

Prova 1
17-04-2011 - 9:30

Femin., 4 x 50m Livres

Absolutos
Resultados

RT 1:57.16 Patricia Oliveira, Mariana Lopes, Ana Sofia, Carla Andreia, Ana Remelgado 02-05-2010

Pontos: FINA 2010

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Gespacos 1	F			Gespacos	1:59.69	507	
Ana Sofia, MATOS	91	30.08	Patricia Cristina, FERNANDES	94	30.65		
Claudia Susana, TEIXEIRA	96	29.87	Andreia Sofia, TORRES	95	29.09		
2. Nautico de Naron 1	F			Nautico de Naron	1:59.82	505	
Ines, VAZQUEZ	97	30.30	Alba, JIMENEZ	95	29.40		
Raquel, FERNANDEZ	97	29.45	Carla, SOTO	98	30.67		
3. Leixões Sport Clube 1	F			Leixões Sport Clube	2:01.58	483	
Patricia Isabel, OLIVEIRA	94	28.92	Ines Lucas, ALVES	98	31.14		
Mariana Vieira, LOPES	89	30.02	Ana Margarida, COSTA	95	31.50		
4. Valongo 1	F			Valongo	2:01.86	480	
Mariana Oliveira, VALE	93	29.14	Cristiana Ferreira, SANTOS	97	32.66		
Catia Marisa, SILVA	91	30.92	Barbara Daniela, SOUSA	92	29.14		
5. CNMaia 1	F			CNMaia	2:03.30	463	
Carolina Santos, SILVA	86	29.70	Joana Marques, MAIA	91	30.58		
Maria Beatriz, RIBEIRO	97	32.02	Maria Miguel, OLIVEIRA	97	31.00		
6. Assoc. Desportiva de Fafe 1	F			Assoc. Desportiva de Fafe	2:04.84	446	
Isabel Rovisco, MONTEIRO	93	29.07	Ana Rita, FREITAS	95	32.53		
Ana Sofia, RAMOS	97	32.05	Ines Evangelista, BASTOS	98	31.19		
7. Fluvial Portuense 1	F			Fluvial Portuense	2:05.91	435	
Adriana Daniela, CASTRO	97	30.98	Joana Sofia, AMORIM	97	32.19		
Ines Vilela, BRAGA	97	30.59	Sara Pinto, RODRIGUES	96	32.15		
8. Penafiel 1	F			Penafiel	2:06.24	432	
Ines Cristina, CORDEIRO	96	32.89	Maria Ines, REIS	97	32.22		
Anastacia Demidova, VASSILEVNA	93	32.57	Iolanda Ribeiro, PINHEIRO	97	28.56		
9. Paredes/Rota dos Moveis 1	F			Paredes/Rota dos Moveis	2:06.38	430	
Claudia Cristina, ALMEIDA	95	30.26	Sara Patricia, GOMES	96	32.53		
Maria Clara, PINTO	95	32.88	Catia Sofia, RODRIGUES	95	30.71		
10. Vilacondense 1	F			Vilacondense	2:07.01	424	
Ana Rita, SILVA	95	32.35	Ana Rosa, ARTEIRO	97	30.95		
Ana Raquel, SILVA	96	32.83	Neuza Casanova, SANTOS	96	30.88		
11. Escola Desportiva de Viana 1	F			Escola Desportiva de Viana	2:08.61	408	
Juliana Lima, FREIXO	97	30.56	Ana Sofia, AFONSO	99	31.56		
Cristina Goncalves, LIMA	97	33.44	Lara Alexandra, VAZ	99	33.05		
12. Clube Lazer Aventura 1	F			Clube Lazer Aventura	2:11.29	384	
Catarina Vilhena, GREGORIO	96	32.13	Ines Maria, RIBEIRO	94	33.21		
Carolina Henriques, GAVANCHO	97	32.68	Susana Patricia, ROSA	96	33.27		
13. Propaganda da Natacao 1	F			Propaganda da Natacao	2:12.96	369	
Barbara Pinto, MARTINS	94	30.88	Andreia Sofia, PACHECO	95	34.17		
Joana Henriques, OLIVEIRA	93	34.74	Ana Rita, MONTEIRO	95	33.17		
DSQ Vitória Sport Clube 1	F			Vitória Sport Clube			DSQ
102 - Falsa partida - SW 4.4							
Joana Filipa, SANTOS	93		Ana Catarina, SOUSA	96			
Joana Isabel, MIRANDA	95		Ana Sofia, ALVES	95			
EXH Nautico de Naron 2	F			Nautico de Naron	2:05.82	436	EXH
Uxia, MUINO	97	32.72	Sara, REY	97	31.44		
Sara, GUERRERO	97	30.79	Marina, FILGUEIRA	97	30.87		
EXH Valongo 2	F			Valongo	2:20.06	316	EXH
Joana Margarida, SOUSA	97	32.82	Barbara Rita, SOUSA	99	35.50		
Sofia Carneiro, SOUSA	99	38.78	Mafalda Carneiro, LINO	91	32.96		

Prova 2
17-04-2011 - 9:40

Masc., 4 x 50m Livres

Absolutos
Resultados

RT 1:45.36 Dario Santos, Jose Goncalves, Tiago Oliveira, Nuno Santos 02-05-2010

Pontos: FINA 2010

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Escola Desportiva de Viana 1 <i>Recorde do Torneio</i>	M			Escola Desportiva de Viana	1:41.96	546	
Venancio Guilherme, FERREIRA	93	25.13		Bruno Miranda, SOUSA	93	26.20	
Luis Pedro, RIBEIRO	94	25.61		Jose Enes, RIBEIRO	93	25.02	
2. Valongo 1	M			Valongo	1:42.85	532	
Nelson Filipe, MARTINHO	89	24.57		Ricardo Santos, AGUEDA	96	27.47	
Bruno Miguel, CAVADAS	89	25.41		Rui Fernando, ROCHA	94	25.40	
3. Leixões Sport Clube 1	M			Leixões Sport Clube	1:45.81	489	
Vasco Vieira, LOPES	84	25.36		Andre Goncalo, SANTOS	97	26.67	
Daniel Rento, LAUREANO	95	28.70		Dario Almeida, SANTOS	93	25.08	
4. Vilacondense 1	M			Vilacondense	1:46.28	482	
Joao Miguel, COSTA	95	26.31		Mario Guterres, CARVALHO	95	26.82	
Joao Duarte, MARAFONA	95	25.70		Pedro Maria, BESSA	95	27.45	
5. Fluvial Portuense 1	M			Fluvial Portuense	1:47.15	471	
Fernando Santos, MOREIRA	94	26.32		Julio Dinis, GONCALVES	96	26.53	
Jose Carlos, FREITAS	63	27.43		Nuno Ricardo, BASTOS	93	26.87	
6. Vitória Sport Clube 1	M			Vitória Sport Clube	1:48.49	453	
Jose Alberto, MARTINS	94	25.30		Joao Pedro, MACHADO	96	28.73	
Goncalo Goncalves, MENESES	92	26.78		Vitor Daniel, MENDES	94	27.68	
7. CNMaia 1	M			CNMaia	1:48.65	451	
Luis Nobre, NETO	90	25.79		Rui Miguel, CRUZ	96	27.85	
Paulo Andre, SILVA	95	27.76		Leonardo Cardoso, FIGUEIREDO	96	27.25	
8. Nautico de Naron 1	M			Nautico de Naron	1:49.43	442	
Alfonso, PINEIRO	78	26.56		Sergio, LOPEZ	79	28.20	
Berto, PEREZ	96	26.73		Iago Lopez, MERA	81	27.94	
9. Assoc. Desportiva de Fafe 1	M			Assoc. Desportiva de Fafe	1:50.09	434	
Tiago Manuel, TEIXEIRA	96	25.32		Carlos Cunha, COSTA	95	26.73	
Humberto Joao, SILVA	96	30.55		Paulo Gabriel, MAGALHAES	96	27.49	
10. Propaganda da Natacao 1	M			Propaganda da Natacao	1:50.35	431	
Paulo Ricardo, MOREIRA	91	26.53		Bruno Miguel, SANTOS	91	27.74	
Carlos Daniel, SALABERT	90	28.11		Diogo Justino, PINHEIRO	92	27.97	
11. Gespacos 1	M			Gespacos	1:51.00	423	
Bruno Campos, NETO	96	27.38		Miguel Angelo, CRUZ	96	27.85	
Gil Silva, SANTOS	96	26.21		Bruno Alexandre, SOUSA	96	29.56	
12. Clube Lazer Aventura 1	M			Clube Lazer Aventura	1:52.34	408	
Joao Manuel, FERREIRA	92	26.78		Joao Pedro, ROSA	90	28.01	
Pedro Miguel, PRIMO	96	30.38		Miguel Martins, BARROQUEIRO	91	27.17	
13. Paredes/Rota dos Moveis 1	M			Paredes/Rota dos Moveis	2:07.50	279	
Joao Paulo, SILVA	97	31.32		Pedro Niz, SILVA	97	31.97	
Daniil Dmitrievievih, GIRIN	97	33.09		Antonio Francisco, DIAS	98	31.12	
DSQ Penafiel 1 <i>102 - Falsa partida – SW 4.4</i>	M			Penafiel		DSQ	
Goncalo Fernando, FERREIRA	94			Telmo Marinho, CRUZ	89		
Antonio Jorge, ROCHA	94			Fabio Andre, MADUREIRA	90		
DSQ Valongo 2 <i>102 - Falsa partida – SW 4.4</i>	M			Valongo		DSQ	
Bernardo Francisco, PEDROSO	97			Tiago Filipe, FERREIRA	98		
Ricardo Miguel, MOREIRA	98			Hugo Moreira, MARTINS	94		
EXH Valongo 3	M			Valongo	2:08.10	275	EXH
Diogo Ferreira, NEVES	98	33.43		Pedro Nuno, VIEIRA	98	31.37	
Humberto Fernandes, FELGUEIRAS	98	30.77		Jose Miguel, RODRIGUES	97	32.53	

Prova 3
17-04-2011 - 9:50

Femin., 100m Mariposa

Absolutos
Resultados

RT	1:09.09	Leonor Bessa, BABO	Valongo	20-04-2008			
Pontos: FINA 2010							
Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Carolina Santos, SILVA <i>Recorde do Torneio</i> 50m: 31.98 31.98	F	23208 86	CNMaia	1:08.12	527	
2.	Barbara Daniela, SOUSA 50m: 33.14 33.14	F	15966 92	Valongo	1:08.94	509	
3.	Andreia Sofia, TORRES 50m: 34.28 34.28	F	102471 95	Gespacos	1:11.27	460	
4.	Juliana Lima, FREIXO 50m: 33.94 33.94	F	100827 97	Escola Desportiva de Viana	1:11.47	456	
5.	Raquel, FERNANDEZ 50m: 33.90 33.90	F	32711967	Nautico de Naron	1:11.85	449	
6.	Catarina Vilhena, GREGORIO 50m: 34.31 34.31	F	103459 96	Clube Lazer Aventura	1:13.85	414	
7.	Joana Isabel, MIRANDA 50m: 34.56 34.56	F	104220 95	Vitória Sport Clube	1:14.35	405	
8.	Ines Lucas, ALVES 50m: 34.72 34.72	F	104738 98	Leixões Sport Clube	1:14.58	402	
9.	Adriana Daniela, CASTRO 50m: 34.91 34.91	F	104515 97	Fluvial Portuense	1:15.15	393	
10.	Luciana Tomi, KOBAYASHI 50m: 34.66 34.66	F	107429 95	Vilacondense	1:15.37	389	
11.	Ana Sofia, RAMOS 50m: 36.71 36.71	F	102593 97	Assoc. Desportiva de Fafe	1:19.20	335	
12.	Ana Rita, FONSECA 50m: 38.16 38.16	F	104507 97	Penafiel	1:27.58	248	
13.	Sara Patricia, GOMES 50m: 39.10 39.10	F	110320 96	Paredes/Rota dos Moveis	1:29.79	230	
14.	Maria Ines, RESENDE 50m: 45.54 45.54	F	107370 95	Propaganda da Natacao	1:38.30	175	
DSQ	Barbara Rita, SOUSA <i>509 - O(a) atleta efectuou pernada de braços durante o percurso – SW 8.3</i>	F	116906 99	Valongo			DSQ

Prova 4
17-04-2011 - 9:55

Masc., 100m Mariposa

Absolutos
Resultados

RT 58.87 Nelson Filipe, MARTINHO Valongo 20-04-2008

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Nelson Filipe, MARTINHO 50m: 27.40 27.40	M	16016	89	Valongo 32.17	59.57	539	
2.	Jose Enes, RIBEIRO 50m: 28.54 28.54	M	11036	93	Escola Desportiva de Viana 33.70	1:02.24	472	
3.	Mario Guterres, CARVALHO 50m: 30.49 30.49	M	18088	95	Vilacondense 33.95	1:04.44	425	
4.	Gil Silva, SANTOS 50m: 30.75 30.75	M	101950	96	Gespacos 33.93	1:04.68	421	
5.	Paulo Andre, SILVA 50m: 30.88 30.88	M	104517	95	CNMaia 34.33	1:05.21	410	
6.	Nuno Ricardo, BASTOS 50m: 30.12 30.12	M	24230	93	Fluvial Portuense 35.21	1:05.33	408	
7.	Berto, PEREZ 50m: 30.42 30.42	M	327160586		Nautico de Naron 35.62	1:06.04	395	
8.	Carlos Cunha, COSTA 50m: 30.60 30.60	M	102610	95	Assoc. Desportiva de Fafe 35.70	1:06.30	390	
9.	Andre Coelho, OLIVEIRA 50m: 32.83 32.83	M	103443	96	Vitória Sport Clube 36.75	1:09.58	338	
10.	Paulo Ricardo, MOREIRA 50m: 31.25 31.25	M	15487	91	Propaganda da Natacao 41.15	1:12.40	300	
11.	Joao Pedro, ROSA 50m: 33.62 33.62	M	11317	90	Clube Lazer Aventura 38.96	1:12.58	298	
12.	Daniil Dmitrievievih, GIRIN 50m: 41.51 41.51	M	117566	97	Paredes/Rota dos Moveis 47.42	1:28.93	162	
13.	Joao Paulo, PACHECO 50m: 43.84 43.84	M	121342	98	Penafiel 50.69	1:34.53	134	
DSQ	Vasco Vieira, LOPES <i>510 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 50 metros – SW 8.4</i>	M	15718	84	Leixões Sport Clube			DSQ
EXH	Rui Fernando, ROCHA 50m: 29.76 29.76	M	24096	94	Valongo 35.60	1:05.36	408	EXH
EXH	Ricardo Miguel, MOREIRA 50m: 40.86 40.86	M	118060	98	Valongo 47.51	1:28.37	165	EXH

Prova 5
17-04-2011 - 10:00

Femin., 100m Costas

Absolutos
Resultados

RT	1:06.96		Patricia Isabel, OLIVEIRA		Valongo	02-05-2010		
Pontos: FINA 2010								
Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Patricia Isabel, OLIVEIRA <i>Recorde do Torneio</i>	F	15970	94	Leixões Sport Clube	1:06.49	573	
	50m: 32.53 32.53		100m: 1:06.49		33.96			
2.	Ana Catarina, SOUSA	F	103447	96	Vitória Sport Clube	1:11.43	462	
	50m: 34.21 34.21		100m: 1:11.43		37.22			
3.	Mariana Oliveira, VALE	F	15977	93	Valongo	1:11.82	454	
	50m: 35.32 35.32		100m: 1:11.82		36.50			
4.	Alba, JIMENEZ	F	327140295		Nautico de Naron	1:13.76	419	
	50m: 35.53 35.53		100m: 1:13.76					
5.	Ana Rosa, ARTEIRO	F	105528	97	Vilacondense	1:16.13	381	
	50m: 37.02 37.02		100m: 1:16.13		39.11			
6.	Patricia Cristina, FERNANDES	F	23496	94	Gespacos	1:16.54	375	
	50m: 37.79 37.79		100m: 1:16.54		38.75			
7.	Ana Rita, FREITAS	F	102638	95	Assoc. Desportiva de Fafe	1:17.80	357	
	50m: 37.43 37.43		100m: 1:17.80		40.37			
8.	Ines Cristina, CORDEIRO	F	20606	96	Penafiel	1:19.08	340	
	50m: 39.13 39.13		100m: 1:19.08		39.95			
9.	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense	1:19.94	329	
	50m: 38.57 38.57		100m: 1:19.94		41.37			
10.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	1:20.05	328	
	50m: 39.04 39.04		100m: 1:20.05		41.01			
11.	Carolina Henriques, GAVANCHO	F	105296	97	Clube Lazer Aventura	1:20.10	327	
	50m: 38.95 38.95		100m: 1:20.10		41.15			
12.	Cristina Goncalves, LIMA	F	106537	97	Escola Desportiva de Viana	1:21.33	313	
	50m: 39.49 39.49		100m: 1:21.33		41.84			
13.	Sara Daniela, CARVALHO	F	119629	96	Paredes/Rota dos Moveis	1:21.60	310	
	50m: 39.44 39.44		100m: 1:21.60		42.16			
14.	Ana Catarina, NETO	F	105610	95	Propaganda da Natacao	1:33.01	209	
	50m: 44.96 44.96		100m: 1:33.01		48.05			
DNS	Ines Oliveira, VALE	F	15548	96	Valongo			DNS
EXH	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	1:17.47	362	EXH
	50m: 37.76 37.76		100m: 1:17.47		39.71			
EXH	Uxia, MUINO	F	327188897		Nautico de Naron	1:19.55	334	EXH
	50m: 38.97 38.97		100m: 1:19.55		40.58			

Prova 6
17-04-2011 - 10:10

Masc., 100m Costas

Absolutos
Resultados

RT 1:02.79 Dario Almeida, SANTOS Valongo 02-05-2010

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Dario Almeida, SANTOS 50m: 30.99 30.99	M	22520	93	Leixões Sport Clube 31.89	1:02.88	471	
2.	Antonio Jorge, ROCHA 50m: 32.06 32.06	M	15322	94	Penafiel 33.43	1:05.49	417	
3.	Paulo Gabriel, MAGALHAES 50m: 32.10 32.10	M	102527	96	Assoc. Desportiva de Fafe 33.59	1:05.69	413	
4.	Julio Dinis, GONCALVES 50m: 32.65 32.65	M	103624	96	Fluvial Portuense 33.53	1:06.18	404	
5.	Hugo Moreira, MARTINS 50m: 32.37 32.37	M	108219	94	Valongo 33.87	1:06.24	403	
6.	Miguel Martins, BARROQUEIRO 50m: 32.03 32.03	M	11534	91	Clube Lazer Aventura 34.50	1:06.53	398	
7.	Bruno Dias, COUTO 50m: 32.92 32.92	M	100829	97	Escola Desportiva de Viana 33.81	1:06.73	394	
8.	Goncalo Goncalves, MENESES 50m: 33.32 33.32	M	13171	92	Vitória Sport Clube 33.66	1:06.98	390	
9.	Bruno Campos, NETO 50m: 32.70 32.70	M	105773	96	Gespacos 35.40	1:08.10	371	
10.	Leonardo Cardoso, FIGUEIREDO 50m: 33.67 33.67	M	105612	96	CNMaia 34.46	1:08.13	370	
11.	Joao Miguel, COSTA 50m: 35.23 35.23	M	15088	95	Vilacondense 35.83	1:11.06	326	
12.	Sergio, LOPEZ 50m: 33.99 33.99	M	3269244	99	Nautico de Naron 37.99	1:11.98	314	
13.	Bruno Miguel, SANTOS 50m: 35.71 35.71	M	102648	91	Propaganda da Natacao 37.14	1:12.85	303	
14.	Antonio Francisco, DIAS 50m: 39.08 39.08	M	106267	98	Paredes/Rota dos Moveis 41.33	1:20.41	225	
EXH	Humberto Fernandes, FELGUEIRAS 50m: 37.09 37.09	M	105205	98	Valongo 38.97	1:16.06	266	EXH
EXH	Jose Miguel, RODRIGUES 50m: 40.59 40.59	M	106741	97	Valongo 41.57	1:22.16	211	EXH

Prova 7
17-04-2011 - 10:15

Femin., 400m Livres

Absolutos
Resultados

RT 4:40.26 Angelica Maria, ANDRE Valongo 02-05-2010

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Filipa, SANTOS <i>Recorde do Torneio</i>	F	24081	93	Vitória Sport Clube	4:29.46	662	
	50m: 30.45 30.45	150m: 1:38.46	34.37	250m: 2:47.08	34.54	350m: 3:56.11	34.64	
	100m: 1:04.09 33.64	200m: 2:12.54	34.08	300m: 3:21.47	34.39	400m: 4:29.46	33.35	
2.	Barbara Daniela, SOUSA	F	15966	92	Valongo	4:45.72	555	
	50m: 32.86 32.86	150m: 1:45.42	36.51	250m: 2:58.65	36.57	350m: 4:11.20	35.91	
	100m: 1:08.91 36.05	200m: 2:22.08	36.66	300m: 3:35.29	36.64	400m: 4:45.72	34.52	
3.	Carolina Santos, SILVA	F	23208	86	CNMaia	4:46.05	553	
	50m: 32.85 32.85	150m: 1:45.37	36.49	250m: 2:58.53	36.48	350m: 4:11.42	36.27	
	100m: 1:08.88 36.03	200m: 2:22.05	36.68	300m: 3:35.15	36.62	400m: 4:46.05	34.63	
4.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	4:58.37	488	
	50m: 34.79 34.79	150m: 1:50.69	38.25	250m: 3:05.75	37.43	350m: 4:21.89	38.04	
	100m: 1:12.44 37.65	200m: 2:28.32	37.63	300m: 3:43.85	38.10	400m: 4:58.37	36.48	
5.	Ana Margarida, COSTA	F	15495	95	Leixões Sport Clube	4:58.58	487	
	50m: 34.91 34.91	150m: 1:51.27	38.24	250m: 3:06.26	37.32	350m: 4:21.56	37.90	
	100m: 1:13.03 38.12	200m: 2:28.94	37.67	300m: 3:43.66	37.40	400m: 4:58.58	37.02	
6.	Sara, GUERRERO	F	327262	97	Nautico de Naron	5:09.21	438	
	50m: 35.18 35.18	150m: 1:51.54	38.46	250m: 3:11.22	40.09	350m: 4:31.34	39.72	
	100m: 1:13.08 37.90	200m: 2:31.13	39.59	300m: 3:51.62	40.40	400m: 5:09.21	37.87	
7.	Catia Sofia, RODRIGUES	F	23305	95	Paredes/Rota dos Moveis	5:12.62	424	
	50m: 34.50 34.50	150m: 1:52.52	39.36	250m: 3:11.97	39.93	350m: 4:34.14	41.19	
	100m: 1:13.16 38.66	200m: 2:32.04	39.52	300m: 3:52.95	40.98	400m: 5:12.62	38.48	
8.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	5:13.16	422	
	50m: 34.73 34.73	150m: 1:52.00	39.08	250m: 3:12.46	40.36	350m: 4:33.75	40.82	
	100m: 1:12.92 38.19	200m: 2:32.10	40.10	300m: 3:52.93	40.47	400m: 5:13.16	39.41	
9.	Maria Ines, REIS	F	107732	97	Penafiel	5:31.68	355	
	50m: 35.94 35.94	150m: 1:58.17	42.21	250m: 3:23.61	43.02	350m: 4:51.33	44.36	
	100m: 1:15.96 40.02	200m: 2:40.59	42.42	300m: 4:06.97	43.36	400m: 5:31.68	40.35	
10.	Barbara Pinto, MARTINS	F	102519	94	Propaganda da Natacao	5:34.66	345	
	50m: 35.04 35.04	150m: 1:55.24	40.72	250m: 3:20.72	43.35	350m: 4:49.68	45.10	
	100m: 1:14.52 39.48	200m: 2:37.37	42.13	300m: 4:04.58	43.86	400m: 5:34.66	44.98	
11.	Joana Parente, FARIA	F	111587	99	Escola Desportiva de Viana	5:53.35	293	
	50m: 38.16 38.16	150m: 2:06.72	44.88	250m: 3:38.60	46.26	350m: 5:09.58	45.48	
	100m: 1:21.84 43.68	200m: 2:52.34	45.62	300m: 4:24.10	45.50	400m: 5:53.35	43.77	
12.	Susana Patricia, ROSA	F	103471	96	Clube Lazer Aventura	5:56.56	285	
	50m: 39.10 39.10	150m: 2:08.25	44.99	250m: 3:40.26	45.21	350m: 5:11.68	45.77	
	100m: 1:23.26 44.16	200m: 2:55.05	46.80	300m: 4:25.91	45.65	400m: 5:56.56	44.88	
DSQ	Sara Pinto, RODRIGUES <i>102 - Falsa partida – SW 4.4</i>	F	20325	96	Fluvial Portuense			DSQ
DSQ	Ana Raquel, SILVA <i>102 - Falsa partida – SW 4.4</i>	F	104584	96	Vilacondense			DSQ
DNS	Sara, ROMERO	F	327090	96	Nautico de Naron			DNS

Prova 8
17-04-2011 - 10:35

Masc., 400m Livres

Absolutos
Resultados

RT 4:11.02 Tiago Silva, OLIVEIRA Valongo 02-05-2010

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Jose Alberto, MARTINS <i>Recorde do Torneio</i>	M	23096	94	Vitória Sport Clube	4:07.45	635	
	50m: 28.69 28.69 100m: 58.93 30.24				150m: 1:30.22 31.29 200m: 2:01.60 31.38	250m: 2:32.64 31.04 300m: 3:04.16 31.52	350m: 3:36.22 32.06 400m: 4:07.45 31.23	
2.	Tiago Manuel, TEIXEIRA	M	102485	96	Assoc. Desportiva de Fafe	4:21.48	538	
	50m: 29.34 29.34 100m: 1:01.10 31.76				150m: 1:33.46 32.36 200m: 2:05.53 32.07	250m: 2:38.59 33.06 300m: 3:11.97 33.38	350m: 3:46.42 34.45 400m: 4:21.48 35.06	
3.	Jose Carlos, FREITAS	M	111877	63	Fluvial Portuense	4:24.98	517	
	50m: 31.36 31.36 100m: 1:04.55 33.19				150m: 1:38.40 33.85 200m: 2:12.31 33.91	250m: 2:45.91 33.60 300m: 3:19.48 33.57	350m: 3:53.01 33.53 400m: 4:24.98 31.97	
4.	Bruno Miranda, SOUSA	M	106109	93	Escola Desportiva de Viana	4:25.23	516	
	50m: 29.01 29.01 100m: 1:01.37 32.36				150m: 1:34.87 33.50 200m: 2:08.86 33.99	250m: 2:43.28 34.42 300m: 3:18.16 34.88	350m: 3:51.86 33.70 400m: 4:25.23 33.37	
5.	Ricardo Santos, AGUEDA	M	20061	96	Valongo	4:29.43	492	
	50m: 30.71 30.71 100m: 1:04.74 34.03				150m: 1:39.13 34.39 200m: 2:13.84 34.71	250m: 2:47.87 34.03 300m: 3:22.36 34.49	350m: 3:56.87 34.51 400m: 4:29.43 32.56	
6.	Miguel Angelo, CRUZ	M	101976	96	Gespacos	4:30.17	488	
	50m: 31.19 31.19 100m: 1:04.95 33.76				150m: 1:39.58 34.63 200m: 2:13.90 34.32	250m: 2:48.06 34.16 300m: 3:22.46 34.40	350m: 3:57.02 34.56 400m: 4:30.17 33.15	
7.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	4:36.08	457	
	50m: 33.28 33.28 100m: 1:08.20 34.92				150m: 1:43.20 35.00 200m: 2:18.30 35.10	250m: 2:53.42 35.12 300m: 3:28.20 34.78	350m: 4:02.87 34.67 400m: 4:36.08 33.21	
8.	Orlando Filipe, MORIM	M	107373	95	Vilacondense	4:37.42	451	
	50m: 30.42 30.42 100m: 1:03.85 33.43				150m: 1:38.59 34.74 200m: 2:13.41 34.82	250m: 2:48.82 35.41 300m: 3:25.28 36.46	350m: 4:01.68 36.40 400m: 4:37.42 35.74	
9.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	CNMaia	4:44.64	417	
	50m: 31.22 31.22 100m: 1:06.33 35.11				150m: 1:42.46 36.13 200m: 2:19.03 36.57	250m: 2:55.30 36.27 300m: 3:32.43 37.13	350m: 4:09.63 37.20 400m: 4:44.64 35.01	
10.	Carlos, ORTIZ	M	326179	597	Nautico de Naron	5:03.48	344	
	50m: 33.48 33.48 100m: 1:09.96 36.48				150m: 1:48.15 38.19 200m: 2:27.30 39.15	250m: 3:06.41 39.11 300m: 3:44.93 38.52	350m: 4:24.41 39.48 400m: 5:03.48 39.07	
11.	Joao Paulo, SILVA	M	104712	97	Paredes/Rota dos Moveis	5:04.12	342	
	50m: 34.02 34.02 100m: 1:10.89 36.87				150m: 1:48.94 38.05 200m: 2:27.55 38.61	250m: 3:06.69 39.14 300m: 3:46.35 39.66	350m: 4:26.97 40.62 400m: 5:04.12 37.15	
12.	Andre Alexandre, SILVA	M	102699	94	Propaganda da Natacao	5:09.84	323	
	50m: 32.15 32.15 100m: 1:08.70 36.55				150m: 1:47.17 38.47 200m: 2:27.04 39.87	250m: 3:06.01 38.97 300m: 3:46.55 40.54	350m: 4:28.37 41.82 400m: 5:09.84 41.47	
13.	Pedro Miguel, PRIMO	M	103472	96	Clube Lazer Aventura	5:18.59	297	
	50m: 34.74 34.74 100m: 1:14.33 39.59				150m: 1:54.13 39.80 200m: 2:34.99 40.86	250m: 3:15.97 40.98 300m: 3:57.00 41.03	350m: 4:38.08 41.08 400m: 5:18.59 40.51	
DSQ	Joao Paulo, PACHECO <i>102 - Falsa partida - SW 4.4</i>	M	121342	98	Penafiel			DSQ
EXH	Bernardo Francisco, PEDROSO	M	105206	97	Valongo	4:51.62	388	EXH
	50m: 31.19 31.19 100m: 1:06.53 35.34				150m: 1:44.07 37.54 200m: 2:21.40 37.33	250m: 3:00.46 39.06 300m: 3:37.66 37.20	350m: 4:15.05 37.39 400m: 4:51.62 36.57	
EXH	Diogo Ferreira, NEVES	M	108221	98	Valongo	5:33.68	259	EXH
	50m: 35.67 35.67 100m: 1:18.47 42.80				150m: 2:00.93 42.46 200m: 2:43.05 42.12	250m: 3:25.89 42.84 300m: 4:09.85 43.96	350m: 4:52.70 42.85 400m: 5:33.68 40.98	

Prova 9
17-04-2011 - 10:55

Femin., 100m Bruços

Absolutos
Resultados

RT 1:13.74 Joana Catarina, CARVALHO Valongo 22-07-2007

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Marques, MAIA 50m: 35.28 35.28	F	25067	91	CNMaia 39.72	1:15.00	584	
2.	Isabel Rovisco, MONTEIRO 50m: 37.33 37.33	F	20608	93	Assoc. Desportiva de Fafe 42.88	1:20.21	477	
3.	Catia Marisa, SILVA 50m: 38.93 38.93	F	23319	91	Valongo 44.50	1:23.43	424	
4.	Mariana Vieira, LOPES 50m: 39.22 39.22	F	25879	89	Leixões Sport Clube 44.57	1:23.79	419	
5.	Ana Rita, SILVA 50m: 39.72 39.72	F	104553	95	Vilacondense 44.31	1:24.03	415	
6.	Marina, FILGUEIRA 50m: 40.78 40.78	F	327210907		Nautico de Naron 45.15	1:25.93	388	
7.	Patricia Cristina, FERNANDES 50m: 41.28 41.28	F	23496	94	Gespacos 44.77	1:26.05	386	
8.	Marta Rita, FREIXO 50m: 40.63 40.63	F	11065	93	Escola Desportiva de Viana 45.66	1:26.29	383	
9.	Ines Maria, RIBEIRO 50m: 41.51 41.51	F	11407	94	Clube Lazer Aventura 45.46	1:26.97	374	
10.	Carolina Isabel, PEREIRA 50m: 41.66 41.66	F	23115	94	Vitória Sport Clube 46.55	1:28.21	359	
11.	Maria Beatriz, FERREIRA 50m: 43.00 43.00	F	24133	95	Fluvial Portuense 46.71	1:29.71	341	
12.	Ines Sofia, CONCEICAO 50m: 44.45 44.45	F	104711	95	Paredes/Rota dos Moveis 51.04	1:35.49	283	
13.	Andreia Sofia, PACHECO 50m: 44.40 44.40	F	102563	95	Propaganda da Natacao 51.26	1:35.66	281	
DSQ	Ines Cristina, CORDEIRO 102 - Falsa partida – SW 4.4	F	20606	96	Penafiel			DSQ
EXH	Joana Margarida, SOUSA 50m: 42.69 42.69	F	104510	97	Valongo 48.51	1:31.20	324	EXH
EXH	Sofia Carneiro, SOUSA 50m: 51.15 51.15	F	111103	99	Valongo 1:00.03	1:51.18	179	EXH

Prova 10
17-04-2011 - 11:00

Masc., 100m Bruços

Absolutos
Resultados

RT	1:07.31	Luis Nobre, NETO	Valongo	02-05-2010			
Pontos: FINA 2010							
Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Luis Nobre, NETO 50m: 31.94 31.94	M	15904 90	CNMaia 35.84	1:07.78	552	
2.	Andre Goncalo, SANTOS 50m: 33.19 33.19	M	104706 97	Leixões Sport Clube 37.61	1:10.80	484	
3.	Bruno Miguel, CAVADAS 50m: 33.63 33.63	M	23279 89	Valongo 37.65	1:11.28	474	
4.	Fabio Andre, MADUREIRA 50m: 34.36 34.36	M	15910 90	Penafiel 37.69	1:12.05	459	
5.	Alfonso, PINEIRO 50m: 33.72 33.72	M	326888578	Nautico de Naron 39.02	1:12.74	446	
6.	Joao Manuel, FERREIRA 50m: 34.92 34.92	M	12126 92	Clube Lazer Aventura 40.20	1:15.12	405	
7.	Diogo Filipe, PEREIRA 50m: 35.35 35.35	M	24332 92	Propaganda da Natacao 40.85	1:16.20	388	
8.	Rui Sergio, LUIS 50m: 36.81 36.81	M	117510 94	Fluvial Portuense 39.97	1:16.78	379	
9.	Bruno Alexandre, SOUSA 50m: 37.40 37.40	M	101972 96	Gespacos 40.78	1:18.18	359	
10.	Vitor Daniel, MENDES 50m: 36.96 36.96	M	109337 94	Vitória Sport Clube 41.52	1:18.48	355	
	Jose Pedro, OLIVEIRA 50m: 36.81 36.81	M	20294 95	Vilacondense 41.67	1:18.48	355	
12.	Francisco Rodrigues, ANTAS 50m: 38.41 38.41	M	108431 98	Escola Desportiva de Viana 44.37	1:22.78	303	
13.	Humberto Joao, SILVA 50m: 39.21 39.21	M	102676 96	Assoc. Desportiva de Fafe 45.96	1:25.17	278	
EXH	Tiago Filipe, FERREIRA 50m: 44.29 44.29	M	108220 98	Valongo 47.45	1:31.74	222	EXH
EXH	Pedro Afonso, FERREIRA 50m: 44.32 44.32	M	104721 98	Valongo 49.37	1:33.69	209	EXH

Prova 11
17-04-2011 - 11:10

Femin., 100m Livres

Absolutos
Resultados

RT	1:00.97		Mariana Oliveira, VALE		Valongo	02-05-2010		
Pontos: FINA 2010								
Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Patricia Isabel, OLIVEIRA 50m: 29.97 29.97	F	15970	94	Leixões Sport Clube 31.75	1:01.72	564	
2.	Mariana Oliveira, VALE 50m: 30.67 30.67	F	15977	93	Valongo 31.83	1:02.50	543	
3.	Ana Sofia, ALVES 50m: 30.37 30.37	F	25757	95	Vitória Sport Clube 32.82	1:03.19	526	
4.	Isabel Rovisco, MONTEIRO 50m: 30.93 30.93	F	20608	93	Assoc. Desportiva de Fafe 33.25	1:04.18	502	
5.	Claudia Cristina, ALMEIDA 50m: 31.21 31.21	F	105950	95	Paredes/Rota dos Moveis 33.43	1:04.64	491	
6.	Neuza Casanova, SANTOS 50m: 31.22 31.22	F	20292	96	Vilacondense 34.29	1:05.51	472	
7.	Ines Vilela, BRAGA 50m: 32.06 32.06	F	106935	97	Fluvial Portuense 34.09	1:06.15	458	
8.	Ana Sofia, MATOS 50m: 32.52 32.52	F	25111	91	Gespacos 34.20	1:06.72	446	
9.	Maria Miguel, OLIVEIRA 50m: 32.65 32.65	F	117219	97	CNMaia 35.24	1:07.89	424	
10.	Rita Alexandra, GUEDES 50m: 34.34 34.34	F	109572	94	Propaganda da Natacao 35.40	1:09.74	391	
11.	Ana Sofia, AFONSO 50m: 33.52 33.52	F	111588	99	Escola Desportiva de Viana 36.61	1:10.13	384	
12.	Anastacia Demidova, VASSILEVNA 50m: 34.52 34.52	F	108673	93	Penafiel 38.58	1:13.10	339	
13.	Susana Patricia, ROSA 50m: 35.94 35.94	F	103471	96	Clube Lazer Aventura 39.62	1:15.56	307	
DSQ	Ines, VAZQUEZ 102 - Falsa partida – SW 4.4	F	3272105	97	Nautico de Naron			DSQ
EXH	Uxia, MUINO 50m: 34.05 34.05	F	3271888	97	Nautico de Naron 38.42	1:12.47	348	EXH
EXH	Mafalda Carneiro, LINO 50m: 35.75 35.75	F	108217	91	Valongo 38.73	1:14.48	321	EXH
EXH	Sofia Carneiro, SOUSA 50m: 43.67 43.67	F	111103	99	Valongo 50.28	1:33.95	160	EXH



Prova 12
17-04-2011 - 11:15

Masc., 100m Livres

Absolutos
Resultados

RT 53.88 Nelson Filipe, MARTINHO Valongo 20-04-2008

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Nelson Filipe, MARTINHO 50m: 26.06 26.06	M	16016	89	Valongo 28.25	54.31	566	
2.	Venancio Guilherme, FERREIRA 50m: 26.63 26.63	M	11039	93	Escola Desportiva de Viana 28.27	54.90	548	
3.	Vasco Vieira, LOPES 50m: 26.49 26.49	M	15718	84	Leixões Sport Clube 28.49	54.98	546	
4.	Fernando Santos, MOREIRA 50m: 27.51 27.51	M	15824	94	Fluvial Portuense 29.69	57.20	484	
5.	Joao Duarte, MARAFONA 50m: 27.26 27.26	M	20293	95	Vilacondense 30.24	57.50	477	
6.	Miguel Martins, BARROQUEIRO 50m: 28.48 28.48	M	11534	91	Clube Lazer Aventura 29.81	58.29	458	
7.	Bruno Campos, NETO 50m: 29.26 29.26	M	105773	96	Gespacos 59.58	59.58	429	
8.	Paulo Andre, SILVA 50m: 29.39 29.39	M	104517	95	CNMaia 31.13	1:00.52	409	
9.	Paulo Gabriel, MAGALHAES 50m: 29.67 29.67	M	102527	96	Assoc. Desportiva de Fafe 31.34	1:01.01	399	
10.	Iago Lopez, MERA 50m: 29.85 29.85	M	326843501		Nautico de Naron 32.49	1:02.34	374	
11.	Joao Pedro, MACHADO 50m: 30.37 30.37	M	103444	96	Vitória Sport Clube 33.53	1:03.90	347	
12.	Diogo Justino, PINHEIRO 50m: 30.33 30.33	M	20025	92	Propaganda da Natacao 34.13	1:04.46	338	
13.	Goncalo Fernando, FERREIRA 50m: 31.42 31.42	M	121734	94	Penafiel 38.26	1:09.68	268	
14.	Daniil Dmitrievievih, GIRIN 50m: 34.03 34.03	M	117566	97	Paredes/Rota dos Moveis 37.48	1:11.51	248	
EXH	Rui Fernando, ROCHA 50m: 27.02 27.02	M	24096	94	Valongo 29.88	56.90	492	EXH
EXH	Pedro Nuno, VIEIRA 50m: 31.78 31.78	M	106742	98	Valongo 35.46	1:07.24	298	EXH

Prova 13
17-04-2011 - 11:20

Femin., 200m Estilos

Absolutos
Resultados

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Filipa, SANTOS 50m: 32.92 32.92	F	24081	93	Vitória Sport Clube 39.51 150m: 1:56.16 43.73	2:29.07 200m: 2:29.07	583	32.91
2.	Joana Marques, MAIA 50m: 32.51 32.51	F	25067	91	CNMaia 40.90 150m: 1:55.52 42.11	2:31.20 200m: 2:31.20	559	35.68
3.	Iolanda Ribeiro, PINHEIRO 50m: 32.26 32.26	F	20530	97	Penafiel 38.75 150m: 1:58.97 47.96	2:35.37 200m: 2:35.37	515	36.40
4.	Claudia Susana, TEIXEIRA 50m: 34.83 34.83	F	102040	96	Gespacos 40.31 150m: 2:00.73 45.59	2:37.41 200m: 2:37.41	495	36.68
5.	Adriana Daniela, CASTRO 50m: 35.03 35.03	F	104515	97	Fluvial Portuense 40.59 150m: 2:04.02 48.40	2:39.47 200m: 2:39.47	476	35.45
6.	Ines Lucas, ALVES 50m: 35.18 35.18	F	104738	98	Leixões Sport Clube 41.93 150m: 2:04.99 47.88	2:41.18 200m: 2:41.18	461	36.19
7.	Ines Evangelista, BASTOS 50m: 39.19 39.19	F	110627	98	Assoc. Desportiva de Fafe 40.49 150m: 2:04.58 44.90	2:43.52 200m: 2:43.52	442	38.94
8.	Luciana Tomi, KOBAYASHI 50m: 34.82 34.82	F	107429	95	Vilacondense 43.96 150m: 2:09.20 50.42	2:45.49 200m: 2:45.49	426	36.29
9.	Catarina Vilhena, GREGORIO 50m: 34.62 34.62	F	103459	96	Clube Lazer Aventura 43.35 150m: 2:05.71 47.74	2:45.53 200m: 2:45.53	426	39.82
10.	Catia Marisa, SILVA 50m: 39.83 39.83	F	23319	91	Valongo 41.51 150m: 2:08.86 47.52	2:47.62 200m: 2:47.62	410	38.76
11.	Carla, SOTO 50m: 36.94 36.94	F	793438688		Nautico de Naron 46.23 150m: 2:14.04 50.87	2:51.22 200m: 2:51.22	385	37.18
12.	Maria Clara, PINTO 50m: 41.33 41.33	F	104713	95	Paredes/Rota dos Moveis 46.25 150m: 2:17.63 50.05	2:55.92 200m: 2:55.92	355	38.29
13.	Lara Alexandra, VAZ 50m: 37.65 37.65	F	110696	99	Escola Desportiva de Viana 45.81 150m: 2:17.32 53.86	2:56.57 200m: 2:56.57	351	39.25
14.	Ana Rita, MONTEIRO 50m: 37.51 37.51	F	102682	95	Propaganda da Natacao 46.86 150m: 2:18.15 53.78	3:03.64 200m: 3:03.64	312	45.49
EXH	Sara, REY 50m: 36.87 36.87	F	327198707		Nautico de Naron 44.35 150m: 2:09.52 48.30	2:49.08 200m: 2:49.08	400	EXH 39.56
EXH	Joana Margarida, SOUSA 50m: 40.97 40.97	F	104510	97	Valongo 42.57 150m: 2:11.94 48.40	2:50.57 200m: 2:50.57	389	EXH 38.63
EXH	Barbara Rita, SOUSA 50m: 45.33 45.33	F	116906	99	Valongo 47.66 150m: 2:26.69 53.70	3:11.79 200m: 3:11.79	274	EXH 45.10

Prova 14
17-04-2011 - 11:35

Masc., 200m Estilos

Absolutos
Resultados

RT	2:13.22		Luis Nobre, NETO		Valongo		02-05-2010	
Pontos: FINA 2010								
Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Jose Alberto, MARTINS 50m: 29.63 29.63	M	23096	94	Vitória Sport Clube 34.85 150m: 1:43.50 39.02	2:14.20 2:14.20	574	30.70
2.	Luis Nobre, NETO 50m: 30.18 30.18	M	15904	90	CNMaia 37.42 150m: 1:46.78 39.18	2:15.96 2:15.96	552	29.18
3.	Bruno Miguel, CAVADAS 50m: 30.77 30.77	M	23279	89	Valongo 37.34 150m: 1:48.29 40.18	2:19.84 2:19.84	507	31.55
4.	Antonio Jorge, ROCHA 50m: 29.32 29.32	M	15322	94	Penafiel 37.64 150m: 1:49.31 42.35	2:20.71 2:20.71	498	31.40
5.	Carlos Cunha, COSTA 50m: 31.07 31.07	M	102610	95	Assoc. Desportiva de Fafe 38.58 150m: 1:48.81 39.16	2:22.62 2:22.62	478	33.81
6.	Joao Manuel, FERREIRA 50m: 30.02 30.02	M	12126	92	Clube Lazer Aventura 37.46 150m: 1:49.53 42.05	2:23.28 2:23.28	471	33.75
7.	Luis Pedro, RIBEIRO 50m: 30.74 30.74	M	15998	94	Escola Desportiva de Viana 39.23 150m: 1:49.79 39.82	2:24.42 2:24.42	460	34.63
8.	Nuno Ricardo, BASTOS 50m: 30.08 30.08	M	24230	93	Fluvial Portuense 36.91 150m: 1:50.28 43.29	2:24.64 2:24.64	458	34.36
9.	Miguel Angelo, CRUZ 50m: 31.25 31.25	M	101976	96	Gespacos 39.76 150m: 1:53.21 42.20	2:27.75 2:27.75	430	34.54
10.	Andre Goncalo, SANTOS 50m: 32.31 32.31	M	104706	97	Leixões Sport Clube 38.76 150m: 1:54.79 43.72	2:31.16 2:31.16	401	36.37
11.	Pedro Maria, BESSA 50m: 32.27 32.27	M	18656	95	Vilacondense 41.60 150m: 1:59.06 45.19	2:32.34 2:32.34	392	33.28
12.	Roberto, FILGIERA 50m: 35.77 35.77	M	327210996		Nautico de Naron 41.60 150m: 1:59.77 42.40	2:37.32 2:37.32	356	37.55
13.	Carlos Daniel, SALABERT 50m: 36.00 36.00	M	23322	90	Propaganda da Natacao 44.47 150m: 2:08.58 48.11	2:52.00 2:52.00	272	43.42
DNS	Ilidio Junio, BRITO	M	105565	95	Paredes/Rota dos Moveis			DNS
EXH	Ricardo Santos, AGUEDA 50m: 32.46 32.46	M	20061	96	Valongo 40.76 150m: 1:57.93 44.71	2:31.56 2:31.56	398	EXH 33.63
EXH	Ruben Diogo, OLIVEIRA 50m: 40.50 40.50	M	117207	96	Valongo 48.04 150m: 2:17.86 49.32	3:01.87 3:01.87	230	EXH 44.01

Prova 17
17-04-2011 - 12:10

Femin., 4 x 100m Estilos

Absolutos
Resultados

RT 4:42.83 Patricia Oliveira, Mariana Lopes, Ana Sofia, Ana Rita, Ana Remelgado 02-05-2010

Pontos: FINA 2010

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. CNMaia 1	F			CNMaia	4:48.70	492	
Maria Beatriz, RIBEIRO	97	37.13	1:16.44	Carolina Santos, SILVA	86	32.01	1:08.98
Joana Marques, MAIA	91	35.21	1:15.10	Maria Miguel, OLIVEIRA	97	32.33	1:08.18
2. Leixões Sport Clube 1	F			Leixões Sport Clube	4:51.11	480	
Patricia Isabel, OLIVEIRA	94	33.14	1:07.78	Ines Lucas, ALVES	98	34.79	1:15.35
Mariana Vieira, LOPES	89	38.23	1:21.48	Ana Margarida, COSTA	95	32.30	1:06.50
3. Valongo 1	F			Valongo	4:53.74	467	
Cristiana Ferreira, SANTOS	97	37.54	1:17.39	Barbara Daniela, SOUSA	92	32.61	1:09.49
Catia Marisa, SILVA	91	39.02	1:24.53	Mariana Oliveira, VALE	93	29.80	1:02.33
4. Nautico de Naron 1	F			Nautico de Naron	4:55.84	457	
Alba, JIMENEZ	95	35.43	1:13.84	Raquel, FERNANDEZ	97	33.68	1:10.90
Marina, FILGUEIRA	97	39.91	1:24.83	Ines, VAZQUEZ	97	31.64	1:06.27
5. Vitória Sport Clube 1	F			Vitória Sport Clube	4:59.06	442	
Ana Catarina, SOUSA	96	35.91	1:13.89	Joana Isabel, MIRANDA	95	34.56	1:15.97
Carolina Isabel, PEREIRA	94	40.27	1:27.68	Joana Filipa, SANTOS	93	28.95	1:01.52
6. Assoc. Desportiva de Fafe 1	F			Assoc. Desportiva de Fafe	5:04.15	421	
Isabel Rovisco, MONTEIRO	93	34.14	1:10.71	Ana Sofia, RAMOS	97	35.47	1:17.69
Ines Evangelista, BASTOS	98	39.79	1:23.24	Ana Rita, FREITAS	95	33.30	1:12.51
7. Vilacondense 1	F			Vilacondense	5:12.12	389	
Ana Raquel, SILVA	96	39.39	1:20.26	Luciana Tomi, KOBAYASHI	95	34.27	1:16.22
Neuza Casanova, SANTOS	96	40.39	1:24.78	Ana Rita, SILVA	95	33.28	1:10.86
8. Escola Desportiva de Viana 1	F			Escola Desportiva de Viana	5:12.16	389	
Monica Castro, ALVES	98	38.14	1:20.20	Juliana Lima, FREIXO	97	33.40	1:11.63
Matilde Fernandes, SILVA	99	41.25	1:27.69	Ana Sofia, AFONSO	99	34.65	1:12.64
9. Penafiel 1	F			Penafiel	5:15.73	376	
Iolanda Ribeiro, PINHEIRO	97	34.80	1:12.69	Maria Ines, REIS	97	39.06	1:24.60
Ines Cristina, CORDEIRO	96	41.52	1:25.73	Anastacia Demidova, VASSILEVNA	93	34.38	1:12.71
10. Fluvial Portuense 1	F			Fluvial Portuense	5:17.08	371	
Joana Sofia, AMORIM	97	38.35	1:20.20	Adriana Daniela, CASTRO	97	36.65	1:19.31
Maria Beatriz, FERREIRA	95	42.75	1:29.69	Sara Pinto, RODRIGUES	96	32.97	1:07.88
11. Paredes/Rota dos Moveis 1	F			Paredes/Rota dos Moveis	5:19.90	361	
Claudia Cristina, ALMEIDA	95	36.76	1:15.46	Catia Sofia, RODRIGUES	95	36.50	1:20.51
Maria Clara, PINTO	95	43.35	1:32.10	Sara Patricia, GOMES	96	34.01	1:11.83
12. Clube Lazer Aventura 1	F			Clube Lazer Aventura	5:29.24	331	
Catarina Vilhena, GREGORIO	96	39.74	1:22.12	Carolina Henriques, GAVANCHO	97	37.56	1:21.33
Ines Maria, RIBEIRO	94	40.88	1:27.86	Susana Patricia, ROSA	96	36.13	1:17.93
13. Propaganda da Natacao 1	F			Propaganda da Natacao	5:54.05	266	
Ana Catarina, NETO	95	46.00	1:31.78	Maria Ines, RESENDE	95	44.02	1:35.97
Joana Henriques, OLIVEIRA	93	44.06	1:37.22	Rita Alexandra, GUEDES	94	31.85	1:09.08
DSQ Gespacos 1	F			Gespacos			DSQ
102 - Falsa partida - SW 4.4							
Andreia Sofia, TORRES	95			Claudia Susana, TEIXEIRA	96		
Patricia Cristina, FERNANDES	94			Ana Sofia, MATOS	91		
EXH Valongo 2	F			Valongo	6:09.66	234	EXH
Joana Margarida, SOUSA	97	38.98	1:19.35	Barbara Rita, SOUSA	99	43.82	1:41.49
Sofia Carneiro, SOUSA	99	53.83	1:55.50	Mafalda Carneiro, LINO	91	35.07	1:13.32

Prova 18
17-04-2011 - 12:25

Masc., 4 x 100m Estilos

Absolutos
Resultados

RT 4:10.70 Adelno Gaiteiro, Sergio Costa, Francisco Torres, Bernardo Amorim 20-04-2008

Pontos: FINA 2010

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Valongo 1	M			Valongo	4:11.20	498	
Hugo Moreira, MARTINS	94	32.73	1:06.56	Nelson Filipe, MARTINHO	89	27.29	58.81
Bruno Miguel, CAVADAS	89	32.18	1:09.84	Rui Fernando, ROCHA	94	26.15	55.99
2. Leixões Sport Clube 1	M			Leixões Sport Clube	4:19.62	451	
Dario Almeida, SANTOS	93	30.55	1:02.45	Daniel Rento, LAUREANO	95	33.73	1:10.65
Andre Goncalo, SANTOS	97	32.68	1:10.81	Vasco Vieira, LOPES	84	26.27	55.71
3. CNMaia 1	M			CNMaia	4:21.74	440	
Leonardo Cardoso, FIGUEIREDO	96	32.88	1:07.98	Paulo Andre, SILVA	95	30.46	1:05.30
Luis Nobre, NETO	90	31.07	1:06.79	Rui Miguel, CRUZ	96	29.32	1:01.67
4. Fluvial Portuense 1	M			Fluvial Portuense	4:25.55	421	
Julio Dinis, GONCALVES	96	33.21	1:07.17	Nuno Ricardo, BASTOS	93	29.81	1:05.46
Rui Sergio, LUIS	94	34.85	1:15.84	Fernando Santos, MOREIRA	94	26.95	57.08
5. Escola Desportiva de Viana 1	M			Escola Desportiva de Viana	4:25.89	420	
Ricardo Daniel, PIREZ	98	36.21	1:14.20	Jose Enes, RIBEIRO	93	27.51	1:01.58
Luis Pedro, RIBEIRO	94	33.60	1:12.93	Venancio Guilherme, FERREIRA	93	27.29	57.18
6. Vilacondense 1	M			Vilacondense	4:28.68	407	
Joao Duarte, MARAFONA	95	33.55	1:08.57	Mario Guterres, CARVALHO	95	29.48	1:04.52
Joao Miguel, COSTA	95	36.01	1:16.45	Orlando Filipe, MORIM	95	28.01	59.14
7. Vitória Sport Clube 1	M			Vitória Sport Clube	4:28.78	406	
Goncalo Goncalves, MENESES	92	32.88	1:07.38	Andre Coelho, OLIVEIRA	96	32.10	1:09.59
Vitor Daniel, MENDES	94	36.88	1:18.63	Jose Alberto, MARTINS	94	25.49	53.18
8. Assoc. Desportiva de Fafe 1	M			Assoc. Desportiva de Fafe	4:30.89	397	
Tiago Manuel, TEIXEIRA	96	30.28	1:02.12	Carlos Cunha, COSTA	95	29.94	1:05.06
Humberto Joao, SILVA	96	38.36	1:23.71	Paulo Gabriel, MAGALHAES	96	28.25	1:00.00
9. Penafiel 1	M			Penafiel	4:33.26	387	
Telmo Marinho, CRUZ	89	35.50	1:12.82	Antonio Jorge, ROCHA	94	27.85	1:00.40
Fabio Andre, MADUREIRA	90	33.12	1:12.93	Goncalo Fernando, FERREIRA	94	31.40	1:07.11
10. Nautico de Naron 1	M			Nautico de Naron	4:33.84	384	
Sergio, LOPEZ	79	34.49	1:12.02	Berto, PEREZ	96	29.50	1:04.75
Alfonso, PINEIRO	78	34.61	1:14.46	Iago Lopez, MERA	81	29.31	1:02.61
11. Gespacos 1	M			Gespacos	4:36.71	372	
Gil Silva, SANTOS	96	33.98	1:10.70	Miguel Angelo, CRUZ	96	31.18	1:06.69
Bruno Alexandre, SOUSA	96	37.61	1:19.92	Bruno Campos, NETO	96	27.68	59.40
12. Clube Lazer Aventura 1	M			Clube Lazer Aventura	4:41.78	353	
Pedro Miguel, PRIMO	96	36.21	1:15.08	Joao Pedro, ROSA	90	31.05	1:09.95
Joao Manuel, FERREIRA	92	34.84	1:16.18	Miguel Martins, BARROQUEIRO	91	28.93	1:00.57
13. Propaganda da Natacao 1	M			Propaganda da Natacao	4:44.53	342	
Bruno Miguel, SANTOS	91	33.64	1:12.21	Diogo Justino, PINHEIRO	92	33.17	1:13.96
Diogo Filipe, PEREIRA	92	33.90	1:14.90	Andre Alexandre, SILVA	94	30.00	1:03.46
14. Paredes/Rota dos Moveis 1	M			Paredes/Rota dos Moveis	5:27.37	225	
Joao Paulo, SILVA	97	37.61	1:16.44	Daniil Dmitrievievih, GIRIN	97	40.86	1:26.95
Pedro Niz, SILVA	97	42.12	1:33.20	Antonio Francisco, DIAS	98	33.23	1:10.78
EXH Valongo 2	M			Valongo	5:07.24	272	EXH
Humberto Fernandes, FELGUEIRAS	98	38.02	1:16.98	Bernardo Francisco, PEDROSO	97	32.28	1:09.32
Ruben Diogo, OLIVEIRA	96	41.23	1:28.32	Diogo Ferreira, NEVES	98	34.82	1:12.62
EXH Valongo 3	M			Valongo	5:10.50	263	EXH
Jose Miguel, RODRIGUES	97	40.11	1:22.88	Pedro Nuno, VIEIRA	98	34.41	1:14.36
Tiago Filipe, FERREIRA	98	43.31	1:32.75	Ricardo Santos, AGUEDA	96	28.34	1:00.51