

1 - 1ª Jornada

16-02-2019 - 15:30

Prova 1 800m Livres 10 anos e mais velhos
16-02-2019 Lista inscritos

S14	11:10.97	RIBEIRO Pedro Miguel	CPN	Mealhada	18-02-2017
S14	13:17.40	RESENDE Sonia Castanheiro	SCA	Mealhada	08-02-2015
S15	9:12.09	NEVES Tiago Correia	CFB	Vila Franca de Xira	03-02-2018
S15	59:00.00	start			
S17	59:00.00				
S17	59:00.00				
S21	12:23.30	RIBEIRO Jose Augusto	POR	Truro (CAN)	22-07-2018
S21	15:42.50	REIS Adriana Godinho	FVCD	Logano (ITA)	22-11-2011

S14 LIMITE Masc. S14: 13:44.52; Femin. S14: 15:57.27 / S15 LIMITE Masc. S15: 10:04.80; Femin. S15: 13:21.36 /
S17 LIMITE Masc. S17: 13:44.52; Femin. S17: 15:57.27 / S21 LIMITE Masc. S21: 13:54.67; Femin. S21: 18:29.63 /
S14 Esp Masc. S14: 11:51.23; Esp Femin. S14: 14:05.24; Sen Masc. S14: 11:44.52; Sen Femin. S14: 13:57.27 /
S15 Esp Masc. S15: 10:10.73; Esp Femin. S15: 11:28.04; Sen Masc. S15: 10:04.80; Sen Femin. S15: 11:21.36 /
S21 Esp Femin. S21: 16:39.05; Sen Masc. S21: 13:54.67; Sen Femin. S21: 16:29.63

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	12:40.08	25m
2 ALMEIDA Andre Reis	00	S21		Sporting	12:47.60	25m
3 SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	13:43.84	25m
4 BELEZAS Ricardo Andrade	91	S15		Sporting	NT	

Prova 2 16-02-2019	Femin., 100m Bruços				Absoluto Lista inscritos
S4	3:53.02	BARBOSA Teresa Raquel	FCP	Vila Franca de Xira	03-02-2018
S5	59:00.00	start			
S6	59:00.00	start			
S7	3:28.78	SAMPAIO Ana Branca	ADADA	Mealhada	14-04-2018
S8	1:52.94	CASTRO Ana Filipa	FVCD	Santa Maria da Feira	12-01-2019
S9	1:27.81	PINTO Renata Vaz	ADADA	Recarei	15-12-2018
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	1:36.10	RESENDE Sonia Castanheiro	SCA	Mealhada	19-02-2017
S15	1:29.70	ALMEIDA Eunice Evora	SCP	Recarei	15-12-2018
S16	59:00.00				
S17	59:00.00				
S21	1:56.27	NG Mannie	POR	Albufeira	30-11-2008

S4 Esp S4: 6:19.85; Sen S4: 6:12.40 / S5 Esp S5: 2:53.17; Sen S5: 2:49.77 / S6 Esp S6: 2:40.65; Sen S6: 2:37.50 / S7 Esp S7: 2:29.94;
Sen S7: 2:27.00 / S8 Esp S8: 2:19.23; Sen S8: 2:16.50 / S9 Esp S9: 2:16.26; Sen S9: 2:13.59 / S11 Esp S11: 2:55.12;
Sen S11: 2:51.69 / S12 Esp S12: 2:45.94; Sen S12: 2:42.69 / S13 Esp S13: 2:34.81; Sen S13: 2:31.77 / S14 Esp S14: 2:27.03;
Sen S14: 2:24.15 / S15 Esp S15: 1:51.24; Sen S15: 1:48.53 / S16 Esp S16: 2:27.03; Sen S16: 2:24.15 / S17 Esp S17 50m: 2:28.69;
Sen S17: 2:24.15 / S21 Esp S21: 2:57.89; Sen S21: 2:54.40

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PINTO Renata Vaz	99	SB9	1,3,5	ADADA Porto	1:27.81 25m
2 CASTRO Ana Filipa	97	SB8	*12+	Feira Viva	1:52.94 25m
3 REIS Filipa Sa	00	SB21		Sporting de Aveiro	2:06.37 25m
4 VASCO Maria Sio	00	SB9	3, 5, 12+	Desportivo de Odemira	2:12.13 25m
5 CARDOSO Vera Lucia	00	SB14		Sporting de Espinho	2:13.40 25m
6 TORRES Diana Ines	99	SB21		Porto	2:16.10 25m
7 NEVES Camila Anjos	01	SB113		Alhandra	2:19.32 25m
8 LOURENCO Carolina Caetano	94	SB21		APC Coimbra	2:19.86 25m
9 GOMES Barbara Ines	91	SB21		APC Coimbra	2:23.53 25m
10 FRAGOSO Simone Silva	80	SB5	A Y 3,5 12+	Palmela Desporto	2:26.51 50m
11 CASTRO Ana Alexandra	92	SB21		Porto	2:27.56 25m
12 GASPAS Matilde Lucia	06	SB21		APC Coimbra	2:28.56 25m
13 BRAGA Maria Iolanda	01	SB110		ADADA Porto	3:24.94 25m
14 TAVARES Ana Filipa	93	SB7	A 12+	Alhandra	3:38.60 25m
15 BARBOSA Teresa Raquel	90	SB4	W, 6, 12+	Porto	3:53.02 25m
16 OLIVEIRA Ana Maria	80	SB110		ADADA Porto	NT
17 TORRES Iara Pinto	05	SB110		Porto	NT

Prova 6 Femin., 25m Mariposa 10 anos e mais velhos
16-02-2019 Lista inscritos

S14	23.24	GOUVEIA Susana Raquel	ADADA	Santa Maria da Feira	12-01-2019
S17	59:00.00				
S21	18.11	REIS Adriana Godinho	FVCD	Vila Franca de Xira	03-02-2018

S14 Esp S14: 40.62; Sen S14: 39.83 / S21 Esp S21: 35.25; Sen S21: 34.56

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 GOUVEIA Susana Raquel	89	S14		ADADA Porto	23.24	25m
2 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	24.71	25m
3 PELAIO Beatriz Malaquias	99	S17	A	APPDAlCoimbra	25.22	25m
4 SOARES Maria Mafalda	02	S14		ADADA Porto	26.57	25m
5 MACHADO Ana Catarina	94	S21		ADADA Porto	28.86	25m
6 REGO Joana Candeias	04	S14		ADADA Porto	30.64	25m
7 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	31.64	25m
8 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	34.53	25m

Prova 7 Masc., 25m Mariposa 10 anos e mais velhos
16-02-2019 Lista inscritos

S14	15.62	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S17	59:00.00				
S21	15.89	SANTOS Filipe Bjorcke	FCF	Mealhada	19-02-2017

S14 Esp S14: 23.90; Sen S14: 23.43 / S21 Esp S21: 24.31; Sen S21: 23.84

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	16.18	25m
2 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	17.93	25m
3 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	19.17	25m
4 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	19.51	25m
5 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	20.42	25m

Prova 10		Femin., 200m Bruços			10 anos e mais velhos	
16-02-2019					Lista inscritos	
S14	3:29.80	RESENDE Sonia Castanheiro	SCA	Mealhada	18-02-2017	
S15	3:21.23	LOURENCO Susana Maria	SCP	Mealhada	18-02-2017	
S17	59:00.00					
S21	3:54.68	NG Mannie	POR	Albufeira	03-12-2008	
S14 Esp S14: 5:20.99; Sen S14: 5:14.70 / S15 Esp S15: 4:07.51; Sen S15: 4:01.48 / S17 Esp S17: 5:20.99; Sen S17: 5:14.70 / S21 Esp S21: 5:59.06; Sen S21: 5:52.02						

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 TORRES Diana Ines	99	SB21		Porto	4:41.96	25m
2 GOMES Barbara Ines	91	SB21		APC Coimbra	4:51.98	25m

Prova 11		Masc., 200m Bruços			10 anos e mais velhos	
16-02-2019					Lista inscritos	
S14	3:13.70	DUARTE Carlos	CDEC	Cantanhede	11-05-1997	
S15	2:49.41	CRUZ Miguel Duarte	CFB	Alges	22-11-2015	
S17	59:00.00					
S21	3:17.07	VAZ Joao Francisco	SCP	Mealhada	14-04-2018	
S14 Esp S14: 4:56.36; Sen S14: 4:50.55 / S15 Esp S15: 3:28.37; Sen S15: 3:23.29 / S17 Esp S17: 4:56.36; Sen S17: 4:50.55 / S21 Esp S21: 5:06.00; Sen S21: 5:00.00						

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 SILVA Andre Guimaraes	96	SB14		Porto	3:34.00	25m
2 BRITO Rui Xavier	99	SB14		Sporting de Aveiro	3:37.88	25m
3 PESTANA Rui Miguel	00	SB21		Porto	4:07.03	25m
4 CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	4:16.69	25m

Prova 12		Femin., 200m Mariposa			10 anos e mais velhos	
16-02-2019					Lista inscritos	
S14	59:00.00	start				
S15	3:31.31	LOURENCO Susana Maria	SCP	Mealhada	18-02-2017	
S17	59:00.00					
S21	4:09.50	CASTRO Ana Alexandra	POR	Estarreja	22-09-2013	
S14 Esp S14: 4:35.40; Sen S14: 4:30.00 / S15 Esp S15: 4:19.91; Sen S15: 4:13.57 / S17 Esp S17: 4:35.40; Sen S17: 4:30.00 / S21 Esp S21: 6:21.73; Sen S21: 6:14.25						

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 CASTRO Ana Alexandra	92	S21		Porto	4:17.71	25m

Prova 13 Masc., 200m Mariposa 10 anos e mais velhos
16-02-2019 Lista inscritos

S14	3:24.57	BRITO Rui Xavier	SCA	Recarei	15-12-2018
S15	2:20.36	NEVES Tiago Correia	CFB	Vila Franca de Xira	03-02-2018
S17	59:00.00				
S21	3:10.80	VAZ Joao Francisco	POR	Truro (CAN)	26-07-2018

S14 Esp S14: 4:04.80; Sen S14: 4:00.00 / S15 Esp S15: 3:01.35; Sen S15: 2:56.93 / S17 Esp S17: 4:04.80; Sen S17: 4:00.00 / S21 Esp S21: 4:58.78; Sen S21: 4:52.92

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 NEVES Tiago Correia	97	S15	H	Belenenses	2:20.36 25m
2 VAZ Joao Francisco	92	S21		Sporting	3:11.53 25m
3 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	3:35.17 25m

Prova 14 Femin., 25m Bruços Absoluto
16-02-2019 Lista inscritos

S14	19.48	RESENDE Sonia Castanheiro	SCA	Mealhada	19-02-2017
S17	59:00.00				
S21	28.08	REIS Filipa Sa	SCA	Mealhada	19-02-2017

S14 Esp S14: 29.80; Sen S14: 29.22 / S17 Esp S17: 29.80; Sen S17: 29.22 / S21 Esp S21: 42.96; Sen S21: 42.12

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PELAIO Beatriz Malaquias	99	SB17	A	APPDACOimbra	24.12 25m
2 LOURENCO Carolina Caetano	94	SB21		APC Coimbra	29.94 25m
3 GASPARG Matilde Lucia	06	SB21		APC Coimbra	36.24 25m
4 MACHADO Ana Catarina	94	SB21		ADADA Porto	37.90 25m

Prova 15 Masc., 25m Bruços Absoluto
16-02-2019 Lista inscritos

S14	19.35	SOUSA Micael Silva	SCA	Mealhada	19-02-2017
S17	59:00.00				
S21	19.88	VAZ Joao Francisco	SCP	Mealhada	19-02-2017

S14 Esp S14: 29.61; Sen S14: 29.03 / S17 Esp S17: 29.61; Sen S17: 29.03 / S21 Esp S21: 30.42; Sen S21: 29.82

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	21.68 25m
2 CARNEIRO Joao Amaral	95	SB17		APPDACOimbra	22.58 25m
3 AMARAL Joao Costa	95	SB14		Sporting de Espinho	23.44 25m
4 MONTEIRO Luis Miguel	96	SB14		ADADA Porto	23.67 25m
5 SOUSA Noe Martins	82	SB17		APPDACOimbra	25.19 25m
6 SANTOS Jose Guilherme	80	SB17		APPDACOimbra	28.51 25m

Prova 17, Masc., 50m Livres

27	REGO Diogo Almeida	97	S21		Sporting de Aveiro	36.31	25m
28	GOUVEIA Francisco Mario	75	S9	9	Feira Viva	36.69	25m
29	AZEVEDO Daniel Torres	01	S110		Desportiva Limiana	36.76	25m
30	ALMEIDA Andre Reis	00	S21		Sporting	36.77	25m
31	OLIVEIRA Antonio Pedro	03	S10	3, 5, 12+	Porto	37.17	25m
32	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	38.34	25m
33	CRUZ Joao Tanica	92	S12	A	Palmela Desporto	38.66	25m
34	BRANCO Miguel Paiva	97	S17	A	APPDAlcoimbra	38.71	25m
35	FERREIRA Joao Mario	98	S14		Sporting de Aveiro	38.81	25m
36	SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	38.87	25m
37	SANTOS Diogo Filipe	91	S21		Feira Viva	39.00	25m
38	DUARTE Samuel Lima	04	S14		Feira Viva	39.36	25m
39	GASPAR Duarte Miguel	84	S8	1,2,4	Palmela Desporto	40.12	50m
40	SANTOS Tomas Aniceto	99	S21		Feira Viva	40.87	25m
41	FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	40.97	25m
42	VICENTE Francisco Jose	99	S21		Sporting	41.75	25m
43	EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	41.98	25m
44	GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	42.03	25m
45	GONFIER Davis	92	S17	W	Sporting de Aveiro	42.19	25m
46	RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	42.24	25m
47	PEREIRA Vicente Barros	05	S21	W	Sporting	42.24	25m
48	PINTO Jose Manuel	00	S7	A,12	ADADA Porto	42.36	25m
49	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	42.43	25m
50	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	42.72	25m
51	GOMES Diogo Lopes	96	S21		Sporting de Aveiro	43.26	25m
52	SILVA Alexandre Martins	99	S21		O2 Portimao	44.40	25m
53	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	46.03	25m
54	CAIRES Bruno Miguel	96	S7	A 12+	FC Ferreiras/AlgarExperience	46.65	25m
55	PEREIRA Joel Alexandre	92	S21		APC Coimbra	47.10	25m
56	MONTOIA David Emanuel	00	S7	3, 5, 12+	Porto	48.93	25m
57	SA Luis Bernardo	96	S6	A 12	Feira Viva	52.04	25m
58	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	53.67	25m
59	PINHO Joao Pedro	92	S5	A,12+	ADADA Porto	55.57	25m
60	ROCHA Joao Silva	91	S8		Porto	56.17	25m
61	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:03.70	25m
62	MOREIRA Ricardo Jorge	01	S110		Porto	1:05.52	25m
63	CARVALHO Diogo Andre	99	S4	A 5	Propaganda da Natacao	2:42.85	25m
64	ALBERNAZ Alexandre Carlos	71	S110		Individual ANL	NT	
65	MONTEIRO Joao Pedro	04	S110		Porto	NT	

Inscrições rejeitadas

RJC	MENDES Gil Mota	09	S9		Escola Carregal do Sal	47.40	25m
RJC	SANTOS Ruben Jose	80	S21		APC Coimbra	51.57	25m

Prova 18 16-02-2019	4 x 100m Estilos	Absoluto Lista inscritos
S14		
S14		30-12-1899
S14		
S14		30-12-1899
S21		
S21		30-12-1899
S21		
S21		30-12-1899
34P		
34P		30-12-1899
34P		
34P		30-12-1899

	Classe	cod excp	Clube	Tp Inscr.
1	Feira Viva-34Pts		Feira Viva	6:25.07
2	Sporting-S21		Sporting	6:46.11
3	O2 Portimao-S14		O2 Portimao	6:59.61
4	Feira Viva-S14		Feira Viva	7:05.20
5	ADADA Porto-S14		ADADA Porto	NT
6	Porto-34Pts		Porto	NT
7	Porto-S14		Porto	NT
8	Sporting de Aveiro-S14		Sporting de Aveiro	NT
9	Sporting de Aveiro-S21		Sporting de Aveiro	NT
10	Gesloures-34Pts		Gesloures	NT

Prova 21 Femin., 25m Costas Absoluto
17-02-2019 Lista inscritos

S14	20.22	RESENDE	Sonia Castanheiro	SCA	Mealhada	19-02-2017
S17	59:00.00					
S21	25.03	REIS	Filipa Sa	POR	Loano (ITA)	09-11-2015

S14 Esp S14: 30.94; Sen S14: 30.33 / S17 Esp S17: 30.94; Sen S17: 1:03.84 / S21 Esp S21: 38.30; Sen S21: 37.55

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 SOARES Maria Mafalda	02	S14		ADADA Porto	22.49	25m
2 REGO Joana Candeias	04	S14		ADADA Porto	26.40	25m
3 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	28.12	25m
4 DUARTE Sara Isabel	91	S21		Porto	29.63	25m
5 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	30.96	25m
6 MACHADO Ana Catarina	94	S21		ADADA Porto	34.31	25m
WDR LOURENCO Carolina Caetano	94	S21		APC Coimbra	32.84	25m

Prova 22 Masc., 25m Costas Absoluto
17-02-2019 Lista inscritos

S14	12.45	MENDES	Humberto Julio	FCP	Vila Franca de Xira	03-02-2018
S17	59:00.00					
S21	18.78	MADEIRA	Pedro Filipe	POR	Estarreja	22-09-2013

S14 Esp S14: 27.00; Sen S14: 26.47 / S17 Esp S17: 27.00; Sen S17: 28.17 / S21 Esp S21: 28.73; Sen S21: 28.17

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 FERREIRA Joao Mario	98	S14		Sporting de Aveiro	20.79	25m
2 MONTEIRO Luis Miguel	96	S14		ADADA Porto	21.27	25m
3 SILVA Bruno Miguel	93	S14		Porto	22.35	25m
4 CRUZ Diogo Rafael	03	S14		Sporting de Espinho	22.50	25m
5 EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	22.62	25m
6 PEREIRA Joel Alexandre	92	S21		APC Coimbra	23.44	25m
7 FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	23.51	25m
8 FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	23.82	25m
9 SANTOS Carlos Manuel	87	S17	A	APPDACOimbra	23.89	25m
10 GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	24.34	25m
11 GOMES Diogo Lopes	96	S21		Sporting de Aveiro	25.58	25m
12 SANTOS Ruben Jose	80	S21		APC Coimbra	25.64	25m
13 DUARTE Samuel Lima	04	S14		Feira Viva	25.67	25m
14 CARNEIRO Joao Amaral	95	S17		APPDACOimbra	25.78	25m

Inscrições rejeitadas

RJC GONFIER Davis	92	S17	W	Sporting de Aveiro	NT
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Prova 23					Femin., 200m Costas		Absoluto
17-02-2019							Lista inscritos
S14	3:38.42	CARDOSO Vera Lucia	SCE	Vila Franca de Xira			04-02-2018
S15	59:00.00	start					
S17	59:00.00						
S21	3:35.19	NG Mannie	POR	Albufeira			30-11-2008
S14 Esp S14: 5:58.75; Sen S14: 5:51.72 / S15 Esp S15: 2:58.89; Sen S15: 2:54.53 / S17 Esp S17: 5:58.75; Sen S17: 5:51.72 / S21 Esp S21: 5:29.24; Sen S21: 5:22.79							

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	3:38.42	25m
2 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	4:12.31	25m
3 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	4:57.96	25m

Prova 24					Masc., 200m Costas		Absoluto
17-02-2019							Lista inscritos
S14	2:48.51	SILVA Nuno Alexandre	SCP	Mealhada			19-02-2017
S15	2:18.43	NEVES Tiago Correia	CFB	Vila Real St. Antonio			04-11-2018
S17	59:00.00						
S21	3:08.02	VAZ Joao Francisco	POR	Truro (CAN)			24-07-2018
S14 Esp S14: 4:17.82; Sen S14: 4:12.76 / S15 Esp S15: 2:52.74; Sen S15: 2:48.53 / S17 Esp S17: 4:17.82; Sen S17: 4:12.76 / S21 Esp S21: 5:19.30; Sen S21: 5:13.04							

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	2:50.68	25m
2 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	3:21.60	25m
3 LEAL Pedro Miguel	90	S14		Propaganda da Natacao	3:24.37	25m
4 SILVA Jose Miguel	95	S21		Porto	3:28.40	25m
5 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	3:29.13	25m
6 MONTES Francisco Pessanha	02	S21		ADADA Porto	3:39.72	25m
7 MENDES Humberto Julio	90	S14		Porto	3:40.49	25m
8 SILVA Bruno Miguel	93	S14		Porto	3:46.04	25m
9 PEREIRA Joel Alexandre	92	S21		APC Coimbra	3:59.40	25m



Campeonato Nacional Inverno - Natação Adaptada
Guarda, 16 e 17 de Fevereiro de 2019



Prova 25
17-02-2019

Femin., 150m Estilos

10 anos e mais velhos
Lista inscritos

S1	59:00.00	start
S2	59:00.00	start
S3	59:00.00	start
S4	59:00.00	start

S1 Esp S1: 9:58.35; Sen S1: 9:46.62 / S2 Esp S2: 9:27.75; Sen S2: 9:16.62 / S3 Esp S3: 9:12.45; Sen S3: 9:01.62 / S4 Esp S4: 7:47.32; Sen S4: 7:38.16

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
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Prova 26
17-02-2019

Masc., 150m Estilos

10 anos e mais velhos
Lista inscritos

S1	59:00.00	start
S2	59:00.00	start
S3	59:00.00	start
S4	59:00.00	start

S1 Esp S1: 9:27.75; Sen S1: 9:16.62 / S2 Esp S2: 8:57.15; Sen S2: 6:26.19 / S3 Esp S3: 8:26.55; Sen S3: 8:16.62 / S4 Esp S4: 7:28.35; Sen S4: 7:19.56

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PRAZERES Pedro Moreira	00	SM4	A 3,5,12+	Fluvial Portuense	6:38.59 25m



Prova 27 17-02-2019	Femin., 200m Estilos				Absoluto Lista inscritos
S5	4:44.26	FRAGOSO Simone Silva	SCP	Lisboa	18-10-2015
S6	59:00.00	start			
S7	5:49.99	SAMPAIO Ana Branca	ADADA	Mealhada	15-04-2018
S8	3:25.08	CASTRO Ana Filipa	FVCD	Santa Maria da Feira	14-01-2018
S9	2:59.30	PINTO Renata Vaz	ADADA	Santa Maria da Feira	13-01-2019
S10	2:54.93	NEVES Teresa Lamego	SCP	Lisboa	18-10-2015
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	3:43.02	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira	30-03-2014
S15	3:12.74	ALMEIDA Eunice Evora	CNA	Setubal	24-10-2015
S17	59:00.00				
S21	3:59.81	TORRES Diana Ines	POR	Loano (ITA)	08-11-2015

S5 Esp S5: 7:14.92; Sen S5: 7:06.39 / S6 Esp S6: 5:50.49; Sen S6: 5:43.62 / S7 Esp S7: 5:18.24; Sen S7: 5:12.00 / S8 Esp S8: 4:30.81; Sen S8: 4:25.50 / S9 Esp S9: 4:21.63; Sen S9: 4:16.50 / S10 Esp S10: 4:12.45; Sen S10: 4:07.50 / S11 Esp S11: 5:13.65; Sen S11: 5:07.50 / S12 Esp S12: 4:50.70; Sen S12: 4:45.00 / S13 Esp S13: 4:13.98; Sen S13: 4:09.00 / S14 Esp S14: 5:41.22; Sen S14: 5:34.53 / S15 Esp S15: 3:57.07; Sen S15: 3:51.29 / S16 Esp S16: 5:41.22; Sen S16: 5:34.53 / S17 Esp S17: 5:41.22; Sen S17: 5:34.53 / S21 Esp S21: 6:06.91; Sen S21: 5:59.72

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 VEIGA Susana Pereira	00	SM9	9	Colegio Vasco da Gama	2:57.10 25m
2 PINTO Renata Vaz	99	SM9	1,3,5	ADADA Porto	2:59.30 25m
3 CORREIA Ana Beatriz	98	SM10	8	Natacao de Faro	3:03.97 50m
4 CASTRO Ana Filipa	97	SM8	*12+	Feira Viva	3:25.08 25m
5 TORRES Diana Ines	99	SM21		Porto	4:03.72 25m
6 CASTRO Ana Alexandra	92	SM21		Porto	4:16.46 25m
7 GOMES Barbara Ines	91	SM21		APC Coimbra	4:49.58 25m

Prova 28 17-02-2019	Masc., 200m Estilos				Absoluto Lista inscritos
S5	3:33.49	ROCHA Ivo Filipe	FVCD	Recarei	16-12-2018
S6	3:28.92	ROCHA Ivo Filipe	FVCD	Mealhada	15-04-2018
S7	3:26.59	CAMPOS Joao Miguel	ADADA	Mealhada	18-11-2018
S8	2:37.84	CARREIRA David Pedro	ADBA	Leiria	21-11-2015
S9	2:24.23	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018
S10	2:25.05	GONCALVES Emanuel Luis	CNF	Funchal	12-05-2012
S11	2:56.87	MENESES Marco Ribeiro	CRASTO	Mealhada	18-11-2018
S12	59:00.00	start			
S13	2:36.86	ENCARNACAO Vitor Hugo	CDN	Funchal	10-07-2014
S14	2:52.08	SOUSA Micael Silva	SCA	Mealhada	15-04-2018
S15	2:14.80	NEVES Tiago Correia	CFB	Felgueiras	22-12-2018
S17	59:00.00				
S21	2:58.16	VAZ Joao Francisco	POR	Truro (CAN)	22-07-2018

S5 Esp S5: 7:03.81; Sen S5: 6:55.50 / S6 Esp S6: 5:35.19; Sen S6: 5:28.62 / S7 Esp S7: 4:47.64; Sen S7: 4:42.00 / S8 Esp S8: 4:01.50; Sen S8: 3:56.76 / S9 Esp S9: 3:51.03; Sen S9: 3:46.50 / S10 Esp S10: 3:41.93; Sen S10: 3:37.57 / S11 Esp S11: 5:05.11; Sen S11: 4:59.13 / S12 Esp S12: 4:39.99; Sen S12: 4:34.50 / S13 Esp S13: 4:00.00; Sen S13: 3:55.29 / S14 Esp S14: 4:30.79; Sen S14: 4:25.48 / S15 Esp S15: 2:57.81; Sen S15: 2:53.47 / S16 Esp S16: 4:30.79; Sen S16: 4:25.48 / S17 Esp S17: 4:30.79; Sen S17: 4:25.48 / S21 Esp S21: 4:44.52; Sen S21: 4:38.94

Nome atleta	Ano	Classe	cod excp	Clube	Tempo	Tp Inscr.
1 CRUZ Miguel Duarte	99	SM15	H	Beleneses	2:21.04	25m
2 CAETANO Gino Santos	94	SM9	9	Galitos/ Bresimar	2:27.52	25m
3 CANCELA Diogo Luis	02	SM8	1,2,4	Miranda do Corvo	2:33.05	25m
4 SOUSA Micael Silva	00	SM14		Sporting de Aveiro	2:52.08	25m
5 LINHARES Ruben Daniel	97	SM8	3,5,12+	Feira Viva	2:56.00	25m
6 MENESES Marco Ribeiro	01	SM11		O Crasto	2:56.87	25m
7 VAZ Joao Francisco	92	SM21		Sporting	3:03.88	25m
8 SOARES Ricardo Aderneira	99	SM8	3,5,12+	Geslores	3:05.49	25m
9 SILVA Andre Guimaraes	96	SM14		Porto	3:13.66	25m
10 CRUZ Joao Tanica	92	SM12	A	Palmela Desporto	3:23.28	25m
11 CAMPOS Joao Miguel	79	SM7	6,12+	ADADA Porto	3:26.59	25m
12 MONTES Francisco Pessanha	02	SM21		ADADA Porto	3:26.88	25m
13 OLIVEIRA Antonio Pedro	03	SM10	3, 5, 12+	Porto	3:41.71	25m
14 GOUVEIA Francisco Mario	75	SM9	9	Feira Viva	3:46.03	25m
15 SANTOS Tomas Aniceto	99	SM21		Feira Viva	4:04.72	25m
16 ALVES Nuno Diogo	88	SM7	A 12	Propaganda da Natacao	4:14.86	25m
17 PINTO Jose Manuel	00	SM7	A,12	ADADA Porto	4:18.60	25m
18 ROCHA Simao Pedro	06	SM14		Aquatico Pacense	4:21.50	25m
19 SA Luis Bernardo	96	SM6	A 12	Feira Viva	5:27.49	25m
20 PINHO Joao Pedro	92	SM5	A,12+	ADADA Porto	6:24.39	25m
21 MOREIRA Ricardo Jorge	01	SM110		Porto		NT
22 ROCHA Joao Silva	91	SM8		Porto		NT
23 CASTANHEIRA Rodolfo Francisco	01	SM8	9	Geslores		NT
24 VIDEIRA Daniel Carlos	92	SM6	3,5,12+	Geslores		NT

Prova 29
17-02-2019

Femin., 50m Bruços

Absoluto
Lista inscritos

S1	59:00.00	start					
S2	59:00.00	start					
S3	59:00.00	start					
S14	42.64	RESENDE Sonia Castanheiro	SCA	Mealhada			19-02-2017
S15	41.73	LOURENCO Susana Maria	SCP	Mealhada			19-02-2017
S16	59:00.00						
S17	59:00.00						
S21	54.29	NG Mannie	POR	Albufeira			02-12-2008

S1 Esp S1: 4:15.98; Sen S1: 4:10.97 / S2 Esp S2: 4:00.68; Sen S2: 3:55.97 / S3 Esp S3: 3:31.77; Sen S3: 3:27.61 /
S14 Esp S14: 1:05.24; Sen S14: 1:03.96 / S15 Esp S15: 51.33; Sen S15: 50.08 / S16 Esp S16: 1:05.24; Sen S16: 1:03.96 /
S17 Esp S17: 1:05.24; Sen S17: 1:03.96 / S21 Esp S21: 1:23.06; Sen S21: 1:21.43

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 PELAIO Beatriz Malaquias	99	SB17	A	APPDAlcoimbra	52.49	25m
2 CARDOSO Vera Lucia	00	SB14		Sporting de Espinho	55.56	25m
3 REIS Filipa Sa	00	SB21		Sporting de Aveiro	1:01.96	25m
4 LOURENCO Carolina Caetano	94	SB21		APC Coimbra	1:04.87	25m
5 GASPAS Matilde Lucia	06	SB21		APC Coimbra	1:10.62	25m
6 MACHADO Ana Catarina	94	SB21		ADADA Porto	1:20.78	25m
WDR TAVARES Ana Filipa	93	SB7	A 12+	Alhandra		NT

Prova 30
17-02-2019

Masc., 50m Bruços

Absoluto
Lista inscritos

S1	59:00.00	start					
S2	59:00.00	start					
S3	59:00.00	start					
S14	39.44	DUARTE Carlos	CNPV	Felgueiras			25-01-1997
S15	34.87	CRUZ Miguel Duarte	CFB	Vila Franca de Xira			03-02-2018
S16	32.08	JORGE Andre Camara	CEOL	Funchal			02-12-2018
S17	59:00.00						
S21	42.18	VIEIRA Jose Gabriel	POR	Estarreja			19-09-2013

S1 Esp S1: 4:08.33; Sen S1: 4:03.47 / S2 Esp S2: 3:53.03; Sen S2: 3:48.46 / S3 Esp S3: 2:23.38; Sen S3: 2:20.56 /
S14 Esp S14: 1:00.34; Sen S14: 59.16 / S15 Esp S15: 44.23; Sen S15: 43.15 / S16 Esp S16: 1:00.34; Sen S16: 59.16 /
S17 Esp S17: 1:00.34; Sen S17: 59.16 / S21 Esp S21: 1:04.54; Sen S21: 1:03.27

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 JORGE Andre Camara	90	SB16		Escola O Liceu	32.08	25m
2 VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	43.32	25m
3 BRITO Rui Xavier	99	SB14		Sporting de Aveiro	43.60	25m
4 VAZ Joao Francisco	92	SB21		Sporting	43.64	25m
5 MATOS Diogo Alexandre	99	SB21		Gesloures	45.16	25m
6 SILVA Nuno Alexandre	92	SB14		Sporting	46.12	50m
7 CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	48.19	25m
8 NASCIMENTO Levi Daniel	99	SB14		O2 Portimao	48.82	25m
9 REGO Diogo Almeida	97	SB21		Sporting de Aveiro	49.26	25m
10 PESTANA Rui Miguel	00	SB21		Porto	49.70	25m
11 CARNEIRO Joao Amaral	95	SB17		APPDAlcoimbra	50.73	25m
12 MONTEIRO Luis Miguel	96	SB14		ADADA Porto	50.97	25m
13 MENDES Humberto Julio	90	SB14		Porto	52.18	25m

Prova 30, Masc., 50m Bruços

14	AMARAL Joao Costa	95	SB14	Sporting de Espinho	52.52	25m
15	MARQUES Diogo Jose	99	SB114	Alhandra	54.82	25m
16	SOUSA Noe Martins	82	SB17	APPDAlCoimbra	57.39	25m
17	VALADARES David Joao	00	SB14	Alhandra	57.87	25m
18	PRAZERES Pedro Moreira	00	SB3	A 3,5,12+	Fluval Portuense	1:41.66 25m
19	NEVES Tiago Correia	97	SB15	H	Belenenses	NT

Prova 31
17-02-2019

Femin., 50m Mariposa

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	1:07.19	FRAGOSO Simone Silva	PDEM	Vila Franca de Xira		04-02-2018
S6	59:00.00	start				
S7	59:00.00	start				
S14	43.40	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira		16-01-2016
S15	35.69	ALMEIDA Eunice Evora	SCP	Recarei		15-12-2018
S17	59:00.00					
S21	45.76	TORRES Diana Ines	FCP	Mealhada		17-11-2018

S1 Esp S1: 3:52.56; Sen S1: 3:48.00 / S2 Esp S2: 3:37.26; Sen S2: 3:33.00 / S3 Esp S3: 3:23.49; Sen S3: 3:19.50 / S4 Esp S4: 3:03.60; Sen S4: 3:00.00 / S5 Esp S5: 2:53.50; Sen S5: 2:50.10 / S6 Esp S6: 1:27.33; Sen S6: 1:25.62 / S7 Esp S7: 1:18.03; Sen S7: 1:16.50 / S14 Esp S14: 1:06.40; Sen S14: 1:05.10 / S15 Esp S15: 44.44; Sen S15: 43.36 / S16 Esp S16: 1:06.40; Sen S16: 1:05.10 / S17 Esp S17: 1:06.40; Sen S17: 1:05.10 / S21 Esp S21: 1:15.44; Sen S21: 1:13.97

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 REIS Adriana Godinho	95	S21		Feira Viva	52.69 25m
2 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	53.71 25m
3 GOUVEIA Susana Raquel	89	S14		ADADA Porto	54.34 25m
4 CASTRO Ana Alexandra	92	S21		Porto	54.53 25m
5 FRAGOSO Simone Silva	80	S5	A Y 3,5 12+	Palmela Desporto	1:07.19 25m

Prova 32 Masc., 50m Mariposa Absoluto
17-02-2019 Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	49.69	ROCHA Ivo Filipe	FVCD	Recarei		15-12-2018
S6	52.08	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira		21-01-2017
S7	40.63	CAMPOS Joao Miguel	ADADA	Santa Maria da Feira		13-01-2019
S14	34.35	RIBEIRO Pedro Miguel	CNMAIA	Aveiro		28-11-2015
S15	26.42	NEVES Tiago Correia	CFB	Felgueiras		21-12-2018
S17	59:00.00					
S21	34.15	SANTOS Filipe Bjorcke	POR	Morelia (MEX)		09-11-2014

S1 Esp S1: 3:44.91; Sen S1: 3:40.50 / S2 Esp S2: 3:29.61; Sen S2: 3:25.50 / S3 Esp S3: 3:15.84; Sen S3: 3:12.00 / S4 Esp S4: 2:55.95; Sen S4: 2:52.50 / S5 Esp S5: 2:44.32; Sen S5: 2:41.10 / S6 Esp S6: 1:19.68; Sen S6: 1:18.12 / S7 Esp S7: 1:10.38; Sen S7: 1:09.00 / S14 Esp S14: 52.56; Sen S14: 51.53 / S15 Esp S15: 33.25; Sen S15: 32.44 / S16 Esp S16: 52.56; Sen S16: 51.53 / S17 Esp S17: 52.56; Sen S17: 51.53 / S21 Esp S21: 52.25; Sen S21: 51.22

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 CRUZ Miguel Duarte	99	S15	H	Belenenses	29.28	25m
2 BELEZAS Ricardo Andrade	91	S15		Sporting	29.96	25m
3 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	34.88	25m
4 SILVA Jose Miguel	95	S21		Porto	39.72	25m
5 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	40.30	25m
6 ALMEIDA Andre Reis	00	S21		Sporting	40.40	25m
7 CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	40.63	25m
8 SILVA Andre Guimaraes	96	S14		Porto	40.68	25m
9 RIBEIRO Jose Carneirinho	90	S14		Sporting	41.85	25m
10 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	42.61	25m
11 VIEIRA Jose Gabriel	83	S21		Natacao de Faro	45.32	25m
12 SANTOS Tomas Aniceto	99	S21		Feira Viva	46.06	25m
13 SANTOS Diogo Filipe	91	S21		Feira Viva	46.44	25m
14 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	46.98	25m
15 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	47.20	25m
16 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	48.04	25m
17 ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	49.69	25m
18 VICENTE Francisco Jose	99	S21		Sporting	50.53	25m
19 SILVA Alexandre Martins	99	S21		O2 Portimao	50.89	50m
20 CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	1:05.45	25m

Inscrições rejeitadas

RJC PEREIRA Vicente Barros	05	S21	W	Sporting	57.60	25m
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Prova 33
17-02-2019

1500m Livres

10 anos e mais velhos
Lista inscritos

S14	21:56.25	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S14	26:51.73	SIMÕES Diana Vieira	SCA	Mealhada	19-02-2017
S15	17:50.97	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018
S15	59:00.00	start			
S17	59:00.00				
S17	59:00.00				
S21	24:13.78	RIBEIRO Jose Augusto	POR	Truro (CAN)	26-07-2018
S21	30:00.75	TORRES Diana Ines	POR	Loano (ITA)	10-11-2015

S14 LIMITE Masc. S14: 26:02.06; Femin. S14: 30:12.32 / S15 LIMITE Masc. S15: 22:15.26; Femin. S15: 22:16.56 /
S17 LIMITE Masc. S17: 26:02.06; Femin. S17: 30:12.32 / S21 LIMITE Masc. S21: 28:46.56; Femin. S21: 34:30.79 /
S14 Esp Masc. S14: 23:15.23; Esp Femin. S14: 28:28.43; Sen Masc. S14: 23:02.06; Sen Femin. S14: 28:12.32 /
S15 Esp Masc. S15: 20:27.17; Esp Femin. S15: 21:29.08; Sen Masc. S15: 20:15.26; Sen Femin. S15: 21:16.56 /
S17 Esp Masc. S17: 23:15.23; Esp Femin. S17: 28:28.43; Sen Femin. S17: 28:12.32 / S21 Esp Masc. S21: 27:01.86;
Esp Femin. S21: 31:48.80; Sen Masc. S21: 26:46.56

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 NEVES Tiago Correia	97	S15	H	Belenenses	17:50.97	25m
2 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	22:42.47	25m
3 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	24:25.12	25m
4 SIMÕES Diana Vieira	98	S14	W	Sporting de Aveiro	27:14.82	25m

3 - 2ª Jornada - 2ª Sessão

17-02-2019 - 15:30

Prova 34 17-02-2019	Femin., 400m Livres				Absoluto Lista inscritos
S6	59:00.00	start			
S7	10:06.61	SAMPAIO Ana Branca	ADADA	Mealhada	15-04-2018
S8	5:44.91	CASTRO Ana Filipa	FVCD	Vila Franca de Xira	04-02-2018
S9	5:06.13	VEIGA Susana Pereira	CNCVG	Alcobaça	19-01-2019
S10	5:25.56	NEVES Teresa Lamego	SCP	Lisboa	16-11-2014
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	6:01.88	RESENDE Sonia Castanheiro	SCA	Mealhada	19-02-2017
S15	6:04.92	ALMEIDA Eunice Evora	CNA	Lisboa	18-10-2015
S16	59:00.00				
S17	59:00.00				
S21	7:35.74	TORRES Diana Ines	FCP	Mealhada	18-11-2018

S6 Esp S6: 9:41.45; Sen S6: 9:30.04 / S7 Esp S7: 9:00.09; Sen S7: 8:49.50 / S8 Esp S8: 8:36.90; Sen S8: 8:26.76 / S9 Esp S9: 8:26.43; Sen S9: 8:16.50 / S10 Esp S10: 8:18.11; Sen S10: 8:08.34 / S11 Esp S11: 9:29.14; Sen S11: 9:17.99 / S12 Esp S12: 8:57.03; Sen S12: 8:46.50 / S13 Esp S13: 6:51.80; Sen S13: 6:43.72 / S14 Esp S14: 9:13.68; Sen S14: 9:02.82 / S15 Esp S15: 7:28.85; Sen S15: 7:17.90 / S16 Esp S16: 9:13.68; Sen S16: 9:02.82 / S17 Esp S17: 9:13.68; Sen S17: 9:02.82 / S21 Esp S21: 11:39.81; Sen S21: 11:26.08

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	5:06.13	25m
2 PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	5:42.30	25m
3 CASTRO Ana Filipa	97	S8	*12+	Feira Viva	5:44.91	25m
4 SOARES Maria Mafalda	02	S14		ADADA Porto	7:05.29	25m
5 GOUVEIA Susana Raquel	89	S14		ADADA Porto	7:15.75	25m
6 OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	7:44.14	25m
7 REIS Adriana Godinho	95	S21		Feira Viva	7:56.16	25m
8 CASTRO Ana Alexandra	92	S21		Porto	8:35.48	25m
9 GOMES Barbara Ines	91	S21		APC Coimbra	8:41.77	25m

Prova 35 17-02-2019	Masc., 400m Livres				Absoluto Lista inscritos
S6	6:04.03	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira	21-01-2017
S7	5:26.37	VIDEIRA Daniel Carlos	GESL	Vila Franca de Xira	04-02-2018
S8	4:59.08	CANCELA Diogo Luis	CNMC	Coimbra	03-02-2019
S9	4:20.60	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018
S10	4:23.44	GONCALVES Emanuel Luis	CDN	Funchal	14-03-2014
S11	5:18.37	MENESES Marco Ribeiro	CRASTO	Mealhada	18-11-2018
S12	59:00.00	start			
S13	4:24.15	ENCARNACAO Vitor Hugo	CDN	Funchal	05-07-2013
S14	5:22.28	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S15	4:20.31	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018
S16	5:03.78	JORGE Andre Camara	CEOL	Funchal	01-12-2018
S17	59:00.00				
S21	6:04.14	SANTOS Filipe Bjorcke	POR	Estarreja	19-09-2013

S6 Esp S6: 9:16.97; Sen S6: 9:06.05 / S7 Esp S7: 8:44.79; Sen S7: 8:34.50 / S8 Esp S8: 8:13.92; Sen S8: 8:04.26 / S9 Esp S9: 6:38.75; Sen S9: 6:30.93 / S10 Esp S10: 6:36.27; Sen S10: 6:28.50 / S11 Esp S11: 9:13.84; Sen S11: 9:02.99 / S12 Esp S12: 8:41.73; Sen S12: 8:31.50 / S13 Esp S13: 6:44.15; Sen S13: 6:36.22 / S14 Esp S14: 8:13.09; Sen S14: 8:03.42 / S15 Esp S15: 5:57.76; Sen S15: 5:49.03 / S16 Esp S16: 8:13.09; Sen S16: 8:03.42 / S17 Esp S17: 8:13.09; Sen S17: 8:03.42 / S21 Esp S21: 9:17.13; Sen S21: 9:06.21

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 GRACHAT David Realista	87	S9	1,3,5	Geslores	4:20.60 25m
2 BELEZAS Ricardo Andrade	91	S15		Sporting	4:23.45 25m
3 CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	4:25.98 25m
4 CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	4:59.17 25m
5 LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	5:02.46 25m
6 SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslores	5:04.93 25m
7 SILVA Renato Filipe	98	S9		Porto	5:15.28 25m
8 MENESES Marco Ribeiro	01	S11		O Crasto	5:18.37 25m
9 VIDEIRA Daniel Carlos	92	S6	3,5,12+	Geslores	5:26.37 25m
10 SOUSA Micael Silva	00	S14		Sporting de Aveiro	5:31.75 25m
11 ASSUNCAO Luis Miguel	01	S110		Porto	5:40.71 25m
12 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	5:57.69 25m
13 ALMEIDA Andre Reis	00	S21		Sporting	6:05.47 25m
14 BRANCO Miguel Paiva	97	S17	A	APPDAlCoimbra	6:05.57 25m
15 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	6:08.61 25m
16 SILVA Andre Guimaraes	96	S14		Porto	6:08.64 25m
17 GOUVEIA Francisco Mario	75	S9	9	Feira Viva	6:13.39 25m
18 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	6:19.07 25m
19 CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslores	6:20.30 25m
20 RIBEIRO Jose Carneirinho	90	S14		Sporting	6:22.07 25m
21 SILVA Jose Miguel	95	S21		Porto	6:23.09 25m
22 SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	6:25.95 25m
23 MENDES Humberto Julio	90	S14		Porto	6:31.61 25m
24 MONTES Francisco Pessanha	02	S21		ADADA Porto	6:37.25 25m
25 CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	6:58.41 25m
26 ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	7:01.35 25m
27 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	7:05.78 25m
28 PEREIRA Joel Alexandre	92	S21		APC Coimbra	7:44.17 25m
29 PINTO Jose Manuel	00	S7	A,12	ADADA Porto	7:50.47 25m
30 MONTOIA David Emanuel	00	S7	3, 5, 12+	Porto	8:24.40 25m

Prova 35, Masc., 400m Livres

31	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	8:45.94	25m
32	GONCALVES Hugo Bernardo	96	S21		Porto	8:47.95	25m
33	SA Luis Bernardo	96	S6	A 12	Feira Viva	8:56.86	25m
34	ROCHA Joao Silva	91	S8		Porto	9:53.79	25m
35	MOREIRA Ricardo Jorge	01	S110		Porto	12:22.41	25m

Prova 36
17-02-2019

Femin., 50m Costas

Absoluto
Lista inscritos

S1	59:00.00	start					
S2	59:00.00	start					
S3	59:00.00	start					
S4	59:00.00	start					
S5	59.57	FRAGOSO Simone Silva	SCP		S. Antonio Cavaleiros		06-05-2012
S14	42.56	RESENDE Sonia Castanheiro	SCA		Mealhada		19-02-2017
S15	59:00.00	start					
S16	59:00.00						
S17	59:00.00						
S21	46.80	NG Mannie	POR		Albufeira		03-12-2008

S1 Esp S1: 2:48.99; Sen S1: 2:45.68 / S2 Esp S2: 2:17.01; Sen S2: 2:14.32 / S3 Esp S3: 1:54.06; Sen S3: 1:51.82 / S4 Esp S4: 1:33.67; Sen S4: 1:31.83 / S5 Esp S5: 1:31.14; Sen S5: 1:29.36 / S14 Esp S14: 1:05.12; Sen S14: 1:03.84 / S15 Esp S15: 48.35; Sen S15: 47.17 / S16 Esp S16: 1:05.12; Sen S16: 1:03.84 / S17 Esp S17: 1:05.12; Sen S17: 1:03.84 / S21 Esp S21: 1:11.60; Sen S21: 1:10.20

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	46.01	25m
2 TORRES Diana Ines	99	S21		Porto	50.49	25m
3 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	55.18	25m
4 DUARTE Sara Isabel	91	S21		Porto	1:02.22	25m
5 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	1:08.54	25m
6 FRAGOSO Simone Silva	80	S5	A Y 3,5 12+	Palmela Desporto	1:11.60	25m

Prova 38
17-02-2019

Femin., 100m Costas

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S6	2:52.78	BARBOSA Ana Sofia	FCP	Vila Franca de Xira		04-02-2018
S7	2:28.35	SAMPAIO Ana Branca	ADADA	Vila Franca de Xira		04-02-2018
S8	1:39.37	CASTRO Ana Filipa	FVCD	Santa Maria da Feira		13-01-2019
S9	1:21.86	PINTO Renata Vaz	ADADA	Mealhada		19-02-2017
S10	1:26.06	NEVES Teresa Lamego	SCP	Lisboa		28-04-2013
S11	4:03.79	LUCAS Mariana Filipa	ASC	Recarei		15-12-2018
S12	59:00.00	start				
S13	59:00.00	start				
S14	1:28.75	RESENDE Sonia Castanheiro	SCA	Mealhada		19-02-2017
S15	59:00.00	start				
S16	59:00.00	start				
S17	59:00.00	start				
S21	1:40.98	TORRES Diana Ines	POR	Morelia (MEX)		09-11-2014

S1 Esp S1: 5:33.54; Sen S1: 5:27.00 / S2 Esp S2: 4:55.83; Sen S2: 4:50.02 / S6 Esp S6: 4:07.86; Sen S6: 4:03.00 / S7 Esp S7: 3:21.96; Sen S7: 3:18.00 / S8 Esp S8: 2:01.97; Sen S8: 1:59.58 / S9 Esp S9: 1:57.81; Sen S9: 1:55.50 / S10 Esp S10: 1:54.75; Sen S10: 1:52.50 / S11 Esp S11: 2:30.03; Sen S11: 2:27.09 / S12 Esp S12: 2:17.79; Sen S12: 2:15.09 / S13 Esp S13: 2:03.18; Sen S13: 2:00.17 / S14 Esp S14: 2:15.79; Sen S14: 2:13.13 / S15 Esp S15: 1:25.40; Sen S15: 1:23.32 / S16 Esp S16: 2:15.79; Sen S16: 2:13.13 / S17 Esp S17: 2:15.79; Sen S17: 2:13.13 / S21 Esp S21: 2:34.50; Sen S21: 2:31.47

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	1:23.39 25m
2 CASTRO Ana Filipa	97	S8	*12+	Feira Viva	1:39.37 25m
3 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	1:41.05 25m
4 NEVES Camila Anjos	01	S113		Alhandra	1:48.79 25m
5 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	1:57.90 25m
6 OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	2:10.61 25m
7 TORRES Iara Pinto	05	S110		Porto	2:25.69 25m
8 SAMPAIO Ana Branca	02	S7	A,1,4,12,+	ADADA Porto	2:28.35 25m
9 BRAGA Maria Iolanda	01	S110		ADADA Porto	3:04.53 25m
10 OLIVEIRA Ana Maria	80	S110		ADADA Porto	NT

Prova 39, Masc., 100m Costas

29	ALBERNAZ Alexandre Carlos	71	S110	Individual ANL	NT
30	MONTEIRO Joao Pedro	04	S110	Porto	NT

Inscrições rejeitadas

RJC	MENDES Gil Mota	09	S9	Escola Carregal do Sal	2:05.78 25m
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Prova 40
17-02-2019

Femin., 200m Livres

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	6:14.13	BARBOSA Teresa Raquel	FCP	Vila Franca de Xira	04-02-2018	
S14	2:51.05	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira	22-01-2017	
S15	2:34.67	ALMEIDA Eunice Evora	SCP	Recarei	16-12-2018	
S16	59:00.00					
S17	59:00.00					
S21	3:27.39	TORRES Diana Ines	POR	Loano (ITA)	09-11-2015	

S1 Esp S1: 10:56.40; Sen S1: 7:30.47 / S2 Esp S2: 9:32.25; Sen S2: 9:21.03 / S3 Esp S3: 8:31.02; Sen S3: 8:21.00 /
S4 Esp S4: 8:08.07; Sen S4: 7:58.50 / S5 Esp S5: 7:39.00; Sen S5: 7:30.00 / S14 Esp S14: 4:21.71; Sen S14: 4:16.57 /
S15 Esp S15: 2:38.70; Sen S15: 3:10.44 / S16 Esp S16: 4:12.71; Sen S16: 4:16.57 / S17 Esp S17: 4:21.71; Sen S17: 4:16.57 /
S21 Esp S21: 5:17.31; Sen S21: 5:11.09

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	3:14.31 25m
2 SOARES Maria Mafalda	02	S14		ADADA Porto	3:22.11 25m
3 GOUVEIA Susana Raquel	89	S14		ADADA Porto	3:23.75 25m
4 REIS Filipa Sa	00	S21		Sporting de Aveiro	3:40.37 25m
5 REIS Adriana Godinho	95	S21		Feira Viva	3:49.14 25m
6 REGO Joana Candeias	04	S14		ADADA Porto	4:07.83 25m
7 GOMES Barbara Ines	91	S21		APC Coimbra	4:10.86 25m
8 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	4:11.24 25m
9 CASTRO Ana Alexandra	92	S21		Porto	4:16.54 25m
10 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	4:24.80 25m
11 BARBOSA Teresa Raquel	90	S5	W, 6, 12+	Porto	6:14.13 25m

Prova 42 400m Estilos 10 anos e mais velhos
17-02-2019 Lista inscritos

S14	6:18.20	RIBEIRO Pedro Miguel	CPN	Santa Maria da Feira	14-01-2018
S14	59:00.00	start			
S15	5:06.30	CRUZ Miguel Duarte	CFB	Vila Franca de Xira	04-02-2018
S15	6:57.39	LOURENCO Susana Maria	SCP	S. Antonio Cavaleiros	21-02-2016
S17	59:00.00				
S17	59:00.00				
S21	6:27.83	VAZ Joao Francisco	SCP	Mealhada	15-04-2018
S21	8:21.29	TORRES Diana Ines	FCP	Recarei	15-12-2018

S14 Esp Masc. S14: 6:43.54; Esp Femin. S14: 7:14.60; Sen Masc. S14: 6:39.73; Sen Femin. S14: 7:10.50 / S15 Esp Masc. S15: 5:41.70; Esp Femin. S15: 7:09.91; Sen Masc. S15: 5:38.38; Sen Femin. S15: 7:05.74 / S21 Esp Femin. S21: 8:59.36; Sen Masc. S21: 6:56.79; Sen Femin. S21: 8:54.27

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 VAZ Joao Francisco	92	SM21		Sporting	6:27.83 25m
2 TORRES Diana Ines	99	SM21		Porto	8:21.29 25m

Prova 43 Femin., 25m Livres Absoluto
17-02-2019 Lista inscritos

S14	16.65	SIMÕES Diana Vieira	SCA	Vila Franca de Xira	03-02-2018
S17	59:00.00				
S21	19.79	REIS Adriana Godinho	FVCD	Porto	07-06-2015

S14 Esp S14: 27.37; Sen S14: 26.84 / S17 Esp S17: 27.37; Sen S17: 26.84 / S21 Esp S21: 30.28; Sen S21: 29.68

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 PELAIO Beatriz Malaquias	99	S17	A	APPDACOimbra	20.49 25m
2 SIMÕES Diana Vieira	98	S14	W	Sporting de Aveiro	20.51 25m
3 REIS Filipa Sa	00	S21		Sporting de Aveiro	20.60 25m
4 DUARTE Sara Isabel	91	S21		Porto	21.49 25m
5 REGO Joana Candeias	04	S14		ADADA Porto	22.39 25m
6 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	23.71 25m
7 MACHADO Ana Catarina	94	S21		ADADA Porto	26.31 25m
8 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	28.36 25m
9 GASPAR Matilde Lucia	06	S21		APC Coimbra	30.10 25m

Prova 44 Masc., 25m Livres Absoluto
17-02-2019 Lista inscritos

S14	14.35	SOUZA Micael Silva	SCA	Mealhada	18-02-2017
S17	59:00.00				
S21	14.15	SANTOS Filipe Bjorcke	FCF	Mealhada	19-02-2017

S14 Esp S14: 21.96; Sen S14: 21.53 / S17 Esp S17: 21.96; Sen S17: 21.23 / S21 Esp S21: 21.65; Sen S21: 21.23

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 SOUSA Micael Silva	00	S14		Sporting de Aveiro	14.54	25m
2 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	15.39	25m
3 BRITO Rui Xavier	99	S14		Sporting de Aveiro	15.48	25m
4 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	15.77	25m
5 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	15.84	25m
6 MONTEIRO Luis Miguel	96	S14		ADADA Porto	16.50	25m
7 PESTANA Rui Miguel	00	S21		Porto	17.08	25m
8 FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	17.12	25m
9 BRANCO Miguel Paiva	97	S17	A	APPDAlCoimbra	17.16	25m
10 REGO Diogo Almeida	97	S21		Sporting de Aveiro	17.37	25m
11 FERREIRA Joao Mario	98	S14		Sporting de Aveiro	17.38	25m
12 GONFIER Davis	92	S17	W	Sporting de Aveiro	18.65	25m
13 SANTOS Carlos Manuel	87	S17	A	APPDAlCoimbra	18.98	25m
14 EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	19.07	25m
15 FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	19.14	25m
16 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	19.19	25m
17 AMARAL Joao Costa	95	S14		Sporting de Espinho	19.29	25m
18 FERREIRA Sergio Emanuel	95	S14		APPDAlCoimbra	19.42	25m
19 GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	19.47	25m
20 GOMES Diogo Lopes	96	S21		Sporting de Aveiro	19.70	25m
21 DUARTE Samuel Lima	04	S14		Feira Viva	19.90	25m
22 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	20.68	25m
23 RIBEIRO Jorge Filipe	81	S14		ADADA Porto	21.35	25m
24 CRUZ Diogo Rafael	03	S14		Sporting de Espinho	21.95	25m

Inscrições rejeitadas

RJC PEREIRA Vicente Barros	05	S21	W	Sporting	21.84	25m
RJC SILVA Nuno Alexandre	92	S14		Sporting	NT	
RJC VICENTE Francisco Jose	99	S21		Sporting	NT	

Prova 45 17-02-2019	4 x 100m Livres	Absoluto Lista inscritos
S14		
S14		30-12-1899
S14		
S14		30-12-1899
S21		
S21		30-12-1899
S21		
S21		30-12-1899
34P		
34P		30-12-1899
34P		
34P		30-12-1899

	Classe	cod excp	Clube	Tp Inscr.
1	Sporting de Aveiro	S14	Sporting de Aveiro	4:54.58
2	Sporting	S21	Sporting	5:59.07
3	Feira Viva	S14	Feira Viva	6:00.23
4	Feira Viva	34Pts	Feira Viva	6:08.99
5	O2 Portimao	S14	O2 Portimao	6:13.90
6	Sporting de Aveiro	S21	Sporting de Aveiro	6:29.93
7	ADADA Porto	S14	ADADA Porto	NT
8	ADADA Porto	34Pts	ADADA Porto	NT
9	ADADA Porto	S14	ADADA Porto	NT
10	Porto	34Pts	Porto	NT
11	Porto	S14	Porto	NT