

Torneio dos 200
Benedita, 14.3.2009

Prova 2
14.3.09 - 15:25

Masc., 200m Livres

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. SOUSA, Tiago Sequeira	96 Académico de Leiria	2:33.09	300
50m: 35.09 35.09 100m: 1:15.37	40.28 200m: 2:33.09 1:17.72		
2. AL-HIYASAT, Yousef khaled	96 Clube Naval da Nazaré	2:36.12	283
50m: 34.53 34.53 100m: 1:14.92	40.39 200m: 2:36.12 1:21.20		
3. CUNHA, Lourenco Manuel	96 Académico de Leiria	2:38.91	268
50m: 36.94 36.94 100m: 1:16.27	39.33 200m: 2:38.91 1:22.64		
4. PEREIRA, Carlos Antonio	96 Bombeiros Caldas Rainha	2:39.89	263
50m: 36.75 36.75 100m: 1:17.23	40.48 200m: 2:39.89 1:22.66		
5. FERREIRA, Guilherme Domingues	96 Núcleo de Pombal	2:46.74	232
50m: 38.84 38.84 100m: 1:21.44	42.60 200m: 2:46.74 1:25.30		
6. FERNANDES, Diogo Miguel	96 Núcleo de Pombal	2:47.15	230
50m: 39.23 39.23 100m: 1:21.93	42.70 200m: 2:47.15 1:25.22		
7. MECA, David Sousa	96 Clube Naval da Nazaré	2:49.37	221
50m: 38.09 38.09 100m: 1:21.28	43.19 200m: 2:49.37 1:28.09		
8. FERREIRA, Theo Jesus	96 Clube Naval da Nazaré	2:51.51	213
50m: 40.44 40.44 100m: 1:24.11	43.67 200m: 2:51.51 1:27.40		
9. CASALEIRO, Claudio Patricio	96 Industrial Desportivo Viegense	2:53.93	204
50m: 38.98 38.98 100m: 1:23.57	44.59 200m: 2:53.93 1:30.36		
10. BABURKO, Maksym	96 Clube Naval da Nazaré	2:56.19	197
50m: 40.71 40.71 100m: 1:27.06	46.35 200m: 2:56.19 1:29.13		
11. ALMEIDA, Pedro Petinga	96 Clube Naval da Nazaré	3:18.71	137
50m: 45.76 45.76 100m: 1:37.29	51.53 200m: 3:18.71 1:41.42		
Infantis A			
1. GONCALVES, Henrique Miguel	95 Núcleo de Pombal	2:34.90	289
50m: 33.97 33.97 100m: 1:13.72	39.75 200m: 2:34.90 1:21.18		
2. CARVALHO, Daniel Mata	95 Bombeiros Caldas Rainha	2:36.45	281
50m: 36.39 36.39 100m: 1:16.26	39.87 200m: 2:36.45 1:20.19		
3. MARQUES, Rodrigo Carrica	95 Industrial Desportivo Viegense	2:44.79	240
50m: 35.91 35.91 100m: 1:16.54	40.63 200m: 2:44.79 1:28.25		
4. GOMES, Miguel Filipe	95 Académico de Leiria	2:47.17	230
50m: 36.22 36.22 100m: 1:19.24	43.02 200m: 2:47.17 1:27.93		
Juvenis B			
1. ALMEIDA, Joao Petinga de	94 Clube Naval da Nazaré	2:14.36	444
50m: 30.58 30.58 100m: 1:05.14	34.56 200m: 2:14.36 1:09.22		
2. ANTUNES, Delmar Filipe	94 Bombeiros Caldas Rainha	2:29.82	320
50m: 33.61 33.61 100m: 1:11.51	37.90 200m: 2:29.82 1:18.31		
Juvenis A			
1. GONCALVES, Pedro Fernandes	93 Desportivo Náutico da Marinha	2:17.61	413
50m: 31.08 31.08 100m: 1:05.11	34.03 200m: 2:17.61 1:12.50		
2. CORREIA, Luis Guilherme	93 Núcleo de Pombal	2:27.65	334
50m: 33.09 33.09 100m: 1:11.03	37.94 200m: 2:27.65 1:16.62		

Torneio dos 200
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Prova 2, Masc., 200m Livres, Juvenis A

Lugar	Ano	Tempo final	Pts
3. BAPTISTA, Joao Amado	93 Portomosense	2:32.18	305
50m: 34.62 34.62 100m: 1:12.73 38.11 200m: 2:32.18 1:19.45			
4. CARREIRA, Frederico Pedro	93 Portomosense	2:48.90	223
50m: 36.25 36.25 100m: 1:20.41 44.16 200m: 2:48.90 1:28.49			

Juniores

1. MENDES, Joao Pedro	92 Desportivo Náutico da Marinha	2:00.52	615
50m: 28.12 28.12 100m: 58.69 30.57 200m: 2:00.52 1:01.83			
2. MECA, Filipe Miguel	91 Pimpões/Cimai	2:01.76	596
50m: 28.32 28.32 100m: 58.63 30.31 200m: 2:01.76 1:03.13			
3. FREITAS, Francisco Maldonado	91 Pimpões/Cimai	2:06.41	533
50m: 28.58 28.58 100m: 1:00.14 31.56 200m: 2:06.41 1:06.27			
4. CHAVINHA, Fabio Almeida	92 Portomosense	2:33.09	300
50m: 33.97 33.97 100m: 1:12.32 38.35 200m: 2:33.09 1:20.77			
5. FRANCISCO, Joao Diogo	92 Benedita	2:34.48	292
50m: 33.79 33.79 200m: 2:34.48 2:00.69			
EXH CARREIRA, David Pedro	90 Portomosense	3:01.02	181
50m: 39.28 39.28 100m: 1:24.45 45.17 200m: 3:01.02 1:36.57			

Prova 6
14.3.09 - 16:40

Masc., 200m Costas

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. MARQUES, Fabio Ferreira	96 Académico de Leiria	2:48.79	278
50m: 40.70 40.70 100m: 1:23.47 42.77 200m: 2:48.79 1:25.32			
2. PEREIRA, Carlos Antonio	96 Bombeiros Caldas Rainha	2:55.53	247
50m: 41.75 41.75 100m: 1:26.91 45.16 200m: 2:55.53 1:28.62			
3. LAMANDE, Jose Antonio	96 Industrial Desportivo Viegrense	3:08.18	201
50m: 44.57 44.57 100m: 1:32.16 47.59 200m: 3:08.18 1:36.02			
4. BABURKO, Maksym	96 Clube Naval da Nazaré	3:08.83	199
50m: 45.95 45.95 100m: 1:34.20 48.25 200m: 3:08.83 1:34.63			
5. ROMANO, Marcelo Germano	96 Industrial Desportivo Viegrense	3:16.02	178
50m: 44.76 44.76 100m: 1:34.74 49.98 200m: 3:16.02 1:41.28			
6. ALMEIDA, Pedro Petinga	96 Clube Naval da Nazaré	3:46.11	116
50m: 53.33 53.33 100m: 1:51.59 58.26 200m: 3:46.11 1:54.52			
Infantis A			
1. GOMES, Pedro Santos	95 Académico de Leiria	2:41.76	316
50m: 37.79 37.79 100m: 1:18.34 40.55 200m: 2:41.76 1:23.42			
2. MONTEIRO, Cristovao Dinis	95 Bombeiros Caldas Rainha	2:44.21	302
50m: 36.71 36.71 100m: 1:17.84 41.13 200m: 2:44.21 1:26.37			
3. MARTINHO, Rafael Ruivo	95 Bombeiros Caldas Rainha	2:52.31	261
50m: 40.25 40.25 100m: 1:29.23 48.98 200m: 2:52.31 1:23.08			
4. ZRYUNIN, Boris	95 Académico de Leiria	2:55.78	246
50m: 41.97 41.97 100m: 1:26.92 44.95 200m: 2:55.78 1:28.86			

Torneio dos 200
Benedita, 14.3.2009

Prova 6, Masc., 200m Costas, Infantis A

Lugar	Ano	Tempo final	Pts
5. ALEXANDRE, Joao Vicente 50m: 41.91 41.91 100m: 1:27.16	95 Naval de Peniche/ AXA	3:00.47	228
6. DOMINGUES, Gabriel Ribeiro 50m: 43.07 43.07 100m: 1:32.22	95 Núcleo de Pombal	3:08.74	199

Juvenis B

1. TOMAS, Edgar Neves 50m: 35.81 35.81 100m: 1:16.39	94 Pimpões/Cimai	2:37.91	340
2. SOUSA, Samuel Silva 50m: 44.58 44.58 100m: 1:34.07	94 Portomosense	3:12.97	186

Juvenis A

DSQ GONCALVES, Pedro Fernandes <i>Desistiu</i>	93 Desportivo Náutico da Marinha		
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Juniiores

1. AZEVEDO, Bruno Filipe 50m: 34.20 34.20 100m: 1:12.26	92 Núcleo de Pombal	2:28.97	405
2. CARVALHO, Henrique Mata 50m: 38.20 38.20 100m: 1:18.34	92 Bombeiros Caldas Rainha	2:40.31	325

Seniores

1. PAULINO, Diogo Miguel 50m: 32.12 32.12 100m: 1:07.46	90 Bombeiros Caldas Rainha	2:20.30	484
EXH CARREIRA, David Pedro 50m: 43.72 43.72 100m: 1:30.69	90 Portomosense	3:11.60	190

Prova 10
14.3.09 - 17:35

Masc., 200m Bruços

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. SOUSA, Tiago Sequeira 50m: 44.25 44.25 100m: 1:35.27	96 Académico de Leiria	3:16.78	257
2. LOPES, Pedro Joaquinho 50m: 44.88 44.88 100m: 1:37.02	96 Académico de Leiria	3:19.58	246
3. CUNHA, Lourenco Manuel 50m: 46.97 46.97 100m: 1:39.20	96 Académico de Leiria	3:23.36	233
4. NUNES, Miguel Belo 50m: 49.75 49.75 100m: 1:43.87	96 Académico de Leiria	3:30.18	211
5. CASALEIRO, Claudio Patricio 50m: 49.23 49.23 100m: 1:46.80	96 Industrial Desportivo Viegense	3:41.52	180
Infantis A			
1. GOMES, Pedro Santos 50m: 45.40 45.40 100m: 1:36.82	95 Académico de Leiria	3:19.24	248

Torneio dos 200
Benedita, 14.3.2009

Prova 10, Masc., 200m Bruços, Infantis A

Lugar	Ano	Tempo final	Pts
2. MARQUES, Rodrigo Carrica	95 Industrial Desportivo Viegrense	3:38.53	188
50m: 46.46 46.46 100m: 1:42.44	55.98 200m: 3:38.53 1:56.09		

Juvenis B

1. ALVES, Telmo Silva	94 Núcleo de Pombal	3:09.69	287
50m: 41.52 41.52 100m: 1:30.12	48.60 200m: 3:09.69 1:39.57		

Juvenis A

1. BAPTISTA, Joao Amado	93 Portomosense	3:35.64	195
50m: 47.32 47.32 100m: 1:43.26	55.94 200m: 3:35.64 1:52.38		
2. CARREIRA, Frederico Pedro	93 Portomosense	3:37.27	191
50m: 48.33 48.33 100m: 1:44.99	56.66 200m: 3:37.27 1:52.28		

Juniores

1. MENDES, Joao Pedro	92 Desportivo Náutico da Marinha	2:29.19	590
50m: 32.33 32.33 100m: 1:09.77	37.44 200m: 2:29.19 1:19.42		
2. VICENTE, Diogo Cipriano	91 Benedita	2:52.91	379
50m: 38.09 38.09 100m: 1:22.09	44.00 200m: 2:52.91 1:30.82		
3. PINA, Nuno Filipe	91 Benedita	2:54.07	371
50m: 39.64 39.64 100m: 1:25.44	45.80 200m: 2:54.07 1:28.63		
4. PAULO, Andre De Sousa	91 Benedita	3:08.99	290
50m: 41.11 41.11 100m: 1:30.02	48.91 200m: 3:08.99 1:38.97		
DSQ LOPES, Miguel Machado	92 Benedita		
<i>Aos 150metros o atleta só tocou com uma mão</i>			
DSQ VASISTAS, Yuriy	91 Benedita		
<i>Falsa Partida</i>			

Seniores

1. FERREIRA, Francisco Miguel	89 Pimpões/Cimai	2:36.14	515
50m: 33.90 33.90 100m: 1:13.38	39.48 200m: 2:36.14 1:22.76		
2. FERNANDES, Hugo Curado	89 Industrial Desportivo Viegrense	3:00.54	333
50m: 39.25 39.25 100m: 1:25.01	45.76 200m: 3:00.54 1:35.53		

Prova 8

14.3.09 - 17:10

Masc., 200m Mariposa

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. CINTRAO, Pedro Rafael	96 Núcleo de Pombal	2:50.40	279
50m: 39.39 39.39 100m: 1:24.00	44.61 200m: 2:50.40 1:26.40		
2. REIS, Leonardo Peralta	96 Benedita	3:11.46	197
50m: 42.02 42.02 100m: 1:31.10	49.08 200m: 3:11.46 1:40.36		
3. MARQUES, Fabio Ferreira	96 Académico de Leiria	3:25.42	159
50m: 43.60 43.60 100m: 1:37.02	53.42 200m: 3:25.42 1:48.40		

Infantis A

Torneio dos 200
Benedita, 14.3.2009

Prova 8, Masc., 200m Mariposa, Infantis A

Lugar	Ano	Tempo final	Pts
1. MONTEIRO, Cristovao Dinis	95	2:39.62	340
50m: 36.55 36.55 100m: 1:17.59 41.04 200m: 2:39.62 1:22.03			

Juvenis B

1. RAMOS, Miguel Marques	94	2:52.11	271
50m: 35.95 35.95 100m: 1:17.64 41.69 200m: 2:52.11 1:34.47			
DSQ SOUSA, Samuel Silva	94	Portomosense	
<i>Falsa partida</i>			

Juvenis A

1. RIBEIRO, Tiago Lopes	93	2:33.19	384
50m: 35.30 35.30 100m: 1:15.70 40.40 200m: 2:33.19 1:17.49			
2. MARQUES, Henrique Jose	93	2:34.21	377
50m: 35.09 35.09 100m: 1:15.34 40.25 200m: 2:34.21 1:18.87			
3. CAPELA, Diogo Goncalves	93	2:45.16	307
50m: 33.63 33.63 100m: 1:14.96 41.33 200m: 2:45.16 1:30.20			
4. CARREIRA, Frederico Pedro	93	3:32.02	145
50m: 41.36 41.36 100m: 1:36.80 55.44 200m: 3:32.02 1:55.22			

Juniores

1. FREITAS, Francisco Maldonado	91	2:15.38	557
50m: 30.48 30.48 100m: 1:04.82 34.34 200m: 2:15.38 1:10.56			
2. LOPES, Miguel Machado	92	2:15.70	553
50m: 31.02 31.02 100m: 1:05.25 34.23 200m: 2:15.70 1:10.45			
3. BAPTISTA, Joao Manuel	91	2:31.66	396
50m: 33.49 33.49 100m: 1:12.20 38.71 200m: 2:31.66 1:19.46			
4. GASPARGAS, Rafael Jeronimo	92	2:55.57	255
50m: 34.89 34.89 100m: 1:18.70 43.81 200m: 2:55.57 1:36.87			
5. CHAVINHA, Fabio Almeida	92	3:15.04	186
50m: 38.78 38.78 100m: 1:25.85 47.07 200m: 3:15.04 1:49.19			

Seniores

1. PAULINO, Diogo Miguel	90	2:25.68	447
50m: 31.67 31.67 100m: 1:09.00 37.33 200m: 2:25.68 1:16.68			

Prova 4
14.3.09 - 16:05

Masc., 200m Estilos

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. CINTRAO, Pedro Rafael	96	2:43.32	339
50m: 34.96 34.96 100m: 1:17.29 42.33 200m: 2:43.32 1:26.03			
2. REIS, Leonardo Peralta	96	2:50.48	298
50m: 37.70 37.70 100m: 1:22.38 44.68 200m: 2:50.48 1:28.10			
3. LAMANDE, Jose Antonio	96	3:03.27	240
50m: 40.84 40.84 100m: 1:27.27 46.43 200m: 3:03.27 1:36.00			

Torneio dos 200
Benedita, 14.3.2009

Prova 4, Masc., 200m Estilos, Infantis B

Lugar	Ano	Tempo final	Pts
4. AL-HIYASAT, Yousef khaled 50m: 42.23 42.23 100m: 1:29.95	96	Clube Naval da Nazaré 47.72 200m: 3:04.23 1:34.28	3:04.23 236
5. LOPES, Pedro Joaquinho 50m: 42.51 42.51 100m: 1:31.40	96	Académico de Leiria 48.89 200m: 3:06.37 1:34.97	3:06.37 228
6. ROMANO, Marcelo Germano 50m: 43.28 43.28 100m: 1:29.98	96	Industrial Desportivo Viegense 46.70 200m: 3:07.94 1:37.96	3:07.94 222
7. PEREIRA, Bernardo Filipe 50m: 40.71 40.71 100m: 1:29.58	96	Pimpões/Cimai 48.87 200m: 3:10.10 1:40.52	3:10.10 215
8. NUNES, Miguel Belo 50m: 45.46 45.46 100m: 1:33.57	96	Académico de Leiria 48.11 200m: 3:11.47 1:37.90	3:11.47 210
9. FERREIRA, Guilherme Domingues 50m: 48.86 48.86 100m: 1:38.07	96	Núcleo de Pombal 49.21 200m: 3:13.75 1:35.68	3:13.75 203
10. BORGA, David Miguel 50m: 42.08 42.08 100m: 1:35.88	96	Pimpões/Cimai 53.80 200m: 3:14.25 1:38.37	3:14.25 201
11. FERNANDES, Diogo Miguel 50m: 48.49 48.49 100m: 1:37.20	96	Núcleo de Pombal 48.71 200m: 3:14.74 1:37.54	3:14.74 200
12. CASCAO, Tomas Antonio 50m: 45.62 45.62 100m: 1:34.65	96	Pimpões/Cimai 49.03 200m: 3:20.61 1:45.96	3:20.61 183
13. FERREIRA, Theo Jesus 50m: 46.11 46.11 100m: 1:38.08	96	Clube Naval da Nazaré 51.97 200m: 3:22.16 1:44.08	3:22.16 179
14. ALEXANDRE, Pedro Rafael 50m: 51.96 51.96 100m: 1:43.68	96	Pimpões/Cimai 51.72 200m: 3:29.38 1:45.70	3:29.38 161
DSQ MECA, David Sousa	96	Clube Naval da Nazaré <i>Efectuou pernadas de braços durante o percurso de mariposa</i>	

Infantis A

1. NETO, Walter Marcos 50m: 33.65 33.65 100m: 1:15.59	95	Académico de Leiria 41.94 200m: 2:39.69 1:24.10	2:39.69 362
2. GONCALVES, Henrique Miguel 50m: 36.80 36.80 100m: 1:20.27	95	Núcleo de Pombal 43.47 200m: 2:44.21 1:23.94	2:44.21 333
3. MARTINHO, Rafael Ruivo 50m: 35.97 35.97 100m: 1:20.94	95	Bombeiros Caldas Rainha 44.97 200m: 2:47.02 1:26.08	2:47.02 317
4. TABORDA, Bruno Filipe 50m: 35.92 35.92 100m: 1:19.55	95	Académico de Leiria 43.63 200m: 2:49.02 1:29.47	2:49.02 306
5. ZRYUNIN, Boris 50m: 39.77 39.77 100m: 1:24.24	95	Académico de Leiria 44.47 200m: 2:52.67 1:28.43	2:52.67 287
6. LOPES, Joao Batista 50m: 39.31 39.31 100m: 1:21.66	95	Académico de Leiria 42.35 200m: 2:55.63 1:33.97	2:55.63 272
7. ALEXANDRE, Joao Vicente 50m: 40.98 40.98 100m: 1:25.41	95	Naval de Peniche/ AXA 44.43 200m: 3:02.19 1:36.78	3:02.19 244
8. DOMINGUES, Gabriel Ribeiro 50m: 44.06 44.06 100m: 1:29.37	95	Núcleo de Pombal 45.31 200m: 3:08.83 1:39.46	3:08.83 219
9. GOMES, Miguel Filipe 50m: 48.68 48.68 100m: 1:36.62	95	Académico de Leiria 47.94 200m: 3:09.65 1:33.03	3:09.65 216
DSQ CARVALHO, Daniel Mata	95	Bombeiros Caldas Rainha <i>Só tocou com uma mão aos 125metros</i>	

Torneio dos 200
Benedita, 14.3.2009

Prova 4, Masc., 200m Estilos

Juvenis B

1.	ALMEIDA, Joao Petinga de	94	Clube Naval da Nazaré	2:36.64	384
	50m: 35.13 35.13	100m: 1:15.80	40.67 200m: 2:36.64	1:20.84	
2.	ANTUNES, Delmar Filipe	94	Bombeiros Caldas Rainha	2:52.53	287
	50m: 35.25 35.25	100m: 1:19.09	43.84 200m: 2:52.53	1:33.44	
DSQ	ALVES, Telmo Silva	94	Núcleo de Pombal		
	<i>Só tocou com uma mão na parede aos 125metros</i>				
DSQ	SOUSA, Samuel Silva	94	Portomosense		
	<i>Perdeu a posição dorsal antes de finalizar o percurso de costas</i>				

Juvenis A

1.	RIBEIRO, Tiago Lopes	93	Benedita	2:27.26	462
	50m: 30.84 30.84	100m: 1:09.74	38.90 200m: 2:27.26	1:17.52	
2.	CAPELA, Diogo Goncalves	93	Núcleo de Pombal	2:38.28	372
	50m: 32.28 32.28	100m: 1:12.49	40.21 200m: 2:38.28	1:25.79	
3.	CORREIA, Luis Guilherme	93	Núcleo de Pombal	2:39.79	362
	50m: 34.86 34.86	100m: 1:14.91	40.05 200m: 2:39.79	1:24.88	
4.	BAPTISTA, Joao Amado	93	Portomosense	3:02.39	243
	50m: 44.37 44.37	100m: 1:30.64	46.27 200m: 3:02.39	1:31.75	
DSQ	MARQUES, Henrique Jose	93	Benedita		
	<i>Não fez toque simultaneo aos 150metros</i>				

Juniores

1.	VASISTAS, Yuriy	91	Benedita	2:14.34	609
	50m: 29.18 29.18	100m: 1:05.21	36.03 200m: 2:14.34	1:09.13	
2.	MENDES, Joao Pedro	92	Desportivo Náutico da Marinha	2:14.84	602
	50m: 29.52 29.52	100m: 1:05.42	35.90 200m: 2:14.84	1:09.42	
3.	VICENTE, Diogo Cipriano	91	Benedita	2:23.89	495
	50m: 30.42 30.42	100m: 1:06.42	36.00 200m: 2:23.89	1:17.47	
4.	PINA, Nuno Filipe	91	Benedita	2:28.62	450
	50m: 30.31 30.31	100m: 1:10.47	40.16 200m: 2:28.62	1:18.15	
5.	AZEVEDO, Bruno Filipe	92	Núcleo de Pombal	2:29.42	442
	50m: 31.14 31.14	100m: 1:10.17	39.03 200m: 2:29.42	1:19.25	
6.	BAPTISTA, Joao Manuel	91	Benedita	2:29.89	438
	50m: 30.59 30.59	100m: 1:10.92	40.33 200m: 2:29.89	1:18.97	
7.	PAULO, Andre De Sousa	91	Benedita	2:32.19	419
	50m: 32.06 32.06	100m: 1:15.73	43.67 200m: 2:32.19	1:16.46	
8.	CARVALHO, Henrique Mata	92	Bombeiros Caldas Rainha	2:34.82	398
	50m: 30.96 30.96	100m: 1:10.88	39.92 200m: 2:34.82	1:23.94	
9.	GASPAR, Rafael Jeronimo	92	Núcleo de Pombal	2:37.08	381
	50m: 31.82 31.82	100m: 1:13.80	41.98 200m: 2:37.08	1:23.28	
10.	CHAVINHA, Fabio Almeida	92	Portomosense	2:52.50	288
	50m: 37.51 37.51	100m: 1:21.88	44.37 200m: 2:52.50	1:30.62	
11.	FRANCISCO, Joao Diogo	92	Benedita	2:55.52	273
	50m: 36.64 36.64	100m: 1:21.38	44.74 200m: 2:55.52	1:34.14	

Seniores

1.	FERNANDES, Hugo Curado	89	Industrial Desportivo Viegense	2:42.76	342
	50m: 34.04 34.04	100m: 1:18.27	44.23 200m: 2:42.76	1:24.49	

Torneio dos 200
Benedita, 14.3.2009

Prova 1
14.3.09 - 15:00

Femin., 200m Livres

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. CEREJO, Barbara Amaro	97	Clube Naval da Nazaré	2:45.43 328
50m: 36.89 36.89 100m: 1:18.66		41.77 200m: 2:45.43 1:26.77	
2. MALAQUIAS, Simone Félix	97	Óbidos Patrimonium EM	2:49.25 306
50m: 38.79 38.79 100m: 1:23.36		44.57 200m: 2:49.25 1:25.89	
3. MARQUES, Liliana Raquel	97	Óbidos Patrimonium EM	2:51.01 297
50m: 38.23 38.23 100m: 1:22.51		44.28 200m: 2:51.01 1:28.50	
4. RUIVACO, Liane Saraiva	97	Industrial Desportivo Viegrense	2:51.23 295
50m: 37.97 37.97 100m: 1:22.41		44.44 200m: 2:51.23 1:28.82	
5. DUARTE, Angela Sofia	97	Académico de Leiria	2:52.17 291
50m: 37.72 37.72 100m: 1:21.32		43.60 200m: 2:52.17 1:30.85	
6. CARDOSO, Maria Vasconcelos	97	Naval de Peniche/ AXA	2:53.97 282
50m: 37.98 37.98 100m: 1:22.75		44.77 200m: 2:53.97 1:31.22	
7. LOURENCO, Sara Patricia	97	Académico de Leiria	2:55.82 273
50m: 38.90 38.90 100m: 1:23.79		44.89 200m: 2:55.82 1:32.03	
8. PEREIRA, Ines Ferraria	97	Portomosense	2:55.99 272
50m: 38.14 38.14 100m: 1:22.42		44.28 200m: 2:55.99 1:33.57	
9. ROLO, Mariana Galego	97	Clube Naval da Nazaré	3:03.90 239
50m: 40.87 40.87 100m: 1:28.06		47.19 200m: 3:03.90 1:35.84	
10. HENRIQUES, Carolina Quintas	97	Núcleo de Pombal	3:12.35 208
50m: 43.17 43.17 100m: 1:33.33		50.16 200m: 3:12.35 1:39.02	
11. DUARTE, Mariana Jorge	97	Núcleo de Pombal	3:13.27 205
50m: 43.08 43.08 100m: 1:33.50		50.42 200m: 3:13.27 1:39.77	
12. LOPES, Cristiana Sousa	97	Portomosense	3:13.58 205
50m: 43.23 43.23 100m: 1:33.42		50.19 200m: 3:13.58 1:40.16	
13. BATALHA, Ana Claudia	97	Clube Naval da Nazaré	3:27.47 166
50m: 44.54 44.54 100m: 1:37.50		52.96 200m: 3:27.47 1:49.97	
Infantis A			
1. VIEIRA, Melissa Fonseca	96	Bombeiros Caldas Rainha	2:42.27 347
50m: 36.91 36.91 100m: 1:17.56		40.65 200m: 2:42.27 1:24.71	
2. CATALÃO, Débora Alexandra	96	Óbidos Patrimonium EM	2:44.37 334
50m: 37.82 37.82 100m: 1:21.06		43.24 200m: 2:44.37 1:23.31	
3. SANTOS, Daniela Oliveira	96	Bombeiros Caldas Rainha	2:46.41 322
50m: 38.46 38.46 100m: 1:20.86		42.40 200m: 2:46.41 1:25.55	
4. CAPINHA, Joana Sofia	96	Óbidos Patrimonium EM	2:51.66 293
50m: 37.24 37.24 100m: 1:21.20		43.96 200m: 2:51.66 1:30.46	
5. NEGRAO, Raquel Monteiro	96	Bombeiros Caldas Rainha	2:55.65 274
50m: 39.21 39.21 100m: 1:24.66		45.45 200m: 2:55.65 1:30.99	
6. BICA, Joana Maria	96	Núcleo de Pombal	2:58.60 260
50m: 39.75 39.75 100m: 1:25.41		45.66 200m: 2:58.60 1:33.19	
7. PAIVA, Ana Carolina	96	Industrial Desportivo Viegrense	3:00.78 251
50m: 41.71 41.71 100m: 1:27.87		46.16 200m: 3:00.78 1:32.91	
8. EUSEBIO, Catia Sousa	96	Bombeiros Caldas Rainha	3:07.14 226
50m: 42.85 42.85 100m: 1:31.93		49.08 200m: 3:07.14 1:35.21	

Torneio dos 200
Benedita, 14.3.2009

Prova 1, Femin., 200m Livres, Infantis A

Lugar	Ano	Tempo final	Pts
9. ROSA, Bruna Denise	96 Industrial Desportivo Veiense	3:08.64	221
50m: 41.85 41.85	100m: 1:29.97 48.12	200m: 3:08.64 1:38.67	

Juvenis

1. ARMINDO, Rita Daniela	95 Industrial Desportivo Veiense	2:33.26	412
50m: 34.81 34.81	100m: 1:14.05 39.24	200m: 2:33.26 1:19.21	
2. CLARA, Catia Andreia	95 Desportivo Náutico da Marinha	2:34.48	402
50m: 35.63 35.63	100m: 1:14.72 39.09	200m: 2:34.48 1:19.76	
3. AMARAL, Ines Ricardo	95 Clube Naval da Nazaré	2:36.85	384
50m: 37.27 37.27	100m: 1:17.51 40.24	200m: 2:36.85 1:19.34	
4. GONCALVES, Joana Franca	95 Núcleo de Pombal	2:45.90	325
50m: 37.27 37.27	100m: 1:19.31 42.04	200m: 2:45.90 1:26.59	
5. GAMEIRO, Ana Filipa	95 Núcleo de Pombal	2:54.71	278
50m: 40.32 40.32	100m: 1:25.01 44.69	200m: 2:54.71 1:29.70	
6. PEDRO, Mariana Carvalho	95 Portomosense	3:11.97	210
50m: 40.69 40.69	100m: 1:29.11 48.42	200m: 3:11.97 1:42.86	
7. VIEIRA, Sofia Mota	95 Portomosense	3:16.70	195
50m: 44.97 44.97	100m: 1:35.52 50.55	200m: 3:16.70 1:41.18	

Juniores

1. GONCALVES, Jessica Courelas	93 Núcleo de Pombal	2:57.15	267
50m: 39.74 39.74	100m: 1:25.32 45.58	200m: 2:57.15 1:31.83	

Seniores

1. GRILO, Telma Alexandra	92 Pimpões/Cimai	2:23.14	506
50m: 33.41 33.41	100m: 1:10.38 36.97	200m: 2:23.14 1:12.76	
2. VALENTE, Ana Carolina	92 Desportivo Náutico da Marinha	2:23.86	498
50m: 33.02 33.02	100m: 1:09.80 36.78	200m: 2:23.86 1:14.06	
3. BICA, Ines Filipa	92 Núcleo de Pombal	2:35.82	392
50m: 35.11 35.11	100m: 1:14.80 39.69	200m: 2:35.82 1:21.02	

Prova 5
14.3.09 - 16:30

Femin., 200m Costas

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. LOPES, Cristiana Sousa	97 Portomosense	3:29.20	206
50m: 48.11 48.11	100m: 1:42.16 54.05	200m: 3:29.20 1:47.04	
2. EUSEBIO, Patricia Sousa	97 Bombeiros Caldas Rainha	3:43.33	170
50m: 54.16 54.16	100m: 1:51.47 57.31	200m: 3:43.33 1:51.86	
Infantis A			
1. LUIS, Maria Anastacio	96 Benedita	3:03.98	303
50m: 44.96 44.96	100m: 1:31.96 47.00	200m: 3:03.98 1:32.02	
2. PAIVA, Ana Carolina	96 Industrial Desportivo Veiense	3:22.37	228
50m: 47.44 47.44	100m: 1:38.49 51.05	200m: 3:22.37 1:43.88	

Torneio dos 200
Benedita, 14.3.2009

Prova 5, Femin., 200m Costas, Infantis A

Lugar	Ano	Tempo final	Pts
3. ROSA, Bruna Denise	96 Industrial Desportivo Viegrense	3:54.73	146
50m: 54.67 54.67	100m: 1:53.66 58.99	200m: 3:54.73 2:01.07	

Juvenis

1. CLARA, Catia Andreia	95 Desportivo Náutico da Marinha	2:42.54	440
50m: 37.90 37.90	100m: 1:18.65 40.75	200m: 2:42.54 1:23.89	
2. ARMINDO, Rita Daniela	95 Industrial Desportivo Viegrense	2:52.56	368
50m: 41.36 41.36	100m: 1:26.24 44.88	200m: 2:52.56 1:26.32	
3. VIEIRA, Sofia Mota	95 Portomosense	3:39.01	180
50m: 50.54 50.54	100m: 1:46.26 55.72	200m: 3:39.01 1:52.75	

Juniores

1. SANTOS, Cristina Paris	94 Pimpões/Cimai	2:40.08	461
50m: 38.44 38.44	100m: 1:19.24 40.80	200m: 2:40.08 1:20.84	
2. MARQUES, Ana Rita	93 Benedita	2:51.19	377
50m: 40.36 40.36	100m: 1:23.63 43.27	200m: 2:51.19 1:27.56	
3. TOMAS, Diana Filipa	94 Industrial Desportivo Viegrense	2:52.07	371
50m: 40.80 40.80	100m: 1:24.18 43.38	200m: 2:52.07 1:27.89	
4. FERNANDES, Catarina Curado	93 Industrial Desportivo Viegrense	3:01.97	314
50m: 41.69 41.69	100m: 1:27.70 46.01	200m: 3:01.97 1:34.27	

Seniores

1. GASPAR, Joana Margarida	92 Desportivo Náutico da Marinha	2:38.38	476
50m: 37.81 37.81	100m: 1:17.84 40.03	200m: 2:38.38 1:20.54	

Prova 9
14.3.09 - 17:20

Femin., 200m Bruços

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. FERNANDES, Marta Almeida	97 Núcleo de Pombal	3:13.86	373
50m: 45.15 45.15	100m: 1:34.22 49.07	200m: 3:13.86 1:39.64	
2. MATIAS, Beatriz Gameiro	97 Núcleo de Pombal	3:19.17	344
50m: 46.23 46.23	100m: 1:37.92 51.69	200m: 3:19.17 1:41.25	
3. PARREIRA, Maria Miguel	97 Industrial Desportivo Viegrense	3:36.94	266
50m: 50.28 50.28	100m: 1:45.02 54.74	200m: 3:36.94 1:51.92	
4. PEREIRA, Ines Ferraria	97 Portomosense	3:38.29	261
50m: 50.34 50.34	100m: 1:44.87 54.53	200m: 3:38.29 1:53.42	
5. LOPES, Cristiana Sousa	97 Portomosense	3:42.81	246
50m: 51.18 51.18	100m: 1:46.94 55.76	200m: 3:42.81 1:55.87	
6. FERREIRA, Ines Joao	97 Académico de Leiria	3:49.47	225
50m: 51.26 51.26	100m: 1:51.32 1:00.06	200m: 3:49.47 1:58.15	

Infantis A

1. LOPES, Isabel Goncalves	96 Núcleo de Pombal	3:13.55	375
50m: 43.34 43.34	100m: 1:33.73 50.39	200m: 3:13.55 1:39.82	

Torneio dos 200
Benedita, 14.3.2009

Prova 9, Femin., 200m Bruços

Juvenis

1.	GONCALVES, Carolina Santana	95	Núcleo de Pombal	3:07.15	414
	50m: 43.51 43.51 100m: 1:30.74		47.23 200m: 3:07.15 1:36.41		
2.	POLICARPO, Mariana Lopes	95	Benedita	3:14.89	367
	50m: 44.55 44.55 100m: 1:34.32		49.77 200m: 3:14.89 1:40.57		
3.	CLARA, Catia Andreia	95	Desportivo Náutico da Marinha	3:21.48	332
	50m: 46.03 46.03 100m: 1:37.32		51.29 200m: 3:21.48 1:44.16		
4.	PEDRO, Mariana Carvalho	95	Portomosense	3:41.65	249
	50m: 48.84 48.84 100m: 1:45.38		56.54 200m: 3:41.65 1:56.27		

Juniiores

1.	LEAL, Patricia Alexandra	94	Desportivo Náutico da Marinha	2:52.42	530
	50m: 38.32 38.32 100m: 1:21.82		43.50 200m: 2:52.42 1:30.60		
2.	MARQUES, Soraia Alexandra	94	Benedita	3:07.04	415
	50m: 43.44 43.44 100m: 1:31.56		48.12 200m: 3:07.04 1:35.48		
3.	PASSARINHO, Adriana Fialho	93	Benedita	3:11.97	384
	50m: 44.25 44.25 100m: 1:33.25		49.00 200m: 3:11.97 1:38.72		
4.	TOMAS, Diana Filipa	94	Industrial Desportivo Viegrense	3:16.36	359
	50m: 44.94 44.94 100m: 1:34.84		49.90 200m: 3:16.36 1:41.52		
5.	FERNANDES, Catarina Curado	93	Industrial Desportivo Viegrense	3:19.06	344
	50m: 45.68 45.68 100m: 1:36.33		50.65 200m: 3:19.06 1:42.73		

Seniores

1.	GASPAR, Joana Margarida	92	Desportivo Náutico da Marinha	3:02.75	445
	50m: 41.66 41.66 100m: 1:28.38		46.72 200m: 3:02.75 1:34.37		

Prova 7
14.3.09 - 17:05

Femin., 200m Mariposa

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts		
Infantis B					
1.	LAGOA, Adriana Sousa	97	Académico de Leiria	3:50.26	157
	50m: 45.32 45.32 100m: 1:41.96		56.64 200m: 3:50.26 2:08.30		
DSQ	DUARTE, Kelly Silva	97	Académico de Leiria		
	<i>Efectuou braçadas alternadas durante o percurso</i>				

Juvenis

1.	LIMA, Cristiana Andreia	95	Núcleo de Pombal	3:01.56	320
	50m: 37.88 37.88 100m: 1:24.96		47.08 200m: 3:01.56 1:36.60		

Seniores

1.	VALENTE, Ana Carolina	92	Desportivo Náutico da Marinha	2:39.63	470
	50m: 35.54 35.54 100m: 1:15.82		40.28 200m: 2:39.63 1:23.81		

Torneio dos 200
Benedita, 14.3.2009

Prova 3
14.3.09 - 15:40

Femin., 200m Estilos

Absolutos
Resultados

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Infantis B			
1. FERNANDES, Marta Almeida	97 Núcleo de Pombal	3:03.87	339
50m: 43.36 43.36 100m: 1:29.38	46.02 200m: 3:03.87 1:34.49		
2. CEREJO, Barbara Amaro	97 Clube Naval da Nazaré	3:05.38	331
50m: 41.56 41.56 100m: 1:28.09	46.53 200m: 3:05.38 1:37.29		
3. LUIS, Beatriz Oliveira	97 Pimpões/Cimai	3:07.59	319
50m: 42.64 42.64 100m: 1:31.69	49.05 200m: 3:07.59 1:35.90		
4. MATIAS, Beatriz Gameiro	97 Núcleo de Pombal	3:08.10	317
50m: 46.86 46.86 100m: 1:35.50	48.64 200m: 3:08.10 1:32.60		
5. RUIVACO, Liane Saraiva	97 Industrial Desportivo Vieiraense	3:09.16	311
50m: 42.91 42.91 100m: 1:32.05	49.14 200m: 3:09.16 1:37.11		
6. DUARTE, Kelly Silva	97 Académico de Leiria	3:10.78	303
50m: 43.40 43.40 100m: 1:31.99	48.59 200m: 3:10.78 1:38.79		
7. PEREIRA, Ines Ferraria	97 Portomosense	3:13.46	291
50m: 46.51 46.51 100m: 1:33.47	46.96 200m: 3:13.46 1:39.99		
8. LOURENCO, Sara Patricia	97 Académico de Leiria	3:14.33	287
50m: 45.51 45.51 200m: 3:14.33	2:28.82		
9. LAGOA, Adriana Sousa	97 Académico de Leiria	3:14.89	285
50m: 45.41 45.41 100m: 1:35.68	50.27 200m: 3:14.89 1:39.21		
10. MALAQUIAS, Simone Félix	97 Óbidos Patrimonium EM	3:17.22	275
50m: 48.90 48.90 100m: 1:39.58	50.68 200m: 3:17.22 1:37.64		
11. MARQUES, Liliana Raquel	97 Óbidos Patrimonium EM	3:21.08	259
50m: 47.51 47.51 100m: 1:40.59	53.08 200m: 3:21.08 1:40.49		
12. ROLO, Mariana Galego	97 Clube Naval da Nazaré	3:21.55	257
50m: 47.92 47.92 100m: 1:40.36	52.44 200m: 3:21.55 1:41.19		
13. PARREIRA, Maria Miguel	97 Industrial Desportivo Vieiraense	3:24.95	245
50m: 49.30 49.30 200m: 3:24.95	2:35.65		
14. DUARTE, Angela Sofia	97 Académico de Leiria	3:30.35	226
50m: 52.12 52.12 100m: 1:43.09	50.97 200m: 3:30.35 1:47.26		
15. BATALHA, Ana Claudia	97 Clube Naval da Nazaré	3:39.91	198
50m: 51.62 51.62 200m: 3:39.91	2:48.29		
16. EUSEBIO, Patricia Sousa	97 Bombeiros Caldas Rainha	3:44.78	185
50m: 54.88 54.88 100m: 1:51.36	56.48 200m: 3:44.78 1:53.42		
DSQ FERREIRA, Ines Joao	97 Académico de Leiria		
<i>Falsa partida</i>			
DSQ CARDOSO, Maria Vasconcelos	97 Naval de Peniche/ AXA		
<i>Só tocou com uma mão na parede aos 125metros</i>			

Infantis A

1. VIEIRA, Melissa Fonseca	96 Bombeiros Caldas Rainha	3:04.39	336
50m: 41.28 41.28 100m: 1:29.02	47.74 200m: 3:04.39 1:35.37		
2. LOPES, Isabel Goncalves	96 Núcleo de Pombal	3:06.90	323
50m: 39.86 39.86 100m: 1:31.28	51.42 200m: 3:06.90 1:35.62		
3. NEGRAO, Raquel Monteiro	96 Bombeiros Caldas Rainha	3:07.00	322
50m: 41.79 41.79 100m: 1:28.61	46.82 200m: 3:07.00 1:38.39		
4. LUIS, Maria Anastacio	96 Benedita	3:07.17	321
50m: 42.99 42.99 100m: 1:30.08	47.09 200m: 3:07.17 1:37.09		

Torneio dos 200
Benedita, 14.3.2009

Prova 3, Femin., 200m Estilos, Infantis A

Lugar	Ano	Tempo final	Pts
5. CATALÃO, Débora Alexandra	96	3:07.84	318
50m: 45.40 45.40 100m: 1:32.41 47.01 200m: 3:07.84 1:35.43			
6. CAPINHA, Joana Sofia	96	3:11.07	302
50m: 40.05 40.05 100m: 1:29.71 49.66 200m: 3:11.07 1:41.36			
7. SANTOS, Daniela Oliveira	96	3:11.91	298
50m: 41.84 41.84 100m: 1:30.21 48.37 200m: 3:11.91 1:41.70			
8. BICA, Joana Maria	96	3:17.20	275
50m: 41.70 41.70 200m: 3:17.20 2:35.50			
9. EUSEBIO, Catia Sousa	96	3:23.13	251
50m: 46.42 46.42 100m: 1:36.47 50.05 200m: 3:23.13 1:46.66			

Juvenis

1. GONCALVES, Carolina Santana	95	2:51.99	414
50m: 38.93 38.93 100m: 1:21.65 42.72 200m: 2:51.99 1:30.34			
2. LIMA, Cristiana Andreia	95	2:54.02	400
50m: 37.96 37.96 100m: 1:23.32 45.36 200m: 2:54.02 1:30.70			
3. AMARAL, Ines Ricardo	95	2:55.80	388
50m: 38.27 38.27 100m: 1:24.41 46.14 200m: 2:55.80 1:31.39			
4. GONCALVES, Joana Franca	95	3:07.93	317
50m: 43.10 43.10 100m: 1:34.32 51.22 200m: 3:07.93 1:33.61			
5. POLICARPO, Mariana Lopes	95	3:09.61	309
50m: 41.84 41.84 100m: 1:30.57 48.73 200m: 3:09.61 1:39.04			
6. GAMEIRO, Ana Filipa	95	3:14.73	285
50m: 43.78 43.78 100m: 1:31.78 48.00 200m: 3:14.73 1:42.95			

Juniores

1. LEAL, Patricia Alexandra	94	2:38.78	526
50m: 36.29 36.29 100m: 1:18.51 42.22 200m: 2:38.78 1:20.27			
2. PASSARINHO, Adriana Fialho	93	2:47.02	452
50m: 36.96 36.96 100m: 1:21.18 44.22 200m: 2:47.02 1:25.84			
3. MARQUES, Soraia Alexandra	94	2:51.21	420
50m: 36.64 36.64 100m: 1:21.21 44.57 200m: 2:51.21 1:30.00			
4. MARQUES, Ana Rita	93	2:52.51	410
50m: 36.82 36.82 100m: 1:19.57 42.75 200m: 2:52.51 1:32.94			

Seniores

1. OLIVEIRA, Ana Rita	92	2:31.11	610
50m: 32.44 32.44 100m: 1:11.50 39.06 200m: 2:31.11 1:19.61			
2. GASPAR, Joana Margarida	92	2:37.20	542
50m: 34.81 34.81 100m: 1:15.18 40.37 200m: 2:37.20 1:22.02			
3. VALENTE, Ana Carolina	92	2:47.00	452
50m: 35.38 35.38 100m: 1:21.34 45.96 200m: 2:47.00 1:25.66			
4. MOTA, Joana Rita	92	2:51.52	417
50m: 37.24 37.24 100m: 1:21.52 44.28 200m: 2:51.52 1:30.00			
5. BICA, Ines Filipa	92	2:55.98	387
50m: 39.53 39.53 100m: 1:25.50 45.97 200m: 2:55.98 1:30.48			