17:03.42	1:23.00
200m:	2:31.85	1:16.58	600m:	7:37.29	1:16.66	1000m:	12:57.17	1:22.09	1400m:	18:25.93	1:22.51
300m:	3:47.60	1:15.75	700m:	8:54.92	1:17.63	1100m:	14:17.72	1:20.55	1500m:	19:42.96	1:17.03
400m:	5:03.47	1:15.87	800m:	10:14.67	1:19.75	1200m:	15:40.42	1:22.70			
10. Vasco Peixoto, OLIVEIRA	04 Alcobaça		19:55.04						357		
100m:	1:16.32	1:16.32	500m:	6:35.94	1:20.34	900m:	11:58.86	1:20.18	1300m:	17:18.91	1:19.24
200m:	2:35.30	1:18.98	600m:	7:56.08	1:20.14	1000m:	13:20.11	1:21.25	1400m:	18:38.40	1:19.49
300m:	3:55.28	1:19.98	700m:	9:17.49	1:21.41	1100m:	14:39.53	1:19.42	1500m:	19:55.04	1:16.64
400m:	5:15.60	1:20.32	800m:	10:38.68	1:21.19	1200m:	15:59.67	1:20.14			

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 2, Masc., 1500m Livres, Infantil A

Lugar			Ano					Tempo final	Pts			
11.	Joao Tomas, MADRUGO		04	Pimpões/ Cimai				19:56.17	356			
	100m:	1:10.92	1:10.92	500m:	6:22.28	1:21.30	900m:	11:48.86	1:20.85	1300m:	17:15.55	1:21.16
	200m:	2:27.94	1:17.02	600m:	7:44.53	1:22.25	1000m:	13:09.42	1:20.56	1400m:	18:37.20	1:21.65
	300m:	3:44.36	1:16.42	700m:	9:06.42	1:21.89	1100m:	14:30.51	1:21.09	1500m:	19:56.17	1:18.97
	400m:	5:00.98	1:16.62	800m:	10:28.01	1:21.59	1200m:	15:54.39	1:23.88			
12.	Jorge, GRABOVSKI		04	Nautico Marinha Grande				20:15.73	339			
	100m:	1:16.28	1:16.28	500m:	6:36.65	1:20.22	900m:	12:03.06	1:21.84	1300m:	17:35.64	1:23.28
	200m:	2:35.80	1:19.52	600m:	7:57.48	1:20.83	1000m:	13:26.24	1:23.18	1400m:	18:58.11	1:22.47
	300m:	3:56.21	1:20.41	700m:	9:19.72	1:22.24	1100m:	14:48.34	1:22.10	1500m:	20:15.73	1:17.62
	400m:	5:16.43	1:20.22	800m:	10:41.22	1:21.50	1200m:	16:12.36	1:24.02			
13.	Daniel Jose, FERNANDES		04	Alcobaça				21:24.05	288			
	100m:	1:19.14	1:19.14	500m:	6:58.86	1:27.41	900m:	12:42.50	1:25.60	1300m:	18:32.91	1:26.46
	200m:	2:42.17	1:23.03	600m:	8:24.75	1:25.89	1000m:	14:10.34	1:27.84	1400m:	20:00.11	1:27.20
	300m:	4:06.47	1:24.30	700m:	9:49.83	1:25.08	1100m:	15:38.87	1:28.53	1500m:	21:24.05	1:23.94
	400m:	5:31.45	1:24.98	800m:	11:16.90	1:27.07	1200m:	17:06.45	1:27.58			

Prova 2

Masc., 1500m Livres

Juvenil B

05-05-2018

Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13-12-2015
Recorde Distrital JUV B	16:17.27	André Vilas, RUIVO	ADBA	Leiria	14-12-2014
Rec Nac 25m Absoluto	15:00.65	Rafael Lourenco, GIL	POR	Porto	13-12-2015
Rec Nac 25m JUV B	16:09.71	Luis Miguel, MONTEIRO	POR	Felgueiras	01-03-1998

Pontos: FINA 2017

Lugar			Ano					Tempo final	Pts			
1.	Ricardo Lopes, SILVA		03	Nautico Marinha Grande				16:51.82	588			
	100m:	1:04.94	1:04.94	500m:	5:37.52	1:08.52	900m:	10:07.18	1:07.23	1300m:	14:38.87	1:07.91
	200m:	2:13.43	1:08.49	600m:	6:45.14	1:07.62	1000m:	11:14.80	1:07.62	1400m:	15:46.71	1:07.84
	300m:	3:20.84	1:07.41	700m:	7:53.19	1:08.05	1100m:	12:22.32	1:07.52	1500m:	16:51.82	1:05.11
	400m:	4:29.00	1:08.16	800m:	8:59.95	1:06.76	1200m:	13:30.96	1:08.64			
2.	Valentino Garvasyuk, PLESHKAN		03	Ba/Bomcar				17:29.46	527			
	100m:	1:05.35	1:05.35	500m:	5:42.68	1:09.76	900m:	10:24.84	1:10.81	1300m:	15:09.62	1:11.22
	200m:	2:14.40	1:09.05	600m:	6:52.54	1:09.86	1000m:	11:36.18	1:11.34	1400m:	16:21.02	1:11.40
	300m:	3:23.47	1:09.07	700m:	8:03.71	1:11.17	1100m:	12:47.22	1:11.04	1500m:	17:29.46	1:08.44
	400m:	4:32.92	1:09.45	800m:	9:14.03	1:10.32	1200m:	13:58.40	1:11.18			
3.	David, MARTYN		03	Benedita Sport Club				17:54.12	492			
	100m:	1:08.44	1:08.44	500m:	5:56.47	1:11.15	900m:	10:43.26	1:11.98	1300m:	15:33.92	1:12.88
	200m:	2:20.95	1:12.51	600m:	7:07.81	1:11.34	1000m:	11:55.33	1:12.07	1400m:	16:46.70	1:12.78
	300m:	3:33.22	1:12.27	700m:	8:19.52	1:11.71	1100m:	13:08.37	1:13.04	1500m:	17:54.12	1:07.42
	400m:	4:45.32	1:12.10	800m:	9:31.28	1:11.76	1200m:	14:21.04	1:12.67			
4.	Joao Jose, SILVA		03	Ba/Bomcar				17:54.27	491			
	100m:	1:08.89	1:08.89	500m:	5:56.17	1:10.85	900m:	10:42.04	1:11.64	1300m:	15:33.52	1:12.67
	200m:	2:20.59	1:11.70	600m:	7:07.24	1:11.07	1000m:	11:54.70	1:12.66	1400m:	16:46.32	1:12.80
	300m:	3:33.27	1:12.68	700m:	8:18.45	1:11.21	1100m:	13:07.79	1:13.09	1500m:	17:54.27	1:07.95
	400m:	4:45.32	1:12.05	800m:	9:30.40	1:11.95	1200m:	14:20.85	1:13.06			
5.	Guilherme Mendes, SOUSA		03	Nautico Marinha Grande				18:07.82	473			
	100m:	1:05.06	1:05.06	500m:	5:52.02	1:14.03	900m:	10:47.49	1:13.48	1300m:	15:41.99	1:13.50
	200m:	2:15.21	1:10.15	600m:	7:07.46	1:15.44	1000m:	12:02.23	1:14.74	1400m:	16:56.50	1:14.51
	300m:	3:25.69	1:10.48	700m:	8:21.68	1:14.22	1100m:	13:15.27	1:13.04	1500m:	18:07.82	1:11.32
	400m:	4:37.99	1:12.30	800m:	9:34.01	1:12.33	1200m:	14:28.49	1:13.22			
6.	Paulo Sergio, FERREIRA		03	Clube Naval da Nazaré				18:54.85	417			
	100m:	1:09.17	1:09.17	500m:	6:08.59	1:15.74	900m:	11:16.40	1:16.62	1300m:	16:24.43	1:16.81
	200m:	2:23.21	1:14.04	600m:	7:25.93	1:17.34	1000m:	12:34.08	1:17.68	1400m:	17:41.86	1:17.43
	300m:	3:38.23	1:15.02	700m:	8:43.33	1:17.40	1100m:	13:50.21	1:16.13	1500m:	18:54.85	1:12.99
	400m:	4:52.85	1:14.62	800m:	9:59.78	1:16.45	1200m:	15:07.62	1:17.41			
7.	Bruno Francisco, GONCALVES		03	Nautico Marinha Grande				19:17.18	393			
	100m:	1:09.91	1:09.91	500m:	6:19.33	1:18.85	900m:	11:28.47	1:17.58	1300m:	16:39.78	1:21.00
	200m:	2:25.31	1:15.40	600m:	7:38.62	1:19.29	1000m:	12:44.93	1:16.46	1400m:	18:00.07	1:20.29
	300m:	3:42.64	1:17.33	700m:	8:56.28	1:17.66	1100m:	14:01.94	1:17.01	1500m:	19:17.18	1:17.11
	400m:	5:00.48	1:17.84	800m:	10:10.89	1:14.61	1200m:	15:18.78	1:16.84			

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 2, Masc., 1500m Livres, Juvenil B

Lugar			Ano							Tempo final	Pts	
8.	David Almeida, GAMEIRO		03	Nucleo de Pombal						20:03.97	349	
	100m:	1:13.09	1:13.09	500m:	6:29.55	1:21.58	900m:	12:00.06	1:22.96	1300m:	17:27.16	1:19.97
	200m:	2:29.31	1:16.22	600m:	7:51.87	1:22.32	1000m:	13:22.67	1:22.61	1400m:	18:47.68	1:20.52
	300m:	3:47.48	1:18.17	700m:	9:14.24	1:22.37	1100m:	14:44.92	1:22.25	1500m:	20:03.97	1:16.29
	400m:	5:07.97	1:20.49	800m:	10:37.10	1:22.86	1200m:	16:07.19	1:22.27			

Prova 2 Masc., 1500m Livres Juvenil A Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13-12-2015
Recorde Distrital JUV A	16:01.00	Miguel Monteiro, DIOGO	CNAL	Nazaré	16-05-2009
Rec Nac 25m Absoluto	15:00.65	Rafael Lourenco, GIL	POR	Porto	13-12-2015
Rec Nac 25m JUV A	15:36.31	Rui Filipe, COSTA	POR	Braga	04-03-2007

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts	
1.	Miguel Vicente, SILVA		02	Nautico Marinha Grande						17:26.03	532	
	100m:	1:04.78	1:04.78	500m:	5:44.44	1:10.93	900m:	10:28.24	1:11.19	1300m:	15:08.93	1:08.95
	200m:	2:13.70	1:08.92	600m:	6:55.23	1:10.79	1000m:	11:39.40	1:11.16	1400m:	16:18.61	1:09.68
	300m:	3:23.59	1:09.89	700m:	8:06.53	1:11.30	1100m:	12:50.61	1:11.21	1500m:	17:26.03	1:07.42
	400m:	4:33.51	1:09.92	800m:	9:17.05	1:10.52	1200m:	13:59.98	1:09.37			

Prova 2 Masc., 1500m Livres Junior Resultados

Recorde Distrital Absoluto	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13-12-2015
Recorde Distrital JUN	15:11.25	Guilherme Filipe, PINA	BSCN	Porto	13-12-2015
Rec Nac 25m Absoluto	15:00.65	Rafael Lourenco, GIL	POR	Porto	13-12-2015
Rec Nac 25m 18	15:06.77	Filipe Miguel, SANTO	POR	Funchal	26-03-2018
Rec Nac 25m 17	15:05.57	Gustavo Manuel, SANTA	POR	Leiria	06-12-2009

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts	
1.	Tiago Andre, JORGE		00	Ba/Bomcar						17:35.26	519	
	100m:	1:05.40	1:05.40	500m:	5:47.29	1:10.51	900m:	10:30.51	1:11.14	1300m:	15:14.87	1:12.02
	200m:	2:15.67	1:10.27	600m:	6:57.80	1:10.51	1000m:	11:41.66	1:11.15	1400m:	16:26.32	1:11.45
	300m:	3:26.30	1:10.63	700m:	8:08.34	1:10.54	1100m:	12:52.17	1:10.51	1500m:	17:35.26	1:08.94
	400m:	4:36.78	1:10.48	800m:	9:19.37	1:11.03	1200m:	14:02.85	1:10.68			
2.	Alexandre Quiterio, ANASTACIO		01	Benedita Sport Club						19:06.15	405	
	100m:	1:08.90	1:08.90	500m:	6:03.09	1:14.93	900m:	11:06.37	1:17.46	1300m:	16:30.30	1:20.96
	200m:	2:21.84	1:12.94	600m:	7:17.38	1:14.29	1000m:	12:28.77	1:22.40	1400m:	17:49.99	1:19.69
	300m:	3:34.73	1:12.89	700m:	8:32.58	1:15.20	1100m:	13:48.60	1:19.83	1500m:	19:06.15	1:16.16
	400m:	4:48.16	1:13.43	800m:	9:48.91	1:16.33	1200m:	15:09.34	1:20.74			
3.	Filipe Pedro, FERREIRA		00	Nucleo de Pombal						19:17.85	392	
	100m:	1:08.85	1:08.85	500m:	6:14.80	1:17.20	900m:	11:27.96	1:19.07	1300m:	16:42.19	1:18.91
	200m:	2:24.94	1:16.09	600m:	7:31.88	1:17.08	1000m:	12:47.39	1:19.43	1400m:	18:02.79	1:20.60
	300m:	3:41.06	1:16.12	700m:	8:50.59	1:18.71	1100m:	14:04.61	1:17.22	1500m:	19:17.85	1:15.06
	400m:	4:57.60	1:16.54	800m:	10:08.89	1:18.30	1200m:	15:23.28	1:18.67			

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

2 - 2ª jornada - sessão única

06-05-2018 - 9:30

Prova 3

Masc., 400m Estilos

Infantil B

06-05-2018 - 9:30

Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	CNAL	Santo António dos Cavaleiros	10-12-2010
Recorde Distrital INF B	4:49.65	André Vilas, RUIVO	DNMG	Santo António dos Cavaleiros	15-03-2013
Rec Nac 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 25m INF B	4:49.65	Andre Vilas, RUIVO	POR	S. António Cavaleiros	15-03-2013

Pontos: FINA 2017

Lugar					Ano					Tempo final	Pts	
1.	Miguel Fernandes, OLIVEIRA				05	Nautico Marinha Grande				5:10.68	435	
	50m:	32.09	32.09	150m:	1:50.14	40.33	250m:	3:15.08	45.49	350m:	4:37.35	35.37
	100m:	1:09.81	37.72	200m:	2:29.59	39.45	300m:	4:01.98	46.90	400m:	5:10.68	33.33
2.	Tomas Amor, SARREIRA				05	Nautico Marinha Grande				5:28.17	369	
	50m:	32.52	32.52	150m:	1:52.93	42.26	250m:	3:25.66	50.94	350m:	4:53.18	35.92
	100m:	1:10.67	38.15	200m:	2:34.72	41.79	300m:	4:17.26	51.60	400m:	5:28.17	34.99
3.	Dylan Marques, FELIX				05	Pimpões/ Cimai				5:31.47	358	
	50m:	35.63	35.63	150m:	2:02.90	45.44	250m:	3:31.82	45.71	350m:	4:55.21	37.28
	100m:	1:17.46	41.83	200m:	2:46.11	43.21	300m:	4:17.93	46.11	400m:	5:31.47	36.26
4.	Afonso Manuel, ASCENSO				05	Nautico Marinha Grande				5:41.50	327	
	50m:	35.61	35.61	150m:	2:05.55	47.06	250m:	3:41.56	50.83	350m:	5:07.39	36.97
	100m:	1:18.49	42.88	200m:	2:50.73	45.18	300m:	4:30.42	48.86	400m:	5:41.50	34.11
5.	Lucas Filipe, MOREIRA				05	Ba/Bomcar				5:46.24	314	
	50m:	36.94	36.94	150m:	2:06.80	45.79	250m:	3:41.19	50.47	350m:	5:09.13	38.89
	100m:	1:21.01	44.07	200m:	2:50.72	43.92	300m:	4:30.24	49.05	400m:	5:46.24	37.11
6.	Pedro Pinheiro, RIBEIRO				05	Benedita Sport Club				5:59.71	280	
	50m:	38.83	38.83	150m:	2:13.54	46.90	250m:	3:47.28	48.72	350m:	5:19.14	42.39
	100m:	1:26.64	47.81	200m:	2:58.56	45.02	300m:	4:36.75	49.47	400m:	5:59.71	40.57
7.	Henrique Joao, CRUZ				05	Alcobaça				6:04.13	270	
	50m:	38.14	38.14	150m:	2:08.49	43.16	250m:	3:46.91	55.49	350m:	5:23.24	41.79
	100m:	1:25.33	47.19	200m:	2:51.42	42.93	300m:	4:41.45	54.54	400m:	6:04.13	40.89
8.	Samuel Filipe, AMORIM				05	Nautico Marinha Grande				6:13.28	251	
	50m:	43.39	43.39	150m:	2:25.78	47.46	250m:	4:00.49	50.25	350m:	5:34.25	42.77
	100m:	1:38.32	54.93	200m:	3:10.24	44.46	300m:	4:51.48	50.99	400m:	6:13.28	39.03
9.	Diogo Miguel, ROSETE				05	Nautico Marinha Grande				6:15.87	245	
	50m:	40.78	40.78	150m:	2:23.68	48.76	250m:	4:01.76	51.29	350m:	5:36.73	40.84
	100m:	1:34.92	54.14	200m:	3:10.47	46.79	300m:	4:55.89	54.13	400m:	6:15.87	39.14
10.	Tiago Serradas, FRANCISCO				05	Nautico Marinha Grande				6:21.82	234	
	50m:	40.41	40.41	150m:	2:18.54	47.87	250m:	4:03.52	59.82	350m:	5:43.49	41.54
	100m:	1:30.67	50.26	200m:	3:03.70	45.16	300m:	5:01.95	58.43	400m:	6:21.82	38.33
11.	Joao Gerardo, BOITA				05	Benedita Sport Club				6:26.32	226	
	50m:	39.60	39.60	150m:	2:17.88	49.58	250m:	4:01.77	55.13	350m:	5:42.55	45.45
	100m:	1:28.30	48.70	200m:	3:06.64	48.76	300m:	4:57.10	55.33	400m:	6:26.32	43.77
12.	Tomas Portugal, SILVEIRA				05	Alcobaça				6:31.35	217	
	50m:	41.07	41.07	150m:	2:19.41	49.59	250m:	4:04.34	56.51	350m:	5:48.38	45.08
	100m:	1:29.82	48.75	200m:	3:07.83	48.42	300m:	5:03.30	58.96	400m:	6:31.35	42.97
13.	Renato Gomes, MARQUES				05	Nautico Marinha Grande				6:34.51	212	
	50m:	40.99	40.99	150m:	2:20.71	47.96	250m:	4:08.01	59.97	350m:	5:51.22	41.98
	100m:	1:32.75	51.76	200m:	3:08.04	47.33	300m:	5:09.24	1:01.23	400m:	6:34.51	43.29

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 3, Masc., 400m Estilos

Prova 3 Masc., 400m Estilos Infantil A
06-05-2018 - 9:30 Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	CNAL	Santo António dos Cavaleiros	10-12-2010
Recorde Distrital INF A	4:43.08	André Vilas, RUIVO	DNMG	Leiria	16-03-2014
Rec Nac 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 25m INF A	4:40.32	Tomas Miguel, FREITAS	POR	Funchal	09-07-2004

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts
1.	Nuno Marques, SILVA		04	Ba/Bomcar						4:59.17	487
	50m:	32.39 32.39	150m:	1:48.47	38.66	250m:	3:08.03	41.24	350m:	4:24.64	34.79
	100m:	1:09.81 37.42	200m:	2:26.79	38.32	300m:	3:49.85	41.82	400m:	4:59.17	34.53
2.	Vitor Belo, CLARA		04	Ba/Bomcar						5:02.45	472
	50m:	32.33 32.33	150m:	1:47.46	37.85	250m:	3:09.06	44.37	350m:	4:28.85	34.95
	100m:	1:09.61 37.28	200m:	2:24.69	37.23	300m:	3:53.90	44.84	400m:	5:02.45	33.60
3.	Ricardo Morais, FARIA		04	Ba/Bomcar						5:07.12	450
	50m:	31.70 31.70	150m:	1:48.69	39.48	250m:	3:11.06	43.20	350m:	4:32.98	36.38
	100m:	1:09.21 37.51	200m:	2:27.86	39.17	300m:	3:56.60	45.54	400m:	5:07.12	34.14
4.	Rodrigo Miguel, REIS		04	Ba/Bomcar						5:07.30	450
	50m:	29.91 29.91	150m:	1:46.34	40.29	250m:	3:11.23	45.10	350m:	4:32.93	35.34
	100m:	1:06.05 36.14	200m:	2:26.13	39.79	300m:	3:57.59	46.36	400m:	5:07.30	34.37
5.	Joao Gabriel, ANICETO		04	Ba/Bomcar						5:20.36	397
	50m:	35.72 35.72	150m:	2:02.98	43.68	250m:	3:28.19	42.61	350m:	4:46.22	35.80
	100m:	1:19.30 43.58	200m:	2:45.58	42.60	300m:	4:10.42	42.23	400m:	5:20.36	34.14
6.	Daniel, TSYKAL		04	Alcobaça						5:32.83	354
	50m:	37.86 37.86	150m:	2:04.94	43.81	250m:	3:32.19	46.19	350m:	4:56.39	37.20
	100m:	1:21.13 43.27	200m:	2:46.00	41.06	300m:	4:19.19	47.00	400m:	5:32.83	36.44
7.	Guilherme Silva, CASTANHEIRA		04	Ba/Bomcar						5:33.19	353
	50m:	36.94 36.94	150m:	2:02.22	42.52	250m:	3:28.86	47.90	350m:	4:56.96	38.18
	100m:	1:19.70 42.76	200m:	2:40.96	38.74	300m:	4:18.78	49.92	400m:	5:33.19	36.23
8.	Vasco Peixoto, OLIVEIRA		04	Alcobaça						5:34.01	350
	50m:	36.85 36.85	150m:	2:06.58	44.87	250m:	3:35.64	45.12	350m:	4:58.36	37.99
	100m:	1:21.71 44.86	200m:	2:50.52	43.94	300m:	4:20.37	44.73	400m:	5:34.01	35.65
9.	Joao Tomas, MADRUGO		04	Pimpões/ Cimai						5:34.57	348
	50m:	31.85 31.85	150m:	1:57.39	43.96	250m:	3:30.14	50.30	350m:	4:57.28	38.25
	100m:	1:13.43 41.58	200m:	2:39.84	42.45	300m:	4:19.03	48.89	400m:	5:34.57	37.29
10.	Jorge, GRABOVSKI		04	Nautico Marinha Grande						5:43.11	323
	50m:	37.14 37.14	150m:	2:05.01	43.42	250m:	3:37.86	50.66	350m:	5:06.08	37.56
	100m:	1:21.59 44.45	200m:	2:47.20	42.19	300m:	4:28.52	50.66	400m:	5:43.11	37.03
11.	Vasco Silva, SOUSA		04	Ba/Bomcar						5:43.63	321
	50m:	32.71 32.71	150m:	2:00.07	45.36	250m:	3:37.68	53.97	350m:	5:06.14	35.93
	100m:	1:14.71 42.00	200m:	2:43.71	43.64	300m:	4:30.21	52.53	400m:	5:43.63	37.49
12.	Daniel Jose, FERNANDES		04	Alcobaça						5:51.00	302
	50m:	36.89 36.89	150m:	2:05.98	44.19	250m:	3:39.84	50.94	350m:	5:10.79	39.14
	100m:	1:21.79 44.90	200m:	2:48.90	42.92	300m:	4:31.65	51.81	400m:	5:51.00	40.21

DSQ Lucas Pipiraite, CARDOSO 04 Clube Naval da Nazaré
Na viragem aos 50 metros, o nadador tocou na parede com as mãos alternadas.

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 3, Masc., 400m Estilos

Prova 3 Masc., 400m Estilos Juvenil B
06-05-2018 - 9:30 Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	CNAL	Santo António dos Cavaleiros	10-12-2010
Recorde Distrital JUV B	4:37.10	André Vilas, RUIVO	ADBA	Leiria	12-12-2014
Rec Nac 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 25m JUV B	4:35.02	Diogo Filipe, CARVALHO	POR	Braga	21-03-2003

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts
1.	Ricardo Lopes, SILVA		03	Nautico Marinha Grande						4:50.61	532
	50m:	30.82 30.82	150m:	1:43.10	36.48	250m:	3:02.89	43.95	350m:	4:18.87	33.04
	100m:	1:06.62 35.80	200m:	2:18.94	35.84	300m:	3:45.83	42.94	400m:	4:50.61	31.74
2.	David, MARTYN		03	Benedita Sport Club						4:53.03	519
	50m:	29.97 29.97	150m:	1:43.34	38.34	250m:	3:05.04	44.43	350m:	4:21.55	32.79
	100m:	1:05.00 35.03	200m:	2:20.61	37.27	300m:	3:48.76	43.72	400m:	4:53.03	31.48
3.	Valentino Garvasyuk, PLESHKAN		03	Ba/Bomcar						4:53.41	517
	50m:	30.70 30.70	150m:	1:43.60	37.38	250m:	3:03.56	43.64	350m:	4:20.39	33.31
	100m:	1:06.22 35.52	200m:	2:19.92	36.32	300m:	3:47.08	43.52	400m:	4:53.41	33.02
4.	Paulo Sergio, FERREIRA		03	Clube Naval da Nazaré						5:14.02	421
	50m:	32.39 32.39	150m:	1:49.64	39.85	250m:	3:16.45	47.33	350m:	4:39.42	34.26
	100m:	1:09.79 37.40	200m:	2:29.12	39.48	300m:	4:05.16	48.71	400m:	5:14.02	34.60
5.	Guilherme Mendes, SOUSA		03	Nautico Marinha Grande						5:18.76	403
	50m:	31.48 31.48	150m:	1:51.09	42.43	250m:	3:19.02	48.82	350m:	4:44.33	34.51
	100m:	1:08.66 37.18	200m:	2:30.20	39.11	300m:	4:09.82	50.80	400m:	5:18.76	34.43
6.	Bruno Francisco, GONCALVES		03	Nautico Marinha Grande						5:22.35	389
	50m:	32.05 32.05	150m:	1:52.71	42.52	250m:	3:22.30	48.22	350m:	4:47.16	35.69
	100m:	1:10.19 38.14	200m:	2:34.08	41.37	300m:	4:11.47	49.17	400m:	5:22.35	35.19
7.	Daniel, REZNICHENKO		03	Nautico Marinha Grande						5:43.10	323
	50m:	34.18 34.18	150m:	2:02.17	46.31	250m:	3:35.90	48.77	350m:	5:05.97	40.30
	100m:	1:15.86 41.68	200m:	2:47.13	44.96	300m:	4:25.67	49.77	400m:	5:43.10	37.13
8.	David Almeida, GAMEIRO		03	Nucleo de Pombal						5:47.89	310
	50m:	35.53 35.53	150m:	2:04.83	45.02	250m:	3:37.85	48.97	350m:	5:08.70	39.52
	100m:	1:19.81 44.28	200m:	2:48.88	44.05	300m:	4:29.18	51.33	400m:	5:47.89	39.19

Prova 3 Masc., 400m Estilos Juvenil A
06-05-2018 - 9:30 Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	CNAL	Santo António dos Cavaleiros	10-12-2010
Recorde Distrital JUV A	4:35.74	Diogo Parrilha, SILVA	CNAL	Nazaré	16-05-2009
Rec Nac 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 25m JUV A	4:25.04	Joao Alexandre, VITAL	POR	Tomar	13-12-2013

Pontos: FINA 2017

Lugar			Ano							Tempo final	Pts
1.	Miguel Vicente, SILVA		02	Nautico Marinha Grande						5:00.97	479
	50m:	30.39 30.39	150m:	1:43.79	37.93	250m:	3:06.56	45.05	350m:	4:26.99	35.42
	100m:	1:05.86 35.47	200m:	2:21.51	37.72	300m:	3:51.57	45.01	400m:	5:00.97	33.98

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 3, Masc., 400m Estilos

Prova 3 Masc., 400m Estilos Junior
06-05-2018 - 9:30 Resultados

Recorde Distrital Absoluto	4:30.20	Diogo Parrilha, SILVA	CNAL	Santo António dos Cavaleiros	10-12-2010
Recorde Distrital JUN	4:30.20	Diogo Parrilha, SILVA	CNAL	Santo António dos Cavaleiros	10-12-2010
Rec Nac 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 25m 18	4:11.20	Joao Alexandre, VITAL	POR	Porto	11-12-2015
Rec Nac 25m 17	4:21.93	Joao Alexandre, VITAL	POR	Porto	19-12-2014

Pontos: FINA 2017

Lugar	Ano		Tempo final		Pts
1. Alexandre Quiterio, ANASTACIO	01	Benedita Sport Club	5:13.73		422
50m: 31.84 31.84	150m: 1:50.55 40.68	250m: 3:12.36 41.95	350m: 4:36.98 39.28		
100m: 1:09.87 38.03	200m: 2:30.41 39.86	300m: 3:57.70 45.34	400m: 5:13.73 36.75		
2. Miguel Goncalves, JARDIM	00	Nucleo de Pombal	5:34.25		349
50m: 33.85 33.85	150m: 2:00.65 46.90	250m: 3:32.67 47.57	350m: 4:59.43 39.16		
100m: 1:13.75 39.90	200m: 2:45.10 44.45	300m: 4:20.27 47.60	400m: 5:34.25 34.82		
3. Filipe Pedro, FERREIRA	00	Nucleo de Pombal	5:50.16		304
50m: 33.42 33.42	150m: 2:01.76 46.39	250m: 3:39.12 52.94	350m: 5:12.13 38.42		
100m: 1:15.37 41.95	200m: 2:46.18 44.42	300m: 4:33.71 54.59	400m: 5:50.16 38.03		

Prova 4 Femin., 800m Livres Infantil B
06-05-2018 Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	01-04-2017
Recorde Distrital INF B	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	01-05-2009
Rec Nac 25m Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscov (RUS)	03-08-2017
Rec Nac 25m INF B	9:33.95	Filipa Vilas, RUIVO	POR	Nazaré	16-05-2009

Pontos: FINA 2017

Lugar	Ano		Tempo final		Pts
1. Filipa Mendes, SIMOES	06	Ba/Bomcar	10:28.17		444
100m: 1:14.99 1:14.99	300m: 3:54.95 1:19.89	500m: 6:33.12 1:18.73	700m: 9:10.91 1:18.88		
200m: 2:35.06 1:20.07	400m: 5:14.39 1:19.44	600m: 7:52.03 1:18.91	800m: 10:28.17 1:17.26		
2. Ariana Bento, CARAPINHA	06	Nautico Marinha Grande	10:28.93		442
100m: 1:15.43 1:15.43	300m: 3:52.73 1:19.05	500m: 6:32.64 1:20.35	700m: 9:11.70 1:19.09		
200m: 2:33.68 1:18.25	400m: 5:12.29 1:19.56	600m: 7:52.61 1:19.97	800m: 10:28.93 1:17.23		
3. Filipa Paiva, DINIS	06	Ba/Bomcar	10:30.52		439
100m: 1:16.94 1:16.94	300m: 3:57.45 1:20.36	500m: 6:38.28 1:19.03	700m: 9:16.89 1:18.67		
200m: 2:37.09 1:20.15	400m: 5:19.25 1:21.80	600m: 7:58.22 1:19.94	800m: 10:30.52 1:13.63		
4. Leonor Verissimo, FARIA	06	Nucleo de Pombal	10:43.49		413
100m: 1:18.59 1:18.59	300m: 4:03.04 1:22.92	500m: 6:46.12 1:21.38	700m: 9:27.74 1:20.11		
200m: 2:40.12 1:21.53	400m: 5:24.74 1:21.70	600m: 8:07.63 1:21.51	800m: 10:43.49 1:15.75		
5. Maria Madalena, ALVES	06	Ba/Bomcar	10:47.78		405
100m: 1:16.32 1:16.32	300m: 3:56.49 1:20.15	500m: 6:38.57 1:20.30	700m: 9:25.62 1:25.34		
200m: 2:36.34 1:20.02	400m: 5:18.27 1:21.78	600m: 8:00.28 1:21.71	800m: 10:47.78 1:22.16		
6. Jessica Mendes, SANTOS	06	Nautico Marinha Grande	10:56.40		389
100m: 1:15.98 1:15.98	300m: 4:00.53 1:23.10	500m: 6:47.58 1:23.43	700m: 9:34.25 1:23.10		
200m: 2:37.43 1:21.45	400m: 5:24.15 1:23.62	600m: 8:11.15 1:23.57	800m: 10:56.40 1:22.15		
7. Maria Joao, ASCENSO	06	Nautico Marinha Grande	11:11.99		362
100m: 1:20.21 1:20.21	300m: 4:12.05 1:25.89	500m: 7:00.03 1:23.27	700m: 9:48.45 1:23.71		
200m: 2:46.16 1:25.95	400m: 5:36.76 1:24.71	600m: 8:24.74 1:24.71	800m: 11:11.99 1:23.54		
8. Sofia Simao, CUNHA	06	Pimpões/ Cimai	11:12.60		361
100m: 1:21.50 1:21.50	300m: 4:12.99 1:25.58	500m: 7:03.45 1:24.94	700m: 9:52.80 1:24.59		
200m: 2:47.41 1:25.91	400m: 5:38.51 1:25.52	600m: 8:28.21 1:24.76	800m: 11:12.60 1:19.80		
9. Ana Francisca, SILVA	06	Alcobaça	11:13.11		361
100m: 1:19.14 1:19.14	300m: 4:06.07 1:24.43	500m: 6:54.92 1:24.85	700m: 9:47.40 1:26.43		
200m: 2:41.64 1:22.50	400m: 5:30.07 1:24.00	600m: 8:20.97 1:26.05	800m: 11:13.11 1:25.71		

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 4, Femin., 800m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
10. Catarina Machado, BELO	06 Benedita Sport Club	11:18.90	351
100m: 1:20.48 1:20.48	300m: 4:09.39 1:25.35	500m: 7:01.58 1:26.49	700m: 9:54.74 1:26.95
200m: 2:44.04 1:23.56	400m: 5:35.09 1:25.70	600m: 8:27.79 1:26.21	800m: 11:18.90 1:24.16
11. Maria Francisca, FROIS	06 Ba/Bomcar	11:19.19	351
100m: 1:22.72 1:22.72	300m: 4:14.24 1:24.82	500m: 7:08.58 1:26.56	700m: 10:02.91 1:25.32
200m: 2:49.42 1:26.70	400m: 5:42.02 1:27.78	600m: 8:37.59 1:29.01	800m: 11:19.19 1:16.28
12. Constanca Arinto, TRINDADE	06 Alcobaça	11:31.71	332
100m: 1:23.81 1:23.81	300m: 4:17.85 1:26.68	500m: 7:13.07 1:27.39	700m: 10:07.30 1:26.92
200m: 2:51.17 1:27.36	400m: 5:45.68 1:27.83	600m: 8:40.38 1:27.31	800m: 11:31.71 1:24.41
13. Matilde Fernandes, BARQUINHA	06 Nautico Marinha Grande	11:35.42	327
100m: 1:24.66 1:24.66	300m: 4:20.44 1:28.22	500m: 7:13.11 1:26.51	700m: 10:09.50 1:29.03
200m: 2:52.22 1:27.56	400m: 5:46.60 1:26.16	600m: 8:40.47 1:27.36	800m: 11:35.42 1:25.92
14. Margarida Marques, ARROJA	06 Pimpões/ Cimai	11:40.49	320
100m: 1:27.07 1:27.07	300m: 4:26.50 1:29.16	500m: 7:22.92 1:27.81	700m: 10:17.21 1:27.20
200m: 2:57.34 1:30.27	400m: 5:55.11 1:28.61	600m: 8:50.01 1:27.09	800m: 11:40.49 1:23.28
15. Ines Mestre, SA	06 Ba/Bomcar	11:41.84	318
100m: 1:23.17 1:23.17	300m: 4:19.29 1:28.43	500m: 7:17.13 1:29.13	700m: 10:16.55 1:30.28
200m: 2:50.86 1:27.69	400m: 5:48.00 1:28.71	600m: 8:46.27 1:29.14	800m: 11:41.84 1:25.29
16. Filipa Roma, BRIZIDA	06 Ba/Bomcar	11:48.01	310
100m: 1:28.48 1:28.48	300m: 4:29.95 1:30.49	500m: 7:28.90 1:29.45	700m: 10:25.67 1:28.43
200m: 2:59.46 1:30.98	400m: 5:59.45 1:29.50	600m: 8:57.24 1:28.34	800m: 11:48.01 1:22.34
17. Dalila Leal, BERNARDINO	06 Nucleo de Pombal	11:55.24	301
100m: 1:22.62 1:22.62	300m: 4:18.68 1:29.04	500m: 7:23.94 1:32.88	700m: 10:27.39 1:31.07
200m: 2:49.64 1:27.02	400m: 5:51.06 1:32.38	600m: 8:56.32 1:32.38	800m: 11:55.24 1:27.85
18. Beatriz Luz, MARTINS	06 Pimpões/ Cimai	12:28.40	262
100m: 1:30.56 1:30.56	300m: 4:39.86 1:33.92	500m: 7:48.37 1:33.98	700m: 10:59.33 1:37.56
200m: 3:05.94 1:35.38	400m: 6:14.39 1:34.53	600m: 9:21.77 1:33.40	800m: 12:28.40 1:29.07
19. Flavia Mendes, DOMINGUES	06 Nucleo de Pombal	12:56.09	235
100m: 1:28.90 1:28.90	300m: 4:40.34 1:37.88	500m: 7:56.25 1:37.77	700m: 11:12.29 1:38.08
200m: 3:02.46 1:33.56	400m: 6:18.48 1:38.14	600m: 9:34.21 1:37.96	800m: 12:56.09 1:43.80
20. Beatriz Goncalves, CORREIA	06 Benedita Sport Club	13:11.90	221
100m: 1:35.37 1:35.37	300m: 4:56.75 1:40.59	500m: 8:19.53 1:41.03	700m: 11:39.86 1:39.26
200m: 3:16.16 1:40.79	400m: 6:38.50 1:41.75	600m: 10:00.60 1:41.07	800m: 13:11.90 1:32.04

Prova 4 Femin., 800m Livres Infantil A Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	01-04-2017
Recorde Distrital INF A	9:34.11	Filipa Vilas, RUIVO	DNMG	Ponte de Sôr	01-12-2009
Rec Nac 25m Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017
Rec Nac 25m INF A	9:03.90	Alexandra Maria, SILVA	POR	Porto	13-07-1980

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA	05 Ba/Bomcar	10:14.92	473
100m: 1:14.23 1:14.23	300m: 3:49.98 1:17.08	500m: 6:22.90 1:15.94	700m: 8:58.75 1:18.27
200m: 2:32.90 1:18.67	400m: 5:06.96 1:16.98	600m: 7:40.48 1:17.58	800m: 10:14.92 1:16.17
2. Juliana Branco, REIS	05 Alcobaça	10:22.61	456
100m: 1:12.38 1:12.38	300m: 3:49.30 1:18.15	500m: 6:27.11 1:18.32	700m: 9:04.84 1:19.26
200m: 2:31.15 1:18.77	400m: 5:08.79 1:19.49	600m: 7:45.58 1:18.47	800m: 10:22.61 1:17.77
3. Joana Silva, ALVES	05 Benedita Sport Club	10:25.43	450
100m: 1:15.92 1:15.92	300m: 3:54.94 1:19.69	500m: 6:33.19 1:19.61	700m: 9:11.25 1:19.36
200m: 2:35.25 1:19.33	400m: 5:13.58 1:18.64	600m: 7:51.89 1:18.70	800m: 10:25.43 1:14.18
4. Maria Ines, MARQUES	05 Alcobaça	10:42.83	414
100m: 1:17.42 1:17.42	300m: 3:57.73 1:20.15	500m: 6:40.77 1:21.31	700m: 9:23.82 1:21.98
200m: 2:37.58 1:20.16	400m: 5:19.46 1:21.73	600m: 8:01.84 1:21.07	800m: 10:42.83 1:19.01

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 4, Femin., 800m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
5. Rosa Branca, LOPES	05 Pimpões/ Cimai	10:48.20	404
100m: 1:16.73 1:16.73	300m: 4:00.48 1:22.53	500m: 6:45.40 1:21.73	700m: 9:28.77 1:21.03
200m: 2:37.95 1:21.22	400m: 5:23.67 1:23.19	600m: 8:07.74 1:22.34	800m: 10:48.20 1:19.43
6. Soraia Carvalho, FERREIRA	05 Nautico Marinha Grande	11:00.53	382
100m: 1:17.83 1:17.83	300m: 4:03.73 1:23.07	500m: 6:49.64 1:24.26	700m: 9:39.59 1:25.24
200m: 2:40.66 1:22.83	400m: 5:25.38 1:21.65	600m: 8:14.35 1:24.71	800m: 11:00.53 1:20.94
7. Diana Carvalho, PINEU	05 Ba/Bomcar	11:44.36	315
100m: 1:21.91 1:21.91	300m: 4:20.97 1:30.19	500m: 7:20.79 1:29.98	700m: 10:18.09 1:28.40
200m: 2:50.78 1:28.87	400m: 5:50.81 1:29.84	600m: 8:49.69 1:28.90	800m: 11:44.36 1:26.27
8. Maria Silva, CARVALHO	05 Pimpões/ Cimai	11:45.50	313
100m: 1:23.69 1:23.69	300m: 4:19.45 1:28.35	500m: 7:19.08 1:30.87	700m: 10:23.09 1:30.09
200m: 2:51.10 1:27.41	400m: 5:48.21 1:28.76	600m: 8:53.00 1:33.92	800m: 11:45.50 1:22.41

Prova 4
06-05-2018

Femin., 800m Livres

Juvenil B
Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	01-04-2017
Recorde Distrital JUV B	9:11.83	Filipa Vilas, RUIVO	DNMG	Óbidos	01-12-2010
Rec Nac 25m Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017
Rec Nac 25m JUV B	9:00.27	Alexandra Maria, SILVA	POR	Antibes (FRA)	20-12-1980

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO	04 Ba/Bomcar	9:39.68	565
100m: 1:09.93 1:09.93	300m: 3:36.42 1:13.36	500m: 6:01.76 1:12.55	700m: 8:26.96 1:13.00
200m: 2:23.06 1:13.13	400m: 4:49.21 1:12.79	600m: 7:13.96 1:12.20	800m: 9:39.68 1:12.72
2. Bruna Silva, MOITEIRO	04 Nautico Marinha Grande	9:47.42	543
100m: 1:10.03 1:10.03	300m: 3:37.20 1:13.85	500m: 6:04.23 1:13.24	700m: 8:33.07 1:14.75
200m: 2:23.35 1:13.32	400m: 4:50.99 1:13.79	600m: 7:18.32 1:14.09	800m: 9:47.42 1:14.35
3. Margarida Violante, VIANA	04 Ba/Bomcar	9:54.36	524
100m: 1:12.15 1:12.15	300m: 3:41.81 1:15.13	500m: 6:11.03 1:14.56	700m: 8:39.51 1:14.00
200m: 2:26.68 1:14.53	400m: 4:56.47 1:14.66	600m: 7:25.51 1:14.48	800m: 9:54.36 1:14.85
4. Maria Francisca, ALVES	04 Ba/Bomcar	9:57.12	517
100m: 1:11.19 1:11.19	300m: 3:40.14 1:14.73	500m: 6:11.19 1:15.62	700m: 8:43.31 1:15.48
200m: 2:25.41 1:14.22	400m: 4:55.57 1:15.43	600m: 7:27.83 1:16.64	800m: 9:57.12 1:13.81
5. Rita Mendes, SIMOES	04 Ba/Bomcar	9:59.39	511
100m: 1:12.62 1:12.62	300m: 3:44.89 1:16.38	500m: 6:16.44 1:15.80	700m: 8:46.68 1:14.74
200m: 2:28.51 1:15.89	400m: 5:00.64 1:15.75	600m: 7:31.94 1:15.50	800m: 9:59.39 1:12.71
6. Maria Joao, REIS	04 Nautico Marinha Grande	10:01.26	506
100m: 1:13.34 1:13.34	300m: 3:44.85 1:15.88	500m: 6:17.35 1:16.46	700m: 8:48.66 1:15.87
200m: 2:28.97 1:15.63	400m: 5:00.89 1:16.04	600m: 7:32.79 1:15.44	800m: 10:01.26 1:12.60
7. Alexandra Cordeiro, SILVA	04 Alcobaça	10:12.53	479
100m: 1:13.46 1:13.46	300m: 3:47.11 1:16.42	500m: 6:21.28 1:16.85	700m: 8:55.91 1:17.45
200m: 2:30.69 1:17.23	400m: 5:04.43 1:17.32	600m: 7:38.46 1:17.18	800m: 10:12.53 1:16.62
8. Maria Ines, SILVA	04 Alcobaça	10:15.93	471
100m: 1:13.33 1:13.33	300m: 3:46.15 1:16.34	500m: 6:20.91 1:17.42	700m: 8:58.26 1:18.81
200m: 2:29.81 1:16.48	400m: 5:03.49 1:17.34	600m: 7:39.45 1:18.54	800m: 10:15.93 1:17.67
9. Sofia Morais, FARIA	04 Ba/Bomcar	10:16.21	470
100m: 1:15.29 1:15.29	300m: 3:49.60 1:16.11	500m: 6:24.89 1:17.49	700m: 9:01.86 1:18.04
200m: 2:33.49 1:18.20	400m: 5:07.40 1:17.80	600m: 7:43.82 1:18.93	800m: 10:16.21 1:14.35
10. Ines Miguel, SILVA	04 Nautico Marinha Grande	10:36.94	426
100m: 1:16.95 1:16.95	300m: 3:55.81 1:19.50	500m: 6:36.76 1:20.51	700m: 9:17.52 1:19.66
200m: 2:36.31 1:19.36	400m: 5:16.25 1:20.44	600m: 7:57.86 1:21.10	800m: 10:36.94 1:19.42
11. Beatriz Sofia, AMARO	04 Nautico Marinha Grande	10:53.92	393
100m: 1:17.47 1:17.47	300m: 4:03.34 1:22.35	500m: 6:48.25 1:22.94	700m: 9:33.03 1:21.91
200m: 2:40.99 1:23.52	400m: 5:25.31 1:21.97	600m: 8:11.12 1:22.87	800m: 10:53.92 1:20.89

Torneio Distrital de Fundo
Pombal, 5- - 6-5-2018

Prova 4, Femin., 800m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
12. Mariana Soares, DUARTE	04 Ba/Bomcar	11:11.29	364
100m: 1:19.36 1:19.36	300m: 4:07.94 1:23.99	500m: 6:57.96 1:25.33	700m: 9:48.81 1:25.68
200m: 2:43.95 1:24.59	400m: 5:32.63 1:24.69	600m: 8:23.13 1:25.17	800m: 11:11.29 1:22.48
13. Ines Silva, MONTEIRO	04 Nautico Marinha Grande	11:36.94	325
100m: 1:19.96 1:19.96	300m: 4:14.11 1:27.97	500m: 7:09.89 1:27.66	700m: 10:09.21 1:29.37
200m: 2:46.14 1:26.18	400m: 5:42.23 1:28.12	600m: 8:39.84 1:29.95	800m: 11:36.94 1:27.73

Prova 4 Femin., 800m Livres Juvenil A
06-05-2018 Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	01-04-2017
Recorde Distrital JUV A	9:03.22	Filipa Vilas, RUIVO	DNMG	Silves	01-12-2011
Rec Nac 25m Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017
Rec Nac 25m JUV A	8:46.74	Ana Claudia, SANTOS	POR	Cantanhede	19-12-2004

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
1. Ines Filipa, JACINTO	03 Ba/Bomcar	9:54.54	524
100m: 1:11.79 1:11.79	300m: 3:40.19 1:14.81	500m: 6:09.10 1:14.49	700m: 8:39.97 1:15.62
200m: 2:25.38 1:13.59	400m: 4:54.61 1:14.42	600m: 7:24.35 1:15.25	800m: 9:54.54 1:14.57
2. Luana Pinto, DOMINGUES	03 Ba/Bomcar	9:54.95	522
100m: 1:12.03 1:12.03	300m: 3:41.51 1:14.83	500m: 6:11.04 1:14.53	700m: 8:42.24 1:16.18
200m: 2:26.68 1:14.65	400m: 4:56.51 1:15.00	600m: 7:26.06 1:15.02	800m: 9:54.95 1:12.71
3. Renata Simoes, RATO	03 Nautico Marinha Grande	10:05.02	497
100m: 1:13.00 1:13.00	300m: 3:45.25 1:16.55	500m: 6:18.29 1:16.30	700m: 8:51.52 1:16.57
200m: 2:28.70 1:15.70	400m: 5:01.99 1:16.74	600m: 7:34.95 1:16.66	800m: 10:05.02 1:13.50
4. Sara Santos, LOPES	03 Ba/Bomcar	10:20.88	460
100m: 1:14.31 1:14.31	300m: 3:51.94 1:19.24	500m: 6:28.19 1:17.61	700m: 9:05.07 1:18.28
200m: 2:32.70 1:18.39	400m: 5:10.58 1:18.64	600m: 7:46.79 1:18.60	800m: 10:20.88 1:15.81
5. Ana Rui, GOMES	03 Clube Naval da Nazaré	10:45.15	410
100m: 1:15.63 1:15.63	300m: 3:56.66 1:20.87	500m: 6:40.53 1:21.97	700m: 9:25.36 1:22.47
200m: 2:35.79 1:20.16	400m: 5:18.56 1:21.90	600m: 8:02.89 1:22.36	800m: 10:45.15 1:19.79

Prova 4 Femin., 800m Livres Junior
06-05-2018 Resultados

Recorde Distrital Absoluto	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	01-04-2017
Recorde Distrital JUN	8:49.88	Inês Jacinto, HENRIQUES	SIRP	Felgueiras	01-04-2017
Rec Nac 25m Absoluto	8:24.09	Diana Margarida, DURAES	POR	Moscow (RUS)	03-08-2017
Rec Nac 25m 17	8:32.83	Tamila Hryhorivna, HOLUB	POR	Porto	13-12-2015
Rec Nac 25m 16	8:45.41	Tamila Hryhorivna, HOLUB	POR	Porto	21-12-2014

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
1. Rita Afonso, BELO	02 Benedita Sport Club	10:03.93	500
100m: 1:06.26 1:06.26	300m: 3:35.10 1:15.35	500m: 6:10.34 1:17.97	700m: 8:46.18 1:18.02
200m: 2:19.75 1:13.49	400m: 4:52.37 1:17.27	600m: 7:28.16 1:17.82	800m: 10:03.93 1:17.75
2. Cintia Cristina, CRUZ	02 Alcobaça	10:20.11	461
100m: 1:12.56 1:12.56	300m: 3:49.69 1:18.47	500m: 6:26.46 1:17.94	700m: 9:02.37 1:17.78
200m: 2:31.22 1:18.66	400m: 5:08.52 1:18.83	600m: 7:44.59 1:18.13	800m: 10:20.11 1:17.74