

Torneio dos 200
Benedita, 14.3.2009

Prova 1
14.3.09

Femin., 200m Livres

Absolutos
Lista inscritos

		Ano							
1	GRILO, Telma Alexandra	92	PIMP	2:21.56	19	DUARTE, Angela Sofia	97	ASAL	3:06.98
2	VALENTE, Ana Carolina	92	DNMG	2:27.79	20	LOURENCO, Sara Patricia	97	ASAL	3:14.76
3	BICA, Ines Filipa	92	NDAP	2:33.86	21	EUSEBIO, Catia Sousa	96	AHBVCR	3:18.02
4	SANTOS, Cristiana Ferreira	95	NDAP	2:34.08	22	ROLO, Mariana Galego	97	CNNZ	3:27.87
5	ARMINDO, Rita Daniela	95	IDV	2:39.85	23	BATALHA, Ana Claudia	97	CNNZ	3:32.26
6	CLARA, Catia Andreia	95	DNMG	2:40.38	24	PEREIRA, Bruna Filipa	97	ASAL	4:01.19
7	CEREJO, Barbara Amaro	97	CNNZ	2:45.15	25	HENRIQUES, Carolina Quintas	97	NDAP	NT
8	AMARAL, Ines Ricardo	95	CNNZ	2:47.35	26	PEDRO, Mariana Carvalho	95	ADPM	NT
9	GONCALVES, Joana Franca	95	NDAP	2:48.53	27	LOPES, Cristiana Sousa	97	ADPM	NT
10	SANTOS, Daniela Oliveira	96	AHBVCR	2:51.28	28	PAIVA, Ana Carolina	96	IDV	NT
11	VIEIRA, Melissa Fonseca	96	AHBVCR	2:51.38	29	ROSA, Bruna Denise	96	IDV	NT
12	BICA, Joana Maria	96	NDAP	2:53.48	30	DUARTE, Mariana Jorge	97	NDAP	NT
13	NEGRAO, Raquel Monteiro	96	AHBVCR	2:53.66	31	FERNANDES, Joana Maria	97	NDAP	NT
14	CAPINHA, Joana Sofia	96	OP	2:56.81	32	GAMEIRO, Ana Filipa	95	NDAP	NT
15	CATALÃO, Débora Alexandra	96	OP	2:56.82	33	GONCALVES, Jessica Courelas	93	NDAP	NT
16	CARDOSO, Maria Vasconcelos	97	CNPE	2:58.83	34	VIEIRA, Sofia Mota	95	ADPM	NT
17	MALAQUIAS, Simone Félix	97	OP	3:00.26	35	PEREIRA, Ines Ferraria	97	ADPM	NT
18	RUIVACO, Liane Saraiva	97	IDV	3:06.96					

Prova 2
14.3.09

Masc., 200m Livres

Absolutos
Lista inscritos

		Ano							
1	MECA, Filipe Miguel	91	PIMP	2:02.00	17	GOMES, Miguel Filipe	95	ASAL	2:45.48
2	FREITAS, Francisco Maldonado	91	PIMP	2:03.90	18	AL-HIYASAT, Yousef khaled	96	CNNZ	2:46.39
3	MENDES, Joao Pedro	92	DNMG	2:05.52	19	MARQUES, Rodrigo Carrica	95	IDV	2:47.51
4	MARTINS, Antero Simao	94	DNMG	2:13.47	20	MOREIRA, Ricardo Manuel	94	ADPM	2:47.73
5	ALMEIDA, Joao Petinga de	94	CNNZ	2:16.13	21	CHAVINHA, Fabio Almeida	92	ADPM	2:48.06
6	FRANCISCO, Joao Diogo	92	BSCN	2:16.16	22	MECA, David Sousa	96	CNNZ	2:49.87
7	GONCALVES, P.	93	DNMG	2:25.73	23	BABURKO, Maksym	96	CNNZ	2:52.99
8	CORREIA, Luis Guilherme	93	NDAP	2:26.89	24	CUNHA, Lourenco Manuel	96	ASAL	2:54.73
9	SILVA, Pedro Rosa	92	DNMG	2:31.93	25	CARREIRA, Frederico Pedro	93	ADPM	2:58.68
10	GONCALVES, Henrique Miguel	95	NDAP	2:34.90	26	CASALEIRO, Claudio Patricio	96	IDV	3:02.40
11	SOUSA, Tiago Sequeira	96	ASAL	2:36.93	27	FERREIRA, G.	96	NDAP	3:04.81
12	PEREIRA, Carlos Antonio	96	AHBVCR	2:37.13	28	CARREIRA, David Pedro	90	ADPM	3:05.28
13	BAPTISTA, Joao Amado	93	ADPM	2:39.91	29	FERREIRA, Theo Jesus	96	CNNZ	3:07.57
14	CARVALHO, Daniel Mata	95	AHBVCR	2:40.55	30	RAPOSO, Miguel Caetano	95	ADPM	3:25.08
15	ANTUNES, Delmar Filipe	94	AHBVCR	2:42.33	31	ALMEIDA, Pedro Petinga	96	CNNZ	NT
16	FERNANDES, Diogo Miguel	96	NDAP	2:45.31					

Prova 3
14.3.09

Femin., 200m Estilos

Absolutos
Lista inscritos

		Ano							
1	OLIVEIRA, Ana Rita	92	PIMP	2:30.43	18	GONCALVES, Joana Franca	95	NDAP	3:10.04
2	LEAL, Patricia Alexandra	94	DNMG	2:38.73	19	LUIS, Beatriz Oliveira	97	PIMP	3:12.10
3	GASPAR, Joana Margarida	92	DNMG	2:39.16	20	MATIAS, Beatriz Gameiro	97	NDAP	3:12.54
4	MARQUES, Soraia Alexandra	94	BSCN	2:43.74	21	FERNANDES, Marta Almeida	97	NDAP	3:14.99
5	MOTA, Joana Rita	92	PIMP	2:48.35	22	ROLO, Mariana Galego	97	CNNZ	3:15.56
6	PASSARINHO, Adriana Fialho	93	BSCN	2:50.57	23	CAPINHA, Joana Sofia	96	OP	3:16.96
7	VALENTE, Ana Carolina	92	DNMG	2:51.77	24	LUIS, Maria Anastacio	96	BSCN	3:17.20
8	AMARAL, Ines Ricardo	95	CNNZ	2:54.41	25	CARDOSO, Maria Vasconcelos	97	CNPE	3:19.05
9	BICA, Ines Filipa	92	NDAP	2:55.99	26	CATALÃO, Débora Alexandra	96	OP	3:21.32
10	LIMA, Cristiana Andreia	95	NDAP	2:56.44	27	NEGRAO, Raquel Monteiro	96	AHBVCR	3:23.14
11	GONCALVES, C.	95	NDAP	2:56.95	28	MALAQUIAS, Simone Félix	97	OP	3:23.16
12	SANTOS, Cristiana Ferreira	95	NDAP	2:57.87	29	DUARTE, Kelly Silva	97	ASAL	3:25.09
13	MARQUES, Ana Rita	93	BSCN	2:58.67	30	POLICARPO, Mariana Lopes	95	BSCN	3:27.95
14	VIEIRA, Melissa Fonseca	96	AHBVCR	3:01.49	31	EUSEBIO, Catia Sousa	96	AHBVCR	3:28.16
15	SANTOS, Daniela Oliveira	96	AHBVCR	3:02.62	32	LOURENCO, Sara Patricia	97	ASAL	3:28.35
16	CEREJO, Barbara Amaro	97	CNNZ	3:03.73	33	DUARTE, Angela Sofia	97	ASAL	3:31.68
17	NASCIMENTO, C.	92	ADPM	3:05.72	34	BATALHA, Ana Claudia	97	CNNZ	3:36.87

Torneio dos 200
Benedita, 14.3.2009

Prova 3, Femin., 200m Estilos

35 PEREIRA, Ines Ferraria	97	ADPM	3:47.47	40 LOPES, Isabel Goncalves	96	NDAP	NT
36 EUSEBIO, Patricia Sousa	97	AHBVCR	3:47.48	41 GAMEIRO, Ana Filipa	95	NDAP	NT
37 LAGOA, Adriana Sousa	97	ASAL	3:50.90	42 RUIVACO, Liane Saraiva	97	IDV	NT
38 PEREIRA, Bruna Filipa	97	ASAL	3:57.50	43 FERREIRA, Ines Joao	97	ASAL	NT
39 PARREIRA, Maria Miguel	97	IDV	NT	44 BICA, Joana Maria	96	NDAP	NT

Prova 4
14.3.09

Masc., 200m Estilos

Absolutos
Lista inscritos

		Ano							
1	VASISTAS, Yuriy	91	BSCN	2:15.32	26	ALVES, Telmo Silva	94	NDAP	2:59.54
2	MENDES, Joao Pedro	92	DNMG	2:16.98	27	TABORDA, Bruno Filipe	95	ASAL	3:01.15
3	RIBEIRO, Tiago Lopes	93	BSCN	2:26.49	28	CHAVINHA, Fabio Almeida	92	ADPM	3:01.79
4	AZEVEDO, Bruno Filipe	92	NDAP	2:26.56	29	ALEXANDRE, Joao Vicente	95	CNPE	3:04.32
5	VICENTE, Diogo Cipriano	91	BSCN	2:27.23	30	GOMES, Miguel Filipe	95	ASAL	3:05.17
6	VIEIRA, Joao Guilherme	93	PIMP	2:28.47	31	AL-HIYASAT, Yousef khaled	96	CNNZ	3:08.64
7	BAPTISTA, Joao Manuel	91	BSCN	2:28.50	32	CARVALHO, Daniel Mata	95	AHBVCR	3:10.35
8	PINA, Nuno Filipe	91	BSCN	2:30.65	33	NUNES, Miguel Belo	96	ASAL	3:14.51
9	CAPELA, Diogo Goncalves	93	NDAP	2:31.14	34	LOPES, Pedro Joaozinho	96	ASAL	3:14.57
10	PAULO, Andre De Sousa	91	BSCN	2:31.62	35	MECA, David Sousa	96	CNNZ	3:14.59
11	GASPAR, Rafael Jeronimo	92	NDAP	2:32.58	36	FERNANDES, Diogo Miguel	96	NDAP	3:23.51
12	FRANCISCO, Joao Diogo	92	BSCN	2:36.05	37	ROMANO, Marcelo Germano	96	IDV	3:28.08
13	CORREIA, Luis Guilherme	93	NDAP	2:36.59	38	CASCAO, Tomas Antonio	96	PIMP	3:28.26
14	SILVA, Pedro Rosa	92	DNMG	2:36.94	39	BORGA, David Miguel	96	PIMP	3:29.58
15	CARVALHO, Henrique Mata	92	AHBVCR	2:37.38	40	FERREIRA, Theo Jesus	96	CNNZ	3:33.75
16	MARTINS, Antero Simao	94	DNMG	2:37.79	41	FERREIRA, G.	96	NDAP	3:47.99
17	CINTRAO, Pedro Rafael	96	NDAP	2:38.05	42	BAPTISTA, Joao Amado	93	ADPM	NT
18	ALMEIDA, Joao Petinga de	94	CNNZ	2:38.95	43	SOUSA, Samuel Silva	94	ADPM	NT
19	MARQUES, Henrique Jose	93	BSCN	2:39.79	44	NETO, Walter Marcos	95	ASAL	NT
20	REIS, Leonardo Peralta	96	BSCN	2:48.81	45	DOMINGUES, Gabriel Ribeiro	95	NDAP	NT
21	FERNANDES, Hugo Curado	89	IDV	2:50.00	46	ALEXANDRE, Pedro Rafael	96	PIMP	NT
22	MARTINHO, Rafael Ruivo	95	AHBVCR	2:52.57	47	ANTUNES, Delmar Filipe	94	AHBVCR	NT
23	GONCALVES, Henrique Miguel	95	NDAP	2:54.92	48	LAMANDE, Jose Antonio	96	IDV	NT
24	ZRYUNIN, Boris	95	ASAL	2:56.66	49	PEREIRA, Bernardo Filipe	96	PIMP	NT
25	LOPES, Joao Batista	95	ASAL	2:58.29	50	RAPOSO, Miguel Caetano	95	ADPM	NT

Prova 5
14.3.09

Femin., 200m Costas

Absolutos
Lista inscritos

		Ano							
1	GASPAR, Joana Margarida	92	DNMG	2:36.76	8	LUIS, Maria Anastacio	96	BSCN	3:40.08
2	CLARA, Catia Andreia	95	DNMG	2:41.73	9	ROSA, Bruna Denise	96	IDV	4:08.91
3	SANTOS, Cristina Paris	94	PIMP	2:46.67	10	PAIVA, Ana Carolina	96	IDV	4:14.33
4	MARQUES, Ana Rita	93	BSCN	2:50.60	11	VIEIRA, Sofia Mota	95	ADPM	NT
5	TOMAS, Diana Filipa	94	IDV	2:58.43	12	EUSEBIO, Patricia Sousa	97	AHBVCR	NT
6	ARMINDO, Rita Daniela	95	IDV	3:17.37	13	LOPES, Cristiana Sousa	97	ADPM	NT
7	FERNANDES, Catarina Curado	93	IDV	3:20.71					

Prova 6
14.3.09

Masc., 200m Costas

Absolutos
Lista inscritos

		Ano							
1	PAULINO, Diogo Miguel	90	AHBVCR	2:19.27	11	MOREIRA, Ricardo Manuel	94	ADPM	3:13.60
2	AZEVEDO, Bruno Filipe	92	NDAP	2:22.65	12	CARREIRA, David Pedro	90	ADPM	3:15.68
3	GONCALVES, P.	93	DNMG	2:36.74	13	RAPOSO, Miguel Caetano	95	ADPM	3:54.90
4	GOMES, Pedro Santos	95	ASAL	2:44.06	14	ZRYUNIN, Boris	95	ASAL	NT
5	TOMAS, Edgar Neves	94	PIMP	2:45.86	15	MARTINHO, Rafael Ruivo	95	AHBVCR	NT
6	CARVALHO, Henrique Mata	92	AHBVCR	2:50.61	16	BABURKO, Maksym	96	CNNZ	NT
7	MONTEIRO, Cristovao Dinis	95	AHBVCR	2:55.59	17	ALMEIDA, Pedro Petinga	96	CNNZ	NT
8	ALEXANDRE, Joao Vicente	95	CNPE	2:57.00	18	ROMANO, Marcelo Germano	96	IDV	NT
9	MARQUES, Fabio Ferreira	96	ASAL	3:08.34	19	LAMANDE, Jose Antonio	96	IDV	NT
10	DOMINGUES, Gabriel Ribeiro	95	NDAP	3:10.90	20	SOUSA, Samuel Silva	94	ADPM	NT

Torneio dos 200
Benedita, 14.3.2009

Prova 6, Masc., 200m Costas

21 PEREIRA, Carlos Antonio 96 AHBVCR NT

Prova 7
14.3.09

Femin., 200m Mariposa

Absolutos
Lista inscritos

Ano

1 VALENTE, Ana Carolina	92	DNMG	2:37.06	4 LAGOA, Adriana Sousa	97	ASAL	NT
2 LIMA, Cristiana Andreia	95	NDAP	3:04.84	5 DUARTE, Kelly Silva	97	ASAL	NT
3 NASCIMENTO, C.	92	ADPM	3:22.77				

Prova 8
14.3.09

Masc., 200m Mariposa

Absolutos
Lista inscritos

Ano

1 FREITAS, Francisco Maldonado	91	PIMP	2:10.15	10 RAMOS, Miguel Marques	94	PIMP	2:56.88
2 LOPES, Miguel Machado	92	BSCN	2:16.21	11 CINTRAO, Pedro Rafael	96	NDAP	2:57.41
3 PAULINO, Diogo Miguel	90	AHBVCR	2:23.74	12 MONTEIRO, Cristovao Dinis	95	AHBVCR	3:03.96
4 MARTINS, Antero Simao	94	DNMG	2:26.71	13 SOUSA, Samuel Silva	94	ADPM	3:27.03
5 BAPTISTA, Joao Manuel	91	BSCN	2:30.86	14 CARREIRA, Frederico Pedro	93	ADPM	3:34.88
6 RIBEIRO, Tiago Lopes	93	BSCN	2:34.51	15 CHAVINHA, Fabio Almeida	92	ADPM	NT
7 CAPELA, Diogo Goncalves	93	NDAP	2:40.59	16 REIS, Leonardo Peralta	96	BSCN	NT
8 MARQUES, Henrique Jose	93	BSCN	2:40.71	17 MENDES, Joao Andre	95	ASAL	NT
9 GASPAS, Rafael Jeronimo	92	NDAP	2:49.32	18 MARQUES, Fabio Ferreira	96	ASAL	NT

Prova 9
14.3.09

Femin., 200m Bruços

Absolutos
Lista inscritos

Ano

1 LEAL, Patricia Alexandra	94	DNMG	2:49.69	10 TOMAS, Diana Filipa	94	IDV	3:26.48
2 MARQUES, Soraia Alexandra	94	BSCN	3:05.14	11 FERNANDES, Catarina Curado	93	IDV	3:33.64
3 GONCALVES, C.	95	NDAP	3:07.88	12 NASCIMENTO, C.	92	ADPM	3:37.28
4 POLICARPO, Mariana Lopes	95	BSCN	3:11.70	13 PEREIRA, Ines Ferraria	97	ADPM	3:41.07
5 PASSARINHO, Adriana Fialho	93	BSCN	3:11.78	14 PARREIRA, Maria Miguel	97	IDV	4:02.78
6 LOPES, Isabel Goncalves	96	NDAP	3:16.38	15 LOPES, Cristiana Sousa	97	ADPM	4:04.63
7 CLARA, Catia Andreia	95	DNMG	3:16.95	16 GASPAS, Joana Margarida	92	DNMG	NT
8 FERNANDES, Marta Almeida	97	NDAP	3:17.64	17 PEDRO, Mariana Carvalho	95	ADPM	NT
9 MATIAS, Beatriz Gameiro	97	NDAP	3:22.67	18 FERREIRA, Ines Joao	97	ASAL	NT

Prova 10
14.3.09

Masc., 200m Bruços

Absolutos
Lista inscritos

Ano

1 VASISTAS, Yuriy	91	BSCN	2:28.18	12 GOMES, Pedro Santos	95	ASAL	3:25.45
2 MENDES, Joao Pedro	92	DNMG	2:32.27	13 BAPTISTA, Joao Amado	93	ADPM	3:33.67
3 FERREIRA, Francisco Miguel	89	PIMP	2:35.88	14 NUNES, Miguel Belo	96	ASAL	3:35.34
4 VICENTE, Diogo Cipriano	91	BSCN	2:49.55	15 MENDES, Joao Andre	95	ASAL	3:35.64
5 SILVA, Pedro Rosa	92	DNMG	2:52.47	16 MARQUES, Rodrigo Carrica	95	IDV	3:42.23
6 PAULO, Andre De Sousa	91	BSCN	2:52.86	17 LOPES, Pedro Joaozinho	96	ASAL	NT
7 LOPES, Miguel Machado	92	BSCN	2:55.16	18 CARREIRA, Frederico Pedro	93	ADPM	NT
8 PINA, Nuno Filipe	91	BSCN	2:56.31	19 SOUSA, Tiago Sequeira	96	ASAL	NT
9 FERNANDES, Hugo Curado	89	IDV	3:01.67	20 CASALEIRO, Claudio Patricio	96	IDV	NT
10 ALVES, Telmo Silva	94	NDAP	3:15.17	21 CUNHA, Lourenco Manuel	96	ASAL	NT
11 MOREIRA, Ricardo Manuel	94	ADPM	3:24.77				