

TNCompleto - Categorias - TURBO 2017
Benedita, 6- - 7-5-2017

1 - 1ª Jornada - Sessão única

06-05-2017 - 15:30

Prova 1	Femin., 50m Livres				Junior FEM
06-05-2017 - 15:30					Resultados
Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m 16	26.14	Maria Carolina, ROSA	SCP	S. António Cavaleiros	2009
Recordes Nacionais 25m 17 - 18	25.95	Beatriz Mendes, VIEGAS	TNC	Vila Real Stº Antonio	2016
Recorde Distrital 16	26.95	Sara Francisco, CRUZ		Nazaré	
Recorde Distrital 17	27.98	Inês Jacinto, HENRIQUES			2016

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ines Jacinto, HENRIQUES	00 Pimpoes/Cimai	28.04	569
2. Giovanna Vaz, VARGAS	00 Nautico Marinha Grande	28.87	521
3. Bruna Andreia, SIMOES	01 Nautico Marinha Grande	29.55	486
4. Monica Seara, DOMINGUES	00 Nautico Marinha Grande	29.78	475
5. Tatiana Evangelista, REBELO	00 Clube Naval da Nazaré	33.72	327
6. Diana Penas, EZEQUIEL	01 Benedita Sport Club	33.86	323

Prova 1	Femin., 50m Livres				Senior FEM
06-05-2017 - 15:30					Resultados
Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m 17 - 18	25.95	Beatriz Mendes, VIEGAS	TNC	Vila Real Stº Antonio	2016
Recordes Nacionais 25m SEN	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recorde Distrital	26.79	Sara Francisco, CRUZ		Leiria	2011

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ana Sofia, FERREIRA	99 Pimpoes/Cimai	29.65	481
2. Sara Conceicao, PECA	99 Ba/Bomcar	30.84	427

Prova 2	Masc., 200m Estilos				Infantil B MASC
06-05-2017 - 15:32					Resultados
Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recordes Nacionais 25m INF B	2:17.96	Andre Vilas, RUIVO	DNMG	Nazaré	2013
Recorde Distrital	2:17.96	André Vilas, RUIVO		Nazaré	2013

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Morais, FARIA	04 Ba/Bomcar	2:30.54	386
50m: 31.80 31.80 100m: 1:09.84 38.04 150m: 1:55.66 45.82 200m: 2:30.54 34.88			
2. Rodrigo Miguel, REIS	04 Ba/Bomcar	2:30.88	383
50m: 32.41 32.41 100m: 1:10.98 38.57 150m: 1:57.88 46.90 200m: 2:30.88 33.00			
3. Nuno Marques, SILVA	04 Ba/Bomcar	2:36.12	346
50m: 34.33 34.33 100m: 1:14.35 40.02 150m: 2:00.02 45.67 200m: 2:36.12 36.10			
4. Vitor Belo, CLARA	04 Ba/Bomcar	2:36.43	344
50m: 34.45 34.45 100m: 1:14.05 39.60 150m: 2:01.98 47.93 200m: 2:36.43 34.45			
5. Joao Gabriel, ANICETO	04 Ba/Bomcar	2:41.13	314
50m: 36.37 36.37 100m: 1:18.41 42.04 150m: 2:04.07 45.66 200m: 2:41.13 37.06			
6. Guilherme da Silva, CASTANHEIRA	04 Ba/Bomcar	2:41.53	312
50m: 35.94 35.94 100m: 1:16.38 40.44 150m: 2:05.63 49.25 200m: 2:41.53 35.90			
7. Alexandre Piteira, GAIOLAS	04 Nautico Marinha Grande	2:44.09	298
50m: 35.49 35.49 100m: 1:16.73 41.24 150m: 2:05.84 49.11 200m: 2:44.09 38.25			
8. Duarte Gil, SALVADOR	04 Nautico Marinha Grande	2:46.16	287
50m: 35.94 35.94 100m: 1:17.48 41.54 150m: 2:07.69 50.21 200m: 2:46.16 38.47			
9. Daniel, TSYKAL	04 Alcobaça	2:47.80	278
50m: 39.34 39.34 100m: 1:20.93 41.59 150m: 2:09.73 48.80 200m: 2:47.80 38.07			

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Prova 2, Masc., 200m Estilos, Infantil B MASC

Lugar			Ano					Tempo final	Pts
10.	Vasco Silva, SOUSA	04	Ba/Bomcar					2:51.37	261
	50m: 37.59 37.59	100m: 1:20.38	42.79	150m: 2:15.38	55.00	200m: 2:51.37	35.99		
11.	Lucas Pipiraite, CARDOSO	04	Clube Naval da Nazaré					2:53.87	250
	50m: 39.53 39.53	100m: 1:22.71	43.18	150m: 2:16.01	53.30	200m: 2:53.87	37.86		
12.	Jorge, GRABOVSKI	04	Nautico Marinha Grande					2:53.94	250
	50m: 38.79 38.79	100m: 1:23.23	44.44	150m: 2:16.32	53.09	200m: 2:53.94	37.62		
13.	Gil Guarda, MONIZ	04	Ba/Bomcar					2:56.87	238
	50m: 37.97 37.97	100m: 1:23.09	45.12	150m: 2:15.96	52.87	200m: 2:56.87	40.91		
14.	Daniel Jose, FERNANDES	04	Alcobaça					3:03.44	213
	50m: 40.98 40.98	100m: 1:26.57	45.59	150m: 2:23.05	56.48	200m: 3:03.44	40.39		
15.	Ricardo Pedrosa, SOARES	04	Vieirense					3:04.98	208
	50m: 39.35 39.35	100m: 1:24.14	44.79	150m: 2:21.73	57.59	200m: 3:04.98	43.25		
16.	Dinis Santos, MARQUES	04	Nucleo de Ansião					3:35.31	132
	50m: 52.74 52.74	100m: 1:48.24	55.50	150m: 2:47.59	59.35	200m: 3:35.31	47.72		

Prova 2 Masc., 200m Estilos Infantil A MASC

06-05-2017 - 15:32

Resultados

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recordes Nacionais 25m INF A	2:13.38	Tomas Miguel, FREITAS	CDN	Funchal	2004
Recorde Distrital	2:16.10	André Vilas, RUIVO		Leiria	2013

Pontos: FINA 2016

Lugar			Ano					Tempo final	Pts
1.	Ricardo Lopes, SILVA	03	Nautico Marinha Grande					2:19.34	487
	50m: 30.52 30.52	100m: 1:04.57	34.05	150m: 1:47.07	42.50	200m: 2:19.34	32.27		
2.	David, MARTYN	03	Benedita Sport Club					2:25.18	430
	50m: 31.24 31.24	100m: 1:08.21	36.97	150m: 1:52.37	44.16	200m: 2:25.18	32.81		
3.	David Ferreira, RELVAS	03	Nautico Marinha Grande					2:26.85	416
	50m: 31.82 31.82	100m: 1:08.34	36.52	150m: 1:52.09	43.75	200m: 2:26.85	34.76		
4.	Joao Jose, SILVA	03	Ba/Bomcar					2:27.14	413
	50m: 30.75 30.75	100m: 1:09.87	39.12	150m: 1:53.40	43.53	200m: 2:27.14	33.74		
5.	Valentino Garvasyuk, PLESHKAN	03	Nautico Marinha Grande					2:31.19	381
	50m: 32.34 32.34	100m: 1:10.08	37.74	150m: 1:56.26	46.18	200m: 2:31.19	34.93		
6.	Afonso Filipe, COSTA	03	Clube Naval da Nazaré					2:31.74	377
	50m: 31.22 31.22	100m: 1:10.98	39.76	150m: 1:58.67	47.69	200m: 2:31.74	33.07		
7.	Paulo Sergio, FERREIRA	03	Clube Naval da Nazaré					2:32.36	372
	50m: 33.43 33.43	100m: 1:11.56	38.13	150m: 1:58.52	46.96	200m: 2:32.36	33.84		
8.	Guilherme Mendes, SOUSA	03	Nautico Marinha Grande					2:33.55	363
	50m: 32.47 32.47	100m: 1:12.23	39.76	150m: 1:58.24	46.01	200m: 2:33.55	35.31		
9.	Rui Miguel, FREIRE	03	Nucleo de Ansião					2:38.66	329
	50m: 34.36 34.36	100m: 1:18.04	43.68	150m: 2:02.05	44.01	200m: 2:38.66	36.61		
10.	Daniel, REZNICHENKO	03	Nautico Marinha Grande					2:38.98	327
	50m: 33.55 33.55	100m: 1:15.34	41.79	150m: 2:02.63	47.29	200m: 2:38.98	36.35		
11.	Bruno Francisco, GONCALVES	03	Nautico Marinha Grande					2:39.20	326
	50m: 35.31 35.31	100m: 1:15.80	40.49	150m: 2:05.30	49.50	200m: 2:39.20	33.90		
12.	Jose Antonio, PARADELA	03	Ba/Bomcar					2:39.83	322
	50m: 34.92 34.92	100m: 1:15.20	40.28	150m: 2:01.31	46.11	200m: 2:39.83	38.52		
13.	Joao Pedro, VIDAL	03	Vieirense					2:45.87	288
	50m: 36.38 36.38	100m: 1:17.64	41.26	150m: 2:09.47	51.83	200m: 2:45.87	36.40		
14.	David Almeida, GAMEIRO	03	Nucleo de Pombal					2:48.87	273
	50m: 38.40 38.40	100m: 1:20.82	42.42	150m: 2:11.12	50.30	200m: 2:48.87	37.75		

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Prova 2, Masc., 200m Estilos, Infantil A MASC

Lugar	Ano	Tempo final	Pts
15. Tomas Melo, FERNANDES	03 Nucleo de Ansião	2:55.82	242
50m: 37.81 37.81	100m: 1:24.72 46.91	150m: 2:15.16 50.44	200m: 2:55.82 40.66

Prova 2 Masc., 200m Estilos Juvenil B MASC
06-05-2017 - 15:32 Resultados

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recordes Nacionais 25m JUV B	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	2003
Recorde Distrital	2:10.67	André Vilas, RUIVO		Caldas da Rainha	2015

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Lucas Guarda, MONIZ	02 Ba/Bomcar	2:25.35	429
50m: 30.80 30.80	100m: 1:08.94 38.14	150m: 1:51.17 42.23	200m: 2:25.35 34.18
2. Goncalo Balbino, MENDES	02 Naval de Peniche	2:27.66	409
50m: 31.90 31.90	100m: 1:09.04 37.14	150m: 1:53.14 44.10	200m: 2:27.66 34.52
3. Miguel Vicente, SILVA	02 Nautico Marinha Grande	2:27.95	406
50m: 32.12 32.12	100m: 1:08.81 36.69	150m: 1:53.10 44.29	200m: 2:27.95 34.85
4. Abel Duarte, AFONSO	02 Naval de Peniche	2:31.49	378
50m: 32.38 32.38	100m: 1:12.55 40.17	150m: 1:56.57 44.02	200m: 2:31.49 34.92
5. Pedro Piteira, GAIOLAS	02 Nautico Marinha Grande	2:33.01	367
50m: 33.41 33.41	100m: 1:11.67 38.26	150m: 1:57.93 46.26	200m: 2:33.01 35.08
6. Manuel Maria, FROIS	02 Ba/Bomcar	2:34.34	358
50m: 33.39 33.39	100m: 1:13.90 40.51	150m: 1:58.41 44.51	200m: 2:34.34 35.93
7. Francisco Lourenco, CARVALHO	02 Nucleo de Ansião	2:36.80	341
50m: 32.87 32.87	100m: 1:12.64 39.77	150m: 1:59.95 47.31	200m: 2:36.80 36.85
8. Rui Afonso, RODRIGUES	02 Alcobaça	2:44.39	296
50m: 36.09 36.09	100m: 1:20.03 43.94	150m: 2:08.45 48.42	200m: 2:44.39 35.94
9. Dmitro, PALIY	02 Naval de Peniche	2:48.38	276
50m: 35.40 35.40	100m: 1:18.76 43.36	150m: 2:07.95 49.19	200m: 2:48.38 40.43

Prova 2 Masc., 200m Estilos Juvenil A MASC
06-05-2017 - 15:32 Resultados

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recordes Nacionais 25m JUV A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	2004
Recorde Distrital	2:08.27	Diogo Parrilha, SILVA		Nazaré	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, PIRES	01 Nautico Marinha Grande	2:14.08	546
50m: 28.67 28.67	100m: 1:03.75 35.08	150m: 1:43.90 40.15	200m: 2:14.08 30.18
2. Pedro Domingues, DUARTE	01 Nautico Marinha Grande	2:15.25	532
50m: 29.16 29.16	100m: 1:06.41 37.25	150m: 1:41.97 35.56	200m: 2:15.25 33.28
3. Bernardo Sousa, PEREIRA	01 Pimpoes/Cimai	2:18.10	500
50m: 31.27 31.27	100m: 1:05.93 34.66	150m: 1:45.81 39.88	200m: 2:18.10 32.29
4. Edgar Casimiro, RIBEIRO	01 Alcobaça	2:21.55	464
50m: 30.76 30.76	100m: 1:06.81 36.05	150m: 1:49.60 42.79	200m: 2:21.55 31.95
5. Tiago Manuel, SANTOS	01 Benedita Sport Club	2:22.34	456
50m: 30.28 30.28	100m: 1:07.89 37.61	150m: 1:50.11 42.22	200m: 2:22.34 32.23
6. Afonso Varelhas, SILVA	01 Nautico Marinha Grande	2:22.79	452
50m: 30.36 30.36	100m: 1:06.51 36.15	150m: 1:48.95 42.44	200m: 2:22.79 33.84
7. Francisco Sousa, SILVA	01 Alcobaça	2:26.92	415
50m: 31.93 31.93	100m: 1:10.35 38.42	150m: 1:53.90 43.55	200m: 2:26.92 33.02

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Prova 2, Masc., 200m Estilos, Juvenil A MASC

Lugar	Ano	Tempo final	Pts
8. Joaquim Sardinha, DUARTE	01 Ba/Bomcar	2:29.44	394
50m: 31.60 31.60 100m: 1:08.76 37.16 150m: 1:54.69 45.93 200m: 2:29.44 34.75			
9. Alexandre Quiterio, ANASTACIO	01 Benedita Sport Club	2:34.16	359
50m: 31.91 31.91 100m: 1:12.27 40.36 150m: 1:54.91 42.64 200m: 2:34.16 39.25			
10. Joao Dinis, GREGORIO	01 Naval de Peniche	2:44.81	294
50m: 32.75 32.75 100m: 1:15.85 43.10 150m: 2:06.53 50.68 200m: 2:44.81 38.28			

Prova 2 Masc., 200m Estilos Junior MASC
06-05-2017 - 15:32 Resultados

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recordes Nacionais 25m JUN	2:02.96	Diogo Filipe, CARVALHO	CGA	Mealhada	2005
Recordes Nacionais 25m 18	2:00.59	Gabriel Jose, LOPES	ALN	Coimbra	2015
Recorde Distrital 17	2:08.79	Diogo Parrilha, SILVA		Nazaré	2010
Recorde Distrital 18	2:05.28	Diogo Parrilha, SILVA		Porto	2010

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Tomas Gomes, OLIVEIRA	99 Nautico Marinha Grande	2:13.61	552
50m: 29.23 29.23 100m: 1:04.83 35.60 150m: 1:43.84 39.01 200m: 2:13.61 29.77			
2. Sebastiao Mendes, GOMES	00 Pimpoes/Cimai	2:15.45	530
50m: 29.79 29.79 100m: 1:04.60 34.81 150m: 1:44.85 40.25 200m: 2:15.45 30.60			
3. Bruno Pinto, DOMINGUES	00 Ba/Bomcar	2:16.85	514
50m: 30.77 30.77 100m: 1:08.53 37.76 150m: 1:46.84 38.31 200m: 2:16.85 30.01			
4. Manuel Sardinha, DUARTE	00 Ba/Bomcar	2:22.31	457
50m: 32.20 32.20 100m: 1:11.75 39.55 150m: 1:49.88 38.13 200m: 2:22.31 32.43			
5. Tiago Andre, JORGE	00 Ba/Bomcar	2:22.44	455
50m: 31.20 31.20 100m: 1:10.00 38.80 150m: 1:51.49 41.49 200m: 2:22.44 30.95			
6. Manuel Maria, FERRAZ	00 Pimpoes/Cimai	2:25.61	426
50m: 30.29 30.29 100m: 1:08.84 38.55 150m: 1:51.74 42.90 200m: 2:25.61 33.87			
7. Pedro Alexandre, CORREIA	00 Pimpoes/Cimai	2:26.30	420
50m: 31.19 31.19 100m: 1:08.09 36.90 150m: 1:52.24 44.15 200m: 2:26.30 34.06			
8. Joao Miguel, SANTANA	00 Pimpoes/Cimai	2:29.39	395
50m: 26.91 26.91 100m: 1:10.38 43.47 150m: 1:54.80 44.42 200m: 2:29.39 34.59			
9. Filipe Pedro, FERREIRA	00 Nucleo de Pombal	2:36.74	342
50m: 32.07 32.07 100m: 1:14.35 42.28 150m: 2:02.97 48.62 200m: 2:36.74 33.77			
10. Alexandre Pinto, CRUZ	00 Pimpoes/Cimai	2:58.35	232
50m: 32.23 32.23 100m: 1:20.78 48.55 150m: 2:11.16 50.38 200m: 2:58.35 47.19			

Prova 2 Masc., 200m Estilos Senior MASC
06-05-2017 - 15:32 Resultados

Recordes Nacionais 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recordes Nacionais 25m SEN	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	2015
Recorde Distrital	2:05.68	Diogo Parrilha, SILVA		Silves	2011

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Viktor, KOT	98 Nautico Marinha Grande	2:09.29	609
50m: 26.91 26.91 100m: 59.12 32.21 150m: 1:39.60 40.48 200m: 2:09.29 29.69			
2. Diogo Vicente, SILVA	98 Nautico Marinha Grande	2:19.89	481
50m: 29.64 29.64 100m: 1:04.23 34.59 150m: 1:45.05 40.82 200m: 2:19.89 34.84			

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Prova 3 Femin., 100m Bruços Infantil B FEM
06-05-2017 - 16:08 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m INF B	1:17.79	Mariana Ferrinha, CUNHA	AAC	Coimbra	1995
Recorde Distrital	1:18.50	Filipa Vilas, RUIVO		Caldas da Rainha	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Iara Filipa, DIAS 50m: 43.06 43.06 100m: 1:30.34 47.28	05 Naval de Peniche	1:30.34	328
2. Carlota Macedo, LAGOA 50m: 42.86 42.86 100m: 1:30.35 47.49	05 Ba/Bomcar	1:30.35	328
3. Rosa Branca, LOPES 50m: 43.49 43.49 100m: 1:31.89 48.40	05 Pimpoes/Cimai	1:31.89	312
4. Joana Rosa, FERREIRA 50m: 44.10 44.10 100m: 1:32.93 48.83	05 Naval de Peniche	1:32.93	302
5. Diana Carvalho, PÍNEU 50m: 46.32 46.32 100m: 1:38.00 51.68	05 Ba/Bomcar	1:38.00	257
6. Soraia Carvalho, FERREIRA 50m: 47.26 47.26 100m: 1:38.70 51.44	05 Nautico Marinha Grande	1:38.70	252
7. Maria Silva, CARVALHO 50m: 47.98 47.98 100m: 1:40.44 52.46	05 Pimpoes/Cimai	1:40.44	239
8. Sara Andreia, SERRAO 50m: 49.40 49.40 100m: 1:42.20 52.80	05 Naval de Peniche	1:42.20	227
9. Rita Margarida, RODRIGUES 50m: 50.28 50.28 100m: 1:45.60 55.32	05 Alcobaça	1:45.60	205
10. Beatriz Silva, CONCEIÇÃO 50m: 49.42 49.42 100m: 1:46.09 56.67	05 Portomosense	1:46.09	203
11. Cristiana Reis, OLIVEIRA 50m: 56.23 56.23 100m: 1:59.72 1:03.49	05 Portomosense	1:59.72	141
12. Francisca Virgilio, FORTES 50m: 55.40 55.40 100m: 2:00.52 1:05.12	05 Portomosense	2:00.52	138
DSQ Maria Ines, MARQUES	05 Alcobaça		

A nadadora na partida, realizou duas pernadas de bruços, antes de romper a água.

Prova 3 Femin., 100m Bruços Infantil A FEM
06-05-2017 - 16:08 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m INF A	1:13.43	Raquel Gomes, PEREIRA	SANL	Abrantes	2013
Recorde Distrital	1:15.72	Filipa Vilas, RUIVO		Caldas da Rainha	2010

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO 50m: 38.57 38.57 100m: 1:21.86 43.29	04 Ba/Bomcar	1:21.86	442
2. Ana Correia, SOUSA 50m: 39.25 39.25 100m: 1:22.45 43.20	04 Pimpoes/Cimai	1:22.45	432
3. Alexandra Cordeiro, SILVA 50m: 39.72 39.72 100m: 1:23.37 43.65	04 Alcobaça	1:23.37	418
4. Maria Francisca, ALVES 50m: 39.67 39.67 100m: 1:26.18 46.51	04 Ba/Bomcar	1:26.18	378
5. Sofia Viola, ABREU 50m: 40.75 40.75 100m: 1:26.58 45.83	04 Naval de Peniche	1:26.58	373

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Prova 3, Femin., 100m Bruços, Infantil A FEM

Lugar		Ano		Tempo final	Pts
6.	Laura Macedo, LAGOA 50m: 42.13 42.13 100m: 1:28.07 45.94	04	Ba/Bomcar	1:28.07	355
7.	Constanca Alexandra, SILVA 50m: 42.53 42.53 100m: 1:28.54 46.01	04	Pimpoes/Cimai	1:28.54	349
8.	Rita Mendes, SIMOES 50m: 42.46 42.46 100m: 1:29.43 46.97	04	Ba/Bomcar	1:29.43	339
9.	Bruna Alexandra, GOMES 50m: 41.57 41.57 100m: 1:29.45 47.88	04	Ba/Bomcar	1:29.45	338
10.	Margarida Violante, VIANA 50m: 43.30 43.30 100m: 1:30.41 47.11	04	Ba/Bomcar	1:30.41	328
11.	Safira Santos, DUARTE 50m: 42.89 42.89 100m: 1:31.65 48.76	04	Clube Naval da Nazaré	1:31.65	315
12.	Francisca Bonifacio, ALVES 50m: 43.19 43.19 100m: 1:31.74 48.55	04	Ba/Bomcar	1:31.74	314
13.	Maria Joao, REIS 50m: 43.99 43.99 100m: 1:32.05 48.06	04	Nautico Marinha Grande	1:32.05	310
14.	Maria Martim, COUTINHO 50m: 43.52 43.52 100m: 1:32.50 48.98	04	Ba/Bomcar	1:32.50	306
15.	Andreia Clara, GOMES 50m: 44.20 44.20 100m: 1:32.76 48.56	04	Ba/Bomcar	1:32.76	303
16.	Sofia Morais, FARIA 50m: 43.79 43.79 100m: 1:33.67 49.88	04	Ba/Bomcar	1:33.67	295
17.	Maria Ines, SILVA 50m: 44.91 44.91 100m: 1:34.07 49.16	04	Alcobaça	1:34.07	291
18.	Ines Silva, MONTEIRO 50m: 46.00 46.00 100m: 1:35.51 49.51	04	Nautico Marinha Grande	1:35.51	278
19.	Ines Beatriz, NEVES 50m: 45.01 45.01 100m: 1:36.02 51.01	04	Nucleo de Pombal	1:36.02	273
20.	Angela Jacinto, HENRIQUES 50m: 45.33 45.33 100m: 1:36.03 50.70	04	Pimpoes/Cimai	1:36.03	273
21.	Catarina Rodrigues, SILVA 50m: 45.17 45.17 100m: 1:36.68 51.51	04	Naval de Peniche	1:36.68	268
22.	Ines Miguel, SILVA 50m: 45.77 45.77 100m: 1:36.93 51.16	04	Nautico Marinha Grande	1:36.93	266
23.	Mariana Soares, DUARTE 50m: 49.29 49.29 100m: 1:44.80 55.51	04	Ba/Bomcar	1:44.80	210
DNS	Beatriz Fazendeiro, AMARO	04	Nautico Marinha Grande		
DNS	Joana Farto, PEDRO	04	Vieirense		

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Prova 3, Femin., 100m Bruços

Prova 3 Femin., 100m Bruços Juvenil B FEM
06-05-2017 - 16:08 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m JUV B	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	2003
Recorde Distrital	1:15.12	Inês Rocha, SILVA		Nazaré	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES 50m: 36.51 36.51 100m: 1:17.20 40.69	03 Ba/Bomcar	1:17.20	527
2. Mariana Alves, BARBOSA 50m: 38.34 38.34 100m: 1:20.45 42.11	03 Pimpoes/Cimai	1:20.45	465
3. Ines Filipa, JACINTO 50m: 39.03 39.03 100m: 1:21.70 42.67	03 Ba/Bomcar	1:21.70	444
4. Renata Simoes, RATO 50m: 39.43 39.43 100m: 1:22.72 43.29	03 Nautico Marinha Grande	1:22.72	428
5. Sara Santos, LOPES 50m: 40.80 40.80 100m: 1:25.63 44.83	03 Ba/Bomcar	1:25.63	386
6. Ines Apolinario, SOARES 50m: 41.82 41.82 100m: 1:26.60 44.78	03 Pimpoes/Cimai	1:26.60	373
7. Ana Rui, GOMES 50m: 41.77 41.77 100m: 1:29.53 47.76	03 Clube Naval da Nazaré	1:29.53	337
8. Francisca Santos, CLEMENTE 50m: 42.43 42.43 100m: 1:29.60 47.17	03 Ba/Bomcar	1:29.60	337
9. Josefa Carlota, MARTINS 50m: 42.64 42.64 100m: 1:31.20 48.56	03 Alcobaça	1:31.20	319
10. Constanca Mendes, GOMES 50m: 43.79 43.79 100m: 1:32.32 48.53	03 Pimpoes/Cimai	1:32.32	308
11. Lara Roque, COTRIM 50m: 43.92 43.92 100m: 1:32.53 48.61	03 Pimpoes/Cimai	1:32.53	306
12. Maria Campos, CAIADO 50m: 45.42 45.42 100m: 1:35.76 50.34	03 Pimpoes/Cimai	1:35.76	276
13. Ana Ferraria, PEREIRA 50m: 46.39 46.39 100m: 1:38.17 51.78	03 Portomosense	1:38.17	256

Prova 3 Femin., 100m Bruços Juvenil A FEM
06-05-2017 - 16:08 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m JUV A	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	2004
Recorde Distrital	1:13.62	Ana Ferreira, COSTA		Abrantes	2017

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ana Ferreira, COSTA 50m: 35.67 35.67 100m: 1:15.37 39.70	02 Nautico Marinha Grande	1:15.37	566
2. Rita Afonso, BELO 50m: 37.27 37.27 100m: 1:19.78 42.51	02 Benedita Sport Club	1:19.78	477
3. Maria Joao, ROSADO 50m: 38.89 38.89 100m: 1:21.14 42.25	02 Ba/Bomcar	1:21.14	453
4. Diana Violante, ROMAO 50m: 40.53 40.53 100m: 1:23.91 43.38	02 Alcobaça	1:23.91	410
5. Constanca Filipa, RODRIGUES 50m: 40.15 40.15 100m: 1:23.93 43.78	02 Pimpoes/Cimai	1:23.93	410

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Prova 3, Femin., 100m Bruços, Juvenil A FEM

Lugar			Ano			Tempo final	Pts
6.	Sofia Ribeiro, JUNQUEIRA		02	Ba/Bomcar		1:24.69	399
	50m: 40.18 40.18	100m: 1:24.69		44.51			
7.	Maria Manuel, MATEUS		02	Benedita Sport Club		1:27.61	360
	50m: 41.59 41.59	100m: 1:27.61		46.02			
8.	Cintia Cristina, CRUZ		02	Alcobaça		1:33.07	300
	50m: 44.86 44.86	100m: 1:33.07		48.21			
9.	Maria Leitao, CARVALHO		02	Ba/Bomcar		1:33.81	293
	50m: 45.53 45.53	100m: 1:33.81		48.28			
10.	Leonor Silva, CRISTINO		02	Pimpoes/Cimai		1:49.32	185
	50m: 51.46 51.46	100m: 1:49.32		57.86			

Prova 3 Femin., 100m Bruços Junior FEM
06-05-2017 - 16:08 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m 16	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	2009
Recordes Nacionais 25m 17 - 18	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	2016
Recorde Distrital 16	1:12.26	Inês Rocha, SILVA		Abrantes	2016
Recorde Distrital 17	1:11.39	Victória, KAMINSKAYA		USTER	2012

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande		1:17.90	512
	50m: 37.09 37.09	100m: 1:17.90		40.81			
2.	Ines Jacinto, HENRIQUES		00	Pimpoes/Cimai		1:18.55	500
	50m: 37.45 37.45	100m: 1:18.55		41.10			
3.	Bruna Andreia, SIMOES		01	Nautico Marinha Grande		1:19.09	490
	50m: 37.68 37.68	100m: 1:19.09		41.41			
4.	Monica Seara, DOMINGUES		00	Nautico Marinha Grande		1:20.69	461
	50m: 38.70 38.70	100m: 1:20.69		41.99			
5.	Diana Penas, EZEQUIEL		01	Benedita Sport Club		1:32.66	304
	50m: 44.63 44.63	100m: 1:32.66		48.03			

Prova 3 Femin., 100m Bruços Senior FEM
06-05-2017 - 16:08 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m 17 - 18	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	2016
Recordes Nacionais 25m SEN	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	2009
Recorde Distrital	1:09.70	Victória, KAMINSKAYA		Mealhada	2012

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Sara Conceicao, PECA		99	Ba/Bomcar		1:19.35	485
	50m: 38.24 38.24	100m: 1:19.35		41.11			
2.	Ana Sofia, FERREIRA		99	Pimpoes/Cimai		1:23.84	411
	50m: 40.17 40.17	100m: 1:23.84		43.67			

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Prova 4 Masc., 100m Mariposa Infantil B MASC
06-05-2017 - 16:28 Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recordes Nacionais 25m INF B	1:01.78	Fabio Parrilha da, SILVA	CNAL	Penafiel	2000
Recorde Distrital	1:05.73	André Vilas, RUIVO		St.º Ant. Cavaleiros	2013

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Ricardo Morais, FARIA		04	Ba/Bomcar		1:06.65	383
	50m: 31.08 31.08	100m: 1:06.65		35.57			
2.	Rodrigo Miguel, REIS		04	Ba/Bomcar		1:10.67	322
	50m: 33.00 33.00	100m: 1:10.67		37.67			
3.	Vitor Belo, CLARA		04	Ba/Bomcar		1:13.35	288
	50m: 34.27 34.27	100m: 1:13.35		39.08			
4.	Nuno Marques, SILVA		04	Ba/Bomcar		1:14.32	276
	50m: 34.58 34.58	100m: 1:14.32		39.74			
5.	Alexandre Piteira, GAIOLAS		04	Nautico Marinha Grande		1:15.91	259
	50m: 35.89 35.89	100m: 1:15.91		40.02			
6.	Joao Gabriel, ANICETO		04	Ba/Bomcar		1:17.73	242
	50m: 37.31 37.31	100m: 1:17.73		40.42			
7.	Duarte Gil, SALVADOR		04	Nautico Marinha Grande		1:19.84	223
	50m: 37.64 37.64	100m: 1:19.84		42.20			
8.	Jorge, GRABOVSKI		04	Nautico Marinha Grande		1:21.38	210
	50m: 38.29 38.29	100m: 1:21.38		43.09			
9.	Guilherme da Silva, CASTANHEIRA		04	Ba/Bomcar		1:22.22	204
	50m: 37.81 37.81	100m: 1:22.22		44.41			
10.	Daniel, TSYKAL		04	Alcobaça		1:23.33	196
	50m: 38.55 38.55	100m: 1:23.33		44.78			
11.	Lucas Pipiraite, CARDOSO		04	Clube Naval da Nazaré		1:26.96	172
	50m: 39.97 39.97	100m: 1:26.96		46.99			
12.	Vasco Silva, SOUSA		04	Ba/Bomcar		1:27.52	169
	50m: 39.67 39.67	100m: 1:27.52		47.85			
13.	Gil Guarda, MONIZ		04	Ba/Bomcar		1:28.95	161
	50m: 39.72 39.72	100m: 1:28.95		49.23			
14.	Daniel Jose, FERNANDES		04	Alcobaça		1:31.50	148
	50m: 43.13 43.13	100m: 1:31.50		48.37			
15.	Ricardo Pedrosa, SOARES		04	Vieirense		1:32.56	143
	50m: 43.02 43.02	100m: 1:32.56		49.54			
DSQ	Dinis Santos, MARQUES		04	Nucleo de Ansião			
	<i>O nadador realizou braçada de bruços na viragem dos 50 metros.</i>						

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Prova 4, Masc., 100m Mariposa

Prova 4 Masc., 100m Mariposa Infantil A MASC
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Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recordes Nacionais 25m INF A	59.56	Fabio Parrilha da, SILVA	CNAL	Leiria	2001
Recorde Distrital	1:03.02	Francisco, CONSTANTINO		Nazaré	2013

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. David, MARTYN 50m: 30.03 30.03 100m: 1:04.85 34.82	03	Benedita Sport Club	416
2. Ricardo Lopes, SILVA 50m: 31.66 31.66 100m: 1:06.54 34.88	03	Nautico Marinha Grande	385
3. Joao Jose, SILVA 50m: 31.06 31.06 100m: 1:06.72 35.66	03	Ba/Bomcar	382
4. David Ferreira, RELVAS 50m: 32.15 32.15 100m: 1:08.85 36.70	03	Nautico Marinha Grande	348
5. Valentino Garvasyuk, PLESHKAN 50m: 32.27 32.27 100m: 1:09.13 36.86	03	Nautico Marinha Grande	344
Afonso Filipe, COSTA 50m: 32.19 32.19 100m: 1:09.13 36.94	03	Clube Naval da Nazaré	344
7. Paulo Sergio, FERREIRA 50m: 32.75 32.75 100m: 1:10.90 38.15	03	Clube Naval da Nazaré	318
8. Guilherme Mendes, SOUSA 50m: 32.99 32.99 100m: 1:11.62 38.63	03	Nautico Marinha Grande	309
9. Daniel, REZNICHENKO 50m: 35.07 35.07 100m: 1:13.88 38.81	03	Nautico Marinha Grande	281
10. Bruno Francisco, GONCALVES 50m: 36.41 36.41 100m: 1:14.72 38.31	03	Nautico Marinha Grande	272
11. Rui Miguel, FREIRE 50m: 35.00 35.00 100m: 1:16.81 41.81	03	Nucleo de Ansião	250
12. Jose Antonio, PARADELA 50m: 35.44 35.44 100m: 1:17.24 41.80	03	Ba/Bomcar	246
13. Joao Pedro, VIDAL 50m: 36.60 36.60 100m: 1:19.46 42.86	03	Vieirense	226
14. Tomas Melo, FERNANDES 50m: 38.79 38.79 100m: 1:24.36 45.57	03	Nucleo de Ansião	189
15. David Almeida, GAMEIRO 50m: 39.29 39.29 100m: 1:30.18 50.89	03	Nucleo de Pombal	154

Prova 4 Masc., 100m Mariposa Juvenil B MASC
06-05-2017 - 16:28 Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recordes Nacionais 25m JUV B	57.32	Diogo Filipe, CARVALHO	CGA	Estarreja	2003
Recorde Distrital	59.54	Afonso Lopes, SANTOS		Leiria	2010

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Lucas Guarda, MONIZ 50m: 30.94 30.94 100m: 1:05.48 34.54	02	Ba/Bomcar	404
2. Abel Duarte, AFONSO 50m: 32.77 32.77 100m: 1:07.88 35.11	02	Naval de Peniche	363
3. Goncalo Balbino, MENDES 50m: 32.29 32.29 100m: 1:09.65 37.36	02	Naval de Peniche	336

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Prova 4, Masc., 100m Mariposa, Juvenil B MASC

Lugar	Ano	Tempo final	Pts
4. Pedro Piteira, GAIOLAS 50m: 32.99 32.99 100m: 1:10.09 37.10	02 Nautico Marinha Grande	1:10.09	330
5. Miguel Vicente, SILVA 50m: 33.11 33.11 100m: 1:10.14 37.03	02 Nautico Marinha Grande	1:10.14	329
6. Francisco Lourenco, CARVALHO 50m: 33.07 33.07 100m: 1:10.16 37.09	02 Nucleo de Ansião	1:10.16	329
7. Rui Afonso, RODRIGUES 50m: 36.03 36.03 100m: 1:15.76 39.73	02 Alcobaça	1:15.76	261
8. Manuel Maria, FROIS 50m: 34.32 34.32 100m: 1:18.59 44.27	02 Ba/Bomcar	1:18.59	234
9. Dmitro, PALIY 50m: 35.45 35.45 100m: 1:19.97 44.52	02 Naval de Peniche	1:19.97	222

Prova 4 Masc., 100m Mariposa Juvenil A MASC
06-05-2017 - 16:28 Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recordes Nacionais 25m JUV A	55.60	Diogo Gomes, SOUSA	CNCVG	Porto	2010
Recorde Distrital	56.87	Diogo Parrilha, SILVA		Tomar	2008

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, PIRES 50m: 28.26 28.26 100m: 1:00.11 31.85	01 Nautico Marinha Grande	1:00.11	523
2. Pedro Domingues, DUARTE 50m: 28.98 28.98 100m: 1:02.80 33.82	01 Nautico Marinha Grande	1:02.80	458
3. Bernardo Sousa, PEREIRA 50m: 29.80 29.80 100m: 1:03.06 33.26	01 Pimpoes/Cimai	1:03.06	453
4. Tiago Manuel, SANTOS 50m: 30.56 30.56 100m: 1:04.33 33.77	01 Benedita Sport Club	1:04.33	426
5. Edgar Casimiro, RIBEIRO 50m: 30.62 30.62 100m: 1:04.79 34.17	01 Alcobaça	1:04.79	417
6. Afonso Varelas, SILVA 50m: 30.47 30.47 100m: 1:05.83 35.36	01 Nautico Marinha Grande	1:05.83	398
7. Francisco Sousa, SILVA 50m: 32.05 32.05 100m: 1:08.86 36.81	01 Alcobaça	1:08.86	348
8. Joaquim Sardinha, DUARTE 50m: 32.22 32.22 100m: 1:09.76 37.54	01 Ba/Bomcar	1:09.76	334
9. Alexandre Quiterio, ANASTACIO 50m: 32.57 32.57 100m: 1:11.96 39.39	01 Benedita Sport Club	1:11.96	305
10. Joao Dinis, GREGORIO 50m: 33.37 33.37 100m: 1:12.00 38.63	01 Naval de Peniche	1:12.00	304

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Prova 4, Masc., 100m Mariposa

Prova 4 Masc., 100m Mariposa Junior MASC
06-05-2017 - 16:28 Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recordes Nacionais 25m JUN	53.97	Tiago Andre, VENANCIO	CNS	Alapraia	2004
Recordes Nacionais 25m 18	53.87	Tiago Andre, VENANCIO	CNS	Cantanhede	2004
Recorde Distrital 17	55.83	Diogo Parrilha, SILVA		Ponte de Sôr	2009
Recorde Distrital 18	55.85	Bernardo Santos, CLEMENTE		V. R. St.º António	2015

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Joao Miguel, SANTANA		00	Pimpoes/Cimai		58.48	568
	50m:	27.60 27.60	100m:	58.48	30.88		
2.	Sebastiao Mendes, GOMES		00	Pimpoes/Cimai		1:02.72	460
	50m:	29.45 29.45	100m:	1:02.72	33.27		
3.	Tomas Gomes, OLIVEIRA		99	Nautico Marinha Grande		1:02.94	455
	50m:	30.01 30.01	100m:	1:02.94	32.93		
4.	Bruno Pinto, DOMINGUES		00	Ba/Bomcar		1:04.70	419
	50m:	29.73 29.73	100m:	1:04.70	34.97		
5.	Manuel Maria, FERRAZ		00	Pimpoes/Cimai		1:05.36	407
	50m:	30.61 30.61	100m:	1:05.36	34.75		
6.	Tiago Andre, JORGE		00	Ba/Bomcar		1:05.99	395
	50m:	30.86 30.86	100m:	1:05.99	35.13		
7.	Manuel Sardinha, DUARTE		00	Ba/Bomcar		1:08.10	359
	50m:	32.05 32.05	100m:	1:08.10	36.05		
8.	Pedro Alexandre, CORREIA		00	Pimpoes/Cimai		1:08.54	353
	50m:	32.32 32.32	100m:	1:08.54	36.22		
9.	Filipe Pedro, FERREIRA		00	Nucleo de Pombal		1:11.40	312
	50m:	33.24 33.24	100m:	1:11.40	38.16		
10.	Alexandre Pinto, CRUZ		00	Pimpoes/Cimai		1:23.26	196
	50m:	36.99 36.99	100m:	1:23.26	46.27		

Prova 4 Masc., 100m Mariposa Senior MASC
06-05-2017 - 16:28 Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recordes Nacionais 25m SEN	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	2009
Recorde Distrital	56.60	João Paulo, RIBEIRO		Mealhada	2011

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Viktor, KOT		98	Nautico Marinha Grande		57.56	596
	50m:	27.62 27.62	100m:	57.56	29.94		
2.	Diogo Vicente, SILVA		98	Nautico Marinha Grande		1:03.57	442
	50m:	29.72 29.72	100m:	1:03.57	33.85		

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Prova 5 Femin., 100m Livres Infantil B FEM
06-05-2017 - 16:48 Resultados

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m INF B	1:00.13	Carolina Miranda, FERNANDES	CGA	Mealhada	2017
Recorde Distrital	1:04.51	Irina, RODRIGUES		Tomar	2003

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Carlota Macedo, LAGOA		05	Ba/Bomcar		1:09.77	388
	50m: 33.68 33.68	100m: 1:09.77		36.09			
2.	Maria Silva, CARVALHO		05	Pimpoes/Cimai		1:11.61	359
	50m: 34.52 34.52	100m: 1:11.61		37.09			
3.	Rosa Branca, LOPES		05	Pimpoes/Cimai		1:13.08	338
	50m: 35.35 35.35	100m: 1:13.08		37.73			
4.	Iara Filipa, DIAS		05	Naval de Peniche		1:13.81	328
	50m: 35.57 35.57	100m: 1:13.81		38.24			
5.	Joana Rosa, FERREIRA		05	Naval de Peniche		1:15.55	305
	50m: 35.71 35.71	100m: 1:15.55		39.84			
6.	Diana Carvalho, PÍNEU		05	Ba/Bomcar		1:15.74	303
	50m: 36.84 36.84	100m: 1:15.74		38.90			
7.	Sara Andreia, SERRAO		05	Naval de Peniche		1:17.74	280
	50m: 37.30 37.30	100m: 1:17.74		40.44			
8.	Soraia Carvalho, FERREIRA		05	Nautico Marinha Grande		1:17.81	280
	50m: 37.55 37.55	100m: 1:17.81		40.26			
9.	Catarina Carmo, BELEM		05	Naval de Peniche		1:18.35	274
	50m: 37.75 37.75	100m: 1:18.35		40.60			
10.	Maria Ines, MARQUES		05	Alcobaça		1:18.79	269
	50m: 38.64 38.64	100m: 1:18.79		40.15			
11.	Rita Margarida, RODRIGUES		05	Alcobaça		1:18.86	269
	50m: 38.00 38.00	100m: 1:18.86		40.86			
12.	Beatriz Silva, CONCEIÇÃO		05	Portomosense		1:30.08	180
	50m: 41.12 41.12	100m: 1:30.08		48.96			
13.	Constanca Lemos, MONTEIRO		05	Nucleo de Pombal		1:33.35	162
	50m: 44.40 44.40	100m: 1:33.35		48.95			
14.	Cristiana Reis, OLIVEIRA		05	Portomosense		1:35.68	150
	50m: 44.54 44.54	100m: 1:35.68		51.14			
15.	Catarina Laranjeira, PEREIRA		05	Naval de Peniche		1:35.71	150
	50m: 46.18 46.18	100m: 1:35.71		49.53			
16.	Francisca Virgilio, FORTES		05	Portomosense		1:56.99	82
	50m: 52.41 52.41	100m: 1:56.99		1:04.58			

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Prova 5, Femin., 100m Livres

Prova 5 Femin., 100m Livres Infantil A FEM
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Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m INF A	59.20	Ines Camacho, FERNANDES	SCP	Tavira	2010
Recorde Distrital	1:02.47	Giovanna Vaz, VARGAS		Nazaré	2013

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO 50m: 29.95 29.95 100m: 1:02.57	04 Ba/Bomcar	1:02.57	538
2. Constanca Alexandra, SILVA 50m: 31.56 31.56 100m: 1:05.48	04 Pimpoes/Cimai	1:05.48	469
3. Sofia Viola, ABREU 50m: 31.81 31.81 100m: 1:05.51	04 Naval de Peniche	1:05.51	469
4. Maria Francisca, ALVES 50m: 31.64 31.64 100m: 1:05.99	04 Ba/Bomcar	1:05.99	459
5. Alexandra Cordeiro, SILVA 50m: 32.71 32.71 100m: 1:07.47	04 Alcobaça	1:07.47	429
6. Rita Mendes, SIMOES 50m: 32.44 32.44 100m: 1:07.86	04 Ba/Bomcar	1:07.86	422
7. Ana Correia, SOUSA 50m: 32.97 32.97 100m: 1:07.89	04 Pimpoes/Cimai	1:07.89	421
8. Margarida Violante, VIANA 50m: 33.40 33.40 100m: 1:08.38	04 Ba/Bomcar	1:08.38	412
9. Laura Macedo, LAGOA 50m: 33.36 33.36 100m: 1:08.48	04 Ba/Bomcar	1:08.48	410
10. Maria Joao, REIS 50m: 33.03 33.03 100m: 1:08.54	04 Nautico Marinha Grande	1:08.54	409
11. Maria Ines, SILVA 50m: 33.58 33.58 100m: 1:08.78	04 Alcobaça	1:08.78	405
12. Sofia Morais, FARIA 50m: 33.36 33.36 100m: 1:08.87	04 Ba/Bomcar	1:08.87	403
13. Maria Martim, COUTINHO 50m: 33.63 33.63 100m: 1:09.12	04 Ba/Bomcar	1:09.12	399
14. Ines Miguel, SILVA 50m: 34.76 34.76 100m: 1:11.08	04 Nautico Marinha Grande	1:11.08	367
15. Beatriz Gomes, MIGUEL 50m: 34.53 34.53 100m: 1:11.42	04 Pimpoes/Cimai	1:11.42	362
16. Catarina Rodrigues, SILVA 50m: 34.58 34.58 100m: 1:11.77	04 Naval de Peniche	1:11.77	356
17. Francisca Bonifacio, ALVES 50m: 34.68 34.68 100m: 1:12.03	04 Ba/Bomcar	1:12.03	353
18. Ines Beatriz, NEVES 50m: 35.29 35.29 100m: 1:12.82	04 Nucleo de Pombal	1:12.82	341
19. Andreia Clara, GOMES 50m: 35.38 35.38 100m: 1:13.37	04 Ba/Bomcar	1:13.37	334
20. Bruna Alexandra, GOMES 50m: 35.29 35.29 100m: 1:13.59	04 Ba/Bomcar	1:13.59	331
21. Ines Silva, MONTEIRO 50m: 36.14 36.14 100m: 1:14.29	04 Nautico Marinha Grande	1:14.29	321

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Prova 5, Femin., 100m Livres, Infantil A FEM

Lugar	Ano	Tempo final	Pts
22. Angela Jacinto, HENRIQUES 50m: 35.67 35.67 100m: 1:14.52 38.85	04 Pimpoes/Cimai	1:14.52	318
23. Mariana Soares, DUARTE 50m: 36.91 36.91 100m: 1:16.59 39.68	04 Ba/Bomcar	1:16.59	293
24. Safira Santos, DUARTE 50m: 38.57 38.57 100m: 1:21.83 43.26	04 Clube Naval da Nazaré	1:21.83	240
DNS Beatriz Fazendeiro, AMARO	04 Nautico Marinha Grande		
DNS Joana Farto, PEDRO	04 Vieiraense		

Prova 5

Femin., 100m Livres

Juvenil B FEM

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Resultados

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m JUV B	59.09	Camila Rodrigues, REBELO	ALN	Ponte da Barca	2016
Recorde Distrital	59.95	Inês Jacinto, HENRIQUES		Abrantes	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES 50m: 30.65 30.65 100m: 1:03.65 33.00	03 Ba/Bomcar	1:03.65	511
2. Ines Filipa, JACINTO 50m: 30.87 30.87 100m: 1:03.67 32.80	03 Ba/Bomcar	1:03.67	511
3. Mariana Alves, BARBOSA 50m: 31.26 31.26 100m: 1:04.20 32.94	03 Pimpoes/Cimai	1:04.20	498
4. Ines Apolinario, SOARES 50m: 32.64 32.64 100m: 1:05.09 32.45	03 Pimpoes/Cimai	1:05.09	478
5. Sara Santos, LOPES 50m: 30.72 30.72 100m: 1:05.31 34.59	03 Ba/Bomcar	1:05.31	473
6. Ana Rui, GOMES 50m: 32.31 32.31 100m: 1:06.82 34.51	03 Clube Naval da Nazaré	1:06.82	442
7. Maria Campos, CAIADO 50m: 32.62 32.62 100m: 1:07.08 34.46	03 Pimpoes/Cimai	1:07.08	437
8. Francisca Santos, CLEMENTE 50m: 32.44 32.44 100m: 1:07.73 35.29	03 Ba/Bomcar	1:07.73	424
9. Renata Simoes, RATO 50m: 33.61 33.61 100m: 1:08.40 34.79	03 Nautico Marinha Grande	1:08.40	412
10. Constanca Mendes, GOMES 50m: 33.29 33.29 100m: 1:08.58 35.29	03 Pimpoes/Cimai	1:08.58	409
11. Lara Roque, COTRIM 50m: 34.28 34.28 100m: 1:11.38 37.10	03 Pimpoes/Cimai	1:11.38	362
12. Josefa Carlota, MARTINS 50m: 35.44 35.44 100m: 1:12.82 37.38	03 Alcobaça	1:12.82	341
13. Ana Ferraria, PEREIRA 50m: 38.55 38.55 100m: 1:21.05 42.50	03 Portomosense	1:21.05	247

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Prova 5, Femin., 100m Livres

Prova 5 Femin., 100m Livres Juvenil A FEM
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Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m JUV A	57.52	Raquel Gomes, PEREIRA	SAD	Algés	2015
Recorde Distrital	59.46	Sara Francisco, CRUZ		Caldas da Rainha	2008

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Rita Afonso, BELO		02	Benedita Sport Club		1:01.24	574
	50m: 29.69 29.69	100m: 1:01.24		31.55			
2.	Diana Violante, ROMAO		02	Alcobaça		1:03.85	506
	50m: 30.93 30.93	100m: 1:03.85		32.92			
3.	Maria Leitao, CARVALHO		02	Ba/Bomcar		1:04.63	488
	50m: 31.37 31.37	100m: 1:04.63		33.26			
4.	Sofia Ribeiro, JUNQUEIRA		02	Ba/Bomcar		1:04.86	483
	50m: 31.33 31.33	100m: 1:04.86		33.53			
5.	Ana Ferreira, COSTA		02	Nautico Marinha Grande		1:05.42	471
	50m: 31.60 31.60	100m: 1:05.42		33.82			
6.	Maria Joao, ROSADO		02	Ba/Bomcar		1:07.00	438
	50m: 32.89 32.89	100m: 1:07.00		34.11			
7.	Constanca Filipa, RODRIGUES		02	Pimpoes/Cimai		1:07.63	426
	50m: 32.70 32.70	100m: 1:07.63		34.93			
8.	Maria Manuel, MATEUS		02	Benedita Sport Club		1:08.75	406
	50m: 32.81 32.81	100m: 1:08.75		35.94			
9.	Cintia Cristina, CRUZ		02	Alcobaça		1:11.64	358
	50m: 34.81 34.81	100m: 1:11.64		36.83			
10.	Leonor Silva, CRISTINO		02	Pimpoes/Cimai		1:14.50	319
	50m: 35.71 35.71	100m: 1:14.50		38.79			
11.	Camila Gracio, SANTO		02	Clube Naval da Nazaré		1:15.25	309
	50m: 36.14 36.14	100m: 1:15.25		39.11			

Prova 5 Femin., 100m Livres Junior FEM
06-05-2017 - 16:48 Resultados

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m 16	56.78	Maria Carolina, ROSA	SCP	Leiria	2009
Recordes Nacionais 25m 17 - 18	56.54	Diana Margarida, DURAES	FCP	Porto	2012
Recorde Distrital 16	59.16	Inês Jacinto, HENRIQUES		Caldas da Rainha	2016
Recorde Distrital 17	59.23	Inês Jacinto, HENRIQUES		Abrantes	2016

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Ines Jacinto, HENRIQUES		00	Pimpoes/Cimai		59.75	618
	50m: 29.21 29.21	100m: 59.75		30.54			
2.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande		1:01.22	575
	50m: 29.86 29.86	100m: 1:01.22		31.36			
3.	Monica Seara, DOMINGUES		00	Nautico Marinha Grande		1:03.35	519
	50m: 30.83 30.83	100m: 1:03.35		32.52			
4.	Bruna Andreia, SIMOES		01	Nautico Marinha Grande		1:03.48	515
	50m: 31.01 31.01	100m: 1:03.48		32.47			
5.	Diana Penas, EZEQUIEL		01	Benedita Sport Club		1:10.65	374
	50m: 33.98 33.98	100m: 1:10.65		36.67			
6.	Tatiana Evangelista, REBELO		00	Clube Naval da Nazaré		1:15.23	309
	50m: 35.80 35.80	100m: 1:15.23		39.43			

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Prova 5, Femin., 100m Livres

Prova 5 Femin., 100m Livres Senior FEM
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Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m 17 - 18	56.54	Diana Margarida, DURAES	FCP	Porto	2012
Recordes Nacionais 25m SEN	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	2009
Recorde Distrital	57.32	Victoria, KAMINSKAYA		Mealhada	2012

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ana Sofia, FERREIRA	99 Pimpoes/Cimai	1:05.21	475
50m: 31.41 31.41	100m: 1:05.21 33.80		

Prova 6 Masc., 100m Costas Infantil B MASC
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Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recordes Nacionais 25m INF B	1:04.76	Alexandre Lages, RIBAS	EDV	Ponte da Barca	2010
Recorde Distrital	1:05.01	André Vilas, RUIVO		Leiria	2013

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Morais, FARIA	04 Ba/Bomcar	1:07.09	387
50m: 32.74 32.74	100m: 1:07.09 34.35		
2. Vitor Belo, CLARA	04 Ba/Bomcar	1:11.60	318
50m: 34.55 34.55	100m: 1:11.60 37.05		
3. Rodrigo Miguel, REIS	04 Ba/Bomcar	1:12.84	302
50m: 35.02 35.02	100m: 1:12.84 37.82		
4. Nuno Marques, SILVA	04 Ba/Bomcar	1:12.85	302
50m: 35.54 35.54	100m: 1:12.85 37.31		
5. Guilherme da Silva, CASTANHEIRA	04 Ba/Bomcar	1:13.29	297
50m: 35.69 35.69	100m: 1:13.29 37.60		
6. Alexandre Piteira, GAIOLAS	04 Nautico Marinha Grande	1:15.24	274
50m: 37.59 37.59	100m: 1:15.24 37.65		
7. Daniel, TSYKAL	04 Alcobaça	1:16.25	264
50m: 38.01 38.01	100m: 1:16.25 38.24		
8. Duarte Gil, SALVADOR	04 Nautico Marinha Grande	1:17.35	252
50m: 37.62 37.62	100m: 1:17.35 39.73		
9. Lucas Pipiraite, CARDOSO	04 Clube Naval da Nazaré	1:18.32	243
50m: 38.61 38.61	100m: 1:18.32 39.71		
10. Ricardo Pedrosa, SOARES	04 Vieiraense	1:19.86	229
50m: 38.52 38.52	100m: 1:19.86 41.34		
11. Vasco Silva, SOUSA	04 Ba/Bomcar	1:21.24	218
50m: 39.08 39.08	100m: 1:21.24 42.16		
12. Joao Gabriel, ANICETO	04 Ba/Bomcar	1:21.74	214
50m: 40.27 40.27	100m: 1:21.74 41.47		
13. Jorge, GRABOVSKI	04 Nautico Marinha Grande	1:23.35	202
50m: 41.06 41.06	100m: 1:23.35 42.29		
14. Gil Guarda, MONIZ	04 Ba/Bomcar	1:24.29	195
50m: 41.05 41.05	100m: 1:24.29 43.24		
15. Daniel Jose, FERNANDES	04 Alcobaça	1:25.97	184
50m: 42.72 42.72	100m: 1:25.97 43.25		
16. Dinis Santos, MARQUES	04 Nucleo de Ansião	1:44.04	103
50m: 49.90 49.90	100m: 1:44.04 54.14		

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Prova 6, Masc., 100m Costas, Infantil B MASC

Lugar	Ano	Tempo final	Pts
DSQ David Amoroso, GOMES	04 Nucleo de Pombal		
<i>Na viragem aos 75 metros, o nadador saiu na posição ventral.</i>			

Prova 6 Masc., 100m Costas Infantil A MASC
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Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recordes Nacionais 25m INF A	1:00.21	Ricardo Lopes, SILVA	DNMG	Sines	2017
Recorde Distrital	1:00.21	Ricardo Lopes, SILVA		Sines	2017

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Lopes, SILVA	03 Nautico Marinha Grande	1:00.69	523
50m: 30.12 30.12	100m: 1:00.69	30.57	
2. David, MARTYN	03 Benedita Sport Club	1:06.70	394
50m: 32.76 32.76	100m: 1:06.70	33.94	
3. David Ferreira, RELVAS	03 Nautico Marinha Grande	1:07.30	384
50m: 32.87 32.87	100m: 1:07.30	34.43	
4. Paulo Sergio, FERREIRA	03 Clube Naval da Nazaré	1:08.68	361
50m: 33.98 33.98	100m: 1:08.68	34.70	
5. Afonso Filipe, COSTA	03 Clube Naval da Nazaré	1:08.89	358
50m: 33.03 33.03	100m: 1:08.89	35.86	
6. Valentino Garvasyuk, PLESHKAN	03 Nautico Marinha Grande	1:10.25	337
50m: 34.33 34.33	100m: 1:10.25	35.92	
7. Guilherme Mendes, SOUSA	03 Nautico Marinha Grande	1:11.25	323
50m: 35.28 35.28	100m: 1:11.25	35.97	
8. Joao Jose, SILVA	03 Ba/Bomcar	1:14.21	286
50m: 35.14 35.14	100m: 1:14.21	39.07	
9. Joao Pedro, VIDAL	03 Vieiraense	1:15.96	267
50m: 37.10 37.10	100m: 1:15.96	38.86	
10. Jose Antonio, PARADELA	03 Ba/Bomcar	1:18.83	238
50m: 38.95 38.95	100m: 1:18.83	39.88	
11. Bruno Francisco, GONCALVES	03 Nautico Marinha Grande	1:19.23	235
50m: 39.13 39.13	100m: 1:19.23	40.10	
12. Rui Miguel, FREIRE	03 Nucleo de Ansião	1:19.32	234
50m: 38.70 38.70	100m: 1:19.32	40.62	
13. Daniel, REZNICHENKO	03 Nautico Marinha Grande	1:19.70	231
50m: 39.51 39.51	100m: 1:19.70	40.19	
14. David Almeida, GAMEIRO	03 Nucleo de Pombal	1:20.65	223
50m: 39.84 39.84	100m: 1:20.65	40.81	
15. Tomas Melo, FERNANDES	03 Nucleo de Ansião	1:28.20	170
50m: 42.62 42.62	100m: 1:28.20	45.58	
DNS Arsenio, ZEMLIANKO	03 Nucleo de Pombal		

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Prova 6, Masc., 100m Costas

Prova 6 Masc., 100m Costas Juvenil B MASC
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Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recordes Nacionais 25m JUV B	57.38	Gabriel Jose, LOPES	CDL	Coimbra	2012
Recorde Distrital	1:01.35	André Vilas, RUIVO		Nazaré	2015

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Goncalo Balbino, MENDES		02	Naval de Peniche		1:07.45	381
	50m:	32.96 32.96	100m:	1:07.45	34.49		
2.	Miguel Vicente, SILVA		02	Nautico Marinha Grande		1:09.32	351
	50m:	34.14 34.14	100m:	1:09.32	35.18		
3.	Pedro Piteira, GAIOLAS		02	Nautico Marinha Grande		1:10.98	327
	50m:	35.42 35.42	100m:	1:10.98	35.56		
4.	Lucas Guarda, MONIZ		02	Ba/Bomcar		1:11.54	319
	50m:	35.06 35.06	100m:	1:11.54	36.48		
5.	Abel Duarte, AFONSO		02	Naval de Peniche		1:12.20	311
	50m:	35.48 35.48	100m:	1:12.20	36.72		
6.	Manuel Maria, FROIS		02	Ba/Bomcar		1:14.81	279
	50m:	36.68 36.68	100m:	1:14.81	38.13		
7.	Francisco Lourenco, CARVALHO		02	Nucleo de Ansião		1:15.55	271
	50m:	37.81 37.81	100m:	1:15.55	37.74		
8.	Dmitro, PALIY		02	Naval de Peniche		1:18.59	241
	50m:	38.62 38.62	100m:	1:18.59	39.97		
9.	Rui Afonso, RODRIGUES		02	Alcobaça		1:20.82	221
	50m:	40.33 40.33	100m:	1:20.82	40.49		

Prova 6 Masc., 100m Costas Juvenil A MASC
06-05-2017 - 17:08 Resultados

Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recordes Nacionais 25m JUV A	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	2010
Recorde Distrital	58.48	Viktor, KOT		Caldas da Rainha	2014

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts
1.	Rui Miguel, PIRES		01	Nautico Marinha Grande		1:02.79	472
	50m:	30.94 30.94	100m:	1:02.79	31.85		
2.	Bernardo Sousa, PEREIRA		01	Pimpoes/Cimai		1:06.11	405
	50m:	32.64 32.64	100m:	1:06.11	33.47		
	Joaquim Sardinha, DUARTE		01	Ba/Bomcar		1:06.11	405
	50m:	32.20 32.20	100m:	1:06.11	33.91		
4.	Afonso Varelas, SILVA		01	Nautico Marinha Grande		1:06.17	404
	50m:	32.32 32.32	100m:	1:06.17	33.85		
5.	Edgar Casimiro, RIBEIRO		01	Alcobaça		1:07.06	388
	50m:	33.19 33.19	100m:	1:07.06	33.87		
6.	Pedro Domingues, DUARTE		01	Nautico Marinha Grande		1:08.01	372
	50m:	32.84 32.84	100m:	1:08.01	35.17		
7.	Tiago Manuel, SANTOS		01	Benedita Sport Club		1:10.13	339
	50m:	34.01 34.01	100m:	1:10.13	36.12		
8.	Francisco Sousa, SILVA		01	Alcobaça		1:11.34	322
	50m:	35.19 35.19	100m:	1:11.34	36.15		
9.	Alexandre Quiterio, ANASTACIO		01	Benedita Sport Club		1:18.57	241
	50m:	39.44 39.44	100m:	1:18.57	39.13		

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Prova 6, Masc., 100m Costas, Juvenil A MASC

Lugar	Ano	Tempo final	Pts
10. Joao Dinis, GREGORIO	01 Naval de Peniche	1:20.65	223
50m: 39.40 39.40	100m: 1:20.65 41.25		

Prova 6 Masc., 100m Costas Junior MASC
06-05-2017 - 17:08 Resultados

Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recordes Nacionais 25m JUN	54.97	Gabriel Jose, LOPES	CDL	Coimbra	2014
Recordes Nacionais 25m 18	53.88	Alexis Manacas, SANTOS	SCP	Leiria	2009
Recorde Distrital 17	57.58	Viktor, KOT		Nazaré	2015
Recorde Distrital 18	56.54	Francisco Rogério, SANTOS		Porto	2015

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Joao Miguel, SANTANA	00 Pimpoes/Cimai	1:02.26	485
50m: 30.68 30.68	100m: 1:02.26 31.58		
2. Tomas Gomes, OLIVEIRA	99 Nautico Marinha Grande	1:05.23	421
50m: 32.50 32.50	100m: 1:05.23 32.73		
3. Bruno Pinto, DOMINGUES	00 Ba/Bomcar	1:06.31	401
50m: 32.71 32.71	100m: 1:06.31 33.60		
4. Sebastiao Mendes, GOMES	00 Pimpoes/Cimai	1:06.40	399
50m: 32.18 32.18	100m: 1:06.40 34.22		
5. Pedro Alexandre, CORREIA	00 Pimpoes/Cimai	1:06.49	398
50m: 32.77 32.77	100m: 1:06.49 33.72		
6. Tiago Andre, JORGE	00 Ba/Bomcar	1:08.80	359
50m: 33.62 33.62	100m: 1:08.80 35.18		
7. Manuel Sardinha, DUARTE	00 Ba/Bomcar	1:10.22	338
50m: 34.81 34.81	100m: 1:10.22 35.41		
8. Manuel Maria, FERRAZ	00 Pimpoes/Cimai	1:11.51	320
50m: 34.28 34.28	100m: 1:11.51 37.23		
9. Filipe Pedro, FERREIRA	00 Nucleo de Pombal	1:13.63	293
50m: 36.15 36.15	100m: 1:13.63 37.48		

Prova 6 Masc., 100m Costas Senior MASC
06-05-2017 - 17:08 Resultados

Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recordes Nacionais 25m SEN	52.03	Alexis Manacas, SANTOS	POR	Herning (DEN)	2013
Recorde Distrital	56.48	Viktor, KOT		Abrantes	2016

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Viktor, KOT	98 Nautico Marinha Grande	56.66	643
50m: 27.87 27.87	100m: 56.66 28.79		
2. Diogo Vicente, SILVA	98 Nautico Marinha Grande	1:04.68	432
50m: 31.39 31.39	100m: 1:04.68 33.29		

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Prova 7 Femin., 400m Livres Junior FEM
06-05-2017 - 17:38 Resultados

Recordes Nacionais 25m Absoluto	4:05.39	Diana Margarida, DURAES	SLB	Vila Real Stº Antonio	2016
Recordes Nacionais 25m 16	4:15.43	Tamila Hryhorivna, HOLUB	SCB	Porto	2014
Recordes Nacionais 25m 17 - 18	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015
Recorde Distrital 16	4:23.15	Inês Jacinto, HENRIQUES		Caldas da Rainha	2016
Recorde Distrital 17	4:16.74	Inês Jacinto, HENRIQUES		Felgueiras	2017

Pontos: FINA 2016

Lugar			Ano					Tempo final	Pts		
1.	Ines Jacinto, HENRIQUES		00	Pimpoes/Cimai				4:22.19	715		
	50m:	31.23 31.23	150m:	1:37.18	33.07	250m:	2:43.22	32.91	350m:	3:49.61	33.07
	100m:	1:04.11 32.88	200m:	2:10.31	33.13	300m:	3:16.54	33.32	400m:	4:22.19	32.58
2.	Giovanna Vaz, VARGAS		00	Nautico Marinha Grande				4:32.94	634		
	50m:	32.04 32.04	150m:	1:40.95	34.53	250m:	2:50.38	34.70	350m:	3:59.19	34.41
	100m:	1:06.42 34.38	200m:	2:15.68	34.73	300m:	3:24.78	34.40	400m:	4:32.94	33.75
3.	Monica Seara, DOMINGUES		00	Nautico Marinha Grande				4:38.04	600		
	50m:	32.84 32.84	150m:	1:42.74	35.20	250m:	2:53.11	35.29	350m:	4:03.85	35.28
	100m:	1:07.54 34.70	200m:	2:17.82	35.08	300m:	3:28.57	35.46	400m:	4:38.04	34.19
4.	Bruna Andreia, SIMOES		01	Nautico Marinha Grande				4:45.26	555		
	50m:	32.47 32.47	150m:	1:43.36	35.65	250m:	2:56.23	36.58	350m:	4:09.52	36.71
	100m:	1:07.71 35.24	200m:	2:19.65	36.29	300m:	3:32.81	36.58	400m:	4:45.26	35.74
5.	Diana Penas, EZEQUIEL		01	Benedita Sport Club				5:14.29	415		
	50m:	35.82 35.82	150m:	1:55.00	40.23	250m:	3:14.92	40.11	350m:	4:35.49	40.32
	100m:	1:14.77 38.95	200m:	2:34.81	39.81	300m:	3:55.17	40.25	400m:	5:14.29	38.80

Prova 7 Femin., 400m Livres Senior FEM
06-05-2017 - 17:38 Resultados

Recordes Nacionais 25m Absoluto	4:05.39	Diana Margarida, DURAES	SLB	Vila Real Stº Antonio	2016
Recordes Nacionais 25m 17 - 18	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	2015
Recordes Nacionais 25m SEN	4:05.39	Diana Margarida, DURAES	SLB	Vila Real Stº Antonio	2016
Recorde Distrital	4:16.64	Filipa Vilas, RUIVO		Caldas da Rainha	2014

Pontos: FINA 2016

Lugar			Ano					Tempo final	Pts		
1.	Ana Sofia, FERREIRA		99	Pimpoes/Cimai				5:04.82	455		
	50m:	34.57 34.57	150m:	1:49.92	38.07	250m:	3:07.71	39.01	350m:	4:26.06	39.13
	100m:	1:11.85 37.28	200m:	2:28.70	38.78	300m:	3:46.93	39.22	400m:	5:04.82	38.76

Prova 15 Masc., 4 x 200m Livres Infantil B MASC
06-05-2017 TENTATIVA DE RECORDE NACIONAL ARTIGO 151º RG FPN Resultados

Recordes Nacionais 25m	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	2009
Recordes Nacionais 25m	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	2009

Pontos: FINA 2016

Lugar			Ano					Tempo final	Pts
1.	BA/ BOMCAR INF B			Ba/Bomcar				9:00.40	433
	Ricardo Morais, FARIA		04	29.47	1:02.85	1:37.14	2:12.63	2:12.63	
	Rodrigo Miguel, REIS		04	29.45	1:03.96	1:39.93	2:15.35	2:15.35	
	Nuno Marques, SILVA		04	31.10	1:06.03	1:43.01	2:20.26	2:20.26	
	Vitor Belo, CLARA		04	30.14	1:03.93	1:38.70	2:12.16	2:12.16	

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2 - Domingo, 7 de Maio de 2017

07-05-2017 - 9:30

Prova 8	Masc., 50m Livres				Junior MASC
07-05-2017 - 9:30					Resultados
Recordes Nacionais 25m Absoluto	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. António Cavaleiros	2009
Recordes Nacionais 25m JUN	23.14	Tiago Andre, VENANCIO	CNS	Reboleira	2004
Recordes Nacionais 25m 18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto	2012
Recorde Distrital 17	23.74	Bernardo, CLEMENTE		Porto	2014
Recorde Distrital 18	23.75	Francisco Rogério, SANTOS		Porto	2015

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Sebastiao Mendes, GOMES	00 Pimpoes/Cimai	25.18	520
2. Tomas Gomes, OLIVEIRA	99 Nautico Marinha Grande	25.25	516
3. Bruno Pinto, DOMINGUES	00 Ba/Bomcar	25.31	512
4. Joao Miguel, SANTANA	00 Pimpoes/Cimai	25.89	479
5. Manuel Maria, FERRAZ	00 Pimpoes/Cimai	26.71	436
6. Tiago Andre, JORGE	00 Ba/Bomcar	26.85	429
7. Manuel Sardinha, DUARTE	00 Ba/Bomcar	27.02	421
8. Filipe Pedro, FERREIRA	00 Nucleo de Pombal	27.14	415
9. Pedro Alexandre, CORREIA	00 Pimpoes/Cimai	27.59	395
10. Leonardo Ferreira, FIALHO	00 Benedita Sport Club	28.89	344

Prova 8	Masc., 50m Livres				Senior MASC
07-05-2017 - 9:30					Resultados
Recordes Nacionais 25m Absoluto	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. António Cavaleiros	2009
Recordes Nacionais 25m SEN	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. António Cavaleiros	2009
Recorde Distrital	22.92	César Fernando, FARIA		Leiria	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Viktor, KOT	98 Nautico Marinha Grande	24.26	582
2. Diogo Vicente, SILVA	98 Nautico Marinha Grande	26.47	448

Prova 9	Femin., 200m Estilos				Infantil B FEM
07-05-2017 - 9:33					Resultados
Recordes Nacionais 25m Absoluto	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recordes Nacionais 25m INF B	2:28.04	Carolina Miranda, FERNANDES	CGA	Mealhada	2017
Recorde Distrital Absoluto	2:12.75	Inês Jacinto, HENRIQUES		Porto	2014
Recorde Distrital INF B	2:30.96	Filipa Vilas, RUIVO		Alcobaça	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA	05 Ba/Bomcar	2:42.60	420
50m: 35.01 35.01 100m: 1:16.45 41.44 150m: 2:04.68 48.23 200m: 2:42.60 37.92			
2. Iara Filipa, DIAS	05 Naval de Peniche	2:48.71	376
50m: 36.93 36.93 100m: 1:19.25 42.32 150m: 2:09.75 50.50 200m: 2:48.71 38.96			
3. Rosa Branca, LOPES	05 Pimpoes/Cimai	2:54.02	343
50m: 36.26 36.26 100m: 1:20.20 43.94 150m: 2:13.14 52.94 200m: 2:54.02 40.88			
4. Joana Rosa, FERREIRA	05 Naval de Peniche	3:02.34	298
50m: 40.56 40.56 100m: 1:29.42 48.86 150m: 2:20.36 50.94 200m: 3:02.34 41.98			
5. Soraia Carvalho, FERREIRA	05 Nautico Marinha Grande	3:03.27	293
50m: 40.80 40.80 100m: 1:29.08 48.28 150m: 2:22.30 53.22 200m: 3:03.27 40.97			
6. Maria Ines, MARQUES	05 Alcobaça	3:05.18	284
50m: 43.80 43.80 100m: 1:31.64 47.84 150m: 2:23.17 51.53 200m: 3:05.18 42.01			
7. Sara Andreia, SERRAO	05 Naval de Peniche	3:10.35	262
50m: 43.14 43.14 100m: 1:31.44 48.30 150m: 2:28.02 56.58 200m: 3:10.35 42.33			

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Prova 9, Femin., 200m Estilos, Infantil B FEM

Lugar	Ano	Tempo final	Pts
8. Diana Carvalho, PÍNEU 50m: 44.34 44.34 100m: 1:33.75 49.41 150m: 2:31.25 57.50 200m: 3:14.03 42.78	05 Ba/Bomcar	3:14.03	247
9. Rita Margarida, RODRIGUES 50m: 42.71 42.71 100m: 1:32.99 50.28 150m: 2:30.28 57.29 200m: 3:14.60 44.32	05 Alcobaça	3:14.60	245
10. Beatriz Silva, CONCEIÇÃO 50m: 50.12 50.12 100m: 1:48.54 58.42 150m: 2:48.45 59.91 200m: 3:39.15 50.70	05 Portomosense	3:39.15	171
DSQ Maria Silva, CARVALHO <i>A nadadora na viragem aos 150 metros, não tocou na parede, com as mãos em simultâneo.</i>	05 Pimpoes/Cimai		

Prova 9 Femin., 200m Estilos Infantil A FEM
07-05-2017 - 9:33 Resultados

Recordes Nacionais 25m Absoluto	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recordes Nacionais 25m INF A	2:24.68	Mariana Pacheco, CUNHA	CFP	Felgueiras	2017
Recorde Distrital Absoluto	2:12.75	Inês Jacinto, HENRIQUES		Porto	2014
Recorde Distrital INF A	2:25.94	Filipa Vilas, RUIVO		Abrantes	2010

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO 50m: 32.55 32.55 100m: 1:10.93 38.38 150m: 1:57.06 46.13 200m: 2:32.27 35.21	04 Ba/Bomcar	2:32.27	512
2. Sofia Viola, ABREU 50m: 34.18 34.18 100m: 1:14.41 40.23 150m: 2:02.02 47.61 200m: 2:38.91 36.89	04 Naval de Peniche	2:38.91	450
3. Ana Correia, SOUSA 50m: 35.38 35.38 100m: 1:15.13 39.75 150m: 2:02.35 47.22 200m: 2:39.19 36.84	04 Pimpoes/Cimai	2:39.19	448
4. Constanca Alexandra, SILVA 50m: 34.60 34.60 100m: 1:14.46 39.86 150m: 2:04.62 50.16 200m: 2:42.37 37.75	04 Pimpoes/Cimai	2:42.37	422
5. Rita Mendes, SIMOES 50m: 35.80 35.80 100m: 1:16.81 41.01 150m: 2:05.77 48.96 200m: 2:42.75 36.98	04 Ba/Bomcar	2:42.75	419
6. Alexandra Cordeiro, SILVA 50m: 36.89 36.89 100m: 1:18.78 41.89 150m: 2:06.75 47.97 200m: 2:43.96 37.21	04 Alcobaça	2:43.96	410
7. Maria Ines, SILVA 50m: 35.20 35.20 100m: 1:17.58 42.38 150m: 2:06.34 48.76 200m: 2:44.30 37.96	04 Alcobaça	2:44.30	408
8. Margarida Violante, VIANA 50m: 37.04 37.04 100m: 1:18.90 41.86 150m: 2:07.61 48.71 200m: 2:44.77 37.16	04 Ba/Bomcar	2:44.77	404
9. Laura Macedo, LAGOA 50m: 37.04 37.04 100m: 1:20.96 43.92 150m: 2:09.59 48.63 200m: 2:45.70 36.11	04 Ba/Bomcar	2:45.70	397
10. Maria Joao, REIS 50m: 35.96 35.96 100m: 1:17.98 42.02 150m: 2:09.03 51.05 200m: 2:46.14 37.11	04 Nautico Marinha Grande	2:46.14	394
11. Maria Francisca, ALVES 50m: 36.46 36.46 100m: 1:20.38 43.92 150m: 2:09.29 48.91 200m: 2:46.63 37.34	04 Ba/Bomcar	2:46.63	391
12. Sofia Morais, FARIA 50m: 36.55 36.55 100m: 1:19.82 43.27 150m: 2:10.87 51.05 200m: 2:47.99 37.12	04 Ba/Bomcar	2:47.99	381
13. Catarina Rodrigues, SILVA 50m: 36.37 36.37 100m: 1:18.61 42.24 150m: 2:12.30 53.69 200m: 2:50.83 38.53	04 Naval de Peniche	2:50.83	362
14. Bruna Alexandra, GOMES 50m: 37.18 37.18 100m: 1:22.12 44.94 150m: 2:12.23 50.11 200m: 2:52.34 40.11	04 Ba/Bomcar	2:52.34	353
15. Maria Martim, COUTINHO 50m: 38.02 38.02 100m: 1:19.79 41.77 150m: 2:13.35 53.56 200m: 2:52.98 39.63	04 Ba/Bomcar	2:52.98	349
16. Andreia Clara, GOMES 50m: 38.15 38.15 100m: 1:23.75 45.60 150m: 2:15.65 51.90 200m: 2:55.63 39.98	04 Ba/Bomcar	2:55.63	334

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Prova 9, Femin., 200m Estilos, Infantil A FEM

Lugar	Ano	Tempo final	Pts
17. Ines Miguel, SILVA 50m: 39.27 39.27 100m: 1:23.60 44.33 150m: 2:17.12 53.52 200m: 2:55.87 38.75	04 Nautico Marinha Grande	2:55.87	332
18. Ines Beatriz, NEVES 50m: 38.38 38.38 100m: 1:22.50 44.12 150m: 2:17.46 54.96 200m: 2:56.49 39.03	04 Nucleo de Pombal	2:56.49	329
19. Francisca Bonifacio, ALVES 50m: 36.58 36.58 100m: 1:23.01 46.43 150m: 2:16.01 53.00 200m: 2:57.47 41.46	04 Ba/Bomcar	2:57.47	323
20. Ines Silva, MONTEIRO 50m: 38.54 38.54 100m: 1:25.50 46.96 150m: 2:17.05 51.55 200m: 2:57.89 40.84	04 Nautico Marinha Grande	2:57.89	321
21. Angela Jacinto, HENRIQUES 50m: 39.47 39.47 100m: 1:25.13 45.66 150m: 2:19.87 54.74 200m: 2:59.87 40.00	04 Pimpoes/Cimai	2:59.87	310
22. Mariana Soares, DUARTE 50m: 46.80 46.80 100m: 1:34.96 48.16 150m: 2:29.96 55.00 200m: 3:12.60 42.64	04 Ba/Bomcar	3:12.60	253
23. Safira Santos, DUARTE 50m: 42.23 42.23 100m: 1:35.58 53.35 150m: 2:28.45 52.87 200m: 3:13.13 44.68	04 Clube Naval da Nazaré	3:13.13	251
DNS Beatriz Fazendeiro, AMARO	04 Nautico Marinha Grande		
DNS Joana Farto, PEDRO	04 Veiense		

Prova 9

Femin., 200m Estilos

Juvenil B FEM

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Resultados

Recordes Nacionais 25m Absoluto	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recordes Nacionais 25m JUV B	2:20.93	Susana Patricia, MIGUEL	SFUAP	Penafiel	2004
Recorde Distrital Absoluto	2:12.75	Inês Jacinto, HENRIQUES		Porto	2014
Recorde Distrital JUV B	2:23.81	Inês Rocha, SILVA		Abrantes	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES 50m: 32.77 32.77 100m: 1:12.50 39.73 150m: 1:55.73 43.23 200m: 2:31.69 35.96	03 Ba/Bomcar	2:31.69	518
2. Ines Filipa, JACINTO 50m: 34.06 34.06 100m: 1:14.69 40.63 150m: 1:59.93 45.24 200m: 2:35.28 35.35	03 Ba/Bomcar	2:35.28	483
3. Renata Simoes, RATO 50m: 36.55 36.55 100m: 1:18.70 42.15 150m: 2:03.48 44.78 200m: 2:40.18 36.70	03 Nautico Marinha Grande	2:40.18	440
4. Sara Santos, LOPES 50m: 33.04 33.04 100m: 1:14.25 41.21 150m: 2:05.09 50.84 200m: 2:41.40 36.31	03 Ba/Bomcar	2:41.40	430
5. Ines Apolinario, SOARES 50m: 34.73 34.73 100m: 1:15.13 40.40 150m: 2:05.74 50.61 200m: 2:42.86 37.12	03 Pimpoes/Cimai	2:42.86	418
6. Francisca Santos, CLEMENTE 50m: 33.48 33.48 100m: 1:13.98 40.50 150m: 2:04.99 51.01 200m: 2:43.35 38.36	03 Ba/Bomcar	2:43.35	415
7. Ana Rui, GOMES 50m: 33.37 33.37 100m: 1:14.11 40.74 150m: 2:06.52 52.41 200m: 2:44.36 37.84	03 Clube Naval da Nazaré	2:44.36	407
8. Maria Campos, CAIADO 50m: 33.80 33.80 100m: 1:16.07 42.27 150m: 2:11.95 55.88 200m: 2:49.55 37.60	03 Pimpoes/Cimai	2:49.55	371
9. Lara Roque, COTRIM 50m: 37.53 37.53 100m: 1:19.73 42.20 150m: 2:12.34 52.61 200m: 2:53.38 41.04	03 Pimpoes/Cimai	2:53.38	347

DSQ Mariana Alves, BARBOSA 03 Pimpoes/Cimai
A nadadora aos 150 metros, na viragem de bruços para livres, não realizou o toque simultâneo com as mãos na parede.

DSQ Constanca Mendes, GOMES 03 Pimpoes/Cimai
A nadadora perdeu a posição dorsal, antes de tocar na parede, na viragem aos 100 metros.

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Prova 9, Femin., 200m Estilos

Prova 9 Femin., 200m Estilos Juvenil A FEM
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Recordes Nacionais 25m Absoluto	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recordes Nacionais 25m JUV A	2:18.59	Catarina Tiago, NUNES	SFUAP	S. Antonio Cavaleiros	2009
Recorde Distrital Absoluto	2:12.75	Inês Jacinto, HENRIQUES		Porto	2014
Recorde Distrital JUV A	2:22.96	Victória, KAMINSKAYA		Caldas da Rainha	2010

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Rita Afonso, BELO	02	Benedita Sport Club			2:29.79	538
50m: 32.33 32.33	100m: 1:09.27	36.94	150m: 1:53.76	44.49	200m: 2:29.79	36.03
2. Ana Ferreira, COSTA	02	Nautico Marinha Grande			2:33.26	502
50m: 33.32 33.32	100m: 1:14.80	41.48	150m: 1:56.74	41.94	200m: 2:33.26	36.52
3. Diana Violante, ROMAO	02	Alcobaça			2:33.77	497
50m: 33.57 33.57	100m: 1:12.20	38.63	150m: 1:58.16	45.96	200m: 2:33.77	35.61
4. Maria Joao, ROSADO	02	Ba/Bomcar			2:36.30	473
50m: 33.29 33.29	100m: 1:14.50	41.21	150m: 2:00.23	45.73	200m: 2:36.30	36.07
5. Constanca Filipa, RODRIGUES	02	Pimpoes/Cimai			2:37.87	459
50m: 34.01 34.01	100m: 1:15.25	41.24	150m: 2:01.25	46.00	200m: 2:37.87	36.62
6. Sofia Ribeiro, JUNQUEIRA	02	Ba/Bomcar			2:37.94	459
50m: 33.23 33.23	100m: 1:14.32	41.09	150m: 2:02.31	47.99	200m: 2:37.94	35.63
7. Maria Leitao, CARVALHO	02	Ba/Bomcar			2:41.85	426
50m: 34.59 34.59	100m: 1:15.52	40.93	150m: 2:04.96	49.44	200m: 2:41.85	36.89
8. Maria Ines, CATARINO	02	Alcobaça			2:43.19	416
50m: 36.96 36.96	100m: 1:18.35	41.39	150m: 2:06.53	48.18	200m: 2:43.19	36.66
9. Maria Manuel, MATEUS	02	Benedita Sport Club			2:44.80	404
50m: 36.43 36.43	100m: 1:17.90	41.47	150m: 2:05.93	48.03	200m: 2:44.80	38.87
10. Cintia Cristina, CRUZ	02	Alcobaça			2:48.66	377
50m: 36.80 36.80	100m: 1:19.53	42.73	150m: 2:09.50	49.97	200m: 2:48.66	39.16
11. Leonor Silva, CRISTINO	02	Pimpoes/Cimai			3:10.90	260
50m: 41.80 41.80	100m: 1:28.70	46.90	150m: 2:27.84	59.14	200m: 3:10.90	43.06
12. Camila Gracio, SANTO	02	Clube Naval da Nazaré			3:16.28	239
50m: 47.42 47.42	100m: 1:35.73	48.31	150m: 2:34.14	58.41	200m: 3:16.28	42.14

Prova 9 Femin., 200m Estilos Junior FEM
07-05-2017 - 9:33 Resultados

Recordes Nacionais 25m Absoluto	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recordes Nacionais 25m 16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	2009
Recordes Nacionais 25m 17 - 18	2:16.22	Raquel Gomes, PEREIRA	SAD	Algés	2016
Recorde Distrital Absoluto	2:12.75	Inês Jacinto, HENRIQUES		Porto	2014
Recorde Distrital 16	2:22.59	Inês Jacinto, HENRIQUES		Caldas da Rainha	2016
Recorde Distrital 17	2:16.62	Victória, KAMINSKAYA		USTER	2012

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Ines Jacinto, HENRIQUES	00	Pimpoes/Cimai			2:22.99	618
50m: 30.63 30.63	100m: 1:06.62	35.99	150m: 1:49.45	42.83	200m: 2:22.99	33.54
2. Giovanna Vaz, VARGAS	00	Nautico Marinha Grande			2:24.84	595
50m: 31.15 31.15	100m: 1:07.99	36.84	150m: 1:50.78	42.79	200m: 2:24.84	34.06
3. Monica Seara, DOMINGUES	00	Nautico Marinha Grande			2:26.60	574
50m: 31.99 31.99	100m: 1:08.19	36.20	150m: 1:52.37	44.18	200m: 2:26.60	34.23
4. Bruna Andreia, SIMOES	01	Nautico Marinha Grande			2:30.14	534
50m: 31.17 31.17	100m: 1:09.86	38.69	150m: 1:54.24	44.38	200m: 2:30.14	35.90

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Prova 9, Femin., 200m Estilos, Junior FEM

Lugar	Ano	Tempo final	Pts
5. Jacinta Correia, VIEIRA 50m: 35.69 35.69	01 Alcobaca	2:43.25	415
100m: 1:15.97 40.28	150m: 2:05.83 49.86	200m: 2:43.25	37.42
6. Diana Penas, EZEQUIEL 50m: 36.95 36.95	01 Benedita Sport Club	2:49.63	370
100m: 1:19.94 42.99	150m: 2:10.66 50.72	200m: 2:49.63	38.97
7. Matilde Correia, VIEIRA 50m: 35.81 35.81	00 Alcobaca	2:50.41	365
100m: 1:18.01 42.20	150m: 2:10.43 52.42	200m: 2:50.41	39.98

Prova 9 Femin., 200m Estilos Senior FEM
07-05-2017 - 9:33 Resultados

Recordes Nacionais 25m Absoluto	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recordes Nacionais 25m 17 - 18	2:16.22	Raquel Gomes, PEREIRA	SAD	Algés	2016
Recordes Nacionais 25m SEN	2:12.37	Victoria, KAMINSKAYA	POR	Netanya (ISR)	2015
Recorde Distrital Absoluto	2:12.75	Inês Jacinto, HENRIQUES		Porto	2014
Recorde Distrital SEN	2:12.75	Victória, KAMINSKAYA		Porto	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Sara Conceicao, PECA 50m: 32.60 32.60	99 Ba/Bomcar	2:33.09	504
100m: 1:11.75 39.15	150m: 1:55.92 44.17	200m: 2:33.09	37.17
2. Ana Sofia, FERREIRA 50m: 33.95 33.95	99 Pimpoes/Cimai	2:37.37	464
100m: 1:15.12 41.17	150m: 2:01.37 46.25	200m: 2:37.37	36.00

Prova 10 Masc., 100m Bruços Infantil B MASC
07-05-2017 - 10:13 Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Recordes Nacionais 25m INF B	1:09.54	Andre Goncalo, SANTOS	LSC	Lousada	2010

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Morais, FARIA 50m: 37.72 37.72	04 Ba/Bomcar	1:18.66	353
100m: 1:18.66 40.94			
2. Nuno Marques, SILVA 50m: 38.39 38.39	04 Ba/Bomcar	1:20.53	329
100m: 1:20.53 42.14			
3. Joao Gabriel, ANICETO 50m: 39.81 39.81	04 Ba/Bomcar	1:23.41	296
100m: 1:23.41 43.60			
4. Rodrigo Miguel, REIS 50m: 39.94 39.94	04 Ba/Bomcar	1:24.44	285
100m: 1:24.44 44.50			
5. Daniel, TSYKAL 50m: 41.35 41.35	04 Alcobaca	1:27.27	258
100m: 1:27.27 45.92			
6. Duarte Gil, SALVADOR 50m: 42.08 42.08	04 Nautico Marinha Grande	1:27.72	254
100m: 1:27.72 45.64			
7. Vitor Belo, CLARA 50m: 41.74 41.74	04 Ba/Bomcar	1:29.68	238
100m: 1:29.68 47.94			
8. Alexandre Piteira, GAIOLAS 50m: 43.64 43.64	04 Nautico Marinha Grande	1:30.84	229
100m: 1:30.84 47.20			
9. Gil Guarda, MONIZ 50m: 44.43 44.43	04 Ba/Bomcar	1:33.37	211
100m: 1:33.37 48.94			
10. Vasco Silva, SOUSA 50m: 42.79 42.79	04 Ba/Bomcar	1:33.56	209
100m: 1:33.56 50.77			
11. Guilherme da Silva, CASTANHEIRA 50m: 44.11 44.11	04 Ba/Bomcar	1:33.59	209
100m: 1:33.59 49.48			

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Prova 10, Masc., 100m Bruços, Infantil B MASC

Lugar	Ano	Tempo final	Pts
12. Jorge, GRABOVSKI 50m: 45.53 45.53 100m: 1:34.94 49.41	04 Nautico Marinha Grande	1:34.94	200
13. Lucas Pipiraite, CARDOSO 50m: 47.23 47.23 100m: 1:39.47 52.24	04 Clube Naval da Nazaré	1:39.47	174
14. Ricardo Pedrosa, SOARES 50m: 47.69 47.69 100m: 1:40.74 53.05	04 Vieirense	1:40.74	168
15. Daniel Jose, FERNANDES 50m: 47.76 47.76 100m: 1:40.81 53.05	04 Alcobaça	1:40.81	167
16. Dinis Santos, MARQUES 50m: 51.16 51.16 100m: 1:51.28 1:00.12	04 Nucleo de Ansião	1:51.28	124

Prova 10 Masc., 100m Bruços Infantil A MASC
07-05-2017 - 10:13 Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Recordes Nacionais 25m INF A	1:07.92	Andre Goncalo, SANTOS	LSC	Viseu	2011

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Lopes, SILVA 50m: 36.03 36.03 100m: 1:15.90 39.87	03 Nautico Marinha Grande	1:15.90	393
2. Joao Jose, SILVA 50m: 36.47 36.47 100m: 1:17.49 41.02	03 Ba/Bomcar	1:17.49	369
3. David Ferreira, RELVAS 50m: 36.73 36.73 100m: 1:18.11 41.38	03 Nautico Marinha Grande	1:18.11	360
4. Rui Miguel, FREIRE 50m: 37.27 37.27 100m: 1:19.61 42.34	03 Nucleo de Ansião	1:19.61	340
5. David, MARTYN 50m: 38.23 38.23 100m: 1:20.97 42.74	03 Benedita Sport Club	1:20.97	323
6. Valentino Garvasyuk, PLESHKAN 50m: 38.92 38.92 100m: 1:21.76 42.84	03 Nautico Marinha Grande	1:21.76	314
7. Paulo Sergio, FERREIRA 50m: 40.27 40.27 100m: 1:22.86 42.59	03 Clube Naval da Nazaré	1:22.86	302
8. Afonso Filipe, COSTA 50m: 39.83 39.83 100m: 1:23.07 43.24	03 Clube Naval da Nazaré	1:23.07	300
9. Jose Antonio, PARADELA 50m: 39.71 39.71 100m: 1:23.39 43.68	03 Ba/Bomcar	1:23.39	296
10. Daniel, REZNICHENKO 50m: 39.41 39.41 100m: 1:24.09 44.68	03 Nautico Marinha Grande	1:24.09	289
11. Guilherme Mendes, SOUSA 50m: 39.56 39.56 100m: 1:26.20 46.64	03 Nautico Marinha Grande	1:26.20	268
12. Joao Pedro, VIDAL 50m: 41.04 41.04 100m: 1:26.85 45.81	03 Vieirense	1:26.85	262
13. Bruno Francisco, GONCALVES 50m: 42.56 42.56 100m: 1:29.77 47.21	03 Nautico Marinha Grande	1:29.77	237
14. Tomas Melo, FERNANDES 50m: 43.94 43.94 100m: 1:33.32 49.38	03 Nucleo de Ansião	1:33.32	211
15. David Almeida, GAMEIRO 50m: 44.62 44.62 100m: 1:34.06 49.44	03 Nucleo de Pombal	1:34.06	206

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Prova 10, Masc., 100m Bruços

Prova 10 Masc., 100m Bruços Juvenil B MASC
07-05-2017 - 10:13 Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Recordes Nacionais 25m JUV B	1:04.22	Andre Goncalo, SANTOS	LSC	Braga	2012

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Lucas Guarda, MONIZ 50m: 35.93 35.93 100m: 1:16.08 40.15	02 Ba/Bomcar	1:16.08	390
2. Goncalo Balbino, MENDES 50m: 37.22 37.22 100m: 1:19.07 41.85	02 Naval de Peniche	1:19.07	347
3. Miguel Vicente, SILVA 50m: 37.67 37.67 100m: 1:20.00 42.33	02 Nautico Marinha Grande	1:20.00	335
4. Abel Duarte, AFONSO 50m: 38.94 38.94 100m: 1:21.12 42.18	02 Naval de Peniche	1:21.12	322
5. Manuel Maria, FROIS 50m: 38.18 38.18 100m: 1:21.40 43.22	02 Ba/Bomcar	1:21.40	318
6. Francisco Lourenco, CARVALHO 50m: 39.55 39.55 100m: 1:24.80 45.25	02 Nucleo de Ansião	1:24.80	282
7. Pedro Piteira, GAIOLAS 50m: 40.33 40.33 100m: 1:25.39 45.06	02 Nautico Marinha Grande	1:25.39	276
DNS Dmitro, PALIY	02 Naval de Peniche		

Prova 10 Masc., 100m Bruços Juvenil A MASC
07-05-2017 - 10:13 Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Recordes Nacionais 25m JUV A	1:03.39	Andre Goncalo, SANTOS	LSC	S. António Cavaleiros	2012

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Pedro Domingues, DUARTE 50m: 31.08 31.08 100m: 1:06.69 35.61	01 Nautico Marinha Grande	1:06.69	579
2. Bernardo Sousa, PEREIRA 50m: 34.23 34.23 100m: 1:12.20 37.97	01 Pimpoes/Cimai	1:12.20	456
3. Alexadre Quiterio, ANASTACIO 50m: 34.68 34.68 100m: 1:15.01 40.33	01 Benedita Sport Club	1:15.01	407
4. Rui Miguel, PIRES 50m: 35.37 35.37 100m: 1:15.10 39.73	01 Nautico Marinha Grande	1:15.10	406
5. Afonso Varelhas, SILVA 50m: 36.60 36.60 100m: 1:17.06 40.46	01 Nautico Marinha Grande	1:17.06	375
6. Tiago Manuel, SANTOS 50m: 36.72 36.72 100m: 1:17.27 40.55	01 Benedita Sport Club	1:17.27	372
7. Edgar Casimiro, RIBEIRO 50m: 37.22 37.22 100m: 1:19.18 41.96	01 Alcobaça	1:19.18	346
8. Francisco Sousa, SILVA 50m: 39.23 39.23 100m: 1:22.22 42.99	01 Alcobaça	1:22.22	309
9. Joaquim Sardinha, DUARTE 50m: 39.19 39.19 100m: 1:23.27 44.08	01 Ba/Bomcar	1:23.27	297
10. Joao Dinis, GREGORIO 50m: 41.37 41.37 100m: 1:29.63 48.26	01 Naval de Peniche	1:29.63	238

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Prova 10, Masc., 100m Bruços

Prova 10 Masc., 100m Bruços Junior MASC
07-05-2017 - 10:13 Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Recordes Nacionais 25m JUN	1:02.99	Andre Goncalo, SANTOS	LSC	Felgueiras	2013
Recordes Nacionais 25m 18	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Bruno Pinto, DOMINGUES 50m: 33.43 33.43 100m: 1:10.23 36.80	00 Ba/Bomcar	1:10.23	496
2. Tomas Gomes, OLIVEIRA 50m: 34.34 34.34 100m: 1:11.40 37.06	99 Nautico Marinha Grande	1:11.40	472
3. Joao Miguel, SANTANA 50m: 33.99 33.99 100m: 1:12.20 38.21	00 Pimpoes/Cimai	1:12.20	456
4. Manuel Sardinha, DUARTE 50m: 34.52 34.52 100m: 1:13.03 38.51	00 Ba/Bomcar	1:13.03	441
5. Sebastiao Mendes, GOMES 50m: 34.96 34.96 100m: 1:13.71 38.75	00 Pimpoes/Cimai	1:13.71	429
6. Manuel Maria, FERRAZ 50m: 35.26 35.26 100m: 1:15.79 40.53	00 Pimpoes/Cimai	1:15.79	395
7. Tiago Andre, JORGE 50m: 36.89 36.89 100m: 1:17.57 40.68	00 Ba/Bomcar	1:17.57	368
8. Pedro Alexandre, CORREIA 50m: 37.75 37.75 100m: 1:19.74 41.99	00 Pimpoes/Cimai	1:19.74	339
9. Alexandre Pinto, CRUZ 50m: 41.37 41.37 100m: 1:28.07 46.70	00 Pimpoes/Cimai	1:28.07	251
10. Filipe Pedro, FERREIRA 50m: 42.51 42.51 100m: 1:29.46 46.95	00 Nucleo de Pombal	1:29.46	240

Prova 10 Masc., 100m Bruços Senior MASC
07-05-2017 - 10:13 Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012
Recordes Nacionais 25m SEN	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	2012

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Viktor, KOT 50m: 35.12 35.12 100m: 1:12.69 37.57	98 Nautico Marinha Grande	1:12.69	447
2. Diogo Vicente, SILVA 50m: 34.66 34.66 100m: 1:12.87 38.21	98 Nautico Marinha Grande	1:12.87	444

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Prova 11 Femin., 100m Mariposa Infantil B FEM
07-05-2017 - 10:33 Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recordes Nacionais 25m INF B	1:06.85	Carolina Miranda, FERNANDES	CGA	Mealhada	2017
Recorde Distrital	1:11.87	Rita Margarida, GOMES		Tomar	2003

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA 50m: 34.95 34.95 100m: 1:16.60 41.65	05 Ba/Bomcar	1:16.60	362
2. Rosa Branca, LOPES 50m: 36.83 36.83 100m: 1:19.45 42.62	05 Pimpoes/Cimai	1:19.45	324
3. Iara Filipa, DIAS 50m: 37.58 37.58 100m: 1:21.17 43.59	05 Naval de Peniche	1:21.17	304
4. Soraia Carvalho, FERREIRA 50m: 41.76 41.76 100m: 1:31.39 49.63	05 Nautico Marinha Grande	1:31.39	213
5. Joana Rosa, FERREIRA 50m: 43.42 43.42 100m: 1:32.92 49.50	05 Naval de Peniche	1:32.92	202
6. Sara Andreia, SERRAO 50m: 44.32 44.32 100m: 1:33.90 49.58	05 Naval de Peniche	1:33.90	196
7. Rita Margarida, RODRIGUES 50m: 43.41 43.41 100m: 1:34.17 50.76	05 Alcobaça	1:34.17	195
8. Diana Carvalho, PÍNEU 50m: 44.50 44.50 100m: 1:34.36 49.86	05 Ba/Bomcar	1:34.36	193
9. Maria Ines, MARQUES 50m: 45.03 45.03 100m: 1:36.30 51.27	05 Alcobaça	1:36.30	182
DSQ Maria Silva, CARVALHO <i>A nadadora na viragem aos 50 metros, não realizou toque simultâneo com as mãos na parede.</i>	05 Pimpoes/Cimai		

Prova 11 Femin., 100m Mariposa Infantil A FEM
07-05-2017 - 10:33 Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recordes Nacionais 25m INF A	1:03.28	Ana Margarida, GUEDES	GCVR	Vila Real	2014
Recorde Distrital	1:07.64	Bruna Andreia, SIMÕES		Campo Maior	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO 50m: 32.36 32.36 100m: 1:10.77 38.41	04 Ba/Bomcar	1:10.77	459
2. Sofia Viola, ABREU 50m: 34.12 34.12 100m: 1:14.66 40.54	04 Naval de Peniche	1:14.66	391
3. Maria Ines, SILVA 50m: 35.68 35.68 100m: 1:16.16 40.48	04 Alcobaça	1:16.16	368
4. Ana Correia, SOUSA 50m: 35.19 35.19 100m: 1:16.28 41.09	04 Pimpoes/Cimai	1:16.28	366
5. Constanca Alexandra, SILVA 50m: 35.53 35.53 100m: 1:17.81 42.28	04 Pimpoes/Cimai	1:17.81	345
6. Maria Joao, REIS 50m: 36.43 36.43 100m: 1:18.59 42.16	04 Nautico Marinha Grande	1:18.59	335
7. Rita Mendes, SIMOES 50m: 35.79 35.79 100m: 1:18.76 42.97	04 Ba/Bomcar	1:18.76	333
8. Francisca Bonifacio, ALVES 50m: 36.78 36.78 100m: 1:20.46 43.68	04 Ba/Bomcar	1:20.46	312

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Prova 11, Femin., 100m Mariposa, Infantil A FEM

Lugar	Ano	Tempo final	Pts
9. Catarina Rodrigues, SILVA 50m: 37.46 37.46 100m: 1:20.50 43.04	04 Naval de Peniche	1:20.50	312
10. Laura Macedo, LAGOA 50m: 37.59 37.59 100m: 1:21.01 43.42	04 Ba/Bomcar	1:21.01	306
11. Maria Francisca, ALVES 50m: 37.46 37.46 100m: 1:21.28 43.82	04 Ba/Bomcar	1:21.28	303
12. Ines Silva, MONTEIRO 50m: 38.07 38.07 100m: 1:21.30 43.23	04 Nautico Marinha Grande	1:21.30	303
13. Margarida Violante, VIANA 50m: 37.91 37.91 100m: 1:21.35 43.44	04 Ba/Bomcar	1:21.35	302
14. Sofia Morais, FARIA 50m: 38.64 38.64 100m: 1:22.16 43.52	04 Ba/Bomcar	1:22.16	293
15. Alexandra Cordeiro, SILVA 50m: 37.74 37.74 100m: 1:22.33 44.59	04 Alcobaça	1:22.33	291
16. Andreia Clara, GOMES 50m: 38.61 38.61 100m: 1:22.57 43.96	04 Ba/Bomcar	1:22.57	289
17. Ines Beatriz, NEVES 50m: 39.13 39.13 100m: 1:23.96 44.83	04 Nucleo de Pombal	1:23.96	275
18. Ines Miguel, SILVA 50m: 39.56 39.56 100m: 1:25.21 45.65	04 Nautico Marinha Grande	1:25.21	263
19. Bruna Alexandra, GOMES 50m: 38.91 38.91 100m: 1:26.20 47.29	04 Ba/Bomcar	1:26.20	254
20. Angela Jacinto, HENRIQUES 50m: 39.77 39.77 100m: 1:27.47 47.70	04 Pimpoes/Cimai	1:27.47	243
21. Maria Martim, COUTINHO 50m: 39.92 39.92 100m: 1:30.14 50.22	04 Ba/Bomcar	1:30.14	222
22. Beatriz Gomes, MIGUEL 50m: 41.57 41.57 100m: 1:30.47 48.90	04 Pimpoes/Cimai	1:30.47	219
23. Safira Santos, DUARTE 50m: 44.09 44.09 100m: 1:36.69 52.60	04 Clube Naval da Nazaré	1:36.69	180
24. Mariana Soares, DUARTE 50m: 48.08 48.08 100m: 1:43.41 55.33	04 Ba/Bomcar	1:43.41	147
DNS Beatriz Fazendeiro, AMARO	04 Nautico Marinha Grande		
DNS Joana Farto, PEDRO	04 Vieiraense		

Prova 11

Femin., 100m Mariposa

Juvenil B FEM

07-05-2017 - 10:33

Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recordes Nacionais 25m JUV B	1:03.39	Ana Margarida, GUEDES	GCVR	Estarreja	2014
Recorde Distrital	1:06.98	Sara Francisco, CRUZ		Estoril	2007

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES 50m: 33.16 33.16 100m: 1:10.70 37.54	03 Ba/Bomcar	1:10.70	460
2. Sara Santos, LOPES 50m: 33.09 33.09 100m: 1:11.69 38.60	03 Ba/Bomcar	1:11.69	442
3. Francisca Santos, CLEMENTE 50m: 33.97 33.97 100m: 1:12.88 38.91	03 Ba/Bomcar	1:12.88	420
4. Maria Campos, CAIADO 50m: 34.38 34.38 100m: 1:13.12 38.74	03 Pimpoes/Cimai	1:13.12	416

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Prova 11, Femin., 100m Mariposa, Juvenil B FEM

Lugar	Ano	Tempo final	Pts
5. Ines Apolinario, SOARES 50m: 34.72 34.72 100m: 1:13.61 38.89	03 Pimpoes/Cimai	1:13.61	408
6. Ana Rui, GOMES 50m: 33.76 33.76 100m: 1:13.74 39.98	03 Clube Naval da Nazaré	1:13.74	406
7. Renata Simoes, RATO 50m: 37.09 37.09 100m: 1:19.11 42.02	03 Nautico Marinha Grande	1:19.11	328
8. Mariana Alves, BARBOSA 50m: 36.18 36.18 100m: 1:19.78 43.60	03 Pimpoes/Cimai	1:19.78	320
9. Constanca Mendes, GOMES 50m: 36.68 36.68 100m: 1:19.87 43.19	03 Pimpoes/Cimai	1:19.87	319
10. Lara Roque, COTRIM 50m: 38.51 38.51 100m: 1:21.04 42.53	03 Pimpoes/Cimai	1:21.04	305
DSQ Ines Filipa, JACINTO	03 Ba/Bomcar		

Após a viragem aos 50 metros, a nadadora realizou pernadas alternadas.

Prova 11 Femin., 100m Mariposa Juvenil A FEM
07-05-2017 - 10:33 Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recordes Nacionais 25m JUV A	1:03.14	Ana Rita, FRANCISCO	SFUAP	Algés	1995
Recorde Distrital	1:03.60	Sara Francisco, CRUZ		Caldas da Rainha	2008

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Rita Afonso, BELO 50m: 31.60 31.60 100m: 1:07.24 35.64	02 Benedita Sport Club	1:07.24	535
2. Sofia Ribeiro, JUNQUEIRA 50m: 32.11 32.11 100m: 1:09.72 37.61	02 Ba/Bomcar	1:09.72	480
3. Ana Ferreira, COSTA 50m: 34.02 34.02 100m: 1:10.96 36.94	02 Nautico Marinha Grande	1:10.96	455
4. Maria Joao, ROSADO 50m: 33.97 33.97 100m: 1:12.02 38.05	02 Ba/Bomcar	1:12.02	435
5. Diana Violante, ROMAO 50m: 34.18 34.18 100m: 1:12.53 38.35	02 Alcobaça	1:12.53	426
6. Constanca Filipa, RODRIGUES 50m: 34.15 34.15 100m: 1:12.67 38.52	02 Pimpoes/Cimai	1:12.67	424
7. Maria Leitao, CARVALHO 50m: 34.99 34.99 100m: 1:13.66 38.67	02 Ba/Bomcar	1:13.66	407
8. Maria Manuel, MATEUS 50m: 35.50 35.50 100m: 1:17.77 42.27	02 Benedita Sport Club	1:17.77	346
9. Cintia Cristina, CRUZ 50m: 37.88 37.88 100m: 1:20.59 42.71	02 Alcobaça	1:20.59	311
10. Leonor Silva, CRISTINO 50m: 42.84 42.84 100m: 1:33.60 50.76	02 Pimpoes/Cimai	1:33.60	198

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Prova 11, Femin., 100m Mariposa

Prova 11
07-05-2017 - 10:33

Femin., 100m Mariposa

Junior FEM
Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recordes Nacionais 25m 16	1:01.56	Filipa Vilas, TIAGO	SCP	S. António Cavaleiros	2009
Recordes Nacionais 25m 17 - 18	59.65	Sara Francisco, CRUZ	ADBA	Leiria	2009
Recorde Distrital 16	1:03.86	Inês Jacinto, HENRIQUES		V. R. St.º António	2015
Recorde Distrital 17	59.65	Sara Francisco, CRUZ		Leiria	2009

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1. Ines Jacinto, HENRIQUES	00	Pimpoes/Cimai	1:04.23	614
50m: 30.60 30.60	100m: 1:04.23	33.63		
2. Giovanna Vaz, VARGAS	00	Nautico Marinha Grande	1:05.71	574
50m: 31.48 31.48	100m: 1:05.71	34.23		
3. Bruna Andreia, SIMOES	01	Nautico Marinha Grande	1:07.64	526
50m: 31.89 31.89	100m: 1:07.64	35.75		
4. Monica Seara, DOMINGUES	00	Nautico Marinha Grande	1:08.87	498
50m: 32.61 32.61	100m: 1:08.87	36.26		
5. Jacinta Correia, VIEIRA	01	Alcobaça	1:18.05	342
50m: 36.36 36.36	100m: 1:18.05	41.69		
6. Diana Penas, EZEQUIEL	01	Benedita Sport Club	1:19.69	321
50m: 37.17 37.17	100m: 1:19.69	42.52		

Prova 11
07-05-2017 - 10:33

Femin., 100m Mariposa

Senior FEM
Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recordes Nacionais 25m 17 - 18	59.65	Sara Francisco, CRUZ	ADBA	Leiria	2009
Recordes Nacionais 25m SEN	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	2010
Recorde Distrital	1:02.02	Victória, KAMINSKAYA		Porto	2012

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1. Sara Conceicao, PECA	99	Ba/Bomcar	1:09.49	485
50m: 32.94 32.94	100m: 1:09.49	36.55		
2. Ana Sofia, FERREIRA	99	Pimpoes/Cimai	1:13.88	403
50m: 35.40 35.40	100m: 1:13.88	38.48		

Prova 12
07-05-2017 - 11:00

Masc., 100m Livres

Infantil B MASC
Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO		Istambul (TUR)	2009
Recordes Nacionais 25m INF B	57.40	Tiago Filipe, PEREIRA	DNMG	Caldas da Rainha	2004
Recorde Distrital	59.18	André Vilas, RUIVO		St.º Ant.º Cavaleiros	2013

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1. Ricardo Morais, FARIA	04	Ba/Bomcar	1:01.21	395
50m: 30.31 30.31	100m: 1:01.21	30.90		
2. Rodrigo Miguel, REIS	04	Ba/Bomcar	1:02.22	376
50m: 30.71 30.71	100m: 1:02.22	31.51		
3. Vitor Belo, CLARA	04	Ba/Bomcar	1:04.52	337
50m: 31.30 31.30	100m: 1:04.52	33.22		
4. Nuno Marques, SILVA	04	Ba/Bomcar	1:06.34	310
50m: 31.78 31.78	100m: 1:06.34	34.56		
5. Guilherme da Silva, CASTANHEIRA	04	Ba/Bomcar	1:06.53	308
50m: 31.70 31.70	100m: 1:06.53	34.83		

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Prova 12, Masc., 100m Livres, Infantil B MASC

Lugar	Ano	Tempo final	Pts
6. Alexandre Piteira, GAIOLAS 50m: 32.79 32.79 100m: 1:08.33 35.54	04 Nautico Marinha Grande	1:08.33	284
7. Joao Gabriel, ANICETO 50m: 33.22 33.22 100m: 1:09.18 35.96	04 Ba/Bomcar	1:09.18	274
8. Duarte Gil, SALVADOR 50m: 33.66 33.66 100m: 1:09.39 35.73	04 Nautico Marinha Grande	1:09.39	271
9. Vasco Silva, SOUSA 50m: 33.35 33.35 100m: 1:09.65 36.30	04 Ba/Bomcar	1:09.65	268
10. Daniel, TSYKAL 50m: 33.16 33.16 100m: 1:09.66 36.50	04 Alcobaça	1:09.66	268
11. Jorge, GRABOVSKI 50m: 34.24 34.24 100m: 1:10.79 36.55	04 Nautico Marinha Grande	1:10.79	255
12. Lucas Pipiraite, CARDOSO 50m: 34.65 34.65 100m: 1:12.06 37.41	04 Clube Naval da Nazaré	1:12.06	242
13. Gil Guarda, MONIZ 50m: 34.57 34.57 100m: 1:12.84 38.27	04 Ba/Bomcar	1:12.84	234
14. Ricardo Pedrosa, SOARES 50m: 35.19 35.19 100m: 1:14.05 38.86	04 Vieirense	1:14.05	223
15. Daniel Jose, FERNANDES 50m: 37.54 37.54 100m: 1:18.30 40.76	04 Alcobaça	1:18.30	189
16. David Amoroso, GOMES 50m: 41.40 41.40 100m: 1:27.33 45.93	04 Nucleo de Pombal	1:27.33	136
17. Dinis Santos, MARQUES 50m: 42.13 42.13 100m: 1:31.17 49.04	04 Nucleo de Ansião	1:31.17	119

Prova 12 Masc., 100m Livres Infantil A MASC
07-05-2017 - 11:00 Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	Istambul (TUR)	2009
Recordes Nacionais 25m INF A	54.63	Tiago Moura, RODRIGUES	Felgueiras	2017
Recorde Distrital	55.60	Afonso Lopes, SANTOS	Tomar	2008

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Lopes, SILVA 50m: 27.56 27.56 100m: 56.76 29.20	03 Nautico Marinha Grande	56.76	496
2. David, MARTYN 50m: 28.10 28.10 100m: 58.12 30.02	03 Benedita Sport Club	58.12	462
3. Afonso Filipe, COSTA 50m: 28.43 28.43 100m: 59.33 30.90	03 Clube Naval da Nazaré	59.33	434
4. David Ferreira, RELVAS 50m: 28.96 28.96 100m: 59.81 30.85	03 Nautico Marinha Grande	59.81	424
5. Joao Jose, SILVA 50m: 29.09 29.09 100m: 59.91 30.82	03 Ba/Bomcar	59.91	422
6. Guilherme Mendes, SOUSA 50m: 29.98 29.98 100m: 1:02.11 32.13	03 Nautico Marinha Grande	1:02.11	378
7. Paulo Sergio, FERREIRA 50m: 30.35 30.35 100m: 1:03.55 33.20	03 Clube Naval da Nazaré	1:03.55	353
8. Rui Miguel, FREIRE 50m: 30.46 30.46 100m: 1:04.03 33.57	03 Nucleo de Ansião	1:04.03	345
9. Valentino Garvasyuk, PLESHKAN 50m: 30.57 30.57 100m: 1:04.14 33.57	03 Nautico Marinha Grande	1:04.14	343

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Prova 12, Masc., 100m Livres, Infantil A MASC

Lugar	Ano	Tempo final	Pts
10. Joao Pedro, VIDAL 50m: 31.54 31.54 100m: 1:05.60 34.06	03 Vieirense	1:05.60	321
11. Bruno Francisco, GONCALVES 50m: 31.89 31.89 100m: 1:06.34 34.45	03 Nautico Marinha Grande	1:06.34	310
12. Daniel, REZNICHENKO 50m: 32.75 32.75 100m: 1:06.82 34.07	03 Nautico Marinha Grande	1:06.82	304
13. David Almeida, GAMEIRO 50m: 32.67 32.67 100m: 1:07.97 35.30	03 Nucleo de Pombal	1:07.97	289
14. Jose Antonio, PARADELA 50m: 33.17 33.17 100m: 1:08.22 35.05	03 Ba/Bomcar	1:08.22	285
15. Tomas Melo, FERNANDES 50m: 32.99 32.99 100m: 1:10.17 37.18	03 Nucleo de Ansião	1:10.17	262
16. Arsenio, ZEMLIANKO 50m: 36.51 36.51 100m: 1:14.28 37.77	03 Nucleo de Pombal	1:14.28	221

Prova 12

Masc., 100m Livres

Juvenil B MASC

07-05-2017 - 11:00

Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	Istambul (TUR)	2009
Recordes Nacionais 25m JUV B	52.59	Diogo Gomes, SOUSA	Ponte de Sôr	2009
Recorde Distrital	54.61	Tomás Gomes, OLIVEIRA	Caldas da Rainha	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Lucas Guarda, MONIZ 50m: 29.34 29.34 100m: 1:00.57 31.23	02 Ba/Bomcar	1:00.57	408
2. Goncalo Balbino, MENDES 50m: 29.08 29.08 100m: 1:01.05 31.97	02 Naval de Peniche	1:01.05	398
3. Miguel Vicente, SILVA 50m: 29.54 29.54 100m: 1:01.46 31.92	02 Nautico Marinha Grande	1:01.46	390
4. Manuel Maria, FROIS 50m: 29.31 29.31 100m: 1:01.48 32.17	02 Ba/Bomcar	1:01.48	390
5. Abel Duarte, AFONSO 50m: 30.31 30.31 100m: 1:03.44 33.13	02 Naval de Peniche	1:03.44	355
6. Pedro Piteira, GAIOLAS 50m: 30.61 30.61 100m: 1:03.51 32.90	02 Nautico Marinha Grande	1:03.51	354
7. Francisco Lourenco, CARVALHO 50m: 31.16 31.16 100m: 1:04.01 32.85	02 Nucleo de Ansião	1:04.01	346
DNS Dmitro, PALIY	02 Naval de Peniche		

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Prova 12, Masc., 100m Livres

Prova 12 Masc., 100m Livres Juvenil A MASC
07-05-2017 - 11:00 Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	Istambul (TUR)	2009
Recordes Nacionais 25m JUV A	50.82	Tiago Andre, VENANCIO CNS	Braga	2003
Recorde Distrital	52.80	Sebastião, GOMES	Setúbal	2015

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Rui Miguel, PIRES 50m: 26.77 26.77 100m: 55.53 28.76	01 Nautico Marinha Grande	55.53	530
2. Pedro Domingues, DUARTE 50m: 27.89 27.89 100m: 57.54 29.65	01 Nautico Marinha Grande	57.54	476
3. Tiago Manuel, SANTOS 50m: 27.88 27.88 100m: 57.84 29.96	01 Benedita Sport Club	57.84	469
4. Afonso Varelas, SILVA 50m: 28.09 28.09 100m: 58.70 30.61	01 Nautico Marinha Grande	58.70	448
5. Edgar Casimiro, RIBEIRO 50m: 28.74 28.74 100m: 59.16 30.42	01 Alcobaça	59.16	438
6. Bernardo Sousa, PEREIRA 50m: 28.53 28.53 100m: 1:00.23 31.70	01 Pimpoes/Cimai	1:00.23	415
7. Joaquim Sardinha, DUARTE 50m: 29.92 29.92 100m: 1:02.46 32.54	01 Ba/Bomcar	1:02.46	372
8. Francisco Sousa, SILVA 50m: 30.26 30.26 100m: 1:02.56 32.30	01 Alcobaça	1:02.56	370
9. Alexadre Quiterio, ANASTACIO 50m: 31.15 31.15 100m: 1:03.94 32.79	01 Benedita Sport Club	1:03.94	347
10. Joao Dinis, GREGORIO 50m: 33.53 33.53 100m: 1:11.69 38.16	01 Naval de Peniche	1:11.69	246

Prova 12 Masc., 100m Livres Junior MASC
07-05-2017 - 11:00 Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	Istambul (TUR)	2009
Recordes Nacionais 25m JUN	49.87	Tiago Andre, VENANCIO CNS	estoril	2004
Recordes Nacionais 25m 18	48.38	Tiago Andre, VENANCIO CNS	Cantanhede	2004
Recorde Distrital 17	51.73	Miguel Monteiro, DIOGO	Ponte de Sôr	2009
Recorde Distrital 18	50.79	Miguel Monteiro, DIOGO	Leiria	2011

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Tomas Gomes, OLIVEIRA 50m: 26.87 26.87 100m: 54.81 27.94	99 Nautico Marinha Grande	54.81	551
2. Sebastiao Mendes, GOMES 50m: 27.13 27.13 100m: 55.24 28.11	00 Pimpoes/Cimai	55.24	538
3. Bruno Pinto, DOMINGUES 50m: 27.57 27.57 100m: 57.05 29.48	00 Ba/Bomcar	57.05	488
4. Joao Miguel, SANTANA 50m: 27.35 27.35 100m: 57.10 29.75	00 Pimpoes/Cimai	57.10	487
5. Tiago Andre, JORGE 50m: 27.99 27.99 100m: 57.36 29.37	00 Ba/Bomcar	57.36	480
6. Manuel Maria, FERRAZ 50m: 27.44 27.44 100m: 58.27 30.83	00 Pimpoes/Cimai	58.27	458
7. Manuel Sardinha, DUARTE 50m: 28.75 28.75 100m: 59.17 30.42	00 Ba/Bomcar	59.17	438

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Prova 12, Masc., 100m Livres, Junior MASC

Lugar	Ano	Tempo final	Pts
8. Filipe Pedro, FERREIRA 50m: 29.18 29.18 100m: 59.98 30.80	00 Nucleo de Pombal	59.98	420
9. Pedro Alexandre, CORREIA 50m: 29.00 29.00 100m: 1:00.29 31.29	00 Pimpoes/Cimai	1:00.29	414
10. Leonardo Ferreira, FIALHO 50m: 31.40 31.40 100m: 1:04.45 33.05	00 Benedita Sport Club	1:04.45	339

Prova 12 Masc., 100m Livres Senior MASC
07-05-2017 - 11:00 Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	Istambul (TUR)	2009
Recordes Nacionais 25m SEN	47.64	Alexandre Escudier, AGOSTINHO POR	Istambul (TUR)	2009
Recorde Distrital	49.51	César Fernando, FARIA	St.º Ant.º Cavaleiros	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Viktor, KOT 50m: 26.11 26.11 100m: 52.57 26.46	98 Nautico Marinha Grande	52.57	624
2. Diogo Vicente, SILVA 50m: 27.93 27.93 100m: 58.53 30.60	98 Nautico Marinha Grande	58.53	452

Prova 13 Femin., 100m Costas Infantil B FEM
07-05-2017 - 11:20 Resultados

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recordes Nacionais 25m INF B	1:06.85	Carolina Miranda, FERNANDES	CGA	Mealhada	2017
Recorde Distrital	1:10.71	Diana Violante, ROMÃO		Campo Maior	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carlota Macedo, LAGOA 50m: 37.48 37.48 100m: 1:16.60 39.12	05 Ba/Bomcar	1:16.60	370
2. Iara Filipa, DIAS 50m: 40.07 40.07 100m: 1:20.62 40.55	05 Naval de Peniche	1:20.62	318
3. Rosa Branca, LOPES 50m: 39.49 39.49 100m: 1:22.19 42.70	05 Pimpoes/Cimai	1:22.19	300
4. Joana Rosa, FERREIRA 50m: 44.14 44.14 100m: 1:28.10 43.96	05 Naval de Peniche	1:28.10	243
5. Soraia Carvalho, FERREIRA 50m: 43.41 43.41 100m: 1:28.63 45.22	05 Nautico Marinha Grande	1:28.63	239
6. Maria Silva, CARVALHO 50m: 44.14 44.14 100m: 1:30.37 46.23	05 Pimpoes/Cimai	1:30.37	225
7. Catarina Carmo, BELEM 50m: 43.67 43.67 100m: 1:30.38 46.71	05 Naval de Peniche	1:30.38	225
8. Maria Ines, MARQUES 50m: 46.04 46.04 100m: 1:31.26 45.22	05 Alcobaça	1:31.26	219
9. Diana Carvalho, PÍNEU 50m: 45.65 45.65 100m: 1:33.65 48.00	05 Ba/Bomcar	1:33.65	202
10. Sara Andreia, SERRAO 50m: 47.04 47.04 100m: 1:33.78 46.74	05 Naval de Peniche	1:33.78	202
11. Rita Margarida, RODRIGUES 50m: 46.70 46.70 100m: 1:33.95 47.25	05 Alcobaça	1:33.95	200

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Prova 13, Femin., 100m Costas, Infantil B FEM

Lugar	Ano	Tempo final	Pts
12. Catarina Laranjeira, PEREIRA 50m: 49.90 49.90 100m: 1:45.03 55.13	05 Naval de Peniche	1:45.03	143
13. Constanca Lemos, MONTEIRO 50m: 51.77 51.77 100m: 1:46.13 54.36	05 Nucleo de Pombal	1:46.13	139
DNS Cristiana Reis, OLIVEIRA	05 Portomosense		

Prova 13
07-05-2017 - 11:20

Femin., 100m Costas

Infantil A FEM
Resultados

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recordes Nacionais 25m INF A	1:04.85	Filipa Ramos, PEIXEIRA	SCP	Tomar	2016
Recorde Distrital	1:07.26	Maria Amado, LOPES		Sines	2017

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Lopes, AMADO 50m: 33.13 33.13 100m: 1:08.72 35.59	04 Ba/Bomcar	1:08.72	513
2. Constanca Alexandra, SILVA 50m: 35.00 35.00 100m: 1:12.57 37.57	04 Pimpoes/Cimai	1:12.57	436
3. Ana Correia, SOUSA 50m: 36.33 36.33 100m: 1:14.20 37.87	04 Pimpoes/Cimai	1:14.20	407
4. Alexandra Cordeiro, SILVA 50m: 37.53 37.53 100m: 1:16.01 38.48	04 Alcobaça	1:16.01	379
5. Maria Martim, COUTINHO 50m: 37.25 37.25 100m: 1:16.13 38.88	04 Ba/Bomcar	1:16.13	377
6. Laura Macedo, LAGOA 50m: 37.68 37.68 100m: 1:16.75 39.07	04 Ba/Bomcar	1:16.75	368
7. Sofia Viola, ABREU 50m: 37.76 37.76 100m: 1:17.21 39.45	04 Naval de Peniche	1:17.21	362
8. Maria Joao, REIS 50m: 38.90 38.90 100m: 1:17.61 38.71	04 Nautico Marinha Grande	1:17.61	356
9. Maria Francisca, ALVES 50m: 38.05 38.05 100m: 1:18.52 40.47	04 Ba/Bomcar	1:18.52	344
10. Rita Mendes, SIMOES 50m: 38.96 38.96 100m: 1:18.86 39.90	04 Ba/Bomcar	1:18.86	339
11. Margarida Violante, VIANA 50m: 38.59 38.59 100m: 1:19.19 40.60	04 Ba/Bomcar	1:19.19	335
12. Sofia Morais, FARIA 50m: 39.29 39.29 100m: 1:19.86 40.57	04 Ba/Bomcar	1:19.86	327
13. Catarina Rodrigues, SILVA 50m: 38.99 38.99 100m: 1:20.02 41.03	04 Naval de Peniche	1:20.02	325
14. Beatriz Gomes, MIGUEL 50m: 39.80 39.80 100m: 1:20.40 40.60	04 Pimpoes/Cimai	1:20.40	320
15. Angela Jacinto, HENRIQUES 50m: 40.00 40.00 100m: 1:21.75 41.75	04 Pimpoes/Cimai	1:21.75	305
16. Ines Beatriz, NEVES 50m: 39.97 39.97 100m: 1:21.84 41.87	04 Nucleo de Pombal	1:21.84	304
17. Maria Ines, SILVA 50m: 40.57 40.57 100m: 1:23.25 42.68	04 Alcobaça	1:23.25	288
18. Ines Miguel, SILVA 50m: 42.52 42.52 100m: 1:23.90 41.38	04 Nautico Marinha Grande	1:23.90	282

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Prova 13, Femin., 100m Costas, Infantil A FEM

Lugar	Ano	Tempo final	Pts
19. Bruna Alexandra, GOMES 50m: 41.00 41.00 100m: 1:25.74 44.74	04 Ba/Bomcar	1:25.74	264
20. Andreia Clara, GOMES 50m: 44.11 44.11 100m: 1:28.39 44.28	04 Ba/Bomcar	1:28.39	241
21. Ines Silva, MONTEIRO 50m: 44.12 44.12 100m: 1:29.52 45.40	04 Nautico Marinha Grande	1:29.52	232
22. Mariana Soares, DUARTE 50m: 46.51 46.51 100m: 1:33.51 47.00	04 Ba/Bomcar	1:33.51	203
23. Safira Santos, DUARTE 50m: 47.12 47.12 100m: 1:37.49 50.37	04 Clube Naval da Nazaré	1:37.49	179
DSQ Francisca Bonifacio, ALVES <i>Falsa partida.</i>	04 Ba/Bomcar		
DNS Beatriz Fazendeiro, AMARO	04 Nautico Marinha Grande		
DNS Joana Farto, PEDRO	04 Vieiraense		

Prova 13 Femin., 100m Costas Juvenil B FEM
07-05-2017 - 11:20 Resultados

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recordes Nacionais 25m JUV B	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia Nazaré	2011
Recorde Distrital	1:07.88	Matilde Correia, VIEIRA		Nazaré	2014

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Luana Pinto, DOMINGUES 50m: 34.79 34.79 100m: 1:11.81 37.02	03 Ba/Bomcar	1:11.81	450
2. Francisca Santos, CLEMENTE 50m: 36.06 36.06 100m: 1:13.01 36.95	03 Ba/Bomcar	1:13.01	428
3. Ines Apolinario, SOARES 50m: 36.24 36.24 100m: 1:13.34 37.10	03 Pimpoes/Cimai	1:13.34	422
4. Ana Rui, GOMES 50m: 35.39 35.39 100m: 1:13.66 38.27	03 Clube Naval da Nazaré	1:13.66	416
5. Sara Santos, LOPES 50m: 35.75 35.75 100m: 1:14.68 38.93	03 Ba/Bomcar	1:14.68	400
6. Maria Campos, CAIADO 50m: 37.07 37.07 100m: 1:14.81 37.74	03 Pimpoes/Cimai	1:14.81	398
7. Ines Filipa, JACINTO 50m: 36.34 36.34 100m: 1:14.92 38.58	03 Ba/Bomcar	1:14.92	396
8. Mariana Alves, BARBOSA 50m: 37.10 37.10 100m: 1:15.23 38.13	03 Pimpoes/Cimai	1:15.23	391
9. Renata Simoes, RATO 50m: 38.24 38.24 100m: 1:17.21 38.97	03 Nautico Marinha Grande	1:17.21	362
10. Lara Roque, COTRIM 50m: 38.50 38.50 100m: 1:18.80 40.30	03 Pimpoes/Cimai	1:18.80	340
11. Constanca Mendes, GOMES 50m: 38.73 38.73 100m: 1:19.18 40.45	03 Pimpoes/Cimai	1:19.18	335
12. Ana Ferraria, PEREIRA 50m: 46.24 46.24 100m: 1:33.53 47.29	03 Portomosense	1:33.53	203

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Prova 13, Femin., 100m Costas

Prova 13 Femin., 100m Costas Juvenil A FEM
07-05-2017 - 11:20 Resultados

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recordes Nacionais 25m JUV A	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	2011
Recorde Distrital	1:07.28	Mara Lisboa, SILVA		Óbidos	2007

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Rita Afonso, BELO 50m: 33.47 33.47 100m: 1:09.05 35.58	02	1:09.05	506
2. Diana Violante, ROMAO 50m: 34.76 34.76 100m: 1:10.87 36.11	02	1:10.87	468
3. Sofia Ribeiro, JUNQUEIRA 50m: 35.44 35.44 100m: 1:12.82 37.38	02	1:12.82	431
4. Maria Manuel, MATEUS 50m: 36.03 36.03 100m: 1:14.31 38.28	02	1:14.31	406
5. Maria Joao, ROSADO 50m: 37.05 37.05 100m: 1:15.21 38.16	02	1:15.21	391
6. Maria Ines, CATARINO 50m: 37.30 37.30 100m: 1:16.34 39.04	02	1:16.34	374
7. Ana Ferreira, COSTA 50m: 37.15 37.15 100m: 1:16.37 39.22	02	1:16.37	374
8. Maria Leitao, CARVALHO 50m: 38.47 38.47 100m: 1:17.28 38.81	02	1:17.28	361
9. Constanca Filipa, RODRIGUES 50m: 37.94 37.94 100m: 1:17.79 39.85	02	1:17.79	354
10. Cintia Cristina, CRUZ 50m: 40.89 40.89 100m: 1:23.29 42.40	02	1:23.29	288
11. Leonor Silva, CRISTINO 50m: 42.60 42.60 100m: 1:26.84 44.24	02	1:26.84	254
12. Camila Gracio, SANTO 50m: 43.14 43.14 100m: 1:27.22 44.08	02	1:27.22	251

Prova 13 Femin., 100m Costas Junior FEM
07-05-2017 - 11:20 Resultados

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recordes Nacionais 25m 16	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	2013
Recordes Nacionais 25m 17 - 18	1:01.56	Ines Camacho, FERNANDES	SCP	Felgueiras	2013
Recorde Distrital 16	1:07.40	Maria Beatriz, LOPES		Caldas da Rainha	2015
Recorde Distrital 17	1:04.68	Victoria, KAMINSKAYA		Mealhada	2011

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Monica Seara, DOMINGUES 50m: 33.46 33.46 100m: 1:08.13 34.67	00	1:08.13	526
2. Ines Jacinto, HENRIQUES 50m: 33.62 33.62 100m: 1:08.42 34.80	00	1:08.42	520
3. Giovanna Vaz, VARGAS 50m: 34.11 34.11 100m: 1:09.20 35.09	00	1:09.20	502
4. Bruna Andreia, SIMOES 50m: 34.69 34.69 100m: 1:11.65 36.96	01	1:11.65	453
5. Jacinta Correia, VIEIRA 50m: 37.09 37.09 100m: 1:15.36 38.27	01	1:15.36	389

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Prova 13, Femin., 100m Costas, Junior FEM

Lugar	Ano	Tempo final	Pts
6. Matilde Correia, VIEIRA 50m: 36.91 36.91 100m: 1:15.89 38.98	00 Alcobaça	1:15.89	381
7. Diana Penas, EZEQUIEL 50m: 38.91 38.91 100m: 1:21.03 42.12	01 Benedita Sport Club	1:21.03	313
8. Tatiana Evangelista, REBELO 50m: 41.07 41.07 100m: 1:22.84 41.77	00 Clube Naval da Nazaré	1:22.84	293

Prova 13 Femin., 100m Costas Senior FEM
07-05-2017 - 11:20 Resultados

Recordes Nacionais 25m Absoluto	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recordes Nacionais 25m 17 - 18	1:01.56	Ines Camacho, FERNANDES	SCP	Felgueiras	2013
Recordes Nacionais 25m SEN	1:00.64	Ana Sofia, LEITE	GCVR	Porto	2015
Recorde Distrital	1:03.11	Andreia Filipa, ANJOS		St.º Ant. Cavaleiros	2009

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ana Sofia, FERREIRA 50m: 37.05 37.05 100m: 1:15.77 38.72	99 Pimpoes/Cimai	1:15.77	383

Prova 14 Masc., 400m Livres Junior MASC
07-05-2017 - 11:50 Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	POR	Istambul (TUR)	2009
Recordes Nacionais 25m JUN	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	2007
Recordes Nacionais 25m 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	2004
Recorde Distrital 17	3:57.62	Miguel Monteiro, DIOGO		Ponte de Sôr	2009
Recorde Distrital 18	3:52.28	Guilherme Filipe, PINA		Porto	2015

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Sebastiao Mendes, GOMES 50m: 29.39 29.39 150m: 1:32.36 31.77 250m: 2:34.86 31.08 350m: 3:37.21 31.23 100m: 1:00.59 31.20 200m: 2:03.78 31.42 300m: 3:05.98 31.12 400m: 4:08.58 31.37	00 Pimpoes/Cimai	4:08.58	622
2. Tomas Gomes, OLIVEIRA 50m: 29.09 29.09 150m: 1:31.93 32.01 250m: 2:37.30 32.90 350m: 3:43.55 33.03 100m: 59.92 30.83 200m: 2:04.40 32.47 300m: 3:10.52 33.22 400m: 4:15.61 32.06	99 Nautico Marinha Grande	4:15.61	572
3. Joao Miguel, SANTANA 50m: 28.89 28.89 150m: 1:35.36 33.67 250m: 2:42.59 33.12 350m: 3:50.30 33.88 100m: 1:01.69 32.80 200m: 2:09.47 34.11 300m: 3:16.42 33.83 400m: 4:22.89 32.59	00 Pimpoes/Cimai	4:22.89	526
4. Tiago Andre, JORGE 50m: 30.26 30.26 150m: 1:36.79 33.64 250m: 2:44.32 33.53 350m: 3:51.07 32.97 100m: 1:03.15 32.89 200m: 2:10.79 34.00 300m: 3:18.10 33.78 400m: 4:23.37 32.30	00 Ba/Bomcar	4:23.37	523
5. Pedro Alexandre, CORREIA 50m: 30.80 30.80 150m: 1:38.51 33.79 250m: 2:49.13 35.46 350m: 3:59.95 35.14 100m: 1:04.72 33.92 200m: 2:13.67 35.16 300m: 3:24.81 35.68 400m: 4:33.73 33.78	00 Pimpoes/Cimai	4:33.73	466
6. Manuel Sardinha, DUARTE 50m: 32.04 32.04 150m: 1:42.77 36.03 250m: 2:53.02 35.06 350m: 4:01.70 34.03 100m: 1:06.74 34.70 200m: 2:17.96 35.19 300m: 3:27.67 34.65 400m: 4:34.24 32.54	00 Ba/Bomcar	4:34.24	463
7. Bruno Pinto, DOMINGUES 50m: 31.82 31.82 150m: 1:42.40 35.34 250m: 2:53.34 35.71 350m: 4:02.33 34.20 100m: 1:07.06 35.24 200m: 2:17.63 35.23 300m: 3:28.13 34.79 400m: 4:35.86 33.53	00 Ba/Bomcar	4:35.86	455
8. Manuel Maria, FERRAZ 50m: 30.56 30.56 150m: 1:39.35 35.11 250m: 2:52.19 36.65 350m: 4:06.88 37.32 100m: 1:04.24 33.68 200m: 2:15.54 36.19 300m: 3:29.56 37.37 400m: 4:44.00 37.12	00 Pimpoes/Cimai	4:44.00	417

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Prova 14, Masc., 400m Livres, Junior MASC

Lugar			Ano					Tempo final	Pts		
9.	Filipe Pedro, FERREIRA		00	Nucleo de Pombal				4:50.78	388		
	50m:	32.32 32.32	150m:	1:44.18	36.53	250m:	3:00.16	38.21	350m:	4:15.54	37.40
	100m:	1:07.65 35.33	200m:	2:21.95	37.77	300m:	3:38.14	37.98	400m:	4:50.78	35.24

Prova 14 Masc., 400m Livres Senior MASC
07-05-2017 - 11:50 Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	POR	Istambul (TUR)	2009
Recordes Nacionais 25m SEN	3:45.58	Fabio Manuel, PEREIRA	POR	Istambul (TUR)	2009
Recorde Distrital	3:50.00	César faria, FARIA		Istambul	2009

Pontos: FINA 2016

Lugar			Ano					Tempo final	Pts		
1.	Viktor, KOT		98	Nautico Marinha Grande				4:05.87	643		
	50m:	27.09 27.09	150m:	1:28.05	31.31	250m:	2:31.68	31.86	350m:	3:35.22	31.69
	100m:	56.74 29.65	200m:	1:59.82	31.77	300m:	3:03.53	31.85	400m:	4:05.87	30.65
2.	Diogo Vicente, SILVA		98	Nautico Marinha Grande				4:27.33	500		
	50m:	30.79 30.79	150m:	1:37.70	33.74	250m:	2:45.34	33.37	350m:	3:53.05	34.06
	100m:	1:03.96 33.17	200m:	2:11.97	34.27	300m:	3:18.99	33.65	400m:	4:27.33	34.28