

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

1 - 1ª SESSÃO

01-03-2013 - 16:00

Prova 1 Femin., 400m Estilos 12 anos e mais velhos
01-03-2013 Resultados

JUN/SEN - FEM 15 +: 6:35.00 / Time standard 1 12: 7:18.50; 13: 7:00.00; 14: 6:40.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Maria Madalena Silva	98 Nautico Abrantes	5:16.50	561
50m: 33.49 100m: 1:13.06 400m: 5:16.50			
2. Mariana Soares Martinho	99 Viver Santarem	5:25.67	514
50m: 34.95 100m: 1:13.89 400m: 5:25.67			
3. Ana Margarida Salgueiro	99 Nautico Abrantes	5:26.36	511
50m: 36.70 100m: 1:18.92 400m: 5:26.36			
4. Sarah Dias	99 CLAC-Entroncamento	5:51.45	409
50m: 33.67 100m: 1:14.64 400m: 5:51.45			
5. Ines Ferreira Duarte	01 Nautico Abrantes	5:56.96	391
50m: 38.39 100m: 1:25.41 400m: 5:56.96			
6. Raquel Sofia Jorge	98 Salvaterra de Magos	5:57.41	389
50m: 38.41 100m: 1:23.06 400m: 5:57.41			
7. Ana Catarina Santos	00 Uniao Samorense	5:58.32	386
50m: 39.51 100m: 1:25.51 400m: 5:58.32			
8. Mafalda Alexandra Cabaca	00 Viver Santarem	6:00.89	378
50m: 37.66 100m: 1:21.49 400m: 6:00.89			
9. Rita Sousa Oliveira	01 Torres Novas	6:01.04	377
50m: 38.36 100m: 1:24.74 400m: 6:01.04			
10. Ana Oliveira Ferreira	00 20Km de Almeirim	6:02.51	373
50m: 37.82 100m: 1:23.45 400m: 6:02.51			
11. Lara Alexandra Delgado	00 Torres Novas	6:02.66	372
50m: 38.13 100m: 1:25.06 400m: 6:02.66			
12. Ana Carolina Gomes	97 Cartaxo	6:03.97	368
50m: 43.44 100m: 1:31.94 400m: 6:03.97			
13. Sofia Alexandra Picao	99 CLAC-Entroncamento	6:04.02	368
50m: 38.04 100m: 1:25.04 400m: 6:04.02			
14. Joana Sofia Amado	99 Cartaxo	6:14.74	338
50m: 41.87 100m: 1:33.77 400m: 6:14.74			
15. Carolina Henriques Gavancho	97 CLAC-Entroncamento	6:14.81	337
50m: 39.68 100m: 1:27.43 400m: 6:14.81			
16. Mariana Narciso Fidalgo	99 20Km de Almeirim	6:16.48	333
50m: 44.17 100m: 1:37.18 400m: 6:16.48			
17. Daniela Patricia Araujo	98 Rio Maior	6:21.46	320
50m: 40.14 100m: 1:27.67 400m: 6:21.46			
18. Barbara Guerra Pisco	00 20Km de Almeirim	6:23.13	316
50m: 41.60 100m: 1:33.00 400m: 6:23.13			
19. Beatriz Ribeiro Simoes	01 Torres Novas	6:28.31	303
50m: 41.41 100m: 1:30.69 400m: 6:28.31			
20. Ines Fernandes Moutinho	99 CLAC-Entroncamento	6:41.64	274
FTL			
50m: 41.28 100m: 1:35.01 400m: 6:41.64			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 1, Femin., 400m Estilos, ABS

Lugar	Ano	Tempo final	Pts
21. Constanca Isabel Jose 50m: 40.46 100m: 1:31.48 400m: 6:44.21	01 Gualdim Pais	6:44.21	269
22. Maria Francisca Torcato 50m: 49.04 100m: 1:46.77 400m: 6:51.70	01 20Km de Almeirim	6:51.70	254
DNS Maria Beatriz Lopes	00 Rio Maior		

ABS

1. Maria Madalena Silva 50m: 33.49 100m: 1:13.06 400m: 5:16.50	98 Nautico Abrantes	5:16.50	561
2. Raquel Sofia Jorge 50m: 38.41 100m: 1:23.06 400m: 5:57.41	98 Salvaterra de Magos	5:57.41	389
3. Ana Carolina Gomes 50m: 43.44 100m: 1:31.94 400m: 6:03.97	97 Cartaxo	6:03.97	368
4. Carolina Henriques Gavancho 50m: 39.68 100m: 1:27.43 400m: 6:14.81	97 CLAC-Entroncamento	6:14.81	337
5. Daniela Patricia Araujo 50m: 40.14 100m: 1:27.67 400m: 6:21.46	98 Rio Maior	6:21.46	320

JUVENIS

1. Mariana Soares Martinho 50m: 34.95 100m: 1:13.89 400m: 5:25.67	99 Viver Santarem	5:25.67	514
2. Ana Margarida Salgueiro 50m: 36.70 100m: 1:18.92 400m: 5:26.36	99 Nautico Abrantes	5:26.36	511
3. Sarah Dias 50m: 33.67 100m: 1:14.64 400m: 5:51.45	99 CLAC-Entroncamento	5:51.45	409
4. Sofia Alexandra Picao 50m: 38.04 100m: 1:25.04 400m: 6:04.02	99 CLAC-Entroncamento	6:04.02	368
5. Joana Sofia Amado 50m: 41.87 100m: 1:33.77 400m: 6:14.74	99 Cartaxo	6:14.74	338
6. Mariana Narciso Fidalgo 50m: 44.17 100m: 1:37.18 400m: 6:16.48	99 20Km de Almeirim	6:16.48	333
7. Ines Fernandes Moutinho <i>FTL</i> 50m: 41.28 100m: 1:35.01 400m: 6:41.64	99 CLAC-Entroncamento	6:41.64	274

INF-A

1. Ana Catarina Santos 50m: 39.51 100m: 1:25.51 400m: 5:58.32	00 Uniao Samorense	5:58.32	386
2. Mafalda Alexandra Cabaca 50m: 37.66 100m: 1:21.49 400m: 6:00.89	00 Viver Santarem	6:00.89	378
3. Ana Oliveira Ferreira 50m: 37.82 100m: 1:23.45 400m: 6:02.51	00 20Km de Almeirim	6:02.51	373
4. Lara Alexandra Delgado 50m: 38.13 100m: 1:25.06 400m: 6:02.66	00 Torres Novas	6:02.66	372
5. Barbara Guerra Pisco 50m: 41.60 100m: 1:33.00 400m: 6:23.13	00 20Km de Almeirim	6:23.13	316
DNS Maria Beatriz Lopes	00 Rio Maior		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 1, Femin., 400m Estilos

INF-B

1.	Ines Ferreira Duarte	01	Nautico Abrantes	5:56.96	391
	50m: 38.39 100m: 1:25.41 400m: 5:56.96				
2.	Rita Sousa Oliveira	01	Torres Novas	6:01.04	377
	50m: 38.36 100m: 1:24.74 400m: 6:01.04				
3.	Beatriz Ribeiro Simoes	01	Torres Novas	6:28.31	303
	50m: 41.41 100m: 1:30.69 400m: 6:28.31				
4.	Constanca Isabel Jose	01	Gualdim Pais	6:44.21	269
	50m: 40.46 100m: 1:31.48 400m: 6:44.21				
5.	Maria Francisca Torcato	01	20Km de Almeirim	6:51.70	254
	50m: 49.04 100m: 1:46.77 400m: 6:51.70				

Prova 2

Masc., 400m Estilos

13 anos e mais velhos

01-03-2013

Resultados

JUN/SEN - MASC 17 +: 6:30.00 / Time standard 1 13: 6:55.50; 14: 6:46.00; 15: 6:28.00; 16: 6:07.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts		
ABS					
1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	5:02.57	471
	50m: 31.86 100m: 1:08.67 400m: 5:02.57				
2.	Eduardo Terekhin Baptista	94	Uniao Samorense	5:09.92	438
	50m: 29.81 100m: 1:05.53 400m: 5:09.92				
3.	Afonso Filipe Gaspar	97	Nautico Abrantes	5:13.26	424
	50m: 30.86 100m: 1:06.82 400m: 5:13.26				
4.	Tiago Filipe Campos	99	Viver Santarem	5:17.93	406
	50m: 32.65 100m: 1:10.77 400m: 5:17.93				
5.	Artur Rafael Saramago	97	BUZIOS-Coruche	5:18.32	404
	50m: 32.10 100m: 1:10.80 400m: 5:18.32				
6.	Dario Fausto Matias	98	Torres Novas	5:18.39	404
	50m: 32.89 100m: 1:11.76 400m: 5:18.39				
7.	Joao Mauricio Gaspar	97	Nautico Abrantes	5:19.20	401
	50m: 32.67 100m: 1:12.95 400m: 5:19.20				
8.	Joao Pedro Marquez	98	Uniao Samorense	5:19.66	399
	50m: 35.15 100m: 1:16.06 400m: 5:19.66				
9.	Goncalo Faria Saldida	99	Gualdim Pais	5:24.54	382
	50m: 36.23 100m: 1:19.13 400m: 5:24.54				
10.	Martim Basilio Gil	97	CLAC-Entroncamento	5:25.08	380
	50m: 32.53 100m: 1:11.43 400m: 5:25.08				
11.	Pedro Manuel Nunes	98	CLAC-Entroncamento	5:28.56	368
	50m: 33.06 100m: 1:14.22 400m: 5:28.56				
12.	Bernardo Jose Dionisio	99	Gualdim Pais	5:29.36	365
	50m: 35.70 100m: 1:18.26 400m: 5:29.36				
13.	Telmo Pedrosa Rocha	98	Uniao Samorense	5:35.73	345
	50m: 34.51 100m: 1:15.57 400m: 5:35.73				
14.	Vladyslav Stasyuk	94	Cartaxo	5:39.76	333
	50m: 36.17 100m: 1:18.88 400m: 5:39.76				
15.	Rui Jorge Lopes	00	CLAC-Entroncamento	5:45.20	317
	50m: 34.08 100m: 1:15.36 400m: 5:45.20				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 2, Masc., 400m Estilos, ABS

Lugar	Ano	Tempo final	Pts
15. Daniel Sendrea 50m: 34.08 100m: 1:15.36 400m: 5:45.20	98 Uniao Samoreense	5:45.20	317
17. Joao Rafael Fonseca 50m: 35.66 100m: 1:18.61 400m: 5:47.78	97 Rio Maior	5:47.78	310
18. Sergio Alexandre Batalha 50m: 35.94 100m: 1:21.37 400m: 5:58.19	98 Uniao Samoreense	5:58.19	284
19. Miguel Goncalves Frade 50m: 40.85 100m: 1:28.12 400m: 6:00.60	00 Torres Novas	6:00.60	278
20. Joao Ferreira Santos 50m: 39.57 100m: 1:27.46 400m: 6:11.02	98 Torres Novas	6:11.02	255
21. Bernardo Fernandes Aguiar 50m: 44.04 100m: 1:37.14 400m: 6:12.04	99 20Km de Almeirim	6:12.04	253
22. Jose Nuno Sousa 50m: 38.98 100m: 1:27.73 400m: 6:13.48	99 Individual Santarem	6:13.48	250
23. Tomas Jose Agostinho 50m: 41.71 100m: 1:34.82 400m: 6:17.55	99 BUZIOS-Coruche	6:17.55	242
24. David Antonio Carvalho 50m: 40.54 100m: 1:30.74 400m: 6:17.57	99 Natacao do Tejo	6:17.57	242
25. Henrique Braga Salvador 50m: 41.48 100m: 1:33.16 400m: 6:21.67	00 Uniao Samoreense	6:21.67	234
26. David Antunes Santos 50m: 41.07 100m: 1:32.04 400m: 6:28.39	00 CLAC-Entroncamento	6:28.39	222
27. Vasco Leal Brito 50m: 40.80 100m: 1:34.51 400m: 6:30.70	99 CLAC-Entroncamento	6:30.70	218
28. Joao Afonso Goncalves 50m: 45.65 100m: 1:40.75 400m: 6:31.33	00 CLAC-Entroncamento	6:31.33	217
29. Duarte Fontainhas Cardigo 50m: 46.38 100m: 1:43.78 400m: 6:32.73	00 20Km de Almeirim	6:32.73	215
30. Filipe Asseiceira Ramos 50m: 48.26 100m: 1:46.70 400m: 6:36.38	00 Torres Novas	6:36.38	209
31. Antonio Joao Pestana <i>FTL</i> 50m: 51.52 100m: 1:53.66 400m: 7:16.73	00 CLAC-Entroncamento	7:16.73	156
DSQ Miguel Leonardo Grilo <i>O nadador tocou apenas com uma mão na viragem dos 300 metros</i>	00 BUZIOS-Coruche		
DSQ Diogo Miguel Teodoro <i>nadador após a viragem dos 100 metros saiu em posição ventral</i>	00 BUZIOS-Coruche		
DSQ Rui Diogo Torres <i>O nadador realizou varios batimentos de mariposa após a viragem no percurso de bruços (aos 275metros)</i>	98 Cartaxo		
DSQ Diogo Miguel Machado <i>O nadador na viragem dos 250 metros (bruços) bateu só com uma mão e efectuou batimentos alternados de pernas</i>	00 CLAC-Entroncamento		
DNS Miguel Jose Cassiano	97 20Km de Almeirim		
DNS Pedro Miguel Henriques	96 Cartaxo		
ABS			
1. Eduardo Terekhin Baptista 50m: 29.81 100m: 1:05.53 400m: 5:09.92	94 Uniao Samoreense	5:09.92	438

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 2, Masc., 400m Estilos, ABS

Lugar	Ano	Tempo final	Pts
2. Vladyslav Stasyuk 50m: 36.17 100m: 1:18.88 400m: 5:39.76	94 Cartaxo	5:39.76	333
DNS Pedro Miguel Henriques	96 Cartaxo		

JUV-A

1. Afonso Filipe Gaspar 50m: 30.86 100m: 1:06.82 400m: 5:13.26	97 Nautico Abrantes	5:13.26	424
2. Artur Rafael Saramago 50m: 32.10 100m: 1:10.80 400m: 5:18.32	97 BUZIOS-Coruche	5:18.32	404
3. Joao Mauricio Gaspar 50m: 32.67 100m: 1:12.95 400m: 5:19.20	97 Nautico Abrantes	5:19.20	401
4. Martim Basilio Gil 50m: 32.53 100m: 1:11.43 400m: 5:25.08	97 CLAC-Entroncamento	5:25.08	380
5. Joao Rafael Fonseca 50m: 35.66 100m: 1:18.61 400m: 5:47.78	97 Rio Maior	5:47.78	310
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

JUV-B

1. Dario Fausto Matias 50m: 32.89 100m: 1:11.76 400m: 5:18.39	98 Torres Novas	5:18.39	404
2. Joao Pedro Marquez 50m: 35.15 100m: 1:16.06 400m: 5:19.66	98 Uniao Samorense	5:19.66	399
3. Pedro Manuel Nunes 50m: 33.06 100m: 1:14.22 400m: 5:28.56	98 CLAC-Entroncamento	5:28.56	368
4. Telmo Pedrosa Rocha 50m: 34.51 100m: 1:15.57 400m: 5:35.73	98 Uniao Samorense	5:35.73	345
5. Daniel Sendrea 50m: 34.08 100m: 1:15.36 400m: 5:45.20	98 Uniao Samorense	5:45.20	317
6. Sergio Alexandre Batalha 50m: 35.94 100m: 1:21.37 400m: 5:58.19	98 Uniao Samorense	5:58.19	284
7. Joao Ferreira Santos 50m: 39.57 100m: 1:27.46 400m: 6:11.02	98 Torres Novas	6:11.02	255
DSQ Rui Diogo Torres	98 Cartaxo		
<i>O nadador realizou varios batimentos de mariposa após a viragem no percurso de bruços (aos 275metros)</i>			

INF-A

1. Jose Henriques Luz 50m: 31.86 100m: 1:08.67 400m: 5:02.57	99 Nucleo Sportinguista Golega	5:02.57	471
2. Tiago Filipe Campos 50m: 32.65 100m: 1:10.77 400m: 5:17.93	99 Viver Santarem	5:17.93	406
3. Goncalo Faria Saldida 50m: 36.23 100m: 1:19.13 400m: 5:24.54	99 Gualdim Pais	5:24.54	382
4. Bernardo Jose Dionisio 50m: 35.70 100m: 1:18.26 400m: 5:29.36	99 Gualdim Pais	5:29.36	365
5. Bernardo Fernandes Aguiar 50m: 44.04 100m: 1:37.14 400m: 6:12.04	99 20Km de Almeirim	6:12.04	253
6. Jose Nuno Sousa 50m: 38.98 100m: 1:27.73 400m: 6:13.48	99 Individual Santarem	6:13.48	250

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 2, Masc., 400m Estilos, INF-A

Lugar	Ano	Tempo final	Pts
7. Tomas Jose Agostinho 50m: 41.71 100m: 1:34.82 400m: 6:17.55	99 BUZIOS-Coruche	6:17.55	242
8. David Antonio Carvalho 50m: 40.54 100m: 1:30.74 400m: 6:17.57	99 Natacao do Tejo	6:17.57	242
9. Vasco Leal Brito 50m: 40.80 100m: 1:34.51 400m: 6:30.70	99 CLAC-Entroncamento	6:30.70	218

INF-B

1. Rui Jorge Lopes 50m: 34.08 100m: 1:15.36 400m: 5:45.20	00 CLAC-Entroncamento	5:45.20	317
2. Miguel Goncalves Frade 50m: 40.85 100m: 1:28.12 400m: 6:00.60	00 Torres Novas	6:00.60	278
3. Henrique Braga Salvador 50m: 41.48 100m: 1:33.16 400m: 6:21.67	00 Uniao Samorense	6:21.67	234
4. David Antunes Santos 50m: 41.07 100m: 1:32.04 400m: 6:28.39	00 CLAC-Entroncamento	6:28.39	222
5. Joao Afonso Goncalves 50m: 45.65 100m: 1:40.75 400m: 6:31.33	00 CLAC-Entroncamento	6:31.33	217
6. Duarte Fontainhas Cardigo 50m: 46.38 100m: 1:43.78 400m: 6:32.73	00 20Km de Almeirim	6:32.73	215
7. Filipe Asseiceira Ramos 50m: 48.26 100m: 1:46.70 400m: 6:36.38	00 Torres Novas	6:36.38	209
8. Antonio Joao Pestana <i>FTL</i> 50m: 51.52 100m: 1:53.66 400m: 7:16.73	00 CLAC-Entroncamento	7:16.73	156

DSQ Miguel Leonardo Grilo 00 BUZIOS-Coruche
O nadador tocou apenas com uma mão na viragem dos 300 metros

DSQ Diogo Miguel Teodoro 00 BUZIOS-Coruche
nadador após a viragem dos 100 metros saiu em posição ventral

DSQ Diogo Miguel Machado 00 CLAC-Entroncamento
O nadador na viragem dos 250 metros (bruços) bateu só com uma mão e efectuou batimentos alternados de pernas

Prova 3
01-03-2013

Femin., 100m Costas

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 1:28.00 / Time standard 1 12: 1:36.50; 13: 1:33.50; 14: 1:27.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Sarah Dias 50m: 34.41 100m: 1:11.13	99 CLAC-Entroncamento	1:11.13	468
2. Maria Beatriz Dias 50m: 34.86 100m: 1:12.39	99 Viver Santarem	1:12.39	444
3. Ana Carolina Monteiro 50m: 35.32 100m: 1:13.41	97 BUZIOS-Coruche	1:13.41	425
4. Ana Claudia Santo 50m: 35.61 100m: 1:13.82	97 Cartaxo	1:13.82	418

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 3, Femin., 100m Costas, ABS

Lugar	Ano	Tempo final	Pts
5. Ana Margarida Salgueiro 50m: 36.13 100m: 1:15.32	99 Nautico Abrantes	1:15.32	394
6. Maria Beatriz Diogo 50m: 37.70 100m: 1:15.59	99 Nautico Abrantes	1:15.59	390
7. Ines Ferreira Duarte 50m: 36.22 100m: 1:16.33	01 Nautico Abrantes	1:16.33	378
8. Ines Isabel Graca 50m: 37.52 100m: 1:16.68	00 Gualdim Pais	1:16.68	373
9. Marta Sousa Oliveira 50m: 36.64 100m: 1:16.83	01 Torres Novas	1:16.83	371
10. Lara Alexandra Delgado 50m: 38.02 100m: 1:18.10	00 Torres Novas	1:18.10	353
11. Ana Oliveira Ferreira 50m: 37.76 100m: 1:18.22	00 20Km de Almeirim	1:18.22	352
12. Ana Catarina Santos 50m: 38.39 100m: 1:19.04	00 Uniao Samorense	1:19.04	341
13. Ana Torres Ferreira 50m: 38.89 100m: 1:19.34	99 Nautico Abrantes	1:19.34	337
14. Carolina Miguel Marques 50m: 38.78 100m: 1:20.31	99 Natacao do Tejo	1:20.31	325
15. Patricia Silva Conceicao 50m: 29.55 100m: 1:20.85	99 Nautico Abrantes	1:20.85	318
16. Sofia Alexandra Picao 50m: 39.93 100m: 1:22.04	99 CLAC-Entroncamento	1:22.04	305
17. Catarina Goncalves Trezentos 50m: 39.55 100m: 1:22.12	98 Gualdim Pais	1:22.12	304
18. Beatriz Santos Reis 50m: 40.17 100m: 1:22.25	01 Torres Novas	1:22.25	302
19. Ana Filipa Parente 50m: 39.58 100m: 1:22.33	98 Gualdim Pais	1:22.33	301
20. Joana Sofia Amado 50m: 39.90 100m: 1:22.58	99 Cartaxo	1:22.58	299
21. Catia Maria Feijao 50m: 39.29 100m: 1:22.64	00 Nucleo Sportinguista Golega	1:22.64	298
22. Carolina Henriques Gavancho 50m: 40.23 100m: 1:22.82	97 CLAC-Entroncamento	1:22.82	296
23. Patricia Palmeiro Baeta 50m: 40.10 100m: 1:23.42	00 Viver Santarem	1:23.42	290
24. Barbara Guerra Pisco 50m: 40.00 100m: 1:23.45	00 20Km de Almeirim	1:23.45	289
25. Ana Carolina Gomes 50m: 40.60 100m: 1:23.73	97 Cartaxo	1:23.73	286
26. Joana Costa Bernardino 50m: 41.13 100m: 1:23.86	00 CLAC-Entroncamento	1:23.86	285
27. Mariana Narciso Fidalgo 50m: 43.23 100m: 1:26.67	99 20Km de Almeirim	1:26.67	258
28. Carolina Luis Amaral 50m: 42.01 100m: 1:27.32	01 BUZIOS-Coruche	1:27.32	253

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 3, Femin., 100m Costas, ABS

Lugar	Ano	Tempo final	Pts
29. Rita Daniela Lopes 50m: 43.26 100m: 1:27.38	01 Gualdim Pais	1:27.38	252
30. Carolina Polonio Alexandre 50m: 42.56 100m: 1:27.94	01 CLAC-Entroncamento	1:27.94	247
31. Ines Fernandes Moutinho <i>FTL</i> 50m: 42.40 100m: 1:28.10	99 CLAC-Entroncamento	1:28.10	246
32. Maria Pinto Goncalves 50m: 44.26 100m: 1:29.34	00 Salvaterra de Magos	1:29.34	236
33. Maria Francisca Torcato 50m: 43.91 100m: 1:30.39	01 20Km de Almeirim	1:30.39	228
34. Neuza Figueiredo Pereira 50m: 44.08 100m: 1:30.52	00 Gualdim Pais	1:30.52	227
35. Erica Alexandra Madruga 50m: 43.60 100m: 1:32.32	01 Viver Santarem	1:32.32	214
36. Mariana Tome Fidalgo 50m: 45.42 100m: 1:32.64	01 Viver Santarem	1:32.64	211
37. Barbara Ribeiro Cotovio 50m: 44.46 100m: 1:32.68	00 Natacao do Tejo	1:32.68	211
38. Barbara Sucena Riachos <i>FTL</i> 50m: 44.64 100m: 1:33.51	00 Nucleo Sportinguista Golega	1:33.51	206
39. Ana Carolina Morais <i>FTL</i> 50m: 45.07 100m: 1:34.32	99 Nucleo Sportinguista Golega	1:34.32	200
40. Barbara Sofia Claro <i>FTL</i> 50m: 44.96 100m: 1:34.87	00 BUZIOS-Coruche	1:34.87	197
41. Ana Rita Carvalho 50m: 45.17 100m: 1:34.96	01 Viver Santarem	1:34.96	196
42. Mafalda Gilberto Marques <i>FTL</i> 50m: 48.64 100m: 1:39.32	01 Natacao do Tejo	1:39.32	171
DNS Maria Beatriz Lopes	00 Rio Maior		
DNS Marta Isabel Silva	00 Viver Santarem		

ABS

1. Ana Carolina Monteiro 50m: 35.32 100m: 1:13.41	97 BUZIOS-Coruche	1:13.41	425
2. Ana Claudia Santo 50m: 35.61 100m: 1:13.82	97 Cartaxo	1:13.82	418
3. Catarina Goncalves Trezentos 50m: 39.55 100m: 1:22.12	98 Gualdim Pais	1:22.12	304
4. Ana Filipa Parente 50m: 39.58 100m: 1:22.33	98 Gualdim Pais	1:22.33	301
5. Carolina Henriques Gavancho 50m: 40.23 100m: 1:22.82	97 CLAC-Entroncamento	1:22.82	296
6. Ana Carolina Gomes 50m: 40.60 100m: 1:23.73	97 Cartaxo	1:23.73	286

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 3, Femin., 100m Costas

JUVENIS

1.	Sarah Dias	99	CLAC-Entroncamento	1:11.13	468
	50m: 34.41 100m: 1:11.13				
2.	Maria Beatriz Dias	99	Viver Santarem	1:12.39	444
	50m: 34.86 100m: 1:12.39				
3.	Ana Margarida Salgueiro	99	Nautico Abrantes	1:15.32	394
	50m: 36.13 100m: 1:15.32				
4.	Maria Beatriz Diogo	99	Nautico Abrantes	1:15.59	390
	50m: 37.70 100m: 1:15.59				
5.	Ana Torres Ferreira	99	Nautico Abrantes	1:19.34	337
	50m: 38.89 100m: 1:19.34				
6.	Carolina Miguel Marques	99	Natacao do Tejo	1:20.31	325
	50m: 38.78 100m: 1:20.31				
7.	Patricia Silva Conceicao	99	Nautico Abrantes	1:20.85	318
	50m: 29.55 100m: 1:20.85				
8.	Sofia Alexandra Picao	99	CLAC-Entroncamento	1:22.04	305
	50m: 39.93 100m: 1:22.04				
9.	Joana Sofia Amado	99	Cartaxo	1:22.58	299
	50m: 39.90 100m: 1:22.58				
10.	Mariana Narciso Fidalgo	99	20Km de Almeirim	1:26.67	258
	50m: 43.23 100m: 1:26.67				
11.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	1:28.10	246
	<i>FTL</i> 50m: 42.40 100m: 1:28.10				
12.	Ana Carolina Morais	99	Nucleo Sportinguista Golega	1:34.32	200
	<i>FTL</i> 50m: 45.07 100m: 1:34.32				

INF-A

1.	Ines Isabel Graca	00	Gualdim Pais	1:16.68	373
	50m: 37.52 100m: 1:16.68				
2.	Lara Alexandra Delgado	00	Torres Novas	1:18.10	353
	50m: 38.02 100m: 1:18.10				
3.	Ana Oliveira Ferreira	00	20Km de Almeirim	1:18.22	352
	50m: 37.76 100m: 1:18.22				
4.	Ana Catarina Santos	00	Uniao Samorense	1:19.04	341
	50m: 38.39 100m: 1:19.04				
5.	Catia Maria Feijao	00	Nucleo Sportinguista Golega	1:22.64	298
	50m: 39.29 100m: 1:22.64				
6.	Patricia Palmeiro Baeta	00	Viver Santarem	1:23.42	290
	50m: 40.10 100m: 1:23.42				
7.	Barbara Guerra Pisco	00	20Km de Almeirim	1:23.45	289
	50m: 40.00 100m: 1:23.45				
8.	Joana Costa Bernardino	00	CLAC-Entroncamento	1:23.86	285
	50m: 41.13 100m: 1:23.86				
9.	Maria Pinto Goncalves	00	Salvaterra de Magos	1:29.34	236
	50m: 44.26 100m: 1:29.34				
10.	Neuza Figueiredo Pereira	00	Gualdim Pais	1:30.52	227
	50m: 44.08 100m: 1:30.52				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 3, Femin., 100m Costas, INF-A

Lugar	Ano	Tempo final	Pts
11. Barbara Ribeiro Cotovio 50m: 44.46 100m: 1:32.68	00 Natacao do Tejo	1:32.68	211
12. Barbara Sucena Riachos <i>FTL</i> 50m: 44.64 100m: 1:33.51	00 Nucleo Sportinguista Golega	1:33.51	206
13. Barbara Sofia Claro <i>FTL</i> 50m: 44.96 100m: 1:34.87	00 BUZIOS-Coruche	1:34.87	197
DNS Maria Beatriz Lopes	00 Rio Maior		
DNS Marta Isabel Silva	00 Viver Santarem		

INF-B

1. Ines Ferreira Duarte 50m: 36.22 100m: 1:16.33	01 Nautico Abrantes	1:16.33	378
2. Marta Sousa Oliveira 50m: 36.64 100m: 1:16.83	01 Torres Novas	1:16.83	371
3. Beatriz Santos Reis 50m: 40.17 100m: 1:22.25	01 Torres Novas	1:22.25	302
4. Carolina Luis Amaral 50m: 42.01 100m: 1:27.32	01 BUZIOS-Coruche	1:27.32	253
5. Rita Daniela Lopes 50m: 43.26 100m: 1:27.38	01 Gualdim Pais	1:27.38	252
6. Carolina Polonio Alexandre 50m: 42.56 100m: 1:27.94	01 CLAC-Entroncamento	1:27.94	247
7. Maria Francisca Torcato 50m: 43.91 100m: 1:30.39	01 20Km de Almeirim	1:30.39	228
8. Erica Alexandra Madruga 50m: 43.60 100m: 1:32.32	01 Viver Santarem	1:32.32	214
9. Mariana Tome Fidalgo 50m: 45.42 100m: 1:32.64	01 Viver Santarem	1:32.64	211
10. Ana Rita Carvalho 50m: 45.17 100m: 1:34.96	01 Viver Santarem	1:34.96	196
11. Mafalda Gilberto Marques <i>FTL</i> 50m: 48.64 100m: 1:39.32	01 Natacao do Tejo	1:39.32	171

Prova 4
01-03-2013

Masc., 100m Costas

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 1:19.00 / Time standard 1 13: 1:31.00; 14: 1:27.00; 15: 1:22.50; 16: 1:19.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Vasco Manuel Castro 50m: 31.02 100m: 1:02.84	89 Rio Maior	1:02.84	472
2. Diogo Miguel Balsa 50m: 30.81 100m: 1:03.50	95 BUZIOS-Coruche	1:03.50	457
3. Frederico Sucena Riachos 50m: 31.23 100m: 1:04.37	98 Nucleo Sportinguista Golega	1:04.37	439

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 4, Masc., 100m Costas, ABS

Lugar	Ano	Tempo final	Pts
4. Afonso Guilherme Rosa 50m: 31.45 100m: 1:06.13	99 Gualdim Pais	1:06.13	405
5. Joao Mauricio Gaspar 50m: 33.29 100m: 1:08.45	97 Nautico Abrantes	1:08.45	365
6. Afonso Filipe Gaspar 50m: 32.67 100m: 1:08.84	97 Nautico Abrantes	1:08.84	359
7. Eduardo Terekhin Baptista 50m: 34.13 100m: 1:10.58	94 Uniao Samorense	1:10.58	333
8. Mario Jorge Santos 50m: 34.19 100m: 1:10.72	95 Gualdim Pais	1:10.72	331
9. Artur Rafael Saramago 50m: 35.06 100m: 1:11.41	97 BUZIOS-Coruche	1:11.41	321
10. Martim Basilio Gil 50m: 35.06 100m: 1:11.87	97 CLAC-Entroncamento	1:11.87	315
11. Joao Pedro Marquez 50m: 35.39 100m: 1:12.20	98 Uniao Samorense	1:12.20	311
12. Vladyslav Stasyuk 50m: 35.36 100m: 1:12.26	94 Cartaxo	1:12.26	310
13. Rui Jorge Lopes 50m: 36.19 100m: 1:13.53	00 CLAC-Entroncamento	1:13.53	294
14. Dario Fausto Matias 50m: 35.64 100m: 1:13.92	98 Torres Novas	1:13.92	290
15. Francisco Oliveira Madeira 50m: 35.91 100m: 1:15.05	99 Nucleo Sportinguista Golega	1:15.05	277
16. Bernardo Fernandes Aguiar 50m: 36.33 100m: 1:15.51	99 20Km de Almeirim	1:15.51	272
17. Miguel Jorge Nunes 50m: 36.95 100m: 1:15.57	98 Uniao Samorense	1:15.57	271
18. Sergio Alexandre Batalha 50m: 35.99 100m: 1:15.78	98 Uniao Samorense	1:15.78	269
19. Joao Tiago Almeida 50m: 35.83 100m: 1:15.80	99 Viver Santarem	1:15.80	269
20. Joao Neves Coelho 50m: 36.92 100m: 1:16.54	98 BUZIOS-Coruche	1:16.54	261
21. Jose Carlos Burecas 50m: 36.62 100m: 1:16.56	00 BUZIOS-Coruche	1:16.56	261
22. Joao Rafael Fonseca 50m: 37.13 100m: 1:17.11	97 Rio Maior	1:17.11	255
23. Rafael Ildio Antunes 50m: 37.20 100m: 1:17.13	97 Salvaterra de Magos	1:17.13	255
24. Joao Paulo Lopes 50m: 36.61 100m: 1:17.26	98 Torres Novas	1:17.26	254
25. Rodrigo Pereira Damasio 50m: 36.95 100m: 1:17.36	99 Salvaterra de Magos	1:17.36	253
26. Telmo Pedrosa Rocha 50m: 37.87 100m: 1:17.80	98 Uniao Samorense	1:17.80	248
27. Francisco Jose Pires 50m: 37.79 100m: 1:18.75	98 Uniao Samorense	1:18.75	240

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 4, Masc., 100m Costas, ABS

Lugar	Ano	Tempo final	Pts
28. Henrique Miguel Cruz 50m: 39.34 100m: 1:19.85	00 Torres Novas	1:19.85	230
29. Daniel Sendrea 50m: 38.70 100m: 1:20.11	98 Uniao Samorense	1:20.11	227
30. Pedro Pereira Lopes 50m: 38.56 100m: 1:20.37	99 BUZIOS-Coruche	1:20.37	225
31. Rui Diogo Torres 50m: 38.70 100m: 1:20.92	98 Cartaxo	1:20.92	221
32. Joao Nazario Carvalho 50m: 40.30 100m: 1:22.77	00 Torres Novas	1:22.77	206
33. Tomas Jose Agostinho 50m: 41.09 100m: 1:24.54	99 BUZIOS-Coruche	1:24.54	194
34. David Antunes Santos 50m: 42.36 100m: 1:27.07	00 CLAC-Entroncamento	1:27.07	177
35. David Antonio Carvalho <i>FTL</i> 50m: 41.50 100m: 1:27.47	99 Natacao do Tejo	1:27.47	175
36. Duarte Fontainhas Cardigo 50m: 42.51 100m: 1:28.51	00 20Km de Almeirim	1:28.51	169
37. Vasco Leal Brito <i>FTL</i> 50m: 42.99 100m: 1:28.88	99 CLAC-Entroncamento	1:28.88	166
38. David Antonio Pereira <i>FTL</i> 50m: 42.99 100m: 1:30.90	99 BUZIOS-Coruche	1:30.90	156
39. Diogo Miguel Machado <i>FTL</i> 50m: 44.40 100m: 1:32.90	00 CLAC-Entroncamento	1:32.90	146
40. Henrique Braga Salvador <i>FTL</i> 50m: 44.66 100m: 1:34.16	00 Uniao Samorense	1:34.16	140
DNS Miguel Jose Cassiano	97 20Km de Almeirim		
DNS Pedro Miguel Henriques	96 Cartaxo		
DNS Marco Andre Miguel	99 Torres Novas		

ABS

1. Vasco Manuel Castro 50m: 31.02 100m: 1:02.84	89 Rio Maior	1:02.84	472
2. Diogo Miguel Balsa 50m: 30.81 100m: 1:03.50	95 BUZIOS-Coruche	1:03.50	457
3. Eduardo Terekhin Baptista 50m: 34.13 100m: 1:10.58	94 Uniao Samorense	1:10.58	333
4. Mario Jorge Santos 50m: 34.19 100m: 1:10.72	95 Gualdim Pais	1:10.72	331
5. Vladyslav Stasyuk 50m: 35.36 100m: 1:12.26	94 Cartaxo	1:12.26	310
DNS Pedro Miguel Henriques	96 Cartaxo		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 4, Masc., 100m Costas

JUV-A

1.	Joao Mauricio Gaspar	97	Nautico Abrantes	1:08.45	365
	50m: 33.29 100m: 1:08.45				
2.	Afonso Filipe Gaspar	97	Nautico Abrantes	1:08.84	359
	50m: 32.67 100m: 1:08.84				
3.	Artur Rafael Saramago	97	BUZIOS-Coruche	1:11.41	321
	50m: 35.06 100m: 1:11.41				
4.	Martim Basilio Gil	97	CLAC-Entroncamento	1:11.87	315
	50m: 35.06 100m: 1:11.87				
5.	Joao Rafael Fonseca	97	Rio Maior	1:17.11	255
	50m: 37.13 100m: 1:17.11				
6.	Rafael Ildio Antunes	97	Salvaterra de Magos	1:17.13	255
	50m: 37.20 100m: 1:17.13				
DNS	Miguel Jose Cassiano	97	20Km de Almeirim		

JUV-B

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	1:04.37	439
	50m: 31.23 100m: 1:04.37				
2.	Joao Pedro Marquez	98	Uniao Samorense	1:12.20	311
	50m: 35.39 100m: 1:12.20				
3.	Dario Fausto Matias	98	Torres Novas	1:13.92	290
	50m: 35.64 100m: 1:13.92				
4.	Miguel Jorge Nunes	98	Uniao Samorense	1:15.57	271
	50m: 36.95 100m: 1:15.57				
5.	Sergio Alexandre Batalha	98	Uniao Samorense	1:15.78	269
	50m: 35.99 100m: 1:15.78				
6.	Joao Neves Coelho	98	BUZIOS-Coruche	1:16.54	261
	50m: 36.92 100m: 1:16.54				
7.	Joao Paulo Lopes	98	Torres Novas	1:17.26	254
	50m: 36.61 100m: 1:17.26				
8.	Telmo Pedrosa Rocha	98	Uniao Samorense	1:17.80	248
	50m: 37.87 100m: 1:17.80				
9.	Francisco Jose Pires	98	Uniao Samorense	1:18.75	240
	50m: 37.79 100m: 1:18.75				
10.	Daniel Sendrea	98	Uniao Samorense	1:20.11	227
	50m: 38.70 100m: 1:20.11				
11.	Rui Diogo Torres	98	Cartaxo	1:20.92	221
	50m: 38.70 100m: 1:20.92				

INF-A

1.	Afonso Guilherme Rosa	99	Gualdim Pais	1:06.13	405
	50m: 31.45 100m: 1:06.13				
2.	Francisco Oliveira Madeira	99	Nucleo Sportinguista Golega	1:15.05	277
	50m: 35.91 100m: 1:15.05				
3.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	1:15.51	272
	50m: 36.33 100m: 1:15.51				
4.	Joao Tiago Almeida	99	Viver Santarem	1:15.80	269
	50m: 35.83 100m: 1:15.80				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 4, Masc., 100m Costas, INF-A

Lugar	Ano	Tempo final	Pts
5. Rodrigo Pereira Damasio 50m: 36.95 100m: 1:17.36	99 Salvaterra de Magos	1:17.36	253
6. Pedro Pereira Lopes 50m: 38.56 100m: 1:20.37	99 BUZIOS-Coruche	1:20.37	225
7. Tomas Jose Agostinho 50m: 41.09 100m: 1:24.54	99 BUZIOS-Coruche	1:24.54	194
8. David Antonio Carvalho <i>FTL</i> 50m: 41.50 100m: 1:27.47	99 Natacao do Tejo	1:27.47	175
9. Vasco Leal Brito <i>FTL</i> 50m: 42.99 100m: 1:28.88	99 CLAC-Entroncamento	1:28.88	166
10. David Antonio Pereira <i>FTL</i> 50m: 42.99 100m: 1:30.90	99 BUZIOS-Coruche	1:30.90	156
DNS Marco Andre Miguel	99 Torres Novas		

INF-B

1. Rui Jorge Lopes 50m: 36.19 100m: 1:13.53	00 CLAC-Entroncamento	1:13.53	294
2. Jose Carlos Burecas 50m: 36.62 100m: 1:16.56	00 BUZIOS-Coruche	1:16.56	261
3. Henrique Miguel Cruz 50m: 39.34 100m: 1:19.85	00 Torres Novas	1:19.85	230
4. Joao Nazario Carvalho 50m: 40.30 100m: 1:22.77	00 Torres Novas	1:22.77	206
5. David Antunes Santos 50m: 42.36 100m: 1:27.07	00 CLAC-Entroncamento	1:27.07	177
6. Duarte Fontainhas Cardigo 50m: 42.51 100m: 1:28.51	00 20Km de Almeirim	1:28.51	169
7. Diogo Miguel Machado <i>FTL</i> 50m: 44.40 100m: 1:32.90	00 CLAC-Entroncamento	1:32.90	146
8. Henrique Braga Salvador <i>FTL</i> 50m: 44.66 100m: 1:34.16	00 Uniao Samoreense	1:34.16	140

Prova 5
01-03-2013

Femin., 4 x 200m Livres

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 12:00.00 / Time standard 1 12: 12:08.00; 13: 12:00.00; 14: 11:40.00

Pontos: FINA 2012

Lugar	Tempo final	Pts
JUVENIS		
1. Nautico Abrantes 1	10:15.95	405
Maria Beatriz Diogo	99 36.13 1:14.88	2:33.02 2:33.02
Patricia Silva Conceicao	99	
Ana Torres Ferreira	99	
Ana Margarida Salgueiro	99	

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 5, Femin., 4 x 200m Livres

INF-A

1. Viver Santarem 1		Viver Santarem		10:46.13	351
Mafalda Alexandra Cabaca	00	36.32	1:16.42	2:37.16	2:37.16
Mariana Nunes Domingos	00				
Patricia Palmeiro Baeta	00				
Marta Isabel Silva	00				

INF-B

1. Torres Novas 1		Torres Novas		10:20.15	397
<i>Recorde Distrital INF-B (10.43.23)</i>					
Rita Sousa Oliveira	01	33.14	1:11.20	2:26.37	2:26.37
Beatriz Santos Reis	01				
Beatriz Ribeiro Simoes	01				
Marta Sousa Oliveira	01				

Prova 6

Masc., 4 x 200m Livres

13 anos e mais velhos

01-03-2013

Resultados

JUN/SEN - MASC 17 +: 10:15.00 / Time standard 1 13: 12:04.00; 14: 11:55.00; 15: 11:07.00; 16: 10:40.00

Pontos: FINA 2012

Lugar				Tempo final	Pts
ABS					
1. Viver Santarem 2		Viver Santarem		9:36.20	357
Tiago Filipe Campos	99	30.76	1:06.32	2:18.54	2:18.54
Miguel Serrao Santos	00				
Miguel Carrico Cruz	99				
Joao Tiago Almeida	99				
2. Nucleo Sportinguista Golega 1		Nucleo Sportinguista Golega		9:41.47	348
Frederico Sucena Riachos	98	28.78	1:03.72	2:13.59	2:13.59
Jose Henriques Luz	99				
Francisco Oliveira Madeira	99				
Goncalo Antonio Barreiros	99				

ABS

1. Viver Santarem 2		Viver Santarem		9:36.20	357
Tiago Filipe Campos	99	30.76	1:06.32	2:18.54	2:18.54
Miguel Serrao Santos	00				
Miguel Carrico Cruz	99				
Joao Tiago Almeida	99				
2. Nucleo Sportinguista Golega 1		Nucleo Sportinguista Golega		9:41.47	348
Frederico Sucena Riachos	98	28.78	1:03.72	2:13.59	2:13.59
Jose Henriques Luz	99				
Francisco Oliveira Madeira	99				
Goncalo Antonio Barreiros	99				

JUV-B

1. Uniao Samorense 1		Uniao Samorense		9:13.31	404
Telmo Pedrosa Rocha	98	30.48	1:04.68	2:14.84	2:14.84
Daniel Sendrea	98				
Joao Pedro Marquez	98				
Sergio Alexandre Batalha	98				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 6, Masc., 4 x 200m Livres

INF-B

1. Torres Novas 1		Torres Novas		10:28.95	275
Miguel Goncalves Frade	00	35.51	1:13.60	2:31.13	2:31.13
Filipe Asseiceira Ramos	00				
Henrique Miguel Cruz	00				
Joao Nazario Carvalho	00				
2. CLAC-Entroncamento 1		CLAC-Entroncamento		11:20.68	217
Joao Afonso Goncalves	00	37.85	1:19.94	2:43.16	2:43.16
Diogo Miguel Machado	00				
Antonio Joao Pestana	00				
David Antunes Santos	00				

2 - 2ª SESSÃO

02-03-2013 - 9:30

Prova 7 Femin., 800m Livres 12 anos e mais velhos
02-03-2013 Resultados

JUN/SEN - FEM 15 +: 12:17.00 / Time standard 1 12: 13:00.00; 13: 12:20.00; 14: 11:32.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Julia Matos Lopes	94 Viver Santarem	9:11.24	679
<i>RD ABS (T.A.: 09.21.21) e SEN (T.A.: 09.29.39)</i>			
50m:	30.90	100m:	1:06.45
200m:	2:16.20	400m:	4:35.66
800m:	9:11.24		
2. Mariana Veloso Vitoria	98 Nautico Abrantes	9:40.80	580
50m:	33.13	100m:	1:09.80
200m:	2:22.82	400m:	4:49.45
800m:	9:40.80		
3. Clarisse Matos Lopes	98 Viver Santarem	9:41.84	577
50m:	34.97	100m:	1:11.54
200m:	2:23.97	400m:	4:49.26
800m:	9:41.84		
4. Maria Beatriz Dias	99 Viver Santarem	9:49.23	556
50m:	35.06	100m:	1:12.19
200m:	2:27.19	400m:	4:56.24
800m:	9:49.23		
5. Mariana Soares Martinho	99 Viver Santarem	9:51.54	549
50m:	35.48	100m:	1:13.26
200m:	2:27.86	400m:	4:57.82
800m:	9:51.54		
6. Ana Carolina Gomes	97 Cartaxo	10:01.80	521
50m:	33.80	100m:	1:10.67
200m:	2:25.88	400m:	4:58.51
800m:	10:01.80		
7. Ana Oliveira Ferreira	00 20Km de Almeirim	10:31.89	450
50m:	37.48	100m:	1:16.39
200m:	2:35.67	400m:	5:14.36
800m:	10:31.89		
8. Sarah Dias	99 CLAC-Entroncamento	10:37.73	438
50m:	35.29	100m:	1:13.32
200m:	2:33.10	400m:	5:16.86
800m:	10:37.73		
9. Barbara Guerra Pisco	00 20Km de Almeirim	10:40.18	433
50m:	36.46	100m:	1:15.96
200m:	2:36.33	400m:	5:18.55
800m:	10:40.18		
10. Ana Catarina Santos	00 Uniao Samorense	10:40.76	432
50m:	36.57	100m:	1:16.16
200m:	2:35.94	400m:	5:18.85
800m:	10:40.76		
11. Rute Isabel Leonardo	98 Nautico Abrantes	10:42.11	429
50m:	36.00	100m:	1:17.23
200m:	2:40.22	400m:	5:24.81
800m:	10:42.11		
12. Marta Sousa Oliveira	01 Torres Novas	10:43.26	427
50m:	38.48	100m:	1:19.20
200m:	2:42.76	400m:	5:27.57
800m:	10:43.26		
13. Joana Sofia Amado	99 Cartaxo	10:49.57	415
50m:	35.76	100m:	1:15.32
200m:	2:36.20	400m:	5:20.57
800m:	10:49.57		
14. Raquel Sofia Jorge	98 Salvaterra de Magos	10:56.31	402
50m:	35.53	100m:	1:15.08
200m:	2:36.53	400m:	5:22.31
800m:	10:56.31		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 7, Femin., 800m Livres, ABS

Lugar	Ano	Tempo final	Pts
15. Ines Isabel Graca 50m: 36.07 100m: 1:17.13 200m: 2:41.36 400m: 5:28.68 800m: 11:00.48	00 Gualdim Pais	11:00.48	394
Rita Sousa Oliveira 50m: 37.32 100m: 1:20.10 200m: 2:45.64 400m: 5:36.23 800m: 11:00.48	01 Torres Novas	11:00.48	394
17. Mariana Narciso Fidalgo 50m: 38.54 100m: 1:20.07 200m: 2:44.33 400m: 5:34.13 800m: 11:07.10	99 20Km de Almeirim	11:07.10	383
18. Lara Alexandra Delgado 50m: 37.63 100m: 1:19.76 200m: 2:45.91 400m: 5:36.54 800m: 11:07.36	00 Torres Novas	11:07.36	382
19. Ana Pereira Luis 50m: 36.88 100m: 1:17.54 200m: 2:42.11 400m: 5:33.39 800m: 11:13.19	97 Salvaterra de Magos	11:13.19	372
20. Patricia Palmeiro Baeta 50m: 37.40 100m: 1:17.68 200m: 2:41.99 400m: 5:34.14 800m: 11:20.93	00 Viver Santarem	11:20.93	360
21. Patricia Simoes Jorge 50m: 38.52 100m: 1:21.20 200m: 2:46.55 400m: 5:43.17 800m: 11:35.68	97 Salvaterra de Magos	11:35.68	337
22. Carolina Henriques Gavancho 50m: 38.67 100m: 1:21.70 200m: 2:48.70 400m: 5:45.45 800m: 11:35.80	97 CLAC-Entroncamento	11:35.80	337
23. Rita Daniela Lopes 50m: 40.32 100m: 1:23.91 200m: 2:53.14 400m: 5:51.86 800m: 11:40.40	01 Gualdim Pais	11:40.40	331
24. Marta Isabel Silva 50m: 39.45 100m: 1:21.67 200m: 2:49.67 400m: 5:50.16 800m: 11:49.02	00 Viver Santarem	11:49.02	319
25. Beatriz Santos Reis 50m: 38.84 100m: 1:22.73 200m: 2:52.44 400m: 5:52.88 800m: 11:52.73	01 Torres Novas	11:52.73	314
26. Constanca Isabel Jose 50m: 38.82 100m: 1:23.02 200m: 2:53.80 400m: 5:57.26 800m: 11:58.92	01 Gualdim Pais	11:58.92	306
27. Maria Francisca Torcato 50m: 41.36 100m: 1:26.76 200m: 2:59.06 400m: 6:09.88 800m: 12:17.54	01 20Km de Almeirim	12:17.54	283
28. Maria Pinto Goncalves <i>FTL</i> 50m: 41.17 100m: 1:25.78 200m: 3:02.58 400m: 6:10.80 800m: 12:22.04	00 Salvaterra de Magos	12:22.04	278
29. Lucia Goncalves Dias 50m: 43.55 100m: 1:29.28 200m: 3:03.54 400m: 6:17.54 800m: 12:45.44	01 Torres Novas	12:45.44	253
30. Susana Isabel Rodrigues <i>FTL</i> 50m: 44.81 100m: 1:35.83 200m: 3:22.02 400m: 6:57.20 800m: 14:07.08	01 Salvaterra de Magos	14:07.08	187

ABS

1. Julia Matos Lopes <i>RD ABS (T.A.: 09.21.21) e SEN (T.A.: 09.29.39)</i> 50m: 30.90 100m: 1:06.45 200m: 2:16.20 400m: 4:35.66 800m: 9:11.24	94 Viver Santarem	9:11.24	679
2. Mariana Veloso Vitoria 50m: 33.13 100m: 1:09.80 200m: 2:22.82 400m: 4:49.45 800m: 9:40.80	98 Nautico Abrantes	9:40.80	580
3. Clarisse Matos Lopes 50m: 34.97 100m: 1:11.54 200m: 2:23.97 400m: 4:49.26 800m: 9:41.84	98 Viver Santarem	9:41.84	577
4. Ana Carolina Gomes 50m: 33.80 100m: 1:10.67 200m: 2:25.88 400m: 4:58.51 800m: 10:01.80	97 Cartaxo	10:01.80	521
5. Rute Isabel Leonardo 50m: 36.00 100m: 1:17.23 200m: 2:40.22 400m: 5:24.81 800m: 10:42.11	98 Nautico Abrantes	10:42.11	429
6. Raquel Sofia Jorge 50m: 35.53 100m: 1:15.08 200m: 2:36.53 400m: 5:22.31 800m: 10:56.31	98 Salvaterra de Magos	10:56.31	402

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 7, Femin., 800m Livres, ABS

Lugar	Ano	Tempo final	Pts
7. Ana Pereira Luis 50m: 36.88 100m: 1:17.54 200m: 2:42.11 400m: 5:33.39 800m: 11:13.19	97 Salvaterra de Magos	11:13.19	372
8. Patricia Simoes Jorge 50m: 38.52 100m: 1:21.20 200m: 2:46.55 400m: 5:43.17 800m: 11:35.68	97 Salvaterra de Magos	11:35.68	337
9. Carolina Henriques Gavancho 50m: 38.67 100m: 1:21.70 200m: 2:48.70 400m: 5:45.45 800m: 11:35.80	97 CLAC-Entroncamento	11:35.80	337

JUVENIS

1. Maria Beatriz Dias 50m: 35.06 100m: 1:12.19 200m: 2:27.19 400m: 4:56.24 800m: 9:49.23	99 Viver Santarem	9:49.23	556
2. Mariana Soares Martinho 50m: 35.48 100m: 1:13.26 200m: 2:27.86 400m: 4:57.82 800m: 9:51.54	99 Viver Santarem	9:51.54	549
3. Sarah Dias 50m: 35.29 100m: 1:13.32 200m: 2:33.10 400m: 5:16.86 800m: 10:37.73	99 CLAC-Entroncamento	10:37.73	438
4. Joana Sofia Amado 50m: 35.76 100m: 1:15.32 200m: 2:36.20 400m: 5:20.57 800m: 10:49.57	99 Cartaxo	10:49.57	415
5. Mariana Narciso Fidalgo 50m: 38.54 100m: 1:20.07 200m: 2:44.33 400m: 5:34.13 800m: 11:07.10	99 20Km de Almeirim	11:07.10	383

INF-A

1. Ana Oliveira Ferreira 50m: 37.48 100m: 1:16.39 200m: 2:35.67 400m: 5:14.36 800m: 10:31.89	00 20Km de Almeirim	10:31.89	450
2. Barbara Guerra Pisco 50m: 36.46 100m: 1:15.96 200m: 2:36.33 400m: 5:18.55 800m: 10:40.18	00 20Km de Almeirim	10:40.18	433
3. Ana Catarina Santos 50m: 36.57 100m: 1:16.16 200m: 2:35.94 400m: 5:18.85 800m: 10:40.76	00 Uniao Samorense	10:40.76	432
4. Ines Isabel Graca 50m: 36.07 100m: 1:17.13 200m: 2:41.36 400m: 5:28.68 800m: 11:00.48	00 Gualdim Pais	11:00.48	394
5. Lara Alexandra Delgado 50m: 37.63 100m: 1:19.76 200m: 2:45.91 400m: 5:36.54 800m: 11:07.36	00 Torres Novas	11:07.36	382
6. Patricia Palmeiro Baeta 50m: 37.40 100m: 1:17.68 200m: 2:41.99 400m: 5:34.14 800m: 11:20.93	00 Viver Santarem	11:20.93	360
7. Marta Isabel Silva 50m: 39.45 100m: 1:21.67 200m: 2:49.67 400m: 5:50.16 800m: 11:49.02	00 Viver Santarem	11:49.02	319
8. Maria Pinto Goncalves <i>FTL</i> 50m: 41.17 100m: 1:25.78 200m: 3:02.58 400m: 6:10.80 800m: 12:22.04	00 Salvaterra de Magos	12:22.04	278

INF-B

1. Marta Sousa Oliveira 50m: 38.48 100m: 1:19.20 200m: 2:42.76 400m: 5:27.57 800m: 10:43.26	01 Torres Novas	10:43.26	427
2. Rita Sousa Oliveira 50m: 37.32 100m: 1:20.10 200m: 2:45.64 400m: 5:36.23 800m: 11:00.48	01 Torres Novas	11:00.48	394
3. Rita Daniela Lopes 50m: 40.32 100m: 1:23.91 200m: 2:53.14 400m: 5:51.86 800m: 11:40.40	01 Gualdim Pais	11:40.40	331
4. Beatriz Santos Reis 50m: 38.84 100m: 1:22.73 200m: 2:52.44 400m: 5:52.88 800m: 11:52.73	01 Torres Novas	11:52.73	314

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 7, Femin., 800m Livres, INF-B

Lugar	Ano	Tempo final	Pts
5. Constanca Isabel Jose 50m: 38.82 100m: 1:23.02 200m: 2:53.80 400m: 5:57.26 800m: 11:58.92	01 Gualdim Pais	11:58.92	306
6. Maria Francisca Torcato 50m: 41.36 100m: 1:26.76 200m: 2:59.06 400m: 6:09.88 800m: 12:17.54	01 20Km de Almeirim	12:17.54	283
7. Lucia Goncalves Dias 50m: 43.55 100m: 1:29.28 200m: 3:03.54 400m: 6:17.54 800m: 12:45.44	01 Torres Novas	12:45.44	253
8. Susana Isabel Rodrigues <i>FTL</i> 50m: 44.81 100m: 1:35.83 200m: 3:22.02 400m: 6:57.20 800m: 14:07.08	01 Salvaterra de Magos	14:07.08	187

Prova 8
02-03-2013

Masc., 400m Livres

13 anos e mais velhos
Resultados

Time standard 1 13: 5:51.00; 14: 5:36.50; 15: 5:23.00; 16: 5:16.00 / JUN/SEN - MASC 17+: 5:22.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Ivo Andre Lopes 50m: 29.81 100m: 1:02.60 200m: 2:09.50 400m: 4:23.66	94 Viver Santarem	4:23.66	525
2. Andre Filipe Mendes 50m: 29.54 100m: 1:02.79 200m: 2:10.64 400m: 4:25.07	92 Nautico Abrantes	4:25.07	517
3. Joao Luis Baeta 50m: 30.20 100m: 1:02.82 200m: 2:09.51 400m: 4:25.23	94 Viver Santarem	4:25.23	516
4. Diogo Serrao Santos 50m: 30.20 100m: 1:03.20 200m: 2:11.02 400m: 4:26.36	96 Viver Santarem	4:26.36	509
5. Jose Henriques Luz 50m: 29.46 100m: 1:02.87 200m: 2:11.71 400m: 4:28.45	99 Nucleo Sportinguista Golega	4:28.45	497
6. Joao Pedro Marquez 50m: 30.68 100m: 1:04.24 200m: 2:14.21 400m: 4:35.15	98 Uniao Samorense	4:35.15	462
7. Afonso Filipe Gaspar 50m: 30.70 100m: 1:05.16 200m: 2:15.13 400m: 4:37.67	97 Nautico Abrantes	4:37.67	449
8. Joao Mauricio Gaspar 50m: 31.02 100m: 1:04.70 200m: 2:15.13 400m: 4:38.42	97 Nautico Abrantes	4:38.42	446
9. Telmo Pedrosa Rocha 50m: 31.26 100m: 1:05.16 200m: 2:16.76 400m: 4:40.26	98 Uniao Samorense	4:40.26	437
10. Afonso Guilherme Rosa 50m: 29.95 100m: 1:04.50 200m: 2:14.70 400m: 4:40.67	99 Gualdim Pais	4:40.67	435
11. Tiago Filipe Campos 50m: 31.08 100m: 1:05.41 200m: 2:17.42 400m: 4:41.02	99 Viver Santarem	4:41.02	434
12. Dario Fausto Matias 50m: 31.20 100m: 1:05.26 200m: 2:17.73 400m: 4:44.48	98 Torres Novas	4:44.48	418
13. Pedro Manuel Nunes 50m: 31.02 100m: 1:06.70 200m: 2:21.32 400m: 4:44.73	98 CLAC-Entroncamento	4:44.73	417
14. Joao Carlos Gabriel 50m: 30.86 100m: 1:05.11 200m: 2:16.92 400m: 4:44.83	97 Viver Santarem	4:44.83	416
15. Pedro Miguel Henriques 50m: 31.17 100m: 1:05.48 200m: 2:17.26 400m: 4:45.08	96 Cartaxo	4:45.08	415
16. Bernardo Jose Dionisio 50m: 32.22 100m: 1:07.81 200m: 2:22.10 400m: 4:46.93	99 Gualdim Pais	4:46.93	407

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 8, Masc., 400m Livres, ABS

Lugar					Ano				Tempo final	Pts
17.	Goncalo Faria Saldida				99	Gualdim Pais			4:46.96	407
	50m:	31.96	100m:	1:06.64	200m:	2:20.24	400m:	4:46.96		
18.	Martim Basilio Gil				97	CLAC-Entroncamento			4:47.32	406
	50m:	31.26	100m:	1:06.07	200m:	2:18.06	400m:	4:47.32		
19.	Eduardo Terekhin Baptista				94	Uniao Samorense			4:47.37	405
	50m:	30.30	100m:	1:04.62	200m:	2:16.51	400m:	4:47.37		
20.	Marco Andre Miguel				99	Torres Novas			4:51.12	390
	50m:	32.51	100m:	1:08.27	200m:	2:22.68	400m:	4:51.12		
21.	Artur Rafael Saramago				97	BUZIOS-Coruche			4:53.67	380
	50m:	31.36	100m:	1:06.16	200m:	2:21.51	400m:	4:53.67		
22.	Sergio Alexandre Batalha				98	Uniao Samorense			4:58.70	361
	50m:	32.42	100m:	1:09.45	200m:	2:26.26	400m:	4:58.70		
23.	Joao Diogo Lucas				95	Salvaterra de Magos			5:00.95	353
	50m:	34.54	100m:	1:08.89	200m:	2:25.26	400m:	5:00.95		
24.	Daniel Sendrea				98	Uniao Samorense			5:01.91	350
	50m:	33.09	100m:	1:10.93	200m:	2:28.38	400m:	5:01.91		
25.	Tiago Andre Matos				95	Nautico Abrantes			5:02.46	348
	50m:	32.01	100m:	1:08.51	200m:	2:25.94	400m:	5:02.46		
26.	Rui Jorge Lopes				00	CLAC-Entroncamento			5:02.62	347
	50m:	32.79	100m:	1:09.98	200m:	2:28.07	400m:	5:02.62		
27.	Jose Carlos Rebelo				96	CLAC-Entroncamento			5:05.64	337
	50m:	32.10	100m:	1:08.42	200m:	2:26.04	400m:	5:05.64		
28.	Miguel Serrao Santos				00	Viver Santarem			5:07.07	332
	50m:	34.70	100m:	1:13.36	200m:	2:33.95	400m:	5:07.07		
29.	Jose Nuno Sousa				99	Individual Santarem			5:07.65	330
	50m:	31.82	100m:	1:09.41	200m:	2:29.22	400m:	5:07.65		
30.	Miguel Jorge Nunes				98	Uniao Samorense			5:09.26	325
	50m:	32.95	100m:	1:09.58	200m:	2:25.76	400m:	5:09.26		
31.	Bernardo Fernandes Aguiar				99	20Km de Almeirim			5:11.82	317
	50m:	33.09	100m:	1:11.28	200m:	2:31.88	400m:	5:11.82		
32.	Miguel Goncalves Frade				00	Torres Novas			5:12.38	315
	50m:	37.40	100m:	1:16.52	200m:	2:35.77	400m:	5:12.38		
33.	Joao Nazario Carvalho				00	Torres Novas			5:13.31	313
	50m:	35.54	100m:	1:14.59	200m:	2:33.97	400m:	5:13.31		
34.	Rui Diogo Torres				98	Cartaxo			5:15.51	306
	50m:	33.60	100m:	1:13.36	200m:	2:35.00	400m:	5:15.51		
35.	Joao Ferreira Santos				98	Torres Novas			5:19.64	294
	50m:	35.10	100m:	1:14.20	200m:	2:34.73	400m:	5:19.64		
36.	Luis Miguel Monteiro				99	Cartaxo			5:21.02	291
	50m:	34.26	100m:	1:13.54	200m:	2:36.07	400m:	5:21.02		
37.	Rodrigo Pereira Damasio				99	Salvaterra de Magos			5:27.37	274
	50m:	35.53	100m:	1:15.84	200m:	2:39.28	400m:	5:27.37		
38.	Joao Neves Coelho				98	BUZIOS-Coruche			5:31.83	263
	<i>FTL</i>									
	100m:	1:17.34	200m:	2:00.44	400m:	5:31.83				
39.	David Antunes Santos				00	CLAC-Entroncamento			5:33.61	259
	50m:	37.89	100m:	1:19.54	200m:	2:45.64	400m:	5:33.61		
40.	Vasco Leal Brito				99	CLAC-Entroncamento			5:36.46	252
	50m:	38.08	100m:	1:19.80	200m:	2:47.02	400m:	5:36.46		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 8, Masc., 400m Livres, ABS

Lugar	Ano	Tempo final	Pts
41. Henrique Miguel Cruz 50m: 37.20 100m: 1:18.57 200m: 2:44.70 400m: 5:36.86	00 Torres Novas	5:36.86	251
42. Henrique Braga Salvador 50m: 36.54 100m: 1:18.66 200m: 2:46.06 400m: 5:40.11	00 Uniao Samorensense	5:40.11	244
43. Joao Afonso Goncalves 50m: 38.67 100m: 1:21.49 200m: 2:48.64 400m: 5:41.58	00 CLAC-Entroncamento	5:41.58	241
44. Pedro Pereira Lopes <i>FTL</i> 50m: 37.02 100m: 1:19.54 200m: 2:47.08 400m: 5:43.33	99 BUZIOS-Coruche	5:43.33	238
45. Duarte Fontainhas Cardigo 50m: 36.24 100m: 1:19.40 200m: 2:49.19 400m: 5:50.88	00 20Km de Almeirim	5:50.88	222
46. Filipe Asseiceira Ramos <i>FTL</i> 50m: 40.12 100m: 1:23.66 200m: 2:52.54 400m: 5:51.26	00 Torres Novas	5:51.26	222
47. Diogo Miguel Teodoro <i>FTL</i> 50m: 41.06 100m: 1:27.17 200m: 2:59.74 400m: 6:07.38	00 BUZIOS-Coruche	6:07.38	194
DNS Miguel Jose Cassiano	97 20Km de Almeirim		
DNS Duarte Miguel Pires	96 Viver Santarem		

ABS

1. Ivo Andre Lopes 50m: 29.81 100m: 1:02.60 200m: 2:09.50 400m: 4:23.66	94 Viver Santarem	4:23.66	525
2. Andre Filipe Mendes 50m: 29.54 100m: 1:02.79 200m: 2:10.64 400m: 4:25.07	92 Nautico Abrantes	4:25.07	517
3. Joao Luis Baeta 50m: 30.20 100m: 1:02.82 200m: 2:09.51 400m: 4:25.23	94 Viver Santarem	4:25.23	516
4. Diogo Serrao Santos 50m: 30.20 100m: 1:03.20 200m: 2:11.02 400m: 4:26.36	96 Viver Santarem	4:26.36	509
5. Pedro Miguel Henriques 50m: 31.17 100m: 1:05.48 200m: 2:17.26 400m: 4:45.08	96 Cartaxo	4:45.08	415
6. Eduardo Terekhin Baptista 50m: 30.30 100m: 1:04.62 200m: 2:16.51 400m: 4:47.37	94 Uniao Samorensense	4:47.37	405
7. Joao Diogo Lucas 50m: 34.54 100m: 1:08.89 200m: 2:25.26 400m: 5:00.95	95 Salvaterra de Magos	5:00.95	353
8. Tiago Andre Matos 50m: 32.01 100m: 1:08.51 200m: 2:25.94 400m: 5:02.46	95 Nautico Abrantes	5:02.46	348
9. Jose Carlos Rebelo 50m: 32.10 100m: 1:08.42 200m: 2:26.04 400m: 5:05.64	96 CLAC-Entroncamento	5:05.64	337
DNS Duarte Miguel Pires	96 Viver Santarem		

JUV-A

1. Afonso Filipe Gaspar 50m: 30.70 100m: 1:05.16 200m: 2:15.13 400m: 4:37.67	97 Nautico Abrantes	4:37.67	449
2. Joao Mauricio Gaspar 50m: 31.02 100m: 1:04.70 200m: 2:15.13 400m: 4:38.42	97 Nautico Abrantes	4:38.42	446
3. Joao Carlos Gabriel 50m: 30.86 100m: 1:05.11 200m: 2:16.92 400m: 4:44.83	97 Viver Santarem	4:44.83	416

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 8, Masc., 400m Livres, JUV-A

Lugar	Ano	Tempo final	Pts
4. Martim Basilio Gil 50m: 31.26 100m: 1:06.07 200m: 2:18.06 400m: 4:47.32	97 CLAC-Entroncamento	4:47.32	406
5. Artur Rafael Saramago 50m: 31.36 100m: 1:06.16 200m: 2:21.51 400m: 4:53.67	97 BUZIOS-Coruche	4:53.67	380
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

JUV-B

1. Joao Pedro Marquez 50m: 30.68 100m: 1:04.24 200m: 2:14.21 400m: 4:35.15	98 Uniao Samorense	4:35.15	462
2. Telmo Pedrosa Rocha 50m: 31.26 100m: 1:05.16 200m: 2:16.76 400m: 4:40.26	98 Uniao Samorense	4:40.26	437
3. Dario Fausto Matias 50m: 31.20 100m: 1:05.26 200m: 2:17.73 400m: 4:44.48	98 Torres Novas	4:44.48	418
4. Pedro Manuel Nunes 50m: 31.02 100m: 1:06.70 200m: 2:21.32 400m: 4:44.73	98 CLAC-Entroncamento	4:44.73	417
5. Sergio Alexandre Batalha 50m: 32.42 100m: 1:09.45 200m: 2:26.26 400m: 4:58.70	98 Uniao Samorense	4:58.70	361
6. Daniel Sendrea 50m: 33.09 100m: 1:10.93 200m: 2:28.38 400m: 5:01.91	98 Uniao Samorense	5:01.91	350
7. Miguel Jorge Nunes 50m: 32.95 100m: 1:09.58 200m: 2:25.76 400m: 5:09.26	98 Uniao Samorense	5:09.26	325
8. Rui Diogo Torres 50m: 33.60 100m: 1:13.36 200m: 2:35.00 400m: 5:15.51	98 Cartaxo	5:15.51	306
9. Joao Ferreira Santos 50m: 35.10 100m: 1:14.20 200m: 2:34.73 400m: 5:19.64	98 Torres Novas	5:19.64	294
10. Joao Neves Coelho <i>FTL</i> 100m: 1:17.34 200m: 2:00.44 400m: 5:31.83	98 BUZIOS-Coruche	5:31.83	263

INF-A

1. Jose Henriques Luz 50m: 29.46 100m: 1:02.87 200m: 2:11.71 400m: 4:28.45	99 Nucleo Sportinguista Golega	4:28.45	497
2. Afonso Guilherme Rosa 50m: 29.95 100m: 1:04.50 200m: 2:14.70 400m: 4:40.67	99 Gualdim Pais	4:40.67	435
3. Tiago Filipe Campos 50m: 31.08 100m: 1:05.41 200m: 2:17.42 400m: 4:41.02	99 Viver Santarem	4:41.02	434
4. Bernardo Jose Dionisio 50m: 32.22 100m: 1:07.81 200m: 2:22.10 400m: 4:46.93	99 Gualdim Pais	4:46.93	407
5. Goncalo Faria Saldida 50m: 31.96 100m: 1:06.64 200m: 2:20.24 400m: 4:46.96	99 Gualdim Pais	4:46.96	407
6. Marco Andre Miguel 50m: 32.51 100m: 1:08.27 200m: 2:22.68 400m: 4:51.12	99 Torres Novas	4:51.12	390
7. Jose Nuno Sousa 50m: 31.82 100m: 1:09.41 200m: 2:29.22 400m: 5:07.65	99 Individual Santarem	5:07.65	330
8. Bernardo Fernandes Aguiar 50m: 33.09 100m: 1:11.28 200m: 2:31.88 400m: 5:11.82	99 20Km de Almeirim	5:11.82	317
9. Luis Miguel Monteiro 50m: 34.26 100m: 1:13.54 200m: 2:36.07 400m: 5:21.02	99 Cartaxo	5:21.02	291

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 8, Masc., 400m Livres, INF-A

Lugar	Ano	Tempo final	Pts
10. Rodrigo Pereira Damasio 50m: 35.53 100m: 1:15.84 200m: 2:39.28 400m: 5:27.37	99 Salvaterra de Magos	5:27.37	274
11. Vasco Leal Brito 50m: 38.08 100m: 1:19.80 200m: 2:47.02 400m: 5:36.46	99 CLAC-Entroncamento	5:36.46	252
12. Pedro Pereira Lopes <i>FTL</i> 50m: 37.02 100m: 1:19.54 200m: 2:47.08 400m: 5:43.33	99 BUZIOS-Coruche	5:43.33	238

INF-B

1. Rui Jorge Lopes 50m: 32.79 100m: 1:09.98 200m: 2:28.07 400m: 5:02.62	00 CLAC-Entroncamento	5:02.62	347
2. Miguel Serrao Santos 50m: 34.70 100m: 1:13.36 200m: 2:33.95 400m: 5:07.07	00 Viver Santarem	5:07.07	332
3. Miguel Goncalves Frade 50m: 37.40 100m: 1:16.52 200m: 2:35.77 400m: 5:12.38	00 Torres Novas	5:12.38	315
4. Joao Nazario Carvalho 50m: 35.54 100m: 1:14.59 200m: 2:33.97 400m: 5:13.31	00 Torres Novas	5:13.31	313
5. David Antunes Santos 50m: 37.89 100m: 1:19.54 200m: 2:45.64 400m: 5:33.61	00 CLAC-Entroncamento	5:33.61	259
6. Henrique Miguel Cruz 50m: 37.20 100m: 1:18.57 200m: 2:44.70 400m: 5:36.86	00 Torres Novas	5:36.86	251
7. Henrique Braga Salvador 50m: 36.54 100m: 1:18.66 200m: 2:46.06 400m: 5:40.11	00 Uniao Samorense	5:40.11	244
8. Joao Afonso Goncalves 50m: 38.67 100m: 1:21.49 200m: 2:48.64 400m: 5:41.58	00 CLAC-Entroncamento	5:41.58	241
9. Duarte Fontainhas Cardigo 50m: 36.24 100m: 1:19.40 200m: 2:49.19 400m: 5:50.88	00 20Km de Almeirim	5:50.88	222
10. Filipe Asseiceira Ramos <i>FTL</i> 50m: 40.12 100m: 1:23.66 200m: 2:52.54 400m: 5:51.26	00 Torres Novas	5:51.26	222
11. Diogo Miguel Teodoro <i>FTL</i> 50m: 41.06 100m: 1:27.17 200m: 2:59.74 400m: 6:07.38	00 BUZIOS-Coruche	6:07.38	194

Prova 9
02-03-2013

Femin., 200m Bruços

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 3:35.00 / Time standard 1 12: 3:59.50; 13: 3:50.00; 14: 3:36.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Ana Margarida Salgueiro 50m: 40.04 100m: 1:23.51 200m: 2:51.04	99 Nautico Abrantes	2:51.04	487
2. Ines Simoes Rodrigues 50m: 39.92 100m: 1:23.51 200m: 2:53.70	96 Viver Santarem	2:53.70	464
3. Carolina Felicidade Batista 50m: 40.07 100m: 1:23.95 200m: 2:56.02	99 Viver Santarem	2:56.02	446
4. Maria Beatriz Diogo 50m: 41.93 100m: 1:28.55 200m: 3:00.52	99 Nautico Abrantes	3:00.52	414

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 9, Femin., 200m Bruços, ABS

Lugar	Ano	Tempo final	Pts
5. Sofia Alexandra Picao 50m: 39.64 100m: 1:26.59 200m: 3:03.83	99 CLAC-Entroncamento	3:03.83	392
6. Clarisse Matos Lopes 50m: 43.54 100m: 1:30.92 200m: 3:06.45	98 Viver Santarem	3:06.45	375
7. Ines Ferreira Duarte 50m: 41.44 100m: 1:29.81 200m: 3:08.68	01 Nautico Abrantes	3:08.68	362
8. Catarina Goncalves Trezentos 50m: 42.70 100m: 1:30.54 200m: 3:08.82	98 Gualdim Pais	3:08.82	361
9. Ana Catarina Travessa 50m: 42.23 100m: 1:29.67 200m: 3:11.07	96 Salvaterra de Magos	3:11.07	349
10. Marta Sousa Oliveira 50m: 45.67 100m: 1:35.83 200m: 3:15.69	01 Torres Novas	3:15.69	325
11. Ines Fernandes Moutinho 50m: 46.10 100m: 1:37.87 200m: 3:20.88	99 CLAC-Entroncamento	3:20.88	300
12. Ana Pereira Luis 50m: 44.60 100m: 1:36.62 200m: 3:21.68	97 Salvaterra de Magos	3:21.68	297
13. Carolina Polonio Alexandre 50m: 47.08 100m: 1:39.52 200m: 3:26.64	01 CLAC-Entroncamento	3:26.64	276
14. Carolina Marques Neves 50m: 48.90 100m: 1:41.55 200m: 3:27.43	01 Torres Novas	3:27.43	273
15. Mafalda Gilberto Marques 50m: 44.82 100m: 1:37.70 200m: 3:27.86	01 Natacao do Tejo	3:27.86	271
16. Beatriz Ribeiro Simoes 50m: 48.54 100m: 1:41.79 200m: 3:29.82	01 Torres Novas	3:29.82	263
17. Catia Maria Feijao 50m: 46.82 100m: 1:39.95 200m: 3:31.86	00 Nucleo Sportinguista Golega	3:31.86	256
18. Constanca Isabel Jose 50m: 48.06 100m: 1:43.36 200m: 3:32.94	01 Gualdim Pais	3:32.94	252
19. Ana Rita Carvalho 50m: 48.11 100m: 1:42.06 200m: 3:33.69	01 Viver Santarem	3:33.69	249
20. Joana Costa Bernardino 50m: 47.63 100m: 1:42.38 200m: 3:36.67	00 CLAC-Entroncamento	3:36.67	239
21. Barbara Sucena Riachos 50m: 48.35 100m: 1:44.77 200m: 3:38.66	00 Nucleo Sportinguista Golega	3:38.66	233
22. Ines Isabel Conde 50m: 50.96 100m: 1:48.05 200m: 3:42.81	01 Torres Novas	3:42.81	220
23. Neuza Figueiredo Pereira 50m: 51.64 100m: 1:50.51 200m: 3:48.67	00 Gualdim Pais	3:48.67	203
24. Ana Carolina Morais <i>FTL</i> 50m: 52.23 100m: 1:53.57 200m: 4:01.04	99 Nucleo Sportinguista Golega	4:01.04	174
25. Mariana Lopes Mendonca <i>FTL</i> 50m: 53.82 100m: 1:58.80 200m: 4:04.89	00 BUZIOS-Coruche	4:04.89	165
DSQ Barbara Sofia Claro <i>Tocou com uma mão na parede na viragem aos 50 metros.</i>	00 BUZIOS-Coruche		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 9, Femin., 200m Bruços

ABS

1.	Ines Simoes Rodrigues	96	Viver Santarem	2:53.70	464
	50m: 39.92 100m: 1:23.51 200m: 2:53.70				
2.	Clarisse Matos Lopes	98	Viver Santarem	3:06.45	375
	50m: 43.54 100m: 1:30.92 200m: 3:06.45				
3.	Catarina Goncalves Trezentos	98	Gualdim Pais	3:08.82	361
	50m: 42.70 100m: 1:30.54 200m: 3:08.82				
4.	Ana Catarina Travessa	96	Salvaterra de Magos	3:11.07	349
	50m: 42.23 100m: 1:29.67 200m: 3:11.07				
5.	Ana Pereira Luis	97	Salvaterra de Magos	3:21.68	297
	50m: 44.60 100m: 1:36.62 200m: 3:21.68				

JUVENIS

1.	Ana Margarida Salgueiro	99	Nautico Abrantes	2:51.04	487
	50m: 40.04 100m: 1:23.51 200m: 2:51.04				
2.	Carolina Felicidade Batista	99	Viver Santarem	2:56.02	446
	50m: 40.07 100m: 1:23.95 200m: 2:56.02				
3.	Maria Beatriz Diogo	99	Nautico Abrantes	3:00.52	414
	50m: 41.93 100m: 1:28.55 200m: 3:00.52				
4.	Sofia Alexandra Picao	99	CLAC-Entroncamento	3:03.83	392
	50m: 39.64 100m: 1:26.59 200m: 3:03.83				
5.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	3:20.88	300
	50m: 46.10 100m: 1:37.87 200m: 3:20.88				
6.	Ana Carolina Morais	99	Nucleo Sportinguista Golega	4:01.04	174
	<i>FTL</i> 50m: 52.23 100m: 1:53.57 200m: 4:01.04				

INF-A

1.	Catia Maria Feijao	00	Nucleo Sportinguista Golega	3:31.86	256
	50m: 46.82 100m: 1:39.95 200m: 3:31.86				
2.	Joana Costa Bernardino	00	CLAC-Entroncamento	3:36.67	239
	50m: 47.63 100m: 1:42.38 200m: 3:36.67				
3.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	3:38.66	233
	50m: 48.35 100m: 1:44.77 200m: 3:38.66				
4.	Neuza Figueiredo Pereira	00	Gualdim Pais	3:48.67	203
	50m: 51.64 100m: 1:50.51 200m: 3:48.67				
5.	Mariana Lopes Mendonca	00	BUZIOS-Coruche	4:04.89	165
	<i>FTL</i> 50m: 53.82 100m: 1:58.80 200m: 4:04.89				

DSQ Barbara Sofia Claro 00 BUZIOS-Coruche
Tocou com uma mão na parede na viragem aos 50 metros.

INF-B

1.	Ines Ferreira Duarte	01	Nautico Abrantes	3:08.68	362
	50m: 41.44 100m: 1:29.81 200m: 3:08.68				
2.	Marta Sousa Oliveira	01	Torres Novas	3:15.69	325
	50m: 45.67 100m: 1:35.83 200m: 3:15.69				
3.	Carolina Polonio Alexandre	01	CLAC-Entroncamento	3:26.64	276
	50m: 47.08 100m: 1:39.52 200m: 3:26.64				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 9, Femin., 200m Bruços, INF-B

Lugar					Ano		Tempo final	Pts
4.	Carolina Marques Neves				01	Torres Novas	3:27.43	273
	50m:	48.90	100m:	1:41.55	200m:	3:27.43		
5.	Mafalda Gilberto Marques				01	Natacao do Tejo	3:27.86	271
	50m:	44.82	100m:	1:37.70	200m:	3:27.86		
6.	Beatriz Ribeiro Simoes				01	Torres Novas	3:29.82	263
	50m:	48.54	100m:	1:41.79	200m:	3:29.82		
7.	Constanca Isabel Jose				01	Gualdim Pais	3:32.94	252
	50m:	48.06	100m:	1:43.36	200m:	3:32.94		
8.	Ana Rita Carvalho				01	Viver Santarem	3:33.69	249
	50m:	48.11	100m:	1:42.06	200m:	3:33.69		
9.	Ines Isabel Conde				01	Torres Novas	3:42.81	220
	50m:	50.96	100m:	1:48.05	200m:	3:42.81		

Prova 10
02-03-2013

Masc., 200m Costas

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 3:03.00 / Time standard 1 13: 3:19.00; 14: 3:12.50; 15: 3:08.00; 16: 3:00.00

Pontos: FINA 2012

Lugar					Ano		Tempo final	Pts
ABS								
1.	Diogo Miguel Balsa				95	BUZIOS-Coruche	2:21.30	423
	50m:	32.63	100m:	1:08.93	200m:	2:21.30		
2.	Frederico Sucena Riachos				98	Nucleo Sportinguista Golega	2:23.76	402
	50m:	33.07	100m:	1:09.67	200m:	2:23.76		
3.	Ruben Miguel Matos				91	Nautico Abrantes	2:24.75	393
	50m:	33.50	100m:	1:10.46	200m:	2:24.75		
4.	Afonso Guilherme Rosa				99	Gualdim Pais	2:25.48	388
	100m:	1:10.26	200m:	2:25.48				
5.	Afonso Filipe Gaspar				97	Nautico Abrantes	2:27.38	373
	50m:	34.89	100m:	1:12.40	200m:	2:27.38		
6.	Miguel Rodrigues Silva				97	Nautico Abrantes	2:32.41	337
	50m:	33.50	100m:	1:13.88	200m:	2:32.41		
7.	Mario Jorge Santos				95	Gualdim Pais	2:33.08	333
	50m:	37.15	100m:	1:16.47	200m:	2:33.08		
8.	Joao Pedro Marquez				98	Uniao Samorense	2:33.56	329
	50m:	36.36	100m:	1:16.04	200m:	2:33.56		
9.	Dario Fausto Matias				98	Torres Novas	2:34.61	323
	50m:	37.42	100m:	1:16.94	200m:	2:34.61		
10.	Goncalo Faria Saldida				99	Gualdim Pais	2:35.14	319
	50m:	36.48	100m:	1:15.83	200m:	2:35.14		
11.	Rui Jorge Lopes				00	CLAC-Entroncamento	2:37.32	306
	50m:	37.52	100m:	1:17.30	200m:	2:37.32		
12.	Joao Tiago Almeida				99	Viver Santarem	2:38.63	299
	50m:	36.81	100m:	1:16.12	200m:	2:38.63		
13.	Francisco Oliveira Madeira				99	Nucleo Sportinguista Golega	2:39.53	294
	50m:	36.72	100m:	1:17.18	200m:	2:39.53		
14.	Martim Basilio Gil				97	CLAC-Entroncamento	2:39.86	292
	50m:	37.73	100m:	1:18.23	200m:	2:39.86		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 10, Masc., 200m Costas, ABS

Lugar	Ano	Tempo final	Pts
15. Bernardo Fernandes Aguiar 50m: 37.92 100m: 1:18.95 200m: 2:43.39	99 20Km de Almeirim	2:43.39	273
16. Sergio Alexandre Batalha 50m: 38.36 100m: 1:20.82 200m: 2:45.10	98 Uniao Samorense	2:45.10	265
17. Rafael Ildio Antunes 50m: 37.76 100m: 1:18.64 200m: 2:45.32	97 Salvaterra de Magos	2:45.32	264
18. Joao Neves Coelho 50m: 39.38 100m: 1:22.93 200m: 2:45.91	98 BUZIOS-Coruche	2:45.91	261
19. Miguel Jorge Nunes 50m: 39.83 100m: 1:23.39 200m: 2:47.08	98 Uniao Samorense	2:47.08	256
20. Jose Carlos Burecas 50m: 38.57 100m: 1:21.39 200m: 2:47.20	00 BUZIOS-Coruche	2:47.20	255
21. Miguel Goncalves Frade 50m: 41.12 100m: 1:23.79 200m: 2:48.96	00 Torres Novas	2:48.96	247
22. Rodrigo Pereira Damasio 50m: 39.90 100m: 1:22.73 200m: 2:49.48	99 Salvaterra de Magos	2:49.48	245
23. Telmo Joao Faria 50m: 39.53 100m: 1:23.20 200m: 2:50.41	97 Natacao do Tejo	2:50.41	241
24. Henrique Miguel Cruz 50m: 40.22 100m: 1:23.91 200m: 2:52.06	00 Torres Novas	2:52.06	234
25. Tomas Jose Agostinho 50m: 40.50 100m: 1:25.95 200m: 2:54.85	99 BUZIOS-Coruche	2:54.85	223
26. Joao Nazario Carvalho 50m: 42.16 100m: 1:28.67 200m: 2:58.16	00 Torres Novas	2:58.16	211
27. Pedro Pereira Lopes 50m: 43.13 100m: 1:29.41 200m: 3:02.29	99 BUZIOS-Coruche	3:02.29	197
28. Andre Diogo Olivenca 50m: 44.94 100m: 1:30.77 200m: 3:03.08	98 Viver Santarem	3:03.08	194
29. Pedro Jorge Silva 50m: 41.95 100m: 1:29.36 200m: 3:03.58	99 20Km de Almeirim	3:03.58	193
30. Duarte Fontainhas Cardigo 50m: 42.58 100m: 1:31.06 200m: 3:05.35	00 20Km de Almeirim	3:05.35	187
DSQ Telmo Pedrosa Rocha - <i>Falsa partida – SW 4.4</i>	98 Uniao Samorense		

ABS

1. Diogo Miguel Balsa 50m: 32.63 100m: 1:08.93 200m: 2:21.30	95 BUZIOS-Coruche	2:21.30	423
2. Ruben Miguel Matos 50m: 33.50 100m: 1:10.46 200m: 2:24.75	91 Nautico Abrantes	2:24.75	393
3. Mario Jorge Santos 50m: 37.15 100m: 1:16.47 200m: 2:33.08	95 Gualdim Pais	2:33.08	333

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 10, Masc., 200m Costas

JUV-A

1.	Afonso Filipe Gaspar	97	Nautico Abrantes	2:27.38	373
	50m: 34.89 100m: 1:12.40 200m: 2:27.38				
2.	Miguel Rodrigues Silva	97	Nautico Abrantes	2:32.41	337
	50m: 33.50 100m: 1:13.88 200m: 2:32.41				
3.	Martim Basilio Gil	97	CLAC-Entroncamento	2:39.86	292
	50m: 37.73 100m: 1:18.23 200m: 2:39.86				
4.	Rafael Ildio Antunes	97	Salvaterra de Magos	2:45.32	264
	50m: 37.76 100m: 1:18.64 200m: 2:45.32				
5.	Telmo Joao Faria	97	Natacao do Tejo	2:50.41	241
	50m: 39.53 100m: 1:23.20 200m: 2:50.41				

JUV-B

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	2:23.76	402
	50m: 33.07 100m: 1:09.67 200m: 2:23.76				
2.	Joao Pedro Marquez	98	Uniao Samorense	2:33.56	329
	50m: 36.36 100m: 1:16.04 200m: 2:33.56				
3.	Dario Fausto Matias	98	Torres Novas	2:34.61	323
	50m: 37.42 100m: 1:16.94 200m: 2:34.61				
4.	Sergio Alexandre Batalha	98	Uniao Samorense	2:45.10	265
	50m: 38.36 100m: 1:20.82 200m: 2:45.10				
5.	Joao Neves Coelho	98	BUZIOS-Coruche	2:45.91	261
	50m: 39.38 100m: 1:22.93 200m: 2:45.91				
6.	Miguel Jorge Nunes	98	Uniao Samorense	2:47.08	256
	50m: 39.83 100m: 1:23.39 200m: 2:47.08				
7.	Andre Diogo Olivenca	98	Viver Santarem	3:03.08	194
	50m: 44.94 100m: 1:30.77 200m: 3:03.08				

DSQ Telmo Pedrosa Rocha 98 Uniao Samorense
- *Falsa partida – SW 4.4*

INF-A

1.	Afonso Guilherme Rosa	99	Gualdim Pais	2:25.48	388
	100m: 1:10.26 200m: 2:25.48				
2.	Goncalo Faria Saldida	99	Gualdim Pais	2:35.14	319
	50m: 36.48 100m: 1:15.83 200m: 2:35.14				
3.	Joao Tiago Almeida	99	Viver Santarem	2:38.63	299
	50m: 36.81 100m: 1:16.12 200m: 2:38.63				
4.	Francisco Oliveira Madeira	99	Nucleo Sportinguista Golega	2:39.53	294
	50m: 36.72 100m: 1:17.18 200m: 2:39.53				
5.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	2:43.39	273
	50m: 37.92 100m: 1:18.95 200m: 2:43.39				
6.	Rodrigo Pereira Damasio	99	Salvaterra de Magos	2:49.48	245
	50m: 39.90 100m: 1:22.73 200m: 2:49.48				
7.	Tomas Jose Agostinho	99	BUZIOS-Coruche	2:54.85	223
	50m: 40.50 100m: 1:25.95 200m: 2:54.85				
8.	Pedro Pereira Lopes	99	BUZIOS-Coruche	3:02.29	197
	50m: 43.13 100m: 1:29.41 200m: 3:02.29				
9.	Pedro Jorge Silva	99	20Km de Almeirim	3:03.58	193
	50m: 41.95 100m: 1:29.36 200m: 3:03.58				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 10, Masc., 200m Costas

INF-B

1.	Rui Jorge Lopes	00	CLAC-Entroncamento	2:37.32	306
	50m: 37.52 100m: 1:17.30 200m: 2:37.32				
2.	Jose Carlos Burecas	00	BUZIOS-Coruche	2:47.20	255
	50m: 38.57 100m: 1:21.39 200m: 2:47.20				
3.	Miguel Goncalves Frade	00	Torres Novas	2:48.96	247
	50m: 41.12 100m: 1:23.79 200m: 2:48.96				
4.	Henrique Miguel Cruz	00	Torres Novas	2:52.06	234
	50m: 40.22 100m: 1:23.91 200m: 2:52.06				
5.	Joao Nazario Carvalho	00	Torres Novas	2:58.16	211
	50m: 42.16 100m: 1:28.67 200m: 2:58.16				
6.	Duarte Fontainhas Cardigo	00	20Km de Almeirim	3:05.35	187
	50m: 42.58 100m: 1:31.06 200m: 3:05.35				

Prova 11
02-03-2013

Femin., 200m Estilos

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 3:08.00 / Time standard 1 12: 3:34.00; 13: 3:18.00; 14: 3:10.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts		
ABS					
1.	Mariana Veloso Vitoria	98	Nautico Abrantes	2:29.62	577
	50m: 31.67 200m: 2:29.62				
2.	Mariana Soares Martinho	99	Viver Santarem	2:34.86	520
	50m: 34.70 200m: 2:34.86				
3.	Maria Beatriz Dias	99	Viver Santarem	2:36.32	506
	50m: 35.23 200m: 2:36.32				
4.	Sarah Dias	99	CLAC-Entroncamento	2:39.00	481
	50m: 32.04 200m: 2:39.00				
5.	Ana Margarida Salgueiro	99	Nautico Abrantes	2:39.10	480
	50m: 36.44 200m: 2:39.10				
6.	Vanessa Braga Salvador	91	Uniao Samorense	2:41.56	458
	50m: 33.76 200m: 2:41.56				
7.	Rita Sousa Oliveira	01	Torres Novas	2:45.13	429
	50m: 37.36 200m: 2:45.13				
8.	Maria Beatriz Diogo	99	Nautico Abrantes	2:46.42	419
	50m: 38.37 200m: 2:46.42				
9.	Lara Alexandra Delgado	00	Torres Novas	2:48.82	402
	50m: 37.45 200m: 2:48.82				
10.	Bruna Alexandra Martins	94	Uniao Samorense	2:50.86	387
	50m: 36.76 200m: 2:50.86				
11.	Raquel Sofia Jorge	98	Salvaterra de Magos	2:51.14	385
	50m: 38.17 200m: 2:51.14				
12.	Ana Oliveira Ferreira	00	20Km de Almeirim	2:51.24	385
	50m: 37.19 200m: 2:51.24				
13.	Ines Ferreira Duarte	01	Nautico Abrantes	2:51.82	381
	50m: 37.76 200m: 2:51.82				
14.	Ana Catarina Travessa	96	Salvaterra de Magos	2:52.14	379
	50m: 35.83 200m: 2:52.14				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 11, Femin., 200m Estilos, ABS

Lugar	Ano	Tempo final	Pts
15. Carolina Henriques Gavancho 50m: 36.26 200m: 2:53.13	97 CLAC-Entroncamento	2:53.13	372
16. Andreia Alexandra Martins 50m: 38.54 200m: 2:54.69	97 Uniao Samorense	2:54.69	362
17. Ana Torres Ferreira 50m: 39.04 200m: 2:54.91	99 Nautico Abrantes	2:54.91	361
18. Ana Catarina Santos 50m: 39.32 200m: 2:55.04	00 Uniao Samorense	2:55.04	360
19. Patricia Silva Conceicao 50m: 38.51 200m: 2:55.95	99 Nautico Abrantes	2:55.95	355
20. Patricia Simoes Jorge 50m: 35.80 200m: 2:56.45	97 Salvaterra de Magos	2:56.45	352
21. Ana Filipa Parente 50m: 35.05 200m: 2:57.47	98 Gualdim Pais	2:57.47	346
22. Catarina Goncalves Trezentos 50m: 41.97 200m: 2:58.07	98 Gualdim Pais	2:58.07	342
23. Joana Sofia Amado 50m: 39.65 200m: 2:58.68	99 Cartaxo	2:58.68	339
24. Carolina Miguel Marques 50m: 39.43 200m: 3:00.15	99 Natacao do Tejo	3:00.15	330
25. Barbara Guerra Pisco 50m: 38.48 200m: 3:00.39	00 20Km de Almeirim	3:00.39	329
26. Mariana Narciso Fidalgo 50m: 42.51 200m: 3:00.85	99 20Km de Almeirim	3:00.85	327
27. Beatriz Ribeiro Simoes 50m: 41.06 200m: 3:04.00	01 Torres Novas	3:04.00	310
28. Joana Sofia Bica 50m: 41.16 200m: 3:07.06	99 CLAC-Entroncamento	3:07.06	295
29. Beatriz Santos Reis 50m: 41.07 200m: 3:08.85	01 Torres Novas	3:08.85	287
30. Rita Daniela Lopes 50m: 45.38 200m: 3:09.38	01 Gualdim Pais	3:09.38	284
31. Carolina Luis Amaral 50m: 43.13 200m: 3:12.51	01 BUZIOS-Coruche	3:12.51	271
32. Sofia Isabel Mendes <i>FTL</i> 50m: 39.76 200m: 3:12.85	97 Salvaterra de Magos	3:12.85	269
33. Carolina Polonio Alexandre 50m: 48.20 200m: 3:13.64	01 CLAC-Entroncamento	3:13.64	266
34. Maria Francisca Torcato 50m: 47.91 200m: 3:16.16	01 20Km de Almeirim	3:16.16	256
35. Catia Maria Feijao 50m: 43.30 200m: 3:17.08	00 Nucleo Sportinguista Golega	3:17.08	252
36. Maria Pinto Goncalves <i>FTL</i> 50m: 46.95 200m: 3:19.02	00 Salvaterra de Magos	3:19.02	245
37. Lucia Goncalves Dias 50m: 47.66 200m: 3:23.00	01 Torres Novas	3:23.00	231

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 11, Femin., 200m Estilos, ABS

Lugar	Ano	Tempo final	Pts
38. Mafalda Gilberto Marques 50m: 48.11 200m: 3:24.25	01 Natacao do Tejo	3:24.25	227
39. Barbara Sucena Riachos <i>FTL</i> 50m: 49.82 200m: 3:27.57	00 Nucleo Sportinguista Golega	3:27.57	216
40. Ines Isabel Conde 50m: 53.23 200m: 3:29.07	01 Torres Novas	3:29.07	211
41. Leonor Chora Gaudencio <i>FTL</i> 50m: 51.53 200m: 3:36.82	01 Torres Novas	3:36.82	189
42. Susana Isabel Rodrigues <i>FTL</i> 50m: 55.16 200m: 3:49.26	01 Salvaterra de Magos	3:49.26	160
DSQ Ana Claudia Santo - <i>Falsa partida – SW 4.4</i>	97 Cartaxo		
DSQ Joana Costa Bernardino - <i>Batimentos de pernas alternados no percurso de mariposa</i>	00 CLAC-Entroncamento		
DNS Maria Madalena Silva	98 Nautico Abrantes		
DNS Mafalda Alexandra Cabaca	00 Viver Santarem		

ABS

1. Mariana Veloso Vitoria 50m: 31.67 200m: 2:29.62	98 Nautico Abrantes	2:29.62	577
2. Vanessa Braga Salvador 50m: 33.76 200m: 2:41.56	91 Uniao Samorense	2:41.56	458
3. Bruna Alexandra Martins 50m: 36.76 200m: 2:50.86	94 Uniao Samorense	2:50.86	387
4. Raquel Sofia Jorge 50m: 38.17 200m: 2:51.14	98 Salvaterra de Magos	2:51.14	385
5. Ana Catarina Travessa 50m: 35.83 200m: 2:52.14	96 Salvaterra de Magos	2:52.14	379
6. Carolina Henriques Gavancho 50m: 36.26 200m: 2:53.13	97 CLAC-Entroncamento	2:53.13	372
7. Andreia Alexandra Martins 50m: 38.54 200m: 2:54.69	97 Uniao Samorense	2:54.69	362
8. Patricia Simoes Jorge 50m: 35.80 200m: 2:56.45	97 Salvaterra de Magos	2:56.45	352
9. Ana Filipa Parente 50m: 35.05 200m: 2:57.47	98 Gualdim Pais	2:57.47	346
10. Catarina Goncalves Trezentos 50m: 41.97 200m: 2:58.07	98 Gualdim Pais	2:58.07	342
11. Sofia Isabel Mendes <i>FTL</i> 50m: 39.76 200m: 3:12.85	97 Salvaterra de Magos	3:12.85	269
DSQ Ana Claudia Santo - <i>Falsa partida – SW 4.4</i>	97 Cartaxo		
DNS Maria Madalena Silva	98 Nautico Abrantes		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 11, Femin., 200m Estilos

JUVENIS

1.	Mariana Soares Martinho	99	Viver Santarem	2:34.86	520
	50m: 34.70 200m: 2:34.86				
2.	Maria Beatriz Dias	99	Viver Santarem	2:36.32	506
	50m: 35.23 200m: 2:36.32				
3.	Sarah Dias	99	CLAC-Entroncamento	2:39.00	481
	50m: 32.04 200m: 2:39.00				
4.	Ana Margarida Salgueiro	99	Nautico Abrantes	2:39.10	480
	50m: 36.44 200m: 2:39.10				
5.	Maria Beatriz Diogo	99	Nautico Abrantes	2:46.42	419
	50m: 38.37 200m: 2:46.42				
6.	Ana Torres Ferreira	99	Nautico Abrantes	2:54.91	361
	50m: 39.04 200m: 2:54.91				
7.	Patricia Silva Conceicao	99	Nautico Abrantes	2:55.95	355
	50m: 38.51 200m: 2:55.95				
8.	Joana Sofia Amado	99	Cartaxo	2:58.68	339
	50m: 39.65 200m: 2:58.68				
9.	Carolina Miguel Marques	99	Natacao do Tejo	3:00.15	330
	50m: 39.43 200m: 3:00.15				
10.	Mariana Narciso Fidalgo	99	20Km de Almeirim	3:00.85	327
	50m: 42.51 200m: 3:00.85				
11.	Joana Sofia Bica	99	CLAC-Entroncamento	3:07.06	295
	50m: 41.16 200m: 3:07.06				

INF-A

1.	Lara Alexandra Delgado	00	Torres Novas	2:48.82	402
	50m: 37.45 200m: 2:48.82				
2.	Ana Oliveira Ferreira	00	20Km de Almeirim	2:51.24	385
	50m: 37.19 200m: 2:51.24				
3.	Ana Catarina Santos	00	Uniao Samorense	2:55.04	360
	50m: 39.32 200m: 2:55.04				
4.	Barbara Guerra Pisco	00	20Km de Almeirim	3:00.39	329
	50m: 38.48 200m: 3:00.39				
5.	Catia Maria Feijao	00	Nucleo Sportinguista Golega	3:17.08	252
	50m: 43.30 200m: 3:17.08				
6.	Maria Pinto Goncalves	00	Salvaterra de Magos	3:19.02	245
	<i>FTL</i> 50m: 46.95 200m: 3:19.02				
7.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	3:27.57	216
	<i>FTL</i> 50m: 49.82 200m: 3:27.57				
DSQ	Joana Costa Bernardino	00	CLAC-Entroncamento		
	<i>- Batimentos de pernas alternados no percurso de mariposa</i>				
DNS	Mafalda Alexandra Cabaca	00	Viver Santarem		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 11, Femin., 200m Estilos

INF-B

1.	Rita Sousa Oliveira	01	Torres Novas	2:45.13	429
	50m: 37.36 200m: 2:45.13				
2.	Ines Ferreira Duarte	01	Nautico Abrantes	2:51.82	381
	50m: 37.76 200m: 2:51.82				
3.	Beatriz Ribeiro Simoes	01	Torres Novas	3:04.00	310
	50m: 41.06 200m: 3:04.00				
4.	Beatriz Santos Reis	01	Torres Novas	3:08.85	287
	50m: 41.07 200m: 3:08.85				
5.	Rita Daniela Lopes	01	Gualdim Pais	3:09.38	284
	50m: 45.38 200m: 3:09.38				
6.	Carolina Luis Amaral	01	BUZIOS-Coruche	3:12.51	271
	50m: 43.13 200m: 3:12.51				
7.	Carolina Polonio Alexandre	01	CLAC-Entroncamento	3:13.64	266
	50m: 48.20 200m: 3:13.64				
8.	Maria Francisca Torcato	01	20Km de Almeirim	3:16.16	256
	50m: 47.91 200m: 3:16.16				
9.	Lucia Goncalves Dias	01	Torres Novas	3:23.00	231
	50m: 47.66 200m: 3:23.00				
10.	Mafalda Gilberto Marques	01	Natacao do Tejo	3:24.25	227
	50m: 48.11 200m: 3:24.25				
11.	Ines Isabel Conde	01	Torres Novas	3:29.07	211
	50m: 53.23 200m: 3:29.07				
12.	Leonor Chora Gaudencio	01	Torres Novas	3:36.82	189
	<i>FTL</i>				
	50m: 51.53 200m: 3:36.82				
13.	Susana Isabel Rodrigues	01	Salvaterra de Magos	3:49.26	160
	<i>FTL</i>				
	50m: 55.16 200m: 3:49.26				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

3 - 3ª SESSÃO

02-03-2013 - 15:30

Prova 12
02-03-2013

Masc., 200m Livres

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 2:31.00 / Time standard 1 13: 2:51.50; 14: 2:43.50; 15: 2:35.71; 16: 2:25.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Diogo Serrao Santos	96 Viver Santarem	2:02.57	532
50m: 28.42 100m: 59.13 200m: 2:02.57			
2. Ivo Andre Lopes	94 Viver Santarem	2:04.02	514
50m: 28.51 100m: 59.20 200m: 2:04.02			
3. Jose Henriques Luz	99 Nucleo Sportinguista Golega	2:05.66	494
50m: 29.18 100m: 1:01.76 200m: 2:05.66			
4. Frederico Sucena Riachos	98 Nucleo Sportinguista Golega	2:06.47	485
50m: 28.75 100m: 1:01.44 200m: 2:06.47			
5. Diogo Miguel Balsa	95 BUZIOS-Coruche	2:06.63	483
50m: 28.84 100m: 1:01.31 200m: 2:06.63			
6. Joao Luis Baeta	94 Viver Santarem	2:07.52	473
50m: 28.71 100m: 1:00.79 200m: 2:07.52			
7. Joao Mauricio Gaspar	97 Nautico Abrantes	2:08.95	457
50m: 29.95 100m: 1:02.57 200m: 2:08.95			
8. Afonso Filipe Gaspar	97 Nautico Abrantes	2:09.36	453
50m: 30.42 100m: 1:03.48 200m: 2:09.36			
9. Telmo Pedrosa Rocha	98 Uniao Samorense	2:10.16	444
50m: 29.86 100m: 1:02.82 200m: 2:10.16			
10. Joao Pedro Marquez	98 Uniao Samorense	2:10.35	443
50m: 30.23 100m: 1:03.26 200m: 2:10.35			
11. Joao Carlos Gabriel	97 Viver Santarem	2:10.53	441
50m: 30.30 100m: 1:03.61 200m: 2:10.53			
12. Pedro Manuel Nunes	98 CLAC-Entroncamento	2:10.70	439
50m: 30.17 100m: 1:03.29 200m: 2:10.70			
13. Afonso Guilherme Rosa	99 Gualdim Pais	2:10.82	438
50m: 29.64 100m: 1:03.04 200m: 2:10.82			
14. Dario Fausto Matias	98 Torres Novas	2:12.70	419
50m: 30.26 100m: 1:04.67 200m: 2:12.70			
15. Marco Andre Miguel	99 Torres Novas	2:13.13	415
50m: 31.04 100m: 1:05.29 200m: 2:13.13			
16. Pedro Miguel Henriques	96 Cartaxo	2:13.33	413
50m: 30.42 100m: 1:04.04 200m: 2:13.33			
17. Tiago Filipe Campos	99 Viver Santarem	2:13.81	409
50m: 30.62 100m: 1:04.56 200m: 2:13.81			
18. Bernardo Jose Dionisio	99 Gualdim Pais	2:15.04	398
50m: 30.67 100m: 1:04.42 200m: 2:15.04			
19. Mario Jorge Santos	95 Gualdim Pais	2:16.02	389
50m: 30.70 100m: 1:04.45 200m: 2:16.02			
20. Goncalo Faria Saldida	99 Gualdim Pais	2:17.07	381
50m: 32.20 100m: 1:07.00 200m: 2:17.07			
21. Miguel Rodrigues Silva	97 Nautico Abrantes	2:18.30	370
50m: 31.67 100m: 1:06.91 200m: 2:18.30			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 12, Masc., 200m Livres, ABS

Lugar					Ano		Tempo final	Pts
22.	Sergio Alexandre Batalha				98	Uniao Samorense	2:18.48	369
	50m: 31.48	100m: 1:06.98	200m: 2:18.48					
23.	Joao Tiago Almeida				99	Viver Santarem	2:20.05	357
	50m: 31.28	100m: 1:06.34	200m: 2:20.05					
24.	Francisco Jose Pires				98	Uniao Samorense	2:21.13	349
	50m: 32.67	100m: 1:08.64	200m: 2:21.13					
25.	Jose Carlos Rebelo				96	CLAC-Entroncamento	2:21.20	348
	50m: 31.64	100m: 1:07.42	200m: 2:21.20					
26.	Miguel Serrao Santos				00	Viver Santarem	2:21.82	343
	50m: 33.13	100m: 1:09.48	200m: 2:21.82					
27.	Francisco Oliveira Madeira				99	Nucleo Sportinguista Golega	2:21.89	343
	50m: 31.70	100m: 1:07.89	200m: 2:21.89					
28.	Miguel Jorge Nunes				98	Uniao Samorense	2:22.54	338
	50m: 32.76	100m: 1:09.22	200m: 2:22.54					
29.	Telmo Joao Faria				97	Natacao do Tejo	2:22.66	337
	50m: 32.28	100m: 1:08.06	200m: 2:22.66					
30.	Daniel Sendrea				98	Uniao Samorense	2:22.67	337
	50m: 32.42	100m: 1:08.76	200m: 2:22.67					
31.	Rui Jorge Lopes				00	CLAC-Entroncamento	2:22.69	337
	50m: 32.06	100m: 1:08.56	200m: 2:22.69					
32.	Jose Carlos Burecas				00	BUZIOS-Coruche	2:23.42	332
	50m: 32.69	100m: 1:09.84	200m: 2:23.42					
33.	Jose Nuno Sousa				99	Individual Santarem	2:23.57	331
	50m: 32.25	100m: 1:09.22	200m: 2:23.57					
34.	Joao Nazario Carvalho				00	Torres Novas	2:26.30	313
	50m: 33.77	100m: 1:10.58	200m: 2:26.30					
35.	Miguel Goncalves Frade				00	Torres Novas	2:28.81	297
	50m: 34.81	100m: 1:12.26	200m: 2:28.81					
36.	Joao Neves Coelho				98	BUZIOS-Coruche	2:29.73	292
	50m: 34.64	100m: 1:13.67	200m: 2:29.73					
37.	Rui Diogo Torres				98	Cartaxo	2:30.07	290
	50m: 33.57	100m: 1:12.00	200m: 2:30.07					
38.	Luis Miguel Monteiro				99	Cartaxo	2:30.11	290
	50m: 32.84	100m: 1:09.11	200m: 2:30.11					
39.	Bernardo Fernandes Aguiar				99	20Km de Almeirim	2:30.26	289
	50m: 34.36	100m: 1:12.32	200m: 2:30.26					
40.	Rafael Ildio Antunes				97	Salvaterra de Magos	2:30.54	287
	<i>FTL</i>							
	50m: 33.26	100m: 1:10.36	200m: 2:30.54					
41.	Rodrigo Pereira Damasio				99	Salvaterra de Magos	2:31.76	280
	50m: 33.60	100m: 1:11.72	200m: 2:31.76					
42.	Henrique Miguel Cruz				00	Torres Novas	2:35.48	261
	50m: 34.51	100m: 1:13.95	200m: 2:35.48					
43.	Tomas Jose Agostinho				99	BUZIOS-Coruche	2:36.30	256
	50m: 35.08	100m: 1:15.00	200m: 2:36.30					
44.	David Antonio Carvalho				99	Natacao do Tejo	2:36.89	254
	50m: 34.89	100m: 1:14.86	200m: 2:36.89					
45.	David Antunes Santos				00	CLAC-Entroncamento	2:37.19	252
	50m: 35.21	100m: 1:15.21	200m: 2:37.19					

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 12, Masc., 200m Livres, ABS

Lugar	Ano	Tempo final	Pts
46. Pedro Pereira Lopes 50m: 35.45 100m: 1:15.06 200m: 2:37.60	99 BUZIOS-Coruche	2:37.60	250
47. Henrique Braga Salvador 50m: 34.76 100m: 1:15.04 200m: 2:38.35	00 Uniao Samorense	2:38.35	247
48. Vasco Leal Brito 50m: 36.39 100m: 1:18.13 200m: 2:38.89	99 CLAC-Entroncamento	2:38.89	244
49. Joao Afonso Goncalves 50m: 37.13 100m: 1:18.26 200m: 2:40.46	00 CLAC-Entroncamento	2:40.46	237
50. Duarte Fontainhas Cardigo 50m: 36.04 100m: 1:18.32 200m: 2:46.98	00 20Km de Almeirim	2:46.98	210
51. Diogo Miguel Machado 50m: 37.06 100m: 1:20.85 200m: 2:48.11	00 CLAC-Entroncamento	2:48.11	206
52. Pedro Jorge Silva <i>FTL</i> 50m: 36.52 100m: 1:20.75 200m: 2:49.06	99 20Km de Almeirim	2:49.06	203
53. Diogo Miguel Teodoro <i>FTL</i> 50m: 39.89 100m: 1:25.74 200m: 2:55.92	00 BUZIOS-Coruche	2:55.92	180
54. David Antonio Pereira <i>FTL</i> 50m: 37.39 100m: 1:25.02 200m: 2:59.45	99 BUZIOS-Coruche	2:59.45	169
DNS Miguel Jose Cassiano	97 20Km de Almeirim		
DNS Duarte Miguel Pires	96 Viver Santarem		

ABS

1. Diogo Serrao Santos 50m: 28.42 100m: 59.13 200m: 2:02.57	96 Viver Santarem	2:02.57	532
2. Ivo Andre Lopes 50m: 28.51 100m: 59.20 200m: 2:04.02	94 Viver Santarem	2:04.02	514
3. Diogo Miguel Balsa 50m: 28.84 100m: 1:01.31 200m: 2:06.63	95 BUZIOS-Coruche	2:06.63	483
4. Joao Luis Baeta 50m: 28.71 100m: 1:00.79 200m: 2:07.52	94 Viver Santarem	2:07.52	473
5. Pedro Miguel Henriques 50m: 30.42 100m: 1:04.04 200m: 2:13.33	96 Cartaxo	2:13.33	413
6. Mario Jorge Santos 50m: 30.70 100m: 1:04.45 200m: 2:16.02	95 Gualdim Pais	2:16.02	389
7. Jose Carlos Rebelo 50m: 31.64 100m: 1:07.42 200m: 2:21.20	96 CLAC-Entroncamento	2:21.20	348
DNS Duarte Miguel Pires	96 Viver Santarem		

JUV-A

1. Joao Mauricio Gaspar 50m: 29.95 100m: 1:02.57 200m: 2:08.95	97 Nautico Abrantes	2:08.95	457
2. Afonso Filipe Gaspar 50m: 30.42 100m: 1:03.48 200m: 2:09.36	97 Nautico Abrantes	2:09.36	453
3. Joao Carlos Gabriel 50m: 30.30 100m: 1:03.61 200m: 2:10.53	97 Viver Santarem	2:10.53	441

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 12, Masc., 200m Livres, JUV-A

Lugar	Ano	Tempo final	Pts
4. Miguel Rodrigues Silva 50m: 31.67 100m: 1:06.91 200m: 2:18.30	97 Nautico Abrantes	2:18.30	370
5. Telmo Joao Faria 50m: 32.28 100m: 1:08.06 200m: 2:22.66	97 Natacao do Tejo	2:22.66	337
6. Rafael Ildio Antunes <i>FTL</i> 50m: 33.26 100m: 1:10.36 200m: 2:30.54	97 Salvaterra de Magos	2:30.54	287
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

JUV-B

1. Frederico Sucena Riachos 50m: 28.75 100m: 1:01.44 200m: 2:06.47	98 Nucleo Sportinguista Golega	2:06.47	485
2. Telmo Pedrosa Rocha 50m: 29.86 100m: 1:02.82 200m: 2:10.16	98 Uniao Samorense	2:10.16	444
3. Joao Pedro Marquez 50m: 30.23 100m: 1:03.26 200m: 2:10.35	98 Uniao Samorense	2:10.35	443
4. Pedro Manuel Nunes 50m: 30.17 100m: 1:03.29 200m: 2:10.70	98 CLAC-Entroncamento	2:10.70	439
5. Dario Fausto Matias 50m: 30.26 100m: 1:04.67 200m: 2:12.70	98 Torres Novas	2:12.70	419
6. Sergio Alexandre Batalha 50m: 31.48 100m: 1:06.98 200m: 2:18.48	98 Uniao Samorense	2:18.48	369
7. Francisco Jose Pires 50m: 32.67 100m: 1:08.64 200m: 2:21.13	98 Uniao Samorense	2:21.13	349
8. Miguel Jorge Nunes 50m: 32.76 100m: 1:09.22 200m: 2:22.54	98 Uniao Samorense	2:22.54	338
9. Daniel Sendrea 50m: 32.42 100m: 1:08.76 200m: 2:22.67	98 Uniao Samorense	2:22.67	337
10. Joao Neves Coelho 50m: 34.64 100m: 1:13.67 200m: 2:29.73	98 BUZIOS-Coruche	2:29.73	292
11. Rui Diogo Torres 50m: 33.57 100m: 1:12.00 200m: 2:30.07	98 Cartaxo	2:30.07	290

INF-A

1. Jose Henriques Luz 50m: 29.18 100m: 1:01.76 200m: 2:05.66	99 Nucleo Sportinguista Golega	2:05.66	494
2. Afonso Guilherme Rosa 50m: 29.64 100m: 1:03.04 200m: 2:10.82	99 Gualdim Pais	2:10.82	438
3. Marco Andre Miguel 50m: 31.04 100m: 1:05.29 200m: 2:13.13	99 Torres Novas	2:13.13	415
4. Tiago Filipe Campos 50m: 30.62 100m: 1:04.56 200m: 2:13.81	99 Viver Santarem	2:13.81	409
5. Bernardo Jose Dionisio 50m: 30.67 100m: 1:04.42 200m: 2:15.04	99 Gualdim Pais	2:15.04	398
6. Goncalo Faria Saldida 50m: 32.20 100m: 1:07.00 200m: 2:17.07	99 Gualdim Pais	2:17.07	381
7. Joao Tiago Almeida 50m: 31.28 100m: 1:06.34 200m: 2:20.05	99 Viver Santarem	2:20.05	357

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 12, Masc., 200m Livres, INF-A

Lugar	Ano	Tempo final	Pts
8. Francisco Oliveira Madeira 50m: 31.70 100m: 1:07.89 200m: 2:21.89	99 Nucleo Sportinguista Golega	2:21.89	343
9. Jose Nuno Sousa 50m: 32.25 100m: 1:09.22 200m: 2:23.57	99 Individual Santarem	2:23.57	331
10. Luis Miguel Monteiro 50m: 32.84 100m: 1:09.11 200m: 2:30.11	99 Cartaxo	2:30.11	290
11. Bernardo Fernandes Aguiar 50m: 34.36 100m: 1:12.32 200m: 2:30.26	99 20Km de Almeirim	2:30.26	289
12. Rodrigo Pereira Damasio 50m: 33.60 100m: 1:11.72 200m: 2:31.76	99 Salvaterra de Magos	2:31.76	280
13. Tomas Jose Agostinho 50m: 35.08 100m: 1:15.00 200m: 2:36.30	99 BUZIOS-Coruche	2:36.30	256
14. David Antonio Carvalho 50m: 34.89 100m: 1:14.86 200m: 2:36.89	99 Natacao do Tejo	2:36.89	254
15. Pedro Pereira Lopes 50m: 35.45 100m: 1:15.06 200m: 2:37.60	99 BUZIOS-Coruche	2:37.60	250
16. Vasco Leal Brito 50m: 36.39 100m: 1:18.13 200m: 2:38.89	99 CLAC-Entroncamento	2:38.89	244
17. Pedro Jorge Silva <i>FTL</i> 50m: 36.52 100m: 1:20.75 200m: 2:49.06	99 20Km de Almeirim	2:49.06	203
18. David Antonio Pereira <i>FTL</i> 50m: 37.39 100m: 1:25.02 200m: 2:59.45	99 BUZIOS-Coruche	2:59.45	169

INF-B

1. Miguel Serrao Santos 50m: 33.13 100m: 1:09.48 200m: 2:21.82	00 Viver Santarem	2:21.82	343
2. Rui Jorge Lopes 50m: 32.06 100m: 1:08.56 200m: 2:22.69	00 CLAC-Entroncamento	2:22.69	337
3. Jose Carlos Burecas 50m: 32.69 100m: 1:09.84 200m: 2:23.42	00 BUZIOS-Coruche	2:23.42	332
4. Joao Nazario Carvalho 50m: 33.77 100m: 1:10.58 200m: 2:26.30	00 Torres Novas	2:26.30	313
5. Miguel Goncalves Frade 50m: 34.81 100m: 1:12.26 200m: 2:28.81	00 Torres Novas	2:28.81	297
6. Henrique Miguel Cruz 50m: 34.51 100m: 1:13.95 200m: 2:35.48	00 Torres Novas	2:35.48	261
7. David Antunes Santos 50m: 35.21 100m: 1:15.21 200m: 2:37.19	00 CLAC-Entroncamento	2:37.19	252
8. Henrique Braga Salvador 50m: 34.76 100m: 1:15.04 200m: 2:38.35	00 Uniao Samorense	2:38.35	247
9. Joao Afonso Goncalves 50m: 37.13 100m: 1:18.26 200m: 2:40.46	00 CLAC-Entroncamento	2:40.46	237
10. Duarte Fontainhas Cardigo 50m: 36.04 100m: 1:18.32 200m: 2:46.98	00 20Km de Almeirim	2:46.98	210
11. Diogo Miguel Machado 50m: 37.06 100m: 1:20.85 200m: 2:48.11	00 CLAC-Entroncamento	2:48.11	206

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 12, Masc., 200m Livres, INF-B

Lugar	Ano	Tempo final	Pts
12. Diogo Miguel Teodoro <i>FTL</i>	00 BUZIOS-Coruche	2:55.92	180
50m: 39.89 100m: 1:25.74 200m: 2:55.92			

Prova 13
02-03-2013

Femin., 100m Livres

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 1:16.00 / Time standard 1 12: 1:25.50; 13: 1:19.00; 14: 1:15.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Mariana Veloso Vitoria	98 Nautico Abrantes	1:00.73	592
50m: 29.32 100m: 1:00.73			
2. Sarah Dias	99 CLAC-Entroncamento	1:01.75	563
50m: 29.59 100m: 1:01.75			
3. Maria Beatriz Dias	99 Viver Santarem	1:05.19	479
50m: 31.61 100m: 1:05.19			
4. Ana Carolina Monteiro	97 BUZIOS-Coruche	1:05.29	476
50m: 31.32 100m: 1:05.29			
5. Marta Sousa Oliveira <i>RD INF-B (T.A: 01.05.74)</i>	01 Torres Novas	1:05.54	471
50m: 31.02 100m: 1:05.54			
6. Ines Simoes Rodrigues	96 Viver Santarem	1:06.06	460
50m: 31.76 100m: 1:06.06			
7. Vanessa Braga Salvador	91 Uniao Samorense	1:06.13	458
50m: 31.70 100m: 1:06.13			
8. Lara Alexandra Delgado	00 Torres Novas	1:06.39	453
50m: 32.12 100m: 1:06.39			
9. Ana Carolina Gomes	97 Cartaxo	1:06.45	452
50m: 32.36 100m: 1:06.45			
10. Ana Margarida Salgueiro	99 Nautico Abrantes	1:06.94	442
50m: 32.19 100m: 1:06.94			
11. Rita Sousa Oliveira	01 Torres Novas	1:06.95	442
50m: 31.72 100m: 1:06.95			
12. Filipa Robert Rente	96 Gualdim Pais	1:07.28	435
50m: 28.75 100m: 1:07.28			
13. Ana Oliveira Ferreira	00 20Km de Almeirim	1:08.30	416
50m: 33.08 100m: 1:08.30			
14. Raquel Sofia Jorge	98 Salvaterra de Magos	1:08.51	412
50m: 33.07 100m: 1:08.51			
15. Patricia Palmeiro Baeta	00 Viver Santarem	1:08.89	405
50m: 33.20 100m: 1:08.89			
16. Maria Beatriz Diogo	99 Nautico Abrantes	1:09.32	398
50m: 34.51 100m: 1:09.32			
17. Ana Catarina Santos	00 Uniao Samorense	1:09.39	397
50m: 33.80 100m: 1:09.39			
18. Catarina Goncalves Trezentos	98 Gualdim Pais	1:09.49	395
50m: 33.62 100m: 1:09.49			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 13, Femin., 100m Livres, ABS

Lugar	Ano	Tempo final	Pts
19. Ines Isabel Graca 50m: 33.92 100m: 1:09.64	00 Gualdim Pais	1:09.64	392
20. Ana Pereira Luis 50m: 32.83 100m: 1:09.70	97 Salvaterra de Magos	1:09.70	391
21. Ana Torres Ferreira 50m: 34.00 100m: 1:09.72	99 Nautico Abrantes	1:09.72	391
Andreia Alexandra Martins 50m: 33.84 100m: 1:09.72	97 Uniao Samorense	1:09.72	391
23. Carolina Felicidade Batista 50m: 34.20 100m: 1:10.40	99 Viver Santarem	1:10.40	380
24. Bruna Alexandra Martins 50m: 34.00 100m: 1:10.45	94 Uniao Samorense	1:10.45	379
25. Ines Ferreira Duarte 50m: 34.42 100m: 1:10.82	01 Nautico Abrantes	1:10.82	373
26. Ana Filipa Parente 50m: 34.08 100m: 1:10.85	98 Gualdim Pais	1:10.85	373
27. Barbara Guerra Pisco 50m: 34.02 100m: 1:11.53	00 20Km de Almeirim	1:11.53	362
28. Mariana Narciso Fidalgo 50m: 34.72 100m: 1:12.10	99 20Km de Almeirim	1:12.10	354
29. Joana Sofia Bica 50m: 34.48 100m: 1:12.64	99 CLAC-Entroncamento	1:12.64	346
30. Ines Fernandes Moutinho 50m: 34.53 100m: 1:13.37	99 CLAC-Entroncamento	1:13.37	336
31. Mariana Nunes Domingos 50m: 35.39 100m: 1:13.74	00 Viver Santarem	1:13.74	331
32. Carolina Henriques Gavancho 50m: 35.04 100m: 1:13.89	97 CLAC-Entroncamento	1:13.89	329
33. Carolina Miguel Marques 50m: 35.39 100m: 1:14.63	99 Natacao do Tejo	1:14.63	319
34. Patricia Silva Conceicao 50m: 36.11 100m: 1:15.22	99 Nautico Abrantes	1:15.22	311
35. Maria Francisca Torcato 50m: 36.32 100m: 1:15.45	01 20Km de Almeirim	1:15.45	309
36. Carolina Luis Amaral 50m: 36.45 100m: 1:16.33	01 BUZIOS-Coruche	1:16.33	298
37. Beatriz Ribeiro Simoes 50m: 37.06 100m: 1:16.52	01 Torres Novas	1:16.52	296
38. Rita Daniela Lopes 50m: 37.07 100m: 1:16.64	01 Gualdim Pais	1:16.64	294
39. Beatriz Santos Reis 50m: 36.69 100m: 1:17.05	01 Torres Novas	1:17.05	290
40. Sofia Isabel Mendes <i>FTL</i> 50m: 36.02 100m: 1:17.23	97 Salvaterra de Magos	1:17.23	288
41. Carolina Marques Neves 50m: 37.31 100m: 1:17.72	01 Torres Novas	1:17.72	282

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 13, Femin., 100m Livres, ABS

Lugar	Ano	Tempo final	Pts
42. Patricia Simoes Jorge <i>FTL</i> 50m: 37.29 100m: 1:17.80	97 Salvaterra de Magos	1:17.80	281
43. Maria Pinto Goncalves 50m: 38.07 100m: 1:17.95	00 Salvaterra de Magos	1:17.95	280
44. Joana Costa Bernardino 50m: 37.63 100m: 1:18.68	00 CLAC-Entroncamento	1:18.68	272
45. Catia Maria Feijao <i>FTL</i> 50m: 36.89 100m: 1:19.04	00 Nucleo Sportinguista Golega	1:19.04	268
46. Lucia Goncalves Dias 50m: 39.20 100m: 1:19.07	01 Torres Novas	1:19.07	268
47. Mafalda Gilberto Marques 50m: 37.74 100m: 1:19.94	01 Natacao do Tejo	1:19.94	259
48. Erica Alexandra Madruga 50m: 31.16 100m: 1:20.51	01 Viver Santarem	1:20.51	254
49. Barbara Sucena Riachos <i>FTL</i> 50m: 37.26 100m: 1:20.64	00 Nucleo Sportinguista Golega	1:20.64	253
50. Barbara Sofia Claro <i>FTL</i> 50m: 38.51 100m: 1:20.80	00 BUZIOS-Coruche	1:20.80	251
51. Barbara Ribeiro Cotovio <i>FTL</i> 50m: 39.07 100m: 1:21.42	00 Natacao do Tejo	1:21.42	245
52. Ana Rita Carvalho 50m: 38.00 100m: 1:22.24	01 Viver Santarem	1:22.24	238
53. Ana Carolina Morais <i>FTL</i> 50m: 37.23 100m: 1:24.13	99 Nucleo Sportinguista Golega	1:24.13	222
54. Mariana Tome Fidalgo 50m: 40.38 100m: 1:24.50	01 Viver Santarem	1:24.50	219
55. Ines Isabel Conde <i>FTL</i> 50m: 40.42 100m: 1:26.89	01 Torres Novas	1:26.89	202
56. Susana Isabel Rodrigues <i>FTL</i> 50m: 41.95 100m: 1:28.02	01 Salvaterra de Magos	1:28.02	194
57. Leonor Chora Gaudencio <i>FTL</i> 50m: 43.28 100m: 1:30.53	01 Torres Novas	1:30.53	178
58. Joana Matias Almeida <i>FTL</i> 50m: 45.21 100m: 1:34.61	01 Viver Santarem	1:34.61	156
DNS Claudia Maria Marcalo	99 Natacao do Tejo		
DNS Julia Matos Lopes	94 Viver Santarem		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 13, Femin., 100m Livres

ABS

1.	Mariana Veloso Vitoria	98	Nautico Abrantes	1:00.73	592
	50m: 29.32 100m: 1:00.73				
2.	Ana Carolina Monteiro	97	BUZIOS-Coruche	1:05.29	476
	50m: 31.32 100m: 1:05.29				
3.	Ines Simoes Rodrigues	96	Viver Santarem	1:06.06	460
	50m: 31.76 100m: 1:06.06				
4.	Vanessa Braga Salvador	91	Uniao Samorense	1:06.13	458
	50m: 31.70 100m: 1:06.13				
5.	Ana Carolina Gomes	97	Cartaxo	1:06.45	452
	50m: 32.36 100m: 1:06.45				
6.	Filipa Robert Rente	96	Gualdim Pais	1:07.28	435
	50m: 28.75 100m: 1:07.28				
7.	Raquel Sofia Jorge	98	Salvaterra de Magos	1:08.51	412
	50m: 33.07 100m: 1:08.51				
8.	Catarina Goncalves Trezentos	98	Gualdim Pais	1:09.49	395
	50m: 33.62 100m: 1:09.49				
9.	Ana Pereira Luis	97	Salvaterra de Magos	1:09.70	391
	50m: 32.83 100m: 1:09.70				
10.	Andreia Alexandra Martins	97	Uniao Samorense	1:09.72	391
	50m: 33.84 100m: 1:09.72				
11.	Bruna Alexandra Martins	94	Uniao Samorense	1:10.45	379
	50m: 34.00 100m: 1:10.45				
12.	Ana Filipa Parente	98	Gualdim Pais	1:10.85	373
	50m: 34.08 100m: 1:10.85				
13.	Carolina Henriques Gavancho	97	CLAC-Entroncamento	1:13.89	329
	50m: 35.04 100m: 1:13.89				
14.	Sofia Isabel Mendes	97	Salvaterra de Magos	1:17.23	288
	<i>FTL</i> 50m: 36.02 100m: 1:17.23				
15.	Patricia Simoes Jorge	97	Salvaterra de Magos	1:17.80	281
	<i>FTL</i> 50m: 37.29 100m: 1:17.80				

DNS Julia Matos Lopes 94 Viver Santarem

JUVENIS

1.	Sarah Dias	99	CLAC-Entroncamento	1:01.75	563
	50m: 29.59 100m: 1:01.75				
2.	Maria Beatriz Dias	99	Viver Santarem	1:05.19	479
	50m: 31.61 100m: 1:05.19				
3.	Ana Margarida Salgueiro	99	Nautico Abrantes	1:06.94	442
	50m: 32.19 100m: 1:06.94				
4.	Maria Beatriz Diogo	99	Nautico Abrantes	1:09.32	398
	50m: 34.51 100m: 1:09.32				
5.	Ana Torres Ferreira	99	Nautico Abrantes	1:09.72	391
	50m: 34.00 100m: 1:09.72				
6.	Carolina Felicidade Batista	99	Viver Santarem	1:10.40	380
	50m: 34.20 100m: 1:10.40				
7.	Mariana Narciso Fidalgo	99	20Km de Almeirim	1:12.10	354
	50m: 34.72 100m: 1:12.10				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 13, Femin., 100m Livres, JUVENIS

Lugar	Ano	Tempo final	Pts
8. Joana Sofia Bica 50m: 34.48 100m: 1:12.64	99 CLAC-Entroncamento	1:12.64	346
9. Ines Fernandes Moutinho 50m: 34.53 100m: 1:13.37	99 CLAC-Entroncamento	1:13.37	336
10. Carolina Miguel Marques 50m: 35.39 100m: 1:14.63	99 Natacao do Tejo	1:14.63	319
11. Patricia Silva Conceicao 50m: 36.11 100m: 1:15.22	99 Nautico Abrantes	1:15.22	311
12. Ana Carolina Morais <i>FTL</i> 50m: 37.23 100m: 1:24.13	99 Nucleo Sportinguista Golega	1:24.13	222
DNS Claudia Maria Marcalo	99 Natacao do Tejo		

INF-A

1. Lara Alexandra Delgado 50m: 32.12 100m: 1:06.39	00 Torres Novas	1:06.39	453
2. Ana Oliveira Ferreira 50m: 33.08 100m: 1:08.30	00 20Km de Almeirim	1:08.30	416
3. Patricia Palmeiro Baeta 50m: 33.20 100m: 1:08.89	00 Viver Santarem	1:08.89	405
4. Ana Catarina Santos 50m: 33.80 100m: 1:09.39	00 Uniao Samorense	1:09.39	397
5. Ines Isabel Graca 50m: 33.92 100m: 1:09.64	00 Gualdim Pais	1:09.64	392
6. Barbara Guerra Pisco 50m: 34.02 100m: 1:11.53	00 20Km de Almeirim	1:11.53	362
7. Mariana Nunes Domingos 50m: 35.39 100m: 1:13.74	00 Viver Santarem	1:13.74	331
8. Maria Pinto Goncalves 50m: 38.07 100m: 1:17.95	00 Salvaterra de Magos	1:17.95	280
9. Joana Costa Bernardino 50m: 37.63 100m: 1:18.68	00 CLAC-Entroncamento	1:18.68	272
10. Catia Maria Feijao <i>FTL</i> 50m: 36.89 100m: 1:19.04	00 Nucleo Sportinguista Golega	1:19.04	268
11. Barbara Sucena Riachos <i>FTL</i> 50m: 37.26 100m: 1:20.64	00 Nucleo Sportinguista Golega	1:20.64	253
12. Barbara Sofia Claro <i>FTL</i> 50m: 38.51 100m: 1:20.80	00 BUZIOS-Coruche	1:20.80	251
13. Barbara Ribeiro Cotovio <i>FTL</i> 50m: 39.07 100m: 1:21.42	00 Natacao do Tejo	1:21.42	245

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 13, Femin., 100m Livres

INF-B

1.	Marta Sousa Oliveira <i>RD INF-B (T.A: 01.05.74)</i> 50m: 31.02 100m: 1:05.54	01	Torres Novas	1:05.54	471
2.	Rita Sousa Oliveira 50m: 31.72 100m: 1:06.95	01	Torres Novas	1:06.95	442
3.	Ines Ferreira Duarte 50m: 34.42 100m: 1:10.82	01	Nautico Abrantes	1:10.82	373
4.	Maria Francisca Torcato 50m: 36.32 100m: 1:15.45	01	20Km de Almeirim	1:15.45	309
5.	Carolina Luis Amaral 50m: 36.45 100m: 1:16.33	01	BUZIOS-Coruche	1:16.33	298
6.	Beatriz Ribeiro Simoes 50m: 37.06 100m: 1:16.52	01	Torres Novas	1:16.52	296
7.	Rita Daniela Lopes 50m: 37.07 100m: 1:16.64	01	Gualdim Pais	1:16.64	294
8.	Beatriz Santos Reis 50m: 36.69 100m: 1:17.05	01	Torres Novas	1:17.05	290
9.	Carolina Marques Neves 50m: 37.31 100m: 1:17.72	01	Torres Novas	1:17.72	282
10.	Lucia Goncalves Dias 50m: 39.20 100m: 1:19.07	01	Torres Novas	1:19.07	268
11.	Mafalda Gilberto Marques 50m: 37.74 100m: 1:19.94	01	Natacao do Tejo	1:19.94	259
12.	Erica Alexandra Madruga 50m: 31.16 100m: 1:20.51	01	Viver Santarem	1:20.51	254
13.	Ana Rita Carvalho 50m: 38.00 100m: 1:22.24	01	Viver Santarem	1:22.24	238
14.	Mariana Tome Fidalgo 50m: 40.38 100m: 1:24.50	01	Viver Santarem	1:24.50	219
15.	Ines Isabel Conde <i>FTL</i> 50m: 40.42 100m: 1:26.89	01	Torres Novas	1:26.89	202
16.	Susana Isabel Rodrigues <i>FTL</i> 50m: 41.95 100m: 1:28.02	01	Salvaterra de Magos	1:28.02	194
17.	Leonor Chora Gaudencio <i>FTL</i> 50m: 43.28 100m: 1:30.53	01	Torres Novas	1:30.53	178
18.	Joana Matias Almeida <i>FTL</i> 50m: 45.21 100m: 1:34.61	01	Viver Santarem	1:34.61	156

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 14
02-03-2013

Masc., 100m Bruços

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 1:32.00 / Time standard 1 13: 1:40.50; 14: 1:36.50; 15: 1:32.50; 16: 1:28.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Miguel Carrico Cruz 50m: 35.13 100m: 1:13.42	99 Viver Santarem	1:13.42	434
2. Artur Rafael Saramago 50m: 35.00 100m: 1:14.44	97 BUZIOS-Coruche	1:14.44	416
3. Tiago Andre Matos 50m: 34.95 100m: 1:15.80	95 Nautico Abrantes	1:15.80	394
4. Pedro Manuel Nunes 50m: 35.98 100m: 1:16.11	98 CLAC-Entroncamento	1:16.11	390
5. Joao Mauricio Gaspar 50m: 36.80 100m: 1:16.54	97 Nautico Abrantes	1:16.54	383
6. Bernardo Jose Dionisio 50m: 36.32 100m: 1:16.75	99 Gualdim Pais	1:16.75	380
7. Frederico Sucena Riachos 50m: 37.88 100m: 1:19.31	98 Nucleo Sportinguista Golega	1:19.31	344
8. Joao Pedro Marquez 50m: 38.39 100m: 1:20.67	98 Uniao Samorense	1:20.67	327
9. Joao Diogo Lucas 50m: 38.67 100m: 1:21.29	95 Salvaterra de Magos	1:21.29	320
10. Joao Paulo Lopes 50m: 38.86 100m: 1:22.60	98 Torres Novas	1:22.60	305
11. Martim Basilio Gil 50m: 37.64 100m: 1:23.48	97 CLAC-Entroncamento	1:23.48	295
12. Jose Carlos Burecas 50m: 40.76 100m: 1:26.70	00 BUZIOS-Coruche	1:26.70	263
13. Francisco Oliveira Madeira 50m: 41.22 100m: 1:27.19	99 Nucleo Sportinguista Golega	1:27.19	259
14. Andre Diogo Olivenca 50m: 41.14 100m: 1:27.64	98 Viver Santarem	1:27.64	255
15. Afonso Silva Nunes 50m: 41.02 100m: 1:27.98	98 Nautico Abrantes	1:27.98	252
16. Henrique Braga Salvador 50m: 41.64 100m: 1:29.73	00 Uniao Samorense	1:29.73	238
17. Miguel Jorge Nunes 50m: 42.04 100m: 1:30.02	98 Uniao Samorense	1:30.02	235
18. Miguel Goncalves Frade 50m: 43.60 100m: 1:30.08	00 Torres Novas	1:30.08	235
19. Francisco Jose Pires 50m: 43.16 100m: 1:30.33	98 Uniao Samorense	1:30.33	233
20. Joao Fernando Bento 50m: 43.76 100m: 1:32.36	99 Uniao Samorense	1:32.36	218
21. Francisco Barroso Rodrigues 50m: 43.56 100m: 1:32.58	99 Uniao Samorense	1:32.58	216
22. Henrique Miguel Cruz 50m: 45.08 100m: 1:36.08	00 Torres Novas	1:36.08	193

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 14, Masc., 100m Bruços, ABS

Lugar	Ano	Tempo final	Pts
23. Duarte Fontainhas Cardigo 50m: 46.80 100m: 1:37.02	00 20Km de Almeirim	1:37.02	188
24. Filipe Asseiceira Ramos 50m: 46.10 100m: 1:38.02	00 Torres Novas	1:38.02	182
25. Goncalo Antonio Barreiros <i>FTL</i> 50m: 47.67 100m: 1:42.42	99 Nucleo Sportinguista Golega	1:42.42	160
26. Miguel Leonardo Grilo <i>FTL</i> 50m: 48.76 100m: 1:43.76	00 BUZIOS-Coruche	1:43.76	153
27. Pedro Jorge Silva <i>FTL</i> 50m: 49.66 100m: 1:45.75	99 20Km de Almeirim	1:45.75	145
DSQ David Jose Carpinteiro <i>- Batimentoo de pernas vertical durante todo o percurso.</i>	00 Natacao do Tejo		
DSQ Eduardo Terekhin Baptista <i>- Batimento de pernas vertical antes da braçada subaquática.</i>	94 Uniao Samorense		

ABS

1. Tiago Andre Matos 50m: 34.95 100m: 1:15.80	95 Nautico Abrantes	1:15.80	394
2. Joao Diogo Lucas 50m: 38.67 100m: 1:21.29	95 Salvaterra de Magos	1:21.29	320
DSQ Eduardo Terekhin Baptista <i>- Batimento de pernas vertical antes da braçada subaquática.</i>	94 Uniao Samorense		

JUV-A

1. Artur Rafael Saramago 50m: 35.00 100m: 1:14.44	97 BUZIOS-Coruche	1:14.44	416
2. Joao Mauricio Gaspar 50m: 36.80 100m: 1:16.54	97 Nautico Abrantes	1:16.54	383
3. Martim Basilio Gil 50m: 37.64 100m: 1:23.48	97 CLAC-Entroncamento	1:23.48	295

JUV-B

1. Pedro Manuel Nunes 50m: 35.98 100m: 1:16.11	98 CLAC-Entroncamento	1:16.11	390
2. Frederico Sucena Riachos 50m: 37.88 100m: 1:19.31	98 Nucleo Sportinguista Golega	1:19.31	344
3. Joao Pedro Marquez 50m: 38.39 100m: 1:20.67	98 Uniao Samorense	1:20.67	327
4. Joao Paulo Lopes 50m: 38.86 100m: 1:22.60	98 Torres Novas	1:22.60	305
5. Andre Diogo Olivenca 50m: 41.14 100m: 1:27.64	98 Viver Santarem	1:27.64	255
6. Afonso Silva Nunes 50m: 41.02 100m: 1:27.98	98 Nautico Abrantes	1:27.98	252

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 14, Masc., 100m Bruços, JUV-B

Lugar	Ano	Tempo final	Pts
7. Miguel Jorge Nunes 50m: 42.04 100m: 1:30.02	98 Uniao Samorense	1:30.02	235
8. Francisco Jose Pires 50m: 43.16 100m: 1:30.33	98 Uniao Samorense	1:30.33	233

INF-A

1. Miguel Carrico Cruz 50m: 35.13 100m: 1:13.42	99 Viver Santarem	1:13.42	434
2. Bernardo Jose Dionisio 50m: 36.32 100m: 1:16.75	99 Gualdim Pais	1:16.75	380
3. Francisco Oliveira Madeira 50m: 41.22 100m: 1:27.19	99 Nucleo Sportinguista Golega	1:27.19	259
4. Joao Fernando Bento 50m: 43.76 100m: 1:32.36	99 Uniao Samorense	1:32.36	218
5. Francisco Barroso Rodrigues 50m: 43.56 100m: 1:32.58	99 Uniao Samorense	1:32.58	216
6. Goncalo Antonio Barreiros <i>FTL</i> 50m: 47.67 100m: 1:42.42	99 Nucleo Sportinguista Golega	1:42.42	160
7. Pedro Jorge Silva <i>FTL</i> 50m: 49.66 100m: 1:45.75	99 20Km de Almeirim	1:45.75	145

INF-B

1. Jose Carlos Burecas 50m: 40.76 100m: 1:26.70	00 BUZIOS-Coruche	1:26.70	263
2. Henrique Braga Salvador 50m: 41.64 100m: 1:29.73	00 Uniao Samorense	1:29.73	238
3. Miguel Goncalves Frade 50m: 43.60 100m: 1:30.08	00 Torres Novas	1:30.08	235
4. Henrique Miguel Cruz 50m: 45.08 100m: 1:36.08	00 Torres Novas	1:36.08	193
5. Duarte Fontainhas Cardigo 50m: 46.80 100m: 1:37.02	00 20Km de Almeirim	1:37.02	188
6. Filipe Asseiceira Ramos 50m: 46.10 100m: 1:38.02	00 Torres Novas	1:38.02	182
7. Miguel Leonardo Grilo <i>FTL</i> 50m: 48.76 100m: 1:43.76	00 BUZIOS-Coruche	1:43.76	153

DSQ David Jose Carpinteiro 00 Natacao do Tejo
- *Batimentoo de pernas vertical durante todo o percurso.*

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 15
02-03-2013

Femin., 200m Mariposa

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 3:25.00 / Time standard 1 12: 3:57.50; 13: 3:46.00; 14: 3:33.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Mariana Soares Martinho 50m: 34.89 100m: 1:13.67	99 Viver Santarem	2:33.13	490
2. Vanessa Braga Salvador 50m: 34.76 100m: 1:13.76	91 Uniao Samorense	2:35.36	469
3. Maria Madalena Silva 50m: 34.55 100m: 1:14.31	98 Nautico Abrantes	2:39.40	435
4. Bruna Alexandra Martins 50m: 38.21 100m: 1:20.38	94 Uniao Samorense	2:46.34	382
5. Rute Isabel Leonardo 50m: 36.39 100m: 1:21.07	98 Nautico Abrantes	2:51.64	348
6. Ana Margarida Salgueiro 50m: 38.45 100m: 1:22.83	99 Nautico Abrantes	2:53.95	334
7. Mafalda Alexandra Cabaca 50m: 38.51 100m: 1:23.57	00 Viver Santarem	2:55.98	323
8. Ana Oliveira Ferreira 50m: 38.95 100m: 1:24.67	00 20Km de Almeirim	3:02.23	291
9. Ana Catarina Travessa 50m: 38.30 100m: 1:22.82	96 Salvaterra de Magos	3:02.46	290
10. Sofia Alexandra Picao 50m: 37.82 100m: 1:24.64	99 CLAC-Entroncamento	3:03.13	286
11. Raquel Sofia Jorge 50m: 39.32 100m: 1:25.69	98 Salvaterra de Magos	3:03.25	286
12. Patricia Simoes Jorge 50m: 39.45 100m: 1:26.76	97 Salvaterra de Magos	3:05.95	274
13. Marta Sousa Oliveira 50m: 40.86 100m: 1:28.92	01 Torres Novas	3:06.57	271
14. Constanca Isabel Jose 50m: 40.16 100m: 1:29.45	01 Gualdim Pais	3:07.20	268
15. Ines Ferreira Duarte 50m: 40.32 100m: 1:29.23	01 Nautico Abrantes	3:07.84	265
16. Carolina Henriques Gavancho 50m: 39.39 100m: 1:27.14	97 CLAC-Entroncamento	3:08.39	263
17. Patricia Silva Conceicao 50m: 38.89 100m: 1:27.63	99 Nautico Abrantes	3:10.36	255
18. Beatriz Ribeiro Simoes 50m: 44.12 100m: 1:34.72	01 Torres Novas	3:13.46	243
19. Ana Claudia Santo 50m: 43.18 100m: 1:33.46	97 Cartaxo	3:16.55	232
20. Ana Filipa Parente 50m: 41.72 100m: 1:32.28	98 Gualdim Pais	3:18.12	226
21. Joana Sofia Amado 50m: 42.86 100m: 1:34.23	99 Cartaxo	3:19.21	222
22. Beatriz Santos Reis 50m: 45.16 100m: 1:40.14	01 Torres Novas	3:34.05	179

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 15, Femin., 200m Mariposa, ABS

Lugar	Ano	Tempo final	Pts
DSQ Mariana Narciso Fidalgo - <i>Batimentos de pernas alternados</i>	99 20Km de Almeirim		
DSQ Barbara Guerra Pisco - <i>Batimentos de pernas alternados</i>	00 20Km de Almeirim		
DSQ Rita Sousa Oliveira - <i>Batimentos de pernas alternados</i>	01 Torres Novas		

ABS

1. Vanessa Braga Salvador 50m: 34.76 100m: 1:13.76 200m: 2:35.36	91 Uniao Samorense	2:35.36	469
2. Maria Madalena Silva 50m: 34.55 100m: 1:14.31 200m: 2:39.40	98 Nautico Abrantes	2:39.40	435
3. Bruna Alexandra Martins 50m: 38.21 100m: 1:20.38 200m: 2:46.34	94 Uniao Samorense	2:46.34	382
4. Rute Isabel Leonardo 50m: 36.39 100m: 1:21.07 200m: 2:51.64	98 Nautico Abrantes	2:51.64	348
5. Ana Catarina Travessa 50m: 38.30 100m: 1:22.82 200m: 3:02.46	96 Salvaterra de Magos	3:02.46	290
6. Raquel Sofia Jorge 50m: 39.32 100m: 1:25.69 200m: 3:03.25	98 Salvaterra de Magos	3:03.25	286
7. Patricia Simoes Jorge 50m: 39.45 100m: 1:26.76 200m: 3:05.95	97 Salvaterra de Magos	3:05.95	274
8. Carolina Henriques Gavancho 50m: 39.39 100m: 1:27.14 200m: 3:08.39	97 CLAC-Entroncamento	3:08.39	263
9. Ana Claudia Santo 50m: 43.18 100m: 1:33.46 200m: 3:16.55	97 Cartaxo	3:16.55	232
10. Ana Filipa Parente 50m: 41.72 100m: 1:32.28 200m: 3:18.12	98 Gualdim Pais	3:18.12	226

JUVENIS

1. Mariana Soares Martinho 50m: 34.89 100m: 1:13.67 200m: 2:33.13	99 Viver Santarem	2:33.13	490
2. Ana Margarida Salgueiro 50m: 38.45 100m: 1:22.83 200m: 2:53.95	99 Nautico Abrantes	2:53.95	334
3. Sofia Alexandra Picao 50m: 37.82 100m: 1:24.64 200m: 3:03.13	99 CLAC-Entroncamento	3:03.13	286
4. Patricia Silva Conceicao 50m: 38.89 100m: 1:27.63 200m: 3:10.36	99 Nautico Abrantes	3:10.36	255
5. Joana Sofia Amado 50m: 42.86 100m: 1:34.23 200m: 3:19.21	99 Cartaxo	3:19.21	222
DSQ Mariana Narciso Fidalgo - <i>Batimentos de pernas alternados</i>	99 20Km de Almeirim		

INF-A

1. Mafalda Alexandra Cabaca 50m: 38.51 100m: 1:23.57 200m: 2:55.98	00 Viver Santarem	2:55.98	323
2. Ana Oliveira Ferreira 50m: 38.95 100m: 1:24.67 200m: 3:02.23	00 20Km de Almeirim	3:02.23	291

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 15, Femin., 200m Mariposa, INF-A

Lugar	Ano	Tempo final	Pts
DSQ Barbara Guerra Pisco - <i>Batimentos de pernas alternados</i>	00 20Km de Almeirim		

INF-B

1. Marta Sousa Oliveira 50m: 40.86 100m: 1:28.92 200m: 3:06.57	01 Torres Novas	3:06.57	271
2. Constanca Isabel Jose 50m: 40.16 100m: 1:29.45 200m: 3:07.20	01 Gualdim Pais	3:07.20	268
3. Ines Ferreira Duarte 50m: 40.32 100m: 1:29.23 200m: 3:07.84	01 Nautico Abrantes	3:07.84	265
4. Beatriz Ribeiro Simoes 50m: 44.12 100m: 1:34.72 200m: 3:13.46	01 Torres Novas	3:13.46	243
5. Beatriz Santos Reis 50m: 45.16 100m: 1:40.14 200m: 3:34.05	01 Torres Novas	3:34.05	179
DSQ Rita Sousa Oliveira - <i>Batimentos de pernas alternados</i>	01 Torres Novas		

Prova 16
02-03-2013

Masc., 100m Mariposa

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 1:19.00 / Time standard 1 13: 1:41.00; 14: 1:36.00; 15: 1:31.00; 16: 1:26.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Andre Filipe Mendes 50m: 27.07 100m: 58.51	92 Nautico Abrantes	58.51	568
2. Eduardo Terekhin Baptista 50m: 29.08 100m: 1:02.57	94 Uniao Samorense	1:02.57	465
3. Afonso Filipe Gaspar 50m: 30.20 100m: 1:03.81	97 Nautico Abrantes	1:03.81	438
4. Diogo Miguel Balsa 50m: 29.08 100m: 1:04.06	95 BUZIOS-Coruche	1:04.06	433
5. Ruben Miguel Matos 50m: 29.86 100m: 1:04.81	91 Nautico Abrantes	1:04.81	418
6. Martim Basilio Gil 50m: 30.45 100m: 1:05.67	97 CLAC-Entroncamento	1:05.67	402
7. Miguel Carrico Cruz 50m: 30.02 100m: 1:05.80	99 Viver Santarem	1:05.80	399
8. Afonso Guilherme Rosa 50m: 31.42 100m: 1:07.02	99 Gualdim Pais	1:07.02	378
9. Marco Andre Miguel 50m: 31.93 100m: 1:07.09	99 Torres Novas	1:07.09	377
10. Tiago Filipe Campos 50m: 31.38 100m: 1:07.19	99 Viver Santarem	1:07.19	375
11. Jose Henriques Luz 50m: 32.15 100m: 1:07.73	99 Nucleo Sportinguista Golega	1:07.73	366
12. Artur Rafael Saramago 50m: 31.82 100m: 1:07.80	97 BUZIOS-Coruche	1:07.80	365

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 16, Masc., 100m Mariposa, ABS

Lugar	Ano	Tempo final	Pts
13. Dario Fausto Matias 50m: 32.26 100m: 1:09.54	98 Torres Novas	1:09.54	338
14. Telmo Pedrosa Rocha 50m: 32.58 100m: 1:10.36	98 Uniao Samorense	1:10.36	327
15. Joao Paulo Lopes 50m: 32.82 100m: 1:10.45	98 Torres Novas	1:10.45	325
16. Mario Jorge Santos 50m: 32.61 100m: 1:11.05	95 Gualdim Pais	1:11.05	317
17. Jose Carlos Rebelo 50m: 34.06 100m: 1:13.40	96 CLAC-Entroncamento	1:13.40	288
18. Rui Jorge Lopes 50m: 32.78 100m: 1:13.41	00 CLAC-Entroncamento	1:13.41	288
19. Joao Diogo Lucas 50m: 33.36 100m: 1:13.95	95 Salvaterra de Magos	1:13.95	281
20. Miguel Serrao Santos 50m: 36.04 100m: 1:15.08	00 Viver Santarem	1:15.08	269
21. Goncalo Faria Saldida 50m: 34.73 100m: 1:15.33	99 Gualdim Pais	1:15.33	266
22. Telmo Joao Faria 50m: 34.10 100m: 1:15.80	97 Natacao do Tejo	1:15.80	261
23. Joao Neves Coelho 50m: 36.80 100m: 1:18.64	98 BUZIOS-Coruche	1:18.64	234
24. Daniel Sendrea 50m: 37.02 100m: 1:20.73	98 Uniao Samorense	1:20.73	216
25. Sergio Alexandre Batalha 50m: 36.48 100m: 1:22.57	98 Uniao Samorense	1:22.57	202
26. Rafael Ildio Antunes 50m: 36.63 100m: 1:24.07	97 Salvaterra de Magos	1:24.07	191
27. Joao Nazario Carvalho 50m: 38.66 100m: 1:24.60	00 Torres Novas	1:24.60	188
28. Jose Nuno Sousa 50m: 36.95 100m: 1:25.04	99 Individual Santarem	1:25.04	185
29. Joao Ferreira Santos 50m: 37.84 100m: 1:25.65	98 Torres Novas	1:25.65	181
30. Vasco Leal Brito 50m: 39.92 100m: 1:27.45	99 CLAC-Entroncamento	1:27.45	170
31. Rodrigo Pereira Damasio 50m: 40.23 100m: 1:28.36	99 Salvaterra de Magos	1:28.36	165
32. David Antonio Carvalho 50m: 40.79 100m: 1:29.15	99 Natacao do Tejo	1:29.15	160
33. David Antunes Santos 50m: 41.39 100m: 1:30.64	00 CLAC-Entroncamento	1:30.64	153
34. Joao Afonso Goncalves 50m: 42.13 100m: 1:35.77	00 CLAC-Entroncamento	1:35.77	129
35. David Jose Carpinteiro 50m: 46.26 100m: 1:40.79	00 Natacao do Tejo	1:40.79	111
36. Diogo Miguel Castro <i>FTL</i> 50m: 46.67 100m: 1:41.10	00 CLAC-Entroncamento	1:41.10	110

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 16, Masc., 100m Mariposa, ABS

Lugar	Ano	Tempo final	Pts
37. Diogo Miguel Teodoro <i>FTL</i> 50m: 44.60 100m: 1:42.00	00 BUZIOS-Coruche	1:42.00	107
DSQ Miguel Leonardo Grilo <i>- Batimentos de pernas alternados</i>	00 BUZIOS-Coruche		
DSQ Joao Fernando Bento <i>- Batimentos de pernas alternados</i>	99 Uniao Samoreense		
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

ABS

1. Andre Filipe Mendes 50m: 27.07 100m: 58.51	92 Nautico Abrantes	58.51	568
2. Eduardo Terekhin Baptista 50m: 29.08 100m: 1:02.57	94 Uniao Samoreense	1:02.57	465
3. Diogo Miguel Balsa 50m: 29.08 100m: 1:04.06	95 BUZIOS-Coruche	1:04.06	433
4. Ruben Miguel Matos 50m: 29.86 100m: 1:04.81	91 Nautico Abrantes	1:04.81	418
5. Mario Jorge Santos 50m: 32.61 100m: 1:11.05	95 Gualdim Pais	1:11.05	317
6. Jose Carlos Rebelo 50m: 34.06 100m: 1:13.40	96 CLAC-Entroncamento	1:13.40	288
7. Joao Diogo Lucas 50m: 33.36 100m: 1:13.95	95 Salvaterra de Magos	1:13.95	281

JUV-A

1. Afonso Filipe Gaspar 50m: 30.20 100m: 1:03.81	97 Nautico Abrantes	1:03.81	438
2. Martim Basilio Gil 50m: 30.45 100m: 1:05.67	97 CLAC-Entroncamento	1:05.67	402
3. Artur Rafael Saramago 50m: 31.82 100m: 1:07.80	97 BUZIOS-Coruche	1:07.80	365
4. Telmo Joao Faria 50m: 34.10 100m: 1:15.80	97 Natacao do Tejo	1:15.80	261
5. Rafael Ildio Antunes 50m: 36.63 100m: 1:24.07	97 Salvaterra de Magos	1:24.07	191
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

JUV-B

1. Dario Fausto Matias 50m: 32.26 100m: 1:09.54	98 Torres Novas	1:09.54	338
2. Telmo Pedrosa Rocha 50m: 32.58 100m: 1:10.36	98 Uniao Samoreense	1:10.36	327
3. Joao Paulo Lopes 50m: 32.82 100m: 1:10.45	98 Torres Novas	1:10.45	325
4. Joao Neves Coelho 50m: 36.80 100m: 1:18.64	98 BUZIOS-Coruche	1:18.64	234

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 16, Masc., 100m Mariposa, JUV-B

Lugar	Ano	Tempo final	Pts
5. Daniel Sendrea 50m: 37.02 100m: 1:20.73	98 Uniao Samorense	1:20.73	216
6. Sergio Alexandre Batalha 50m: 36.48 100m: 1:22.57	98 Uniao Samorense	1:22.57	202
7. Joao Ferreira Santos 50m: 37.84 100m: 1:25.65	98 Torres Novas	1:25.65	181

INF-A

1. Miguel Carrico Cruz 50m: 30.02 100m: 1:05.80	99 Viver Santarem	1:05.80	399
2. Afonso Guilherme Rosa 50m: 31.42 100m: 1:07.02	99 Gualdim Pais	1:07.02	378
3. Marco Andre Miguel 50m: 31.93 100m: 1:07.09	99 Torres Novas	1:07.09	377
4. Tiago Filipe Campos 50m: 31.38 100m: 1:07.19	99 Viver Santarem	1:07.19	375
5. Jose Henriques Luz 50m: 32.15 100m: 1:07.73	99 Nucleo Sportinguista Golega	1:07.73	366
6. Goncalo Faria Saldida 50m: 34.73 100m: 1:15.33	99 Gualdim Pais	1:15.33	266
7. Jose Nuno Sousa 50m: 36.95 100m: 1:25.04	99 Individual Santarem	1:25.04	185
8. Vasco Leal Brito 50m: 39.92 100m: 1:27.45	99 CLAC-Entroncamento	1:27.45	170
9. Rodrigo Pereira Damasio 50m: 40.23 100m: 1:28.36	99 Salvaterra de Magos	1:28.36	165
10. David Antonio Carvalho 50m: 40.79 100m: 1:29.15	99 Natacao do Tejo	1:29.15	160
DSQ Joao Fernando Bento - <i>Batimentos de pernas alternados</i>	99 Uniao Samorense		

INF-B

1. Rui Jorge Lopes 50m: 32.78 100m: 1:13.41	00 CLAC-Entroncamento	1:13.41	288
2. Miguel Serrao Santos 50m: 36.04 100m: 1:15.08	00 Viver Santarem	1:15.08	269
3. Joao Nazario Carvalho 50m: 38.66 100m: 1:24.60	00 Torres Novas	1:24.60	188
4. David Antunes Santos 50m: 41.39 100m: 1:30.64	00 CLAC-Entroncamento	1:30.64	153
5. Joao Afonso Goncalves 50m: 42.13 100m: 1:35.77	00 CLAC-Entroncamento	1:35.77	129
6. David Jose Carpinteiro 50m: 46.26 100m: 1:40.79	00 Natacao do Tejo	1:40.79	111
7. Diogo Miguel Castro <i>FTL</i> 50m: 46.67 100m: 1:41.10	00 CLAC-Entroncamento	1:41.10	110

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 16, Masc., 100m Mariposa, INF-B

Lugar	Ano	Tempo final	Pts
8. Diogo Miguel Teodoro <i>FTL</i> 50m: 44.60 100m: 1:42.00	00 BUZIOS-Coruche	1:42.00	107
DSQ Miguel Leonardo Grilo <i>- Batimentos de pernas alternados</i>	00 BUZIOS-Coruche		

Prova 17
02-03-2013

Femin., 4 x 100m Estilos

12 anos e mais velhos

Resultados

JUN/SEN - FEM 15 +: 5:48.00 / Time standard 1 12: 6:31.00; 13: 6:28.00; 14: 5:50.50

Pontos: FINA 2012

Lugar	Tempo final	Pts
JUVENIS		
1. Nautico Abrantes 2 Patricia Silva Conceicao 99 39.89 1:22.07 Ana Margarida Salgueiro 99 Maria Beatriz Diogo 99 Ana Torres Ferreira 99	5:13.04	386
2. CLAC-Entroncamento 1 Sarah Dias 99 35.16 1:13.35 Sofia Alexandra Picao 99 Ines Fernandes Moutinho 99 Joana Sofia Bica 99	5:18.84	365

INF-A

1. Viver Santarem 3 Marta Isabel Silva 00 43.26 1:28.36 Mafalda Alexandra Cabaca 00 Mariana Nunes Domingos 00 Patricia Palmeiro Baeta 00	5:37.07	309
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INF-B

1. Torres Novas 1 Beatriz Santos Reis 01 43.10 1:26.89 Rita Sousa Oliveira 01 Carolina Marques Neves 01 Marta Sousa Oliveira 01	5:35.20	314
2. Torres Novas 2 Leonor Chora Gaudencio 01 49.92 1:42.95 Beatriz Ribeiro Simoes 01 Ines Isabel Conde 01 Lucia Goncalves Dias 01	6:16.22	222
3. Viver Santarem 4 <i>FTL</i> Erica Alexandra Madruga 01 45.46 1:36.30 Mariana Tome Fidalgo 01 Ana Rita Carvalho 01 Joana Matias Almeida 01	6:42.79	181

Prova 18
02-03-2013

Masc., 4 x 100m Livres

13 anos e mais velhos

Resultados

JUN/SEN - MASC 17 +: 4:43.00 / Time standard 1 13: 5:43.00; 14: 5:33.00; 15: 5:16.00; 16: 5:00.00

Pontos: FINA 2012

Lugar	Tempo final	Pts
ABS		
1. Viver Santarem 5 Miguel Serrao Santos 00 32.48 1:08.00 Joao Tiago Almeida 99 Miguel Carrico Cruz 99 Tiago Filipe Campos 99	4:19.73	351

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 18, Masc., 4 x 100m Livres

JUV-B

1. Uniao Samorense 1				Uniao Samorense	4:12.02	384
Sergio Alexandre Batalha	98	29.48	1:02.82	Miguel Jorge Nunes	98	
Telmo Pedrosa Rocha	98			Joao Pedro Marquez	98	

INF-A

1. Nucleo Sportinguista Golega 1				Nucleo Sportinguista Golega	4:30.07	312
Joao Miguel Vale	99	31.65	1:07.74	Jose Henriques Luz	99	
Francisco Oliveira Madeira	99			Goncalo Antonio Barreiros	99	

INF-B

1. Torres Novas 1				Torres Novas	4:55.60	238
Joao Nazario Carvalho	00	33.67	1:10.48	Filipe Asseiceira Ramos	00	
Miguel Goncalves Frade	00			Henrique Miguel Cruz	00	
2. CLAC-Entroncamento 1				CLAC-Entroncamento	5:06.49	213
Diogo Miguel Castro	00	38.91	1:21.03	Joao Afonso Goncalves	00	
Diogo Miguel Machado	00			David Antunes Santos	00	

4 - 4ª SESSÃO

03-03-2013 - 9:30

Prova 19
03-03-2013

Masc., 1500m Livres

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 20:06.00 / Time standard 1 13: 23:00.00; 14: 22:30.00; 15: 21:30.00; 16: 21:00.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
1. Joao Luis Baeta	94	17:16.02	552
50m: 31.89 100m: 1:06.36 200m: 2:15.26 400m: 4:32.57 800m: 9:08.67 1500m: 17:16.02			
2. Jose Henriques Luz	99	17:37.91	518
50m: 31.66 100m: 1:06.21 200m: 2:15.82 400m: 4:33.72 800m: 9:18.04 1500m: 17:37.91			
3. Joao Pedro Marquez	98	18:02.76	483
50m: 32.51 100m: 1:07.29 200m: 2:19.02 400m: 4:43.80 800m: 9:34.89 1500m: 18:02.76			
4. Afonso Guilherme Rosa	99	18:12.98	470
50m: 32.48 100m: 1:08.36 200m: 2:19.42 400m: 4:44.60 800m: 9:43.88 1500m: 18:12.98			
5. Dario Fausto Matias	98	18:13.00	470
50m: 32.53 100m: 1:08.63 200m: 2:21.84 400m: 4:49.05 800m: 9:43.69 1500m: 18:13.00			
6. Goncalo Faria Saldida	99	18:27.45	452
50m: 33.00 100m: 1:08.58 200m: 2:21.39 400m: 4:49.45 800m: 9:47.80 1500m: 18:27.45			
7. Tiago Filipe Campos	99	18:41.30	435
50m: 32.26 100m: 1:08.26 200m: 2:20.95 400m: 4:48.77 800m: 9:51.77 1500m: 18:41.30			
8. Joao Pedro Machado	86	19:06.53	407
50m: 31.09 100m: 1:06.22 200m: 2:19.16 400m: 4:48.89 800m: 9:56.82 1500m: 19:06.53			
9. Sergio Alexandre Batalha	98	19:30.91	382
50m: 33.66 100m: 1:09.66 200m: 2:26.09 400m: 5:00.76 800m: 10:14.85 1500m: 19:30.91			
10. Daniel Sendrea	98	20:00.36	355
50m: 34.54 100m: 1:14.26 200m: 2:34.87 400m: 5:14.08 800m: 10:36.98 1500m: 20:00.36			
11. Jose Nuno Sousa	99	20:15.13	342
50m: 34.39 100m: 1:13.07 200m: 2:33.39 400m: 5:13.80 800m: 10:38.76 1500m: 20:15.13			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 19, Masc., 1500m Livres, ABS

Lugar	Ano	Tempo final	Pts
12. Bernardo Fernandes Aguiar 50m: 35.89 100m: 1:15.92 200m: 2:37.82 400m: 5:20.51 800m: 10:46.00 1500m: 20:25.76	99 20Km de Almeirim	20:25.76	333
13. Joao Nazario Carvalho 50m: 36.00 100m: 1:16.91 200m: 2:38.86 400m: 5:21.44 800m: 10:54.21 1500m: 20:36.33	00 Torres Novas	20:36.33	325
14. Joao Ferreira Santos 50m: 36.42 100m: 1:17.46 200m: 2:41.47 400m: 5:33.84 800m: 11:18.10 1500m: 21:20.39	98 Torres Novas	21:20.39	292
15. David Antonio Carvalho 50m: 36.02 100m: 1:18.86 200m: 2:48.76 400m: 5:48.23 800m: 11:44.86 1500m: 22:14.48	99 Natacao do Tejo	22:14.48	258
16. Tomas Jose Agostinho <i>FTL</i> 50m: 39.07 100m: 1:22.48 200m: 2:51.23 400m: 5:50.00 800m: 11:55.02 1500m: 22:31.54	99 BUZIOS-Coruche	22:31.54	248
17. David Antunes Santos 50m: 41.36 100m: 1:26.95 200m: 2:57.80 400m: 6:02.12 800m: 12:05.54 1500m: 22:45.39	00 CLAC-Entroncamento	22:45.39	241
18. Duarte Fontainhas Cardigo 50m: 39.30 100m: 1:24.20 200m: 2:55.68 400m: 6:00.39 800m: 12:12.76 1500m: 22:55.23	00 20Km de Almeirim	22:55.23	236
DSQ Telmo Pedrosa Rocha <i>O atleta não completou o percurso.</i>	98 Uniao Samorense		
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

ABS

1. Joao Luis Baeta 50m: 31.89 100m: 1:06.36 200m: 2:15.26 400m: 4:32.57 800m: 9:08.67 1500m: 17:16.02	94 Viver Santarem	17:16.02	552
2. Joao Pedro Machado 50m: 31.09 100m: 1:06.22 200m: 2:19.16 400m: 4:48.89 800m: 9:56.82 1500m: 19:06.53	86 Nautico Abrantes	19:06.53	407

JUV-A

DNS Miguel Jose Cassiano 97 20Km de Almeirim

JUV-B

1. Joao Pedro Marquez 50m: 32.51 100m: 1:07.29 200m: 2:19.02 400m: 4:43.80 800m: 9:34.89 1500m: 18:02.76	98 Uniao Samorense	18:02.76	483
2. Dario Fausto Matias 50m: 32.53 100m: 1:08.63 200m: 2:21.84 400m: 4:49.05 800m: 9:43.69 1500m: 18:13.00	98 Torres Novas	18:13.00	470
3. Sergio Alexandre Batalha 50m: 33.66 100m: 1:09.66 200m: 2:26.09 400m: 5:00.76 800m: 10:14.85 1500m: 19:30.91	98 Uniao Samorense	19:30.91	382
4. Daniel Sendrea 50m: 34.54 100m: 1:14.26 200m: 2:34.87 400m: 5:14.08 800m: 10:36.98 1500m: 20:00.36	98 Uniao Samorense	20:00.36	355
5. Joao Ferreira Santos 50m: 36.42 100m: 1:17.46 200m: 2:41.47 400m: 5:33.84 800m: 11:18.10 1500m: 21:20.39	98 Torres Novas	21:20.39	292

DSQ Telmo Pedrosa Rocha 98 Uniao Samorense
O atleta não completou o percurso.

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 19, Masc., 1500m Livres

INF-A

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	17:37.91	518
	50m: 31.66 100m: 1:06.21 200m: 2:15.82 400m: 4:33.72 800m: 9:18.04 1500m: 17:37.91				
2.	Afonso Guilherme Rosa	99	Gualdim Pais	18:12.98	470
	50m: 32.48 100m: 1:08.36 200m: 2:19.42 400m: 4:44.60 800m: 9:43.88 1500m: 18:12.98				
3.	Goncalo Faria Saldida	99	Gualdim Pais	18:27.45	452
	50m: 33.00 100m: 1:08.58 200m: 2:21.39 400m: 4:49.45 800m: 9:47.80 1500m: 18:27.45				
4.	Tiago Filipe Campos	99	Viver Santarem	18:41.30	435
	50m: 32.26 100m: 1:08.26 200m: 2:20.95 400m: 4:48.77 800m: 9:51.77 1500m: 18:41.30				
5.	Jose Nuno Sousa	99	Individual Santarem	20:15.13	342
	50m: 34.39 100m: 1:13.07 200m: 2:33.39 400m: 5:13.80 800m: 10:38.76 1500m: 20:15.13				
6.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	20:25.76	333
	50m: 35.89 100m: 1:15.92 200m: 2:37.82 400m: 5:20.51 800m: 10:46.00 1500m: 20:25.76				
7.	David Antonio Carvalho	99	Natacao do Tejo	22:14.48	258
	50m: 36.02 100m: 1:18.86 200m: 2:48.76 400m: 5:48.23 800m: 11:44.86 1500m: 22:14.48				
8.	Tomas Jose Agostinho	99	BUZIOS-Coruche	22:31.54	248
	<i>FTL</i> 50m: 39.07 100m: 1:22.48 200m: 2:51.23 400m: 5:50.00 800m: 11:55.02 1500m: 22:31.54				

INF-B

1.	Joao Nazario Carvalho	00	Torres Novas	20:36.33	325
	50m: 36.00 100m: 1:16.91 200m: 2:38.86 400m: 5:21.44 800m: 10:54.21 1500m: 20:36.33				
2.	David Antunes Santos	00	CLAC-Entroncamento	22:45.39	241
	50m: 41.36 100m: 1:26.95 200m: 2:57.80 400m: 6:02.12 800m: 12:05.54 1500m: 22:45.39				
3.	Duarte Fontainhas Cardigo	00	20Km de Almeirim	22:55.23	236
	50m: 39.30 100m: 1:24.20 200m: 2:55.68 400m: 6:00.39 800m: 12:12.76 1500m: 22:55.23				

Prova 20

Femin., 400m Livres

12 anos e mais velhos

03-03-2013

Resultados

JUN/SEN - FEM 15 +: 5:42.00 / Time standard 1 12: 6:25.00; 13: 6:09.00; 14: 5:44.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts		
ABS					
1.	Marta Filipa Vinagre	95	CLAC-Entroncamento	4:41.20	583
	50m: 30.54 100m: 1:03.80 200m: 2:14.76 400m: 4:41.20				
2.	Mariana Soares Martinho	99	Viver Santarem	4:48.19	541
	50m: 33.39 100m: 1:09.54 200m: 2:23.14 400m: 4:48.19				
3.	Ana Margarida Salgueiro	99	Nautico Abrantes	4:56.39	497
	50m: 33.86 100m: 1:10.30 200m: 2:25.20 400m: 4:56.39				
4.	Vanessa Braga Salvador	91	Uniao Samorense	5:04.08	461
	50m: 35.28 100m: 1:13.38 200m: 2:30.97 400m: 5:04.08				
5.	Marta Sousa Oliveira	01	Torres Novas	5:04.79	457
	50m: 36.36 100m: 1:15.40 200m: 2:32.80 400m: 5:04.79				
6.	Rute Isabel Leonardo	98	Nautico Abrantes	5:07.14	447
	50m: 34.04 100m: 1:12.66 200m: 2:31.35 400m: 5:07.14				
7.	Ana Carolina Monteiro	97	BUZIOS-Coruche	5:08.04	443
	50m: 33.02 100m: 1:10.20 200m: 2:28.04 400m: 5:08.04				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 20, Femin., 400m Livres, ABS

Lugar	Ano	Tempo final	Pts
8. Carolina Felicidade Batista 50m: 35.11 100m: 1:12.61 200m: 2:30.26 400m: 5:08.51	99 Viver Santarem	5:08.51	441
9. Ana Catarina Santos 50m: 35.67 100m: 1:53.51 200m: 2:33.48 400m: 5:10.07	00 Uniao Samorense	5:10.07	434
10. Raquel Sofia Jorge 50m: 35.39 100m: 1:13.82 200m: 2:33.13 400m: 5:11.26	98 Salvaterra de Magos	5:11.26	429
11. Ana Oliveira Ferreira 50m: 34.52 100m: 1:14.94 200m: 2:29.81 400m: 5:11.90	00 20Km de Almeirim	5:11.90	427
12. Sarah Dias 50m: 33.85 100m: 1:11.32 200m: 2:30.13 400m: 5:12.17	99 CLAC-Entroncamento	5:12.17	426
13. Barbara Guerra Pisco 50m: 34.89 100m: 1:13.81 200m: 2:33.36 400m: 5:12.26	00 20Km de Almeirim	5:12.26	425
14. Rita Sousa Oliveira 50m: 34.54 100m: 1:14.18 200m: 2:34.18 400m: 5:12.66	01 Torres Novas	5:12.66	424
15. Lara Alexandra Delgado 50m: 36.23 100m: 1:16.91 200m: 2:40.66 400m: 5:19.22	00 Torres Novas	5:19.22	398
16. Ines Isabel Graca 50m: 35.42 100m: 1:14.14 200m: 2:37.02 400m: 5:19.36	00 Gualdim Pais	5:19.36	398
17. Mariana Narciso Fidalgo 50m: 36.65 100m: 1:16.20 200m: 2:36.96 400m: 5:19.60	99 20Km de Almeirim	5:19.60	397
18. Ana Pereira Luis 50m: 35.82 100m: 1:15.86 200m: 2:36.39 400m: 5:26.16	97 Salvaterra de Magos	5:26.16	373
19. Catarina Goncalves Trezentos 50m: 34.54 100m: 1:12.92 200m: 2:36.26 400m: 5:29.08	98 Gualdim Pais	5:29.08	363
20. Mafalda Alexandra Cabaca 50m: 36.98 100m: 1:17.40 200m: 2:42.32 400m: 5:31.22	00 Viver Santarem	5:31.22	356
21. Beatriz Santos Reis 50m: 38.06 100m: 1:20.83 200m: 2:47.56 400m: 5:37.42	01 Torres Novas	5:37.42	337
22. Marta Isabel Silva 50m: 37.42 100m: 1:19.02 200m: 2:45.89 400m: 5:39.89	00 Viver Santarem	5:39.89	330
23. Rita Daniela Lopes 50m: 39.51 100m: 1:22.60 200m: 2:48.70 400m: 5:42.60	01 Gualdim Pais	5:42.60	322
24. Beatriz Ribeiro Simoes 50m: 39.32 100m: 1:22.84 200m: 2:51.60 400m: 5:46.05	01 Torres Novas	5:46.05	312
25. Constanca Isabel Jose 50m: 39.00 100m: 1:21.92 200m: 2:50.02 400m: 5:46.70	01 Gualdim Pais	5:46.70	311
26. Maria Francisca Torcato 50m: 38.73 100m: 1:23.78 200m: 2:53.35 400m: 5:48.56	01 20Km de Almeirim	5:48.56	306
27. Maria Pinto Goncalves 50m: 41.20 100m: 1:27.64 200m: 3:00.00 400m: 5:58.32	00 Salvaterra de Magos	5:58.32	281
28. Lucia Goncalves Dias 50m: 42.90 100m: 1:29.19 200m: 3:01.69 400m: 5:59.54	01 Torres Novas	5:59.54	278
29. Sofia Isabel Mendes <i>FTL</i> 50m: 38.82 100m: 1:23.46 200m: 2:58.46 400m: 6:13.38	97 Salvaterra de Magos	6:13.38	249
30. Susana Isabel Rodrigues <i>FTL</i> 50m: 42.18 100m: 1:30.15 200m: 3:10.41 400m: 6:28.85	01 Salvaterra de Magos	6:28.85	220

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 20, Femin., 400m Livres, ABS

Lugar	Ano	Tempo final	Pts
31. Ines Isabel Conde <i>FTL</i> 50m: 45.11 100m: 1:35.06 200m: 3:16.23 400m: 6:41.20	01 Torres Novas	6:41.20	200
DNS Bruna Alexandra Martins	94 Uniao Samoreense		

ABS

1. Marta Filipa Vinagre 50m: 30.54 100m: 1:03.80 200m: 2:14.76 400m: 4:41.20	95 CLAC-Entroncamento	4:41.20	583
2. Vanessa Braga Salvador 50m: 35.28 100m: 1:13.38 200m: 2:30.97 400m: 5:04.08	91 Uniao Samoreense	5:04.08	461
3. Rute Isabel Leonardo 50m: 34.04 100m: 1:12.66 200m: 2:31.35 400m: 5:07.14	98 Nautico Abrantes	5:07.14	447
4. Ana Carolina Monteiro 50m: 33.02 100m: 1:10.20 200m: 2:28.04 400m: 5:08.04	97 BUZIOS-Coruche	5:08.04	443
5. Raquel Sofia Jorge 50m: 35.39 100m: 1:13.82 200m: 2:33.13 400m: 5:11.26	98 Salvaterra de Magos	5:11.26	429
6. Ana Pereira Luis 50m: 35.82 100m: 1:15.86 200m: 2:36.39 400m: 5:26.16	97 Salvaterra de Magos	5:26.16	373
7. Catarina Goncalves Trezentos 50m: 34.54 100m: 1:12.92 200m: 2:36.26 400m: 5:29.08	98 Gualdim Pais	5:29.08	363
8. Sofia Isabel Mendes <i>FTL</i> 50m: 38.82 100m: 1:23.46 200m: 2:58.46 400m: 6:13.38	97 Salvaterra de Magos	6:13.38	249
DNS Bruna Alexandra Martins	94 Uniao Samoreense		

JUVENIS

1. Mariana Soares Martinho 50m: 33.39 100m: 1:09.54 200m: 2:23.14 400m: 4:48.19	99 Viver Santarem	4:48.19	541
2. Ana Margarida Salgueiro 50m: 33.86 100m: 1:10.30 200m: 2:25.20 400m: 4:56.39	99 Nautico Abrantes	4:56.39	497
3. Carolina Felicidade Batista 50m: 35.11 100m: 1:12.61 200m: 2:30.26 400m: 5:08.51	99 Viver Santarem	5:08.51	441
4. Sarah Dias 50m: 33.85 100m: 1:11.32 200m: 2:30.13 400m: 5:12.17	99 CLAC-Entroncamento	5:12.17	426
5. Mariana Narciso Fidalgo 50m: 36.65 100m: 1:16.20 200m: 2:36.96 400m: 5:19.60	99 20Km de Almeirim	5:19.60	397

INF-A

1. Ana Catarina Santos 50m: 35.67 100m: 1:53.51 200m: 2:33.48 400m: 5:10.07	00 Uniao Samoreense	5:10.07	434
2. Ana Oliveira Ferreira 50m: 34.52 100m: 1:14.94 200m: 2:29.81 400m: 5:11.90	00 20Km de Almeirim	5:11.90	427
3. Barbara Guerra Pisco 50m: 34.89 100m: 1:13.81 200m: 2:33.36 400m: 5:12.26	00 20Km de Almeirim	5:12.26	425
4. Lara Alexandra Delgado 50m: 36.23 100m: 1:16.91 200m: 2:40.66 400m: 5:19.22	00 Torres Novas	5:19.22	398
5. Ines Isabel Graca 50m: 35.42 100m: 1:14.14 200m: 2:37.02 400m: 5:19.36	00 Gualdim Pais	5:19.36	398

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 20, Femin., 400m Livres, INF-A

Lugar	Ano	Tempo final	Pts
6. Mafalda Alexandra Cabaca 50m: 36.98 100m: 1:17.40 200m: 2:42.32 400m: 5:31.22	00 Viver Santarem	5:31.22	356
7. Marta Isabel Silva 50m: 37.42 100m: 1:19.02 200m: 2:45.89 400m: 5:39.89	00 Viver Santarem	5:39.89	330
8. Maria Pinto Goncalves 50m: 41.20 100m: 1:27.64 200m: 3:00.00 400m: 5:58.32	00 Salvaterra de Magos	5:58.32	281

INF-B

1. Marta Sousa Oliveira 50m: 36.36 100m: 1:15.40 200m: 2:32.80 400m: 5:04.79	01 Torres Novas	5:04.79	457
2. Rita Sousa Oliveira 50m: 34.54 100m: 1:14.18 200m: 2:34.18 400m: 5:12.66	01 Torres Novas	5:12.66	424
3. Beatriz Santos Reis 50m: 38.06 100m: 1:20.83 200m: 2:47.56 400m: 5:37.42	01 Torres Novas	5:37.42	337
4. Rita Daniela Lopes 50m: 39.51 100m: 1:22.60 200m: 2:48.70 400m: 5:42.60	01 Gualdim Pais	5:42.60	322
5. Beatriz Ribeiro Simoes 50m: 39.32 100m: 1:22.84 200m: 2:51.60 400m: 5:46.05	01 Torres Novas	5:46.05	312
6. Constanca Isabel Jose 50m: 39.00 100m: 1:21.92 200m: 2:50.02 400m: 5:46.70	01 Gualdim Pais	5:46.70	311
7. Maria Francisca Torcato 50m: 38.73 100m: 1:23.78 200m: 2:53.35 400m: 5:48.56	01 20Km de Almeirim	5:48.56	306
8. Lucia Goncalves Dias 50m: 42.90 100m: 1:29.19 200m: 3:01.69 400m: 5:59.54	01 Torres Novas	5:59.54	278
9. Susana Isabel Rodrigues <i>FTL</i> 50m: 42.18 100m: 1:30.15 200m: 3:10.41 400m: 6:28.85	01 Salvaterra de Magos	6:28.85	220
10. Ines Isabel Conde <i>FTL</i> 50m: 45.11 100m: 1:35.06 200m: 3:16.23 400m: 6:41.20	01 Torres Novas	6:41.20	200

Prova 21
03-03-2013

Masc., 200m Bruços

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 3:15.00 / Time standard 1 13: 3:40.50; 14: 3:33.00; 15: 3:23.00; 16: 3:14.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
1. Miguel Carrico Cruz 50m: 37.80 100m: 1:19.16 200m: 2:43.51	99 Viver Santarem	2:43.51	401
2. Joao Mauricio Gaspar 50m: 37.18 100m: 1:18.59 200m: 2:44.52	97 Nautico Abrantes	2:44.52	394
3. Artur Rafael Saramago 50m: 38.88 100m: 1:22.09 200m: 2:48.79	97 BUZIOS-Coruche	2:48.79	365
4. Eduardo Terekhin Baptista 50m: 37.20 100m: 1:20.51 200m: 2:49.76	94 Uniao Samorense	2:49.76	359
5. Pedro Manuel Nunes 50m: 37.36 100m: 1:20.28 200m: 2:49.81	98 CLAC-Entroncamento	2:49.81	358

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 21, Masc., 200m Bruços, ABS

Lugar	Ano	Tempo final	Pts
6. Frederico Sucena Riachos 50m: 38.57 100m: 1:23.20 200m: 2:51.45	98 Nucleo Sportinguista Golega	2:51.45	348
7. Martim Basilio Gil 50m: 38.52 100m: 1:22.80 200m: 2:52.10	97 CLAC-Entroncamento	2:52.10	344
8. Tiago Andre Matos 50m: 39.07 100m: 1:23.10 200m: 2:52.64	95 Nautico Abrantes	2:52.64	341
9. Joao Diogo Lucas 50m: 39.34 100m: 1:23.14 200m: 2:52.78	95 Salvaterra de Magos	2:52.78	340
10. Bernardo Jose Dionisio 50m: 38.54 100m: 1:22.57 200m: 2:53.36	99 Gualdim Pais	2:53.36	337
11. Jose Carlos Burecas 50m: 41.67 100m: 1:28.13 200m: 3:03.95	00 BUZIOS-Coruche	3:03.95	282
12. Afonso Silva Nunes 50m: 40.97 100m: 1:28.00 200m: 3:05.26	98 Nautico Abrantes	3:05.26	276
13. Francisco Oliveira Madeira 50m: 41.86 100m: 1:29.70 200m: 3:07.67	99 Nucleo Sportinguista Golega	3:07.67	265
14. Andre Diogo Olivenca 50m: 42.06 100m: 1:30.72 200m: 3:08.54	98 Viver Santarem	3:08.54	262
15. Miguel Goncalves Frade 50m: 44.12 100m: 1:32.34 200m: 3:09.56	00 Torres Novas	3:09.56	257
16. Rui Jorge Lopes 50m: 42.29 100m: 1:32.02 200m: 3:12.57	00 CLAC-Entroncamento	3:12.57	246
17. Diogo Miguel Castro 50m: 46.82 100m: 1:37.97 200m: 3:16.50	00 CLAC-Entroncamento	3:16.50	231
18. Miguel Jorge Nunes 50m: 42.55 100m: 1:32.04 200m: 3:18.70	98 Uniao Samorense	3:18.70	223
19. Francisco Barroso Rodrigues 50m: 44.13 100m: 1:33.89 200m: 3:19.70	99 Uniao Samorense	3:19.70	220
20. Rodrigo Pereira Damasio 50m: 45.96 100m: 1:37.34 200m: 3:20.06	99 Salvaterra de Magos	3:20.06	219
21. Joao Fernando Bento 50m: 46.91 100m: 1:38.12 200m: 3:20.46	99 Uniao Samorense	3:20.46	218
22. Duarte Fontainhas Cardigo 50m: 48.40 100m: 1:41.47 200m: 3:27.80	00 20Km de Almeirim	3:27.80	195
23. Henrique Miguel Cruz 50m: 45.28 100m: 1:38.36 200m: 3:28.21	00 Torres Novas	3:28.21	194
24. Filipe Asseiceira Ramos 50m: 48.89 100m: 1:43.23 200m: 3:29.14	00 Torres Novas	3:29.14	192
25. Diogo Miguel Machado 50m: 48.67 100m: 1:43.64 200m: 3:35.70	00 CLAC-Entroncamento	3:35.70	175
26. Goncalo Antonio Barreiros <i>FTL</i> 50m: 48.78 100m: 1:45.57 200m: 3:41.19	99 Nucleo Sportinguista Golega	3:41.19	162
DSQ David Jose Carpinteiro <i>- O atleta efectuou movimento vertical de pernas durante o percurso.</i>	00 Natacao do Tejo		
DSQ Joao Paulo Lopes <i>- O atleta efectuou 2 pernadas golfinho após as viragens dos 50, 100 e 150 metros.</i>	98 Torres Novas		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 21, Masc., 200m Bruços, ABS

Lugar	Ano	Tempo final	Pts
DSQ Henrique Braga Salvador	00 Uniao Samorense		
<i>- O atleta tocou apenas com uma mão na parede na viragem dos 150 metros.</i>			

DNS Hugo Fraga Alambre	95 BUZIOS-Coruche		
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ABS

1. Eduardo Terekhin Baptista	94 Uniao Samorense	2:49.76	359
50m: 37.20 100m: 1:20.51 200m: 2:49.76			
2. Tiago Andre Matos	95 Nautico Abrantes	2:52.64	341
50m: 39.07 100m: 1:23.10 200m: 2:52.64			
3. Joao Diogo Lucas	95 Salvaterra de Magos	2:52.78	340
50m: 39.34 100m: 1:23.14 200m: 2:52.78			

DNS Hugo Fraga Alambre	95 BUZIOS-Coruche		
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JUV-A

1. Joao Mauricio Gaspar	97 Nautico Abrantes	2:44.52	394
50m: 37.18 100m: 1:18.59 200m: 2:44.52			
2. Artur Rafael Saramago	97 BUZIOS-Coruche	2:48.79	365
50m: 38.88 100m: 1:22.09 200m: 2:48.79			
3. Martim Basilio Gil	97 CLAC-Entroncamento	2:52.10	344
50m: 38.52 100m: 1:22.80 200m: 2:52.10			

JUV-B

1. Pedro Manuel Nunes	98 CLAC-Entroncamento	2:49.81	358
50m: 37.36 100m: 1:20.28 200m: 2:49.81			
2. Frederico Sucena Riachos	98 Nucleo Sportinguista Golega	2:51.45	348
50m: 38.57 100m: 1:23.20 200m: 2:51.45			
3. Afonso Silva Nunes	98 Nautico Abrantes	3:05.26	276
50m: 40.97 100m: 1:28.00 200m: 3:05.26			
4. Andre Diogo Olivenca	98 Viver Santarem	3:08.54	262
50m: 42.06 100m: 1:30.72 200m: 3:08.54			
5. Miguel Jorge Nunes	98 Uniao Samorense	3:18.70	223
50m: 42.55 100m: 1:32.04 200m: 3:18.70			

DSQ Joao Paulo Lopes	98 Torres Novas		
<i>- O atleta efectuou 2 pernadas golfinho após as viragens dos 50, 100 e 150 metros.</i>			

INF-A

1. Miguel Carrico Cruz	99 Viver Santarem	2:43.51	401
50m: 37.80 100m: 1:19.16 200m: 2:43.51			
2. Bernardo Jose Dionisio	99 Gualdim Pais	2:53.36	337
50m: 38.54 100m: 1:22.57 200m: 2:53.36			
3. Francisco Oliveira Madeira	99 Nucleo Sportinguista Golega	3:07.67	265
50m: 41.86 100m: 1:29.70 200m: 3:07.67			
4. Francisco Barroso Rodrigues	99 Uniao Samorense	3:19.70	220
50m: 44.13 100m: 1:33.89 200m: 3:19.70			
5. Rodrigo Pereira Damasio	99 Salvaterra de Magos	3:20.06	219
50m: 45.96 100m: 1:37.34 200m: 3:20.06			
6. Joao Fernando Bento	99 Uniao Samorense	3:20.46	218
50m: 46.91 100m: 1:38.12 200m: 3:20.46			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 21, Masc., 200m Bruços, INF-A

Lugar	Ano	Tempo final	Pts
7. Goncalo Antonio Barreiros <i>FTL</i>	99 Nucleo Sportinguista Golega	3:41.19	162
50m: 48.78 100m: 1:45.57 200m: 3:41.19			

INF-B

1. Jose Carlos Burecas	00 BUZIOS-Coruche	3:03.95	282
50m: 41.67 100m: 1:28.13 200m: 3:03.95			
2. Miguel Goncalves Frade	00 Torres Novas	3:09.56	257
50m: 44.12 100m: 1:32.34 200m: 3:09.56			
3. Rui Jorge Lopes	00 CLAC-Entroncamento	3:12.57	246
50m: 42.29 100m: 1:32.02 200m: 3:12.57			
4. Diogo Miguel Castro	00 CLAC-Entroncamento	3:16.50	231
50m: 46.82 100m: 1:37.97 200m: 3:16.50			
5. Duarte Fontainhas Cardigo	00 20Km de Almeirim	3:27.80	195
50m: 48.40 100m: 1:41.47 200m: 3:27.80			
6. Henrique Miguel Cruz	00 Torres Novas	3:28.21	194
50m: 45.28 100m: 1:38.36 200m: 3:28.21			
7. Filipe Asseiceira Ramos	00 Torres Novas	3:29.14	192
50m: 48.89 100m: 1:43.23 200m: 3:29.14			
8. Diogo Miguel Machado	00 CLAC-Entroncamento	3:35.70	175
50m: 48.67 100m: 1:43.64 200m: 3:35.70			
DSQ David Jose Carpinteiro	00 Natacao do Tejo		
<i>- O atleta efectuou movimento vertical de pernas durante o percurso.</i>			
DSQ Henrique Braga Salvador	00 Uniao Samorense		
<i>- O atleta tocou apenas com uma mão na parede na viragem dos 150 metros.</i>			

Prova 22
03-03-2013

Femin., 200m Costas

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 3:08.00 / Time standard 1 12: 3:27.00; 13: 3:20.50; 14: 3:10.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Mariana Veloso Vitoria	98 Nautico Abrantes	2:21.14	615
<i>RD ABS e JUN (T.A: 02.21.80)</i>			
50m: 32.77 100m: 1:08.58 200m: 2:21.14			
2. Maria Madalena Silva	98 Nautico Abrantes	2:29.54	517
50m: 35.39 100m: 1:13.33 200m: 2:29.54			
3. Marta Filipa Vinagre	95 CLAC-Entroncamento	2:32.80	484
50m: 35.13 100m: 1:13.67 200m: 2:32.80			
4. Maria Beatriz Dias	99 Viver Santarem	2:34.45	469
50m: 37.07 100m: 1:16.13 200m: 2:34.45			
5. Ana Margarida Salgueiro	99 Nautico Abrantes	2:38.88	431
50m: 37.55 100m: 1:17.74 200m: 2:38.88			
6. Sarah Dias	99 CLAC-Entroncamento	2:40.40	419
50m: 36.94 100m: 1:17.85 200m: 2:40.40			
7. Ana Carolina Monteiro	97 BUZIOS-Coruche	2:43.05	398
50m: 37.72 100m: 1:19.36 200m: 2:43.05			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 22, Femin., 200m Costas, ABS

Lugar	Ano	Tempo final	Pts
8. Maria Beatriz Diogo 50m: 39.23 100m: 1:21.48 200m: 2:44.07	99 Nautico Abrantes	2:44.07	391
9. Ines Ferreira Duarte 50m: 38.62 100m: 1:21.14 200m: 2:45.91	01 Nautico Abrantes	2:45.91	378
10. Ines Isabel Graca 50m: 38.56 100m: 1:21.46 200m: 2:46.18	00 Gualdim Pais	2:46.18	376
11. Marta Sousa Oliveira 50m: 39.32 100m: 1:21.95 200m: 2:46.82	01 Torres Novas	2:46.82	372
12. Rute Isabel Leonardo 50m: 39.79 100m: 1:22.94 200m: 2:47.41	98 Nautico Abrantes	2:47.41	368
13. Ana Torres Ferreira 50m: 39.70 100m: 1:22.42 200m: 2:47.89	99 Nautico Abrantes	2:47.89	365
14. Rita Sousa Oliveira 50m: 39.29 100m: 1:21.54 200m: 2:48.00	01 Torres Novas	2:48.00	364
15. Carolina Leal Serra 50m: 41.67 100m: 1:24.92 200m: 2:48.89	99 Torres Novas	2:48.89	358
16. Lara Alexandra Delgado 50m: 39.56 100m: 1:23.16 200m: 2:49.36	00 Torres Novas	2:49.36	355
17. Patricia Silva Conceicao 50m: 40.00 100m: 1:23.00 200m: 2:49.64	99 Nautico Abrantes	2:49.64	354
18. Ana Oliveira Ferreira 50m: 39.76 100m: 1:22.32 200m: 2:49.76	00 20Km de Almeirim	2:49.76	353
19. Carolina Miguel Marques 50m: 41.08 100m: 1:24.08 200m: 2:50.30	99 Natacao do Tejo	2:50.30	350
20. Ana Pereira Luis 50m: 41.11 100m: 1:24.85 200m: 2:52.09	97 Salvaterra de Magos	2:52.09	339
21. Sofia Alexandra Picao 50m: 40.69 100m: 1:25.24 200m: 2:52.84	99 CLAC-Entroncamento	2:52.84	334
22. Catarina Goncalves Trezentos 50m: 41.45 100m: 1:26.23 200m: 2:53.39	98 Gualdim Pais	2:53.39	331
23. Patricia Simoes Jorge 50m: 40.96 100m: 1:24.64 200m: 2:54.44	97 Salvaterra de Magos	2:54.44	325
24. Patricia Palmeiro Baeta 50m: 39.72 100m: 1:25.78 200m: 2:54.78	00 Viver Santarem	2:54.78	323
25. Ana Catarina Santos 50m: 42.86 100m: 1:29.22 200m: 2:57.01	00 Uniao Samorense	2:57.01	311
26. Catia Maria Feijao 50m: 42.11 100m: 1:27.56 200m: 2:59.41	00 Nucleo Sportinguista Golega	2:59.41	299
27. Mariana Narciso Fidalgo 50m: 43.31 100m: 1:28.96 200m: 3:00.18	99 20Km de Almeirim	3:00.18	295
28. Barbara Guerra Pisco 50m: 42.38 100m: 1:28.46 200m: 3:00.38	00 20Km de Almeirim	3:00.38	294
29. Beatriz Santos Reis 50m: 44.11 100m: 1:30.57 200m: 3:01.66	01 Torres Novas	3:01.66	288
30. Ines Fernandes Moutinho 50m: 42.54 100m: 1:28.74 200m: 3:01.96	99 CLAC-Entroncamento	3:01.96	287
31. Carolina Polonio Alexandre 50m: 43.60 100m: 1:29.29 200m: 3:02.00	01 CLAC-Entroncamento	3:02.00	286

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 22, Femin., 200m Costas, ABS

Lugar	Ano	Tempo final	Pts
32. Joana Costa Bernardino 50m: 42.20 100m: 1:29.02 200m: 3:02.45	00 CLAC-Entroncamento	3:02.45	284
33. Rita Daniela Lopes 50m: 44.46 100m: 1:30.47 200m: 3:03.74	01 Gualdim Pais	3:03.74	278
34. Neuza Figueiredo Pereira 50m: 44.95 100m: 1:32.07 200m: 3:05.76	00 Gualdim Pais	3:05.76	269
35. Carolina Luis Amaral 50m: 42.32 100m: 1:29.76 200m: 3:06.04	01 BUZIOS-Coruche	3:06.04	268
36. Maria Francisca Torcato 50m: 45.67 100m: 1:34.20 200m: 3:09.92	01 20Km de Almeirim	3:09.92	252
37. Maria Pinto Goncalves 50m: 47.32 100m: 1:37.32 200m: 3:12.29	00 Salvaterra de Magos	3:12.29	243
38. Barbara Sofia Claro 50m: 45.86 100m: 1:34.51 200m: 3:14.94	00 BUZIOS-Coruche	3:14.94	233
39. Barbara Sucena Riachos 50m: 45.91 100m: 1:36.58 200m: 3:15.06	00 Nucleo Sportinguista Golega	3:15.06	233
40. Erica Alexandra Madruga 50m: 46.00 100m: 1:35.81 200m: 3:15.62	01 Viver Santarem	3:15.62	231
41. Barbara Ribeiro Cotovio 50m: 46.08 100m: 1:35.93 200m: 3:16.46	00 Natacao do Tejo	3:16.46	228
42. Mariana Tome Fidalgo 50m: 45.72 100m: 1:37.73 200m: 3:17.86	01 Viver Santarem	3:17.86	223
43. Ana Rita Carvalho 50m: 46.45 100m: 1:36.86 200m: 3:19.95	01 Viver Santarem	3:19.95	216
44. Ana Carolina Morais <i>FTL</i> 50m: 46.05 100m: 1:37.48 200m: 3:21.90	99 Nucleo Sportinguista Golega	3:21.90	210
45. Susana Isabel Rodrigues <i>FTL</i> 50m: 47.82 100m: 1:39.89 200m: 3:29.07	01 Salvaterra de Magos	3:29.07	189
46. Leonor Chora Gaudencio <i>FTL</i> 50m: 51.13 100m: 1:47.48 200m: 3:39.06	01 Torres Novas	3:39.06	164
DSQ Joana Sofia Bica <i>- A atleta não tocou com qualquer parte do corpo na viragem 75 metros.</i>	99 CLAC-Entroncamento		
DSQ Marta Isabel Silva <i>- Falsa Partida.</i>	00 Viver Santarem		
DNS Ana Catarina Travessa	96 Salvaterra de Magos		
ABS			
1. Mariana Veloso Vitoria <i>RD ABS e JUN (T.A: 02.21.80)</i> 50m: 32.77 100m: 1:08.58 200m: 2:21.14	98 Nautico Abrantes	2:21.14	615
2. Maria Madalena Silva 50m: 35.39 100m: 1:13.33 200m: 2:29.54	98 Nautico Abrantes	2:29.54	517
3. Marta Filipa Vinagre 50m: 35.13 100m: 1:13.67 200m: 2:32.80	95 CLAC-Entroncamento	2:32.80	484
4. Ana Carolina Monteiro 50m: 37.72 100m: 1:19.36 200m: 2:43.05	97 BUZIOS-Coruche	2:43.05	398

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 22, Femin., 200m Costas, ABS

Lugar	Ano	Tempo final	Pts
5. Rute Isabel Leonardo 50m: 39.79 100m: 1:22.94 200m: 2:47.41	98 Nautico Abrantes	2:47.41	368
6. Ana Pereira Luis 50m: 41.11 100m: 1:24.85 200m: 2:52.09	97 Salvaterra de Magos	2:52.09	339
7. Catarina Goncalves Trezentos 50m: 41.45 100m: 1:26.23 200m: 2:53.39	98 Gualdim Pais	2:53.39	331
8. Patricia Simoes Jorge 50m: 40.96 100m: 1:24.64 200m: 2:54.44	97 Salvaterra de Magos	2:54.44	325
DNS Ana Catarina Travessa	96 Salvaterra de Magos		

JUVENIS

1. Maria Beatriz Dias 50m: 37.07 100m: 1:16.13 200m: 2:34.45	99 Viver Santarem	2:34.45	469
2. Ana Margarida Salgueiro 50m: 37.55 100m: 1:17.74 200m: 2:38.88	99 Nautico Abrantes	2:38.88	431
3. Sarah Dias 50m: 36.94 100m: 1:17.85 200m: 2:40.40	99 CLAC-Entroncamento	2:40.40	419
4. Maria Beatriz Diogo 50m: 39.23 100m: 1:21.48 200m: 2:44.07	99 Nautico Abrantes	2:44.07	391
5. Ana Torres Ferreira 50m: 39.70 100m: 1:22.42 200m: 2:47.89	99 Nautico Abrantes	2:47.89	365
6. Carolina Leal Serra 50m: 41.67 100m: 1:24.92 200m: 2:48.89	99 Torres Novas	2:48.89	358
7. Patricia Silva Conceicao 50m: 40.00 100m: 1:23.00 200m: 2:49.64	99 Nautico Abrantes	2:49.64	354
8. Carolina Miguel Marques 50m: 41.08 100m: 1:24.08 200m: 2:50.30	99 Natacao do Tejo	2:50.30	350
9. Sofia Alexandra Picao 50m: 40.69 100m: 1:25.24 200m: 2:52.84	99 CLAC-Entroncamento	2:52.84	334
10. Mariana Narciso Fidalgo 50m: 43.31 100m: 1:28.96 200m: 3:00.18	99 20Km de Almeirim	3:00.18	295
11. Ines Fernandes Moutinho 50m: 42.54 100m: 1:28.74 200m: 3:01.96	99 CLAC-Entroncamento	3:01.96	287
12. Ana Carolina Morais <i>FTL</i> 50m: 46.05 100m: 1:37.48 200m: 3:21.90	99 Nucleo Sportinguista Golega	3:21.90	210
DSQ Joana Sofia Bica <i>- A atleta não tocou com qualquer parte do corpo na viragem 75 metros.</i>	99 CLAC-Entroncamento		

INF-A

1. Ines Isabel Graca 50m: 38.56 100m: 1:21.46 200m: 2:46.18	00 Gualdim Pais	2:46.18	376
2. Lara Alexandra Delgado 50m: 39.56 100m: 1:23.16 200m: 2:49.36	00 Torres Novas	2:49.36	355
3. Ana Oliveira Ferreira 50m: 39.76 100m: 1:22.32 200m: 2:49.76	00 20Km de Almeirim	2:49.76	353
4. Patricia Palmeiro Baeta 50m: 39.72 100m: 1:25.78 200m: 2:54.78	00 Viver Santarem	2:54.78	323

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 22, Femin., 200m Costas, INF-A

Lugar	Ano	Tempo final	Pts
5. Ana Catarina Santos 50m: 42.86 100m: 1:29.22 200m: 2:57.01	00 Uniao Samorense	2:57.01	311
6. Catia Maria Feijao 50m: 42.11 100m: 1:27.56 200m: 2:59.41	00 Nucleo Sportinguista Golega	2:59.41	299
7. Barbara Guerra Pisco 50m: 42.38 100m: 1:28.46 200m: 3:00.38	00 20Km de Almeirim	3:00.38	294
8. Joana Costa Bernardino 50m: 42.20 100m: 1:29.02 200m: 3:02.45	00 CLAC-Entroncamento	3:02.45	284
9. Neuza Figueiredo Pereira 50m: 44.95 100m: 1:32.07 200m: 3:05.76	00 Gualdim Pais	3:05.76	269
10. Maria Pinto Goncalves 50m: 47.32 100m: 1:37.32 200m: 3:12.29	00 Salvaterra de Magos	3:12.29	243
11. Barbara Sofia Claro 50m: 45.86 100m: 1:34.51 200m: 3:14.94	00 BUZIOS-Coruche	3:14.94	233
12. Barbara Sucena Riachos 50m: 45.91 100m: 1:36.58 200m: 3:15.06	00 Nucleo Sportinguista Golega	3:15.06	233
13. Barbara Ribeiro Cotovio 50m: 46.08 100m: 1:35.93 200m: 3:16.46	00 Natacao do Tejo	3:16.46	228
DSQ Marta Isabel Silva - <i>Falsa Partida.</i>	00 Viver Santarem		

INF-B

1. Ines Ferreira Duarte 50m: 38.62 100m: 1:21.14 200m: 2:45.91	01 Nautico Abrantes	2:45.91	378
2. Marta Sousa Oliveira 50m: 39.32 100m: 1:21.95 200m: 2:46.82	01 Torres Novas	2:46.82	372
3. Rita Sousa Oliveira 50m: 39.29 100m: 1:21.54 200m: 2:48.00	01 Torres Novas	2:48.00	364
4. Beatriz Santos Reis 50m: 44.11 100m: 1:30.57 200m: 3:01.66	01 Torres Novas	3:01.66	288
5. Carolina Polonio Alexandre 50m: 43.60 100m: 1:29.29 200m: 3:02.00	01 CLAC-Entroncamento	3:02.00	286
6. Rita Daniela Lopes 50m: 44.46 100m: 1:30.47 200m: 3:03.74	01 Gualdim Pais	3:03.74	278
7. Carolina Luis Amaral 50m: 42.32 100m: 1:29.76 200m: 3:06.04	01 BUZIOS-Coruche	3:06.04	268
8. Maria Francisca Torcato 50m: 45.67 100m: 1:34.20 200m: 3:09.92	01 20Km de Almeirim	3:09.92	252
9. Erica Alexandra Madruga 50m: 46.00 100m: 1:35.81 200m: 3:15.62	01 Viver Santarem	3:15.62	231
10. Mariana Tome Fidalgo 50m: 45.72 100m: 1:37.73 200m: 3:17.86	01 Viver Santarem	3:17.86	223
11. Ana Rita Carvalho 50m: 46.45 100m: 1:36.86 200m: 3:19.95	01 Viver Santarem	3:19.95	216
12. Susana Isabel Rodrigues <i>FTL</i> 50m: 47.82 100m: 1:39.89 200m: 3:29.07	01 Salvaterra de Magos	3:29.07	189

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 22, Femin., 200m Costas, INF-B

Lugar	Ano	Tempo final	Pts
13. Leonor Chora Gaudencio <i>FTL</i>	01 Torres Novas	3:39.06	164
50m: 51.13 100m: 1:47.48 200m: 3:39.06			

Prova 23
03-03-2013

Masc., 200m Estilos

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 3:00.00 / Time standard 1 13: 3:19.00; 14: 3:11.50; 15: 3:02.00; 16: 2:45.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Ivo Andre Lopes	94 Viver Santarem	2:12.89	568
50m: 28.13 200m: 2:12.89			
2. Andre Filipe Mendes	92 Nautico Abrantes	2:13.12	565
50m: 27.79 200m: 2:13.12			
3. Diogo Serrao Santos	96 Viver Santarem	2:19.57	490
50m: 29.16 200m: 2:19.57			
4. Diogo Miguel Balsa	95 BUZIOS-Coruche	2:21.43	471
50m: 29.25 200m: 2:21.43			
5. Ruben Miguel Matos	91 Nautico Abrantes	2:25.36	434
50m: 29.36 200m: 2:25.36			
6. Frederico Sucena Riachos	98 Nucleo Sportinguista Golega	2:25.53	432
50m: 31.37 200m: 2:25.53			
7. Eduardo Terekhin Baptista	94 Uniao Samorense	2:26.18	427
50m: 29.15 200m: 2:26.18			
8. Jose Henriques Luz	99 Nucleo Sportinguista Golega	2:26.21	426
50m: 32.30 200m: 2:26.21			
9. Afonso Filipe Gaspar	97 Nautico Abrantes	2:26.64	423
50m: 30.59 200m: 2:26.64			
10. Joao Mauricio Gaspar	97 Nautico Abrantes	2:27.26	417
50m: 31.51 200m: 2:27.26			
11. Miguel Carrico Cruz	99 Viver Santarem	2:27.84	412
50m: 30.79 200m: 2:27.84			
12. Artur Rafael Saramago	97 BUZIOS-Coruche	2:28.06	410
50m: 31.84 200m: 2:28.06			
Joao Pedro Machado	86 Nautico Abrantes	2:28.06	410
50m: 29.61 200m: 2:28.06			
14. Afonso Guilherme Rosa	99 Gualdim Pais	2:29.91	395
50m: 32.20 200m: 2:29.91			
15. Martim Basilio Gil	97 CLAC-Entroncamento	2:30.42	391
50m: 31.57 200m: 2:30.42			
16. Pedro Manuel Nunes	98 CLAC-Entroncamento	2:31.93	380
50m: 33.15 200m: 2:31.93			
17. Joao Pedro Marquez	98 Uniao Samorense	2:32.94	372
50m: 34.29 200m: 2:32.94			
18. Mario Jorge Santos	95 Gualdim Pais	2:33.20	370
50m: 32.16 200m: 2:33.20			
19. Marco Andre Miguel	99 Torres Novas	2:33.89	366
50m: 31.80 200m: 2:33.89			

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 23, Masc., 200m Estilos, ABS

Lugar	Ano	Tempo final	Pts
20. Dario Fausto Matias 50m: 32.74 200m: 2:35.77	98 Torres Novas	2:35.77	352
21. Telmo Pedrosa Rocha 50m: 32.34 200m: 2:36.79	98 Uniao Samorense	2:36.79	346
22. Bernardo Jose Dionisio 50m: 34.04 200m: 2:39.34	99 Gualdim Pais	2:39.34	329
23. Joao Diogo Lucas 50m: 33.74 200m: 2:40.72	95 Salvaterra de Magos	2:40.72	321
24. Joao Paulo Lopes 50m: 33.67 200m: 2:41.95	98 Torres Novas	2:41.95	314
25. Rui Jorge Lopes 50m: 34.50 200m: 2:42.00	00 CLAC-Entroncamento	2:42.00	313
26. Francisco Oliveira Madeira 50m: 33.86 200m: 2:42.36	99 Nucleo Sportinguista Golega	2:42.36	311
27. Goncalo Faria Saldida 50m: 37.80 200m: 2:44.06	99 Gualdim Pais	2:44.06	302
28. Miguel Serrao Santos 50m: 34.25 200m: 2:45.17	00 Viver Santarem	2:45.17	296
29. Sergio Alexandre Batalha 50m: 33.42 200m: 2:47.07	98 Uniao Samorense	2:47.07	286
30. Joao Neves Coelho 50m: 35.83 200m: 2:48.42	98 BUZIOS-Coruche	2:48.42	279
31. Francisco Jose Pires 50m: 38.30 200m: 2:48.52	98 Uniao Samorense	2:48.52	278
32. Miguel Jorge Nunes 50m: 35.58 200m: 2:48.86	98 Uniao Samorense	2:48.86	277
33. Daniel Sendrea 50m: 36.98 200m: 2:49.24	98 Uniao Samorense	2:49.24	275
34. Miguel Goncalves Frade 50m: 39.80 200m: 2:50.54	00 Torres Novas	2:50.54	268
35. Rodrigo Pereira Damasio 50m: 38.48 200m: 2:51.51	99 Salvaterra de Magos	2:51.51	264
36. Rafael Ildio Antunes <i>FTL</i> 50m: 35.82 200m: 2:51.66	97 Salvaterra de Magos	2:51.66	263
37. Joao Ferreira Santos 50m: 37.04 200m: 2:58.32	98 Torres Novas	2:58.32	235
38. Henrique Miguel Cruz 50m: 39.23 200m: 2:59.42	00 Torres Novas	2:59.42	230
39. Joao Nazario Carvalho 50m: 38.48 200m: 3:00.30	00 Torres Novas	3:00.30	227
40. Bernardo Fernandes Aguiar 50m: 44.26 200m: 3:03.30	99 20Km de Almeirim	3:03.30	216
41. Henrique Braga Salvador 50m: 42.25 200m: 3:03.78	00 Uniao Samorense	3:03.78	214
42. Pedro Pereira Lopes 50m: 42.14 200m: 3:08.17	99 BUZIOS-Coruche	3:08.17	200
43. David Jose Carpinteiro 50m: 43.66 200m: 3:11.47	00 Natacao do Tejo	3:11.47	190

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 23, Masc., 200m Estilos, ABS

Lugar	Ano	Tempo final	Pts
44. Diogo Miguel Castro 50m: 43.47 200m: 3:11.72	00 CLAC-Entroncamento	3:11.72	189
45. Miguel Leonardo Grilo 50m: 42.86 200m: 3:11.77	00 BUZIOS-Coruche	3:11.77	189
46. Filipe Asseiceira Ramos 50m: 49.18 200m: 3:14.25	00 Torres Novas	3:14.25	181
47. Diogo Miguel Machado 50m: 46.32 200m: 3:16.04	00 CLAC-Entroncamento	3:16.04	177
48. Diogo Miguel Teodoro <i>FTL</i> 50m: 46.07 200m: 3:24.36	00 BUZIOS-Coruche	3:24.36	156
DSQ Joao Afonso Goncalves <i>- O atleta efectuou batimentos de pernas verticais no percurso de bruços.</i>	00 CLAC-Entroncamento		
DSQ David Antonio Carvalho <i>-Falsa Partida.</i>	99 Natacao do Tejo		
DSQ Joao Tiago Almeida <i>- Toque não simultaneo na viragem dos 150 metros e batimentos alternados durante o percurso de mariposa.</i>	99 Viver Santarem		
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

ABS

1. Ivo Andre Lopes 50m: 28.13 200m: 2:12.89	94 Viver Santarem	2:12.89	568
2. Andre Filipe Mendes 50m: 27.79 200m: 2:13.12	92 Nautico Abrantes	2:13.12	565
3. Diogo Serrao Santos 50m: 29.16 200m: 2:19.57	96 Viver Santarem	2:19.57	490
4. Diogo Miguel Balsa 50m: 29.25 200m: 2:21.43	95 BUZIOS-Coruche	2:21.43	471
5. Ruben Miguel Matos 50m: 29.36 200m: 2:25.36	91 Nautico Abrantes	2:25.36	434
6. Eduardo Terekhin Baptista 50m: 29.15 200m: 2:26.18	94 Uniao Samorense	2:26.18	427
7. Joao Pedro Machado 50m: 29.61 200m: 2:28.06	86 Nautico Abrantes	2:28.06	410
8. Mario Jorge Santos 50m: 32.16 200m: 2:33.20	95 Gualdim Pais	2:33.20	370
9. Joao Diogo Lucas 50m: 33.74 200m: 2:40.72	95 Salvaterra de Magos	2:40.72	321

JUV-A

1. Afonso Filipe Gaspar 50m: 30.59 200m: 2:26.64	97 Nautico Abrantes	2:26.64	423
2. Joao Mauricio Gaspar 50m: 31.51 200m: 2:27.26	97 Nautico Abrantes	2:27.26	417
3. Artur Rafael Saramago 50m: 31.84 200m: 2:28.06	97 BUZIOS-Coruche	2:28.06	410
4. Martim Basilio Gil 50m: 31.57 200m: 2:30.42	97 CLAC-Entroncamento	2:30.42	391

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 23, Masc., 200m Estilos, JUV-A

Lugar	Ano	Tempo final	Pts
5. Rafael Ilidio Antunes <i>FTL</i> 50m: 35.82 200m: 2:51.66	97 Salvaterra de Magos	2:51.66	263
DNS Miguel Jose Cassiano	97 20Km de Almeirim		

JUV-B

1. Frederico Sucena Riachos 50m: 31.37 200m: 2:25.53	98 Nucleo Sportinguista Golega	2:25.53	432
2. Pedro Manuel Nunes 50m: 33.15 200m: 2:31.93	98 CLAC-Entroncamento	2:31.93	380
3. Joao Pedro Marquez 50m: 34.29 200m: 2:32.94	98 Uniao Samorense	2:32.94	372
4. Dario Fausto Matias 50m: 32.74 200m: 2:35.77	98 Torres Novas	2:35.77	352
5. Telmo Pedrosa Rocha 50m: 32.34 200m: 2:36.79	98 Uniao Samorense	2:36.79	346
6. Joao Paulo Lopes 50m: 33.67 200m: 2:41.95	98 Torres Novas	2:41.95	314
7. Sergio Alexandre Batalha 50m: 33.42 200m: 2:47.07	98 Uniao Samorense	2:47.07	286
8. Joao Neves Coelho 50m: 35.83 200m: 2:48.42	98 BUZIOS-Coruche	2:48.42	279
9. Francisco Jose Pires 50m: 38.30 200m: 2:48.52	98 Uniao Samorense	2:48.52	278
10. Miguel Jorge Nunes 50m: 35.58 200m: 2:48.86	98 Uniao Samorense	2:48.86	277
11. Daniel Sendrea 50m: 36.98 200m: 2:49.24	98 Uniao Samorense	2:49.24	275
12. Joao Ferreira Santos 50m: 37.04 200m: 2:58.32	98 Torres Novas	2:58.32	235

INF-A

1. Jose Henriques Luz 50m: 32.30 200m: 2:26.21	99 Nucleo Sportinguista Golega	2:26.21	426
2. Miguel Carrico Cruz 50m: 30.79 200m: 2:27.84	99 Viver Santarem	2:27.84	412
3. Afonso Guilherme Rosa 50m: 32.20 200m: 2:29.91	99 Gualdim Pais	2:29.91	395
4. Marco Andre Miguel 50m: 31.80 200m: 2:33.89	99 Torres Novas	2:33.89	366
5. Bernardo Jose Dionisio 50m: 34.04 200m: 2:39.34	99 Gualdim Pais	2:39.34	329
6. Francisco Oliveira Madeira 50m: 33.86 200m: 2:42.36	99 Nucleo Sportinguista Golega	2:42.36	311
7. Goncalo Faria Saldida 50m: 37.80 200m: 2:44.06	99 Gualdim Pais	2:44.06	302
8. Rodrigo Pereira Damasio 50m: 38.48 200m: 2:51.51	99 Salvaterra de Magos	2:51.51	264

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 23, Masc., 200m Estilos, INF-A

Lugar	Ano	Tempo final	Pts
9. Bernardo Fernandes Aguiar 50m: 44.26 200m: 3:03.30	99 20Km de Almeirim	3:03.30	216
10. Pedro Pereira Lopes 50m: 42.14 200m: 3:08.17	99 BUZIOS-Coruche	3:08.17	200
DSQ David Antonio Carvalho <i>-Falsa Partida.</i>	99 Natacao do Tejo		
DSQ Joao Tiago Almeida <i>- Toque não simultaneo na viragem dos 150 metros e batimentos alternados durante o percurso de mariposa.</i>	99 Viver Santarem		

INF-B

1. Rui Jorge Lopes 50m: 34.50 200m: 2:42.00	00 CLAC-Entroncamento	2:42.00	313
2. Miguel Serrao Santos 50m: 34.25 200m: 2:45.17	00 Viver Santarem	2:45.17	296
3. Miguel Goncalves Frade 50m: 39.80 200m: 2:50.54	00 Torres Novas	2:50.54	268
4. Henrique Miguel Cruz 50m: 39.23 200m: 2:59.42	00 Torres Novas	2:59.42	230
5. Joao Nazario Carvalho 50m: 38.48 200m: 3:00.30	00 Torres Novas	3:00.30	227
6. Henrique Braga Salvador 50m: 42.25 200m: 3:03.78	00 Uniao Samorense	3:03.78	214
7. David Jose Carpinteiro 50m: 43.66 200m: 3:11.47	00 Natacao do Tejo	3:11.47	190
8. Diogo Miguel Castro 50m: 43.47 200m: 3:11.72	00 CLAC-Entroncamento	3:11.72	189
9. Miguel Leonardo Grilo 50m: 42.86 200m: 3:11.77	00 BUZIOS-Coruche	3:11.77	189
10. Filipe Asseiceira Ramos 50m: 49.18 200m: 3:14.25	00 Torres Novas	3:14.25	181
11. Diogo Miguel Machado 50m: 46.32 200m: 3:16.04	00 CLAC-Entroncamento	3:16.04	177
12. Diogo Miguel Teodoro <i>FTL</i> 50m: 46.07 200m: 3:24.36	00 BUZIOS-Coruche	3:24.36	156
DSQ Joao Afonso Goncalves <i>- O atleta efectuou batimentos de pernas verticais no percurso de bruços.</i>	00 CLAC-Entroncamento		
EXH Jose Carlos Burecas 50m: 40.66 200m: 2:47.28	00 BUZIOS-Coruche	2:47.28	284

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

5 - 5ª SESSÃO

03-03-2013 - 15:30

Prova 24
03-03-2013

Femin., 200m Livres

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 2:52.00 / Time standard 1 12: 3:06.00; 13: 2:57.00; 14: 2:45.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Mariana Veloso Vitoria	98 Nautico Abrantes	2:11.20	608
50m: 29.48 100m: 1:02.39	200m: 2:11.20		
2. Marta Filipa Vinagre	95 CLAC-Entroncamento	2:12.10	596
50m: 30.60 100m: 1:04.02	200m: 2:12.10		
3. Maria Beatriz Dias	99 Viver Santarem	2:18.37	518
50m: 33.29 100m: 1:08.62	200m: 2:18.37		
4. Ana Margarida Salgueiro	99 Nautico Abrantes	2:23.23	467
50m: 54.08 100m: 1:10.32	200m: 2:23.23		
5. Marta Sousa Oliveira	01 Torres Novas	2:23.85	461
50m: 33.71 100m: 1:09.94	200m: 2:23.85		
6. Sarah Dias	99 CLAC-Entroncamento	2:23.98	460
50m: 29.09 100m: 1:02.77	200m: 2:23.98		
7. Lara Alexandra Delgado	00 Torres Novas	2:25.30	447
50m: 33.64 100m: 1:10.58	200m: 2:25.30		
8. Rita Sousa Oliveira	01 Torres Novas	2:25.66	444
50m: 33.51 100m: 1:11.04	200m: 2:25.66		
9. Raquel Sofia Jorge	98 Salvaterra de Magos	2:28.02	423
50m: 34.36 100m: 1:11.70	200m: 2:28.02		
10. Ana Catarina Santos	00 Uniao Samorense	2:28.16	422
50m: 34.60 100m: 1:12.75	200m: 2:28.16		
11. Ana Oliveira Ferreira	00 20Km de Almeirim	2:28.17	422
50m: 33.48 100m: 1:10.38	200m: 2:28.17		
12. Ana Carolina Monteiro	97 BUZIOS-Coruche	2:28.91	416
50m: 32.66 100m: 1:09.93	200m: 2:28.91		
13. Ana Torres Ferreira	99 Nautico Abrantes	2:31.92	391
50m: 34.68 100m: 1:13.38	200m: 2:31.92		
Ana Pereira Luis	97 Salvaterra de Magos	2:31.92	391
50m: 34.26 100m: 1:12.23	200m: 2:31.92		
15. Mariana Narciso Fidalgo	99 20Km de Almeirim	2:32.86	384
50m: 35.80 100m: 1:14.00	200m: 2:32.86		
16. Ines Isabel Graca	00 Gualdim Pais	2:34.00	376
50m: 34.30 100m: 1:13.67	200m: 2:34.00		
17. Patricia Palmeiro Baeta	00 Viver Santarem	2:34.99	369
50m: 36.14 100m: 1:16.95	200m: 2:34.99		
18. Barbara Guerra Pisco	00 20Km de Almeirim	2:35.57	364
50m: 34.02 100m: 1:12.95	200m: 2:35.57		
19. Carolina Leal Serra	99 Torres Novas	2:36.04	361
50m: 36.60 100m: 1:15.57	200m: 2:36.04		
20. Ana Filipa Parente	98 Gualdim Pais	2:36.08	361
50m: 35.50 100m: 1:15.62	200m: 2:36.08		
21. Patricia Simoes Jorge	97 Salvaterra de Magos	2:36.95	355
50m: 35.00 100m: 1:14.02	200m: 2:36.95		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 24, Femin., 200m Livres, ABS

Lugar	Ano	Tempo final	Pts
22. Patricia Silva Conceicao 50m: 35.23 100m: 1:16.60 200m: 2:39.89	99 Nautico Abrantes	2:39.89	336
23. Marta Isabel Silva 50m: 36.74 100m: 1:17.17 200m: 2:40.58	00 Viver Santarem	2:40.58	331
24. Rita Daniela Lopes 50m: 37.94 100m: 1:19.27 200m: 2:41.38	01 Gualdim Pais	2:41.38	326
25. Beatriz Santos Reis 50m: 38.04 100m: 1:20.29 200m: 2:43.29	01 Torres Novas	2:43.29	315
26. Joana Sofia Bica 50m: 35.29 100m: 1:16.92 200m: 2:44.23	99 CLAC-Entroncamento	2:44.23	310
27. Maria Francisca Torcato 50m: 37.82 100m: 1:21.07 200m: 2:44.73	01 20Km de Almeirim	2:44.73	307
28. Constanca Isabel Jose 50m: 37.30 100m: 1:21.00 200m: 2:47.33	01 Gualdim Pais	2:47.33	293
29. Lucia Goncalves Dias 50m: 40.20 100m: 1:23.13 200m: 2:47.64	01 Torres Novas	2:47.64	291
30. Carolina Luis Amaral 50m: 38.80 100m: 1:22.36 200m: 2:48.19	01 BUZIOS-Coruche	2:48.19	288
31. Sofia Isabel Mendes 50m: 38.89 100m: 1:23.04 200m: 2:51.77	97 Salvaterra de Magos	2:51.77	271
32. Catia Maria Feijao 50m: 37.56 100m: 1:21.48 200m: 2:52.17	00 Nucleo Sportinguista Golega	2:52.17	269
33. Neuza Figueiredo Pereira 50m: 40.17 100m: 1:24.61 200m: 2:53.33	00 Gualdim Pais	2:53.33	263
34. Erica Alexandra Madruga 50m: 38.14 100m: 1:21.74 200m: 2:53.54	01 Viver Santarem	2:53.54	262
35. Maria Pinto Goncalves 50m: 40.73 100m: 1:26.63 200m: 2:54.07	00 Salvaterra de Magos	2:54.07	260
36. Mafalda Gilberto Marques 50m: 39.66 100m: 1:25.06 200m: 2:56.42	01 Natacao do Tejo	2:56.42	250
37. Mariana Tome Fidalgo 50m: 40.92 100m: 1:28.11 200m: 2:59.54	01 Viver Santarem	2:59.54	237
38. Ines Isabel Conde 50m: 42.92 100m: 1:30.29 200m: 3:03.32	01 Torres Novas	3:03.32	223
39. Susana Isabel Rodrigues 50m: 41.02 100m: 1:28.36 200m: 3:04.51	01 Salvaterra de Magos	3:04.51	218
40. Leonor Chora Gaudencio <i>FTL</i> 50m: 44.30 100m: 1:36.13 200m: 3:18.66	01 Torres Novas	3:18.66	175
DSQ Barbara Sucena Riachos <i>- Falsa Partida.</i>	00 Nucleo Sportinguista Golega		

ABS

1. Mariana Veloso Vitoria 50m: 29.48 100m: 1:02.39 200m: 2:11.20	98 Nautico Abrantes	2:11.20	608
2. Marta Filipa Vinagre 50m: 30.60 100m: 1:04.02 200m: 2:12.10	95 CLAC-Entroncamento	2:12.10	596
3. Raquel Sofia Jorge 50m: 34.36 100m: 1:11.70 200m: 2:28.02	98 Salvaterra de Magos	2:28.02	423

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 24, Femin., 200m Livres, ABS

Lugar	Ano	Tempo final	Pts
4. Ana Carolina Monteiro 50m: 32.66 100m: 1:09.93 200m: 2:28.91	97 BUZIOS-Coruche	2:28.91	416
5. Ana Pereira Luis 50m: 34.26 100m: 1:12.23 200m: 2:31.92	97 Salvaterra de Magos	2:31.92	391
6. Ana Filipa Parente 50m: 35.50 100m: 1:15.62 200m: 2:36.08	98 Gualdim Pais	2:36.08	361
7. Patricia Simoes Jorge 50m: 35.00 100m: 1:14.02 200m: 2:36.95	97 Salvaterra de Magos	2:36.95	355
8. Sofia Isabel Mendes 50m: 38.89 100m: 1:23.04 200m: 2:51.77	97 Salvaterra de Magos	2:51.77	271

JUVENIS

1. Maria Beatriz Dias 50m: 33.29 100m: 1:08.62 200m: 2:18.37	99 Viver Santarem	2:18.37	518
2. Ana Margarida Salgueiro 50m: 54.08 100m: 1:10.32 200m: 2:23.23	99 Nautico Abrantes	2:23.23	467
3. Sarah Dias 50m: 29.09 100m: 1:02.77 200m: 2:23.98	99 CLAC-Entroncamento	2:23.98	460
4. Ana Torres Ferreira 50m: 34.68 100m: 1:13.38 200m: 2:31.92	99 Nautico Abrantes	2:31.92	391
5. Mariana Narciso Fidalgo 50m: 35.80 100m: 1:14.00 200m: 2:32.86	99 20Km de Almeirim	2:32.86	384
6. Carolina Leal Serra 50m: 36.60 100m: 1:15.57 200m: 2:36.04	99 Torres Novas	2:36.04	361
7. Patricia Silva Conceicao 50m: 35.23 100m: 1:16.60 200m: 2:39.89	99 Nautico Abrantes	2:39.89	336
8. Joana Sofia Bica 50m: 35.29 100m: 1:16.92 200m: 2:44.23	99 CLAC-Entroncamento	2:44.23	310

INF-A

1. Lara Alexandra Delgado 50m: 33.64 100m: 1:10.58 200m: 2:25.30	00 Torres Novas	2:25.30	447
2. Ana Catarina Santos 50m: 34.60 100m: 1:12.75 200m: 2:28.16	00 Uniao Samorense	2:28.16	422
3. Ana Oliveira Ferreira 50m: 33.48 100m: 1:10.38 200m: 2:28.17	00 20Km de Almeirim	2:28.17	422
4. Ines Isabel Graca 50m: 34.30 100m: 1:13.67 200m: 2:34.00	00 Gualdim Pais	2:34.00	376
5. Patricia Palmeiro Baeta 50m: 36.14 100m: 1:16.95 200m: 2:34.99	00 Viver Santarem	2:34.99	369
6. Barbara Guerra Pisco 50m: 34.02 100m: 1:12.95 200m: 2:35.57	00 20Km de Almeirim	2:35.57	364
7. Marta Isabel Silva 50m: 36.74 100m: 1:17.17 200m: 2:40.58	00 Viver Santarem	2:40.58	331
8. Catia Maria Feijao 50m: 37.56 100m: 1:21.48 200m: 2:52.17	00 Nucleo Sportinguista Golega	2:52.17	269
9. Neuza Figueiredo Pereira 50m: 40.17 100m: 1:24.61 200m: 2:53.33	00 Gualdim Pais	2:53.33	263

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 24, Femin., 200m Livres, INF-A

Lugar	Ano	Tempo final	Pts
10. Maria Pinto Goncalves 50m: 40.73 100m: 1:26.63 200m: 2:54.07	00 Salvaterra de Magos	2:54.07	260
DSQ Barbara Sucena Riachos - <i>Falsa Partida.</i>	00 Nucleo Sportinguista Golega		

INF-B

1. Marta Sousa Oliveira 50m: 33.71 100m: 1:09.94 200m: 2:23.85	01 Torres Novas	2:23.85	461
2. Rita Sousa Oliveira 50m: 33.51 100m: 1:11.04 200m: 2:25.66	01 Torres Novas	2:25.66	444
3. Rita Daniela Lopes 50m: 37.94 100m: 1:19.27 200m: 2:41.38	01 Gualdim Pais	2:41.38	326
4. Beatriz Santos Reis 50m: 38.04 100m: 1:20.29 200m: 2:43.29	01 Torres Novas	2:43.29	315
5. Maria Francisca Torcato 50m: 37.82 100m: 1:21.07 200m: 2:44.73	01 20Km de Almeirim	2:44.73	307
6. Constanca Isabel Jose 50m: 37.30 100m: 1:21.00 200m: 2:47.33	01 Gualdim Pais	2:47.33	293
7. Lucia Goncalves Dias 50m: 40.20 100m: 1:23.13 200m: 2:47.64	01 Torres Novas	2:47.64	291
8. Carolina Luis Amaral 50m: 38.80 100m: 1:22.36 200m: 2:48.19	01 BUZIOS-Coruche	2:48.19	288
9. Erica Alexandra Madruga 50m: 38.14 100m: 1:21.74 200m: 2:53.54	01 Viver Santarem	2:53.54	262
10. Mafalda Gilberto Marques 50m: 39.66 100m: 1:25.06 200m: 2:56.42	01 Natacao do Tejo	2:56.42	250
11. Mariana Tome Fidalgo 50m: 40.92 100m: 1:28.11 200m: 2:59.54	01 Viver Santarem	2:59.54	237
12. Ines Isabel Conde 50m: 42.92 100m: 1:30.29 200m: 3:03.32	01 Torres Novas	3:03.32	223
13. Susana Isabel Rodrigues 50m: 41.02 100m: 1:28.36 200m: 3:04.51	01 Salvaterra de Magos	3:04.51	218
14. Leonor Chora Gaudencio <i>FTL</i> 50m: 44.30 100m: 1:36.13 200m: 3:18.66	01 Torres Novas	3:18.66	175

Prova 25
03-03-2013

Masc., 100m Livres

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17+: 1:10.00 / Time standard 1 13: 1:20.00; 14: 1:15.50; 15: 1:10.00; 16: 1:08.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
1. Ivo Andre Lopes 50m: 26.51 100m: 54.80	94 Viver Santarem	54.80	551
2. Diogo Serrao Santos 50m: 26.78 100m: 55.24	96 Viver Santarem	55.24	538
3. Frederico Sucena Riachos 50m: 26.78 100m: 55.39	98 Nucleo Sportinguista Golega	55.39	534

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 25, Masc., 100m Livres, ABS

Lugar	Ano	Tempo final	Pts
4. Diogo Miguel Balsa 50m: 26.98 100m: 55.60	95 BUZIOS-Coruche	55.60	528
5. Jose Henriques Luz 50m: 28.34 100m: 58.06	99 Nucleo Sportinguista Golega	58.06	463
6. Eduardo Terekhin Baptista 50m: 27.50 100m: 58.09	94 Uniao Samorense	58.09	463
7. Joao Luis Baeta 50m: 27.89 100m: 58.13	94 Viver Santarem	58.13	462
8. Joao Mauricio Gaspar 50m: 28.26 100m: 58.95	97 Nautico Abrantes	58.95	443
9. Joao Pedro Marquez 50m: 28.83 100m: 59.04	98 Uniao Samorense	59.04	441
Joao Pedro Machado 50m: 27.45 100m: 59.04	86 Nautico Abrantes	59.04	441
11. Pedro Manuel Nunes 50m: 29.02 100m: 59.36	98 CLAC-Entroncamento	59.36	433
12. Miguel Carrico Cruz 50m: 28.89 100m: 59.64	99 Viver Santarem	59.64	427
13. Martim Basilio Gil 50m: 29.08 100m: 1:00.08	97 CLAC-Entroncamento	1:00.08	418
14. Telmo Pedrosa Rocha 50m: 29.23 100m: 1:00.29	98 Uniao Samorense	1:00.29	414
15. Afonso Guilherme Rosa 50m: 29.06 100m: 1:00.52	99 Gualdim Pais	1:00.52	409
16. Marco Andre Miguel 50m: 29.80 100m: 1:00.64	99 Torres Novas	1:00.64	407
17. Artur Rafael Saramago 50m: 29.08 100m: 1:00.70	97 BUZIOS-Coruche	1:00.70	405
18. Sergio Alexandre Batalha 50m: 29.88 100m: 1:02.65	98 Uniao Samorense	1:02.65	369
19. Telmo Joao Faria 50m: 30.71 100m: 1:03.06	97 Natacao do Tejo	1:03.06	361
20. Bernardo Jose Dionisio 50m: 30.86 100m: 1:03.51	99 Gualdim Pais	1:03.51	354
Tiago Andre Matos 50m: 30.02 100m: 1:03.51	95 Nautico Abrantes	1:03.51	354
22. Francisco Jose Pires 50m: 31.04 100m: 1:03.92	98 Uniao Samorense	1:03.92	347
23. Joao Diogo Lucas 50m: 30.43 100m: 1:04.15	95 Salvaterra de Magos	1:04.15	343
24. Daniel Sendrea 50m: 31.07 100m: 1:04.29	98 Uniao Samorense	1:04.29	341
25. Miguel Jorge Nunes 50m: 30.48 100m: 1:04.48	98 Uniao Samorense	1:04.48	338
26. Goncalo Faria Saldida 50m: 31.39 100m: 1:04.51	99 Gualdim Pais	1:04.51	338
27. Joao Paulo Lopes 50m: 31.44 100m: 1:05.03	98 Torres Novas	1:05.03	330

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 25, Masc., 100m Livres, ABS

Lugar	Ano	Tempo final	Pts
28. Joao Tiago Almeida 50m: 31.26 100m: 1:05.16	99 Viver Santarem	1:05.16	328
29. Francisco Oliveira Madeira 50m: 31.15 100m: 1:05.27	99 Nucleo Sportinguista Golega	1:05.27	326
30. Rui Jorge Lopes 50m: 31.82 100m: 1:05.64	00 CLAC-Entroncamento	1:05.64	320
31. Rafael Ildio Antunes 50m: 32.02 100m: 1:06.73	97 Salvaterra de Magos	1:06.73	305
32. Jose Carlos Burecas 50m: 32.60 100m: 1:07.36	00 BUZIOS-Coruche	1:07.36	296
33. Jose Nuno Sousa 50m: 31.76 100m: 1:07.48	99 Individual Santarem	1:07.48	295
34. Joao Nazario Carvalho 50m: 33.07 100m: 1:07.82	00 Torres Novas	1:07.82	290
35. Joao Neves Coelho 50m: 33.34 100m: 1:08.14	98 BUZIOS-Coruche	1:08.14	286
36. Pedro Pereira Lopes 50m: 32.42 100m: 1:08.80	99 BUZIOS-Coruche	1:08.80	278
37. Bernardo Fernandes Aguiar 50m: 33.22 100m: 1:09.20	99 20Km de Almeirim	1:09.20	273
38. Afonso Silva Nunes 50m: 32.93 100m: 1:09.65	98 Nautico Abrantes	1:09.65	268
39. Miguel Goncalves Frade 50m: 34.34 100m: 1:10.65	00 Torres Novas	1:10.65	257
40. Henrique Braga Salvador 50m: 33.29 100m: 1:10.73	00 Uniao Samorense	1:10.73	256
41. Henrique Miguel Cruz 50m: 33.86 100m: 1:10.84	00 Torres Novas	1:10.84	255
42. Andre Diogo Olivenca <i>FTL</i> 50m: 34.37 100m: 1:11.24	98 Viver Santarem	1:11.24	251
43. Tomas Jose Agostinho 50m: 33.50 100m: 1:11.45	99 BUZIOS-Coruche	1:11.45	248
44. Pedro Jorge Silva 50m: 34.18 100m: 1:12.46	99 20Km de Almeirim	1:12.46	238
45. Joao Fernando Bento 50m: 34.32 100m: 1:12.60	99 Uniao Samorense	1:12.60	237
46. David Antonio Carvalho 50m: 34.63 100m: 1:12.88	99 Natacao do Tejo	1:12.88	234
47. David Antunes Santos 50m: 35.08 100m: 1:13.33	00 CLAC-Entroncamento	1:13.33	230
48. Dan Miloslavski 50m: 33.64 100m: 1:13.88	00 Nautico Abrantes	1:13.88	225
49. Joao Afonso Goncalves 50m: 35.89 100m: 1:14.57	00 CLAC-Entroncamento	1:14.57	218
50. Duarte Fontainhas Cardigo 50m: 34.17 100m: 1:14.98	00 20Km de Almeirim	1:14.98	215
51. Joao Marques Dias 50m: 34.04 100m: 1:15.16	00 Natacao do Tejo	1:15.16	213

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 25, Masc., 100m Livres, ABS

Lugar	Ano	Tempo final	Pts
52. Miguel Leonardo Grilo 50m: 36.20 100m: 1:15.40	00 BUZIOS-Coruche	1:15.40	211
53. Goncalo Antonio Barreiros <i>FTL</i> 50m: 36.29 100m: 1:15.51	99 Nucleo Sportinguista Golega	1:15.51	210
54. David Antonio Pereira <i>FTL</i> 50m: 35.13 100m: 1:16.54	99 BUZIOS-Coruche	1:16.54	202
55. Diogo Miguel Machado 50m: 35.86 100m: 1:16.55	00 CLAC-Entroncamento	1:16.55	202
56. Filipe Asseiceira Ramos 50m: 37.02 100m: 1:17.82	00 Torres Novas	1:17.82	192
57. David Jose Carpinteiro 50m: 37.04 100m: 1:18.23	00 Natacao do Tejo	1:18.23	189
58. Diogo Miguel Teodoro <i>FTL</i> 50m: 38.04 100m: 1:20.20	00 BUZIOS-Coruche	1:20.20	175
59. Antonio Joao Pestana <i>FTL</i> 50m: 38.83 100m: 1:20.61	00 CLAC-Entroncamento	1:20.61	173
60. Simao Pedro Rodrigues <i>FTL</i> 50m: 38.61 100m: 1:20.77	00 Natacao do Tejo	1:20.77	172
61. Diogo Miguel Castro <i>FTL</i> 50m: 40.83 100m: 1:23.98	00 CLAC-Entroncamento	1:23.98	153
62. Manuel Maria Potes <i>FTL</i> 50m: 40.08 100m: 1:25.70	00 Nautico Abrantes	1:25.70	144
DSQ Rodrigo Pereira Damasio - <i>Falsa Partida.</i>	99 Salvaterra de Magos		
DNS Miguel Jose Cassiano	97 20Km de Almeirim		
DNS Hugo Fraga Alambre	95 BUZIOS-Coruche		

ABS

1. Ivo Andre Lopes 50m: 26.51 100m: 54.80	94 Viver Santarem	54.80	551
2. Diogo Serrao Santos 50m: 26.78 100m: 55.24	96 Viver Santarem	55.24	538
3. Diogo Miguel Balsa 50m: 26.98 100m: 55.60	95 BUZIOS-Coruche	55.60	528
4. Eduardo Terekhin Baptista 50m: 27.50 100m: 58.09	94 Uniao Samorense	58.09	463
5. Joao Luis Baeta 50m: 27.89 100m: 58.13	94 Viver Santarem	58.13	462
6. Joao Pedro Machado 50m: 27.45 100m: 59.04	86 Nautico Abrantes	59.04	441
7. Tiago Andre Matos 50m: 30.02 100m: 1:03.51	95 Nautico Abrantes	1:03.51	354

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 25, Masc., 100m Livres, ABS

Lugar	Ano	Tempo final	Pts
8. Joao Diogo Lucas 50m: 30.43 100m: 1:04.15	95 Salvaterra de Magos	1:04.15	343

DNS Hugo Fraga Alambre 95 BUZIOS-Coruche

JUV-A

1. Joao Mauricio Gaspar 50m: 28.26 100m: 58.95	97 Nautico Abrantes	58.95	443
2. Martim Basilio Gil 50m: 29.08 100m: 1:00.08	97 CLAC-Entroncamento	1:00.08	418
3. Artur Rafael Saramago 50m: 29.08 100m: 1:00.70	97 BUZIOS-Coruche	1:00.70	405
4. Telmo Joao Faria 50m: 30.71 100m: 1:03.06	97 Natacao do Tejo	1:03.06	361
5. Rafael Ildio Antunes 50m: 32.02 100m: 1:06.73	97 Salvaterra de Magos	1:06.73	305

DNS Miguel Jose Cassiano 97 20Km de Almeirim

JUV-B

1. Frederico Sucena Riachos 50m: 26.78 100m: 55.39	98 Nucleo Sportinguista Golega	55.39	534
2. Joao Pedro Marquez 50m: 28.83 100m: 59.04	98 Uniao Samorense	59.04	441
3. Pedro Manuel Nunes 50m: 29.02 100m: 59.36	98 CLAC-Entroncamento	59.36	433
4. Telmo Pedrosa Rocha 50m: 29.23 100m: 1:00.29	98 Uniao Samorense	1:00.29	414
5. Sergio Alexandre Batalha 50m: 29.88 100m: 1:02.65	98 Uniao Samorense	1:02.65	369
6. Francisco Jose Pires 50m: 31.04 100m: 1:03.92	98 Uniao Samorense	1:03.92	347
7. Daniel Sendrea 50m: 31.07 100m: 1:04.29	98 Uniao Samorense	1:04.29	341
8. Miguel Jorge Nunes 50m: 30.48 100m: 1:04.48	98 Uniao Samorense	1:04.48	338
9. Joao Paulo Lopes 50m: 31.44 100m: 1:05.03	98 Torres Novas	1:05.03	330
10. Joao Neves Coelho 50m: 33.34 100m: 1:08.14	98 BUZIOS-Coruche	1:08.14	286
11. Afonso Silva Nunes 50m: 32.93 100m: 1:09.65	98 Nautico Abrantes	1:09.65	268
12. Andre Diogo Olivenca <i>FTL</i> 50m: 34.37 100m: 1:11.24	98 Viver Santarem	1:11.24	251

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 25, Masc., 100m Livres

INF-A

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	58.06	463
	50m: 28.34 100m: 58.06				
2.	Miguel Carrico Cruz	99	Viver Santarem	59.64	427
	50m: 28.89 100m: 59.64				
3.	Afonso Guilherme Rosa	99	Gualdim Pais	1:00.52	409
	50m: 29.06 100m: 1:00.52				
4.	Marco Andre Miguel	99	Torres Novas	1:00.64	407
	50m: 29.80 100m: 1:00.64				
5.	Bernardo Jose Dionisio	99	Gualdim Pais	1:03.51	354
	50m: 30.86 100m: 1:03.51				
6.	Goncalo Faria Saldida	99	Gualdim Pais	1:04.51	338
	50m: 31.39 100m: 1:04.51				
7.	Joao Tiago Almeida	99	Viver Santarem	1:05.16	328
	50m: 31.26 100m: 1:05.16				
8.	Francisco Oliveira Madeira	99	Nucleo Sportinguista Golega	1:05.27	326
	50m: 31.15 100m: 1:05.27				
9.	Jose Nuno Sousa	99	Individual Santarem	1:07.48	295
	50m: 31.76 100m: 1:07.48				
10.	Pedro Pereira Lopes	99	BUZIOS-Coruche	1:08.80	278
	50m: 32.42 100m: 1:08.80				
11.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	1:09.20	273
	50m: 33.22 100m: 1:09.20				
12.	Tomas Jose Agostinho	99	BUZIOS-Coruche	1:11.45	248
	50m: 33.50 100m: 1:11.45				
13.	Pedro Jorge Silva	99	20Km de Almeirim	1:12.46	238
	50m: 34.18 100m: 1:12.46				
14.	Joao Fernando Bento	99	Uniao Samorense	1:12.60	237
	50m: 34.32 100m: 1:12.60				
15.	David Antonio Carvalho	99	Natacao do Tejo	1:12.88	234
	50m: 34.63 100m: 1:12.88				
16.	Goncalo Antonio Barreiros	99	Nucleo Sportinguista Golega	1:15.51	210
	<i>FTL</i> 50m: 36.29 100m: 1:15.51				
17.	David Antonio Pereira	99	BUZIOS-Coruche	1:16.54	202
	<i>FTL</i> 50m: 35.13 100m: 1:16.54				
DSQ	Rodrigo Pereira Damasio - <i>Falsa Partida.</i>	99	Salvaterra de Magos		

INF-B

1.	Rui Jorge Lopes	00	CLAC-Entroncamento	1:05.64	320
	50m: 31.82 100m: 1:05.64				
2.	Jose Carlos Burecas	00	BUZIOS-Coruche	1:07.36	296
	50m: 32.60 100m: 1:07.36				
3.	Joao Nazario Carvalho	00	Torres Novas	1:07.82	290
	50m: 33.07 100m: 1:07.82				
4.	Miguel Goncalves Frade	00	Torres Novas	1:10.65	257
	50m: 34.34 100m: 1:10.65				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 25, Masc., 100m Livres, INF-B

Lugar	Ano	Tempo final	Pts
5. Henrique Braga Salvador 50m: 33.29 100m: 1:10.73	00 Uniao Samorense	1:10.73	256
6. Henrique Miguel Cruz 50m: 33.86 100m: 1:10.84	00 Torres Novas	1:10.84	255
7. David Antunes Santos 50m: 35.08 100m: 1:13.33	00 CLAC-Entroncamento	1:13.33	230
8. Dan Miloslavski 50m: 33.64 100m: 1:13.88	00 Nautico Abrantes	1:13.88	225
9. Joao Afonso Goncalves 50m: 35.89 100m: 1:14.57	00 CLAC-Entroncamento	1:14.57	218
10. Duarte Fontainhas Cardigo 50m: 34.17 100m: 1:14.98	00 20Km de Almeirim	1:14.98	215
11. Joao Marques Dias 50m: 34.04 100m: 1:15.16	00 Natacao do Tejo	1:15.16	213
12. Miguel Leonardo Grilo 50m: 36.20 100m: 1:15.40	00 BUZIOS-Coruche	1:15.40	211
13. Diogo Miguel Machado 50m: 35.86 100m: 1:16.55	00 CLAC-Entroncamento	1:16.55	202
14. Filipe Asseiceira Ramos 50m: 37.02 100m: 1:17.82	00 Torres Novas	1:17.82	192
15. David Jose Carpinteiro 50m: 37.04 100m: 1:18.23	00 Natacao do Tejo	1:18.23	189
16. Diogo Miguel Teodoro <i>FTL</i> 50m: 38.04 100m: 1:20.20	00 BUZIOS-Coruche	1:20.20	175
17. Antonio Joao Pestana <i>FTL</i> 50m: 38.83 100m: 1:20.61	00 CLAC-Entroncamento	1:20.61	173
18. Simao Pedro Rodrigues <i>FTL</i> 50m: 38.61 100m: 1:20.77	00 Natacao do Tejo	1:20.77	172
19. Diogo Miguel Castro <i>FTL</i> 50m: 40.83 100m: 1:23.98	00 CLAC-Entroncamento	1:23.98	153
20. Manuel Maria Potes <i>FTL</i> 50m: 40.08 100m: 1:25.70	00 Nautico Abrantes	1:25.70	144

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 26
03-03-2013

Femin., 100m Bruços

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 1:44.00 / Time standard 1 12: 1:51.40; 13: 1:49.00; 14: 1:42.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts
ABS			
1. Maria Madalena Silva 50m: 37.57 100m: 1:18.70	98 Nautico Abrantes	1:18.70	505
2. Ana Margarida Salgueiro 50m: 38.82 100m: 1:21.89	99 Nautico Abrantes	1:21.89	448
3. Sofia Alexandra Picao 50m: 38.45 100m: 1:22.89	99 CLAC-Entroncamento	1:22.89	432
4. Carolina Felicidade Batista 50m: 39.63 100m: 1:23.08	99 Viver Santarem	1:23.08	429
5. Maria Beatriz Diogo 50m: 40.17 100m: 1:23.76	99 Nautico Abrantes	1:23.76	419
6. Ines Ferreira Duarte 50m: 40.60 100m: 1:27.13	01 Nautico Abrantes	1:27.13	372
7. Catarina Goncalves Trezentos 50m: 41.16 100m: 1:28.44	98 Gualdim Pais	1:28.44	356
8. Ana Torres Ferreira 50m: 43.32 100m: 1:30.78	99 Nautico Abrantes	1:30.78	329
9. Carolina Leal Serra 50m: 44.35 100m: 1:31.56	99 Torres Novas	1:31.56	321
10. Marta Sousa Oliveira 50m: 44.31 100m: 1:32.49	01 Torres Novas	1:32.49	311
11. Carolina Marques Neves 50m: 44.48 100m: 1:33.90	01 Torres Novas	1:33.90	297
12. Mafalda Gilberto Marques 50m: 44.36 100m: 1:34.64	01 Natacao do Tejo	1:34.64	290
13. Catia Maria Feijao 50m: 44.36 100m: 1:35.20	00 Nucleo Sportinguista Golega	1:35.20	285
14. Mariana Narciso Fidalgo 50m: 46.07 100m: 1:35.85	99 20Km de Almeirim	1:35.85	279
15. Mariana Nunes Domingos 50m: 45.67 100m: 1:36.02	00 Viver Santarem	1:36.02	278
16. Ines Fernandes Moutinho 50m: 44.80 100m: 1:36.30	99 CLAC-Entroncamento	1:36.30	276
17. Joana Sofia Bica 50m: 45.41 100m: 1:36.92	99 CLAC-Entroncamento	1:36.92	270
18. Barbara Sofia Claro 50m: 46.36 100m: 1:37.86	00 BUZIOS-Coruche	1:37.86	263
19. Beatriz Ribeiro Simoes 50m: 47.70 100m: 1:39.29	01 Torres Novas	1:39.29	251
20. Maria Francisca Torcato 50m: 47.92 100m: 1:40.94	01 20Km de Almeirim	1:40.94	239
21. Joana Costa Bernardino 50m: 48.56 100m: 1:41.84	00 CLAC-Entroncamento	1:41.84	233
22. Barbara Sucena Riachos 50m: 48.39 100m: 1:43.26	00 Nucleo Sportinguista Golega	1:43.26	223

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 26, Femin., 100m Bruços, ABS

Lugar	Ano	Tempo final	Pts
23. Ana Rita Carvalho 50m: 47.67 100m: 1:43.29	01 Viver Santarem	1:43.29	223
24. Barbara Ribeiro Cotovio 50m: 49.60 100m: 1:47.34	00 Natacao do Tejo	1:47.34	199
25. Ines Isabel Conde 50m: 52.23 100m: 1:47.67	01 Torres Novas	1:47.67	197
26. Ana Carolina Morais <i>FTL</i> 50m: 51.69 100m: 1:50.32	99 Nucleo Sportinguista Golega	1:50.32	183
27. Mariana Lopes Mendonca <i>FTL</i> 50m: 52.21 100m: 1:53.26	00 BUZIOS-Coruche	1:53.26	169
DSQ Carolina Polonio Alexandre <i>- A atleta efectuou duas pernadas alternadas no momento da partida.</i>	01 CLAC-Entroncamento		
DNS Claudia Maria Marcalo	99 Natacao do Tejo		
DNS Ana Catarina Travessa	96 Salvaterra de Magos		

ABS

1. Maria Madalena Silva 50m: 37.57 100m: 1:18.70	98 Nautico Abrantes	1:18.70	505
2. Catarina Goncalves Trezentos 50m: 41.16 100m: 1:28.44	98 Gualdim Pais	1:28.44	356
DNS Ana Catarina Travessa	96 Salvaterra de Magos		

JUVENIS

1. Ana Margarida Salgueiro 50m: 38.82 100m: 1:21.89	99 Nautico Abrantes	1:21.89	448
2. Sofia Alexandra Picao 50m: 38.45 100m: 1:22.89	99 CLAC-Entroncamento	1:22.89	432
3. Carolina Felicidade Batista 50m: 39.63 100m: 1:23.08	99 Viver Santarem	1:23.08	429
4. Maria Beatriz Diogo 50m: 40.17 100m: 1:23.76	99 Nautico Abrantes	1:23.76	419
5. Ana Torres Ferreira 50m: 43.32 100m: 1:30.78	99 Nautico Abrantes	1:30.78	329
6. Carolina Leal Serra 50m: 44.35 100m: 1:31.56	99 Torres Novas	1:31.56	321
7. Mariana Narciso Fidalgo 50m: 46.07 100m: 1:35.85	99 20Km de Almeirim	1:35.85	279
8. Ines Fernandes Moutinho 50m: 44.80 100m: 1:36.30	99 CLAC-Entroncamento	1:36.30	276
9. Joana Sofia Bica 50m: 45.41 100m: 1:36.92	99 CLAC-Entroncamento	1:36.92	270
10. Ana Carolina Morais <i>FTL</i> 50m: 51.69 100m: 1:50.32	99 Nucleo Sportinguista Golega	1:50.32	183
DNS Claudia Maria Marcalo	99 Natacao do Tejo		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 26, Femin., 100m Bruços

INF-A

1.	Catia Maria Feijao	00	Nucleo Sportinguista Golega	1:35.20	285
	50m: 44.36 100m: 1:35.20				
2.	Mariana Nunes Domingos	00	Viver Santarem	1:36.02	278
	50m: 45.67 100m: 1:36.02				
3.	Barbara Sofia Claro	00	BUZIOS-Coruche	1:37.86	263
	50m: 46.36 100m: 1:37.86				
4.	Joana Costa Bernardino	00	CLAC-Entroncamento	1:41.84	233
	50m: 48.56 100m: 1:41.84				
5.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	1:43.26	223
	50m: 48.39 100m: 1:43.26				
6.	Barbara Ribeiro Cotovio	00	Natacao do Tejo	1:47.34	199
	50m: 49.60 100m: 1:47.34				
7.	Mariana Lopes Mendonca	00	BUZIOS-Coruche	1:53.26	169
	<i>FTL</i> 50m: 52.21 100m: 1:53.26				

INF-B

1.	Ines Ferreira Duarte	01	Nautico Abrantes	1:27.13	372
	50m: 40.60 100m: 1:27.13				
2.	Marta Sousa Oliveira	01	Torres Novas	1:32.49	311
	50m: 44.31 100m: 1:32.49				
3.	Carolina Marques Neves	01	Torres Novas	1:33.90	297
	50m: 44.48 100m: 1:33.90				
4.	Mafalda Gilberto Marques	01	Natacao do Tejo	1:34.64	290
	50m: 44.36 100m: 1:34.64				
5.	Beatriz Ribeiro Simoes	01	Torres Novas	1:39.29	251
	50m: 47.70 100m: 1:39.29				
6.	Maria Francisca Torcato	01	20Km de Almeirim	1:40.94	239
	50m: 47.92 100m: 1:40.94				
7.	Ana Rita Carvalho	01	Viver Santarem	1:43.29	223
	50m: 47.67 100m: 1:43.29				
8.	Ines Isabel Conde	01	Torres Novas	1:47.67	197
	50m: 52.23 100m: 1:47.67				

DSQ Carolina Polonio Alexandre 01 CLAC-Entroncamento
- A atleta efectuou duas pernadas alternadas no momento da partida.

Prova 27
03-03-2013

Masc., 200m Mariposa

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17 +: 2:58.00 / Time standard 1 13: 3:54.50; 14: 3:35.00; 15: 3:25.50; 16: 3:12.50

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts		
ABS					
1.	Ruben Miguel Matos	91	Nautico Abrantes	2:23.32	441
	50m: 30.64 100m: 1:05.54 200m: 2:23.32				
2.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:24.70	428
	50m: 32.54 100m: 1:09.36 200m: 2:24.70				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 27, Masc., 200m Mariposa, ABS

Lugar	Ano	Tempo final	Pts
3. Afonso Filipe Gaspar 50m: 31.69 100m: 1:08.46 200m: 2:28.53	97 Nautico Abrantes	2:28.53	396
4. Eduardo Terekhin Baptista 50m: 30.95 100m: 1:07.89 200m: 2:30.04	94 Uniao Samorense	2:30.04	384
5. Tiago Filipe Campos 50m: 31.88 100m: 1:09.12 200m: 2:31.87	99 Viver Santarem	2:31.87	370
6. Marco Andre Miguel 50m: 35.95 100m: 1:16.30 200m: 2:34.45	99 Torres Novas	2:34.45	352
7. Martim Basilio Gil 50m: 33.06 100m: 1:11.40 200m: 2:37.22	97 CLAC-Entroncamento	2:37.22	334
8. Joao Pedro Marquez 50m: 37.00 100m: 1:19.02 200m: 2:41.36	98 Uniao Samorense	2:41.36	309
9. Dario Fausto Matias 50m: 35.10 100m: 1:17.60 200m: 2:42.07	98 Torres Novas	2:42.07	305
10. Mario Jorge Santos 50m: 35.80 100m: 1:16.95 200m: 2:43.48	95 Gualdim Pais	2:43.48	297
11. Afonso Guilherme Rosa 50m: 35.14 100m: 1:17.33 200m: 2:43.70	99 Gualdim Pais	2:43.70	296
12. Telmo Pedrosa Rocha 50m: 35.80 100m: 1:16.82 200m: 2:45.48	98 Uniao Samorense	2:45.48	286
13. Miguel Serrao Santos 50m: 37.70 100m: 1:21.25 200m: 2:48.82	00 Viver Santarem	2:48.82	269
14. Artur Rafael Saramago 50m: 39.29 100m: 1:23.82 200m: 2:52.45	97 BUZIOS-Coruche	2:52.45	253
15. Pedro Manuel Nunes 50m: 37.78 100m: 1:22.91 200m: 2:53.51	98 CLAC-Entroncamento	2:53.51	248
16. Daniel Sendrea 50m: 37.55 100m: 1:23.51 200m: 2:57.99	98 Uniao Samorense	2:57.99	230
17. Rui Jorge Lopes 50m: 39.50 100m: 1:25.58 200m: 3:00.44	00 CLAC-Entroncamento	3:00.44	221
18. Diogo Miguel Balsa <i>FTL</i> 50m: 39.00 100m: 1:24.76 200m: 3:01.16	95 BUZIOS-Coruche	3:01.16	218
19. Joao Ferreira Santos 50m: 41.47 100m: 1:30.35 200m: 3:06.60	98 Torres Novas	3:06.60	199
20. Miguel Goncalves Frade 50m: 42.80 100m: 1:31.36 200m: 3:07.54	00 Torres Novas	3:07.54	196
21. David Antunes Santos 50m: 43.94 100m: 1:37.62 200m: 3:22.71	00 CLAC-Entroncamento	3:22.71	155
22. Joao Nazario Carvalho 50m: 42.48 100m: 1:33.82 200m: 3:28.10	00 Torres Novas	3:28.10	144
23. Diogo Miguel Teodoro <i>FTL</i> 50m: 51.67 100m: 1:53.76 200m: 3:58.80	00 BUZIOS-Coruche	3:58.80	95
DSQ Miguel Leonardo Grilo - <i>Batimentos de pernas alternados</i>	00 BUZIOS-Coruche		
DSQ Antonio Joao Pestana - <i>Batimentos de pernas alternados</i>	00 CLAC-Entroncamento		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 27, Masc., 200m Mariposa, ABS

Lugar	Ano	Tempo final	Pts
DSQ Jose Nuno Sousa - <i>Batimentos de pernas alternados</i>	99 Individual Santarem		

ABS

1. Ruben Miguel Matos	91 Nautico Abrantes	2:23.32	441
50m: 30.64 100m: 1:05.54 200m: 2:23.32			
2. Eduardo Terekhin Baptista	94 Uniao Samorense	2:30.04	384
50m: 30.95 100m: 1:07.89 200m: 2:30.04			
3. Mario Jorge Santos	95 Gualdim Pais	2:43.48	297
50m: 35.80 100m: 1:16.95 200m: 2:43.48			
4. Diogo Miguel Balsa	95 BUZIOS-Coruche	3:01.16	218
<i>FTL</i> 50m: 39.00 100m: 1:24.76 200m: 3:01.16			

JUV-A

1. Afonso Filipe Gaspar	97 Nautico Abrantes	2:28.53	396
50m: 31.69 100m: 1:08.46 200m: 2:28.53			
2. Martim Basilio Gil	97 CLAC-Entroncamento	2:37.22	334
50m: 33.06 100m: 1:11.40 200m: 2:37.22			
3. Artur Rafael Saramago	97 BUZIOS-Coruche	2:52.45	253
50m: 39.29 100m: 1:23.82 200m: 2:52.45			

JUV-B

1. Joao Pedro Marquez	98 Uniao Samorense	2:41.36	309
50m: 37.00 100m: 1:19.02 200m: 2:41.36			
2. Dario Fausto Matias	98 Torres Novas	2:42.07	305
50m: 35.10 100m: 1:17.60 200m: 2:42.07			
3. Telmo Pedrosa Rocha	98 Uniao Samorense	2:45.48	286
50m: 35.80 100m: 1:16.82 200m: 2:45.48			
4. Pedro Manuel Nunes	98 CLAC-Entroncamento	2:53.51	248
50m: 37.78 100m: 1:22.91 200m: 2:53.51			
5. Daniel Sendrea	98 Uniao Samorense	2:57.99	230
50m: 37.55 100m: 1:23.51 200m: 2:57.99			
6. Joao Ferreira Santos	98 Torres Novas	3:06.60	199
50m: 41.47 100m: 1:30.35 200m: 3:06.60			

INF-A

1. Jose Henriques Luz	99 Nucleo Sportinguista Golega	2:24.70	428
50m: 32.54 100m: 1:09.36 200m: 2:24.70			
2. Tiago Filipe Campos	99 Viver Santarem	2:31.87	370
50m: 31.88 100m: 1:09.12 200m: 2:31.87			
3. Marco Andre Miguel	99 Torres Novas	2:34.45	352
50m: 35.95 100m: 1:16.30 200m: 2:34.45			
4. Afonso Guilherme Rosa	99 Gualdim Pais	2:43.70	296
50m: 35.14 100m: 1:17.33 200m: 2:43.70			

DSQ Jose Nuno Sousa - <i>Batimentos de pernas alternados</i>	99 Individual Santarem		
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Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 27, Masc., 200m Mariposa

INF-B

1.	Miguel Serrao Santos	00	Viver Santarem	2:48.82	269
	50m: 37.70 100m: 1:21.25 200m: 2:48.82				
2.	Rui Jorge Lopes	00	CLAC-Entroncamento	3:00.44	221
	50m: 39.50 100m: 1:25.58 200m: 3:00.44				
3.	Miguel Goncalves Frade	00	Torres Novas	3:07.54	196
	50m: 42.80 100m: 1:31.36 200m: 3:07.54				
4.	David Antunes Santos	00	CLAC-Entroncamento	3:22.71	155
	50m: 43.94 100m: 1:37.62 200m: 3:22.71				
5.	Joao Nazario Carvalho	00	Torres Novas	3:28.10	144
	50m: 42.48 100m: 1:33.82 200m: 3:28.10				
6.	Diogo Miguel Teodoro	00	BUZIOS-Coruche	3:58.80	95
	<i>FTL</i> 50m: 51.67 100m: 1:53.76 200m: 3:58.80				
DSQ	Miguel Leonardo Grilo	00	BUZIOS-Coruche		
	- <i>Batimentos de pernas alternados</i>				
DSQ	Antonio Joao Pestana	00	CLAC-Entroncamento		
	- <i>Batimentos de pernas alternados</i>				

Prova 28
03-03-2013

Femin., 100m Mariposa

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 1:30.00 / Time standard 1 12: 1:54.00; 13: 1:48.50; 14: 1:40.00

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts		
ABS					
1.	Marta Filipa Vinagre	95	CLAC-Entroncamento	1:08.51	518
	50m: 31.82 100m: 1:08.51				
2.	Vanessa Braga Salvador	91	Uniao Samorense	1:10.02	485
	50m: 32.76 100m: 1:10.02				
3.	Mariana Soares Martinho	99	Viver Santarem	1:10.83	469
	50m: 33.83 100m: 1:10.83				
4.	Sarah Dias	99	CLAC-Entroncamento	1:12.17	443
	50m: 33.47 100m: 1:12.17				
5.	Rute Isabel Leonardo	98	Nautico Abrantes	1:15.26	391
	50m: 34.80 100m: 1:15.26				
6.	Patricia Simoes Jorge	97	Salvaterra de Magos	1:18.60	343
	50m: 36.45 100m: 1:18.60				
7.	Mafalda Alexandra Cabaca	00	Viver Santarem	1:19.70	329
	50m: 37.14 100m: 1:19.70				
8.	Ana Catarina Santos	00	Uniao Samorense	1:19.86	327
	50m: 38.29 100m: 1:19.86				
9.	Ana Oliveira Ferreira	00	20Km de Almeirim	1:19.91	326
	50m: 37.54 100m: 1:19.91				
10.	Raquel Sofia Jorge	98	Salvaterra de Magos	1:20.29	322
	50m: 37.60 100m: 1:20.29				
11.	Ines Ferreira Duarte	01	Nautico Abrantes	1:21.05	313
	50m: 37.24 100m: 1:21.05				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1 - - 3-3-2013

Prova 28, Femin., 100m Mariposa, ABS

Lugar	Ano	Tempo final	Pts
12. Sofia Alexandra Picao 50m: 36.86 100m: 1:21.32	99 CLAC-Entroncamento	1:21.32	310
13. Rita Sousa Oliveira 50m: 36.82 100m: 1:22.26	01 Torres Novas	1:22.26	299
14. Lara Alexandra Delgado 50m: 37.88 100m: 1:23.62	00 Torres Novas	1:23.62	285
15. Ana Filipa Parente 50m: 35.67 100m: 1:23.89	98 Gualdim Pais	1:23.89	282
16. Ana Pereira Luis 50m: 37.36 100m: 1:24.24	97 Salvaterra de Magos	1:24.24	279
17. Beatriz Ribeiro Simoes 50m: 39.32 100m: 1:25.02	01 Torres Novas	1:25.02	271
18. Constanca Isabel Jose 50m: 39.99 100m: 1:26.04	01 Gualdim Pais	1:26.04	261
19. Patricia Silva Conceicao 50m: 39.00 100m: 1:26.45	99 Nautico Abrantes	1:26.45	258
20. Carolina Miguel Marques 50m: 38.32 100m: 1:27.48	99 Natacao do Tejo	1:27.48	249
21. Sofia Isabel Mendes <i>FTL</i> 50m: 40.57 100m: 1:33.32	97 Salvaterra de Magos	1:33.32	205
22. Ines Isabel Graca 50m: 42.19 100m: 1:35.21	00 Gualdim Pais	1:35.21	193
23. Barbara Guerra Pisco 50m: 40.85 100m: 1:36.05	00 20Km de Almeirim	1:36.05	188
24. Ines Fernandes Moutinho 50m: 42.47 100m: 1:36.08	99 CLAC-Entroncamento	1:36.08	188
25. Rita Daniela Lopes 50m: 45.11 100m: 1:38.30	01 Gualdim Pais	1:38.30	175
26. Lucia Goncalves Dias 50m: 46.42 100m: 1:42.00	01 Torres Novas	1:42.00	157
27. Carolina Polonio Alexandre 50m: 48.88 100m: 1:45.69	01 CLAC-Entroncamento	1:45.69	141
28. Neuza Figueiredo Pereira 50m: 49.28 100m: 1:46.52	00 Gualdim Pais	1:46.52	138
29. Susana Isabel Rodrigues <i>FTL</i> 50m: 57.33 100m: 2:04.58	01 Salvaterra de Magos	2:04.58	86
DSQ Maria Pinto Goncalves <i>- Batimentos alternados na viragem dos 50 metros.</i>	00 Salvaterra de Magos		
DSQ Beatriz Santos Reis <i>- Batimentos de pernas alternados</i>	01 Torres Novas		
DNS Ana Catarina Travessa	96 Salvaterra de Magos		
DNS Bruna Alexandra Martins	94 Uniao Samorense		

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 28, Femin., 100m Mariposa

ABS

1.	Marta Filipa Vinagre	95	CLAC-Entroncamento	1:08.51	518
	50m: 31.82 100m: 1:08.51				
2.	Vanessa Braga Salvador	91	Uniao Samorense	1:10.02	485
	50m: 32.76 100m: 1:10.02				
3.	Rute Isabel Leonardo	98	Nautico Abrantes	1:15.26	391
	50m: 34.80 100m: 1:15.26				
4.	Patricia Simoes Jorge	97	Salvaterra de Magos	1:18.60	343
	50m: 36.45 100m: 1:18.60				
5.	Raquel Sofia Jorge	98	Salvaterra de Magos	1:20.29	322
	50m: 37.60 100m: 1:20.29				
6.	Ana Filipa Parente	98	Gualdim Pais	1:23.89	282
	50m: 35.67 100m: 1:23.89				
7.	Ana Pereira Luis	97	Salvaterra de Magos	1:24.24	279
	50m: 37.36 100m: 1:24.24				
8.	Sofia Isabel Mendes	97	Salvaterra de Magos	1:33.32	205
	<i>FTL</i> 50m: 40.57 100m: 1:33.32				
DNS	Ana Catarina Travessa	96	Salvaterra de Magos		
DNS	Bruna Alexandra Martins	94	Uniao Samorense		

JUVENIS

1.	Mariana Soares Martinho	99	Viver Santarem	1:10.83	469
	50m: 33.83 100m: 1:10.83				
2.	Sarah Dias	99	CLAC-Entroncamento	1:12.17	443
	50m: 33.47 100m: 1:12.17				
3.	Sofia Alexandra Picao	99	CLAC-Entroncamento	1:21.32	310
	50m: 36.86 100m: 1:21.32				
4.	Patricia Silva Conceicao	99	Nautico Abrantes	1:26.45	258
	50m: 39.00 100m: 1:26.45				
5.	Carolina Miguel Marques	99	Natacao do Tejo	1:27.48	249
	50m: 38.32 100m: 1:27.48				
6.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	1:36.08	188
	50m: 42.47 100m: 1:36.08				

INF-A

1.	Mafalda Alexandra Cabaca	00	Viver Santarem	1:19.70	329
	50m: 37.14 100m: 1:19.70				
2.	Ana Catarina Santos	00	Uniao Samorense	1:19.86	327
	50m: 38.29 100m: 1:19.86				
3.	Ana Oliveira Ferreira	00	20Km de Almeirim	1:19.91	326
	50m: 37.54 100m: 1:19.91				
4.	Lara Alexandra Delgado	00	Torres Novas	1:23.62	285
	50m: 37.88 100m: 1:23.62				
5.	Ines Isabel Graca	00	Gualdim Pais	1:35.21	193
	50m: 42.19 100m: 1:35.21				
6.	Barbara Guerra Pisco	00	20Km de Almeirim	1:36.05	188
	50m: 40.85 100m: 1:36.05				
7.	Neuza Figueiredo Pereira	00	Gualdim Pais	1:46.52	138
	50m: 49.28 100m: 1:46.52				

Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 28, Femin., 100m Mariposa, INF-A

Lugar	Ano	Tempo final	Pts
DSQ Maria Pinto Goncalves - <i>Batimentos alternados na viragem dos 50 metros.</i>	00 Salvaterra de Magos		

INF-B

1. Ines Ferreira Duarte 50m: 37.24 100m: 1:21.05	01 Nautico Abrantes	1:21.05	313
2. Rita Sousa Oliveira 50m: 36.82 100m: 1:22.26	01 Torres Novas	1:22.26	299
3. Beatriz Ribeiro Simoes 50m: 39.32 100m: 1:25.02	01 Torres Novas	1:25.02	271
4. Constanca Isabel Jose 50m: 39.99 100m: 1:26.04	01 Gualdim Pais	1:26.04	261
5. Rita Daniela Lopes 50m: 45.11 100m: 1:38.30	01 Gualdim Pais	1:38.30	175
6. Lucia Goncalves Dias 50m: 46.42 100m: 1:42.00	01 Torres Novas	1:42.00	157
7. Carolina Polonio Alexandre 50m: 48.88 100m: 1:45.69	01 CLAC-Entroncamento	1:45.69	141
8. Susana Isabel Rodrigues <i>FTL</i> 50m: 57.33 100m: 2:04.58	01 Salvaterra de Magos	2:04.58	86
DSQ Beatriz Santos Reis - <i>Batimentos de pernas alternados</i>	01 Torres Novas		

Prova 29
03-03-2013

Masc., 4 x 100m Estilos

13 anos e mais velhos
Resultados

JUN/SEN - MASC 17+: 4:50.00 / Time standard 1 13: 5:50.00; 14: 5:46.00; 15: 5:20.00; 16: 5:17.00

Pontos: FINA 2012

Lugar	Tempo final	Pts
ABS		
1. Nautico Abrantes 4 Ruben Miguel Matos 91 32.26 1:06.17 Afonso Filipe Gaspar 97 Joao Pedro Machado 86 Tiago Andre Matos 95	4:31.02	396
2. Viver Santarem 6 Joao Tiago Almeida 99 37.80 1:17.42 Tiago Filipe Campos 99 Miguel Carrico Cruz 99 Miguel Serrao Santos 00	4:57.02	301

JUV-B

1. Uniao Samorense 1 Sergio Alexandre Batalha 98 36.02 1:15.92 Telmo Pedrosa Rocha 98 Joao Pedro Marquez 98 Miguel Jorge Nunes 98	4:58.32	297
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INF-A

1. Nucleo Sportinguista Golega 1 Joao Miguel Vale 99 38.60 1:21.26 Jose Henriques Luz 99 Francisco Oliveira Madeira 99 Goncalo Antonio Barreiros 99	5:18.13	245
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Campeonatos Regionais INF-JUV(PC)JA SEN/JUN Coruche
Coruche, 1- - 3-3-2013

Prova 29, Masc., 4 x 100m Estilos

INF-B

1. CLAC-Entroncamento 1				CLAC-Entroncamento	5:28.13	223
Rui Jorge Lopes	00	36.57	1:14.82	David Antunes Santos	00	
Diogo Miguel Castro	00			Joao Afonso Goncalves	00	
2. Torres Novas 1				Torres Novas	5:43.12	195
Henrique Miguel Cruz	00	39.05	1:20.14	Miguel Goncalves Frade	00	
Filipe Asseiceira Ramos	00			Joao Nazario Carvalho	00	

Prova 30
03-03-2013

Femin., 4 x 100m Livres

12 anos e mais velhos
Resultados

JUN/SEN - FEM 15 +: 5:36.00 / Time standard 1 12: 6:00.00; 13: 5:50.00; 14: 5:14.50

Pontos: FINA 2012

Lugar					Tempo final	Pts
JUVENIS						
1. Nautico Abrantes 1				Nautico Abrantes	4:37.35	423
Maria Beatriz Diogo	99	34.88	1:09.66	Ana Torres Ferreira	99	
Patricia Silva Conceicao	99			Ana Margarida Salgueiro	99	
2. CLAC-Entroncamento 1				CLAC-Entroncamento	4:41.15	406
Sarah Dias	99	30.21	1:03.90	Joana Sofia Bica	99	
Ines Fernandes Moutinho	99			Sofia Alexandra Picao	99	

INF-A

1. Viver Santarem 8				Viver Santarem	4:55.67	349
Mafalda Alexandra Cabaca	00	36.16	1:13.73	Marta Isabel Silva	00	
Mariana Nunes Domingos	00			Patricia Palmeiro Baeta	00	

INF-B

1. Torres Novas 1				Torres Novas	4:49.50	372
<i>RD INFB (T.A: 04.52.05)</i>						
Beatriz Santos Reis	01	37.23	1:17.32	Beatriz Ribeiro Simoes	01	
Marta Sousa Oliveira	01			Rita Sousa Oliveira	01	
2. Torres Novas 2				Torres Novas	5:37.79	234
Carolina Marques Neves	01	38.47	1:18.88	Leonor Chora Gaudencio	01	
Ines Isabel Conde	01			Lucia Goncalves Dias	01	
3. Viver Santarem 7				Viver Santarem	5:47.46	215
Ana Rita Carvalho	01	39.34	1:25.19	Erica Alexandra Madruga	01	
Mariana Tome Fidalgo	01			Joana Matias Almeida	01	