

1 - Sábado, 18 de Junho de 2011

18-06-2011 - 15:30

Prova 1
 18-06-2011 - 15:30

Masc., 400m Livres

Absolutos
 Resultados

Pontos: FINA 2010

Lugar			Ano			Tempo final			Pts
1.	Fabio Manuel, PEREIRA		86	Fluvial Vilacondense		4:01.26			685
	50m:	28.83 28.83	150m:	1:30.79 31.18	250m:	2:33.43 31.27	350m:	3:33.86 29.21	
	100m:	59.61 30.78	200m:	2:02.16 31.37	300m:	3:04.65 31.22	400m:	4:01.26 27.40	
2.	Rui Filipe, COSTA		91	Vitória Sport Clube		4:01.95			680
	50m:	28.54 28.54	150m:	1:30.88 31.21	250m:	2:33.49 31.53	350m:	3:34.35 29.61	
	100m:	59.67 31.13	200m:	2:01.96 31.08	300m:	3:04.74 31.25	400m:	4:01.95 27.60	
3.	Ruben Filipe, NUNES		94	Gespacos		4:09.10			623
	50m:	28.62 28.62	150m:	1:31.40 31.62	250m:	2:34.59 31.40	350m:	3:37.72 31.57	
	100m:	59.78 31.16	200m:	2:03.19 31.79	300m:	3:06.15 31.56	400m:	4:09.10 31.38	
4.	Tiago Manuel, TEIXEIRA		96	Fafe		4:15.44			577
	50m:	29.60 29.60	150m:	1:33.11 31.48	250m:	2:37.76 32.01	350m:	3:42.03 32.57	
	100m:	1:01.63 32.03	200m:	2:05.75 32.64	300m:	3:09.46 31.70	400m:	4:15.44 33.41	
5.	Joao Pedro, QUEIJO		93	CNMaia		4:21.63			537
	50m:	29.05 29.05	150m:	1:33.43 32.77	250m:	2:40.67 33.60	350m:	3:48.82 34.06	
	100m:	1:00.66 31.61	200m:	2:07.07 33.64	300m:	3:14.76 34.09	400m:	4:21.63 32.81	
6.	Rui Pedro, FARIA		94	Famalicao		4:22.93			529
	50m:	30.21 30.21	150m:	1:36.97 33.62	250m:	2:42.95 31.66	350m:	3:49.58 33.52	
	100m:	1:03.35 33.14	200m:	2:11.29 34.32	300m:	3:16.06 33.11	400m:	4:22.93 33.35	
7.	Miguel Filipe, PINTO		96	Ginásio Santo Tirso		4:28.64			496
	50m:	30.11 30.11	150m:	1:37.82 34.30	250m:	2:47.34 34.41	350m:	3:56.36 34.28	
	100m:	1:03.52 33.41	200m:	2:12.93 35.11	300m:	3:22.08 34.74	400m:	4:28.64 32.28	
8.	Mauro Filipe, MAIA		96	Fluvial Portuense		4:32.15			477
	50m:	31.00 31.00	150m:	1:38.99 34.41	250m:	2:48.32 34.04	350m:	3:58.68 35.05	
	100m:	1:04.58 33.58	200m:	2:14.28 35.29	300m:	3:23.63 35.31	400m:	4:32.15 33.47	
9.	Ricardo Santos, AGUEDA		96	Valongo		4:36.14			457
	50m:	30.44 30.44	150m:	1:39.16 34.68	250m:	2:49.78 35.33	350m:	4:01.35 35.86	
	100m:	1:04.48 34.04	200m:	2:14.45 35.29	300m:	3:25.49 35.71	400m:	4:36.14 34.79	
10.	Paulo Gabriel, MAGALHAES		96	Fafe		4:47.09			407
	50m:	30.45 30.45	150m:	1:39.52 35.08	250m:	2:52.74 37.21	350m:	4:09.35 38.77	
	100m:	1:04.44 33.99	200m:	2:15.53 36.01	300m:	3:30.58 37.84	400m:	4:47.09 37.74	
11.	Paulo Ricardo, MOREIRA		91	Propaganda da Natacao		4:51.22			390
	50m:	30.48 30.48	150m:	1:41.94 36.36	250m:	2:56.42 37.46	350m:	4:12.70 38.52	
	100m:	1:05.58 35.10	200m:	2:18.96 37.02	300m:	3:34.18 37.76	400m:	4:51.22 38.52	
12.	Joao Paulo, PACHECO		98	Penafiel		5:27.17			275
	50m:	34.14 34.14	150m:	1:53.89 40.37	250m:	3:18.89 42.88	350m:	4:45.85 44.12	
	100m:	1:13.52 39.38	200m:	2:36.01 42.12	300m:	4:01.73 42.84	400m:	5:27.17 41.32	
13.	Jose Murteira, PATRAO		98	Clube Desportivo Feirense		5:59.55			207
	50m:	37.83 37.83	150m:	2:07.75 45.62	250m:	3:41.14 47.80	350m:	5:16.08 48.17	
	100m:	1:22.13 44.30	200m:	2:53.34 45.59	300m:	4:27.91 46.77	400m:	5:59.55 43.47	
EXH	Diogo Rodrigues, LEITAO		98	Fafe		5:00.66			354
	50m:	33.71 33.71	150m:	1:48.55 37.50	250m:	3:04.91 38.43	350m:	4:22.51 38.54	
	100m:	1:11.05 37.34	200m:	2:26.48 37.93	300m:	3:43.97 39.06	400m:	5:00.66 38.15	
EXH	Luan Fermino, PIRES		97	Fafe		5:26.38			277
	50m:	34.80 34.80	150m:	1:56.80 41.69	250m:	3:21.82 42.63	350m:	4:46.50 43.25	
	100m:	1:15.11 40.31	200m:	2:39.19 42.39	300m:	4:03.25 41.43	400m:	5:26.38 39.88	

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Prova 2
 18-06-2011 - 15:45

Femin., 400m Livres

Absolutos
 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Andreia Catarina, GOMES	94 Vitória Sport Clube	4:27.77	675
50m: 30.87 30.87	150m: 1:37.95 33.79	250m: 2:45.36 33.78	350m: 3:53.37 34.01
100m: 1:04.16 33.29	200m: 2:11.58 33.63	300m: 3:19.36 34.00	400m: 4:27.77 34.40
2. Mariana Oliveira, VALE	93 Valongo	4:42.62	574
50m: 32.94 32.94	150m: 1:45.43 36.54	250m: 2:56.89 35.18	350m: 4:08.82 35.89
100m: 1:08.89 35.95	200m: 2:21.71 36.28	300m: 3:32.93 36.04	400m: 4:42.62 33.80
3. Hedvigés Ribeiro, CARVALHO	95 Famalicão	4:43.27	570
50m: 32.38 32.38	150m: 1:44.66 36.60	250m: 2:56.54 35.66	350m: 4:08.73 36.08
100m: 1:08.06 35.68	200m: 2:20.88 36.22	300m: 3:32.65 36.11	400m: 4:43.27 34.54
4. Ana Filipa, GOMES	96 Fluvial Vilacondense	4:43.28	570
50m: 32.61 32.61	150m: 1:44.61 36.45	250m: 2:56.47 35.74	350m: 4:08.29 36.02
100m: 1:08.16 35.55	200m: 2:20.73 36.12	300m: 3:32.27 35.80	400m: 4:43.28 34.99
5. Claudia Cristina, LEAO	96 Gespacos	4:52.05	520
50m: 32.93 32.93	150m: 1:45.98 37.39	250m: 3:00.06 37.19	350m: 4:15.11 37.53
100m: 1:08.59 35.66	200m: 2:22.87 36.89	300m: 3:37.58 37.52	400m: 4:52.05 36.94
6. Rute Sofia, TEIXEIRA	90 Ginásio Santo Tirso	4:52.11	520
50m: 34.37 34.37	150m: 1:48.89 37.15	250m: 3:02.57 36.77	350m: 4:15.69 36.38
100m: 1:11.74 37.37	200m: 2:25.80 36.91	300m: 3:39.31 36.74	400m: 4:52.11 36.42
7. Carolina Santos, SILVA	86 CNMaia	4:53.57	512
50m: 34.20 34.20	150m: 1:48.44 37.04	250m: 3:02.52 37.08	350m: 4:17.02 37.18
100m: 1:11.40 37.20	200m: 2:25.44 37.00	300m: 3:39.84 37.32	400m: 4:53.57 36.55
8. Iolanda Ribeiro, PINHEIRO	97 Penafiel	5:01.70	472
50m: 32.65 32.65	150m: 1:47.82 37.96	250m: 3:05.03 38.51	350m: 4:23.76 39.77
100m: 1:09.86 37.21	200m: 2:26.52 38.70	300m: 3:43.99 38.96	400m: 5:01.70 37.94
9. Rita Alexandra, GUEDES	94 Propaganda da Natacao	5:39.37	331
50m: 36.71 36.71	150m: 1:59.92 42.31	250m: 3:27.46 44.32	350m: 4:56.42 43.86
100m: 1:17.61 40.90	200m: 2:43.14 43.22	300m: 4:12.56 45.10	400m: 5:39.37 42.95
DSQ Sara Pinto, RODRIGUES	96 Fluvial Portuense		
<i>102 - Falsa partida – SW 4.4</i>			
DNS Ines Pinho, COELHO	99 Clube Desportivo Feirense		
EXH Noemia Verdi, SILVA	99 Fafe	5:15.17	414
50m: 32.80 32.80	150m: 1:50.40 40.02	250m: 3:11.69 41.37	350m: 4:34.60 41.47
100m: 1:10.38 37.58	200m: 2:30.32 39.92	300m: 3:53.13 41.44	400m: 5:15.17 40.57

Prova 3
 18-06-2011 - 15:55

Masc., 100m Mariposa

Absolutos
 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Nelson Filipe, MARTINHO	89 Valongo	57.97	584
50m: 26.90 26.90	100m: 57.97 31.07		
2. Nuno Rafael, ALVES	90 Gespacos	58.30	575
50m: 27.74 27.74	100m: 58.30 30.56		
3. Antonio Jorge, ROCHA	94 Penafiel	58.95	556
50m: 27.42 27.42	100m: 58.95 31.53		
4. Henrique Pereira, NEIVA	84 Fluvial Vilacondense	59.30	546
50m: 27.70 27.70	100m: 59.30 31.60		

O Secretário do Juri

O Juiz Árbitro

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Prova 3, Masc., 100m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
5. Carlos Miguel, ARAUJO 50m: 28.65 28.65 100m: 1:01.89 33.24	94 Famalicão	1:01.89	480
6. Diogo Manuel, RODRIGUES 50m: 29.33 29.33 100m: 1:02.56 33.23	94 Vitória Sport Clube	1:02.56	465
7. Paulo Andre, SILVA 50m: 29.93 29.93 100m: 1:03.50 33.57	95 CNMaia	1:03.50	445
8. Tiago Sobral, COELHO 50m: 30.21 30.21 100m: 1:03.61 33.40	95 Ginásio Santo Tirso	1:03.61	442
9. Carlos Cunha, COSTA 50m: 29.88 29.88 100m: 1:04.06 34.18	95 Fafe	1:04.06	433
10. Julio Dinis, GONCALVES 50m: 29.66 29.66 100m: 1:04.82 35.16	96 Fluvial Portuense	1:04.82	418
11. Humberto Joao, SILVA 50m: 33.83 33.83 100m: 1:14.98 41.15	96 Fafe	1:14.98	270
12. Alexandre Cerqueira, COELHO 50m: 42.25 42.25 100m: 1:36.71 54.46	98 Clube Desportivo Feirense	1:36.71	125
DNS Stefan Daniel, STEINMAIER	96 Fafe		
EXH Paulo Filipe, MIRANDA 50m: 32.25 32.25 100m: 1:11.29 39.04	97 Fafe	1:11.29	314
EXH Luan Fermino, PIRES 50m: 33.45 33.45 100m: 1:13.52 40.07	97 Fafe	1:13.52	286
EXH Luis Carlos, FONSECA 50m: 34.37 34.37 100m: 1:14.62 40.25	98 Fafe	1:14.62	274

Prova 4
 18-06-2011 - 16:00

Femin., 100m Mariposa

Absolutos
 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Amelia Pereira, FERNANDES 50m: 31.32 31.32 100m: 1:06.99 35.67	89 Vitória Sport Clube	1:06.99	554
2. Ana Filipa, TEIXEIRA 50m: 32.14 32.14 100m: 1:08.23 36.09	95 Fluvial Vilacondense	1:08.23	525
3. Barbara Daniela, SOUSA 50m: 32.59 32.59 100m: 1:09.12 36.53	92 Valongo	1:09.12	505
4. Claudia Susana, TEIXEIRA 50m: 33.62 33.62 100m: 1:10.34 36.72	96 Gespacos	1:10.34	479
5. Adriana Daniela, CASTRO 50m: 33.93 33.93 100m: 1:11.37 37.44	97 Fluvial Portuense	1:11.37	458
6. Ana Sofia, RAMOS 50m: 34.11 34.11 100m: 1:13.68 39.57	97 Fafe	1:13.68	417
7. Maria Beatriz, RIBEIRO 50m: 34.63 34.63 100m: 1:14.37 39.74	97 CNMaia	1:14.37	405
8. Ana Oliveira, CUNHA 50m: 34.82 34.82 100m: 1:15.20 40.38	95 Famalicão	1:15.20	392

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Prova 4, Femin., 100m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
9. Helena Manuel, JOSE 50m: 35.46 35.46 100m: 1:16.63	90	Ginásio Santo Tirso 41.17	1:16.63 370
10. Ines Cristina, CORDEIRO 50m: 37.60 37.60 100m: 1:18.67	96	Penafiel 41.07	1:18.67 342
11. Ines Santos, VAZQUEZ 50m: 41.83 41.83 100m: 1:31.40	98	Clube Desportivo Feirense 49.57	1:31.40 218
12. Ana Rita, MONTEIRO 50m: 38.85 38.85 100m: 1:33.94	95	Propaganda da Natacao 55.09	1:33.94 201

Prova 5

Masc., 100m Livres

Absolutos
Resultados

18-06-2011 - 16:05

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Jose Alberto, MARTINS 50m: 26.00 26.00 100m: 53.98	94	Vitória Sport Clube 27.98	53.98 577
2. Luis Nobre, NETO 50m: 26.52 26.52 100m: 54.19	90	CNMaia 27.67	54.19 570
3. Joao Claudio, SOUSA 50m: 26.79 26.79 100m: 55.24	93	Gespacos 28.45	55.24 538
4. Carlos Manuel, CABRAL 50m: 27.10 27.10 100m: 56.52	94	Fluvial Vilacondense 29.42	56.52 502
5. Joao Pedro, BARROSO 50m: 27.52 27.52 100m: 57.03	95	Ginásio Santo Tirso 29.51	57.03 489
6. Rui Fernando, ROCHA 50m: 27.30 27.30 100m: 57.29	94	Valongo 29.99	57.29 482
7. Fernando Santos, MOREIRA 50m: 27.38 27.38 100m: 57.46	94	Fluvial Portuense 30.08	57.46 478
8. Nuno Goncalo, MARTINS 50m: 27.78 27.78 100m: 58.24	95	Famalicão 30.46	58.24 459
9. Telmo Simao, COSTA 50m: 28.66 28.66 100m: 1:01.01	95	Trofa 32.35	1:01.01 399
10. Bruno Miguel, SANTOS 50m: 28.33 28.33 100m: 1:01.30	91	Propaganda da Natacao 32.97	1:01.30 394
11. Antonio Pedro, OLIVEIRA 50m: 28.70 28.70 100m: 1:01.73	96	Fafe 33.03	1:01.73 385
12. Francisco Jose, OLIVEIRA 50m: 30.33 30.33 100m: 1:04.93	96	Fafe 34.60	1:04.93 331
13. Joao Vitor, FERREIRA 50m: 32.75 32.75 100m: 1:09.36	96	Clube Desportivo Feirense 36.61	1:09.36 272
DSQ Goncalo Fernando, FERREIRA 102 - Falsa partida – SW 4.4	94	Penafiel	
EXH Vitor Monteiro, CUNHA 50m: 30.49 30.49 100m: 1:03.95	97	Fafe 33.46	1:03.95 347

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Prova 6 Femin., 100m Livres Absolutos
 18-06-2011 - 16:10 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joana Filipa, SANTOS 50m: 29.09 29.09 100m: 1:00.41 31.32	93 Vitória Sport Clube	1:00.41	602
2. Isabel Rovisco, MONTEIRO 50m: 29.37 29.37 100m: 1:01.19 31.82	93 Fafe	1:01.19	579
3. Rita Amado, LAEZZA 50m: 30.29 30.29 100m: 1:02.58 32.29	95 Fluvial Vilacondense	1:02.58	541
4. Ana Isabel, FERNANDES 50m: 30.42 30.42 100m: 1:02.99 32.57	96 Famalicão	1:02.99	531
5. Mariana Oliveira, VALE 50m: 30.96 30.96 100m: 1:03.01 32.05	93 Valongo	1:03.01	530
6. Andreia Sofia, TORRES 50m: 30.30 30.30 100m: 1:04.18 33.88	95 Gespacos	1:04.18	502
7. Maria Joao, JOSE 50m: 31.65 31.65 100m: 1:04.72 33.07	90 Ginásio Santo Tirso	1:04.72	489
8. Ines Vilela, BRAGA 50m: 31.70 31.70 100m: 1:05.01 33.31	97 Fluvial Portuense	1:05.01	483
9. Carolina Santos, SILVA 50m: 31.61 31.61 100m: 1:06.19 34.58	86 CNMaia	1:06.19	457
10. Maria Ines, REIS 50m: 32.66 32.66 100m: 1:08.33 35.67	97 Penafiel	1:08.33	416
11. Andreia Catarina, ALMEIDA 50m: 33.69 33.69 100m: 1:12.15 38.46	97 Clube Desportivo Feirense	1:12.15	353
12. Andreia Sofia, PACHECO 50m: 35.65 35.65 100m: 1:16.09 40.44	95 Propaganda da Natacao	1:16.09	301
DNS Susana Daniela, CRUZ	96 Trofa		
EXH Ana Beatriz, MEIRELES 50m: 31.56 31.56 100m: 1:07.81 36.25	98 Fafe	1:07.81	425
EXH Noemia Verdi, SILVA 50m: 32.40 32.40 100m: 1:07.94 35.54	99 Fafe	1:07.94	423
EXH Ines Evangelista, BASTOS 50m: 32.64 32.64 100m: 1:08.46 35.82	98 Fafe	1:08.46	413

Prova 7 Masc., 200m Estilos Absolutos
 18-06-2011 - 16:25 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Rui Filipe, COSTA 50m: 29.08 29.08 100m: 1:04.34 35.26 150m: 1:41.32 36.98 200m: 2:11.99 30.67	91 Vitória Sport Clube	2:11.99	603
2. Marcelo Goncalo, PEREIRA 50m: 28.99 28.99 100m: 1:03.78 34.79 150m: 1:43.16 39.38 200m: 2:14.62 31.46	90 Fluvial Vilacondense	2:14.62	568
3. Nelson Filipe, MARTINHO 50m: 27.81 27.81 100m: 1:04.21 36.40 150m: 1:44.97 40.76 200m: 2:16.30 31.33	89 Valongo	2:16.30	548

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Prova 7, Masc., 200m Estilos, Absolutos

Lugar	Ano	Tempo final	Pts
4. Antonio Jorge, ROCHA 50m: 28.74 28.74 100m: 1:05.08 36.34 150m: 1:46.59 41.51 200m: 2:18.73	94 Penafiel	2:18.73	519 32.14
5. Rui Goncalves, OLIVEIRA 50m: 29.45 29.45 100m: 1:05.04 35.59 150m: 1:48.57 43.53 200m: 2:20.12	93 CNMaia	2:20.12	504 31.55
6. Tiago Sobral, COELHO 50m: 31.03 31.03 100m: 1:08.11 37.08 150m: 1:50.17 42.06 200m: 2:22.66	95 Ginásio Santo Tirso	2:22.66	478 32.49
7. Frederico Renato, SOUSA 50m: 30.19 30.19 100m: 1:08.92 38.73 150m: 1:50.58 41.66 200m: 2:25.10	95 Gespacos	2:25.10	454 34.52
8. Mauro Filipe, MAIA 50m: 34.42 34.42 100m: 1:12.15 37.73 150m: 1:57.63 45.48 200m: 2:30.52	96 Fluvial Portuense	2:30.52	407 32.89
9. Duarte Correia, RIBEIRO 50m: 44.32 44.32 100m: 1:32.58 48.26 150m: 2:28.54 55.96 200m: 3:11.02	98 Clube Desportivo Feirense	3:11.02	199 42.48
DSQ Diogo Justino, PINHEIRO <i>201 - O(a) atleta não tocou na parede na viragem aos 175 metros – SW 5.2</i>	92 Propaganda da Natacao		
DSQ Carlos Miguel, ARAUJO <i>102 - Falsa partida – SW 4.4</i>	94 Famalicão		
DNS Stefan Daniel, STEINMAIER	96 Fafe		

Prova 8
 18-06-2011 - 16:30

Femin., 200m Estilos

Absolutos
 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Amelia Pereira, FERNANDES 50m: 31.29 31.29 100m: 1:09.37 38.08 150m: 1:54.75 45.38 200m: 2:28.22	89 Vitória Sport Clube	2:28.22	594 33.47
2. Ana Filipa, GOMES 50m: 32.34 32.34 100m: 1:11.17 38.83 150m: 1:55.19 44.02 200m: 2:29.00	96 Fluvial Vilacondense	2:29.00	584 33.81
3. Ana Oliveira, CUNHA 50m: 35.62 35.62 100m: 1:13.88 38.26 150m: 2:00.96 47.08 200m: 2:35.07	95 Famalicão	2:35.07	518 34.11
4. Barbara Daniela, SOUSA 50m: 33.58 33.58 100m: 1:13.88 40.30 150m: 2:01.23 47.35 200m: 2:35.08	92 Valongo	2:35.08	518 33.85
5. Claudia Cristina, LEAO 50m: 33.90 33.90 100m: 1:13.86 39.96 150m: 2:00.09 46.23 200m: 2:35.83	96 Gespacos	2:35.83	511 35.74
6. Adriana Daniela, CASTRO 50m: 34.53 34.53 100m: 1:15.58 41.05 150m: 2:03.36 47.78 200m: 2:37.46	97 Fluvial Portuense	2:37.46	495 34.10
7. Maria Beatriz, RIBEIRO 50m: 35.63 35.63 100m: 1:18.09 42.46 150m: 2:03.47 45.38 200m: 2:40.35	97 CNMaia	2:40.35	469 36.88
8. Ana Sofia, RAMOS 50m: 34.80 34.80 100m: 1:16.42 41.62 150m: 2:03.48 47.06 200m: 2:40.92	97 Fafe	2:40.92	464 37.44
9. Ana Paula, ARAUJO 50m: 35.92 35.92 100m: 1:14.60 38.68 150m: 2:06.45 51.85 200m: 2:43.61	96 Ginásio Santo Tirso	2:43.61	441 37.16
10. Ana Rita, FONSECA 50m: 38.38 38.38 100m: 1:25.14 46.76 150m: 2:15.79 50.65 200m: 2:59.66	97 Penafiel	2:59.66	333 43.87
DSQ Barbara Pinto, MARTINS <i>417 - O(a) atleta efectuou movimento vertical de pernas durante o percurso – SW 7.5</i>	94 Propaganda da Natacao		
DNS Ines Pinho, COELHO	99 Clube Desportivo Feirense		

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Prova 9 Masc., 100m Bruços Absolutos
 18-06-2011 - 16:40 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Henrique Pereira, NEIVA 50m: 30.76 30.76 100m: 1:04.48 33.72	84 Fluvial Vilacondense	1:04.48	641
2. Nuno Rafael, ALVES 50m: 31.54 31.54 100m: 1:06.05 34.51	90 Gespacos	1:06.05	596
3. Luis Nobre, NETO 50m: 31.29 31.29 100m: 1:06.11 34.82	90 CNMaia	1:06.11	595
4. Diogo Manuel, RODRIGUES 50m: 32.90 32.90 100m: 1:09.80 36.90	94 Vitória Sport Clube	1:09.80	505
5. Carlos Cunha, COSTA 50m: 33.35 33.35 100m: 1:11.31 37.96	95 Fafe	1:11.31	474
6. Bruno Miguel, CAVADAS 50m: 33.17 33.17 100m: 1:12.25 39.08	89 Valongo	1:12.25	455
7. Rui Pedro, FARIA 50m: 34.87 34.87 100m: 1:15.52 40.65	94 Famalicão	1:15.52	399
8. Ricardo Jorge, MESQUITA 50m: 36.97 36.97 100m: 1:17.75 40.78	96 Fluvial Portuense	1:17.75	365
9. Pedro Manuel, SILVA 50m: 37.11 37.11 100m: 1:18.94 41.83	97 Ginásio Santo Tirso	1:18.94	349
10. Humberto Joao, SILVA 50m: 37.39 37.39 100m: 1:19.92 42.53	96 Fafe	1:19.92	336
11. Carlos Manuel, SILVA 50m: 36.71 36.71 100m: 1:20.69 43.98	97 Penafiel	1:20.69	327
12. Nuno Filipe, MAGALHAES 50m: 39.38 39.38 100m: 1:25.92 46.54	95 Propaganda da Natacao	1:25.92	271
13. Francisco Jose, OLIVEIRA 50m: 41.00 41.00 100m: 1:28.13 47.13	96 Fafe	1:28.13	251
14. Joao Pedro, DIAS 50m: 43.01 43.01 100m: 1:28.21 45.20	96 Clube Desportivo Feirense	1:28.21	250

Prova 10 Femin., 100m Bruços Absolutos
 18-06-2011 - 16:45 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Joana Marques, MAIA 50m: 35.65 35.65 100m: 1:16.34 40.69	91 CNMaia	1:16.34	554
2. Ana Filipa, TEIXEIRA 50m: 37.44 37.44 100m: 1:18.63 41.19	95 Fluvial Vilacondense	1:18.63	507
3. Joana Filipa, SANTOS 50m: 37.76 37.76 100m: 1:20.41 42.65	93 Vitória Sport Clube	1:20.41	474
4. Isabel Rovisco, MONTEIRO 50m: 37.89 37.89 100m: 1:20.87 42.98	93 Fafe	1:20.87	466
5. Catia Marisa, SILVA 50m: 39.20 39.20 100m: 1:23.09 43.89	91 Valongo	1:23.09	429

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Prova 10, Femin., 100m Bruços, Absolutos

Lugar	Ano	Tempo final	Pts
6. Ana Sofia, SOUSA 50m: 40.11 40.11 100m: 1:23.14	96 Gespacos	1:23.14	428
7. Ines Cristina, CORDEIRO 50m: 41.33 41.33 100m: 1:24.39	96 Penafiel	1:24.39	410
8. Rute Sofia, TEIXEIRA 50m: 39.96 39.96 100m: 1:24.85	90 Ginásio Santo Tirso	1:24.85	403
9. Carolina Conceicao, PAIS 50m: 41.80 41.80 100m: 1:28.16	97 Clube Desportivo Feirense	1:28.16	359
10. Maria Beatriz, FERREIRA 50m: 42.28 42.28 100m: 1:28.26	95 Fluvial Portuense	1:28.26	358
11. Hedvigés Ribeiro, CARVALHO 50m: 43.19 43.19 100m: 1:28.36	95 Famalicão	1:28.36	357
12. Joana Henriques, OLIVEIRA 50m: 46.62 46.62 100m: 1:42.07	93 Propaganda da Natacao	1:42.07	231

Prova 11

18-06-2011 - 16:50

Masc., 100m Costas

Absolutos
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Fabio Manuel, PEREIRA 50m: 29.54 29.54 100m: 59.22	86 Fluvial Vilacondense	59.22	564
2. Jose Alberto, MARTINS 50m: 29.86 29.86 100m: 1:00.75	94 Vitória Sport Clube	1:00.75	522
3. Tiago Manuel, TEIXEIRA 50m: 29.73 29.73 100m: 1:00.89	96 Fafe	1:00.89	519
4. Pedro Romanoski, CARVALHO 50m: 29.57 29.57 100m: 1:01.47	94 Famalicão	1:01.47	504
5. Antonio Rafael, BESSA 50m: 30.22 30.22 100m: 1:02.03	94 Gespacos	1:02.03	491
6. Rui Goncalves, OLIVEIRA 50m: 31.26 31.26 100m: 1:04.38	93 CNMaia	1:04.38	439
7. Paulo Gabriel, MAGALHAES 50m: 31.85 31.85 100m: 1:05.37	96 Fafe	1:05.37	419
8. Hugo Moreira, MARTINS 50m: 32.14 32.14 100m: 1:05.73	94 Valongo	1:05.73	412
9. Julio Dinis, GONCALVES 50m: 32.07 32.07 100m: 1:05.92	96 Fluvial Portuense	1:05.92	409
10. Pedro Manuel, SILVA 50m: 33.90 33.90 100m: 1:09.65	97 Ginásio Santo Tirso	1:09.65	346
11. Daniel Baptista, COIMBRA 50m: 35.40 35.40 100m: 1:14.22	96 Clube Desportivo Feirense	1:14.22	286
12. Antonio Pedro, OLIVEIRA 50m: 35.57 35.57 100m: 1:14.33	96 Fafe	1:14.33	285
13. Carlos Daniel, SALABERT 50m: 38.47 38.47 100m: 1:17.91	90 Propaganda da Natacao	1:17.91	247

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Prova 11, Masc., 100m Costas, Absolutos

Lugar	Ano	Tempo final	Pts
14. Carlos Manuel, SILVA 50m: 39.05 39.05 100m: 1:21.48	97 Penafiel	1:21.48	216
EXH Paulo Filipe, MIRANDA 50m: 35.75 35.75 100m: 1:13.43	97 Fafe	1:13.43	296
EXH Diogo Rodrigues, LEITAO 50m: 37.91 37.91 100m: 1:17.89	98 Fafe	1:17.89	248
EXH Vitor Monteiro, CUNHA 50m: 38.75 38.75 100m: 1:19.01	97 Fafe	1:19.01	237
EXH Luis Carlos, FONSECA 50m: 41.26 41.26 100m: 1:23.83	98 Fafe	1:23.83	198

Prova 12
 18-06-2011 - 16:55

Femin., 100m Costas

Absolutos
 Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. Claudia Susana, TEIXEIRA 50m: 34.50 34.50 100m: 1:10.11	96 Gespacos	1:10.11	488
2. Andreia Catarina, GOMES 50m: 34.39 34.39 100m: 1:10.13	94 Vitória Sport Clube	1:10.13	488
3. Bruna Figueiro, COENTRAO 50m: 34.16 34.16 100m: 1:11.03	93 Fluvial Vilacondense	1:11.03	470
4. Iolanda Ribeiro, PINHEIRO 50m: 34.83 34.83 100m: 1:12.17	97 Penafiel	1:12.17	448
5. Francisca Silva, CARMO 50m: 35.20 35.20 100m: 1:13.34	94 Famalicão	1:13.34	427
6. Joana Marques, MAIA 50m: 35.87 35.87 100m: 1:13.91	91 CNMaia	1:13.91	417
7. Ana Paula, ARAUJO 50m: 37.24 37.24 100m: 1:15.37	96 Ginásio Santo Tirso	1:15.37	393
8. Cristiana Ferreira, SANTOS 50m: 36.93 36.93 100m: 1:16.21	97 Valongo	1:16.21	380
9. Joana Sofia, AMORIM 50m: 38.00 38.00 100m: 1:19.93	97 Fluvial Portuense	1:19.93	329
10. Ines Santos, PINHO 50m: 40.34 40.34 100m: 1:21.70	98 Clube Desportivo Feirense	1:21.70	308
11. Ana Catarina, NETO 50m: 43.98 43.98 100m: 1:30.74	95 Propaganda da Natacao	1:30.74	225
DNS Susana Daniela, CRUZ	96 Trofa		

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Prova 13
 18-06-2011 - 17:00

Masc., 4 x 50m Estilos

Absolutos
 Resultados

Pontos: FINA 2010

Lugar				Tempo final	Pts
1.	Fluvial Vilacondense 1		Fluvial Vilacondense	1:50.48	501
	Carlos Manuel, CABRAL	94	29.85 Fabio Manuel, PEREIRA	86	25.31
	Henrique Pereira, NEIVA	84	30.04 Marcelo Goncalo, PEREIRA	90	25.28
2.	Gespacos 1		Gespacos	1:51.40	488
	Antonio Rafael, BESSA	94	29.10 Ruben Filipe, NUNES	94	26.24
	Joao Claudio, SOUSA	93	30.97 Nuno Rafael, ALVES	90	25.09
3.	Valongo 1		Valongo	1:52.26	477
	Hugo Moreira, MARTINS	94	31.00 Nelson Filipe, MARTINHO	89	24.88
	Bruno Miguel, CAVADAS	89	30.98 Rui Fernando, ROCHA	94	25.40
4.	Vitória Sport Clube 1		Vitória Sport Clube	1:54.76	447
	Jose Alberto, MARTINS	94	29.63 Rui Filipe, COSTA	91	27.04
	Diogo Manuel, RODRIGUES	94	31.53 Joao Nuno, ABREU	95	26.56
5.	CNMaia 1		CNMaia	1:56.59	426
	Rui Goncalves, OLIVEIRA	93	30.75 Paulo Andre, SILVA	95	29.36
	Luis Nobre, NETO	90	30.13 Joao Pedro, QUEIJO	93	26.35
6.	Famalicão 1		Famalicão	1:56.69	425
	Pedro Romanoski, CARVALHO	94	28.98 Carlos Miguel, ARAUJO	94	27.67
	Rui Pedro, FARIA	94	33.78 Nuno Goncalo, MARTINS	95	26.26
7.	Fafe 1		Fafe	1:58.99	401
	Paulo Gabriel, MAGALHAES	96	30.78 Tiago Manuel, TEIXEIRA	96	28.19
	Carlos Cunha, COSTA	95	32.43 Antonio Pedro, OLIVEIRA	96	27.59
8.	Ginásio Santo Tirso 1		Ginásio Santo Tirso	2:01.65	375
	Joao Pedro, BARROSO	95	31.35 Pedro Manuel, SILVA	97	30.25
	Tiago Sobral, COELHO	95	33.33 Miguel Filipe, PINTO	96	26.72
9.	Fluvial Portuense 1		Fluvial Portuense	2:03.80	356
	Julio Dinis, GONCALVES	96	31.14 Fernando Santos, MOREIRA	94	28.80
	Ricardo Jorge, MESQUITA	96	35.79 Mauro Filipe, MAIA	96	28.07
10.	Propaganda da Natacao 1		Propaganda da Natacao	2:05.56	341
	Bruno Miguel, SANTOS	91	33.47 Diogo Justino, PINHEIRO	92	30.29
	Carlos Daniel, SALABERT	90	36.01 Paulo Ricardo, MOREIRA	91	25.79
11.	Clube Desportivo Feirense 1		Clube Desportivo Feirense	2:23.67	227
	Daniel Baptista, COIMBRA	96	34.23 Jose Murteira, PATRAO	98	40.28
	Joao Pedro, DIAS	96	39.10 Joao Vitor, FERREIRA	96	30.06
DSQ	Penafiel 1		Penafiel		
	<i>307 - O(a) atleta efectuou mais que uma braçada, na posição ventral, antes da viragem aos 25 metros – SW 6.4</i>				
	Joao Paulo, PACHECO	98	Carlos Manuel, SILVA	97	
	Antonio Jorge, ROCHA	94	Goncalo Fernando, FERREIRA	94	

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Prova 14
 18-06-2011 - 17:05

Femin., 4 x 50m Estilos

Absolutos
 Resultados

Pontos: FINA 2010

Lugar				Tempo final	Pts
1.	Vitória Sport Clube 1		Vitória Sport Clube	2:07.41	514
	Ana Catarina, SOUSA	96	33.64 Amelia Pereira, FERNANDES	89	29.81
	Joana Filipa, SANTOS	93	36.40 Andreia Catarina, GOMES	94	27.56
2.	Fluvial Vilacondense 1		Fluvial Vilacondense	2:07.47	513
	Bruna Fangueiro, COENTRAO	93	33.25 Ana Filipa, TEIXEIRA	95	30.60
	Ana Filipa, GOMES	96	36.02 Rita Amado, LAEZZA	95	27.60
3.	Gespacos 1		Gespacos	2:13.05	451
	Claudia Susana, TEIXEIRA	96	33.45 Claudia Cristina, LEO	96	32.30
	Ana Sofia, SOUSA	96	38.32 Andreia Sofia, TORRES	95	28.98
4.	Valongo 1		Valongo	2:14.34	438
	Cristiana Ferreira, SANTOS	97	36.53 Barbara Daniela, SOUSA	92	32.61
	Catia Marisa, SILVA	91	36.72 Mariana Oliveira, VALE	93	28.48
5.	CNMaia 1		CNMaia	2:15.15	431
	Carolina Santos, SILVA	86	34.39 Joana Marques, MAIA	91	31.62
	Maria Beatriz, RIBEIRO	97	37.48 Maria Miguel, OLIVEIRA	97	31.66
6.	Ginásio Santo Tirso 1		Ginásio Santo Tirso	2:15.57	427
	Ana Paula, ARAUJO	96	36.19 Rute Sofia, TEIXEIRA	90	31.81
	Helena Manuel, JOSE	90	38.32 Maria Joao, JOSE	90	29.25
7.	Fafe 1		Fafe	2:16.20	421
	Ana Beatriz, MEIRELES	98	34.48 Isabel Rovisco, MONTEIRO	93	32.67
	Ines Evangelista, BASTOS	98	37.93 Noemia Verdi, SILVA	99	31.12
8.	Famalicão 1		Famalicão	2:16.75	416
	Francisca Silva, CARMO	94	35.03 Ana Isabel, FERNANDES	96	32.08
	Ana Oliveira, CUNHA	95	39.66 Hedvigis Ribeiro, CARVALHO	95	29.98
9.	Fluvial Portuense 1		Fluvial Portuense	2:20.63	382
	Joana Sofia, AMORIM	97	36.86 Adriana Daniela, CASTRO	97	32.40
	Maria Beatriz, FERREIRA	95	41.27 Ines Vilela, BRAGA	97	30.10
10.	Penafiel 1		Penafiel	2:22.97	364
	Ines Cristina, CORDEIRO	96	37.11 Iolanda Ribeiro, PINHEIRO	97	30.91
	Ana Rita, FONSECA	97	41.85 Maria Ines, REIS	97	33.10
11.	Clube Desportivo Feirense 1		Clube Desportivo Feirense	2:31.44	306
	Ines Santos, VAZQUEZ	98	38.58 Ines Santos, PINHO	98	38.19
	Carolina Conceicao, PAIS	97	42.23 Andreia Catarina, ALMEIDA	97	32.44
12.	Propaganda da Natacao 1		Propaganda da Natacao	2:37.47	272
	Ana Catarina, NETO	95	42.37 Barbara Pinto, MARTINS	94	35.56
	Andreia Sofia, PACHECO	95	42.66 Ana Rita, MONTEIRO	95	36.88