

Campeonato Distrital de Piscina Curta
Alcobaça, 21. - 22.11.2009

1 - 1ª Jornada - 1ª Sessão

21.11.09 - 9:30

Prova 1 Femin., 4 x 50m Livres Absoluto
21.11.09 - 9:30 Lista inscritos

TAC Juniores JUN 50m: 2:18.64 - 25m: 2:18.00 / TACS Seniores SEN 50m: 2:18.64 - 25m: 2:18.00

1	ADBA SEN	ADBA	1:49.09
2	ADBA JUN	ADBA	1:52.99
3	CNAL JUN	CNAL	2:05.30

Prova 2 Masc., 4 x 50m Livres Absolutos
21.11.09 - 9:35 Lista inscritos

TACS Juniores JUN 50m: 2:00.25 - 25m: 2:00.00 / TACS Seniores SEN 50m: 2:00.25 - 25m: 2:00.00

1	DNMG JUN	DNMG	1:35.25	5	Pimpões/ CIMAI SEN	PIMP	1:46.39
2	ADBA SEN	ADBA	1:42.74	6	BSCN JUN	BSCN	1:47.97
3	CNAL ABS	CNAL	1:45.08	7	Pimpões/ CIMAI JUN	PIMP	1:49.43
4	ADBA JUN	ADBA	1:45.75				

Prova 3 Femin., 200m Bruços 12 anos e mais velhos
21.11.09 - 9:40 Lista inscritos

TAC Juniores JUN 50m: 3:31.06 - 25m: 3:26.24 / TACS Seniores SEN 50m: 3:26.88 - 25m: 3:22.20

		Ano							
1	LEAL, Patricia Alexandra	94	DNMG	2:52.42	23	CUSTOIAS, Filipa Vicente	97	BSCN	NT
2	RUIVO, Filipa Vilas	97	DNMG	2:52.60	24	LOURENCO, Mariana Filipa	98	CNAL	NT
3	OLIVEIRA, Ana Rita	92	PIMP	2:55.37	25	RIBEIRO, Catarina Martins	98	DNMG	NT
4	VALENTE, Sara Cristiana	96	CNAL	2:56.21	26	HENRIQUES, Carolina Quintas	97	NDAP	NT
5	GONCALVES, C.	95	NDAP	3:05.25	27	NORTE, Beatriz Sofia	98	DNMG	NT
6	FERNANDES, Marta Almeida	97	NDAP	3:06.75	28	CRISTINO, Damiana Sofia	97	CNAL	NT
7	TEODOSIO, Marina Nicolina	97	ASAL	3:07.80	29	CATALAO, Debora Alexandra	96	OP	NT
8	FERREIRA, Liliana Sofia	97	PIMP	3:10.67	30	COSTA, Marta Marques	98	CNPE	NT
9	DUARTE, M.	97	DNMG	3:11.01	31	MENDONCA, Catarina Cunha	98	PIMP	NT
10	PASSARINHO, Adriana Fialho	93	BSCN	3:11.97	32	PENAS, Isa Morais	96	BSCN	NT
11	COELHO, Sofia Ramalho	95	CNAL	3:12.51	33	CANHAO, Patricia Domingues	98	ASAL	NT
12	DOMINGUES, Joana Crespo	97	DNMG	3:13.73	34	MONTEIRO, Joana Margarida	91	PIMP	NT
13	SILVA, Mariana Maia e	94	PIMP	3:14.56	35	EUSEBIO, Catia Sousa	96	AHBVCR	NT
14	PAULO, Patricia Sousa	96	BSCN	3:15.31	36	DUQUE, Debora Filipa	96	PIMP	NT
15	MATIAS, Beatriz Duarte	97	NDAP	3:19.17	37	RODRIGUES, Leonor Carlota	98	BSCN	NT
16	SANTOS, Edna Beatriz	96	DNMG	3:19.32	38	OLIVEIRA, Marta Catarino	98	DNMG	NT
17	CLARA, Catia Andreia	95	DNMG	3:21.48	39	SANTOS, Marcia Jacinto	98	AHBVCR	NT
18	REBELO, Patricia Pimenta	98	BSCN	3:30.16	40	MATOS, Carolina Lourenco	98	BSCN	NT
19	FERREIRA, Ines Joao	97	ASAL	3:34.85	41	SILVA, Mara Lisboa e	93	ADBA	NT
20	LOURENCO, Sara Patricia	97	ASAL	3:36.05	42	LUIS, Beatriz Oliveira	97	PIMP	NT
21	CUNHA, Ana Henriques	98	ASAL	3:42.19	43	PEDRO, Ana Beatriz	97	AHBVCR	NT
22	EUSEBIO, Patricia Sousa	97	AHBVCR	3:42.41					

Campeonato Distrital de Piscina Curta
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Prova 4
21.11.09 - 10:00

Masc., 200m Bruços

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 3:09.04 - 25m: 3:03.60 / TACS Seniores SEN 50m: 3:05.28 - 25m: 3:00.00

		Ano							
1	GODINHO, Helder Alexandre	86	ADBA	2:27.56	26	BABURKO, Maksym	96	CNNZ	3:35.97
2	SILVA, Diogo Parrilha da	93	CNAL	2:28.23	27	ELISEU, Antonio Fonseca	97	ASAL	3:44.37
3	MENDES, Joao Pedro	92	DNMG	2:29.19	28	CATRAIO, Rodrigo Manuel	94	CNNZ	NT
4	FERREIRA, Francisco Miguel	89	PIMP	2:36.14	29	HULLIY, Vladyslav	97	NDAP	NT
5	MARQUES, Andre Oliveira	92	ADBA	2:38.20	30	SANTOS, Francisco Presado	97	AHBVCR	NT
6	VIEIRA, Joao Guilherme	93	PIMP	2:39.91	31	SALDANHA, Rafael Santos	95	AHBVCR	NT
7	DOMINGUES, Diogo Manuel	94	ADBA	2:39.94	32	FIGUEIREDO, Miguel Antonio	97	CNAL	NT
8	SANTOS, Afonso Lopes	95	AHBVCR	2:41.32	33	MARTINHO, Rafael Ruivo	95	AHBVCR	NT
9	GONCALVES, Henrique Miguel	95	NDAP	2:46.99	34	MARQUES, Jose Rafael	97	AHBVCR	NT
10	RIBEIRO, Tiago Lopes	93	BSCN	2:48.57	35	GOMES, Joao Andre	97	CNAL	NT
11	GAMEIRO, Goncalo Ferreira	94	NDAP	2:50.09	36	CARVALHO, Daniel Mata	95	AHBVCR	NT
12	MARQUES, Henrique Jose	93	BSCN	2:52.76	37	DAVID, Nuno Roque	97	DNMG	NT
13	NORONHA, Fabio Ribeiro	94	AHBVCR	2:56.17	38	NETO, Walter Marcos	95	ADBA	NT
14	TEIXEIRA, Micael Valverde	94	CNNZ	2:56.90	39	MESQUITA, Joao Manuel	97	CNNZ	NT
15	SALDANHA, Marcelo Santos	94	AHBVCR	2:58.15	40	BENTO, Andre Manuel	96	CNAL	NT
16	MARQUES, Andre Fialho	95	BSCN	2:58.28	41	TOMAS, Edgar Neves	94	PIMP	NT
17	SILVA, Pedro Rosa	92	DNMG	2:59.58	42	SILVA, Nuno Valerio	97	DNMG	NT
18	RAMOS, Miguel Marques	94	PIMP	3:04.78	43	SANTOS, Nuno Miguel	97	PIMP	NT
19	ALVES, Telmo Silva	94	NDAP	3:09.69	44	SANTOS, Joao Paris	97	PIMP	NT
20	SOUSA, Tiago Sequeira	96	ASAL	3:10.35	45	PINTO, Francisco Gouveia	95	PIMP	NT
21	LOPES, Pedro Joaninho	96	ASAL	3:10.66	46	FERRAZ, Francisco Maria	97	PIMP	NT
22	BUGALHO, Jose Pedro	96	CNAL	3:16.43	47	SILVA, Joao Francisco	97	DNMG	NT
23	RIBEIRO, Ricardo Miguel	97	ASAL	3:16.72	48	LOPES, Miguel Machado	92	BSCN	NT
24	MECA, David Sousa	96	CNNZ	3:17.28	49	MARTINS, Mauricio Santiago	97	CNAL	NT
25	FERREIRA, G.	96	NDAP	3:30.69					

Prova 5
21.11.09 - 10:20

Femin., 100m Livres

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 1:17.14 - 25m: 1:15.65 / TACS Seniores SEN 50m: 1:15.62 - 25m: 1:14.16

		Ano							
1	LISBOA, Adriana Filipa	92	ADBA	59.83	29	JOAO, Adriana Duarte	97	CNAL	1:12.47
2	DIAS, Mariana Mota	92	ADBA	1:00.65	30	COELHO, Sofia Ramalho	95	CNAL	1:12.72
3	PALMA, Carla Rosario	96	CNAL	1:03.02	31	CARLOS, Ana Catarina	96	DNMG	1:13.38
4	KAMINSKAYA, Victoria	95	PIMP	1:03.90	32	AMARAL, Ines Ricardo	95	CNNZ	1:13.58
5	ANJOS, Andreia Filipa	92	ADBA	1:04.02	33	RIBEIRO, Mara Casimiro	97	CNAL	1:13.74
6	GRILO, Telma Alexandra	92	PIMP	1:04.32	34	DELGADO, Ines Baptista	97	CNAL	1:14.03
7	GASPAR, Joana Margarida	92	DNMG	1:04.85	35	DUARTE, Kelly Silva	97	ASAL	1:14.27
8	SANTOS, Cristina Paris	94	PIMP	1:05.73	36	GAMEIRO, Ana Filipa	95	NDAP	1:14.44
9	COSTA, Mariana Jesus	96	CNAL	1:05.80	37	CAPINHA, Joana Sofia	96	OP	1:15.23
10	GUIMARAES, Joana Margarida	95	PIMP	1:06.45	38	GONCALVES, Joana Franca	95	NDAP	1:15.24
11	COSTA, Ana Sofia	95	CNAL	1:06.60	39	ALVES, Adriana Ramalho	98	DNMG	1:15.27
12	PEDRAS, Elisa Morgado	96	BSCN	1:06.92	40	BOITA, Bruna Castelhanos	96	BSCN	1:17.84
13	VALENTE, Ana Carolina	92	DNMG	1:06.99	41	NUNES, Maria Joao	98	CNAL	1:18.58
14	ELOI, Ana Monica	96	DNMG	1:07.35	42	MALAQUIAS, Simone Felix	97	OP	1:18.94
15	TOMAS, Diana Filipa	94	ADBA	1:07.79	43	BICA, Joana Maria	96	NDAP	1:20.72
16	PAULINO, Bruna Elisabete	97	CNAL	1:08.38	44	DUARTE, Angela Sofia	97	ASAL	1:21.32
17	SANTOS, Melanie Bronze	95	CNAL	1:08.89	45	EUSEBIO, Catia Sousa	96	AHBVCR	1:23.11
18	LOURENCO, Ana Margarida	96	BSCN	1:08.99	46	FERNANDES, Joana Maria	97	NDAP	1:26.88
19	DUARTE, Stacy Da Silva	94	ADBA	1:09.00	47	DUARTE, Mariana Jorge	97	NDAP	1:28.61
20	NEGRAO, Patricia Monteiro	96	AHBVCR	1:09.16	48	MALHO, Cristiana Vanessa	98	CNAL	1:29.60
21	CARVALHO, Jessica Andreia	96	ADBA	1:10.08	49	TRINO, Mariana Ines	97	ASAL	1:32.71
22	BICA, Ines Filipa	92	NDAP	1:10.74	50	PEREIRA, Bruna Filipa	97	ASAL	1:36.90
23	PEREIRA, Cristiana Maria	97	CNAL	1:10.78	51	MACATRAO, C.	98	CNNZ	1:37.14
24	DIAS, Jennifer Martins	96	AHBVCR	1:10.87	52	NUNES, Valeria Carina	98	CNNZ	1:39.79
25	LUIS, Maria Anastacio	96	BSCN	1:11.87	53	PEREIRA, Sofia Silva	98	ASAL	1:46.75
26	DIONISIO, Catarina Ferreira	95	ADBA	1:11.89	54	CONSTANTINO, C.	96	PIMP	1:47.75
27	LINDO, Filipa Paulo	96	BSCN	1:12.33	55	LUZIO, Mariana Sofia	98	PIMP	1:47.79
28	REI, Mariana Gomes	97	DNMG	1:12.39					

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Prova 6

Masc., 100m Livres

13 anos e mais velhos

21.11.09 - 10:30

Lista inscritos

TACS Juniores JUN 50m: 1:06.98 - 25m: 1:05.40 / TACS Seniores SEN 50m: 1:05.14 - 25m: 1:03.60

		Ano							
1	FARIA, Cesar Fernando	90	ADBA	51.87	28	LAUREANO, Alexandre Miguel	97	CNAL	1:06.14
2	DIOGO, Miguel Monteiro	93	CNAL	55.39	29	SANTOS, Nuno Goncalo	96	DNMG	1:06.93
3	VALE, Alexandre Galveias	93	PIMP	56.13	30	MARTINS, Rafael Ferreira	95	DNMG	1:06.98
4	MECA, Filipe Miguel	91	PIMP	56.23	31	GOMES, Daniel Faustino	96	CNAL	1:07.34
5	MACHADO, Tiago Galdes	93	PIMP	56.32	32	SILVESTRE, Miguel Angelo	97	CNAL	1:09.24
6	CORDEIRO, Manuel Andril	92	ADBA	56.77	33	RIBEIRO, Alexandre Silva	97	OP	1:11.35
7	GRACA, Andre Filipe da	93	CNAL	57.59	34	MARQUES, Filipe Oliveira	97	ASAL	1:12.24
8	TEIXEIRA, Micael Valverde	94	CNNZ	57.72	35	JORGE, Joao Bernardo	97	CNAL	1:12.64
9	ALEXANDRE, Miguel Polidoro	94	ADBA	58.17	36	MARQUES, Fabio Ferreira	96	ASAL	1:12.74
10	VICENTE, Andre Alexandre	94	CNNZ	58.38	37	FERNANDES, Diogo Miguel	96	NDAP	1:13.97
11	FRANCISCO, Joao Diogo	92	BSCN	58.67	38	GONCALVES, Joao Courelas	97	NDAP	1:15.26
12	ALMEIDA, Joao Petinga de	94	CNNZ	58.81	39	FIGUEIREDO, David Filipe	97	PIMP	1:16.27
13	SERRALHEIRO, Joao Manuel	95	BSCN	58.87	40	FERREIRA, Theo Jesus	96	CNNZ	1:16.64
14	RELVA, Flavio Cardoso	93	ADBA	59.73	41	JERONIMO, Ricardo Contreiras	97	NDAP	1:17.20
15	SALDANHA, Marcelo Santos	94	AHBVCR	1:00.77	42	CATRAIO, Rodrigo Manuel	94	CNNZ	1:19.60
16	SOUSA, Andre Ribeiro de	94	ADBA	1:01.14	43	NUNES, Miguel Belo	96	ASAL	1:20.03
17	CARVALHO, Henrique Mata	92	AHBVCR	1:01.32	44	FILIFE, Bernardo Joao	97	ASAL	1:21.79
18	NEVES, Andre Lopes das	91	ADBA	1:01.35	45	TOMAS, Duarte Lourenco	97	OP	1:23.68
19	GONCALVES, P.	93	DNMG	1:01.36	46	COSTA, Pedro Alexandre	97	NDAP	1:27.03
20	NETO, Diogo Ferreira	95	ADBA	1:01.77	47	CERVA, Joao Ricardo	97	DNMG	1:27.54
21	FELICIANO, Nuno Miguel	95	CNAL	1:03.10	48	GOMES, Vasco Gameiro	97	NDAP	1:27.89
22	FIGUEIREDO, Carlos Lopes	92	ADBA	1:03.26	49	FELIX, Daniel Ferreira	97	OP	1:28.60
23	GAMEIRO, Goncalo Ferreira	94	NDAP	1:03.36	50	MENDES, Joao Curado	97	CNNZ	1:29.22
24	TABORDA, Bruno Filipe	95	ADBA	1:03.60	51	MARRAZES, Andre Pinto	97	DNMG	1:32.23
25	OLIVEIRA, Francisco Miguel	89	CNAL	1:04.59	52	ALMEIDA, Pedro Petinga	96	CNNZ	1:36.09
26	LOPES, Joao Baptista	95	ADBA	1:04.77	53	MACHADO, Joao Galdes	86	PIMP	NT
27	GOMES, Pedro dos Santos	95	ADBA	1:04.89					

Prova 7

Femin., 50m Costas

Absoluto

21.11.09 - 10:55

Lista inscritos

TAC Juniores JUN 50m: 40.85 - 25m: 39.12 / TACS Seniores SEN 50m: 40.85 - 25m: 39.12

		Ano							
1	ANJOS, Andreia Filipa	92	ADBA	31.40	5	DIAS, Mariana Mota	92	ADBA	35.45
2	VALENTE, Vanessa Carolina	94	CNAL	32.74	6	LISBOA, Adriana Filipa	92	ADBA	35.92
3	GUIMARAES, Joana Margarida	95	PIMP	33.17	7	CLARA, Catia Andreia	95	DNMG	36.05
4	DINIS, Patricia Santos	95	AHBVCR	35.32	8	GASPAR, Joana Margarida	92	DNMG	37.81

Prova 8

Masc., 50m Costas

Absolutos

21.11.09 - 10:56

Lista inscritos

TACS Juniores JUN 50m: 36.61 - 25m: 34.56 / TACS Seniores SEN 50m: 36.61 - 25m: 34.56

		Ano							
1	FARIA, Cesar Fernando	90	ADBA	28.75	6	GRACA, Andre Filipe da	93	CNAL	31.07
2	NORTE, Filipe Franco	93	DNMG	29.44	7	OLIVEIRA, Francisco Miguel	89	CNAL	31.70
3	SILVA, Diogo Maia e	93	PIMP	29.86	8	VALE, Alexandre Galveias	93	PIMP	32.93
4	MACHADO, Tiago Galdes	93	PIMP	30.11	9	MACHADO, Joao Galdes	86	PIMP	NT
5	DIOGO, Miguel Monteiro	93	CNAL	30.91	10	FRANCISCO, Joao Diogo	92	BSCN	NT

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Prova 9
21.11.09 - 11:00

Femin., 200m Mariposa

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 3:07.19 - 25m: 3:04.82 / TACS Seniores SEN 50m: 3:03.40 - 25m: 3:01.80

		Ano							
1	CRUZ, Sara Francisco	93	ADBA	2:12.71	13	LIMA, Cristiana Andreia	95	NDAP	2:54.64
2	GOMES, Carolina Francisco	95	CNNZ	2:28.86	14	DUARTE, Stacy Da Silva	94	ADBA	2:57.49
3	VALENTE, Sara Cristiana	96	CNAL	2:30.10	15	DIAS, Jennifer Martins	96	AHBVCR	3:01.84
4	BORGES, Ines Filipa	95	CNAL	2:30.19	16	RELVA, Melissa Cardoso	97	ASAL	3:07.16
5	VALENTE, Ana Carolina	92	DNMG	2:32.77	17	ELOI, Ana Monica	96	DNMG	3:17.70
6	PALMA, Carla Rosario	96	CNAL	2:38.66	18	CEREJO, Barbara Amaro	97	CNNZ	3:42.64
7	SANTOS, Cristina Paris	94	PIMP	2:40.27	19	COSTA, Mariana Jesus	96	CNAL	NT
8	VALENTE, Mafalda Domingues	96	DNMG	2:49.91	20	CUNHA, Jessica Filipa	98	OP	NT
9	AMARAL, Ines Ricardo	95	CNNZ	2:50.33	21	DUARTE, Ines Serra	98	CNNZ	NT
10	PEDRAS, Elisa Morgado	96	BSCN	2:51.34	22	GRILO, Telma Alexandra	92	PIMP	NT
11	PASSARINHO, Adriana Fialho	93	BSCN	2:51.84	23	MARQUES, Mariana Feliciano	96	BSCN	NT
12	NEVES, Ana Isabel	96	PIMP	2:53.44	24	CARVALHO, Jessica Andreia	96	ADBA	NT

Prova 10
21.11.09 - 11:10

Masc., 200m Mariposa

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 2:43.31 - 25m: 2:39.84 / TACS Seniores SEN 50m: 2:40.00 - 25m: 2:36.60

		Ano							
1	RIBEIRO, Tiago Lopes	93	BSCN	2:21.75	16	TABORDA, Bruno Filipe	95	ADBA	NT
2	MARTINS, Antero Simao	94	DNMG	2:24.83	17	DIAS, Daniel Martins	97	AHBVCR	NT
3	VICENTE, Andre Alexandre	94	CNNZ	2:24.94	18	NETO, Diogo Ferreira	95	ADBA	NT
4	CARVALHO, Henrique Mata	92	AHBVCR	2:27.98	19	QUERIDO, Ricardo Baptista	97	OP	NT
5	MARQUES, Henrique Jose	93	BSCN	2:31.59	20	MECA, Filipe Miguel	91	PIMP	NT
6	FELICIANO, Nuno Miguel	95	CNAL	2:34.65	21	TINTA, Micael Filipe	97	AHBVCR	NT
7	MONTEIRO, Cristovao Dinis	95	AHBVCR	2:34.82	22	GERARDO, Emanuel Falacho	97	CNAL	NT
8	CINTRAO, Pedro Rafael	96	NDAP	2:40.75	23	LOPES, Joao Baptista	95	ADBA	NT
9	GOMES, Pedro dos Santos	95	ADBA	2:56.69	24	SOUSA, Daniel Ribeiro	95	DNMG	NT
10	OLIVEIRA, Pedro Alexandre	96	DNMG	2:58.72	25	RIBEIRO, Tiago Andre	97	DNMG	NT
11	VENANCIO, Diogo Filipe	96	CNAL	3:06.37	26	FERREIRA, Ricardo Filipe	95	PIMP	NT
12	NETO, Walter Marcos	95	ADBA	NT	27	PEREIRA, Pedro Sousa	97	AHBVCR	NT
13	CORREIA, Joao Mota	97	AHBVCR	NT	28	BAPTISTA, Joao Paulo	95	BSCN	NT
14	RODRIGUES, Pedro Miguel	97	CNAL	NT	29	CUNHA, Lourenco Manuel	96	ASAL	NT
15	ALEXANDRE, Miguel Polidoro	94	ADBA	NT	30	DOMINGUES, Diogo Manuel	94	ADBA	NT

Prova 11
21.11.09 - 11:35

Femin., 400m Estilos

Absoluto
Lista inscritos

TAC Juniores JUN 50m: 6:34.98 - 25m: 6:29.23 / TACS Seniores SEN 50m: 6:27.22 - 25m: 6:21.60

		Ano							
1	SILVA, Mara Lisboa e	93	ADBA	5:07.85	7	SANTOS, Melanie Bronze	95	CNAL	5:38.16
2	BORGES, Ines Filipa	95	CNAL	5:19.23	8	LIMA, Cristiana Andreia	95	NDAP	5:57.39
3	OLIVEIRA, Ana Rita	92	PIMP	5:19.33	9	VALENTE, Vanessa Carolina	94	CNAL	NT
4	COSTA, Ana Sofia	95	CNAL	5:19.81	10	SILVA, Mariana Maia e	94	PIMP	NT
5	GOMES, Carolina Francisco	95	CNNZ	5:24.18	11	KAMINSKAYA, Victoria	95	PIMP	NT
6	DINIS, Patricia Santos	95	AHBVCR	5:28.36					

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Prova 12 Masc., 400m Estilos Absolutos
21.11.09 - 11:50 Lista inscritos

TACS Juniores JUN 50m: 6:00.46 - 25m: 5:51.00 / TACS Seniores SEN 50m: 5:52.04 - 25m: 5:42.84

		Ano					
1	SILVA, Diogo Parrilha da	93	CNAL	4:35.74	5	MARQUES, Andre Oliveira	92 ADBA 5:14.97
2	NORTE, Filipe Franco	93	DNMG	4:47.53	6	FIGUEIREDO, Carlos Lopes	92 ADBA 5:49.88
3	SILVA, Diogo Maia e	93	PIMP	4:50.12	7	LOPES, Miguel Machado	92 BSCN NT
4	MENDES, Joao Pedro	92	DNMG	4:52.65			

Prova 13 Femin., 4 x 100m Estilos 12 anos e mais velhos
21.11.09 - 12:05 Lista inscritos

TAC Juniores JUN 50m: 5:40.18 - 25m: 5:37.20 / TACS Seniores SEN 50m: 5:40.18 - 25m: 5:37.20

1	ADBA SEN	ADBA	4:36.51	7	CNAL INF A	CNAL	5:16.83
2	ADBA JUN	ADBA	4:41.26	8	DNMG JUV	DNMG	5:18.49
3	Pimpões/ CIMAI JUN	PIMP	4:49.55	9	ASAL INF	ASAL	5:31.90
4	CNAL JUN	CNAL	4:53.04	10	DNMG INF B	DNMG	6:16.52
5	BSCN JUV	BSCN	5:09.33	11	NDAP JUN	NDAP	NT
6	DNMG INF A	DNMG	5:15.11	12	Pimpões/ CIMAI ABS	PIMP	NT

Prova 14 Masc., 4 x 100m Estilos 13 anos e mais velhos
21.11.09 - 12:20 Lista inscritos

TACS Juniores JUN 50m: 4:54.42 - 25m: 4:48.00 / TACS Seniores SEN 50m: 4:54.42 - 25m: 4:48.00

1	CNAL ABS	CNAL	4:08.58	10	CNAL INF B	CNAL	5:13.73
2	Pimpões/ CIMAI SEN	PIMP	4:12.55	11	CNAL INF A	CNAL	5:14.27
3	Pimpões/ CIMAI JUN	PIMP	4:15.61	12	ASAL INF	ASAL	5:18.78
4	ADBA JUN	ADBA	4:17.55	13	AHBVCR INF B	AHBVCR	5:23.86
5	ADBA SEN	ADBA	4:19.58	14	DNMG INF B	DNMG	5:28.51
6	DNMG JUN	DNMG	4:22.54	15	CNAL INF B	CNAL	5:39.67
7	BSCN JUN	BSCN	4:23.67	16	ASAL INF	ASAL	5:58.42
8	AHBVCR JUV B	AHBVCR	4:39.24	17	Óbidos INF B	OP	6:07.56
9	ADBA JUV B	ADBA	4:46.54	18	Pimpões/ CIMAI Inf B	PIMP	NT

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2 - 1ª Jornada - 2ª Sessão

21.11.09 - 15:30

Prova 15 Femin., 4 x 50m Estilos Absoluto
21.11.09 - 15:30 Lista inscritos

TAC Juniores JUN 50m: 2:37.09 - 25m: 2:35.76 / TACS Seniores SEN 50m: 2:37.09 - 25m: 2:35.76

1	ADBA SEN	ADBA	2:03.47
2	ADBA JUN	ADBA	2:14.78
3	CNAL JUN	CNAL	2:19.76

Prova 16 Masc., 4 x 50m Estilos Absolutos
21.11.09 - 15:35 Lista inscritos

TACS Juniores JUN 50m: 2:19.86 - 25m: 2:17.40 / TACS Seniores SEN 50m: 2:19.86 - 25m: 2:17.40

1	ADBA SEN	ADBA	1:51.22	5	Pimpões/ CIMAI JUN	PIMP	2:00.73
2	CNAL ABS	CNAL	1:56.45	6	ADBA JUN	ADBA	2:01.85
3	Pimpões/ CIMAI SEN	PIMP	1:59.15	7	DNMG JUN	DNMG	2:04.58
4	BSCN JUN	BSCN	2:00.29				

Prova 17 Femin., 400m Livres 12 anos e mais velhos
21.11.09 - 15:40 Lista inscritos

TAC Juniores JUN 50m: 5:45.05 - 25m: 5:40.27 / TACS Seniores SEN 50m: 5:38.28 - 25m: 5:33.60

		Ano							
1	GOMES, Carolina Francisco	95	CNNZ	4:42.53	23	CARVALHO, Jessica Andreia	96	ADBA	5:24.11
2	COSTA, Ana Sofia	95	CNAL	4:46.80	24	TOMAS, Diana Filipa	94	ADBA	5:25.30
3	LISBOA, Adriana Filipa	92	ADBA	4:48.94	25	BICA, Ines Filipa	92	NDAP	5:28.35
4	PALMA, Carla Rosario	96	CNAL	4:48.95	26	PEDRO, Ana Beatriz	97	AHBVCR	5:31.62
5	DINIS, Patricia Santos	95	AHBVCR	4:53.94	27	DIONISIO, Catarina Ferreira	95	ADBA	5:34.89
6	KAMINSKAYA, Victoria	95	PIMP	4:55.93	28	CEREJO, Barbara Amaro	97	CNNZ	5:36.76
7	VALENTE, Ana Carolina	92	DNMG	4:56.18	29	RIBEIRO, Mara Casimiro	97	CNAL	5:46.34
8	GASPAR, Joana Margarida	92	DNMG	4:56.57	30	SANTOS, Marcia Jacinto	98	AHBVCR	5:50.45
9	COSTA, Mariana Jesus	96	CNAL	4:56.82	31	DUARTE, Kelly Silva	97	ASAL	5:55.25
10	PENAS, Isa Morais	96	BSCN	4:56.89	32	BICA, Joana Maria	96	NDAP	5:59.88
11	SANTOS, Melanie Bronze	95	CNAL	4:59.93	33	NUNES, Maria Joao	98	CNAL	6:13.80
12	PAULINO, Bruna Elisabete	97	CNAL	5:04.89	34	EUSEBIO, Catia Sousa	96	AHBVCR	6:14.75
13	ELOI, Ana Monica	96	DNMG	5:04.97	35	LOURENCO, Mariana Filipa	98	CNAL	6:21.08
14	CLARA, Catia Andreia	95	DNMG	5:05.21	36	MALHO, Cristiana Vanessa	98	CNAL	6:22.28
15	DIAS, Jennifer Martins	96	AHBVCR	5:05.59	37	EUSEBIO, Patricia Sousa	97	AHBVCR	6:41.10
16	PASSARINHO, Adriana Fialho	93	BSCN	5:07.02	38	LOURENCO, Sara Patricia	97	ASAL	6:42.11
17	SILVA, Mariana Maia e	94	PIMP	5:07.94	39	MACATRAO, C.	98	CNNZ	6:45.74
18	NEGRAO, Patricia Monteiro	96	AHBVCR	5:10.39	40	BOITA, Bruna Castelhana	96	BSCN	NT
19	LOURENCO, Ana Margarida	96	BSCN	5:15.06	41	MARQUES, Mariana Feliciano	96	BSCN	NT
20	LUIS, Maria Anastacio	96	BSCN	5:20.45	42	LUZIO, Mariana Sofia	98	PIMP	NT
21	PEREIRA, Cristiana Maria	97	CNAL	5:20.63	43	MENDONCA, Catarina Cunha	98	PIMP	NT
22	AMARAL, Ines Ricardo	95	CNNZ	5:21.80	44	FERREIRA, Ines Joao	97	ASAL	NT

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Prova 18
21.11.09 - 16:05

Masc., 400m Livres

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 5:14.30 - 25m: 5:07.46 / TACS Seniores SEN 50m: 5:08.23 - 25m: 5:01.44

		Ano							
1	FREITAS, Francisco Maldonado	91	PIMP	4:13.88	24	NETO, Diogo Ferreira	95	ADBA	5:07.60
2	LOPES, Miguel Machado	92	BSCN	4:14.06	25	TABORDA, Bruno Filipe	95	ADBA	5:08.60
3	VICENTE, Andre Alexandre	94	CNNZ	4:22.51	26	CORREIA, Joao Mota	97	AHBVCR	5:10.58
4	SANTOS, Afonso Lopes	95	AHBVCR	4:25.01	27	CUNHA, Lourenco Manuel	96	ASAL	5:13.76
5	RIBEIRO, Tiago Lopes	93	BSCN	4:25.81	28	VENANCIO, Diogo Filipe	96	CNAL	5:17.07
6	CORDEIRO, Manuel Andril	92	ADBA	4:29.58	29	LOPES, Joao Baptista	95	ADBA	5:20.79
7	MARTINS, Antero Simao	94	DNMG	4:30.06	30	MARTINHO, Rafael Ruivo	95	AHBVCR	5:21.73
8	SALDANHA, Marcelo Santos	94	AHBVCR	4:33.14	31	GERARDO, Emanuel Falacho	97	CNAL	5:26.35
9	CARVALHO, Henrique Mata	92	AHBVCR	4:40.46	32	LAUREANO, Alexandre Miguel	97	CNAL	5:26.61
10	FELICIANO, Nuno Miguel	95	CNAL	4:40.94	33	CARVALHO, Daniel Mata	95	AHBVCR	5:30.92
11	OLIVEIRA, Francisco Miguel	89	CNAL	4:44.45	34	PEREIRA, Pedro Sousa	97	AHBVCR	5:36.02
12	SOUSA, Daniel Ribeiro	95	DNMG	4:46.05	35	SILVESTRE, Miguel Angelo	97	CNAL	5:39.91
13	TOMAS, Edgar Neves	94	PIMP	4:46.53	36	FERREIRA, Ricardo Filipe	95	PIMP	5:43.09
14	RELVA, Flavio Cardoso	93	ADBA	4:49.30	37	MARQUES, Jose Rafael	97	AHBVCR	5:53.98
15	NETO, Walter Marcos	95	ADBA	4:51.06	38	RIBEIRO, Ricardo Miguel	97	ASAL	5:57.83
16	SALDANHA, Rafael Santos	95	AHBVCR	4:53.44	39	DIAS, Daniel Martins	97	AHBVCR	6:05.73
17	SERRALHEIRO, Joao Manuel	95	BSCN	4:53.94	40	MESQUITA, Joao Manuel	97	CNNZ	6:08.83
18	ALVES, Telmo Silva	94	NDAP	4:58.23	41	TINTA, Micael Filipe	97	AHBVCR	6:21.60
19	BUGALHO, Jose Pedro	96	CNAL	5:02.23	42	LOPES, Pedro Joaozinho	96	ASAL	6:36.31
20	NORONHA, Fabio Ribeiro	94	AHBVCR	5:02.39	43	SANTOS, Francisco Presado	97	AHBVCR	6:42.13
21	MONTEIRO, Cristovao Dinis	95	AHBVCR	5:02.64	44	RAMOS, Miguel Marques	94	PIMP	NT
22	GOMES, Pedro dos Santos	95	ADBA	5:05.74	45	BAPTISTA, Joao Paulo	95	BSCN	NT
23	PINTO, Francisco Gouveia	95	PIMP	5:07.60					

Prova 19
21.11.09 - 16:35

Femin., 100m Bruços

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 1:37.12 - 25m: 1:34.98 / TACS Seniores SEN 50m: 1:35.20 - 25m: 1:33.12

		Ano							
1	DIAS, Mariana Mota	92	ADBA	1:20.57	11	GONCALVES, Joana Franca	95	NDAP	1:32.86
2	LEAL, Patricia Alexandra	94	DNMG	1:21.41	12	CUSTOIAS, Filipa Vicente	97	BSCN	1:33.35
3	GONCALVES, C.	95	NDAP	1:25.06	13	CAPINHA, Joana Sofia	96	OP	1:35.12
4	VALENTE, Mafalda Domingues	96	DNMG	1:26.45	14	PEREIRA, Bruna Filipa	97	ASAL	1:41.59
5	FERNANDES, Marta Almeida	97	NDAP	1:28.17	15	TRINO, Mariana Ines	97	ASAL	1:48.36
6	DUARTE, M.	97	DNMG	1:28.76	16	PEREIRA, Sofia Silva	98	ASAL	1:52.50
7	DOMINGUES, Joana Crespo	97	DNMG	1:28.95	17	MALAQUIAS, Simone Felix	97	OP	NT
8	COELHO, Sofia Ramalho	95	CNAL	1:29.98	18	LINDO, Filipa Paulo	96	BSCN	NT
9	SANTOS, Edna Beatriz	96	DNMG	1:31.82	19	CONSTANTINO, C.	96	PIMP	NT
10	PAULO, Patricia Sousa	96	BSCN	1:32.82	20	MONTEIRO, Joana Margarida	91	PIMP	NT

Prova 20
21.11.09 - 16:45

Masc., 100m Bruços

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 1:27.10 - 25m: 1:24.46 / TACS Seniores SEN 50m: 1:25.39 - 25m: 1:22.80

		Ano							
1	SILVA, Diogo Parrilha da	93	CNAL	1:05.04	13	MARQUES, Andre Fialho	95	BSCN	1:19.51
2	GODINHO, Helder Alexandre	86	ADBA	1:07.98	14	MARQUES, Henrique Jose	93	BSCN	1:20.22
3	MENDES, Joao Pedro	92	DNMG	1:08.85	15	SOUSA, Andre Ribeiro de	94	ADBA	1:21.35
4	VIEIRA, Joao Guilherme	93	PIMP	1:09.47	16	NEVES, Andre Lopes das	91	ADBA	1:22.86
5	MACHADO, Tiago Geraldes	93	PIMP	1:09.59	17	ALEXANDRE, Miguel Polidoro	94	ADBA	1:23.97
6	FERREIRA, Francisco Miguel	89	PIMP	1:11.90	18	TEIXEIRA, Micael Valverde	94	CNNZ	1:25.80
7	MARQUES, Andre Oliveira	92	ADBA	1:12.89	19	GOMES, Joao Andre	97	CNAL	1:27.85
8	DOMINGUES, Diogo Manuel	94	ADBA	1:13.65	20	MECA, David Sousa	96	CNNZ	1:29.27
9	GONCALVES, Henrique Miguel	95	NDAP	1:15.76	21	BENTO, Andre Manuel	96	CNAL	1:39.04
10	GAMEIRO, Goncalo Ferreira	94	NDAP	1:17.95	22	MENDES, Joao Curado	97	CNNZ	1:56.92
11	SILVA, Pedro Rosa	92	DNMG	1:17.97	23	MACHADO, Joao Geraldes	86	PIMP	NT
12	RELVA, Flavio Cardoso	93	ADBA	1:18.34					

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Prova 21 Femin., 50m Livres Absoluto
21.11.09 - 16:55 Lista inscritos

TACS Seniores SEN 50m: 34.78 - 25m: 34.20 / TAC Juniores JUN 50m: 35.48 - 25m: 34.88

		Ano							
1	CRUZ, Sara Francisco	93	ADBA	26.95	9	SANTOS, Cristina Paris	94	PIMP	29.94
2	DIAS, Mariana Mota	92	ADBA	27.99	10	LIMA, Cristiana Andreia	95	NDAP	31.83
3	VALENTE, Vanessa Carolina	94	CNAL	28.89	11	DUARTE, Stacy Da Silva	94	ADBA	32.00
4	ANJOS, Andreia Filipa	92	ADBA	28.97	12	GUIMARAES, Joana Margarida	95	PIMP	32.11
5	LISBOA, Adriana Filipa	92	ADBA	29.03	13	TOMAS, Diana Filipa	94	ADBA	32.54
6	GRILLO, Telma Alexandra	92	PIMP	29.25	14	BICA, Ines Filipa	92	NDAP	32.66
7	KAMINSKAYA, Victoria	95	PIMP	29.74	15	COELHO, Sofia Ramalho	95	CNAL	33.10
8	GASPAR, Joana Margarida	92	DNMG	29.87	16	DIONISIO, Catarina Ferreira	95	ADBA	35.05

Prova 22 Masc., 50m Livres Absolutos
21.11.09 - 17:00 Lista inscritos

TACS Juniores JUN 50m: 30.66 - 25m: 30.11 / TACS Seniores SEN 50m: 30.07 - 25m: 29.52

		Ano							
1	MACHADO, Tiago Gerales	93	PIMP	24.92	7	VALE, Alexandre Galveias	93	PIMP	27.17
2	PEREIRA, Tiago Filipe	91	ADBA	25.31	8	FRANCISCO, Joao Diogo	92	BSCN	27.38
3	CORDEIRO, Manuel Andril	92	ADBA	26.20	9	GONCALVES, P.	93	DNMG	28.50
4	GRACA, Andre Filipe da	93	CNAL	26.38	10	NEVES, Andre Lopes das	91	ADBA	28.51
5	GODINHO, Helder Alexandre	86	ADBA	26.71	11	FIGUEIREDO, Carlos Lopes	92	ADBA	29.70
6	FAZENDEIRO, Tiago Miguel	86	ADBA	26.97					

Prova 23 Femin., 100m Costas 12 anos e mais velhos
21.11.09 - 17:15 Lista inscritos

TAC Juniores JUN 50m: 1:27.96 - 25m: 1:25.44 / TACS Seniores SEN 50m: 1:26.24 - 25m: 1:23.76

		Ano							
1	ANJOS, Andreia Filipa	92	ADBA	1:04.29	9	CARLOS, Ana Catarina	96	DNMG	1:20.46
2	SILVA, Mara Lisboa e	93	ADBA	1:06.55	10	LUIS, Maria Anastacio	96	BSCN	1:24.36
3	VALENTE, Vanessa Carolina	94	CNAL	1:09.41	11	CATALAO, Debora Alexandra	96	OP	1:27.64
4	GUIMARAES, Joana Margarida	95	PIMP	1:11.46	12	NUNES, Valeria Carina	98	CNNZ	1:50.73
5	CLARA, Catia Andreia	95	DNMG	1:14.08	13	CRISTINO, Damiana Sofia	97	CNAL	NT
6	NEGRAO, Patricia Monteiro	96	AHBVCR	1:16.26	14	CANHAO, Patricia Domingues	98	ASAL	NT
7	GONCALVES, C.	95	NDAP	1:17.62	15	PAULO, Patricia Sousa	96	BSCN	NT
8	JOAO, Adriana Duarte	97	CNAL	1:18.26					

Prova 24 Masc., 100m Costas 13 anos e mais velhos
21.11.09 - 17:20 Lista inscritos

TACS Juniores JUN 50m: 1:18.78 - 25m: 1:15.04 / TACS Seniores SEN 50m: 1:17.24 - 25m: 1:13.56

		Ano							
1	FARIA, Cesar Fernando	90	ADBA	59.35	14	SANTOS, Nuno Goncalo	96	DNMG	1:14.67
2	NORTE, Filipe Franco	93	DNMG	1:00.85	15	MARTINS, Mauricio Santiago	97	CNAL	1:23.62
3	SILVA, Diogo Maia e	93	PIMP	1:01.32	16	BABURKO, Maksym	96	CNNZ	1:23.87
4	PEREIRA, Tiago Filipe	91	ADBA	1:02.18	17	JORGE, Joao Bernardo	97	CNAL	1:26.11
5	OLIVEIRA, Francisco Miguel	89	CNAL	1:06.01	18	FIGUEIREDO, Miguel Antonio	97	CNAL	1:30.61
6	GRACA, Andre Filipe da	93	CNAL	1:07.02	19	MARRAZES, Andre Pinto	97	DNMG	1:32.82
7	VICENTE, Andre Alexandre	94	CNNZ	1:07.36	20	FELIX, Daniel Ferreira	97	OP	1:37.02
8	FRANCISCO, Joao Diogo	92	BSCN	1:08.29	21	ALMEIDA, Pedro Petinga	96	CNNZ	1:43.80
9	FELICIANO, Nuno Miguel	95	CNAL	1:08.69	22	ELISEU, Antonio Fonseca	97	ASAL	1:48.64
10	MARTINS, Rafael Ferreira	95	DNMG	1:11.34	23	CERVA, Joao Ricardo	97	DNMG	NT
11	RELVA, Flavio Cardoso	93	ADBA	1:12.07	24	CATRAIO, Rodrigo Manuel	94	CNNZ	NT
12	TEIXEIRA, Micael Valverde	94	CNNZ	1:12.27	25	REIS, Leonardo Peralta	96	BSCN	NT
13	ALMEIDA, Joao Petinga de	94	CNNZ	1:12.85					

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Prova 25
21.11.09 - 17:30

Femin., 100m Mariposa

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 1:25.28 - 25m: 1:24.08 / TACS Seniores SEN 50m: 1:23.60 - 25m: 1:22.44

		Ano							
1	CRUZ, Sara Francisco	93	ADBA	1:00.96	13	COSTA, Mariana Jesus	96	CNAL	1:16.52
2	VALENTE, Sara Cristiana	96	CNAL	1:07.62	14	LIMA, Cristiana Andreia	95	NDAP	1:17.84
3	BORGES, Ines Filipa	95	CNAL	1:10.03	15	DUARTE, Stacy Da Silva	94	ADBA	1:18.39
4	VALENTE, Ana Carolina	92	DNMG	1:10.45	16	LOURENCO, Ana Margarida	96	BSCN	1:18.73
5	SANTOS, Cristina Paris	94	PIMP	1:10.81	17	AMARAL, Ines Ricardo	95	CNNZ	1:18.82
6	PENAS, Isa Morais	96	BSCN	1:11.46	18	DELGADO, Ines Baptista	97	CNAL	1:19.48
7	GOMES, Carolina Francisco	95	CNNZ	1:11.82	19	REI, Mariana Gomes	97	DNMG	1:24.12
8	TOMAS, Diana Filipa	94	ADBA	1:12.38	20	MARQUES, Mariana Feliciano	96	BSCN	1:31.97
9	DINIS, Patricia Santos	95	AHBVCR	1:13.54	21	BICA, Joana Maria	96	NDAP	1:32.16
10	PEDRAS, Elisa Morgado	96	BSCN	1:14.56	22	LINDO, Filipa Paulo	96	BSCN	1:32.58
11	GRILO, Telma Alexandra	92	PIMP	1:14.94	23	BOITA, Bruna Castelhana	96	BSCN	NT
12	PASSARINHO, Adriana Fialho	93	BSCN	1:15.76					

Prova 26
21.11.09 - 17:40

Masc., 100m Mariposa

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 1:13.66 - 25m: 1:12.46 / TACS Seniores SEN 50m: 1:12.22 - 25m: 1:11.04

		Ano							
1	DIOGO, Miguel Monteiro	93	CNAL	1:00.10	9	MARQUES, Henrique Jose	93	BSCN	1:09.17
2	MECA, Filipe Miguel	91	PIMP	1:03.10	10	ALMEIDA, Joao Petinga de	94	CNNZ	1:13.86
3	VALE, Alexandre Galveias	93	PIMP	1:03.78	11	RODRIGUES, Pedro Miguel	97	CNAL	1:20.88
4	RIBEIRO, Tiago Lopes	93	BSCN	1:05.16	12	BAPTISTA, Joao Paulo	95	BSCN	1:22.95
5	MARQUES, Andre Oliveira	92	ADBA	1:06.10	13	FERREIRA, Theo Jesus	96	CNNZ	1:33.22
6	CARVALHO, Henrique Mata	92	AHBVCR	1:06.90	14	CATRAIO, Rodrigo Manuel	94	CNNZ	NT
7	GONCALVES, P.	93	DNMG	1:08.01	15	FERREIRA, Francisco Miguel	89	PIMP	NT
8	SOUZA, Andre Ribeiro de	94	ADBA	1:09.06	16	MACHADO, Joao Geraledes	86	PIMP	NT

Prova 27
21.11.09 - 17:45

Femin., 200m Estilos

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 2:56.04 - 25m: 3:05.44 / TACS Seniores SEN 50m: 3:04.34 - 25m: 3:01.80

		Ano							
1	SILVA, Mara Lisboa e	93	ADBA	2:27.22	22	DIONISIO, Catarina Ferreira	95	ADBA	3:02.28
2	RUIVO, Filipa Vilas	97	DNMG	2:30.96	23	CARLOS, Ana Catarina	96	DNMG	3:02.38
3	OLIVEIRA, Ana Rita	92	PIMP	2:31.11	24	LUIS, Beatriz Oliveira	97	PIMP	3:03.54
4	VALENTE, Sara Cristiana	96	CNAL	2:31.94	25	CATALAO, Debora Alexandra	96	OP	3:03.98
5	BORGES, Ines Filipa	95	CNAL	2:34.13	26	CUNHA, Jessica Filipa	98	OP	3:07.06
6	PALMA, Carla Rosario	96	CNAL	2:37.57	27	MATIAS, Beatriz Duarte	97	NDAP	3:08.10
7	LEAL, Patricia Alexandra	94	DNMG	2:38.78	28	ALVES, Adriana Ramalho	98	DNMG	3:10.92
8	NEVES, Ana Isabel	96	PIMP	2:40.24	29	CAPINHA, Joana Sofia	96	OP	3:11.07
9	DUQUE, Debora Filipa	96	PIMP	2:45.17	30	REBELO, Patricia Pimenta	98	BSCN	3:11.16
10	ELOI, Ana Monica	96	DNMG	2:45.95	31	OLIVEIRA, Marta Catarino	98	DNMG	3:12.09
11	DIAS, Jennifer Martins	96	AHBVCR	2:46.96	32	RIBEIRO, Catarina Martins	98	DNMG	3:14.90
12	VALENTE, Mafalda Domingues	96	DNMG	2:47.61	33	EUSEBIO, Catia Sousa	96	AHBVCR	3:20.72
13	GONCALVES, C.	95	NDAP	2:51.75	34	HENRIQUES, Carolina Quintas	97	NDAP	3:24.70
14	LIMA, Cristiana Andreia	95	NDAP	2:53.13	35	RODRIGUES, Leonor Carlota	98	BSCN	3:24.73
15	CARVALHO, Jessica Andreia	96	ADBA	2:53.34	36	NORTE, Beatriz Sofia	98	DNMG	3:28.76
16	FERREIRA, Liliana Sofia	97	PIMP	2:54.44	37	DUARTE, Angela Sofia	97	ASAL	3:30.35
17	TEODOSIO, Marina Nicolina	97	ASAL	2:54.71	38	DUARTE, Mariana Jorge	97	NDAP	3:33.20
18	DUARTE, Ines Serra	98	CNNZ	2:55.62	39	CUNHA, Ana Henriques	98	ASAL	3:41.22
19	BICA, Ines Filipa	92	NDAP	2:55.98	40	FERNANDES, Joana Maria	97	NDAP	NT
20	RELVA, Melissa Cardoso	97	ASAL	2:57.88	41	MATOS, Carolina Lourenco	98	BSCN	NT
21	SANTOS, Edna Beatriz	96	DNMG	2:59.35					

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Prova 28
21.11.09 - 18:05

Masc., 200m Estilos

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 2:49.10 - 25m: 2:44.26 / TACS Seniores SEN 50m: 2:45.62 - 25m: 2:40.80

		Ano							
1	FARIA, Cesar Fernando	90	ADBA	2:13.19	28	OLIVEIRA, Pedro Alexandre	96	DNMG	2:45.52
2	LOPES, Miguel Machado	92	BSCN	2:13.87	29	LOPES, Joao Baptista	95	ADBA	2:50.56
3	MENDES, Joao Pedro	92	DNMG	2:14.84	30	MARQUES, Fabio Ferreira	96	ASAL	2:56.16
4	PEREIRA, Tiago Filipe	91	ADBA	2:17.26	31	SANTOS, Nuno Miguel	97	PIMP	2:56.22
5	SANTOS, Afonso Lopes	95	AHBVCR	2:17.67	32	QUERIDO, Ricardo Baptista	97	OP	3:00.22
6	SOUSA, Daniel Ribeiro	95	DNMG	2:25.94	33	CARVALHO, Daniel Mata	95	AHBVCR	3:00.39
7	SALDANHA, Marcelo Santos	94	AHBVCR	2:26.32	34	SILVA, Joao Francisco	97	DNMG	3:02.07
8	MARTINS, Antero Simao	94	DNMG	2:26.38	35	RIBEIRO, Tiago Andre	97	DNMG	3:02.14
9	DOMINGUES, Diogo Manuel	94	ADBA	2:29.50	36	FERNANDES, Diogo Miguel	96	NDAP	3:02.61
10	SERRALHEIRO, Joao Manuel	95	BSCN	2:29.58	37	FILIFE, Bernardo Joao	97	ASAL	3:03.66
11	NETO, Diogo Ferreira	95	ADBA	2:30.06	38	DAVID, Nuno Roque	97	DNMG	3:03.70
12	NORONHA, Fabio Ribeiro	94	AHBVCR	2:30.92	39	SILVA, Nuno Valerio	97	DNMG	3:07.21
13	VIEIRA, Joao Guilherme	93	PIMP	2:32.74	40	RIBEIRO, Alexandre Silva	97	OP	3:07.76
14	ALEXANDRE, Miguel Polidoro	94	ADBA	2:33.10	41	JERONIMO, Ricardo Contreiras	97	NDAP	3:07.92
15	GAMEIRO, Goncalo Ferreira	94	NDAP	2:35.53	42	MARQUES, Filipe Oliveira	97	ASAL	3:09.69
16	NETO, Walter Marcos	95	ADBA	2:35.90	43	NUNES, Miguel Belo	96	ASAL	3:10.34
17	MARTINS, Rafael Ferreira	95	DNMG	2:36.41	44	FERREIRA, G.	96	NDAP	3:13.49
18	MONTEIRO, Cristovao Dinis	95	AHBVCR	2:36.92	45	FIGUEIREDO, David Filipe	97	PIMP	3:14.19
19	SALDANHA, Rafael Santos	95	AHBVCR	2:37.08	46	FERRAZ, Francisco Maria	97	PIMP	3:19.34
20	SILVA, Pedro Rosa	92	DNMG	2:37.26	47	GONCALVES, Joao Courelas	97	NDAP	3:20.74
21	CINTRAO, Pedro Rafael	96	NDAP	2:37.30	48	HULLIY, Vladyslav	97	NDAP	3:21.79
22	TABORDA, Bruno Filipe	95	ADBA	2:40.87	49	TOMAS, Duarte Lourenco	97	OP	3:27.14
23	GOMES, Daniel Faustino	96	CNAL	2:40.95	50	COSTA, Pedro Alexandre	97	NDAP	3:38.59
24	SOUSA, Tiago Sequeira	96	ASAL	2:41.73	51	GOMES, Vasco Gameiro	97	NDAP	3:43.19
25	GONCALVES, Henrique Miguel	95	NDAP	2:44.21	52	MARQUES, Andre Fialho	95	BSCN	NT
26	MARTINHO, Rafael Ruivo	95	AHBVCR	2:45.33	53	ALVES, Telmo Silva	94	NDAP	NT
27	GOMES, Pedro dos Santos	95	ADBA	2:45.34	54	SANTOS, Joao Paris	97	PIMP	NT

Prova 29
21.11.09 - 18:35

Femin., 4 x 200m Livres

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 10:54.90 - 25m: 10:51.60 / TACS Seniores SEN 50m: 10:54.90 - 25m: 10:51.60

1	ADBA SEN	ADBA	8:51.13	8	DNMG JUV	DNMG	10:35.23
2	ADBA JUN	ADBA	9:09.98	9	BSCN JUV	BSCN	11:04.01
3	CNAL JUN	CNAL	9:21.64	10	ASAL INF	ASAL	11:04.67
4	Pimpões/ CIMAI JUN	PIMP	9:46.06	11	DNMG INF B	DNMG	11:36.63
5	DNMG INF A	DNMG	10:06.48	12	ASAL INF	ASAL	NT
6	BSCN JUV	BSCN	10:11.99	13	Pimpões/ CIMAI ABS	PIMP	NT
7	CNAL INF A	CNAL	10:23.04				

Prova 30
21.11.09 - 18:50

Masc., 4 x 200m Livres

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 9:41.89 - 25m: 9:36.00 / TACS Seniores SEN 50m: 9:41.89 - 25m: 9:36.00

1	CNAL ABS	CNAL	8:05.23	8	DNMG INF B	DNMG	11:11.43
2	ADBA JUN	ADBA	8:39.13	9	CNAL INF B	CNAL	11:24.46
3	Pimpões/ CIMAI JUN	PIMP	8:42.81	10	ASAL INF	ASAL	11:52.97
4	DNMG JUN	DNMG	8:53.61	11	ADBA SEN	ADBA	NT
5	ASAL INF	ASAL	10:18.97	12	ADBA JUV B	ADBA	NT
6	CNAL INF A	CNAL	10:20.56	13	BSCN JUN	BSCN	NT
7	CNAL INF B	CNAL	10:29.99	14	Pimpões/ CIMAI Inf B	PIMP	NT

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Prova 31 Femin., 800m Livres Absoluto
21.11.09 - 19:05 Lista inscritos

		Ano							
1	COSTA, Ana Sofia	95	CNAL	9:44.54	4	CRUZ, Sara Francisco	93	ADBA	NT
2	OLIVEIRA, Ana Rita	92	PIMP	9:45.78	5	SILVA, Mariana Maia e	94	PIMP	NT
3	SANTOS, Melanie Bronze	95	CNAL	10:06.82					

Prova 32 Masc., 1500m Livres Absolutos
21.11.09 - 19:20 Lista inscritos

		Ano							
1	DIOGO, Miguel Monteiro	93	CNAL	16:01.00	5	CORDEIRO, Manuel Andril	92	ADBA	17:50.26
2	FREITAS, Francisco Maldonado	91	PIMP	17:15.64	6	NORTE, Filipe Franco	93	DNMG	NT
3	SILVA, Diogo Maia e	93	PIMP	17:30.56	7	SILVA, Diogo Parrilha da	93	CNAL	NT
4	MECA, Filipe Miguel	91	PIMP	17:42.48					

3 - 2ª Jornada - Sessão Única 22.11.09 - 9:30

Prova 33 Femin., 50m Mariposa Absoluto
22.11.09 - 9:30 Lista inscritos

TAC Juniores JUN 50m: 37.91 - 25m: 37.44 / TACS Seniores SEN 50m: 37.91 - 25m: 37.44

		Ano							
1	CRUZ, Sara Francisco	93	ADBA	28.32	5	VALENTE, Ana Carolina	92	DNMG	33.22
2	VALENTE, Vanessa Carolina	94	CNAL	30.66	6	LISBOA, Adriana Filipa	92	ADBA	33.46
3	SANTOS, Cristina Paris	94	PIMP	31.94	7	GRILLO, Telma Alexandra	92	PIMP	34.17
4	TOMAS, Diana Filipa	94	ADBA	32.87	8	DUARTE, Stacy Da Silva	94	ADBA	35.24

Prova 34 Masc., 50m Mariposa Absolutos
22.11.09 - 9:35 Lista inscritos

TACS Juniores JUN 50m: 32.93 - 25m: 32.16 / TACS Seniores SEN 50m: 32.93 - 25m: 34.56

		Ano							
1	GODINHO, Helder Alexandre	86	ADBA	28.33	7	CARVALHO, Henrique Mata	92	AHBVCR	30.96
2	PEREIRA, Tiago Filipe	91	ADBA	28.61	8	FIGUEIREDO, Carlos Lopes	92	ADBA	31.20
3	RIBEIRO, Tiago Lopes	93	BSCN	28.73	9	GONCALVES, P.	93	DNMG	31.39
4	VALE, Alexandre Galveias	93	PIMP	29.44	10	MACHADO, Joao Gerales	86	PIMP	NT
5	MACHADO, Tiago Gerales	93	PIMP	29.59	11	FERREIRA, Francisco Miguel	89	PIMP	NT
6	MARQUES, Andre Oliveira	92	ADBA	30.24	12	FRANCISCO, Joao Diogo	92	BSCN	NT

Prova 35 Femin., 200m Costas 12 anos e mais velhos
22.11.09 - 9:40 Lista inscritos

TAC Juniores JUN 50m: 3:08.89 - 25m: 3:03.84 / TACS Seniores SEN 50m: 3:05.09 - 25m: 3:00.24

		Ano							
1	SILVA, Mara Lisboa e	93	ADBA	2:19.10	12	PAULINO, Bruna Elisabete	97	CNAL	2:38.84
2	ANJOS, Andreia Filipa	92	ADBA	2:19.62	13	OLIVEIRA, Ana Rita	92	PIMP	2:39.34
3	GUIMARAES, Joana Margarida	95	PIMP	2:28.61	14	VALENTE, Sara Cristiana	96	CNAL	2:39.41
4	VALENTE, Vanessa Carolina	94	CNAL	2:29.31	15	NEVES, Ana Isabel	96	PIMP	2:39.55
5	BORGES, Ines Filipa	95	CNAL	2:30.85	16	CLARA, Catia Andreia	95	DNMG	2:42.54
6	PALMA, Carla Rosario	96	CNAL	2:34.37	17	ELOI, Ana Monica	96	DNMG	2:43.18
7	COSTA, Mariana Jesus	96	CNAL	2:34.98	18	CUSTOIAS, Filipa Vicente	97	BSCN	2:43.21
8	DINIS, Patricia Santos	95	AHBVCR	2:35.74	19	JOAO, Adriana Duarte	97	CNAL	2:44.87
9	NEGRAO, Patricia Monteiro	96	AHBVCR	2:37.64	20	FERREIRA, Liliana Sofia	97	PIMP	2:45.12
10	PENAS, Isa Morais	96	BSCN	2:37.88	21	DUQUE, Debora Filipa	96	PIMP	2:47.20
11	GASPAR, Joana Margarida	92	DNMG	2:38.38	22	DUARTE, M.	97	DNMG	2:47.72

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Prova 35, Femin., 200m Costas

23	LOURENCO, Ana Margarida	96	BSCN	2:48.06	35	EUSEBIO, Patricia Sousa	97	AHBVCR	3:43.33
24	CARVALHO, Jessica Andreia	96	ADBA	2:49.45	36	LUIS, Beatriz Oliveira	97	PIMP	NT
25	DELGADO, Ines Baptista	97	CNAL	2:50.00	37	MALHO, Cristiana Vanessa	98	CNAL	NT
26	GONCALVES, C.	95	NDAP	2:51.72	38	TRINO, Mariana Ines	97	ASAL	NT
27	PEREIRA, Cristiana Maria	97	CNAL	2:53.85	39	DUARTE, Kelly Silva	97	ASAL	NT
28	DOMINGUES, Joana Crespo	97	DNMG	2:54.00	40	DUARTE, Ines Serra	98	CNNZ	NT
29	PEDRAS, Elisa Morgado	96	BSCN	2:54.61	41	PEREIRA, Sofia Silva	98	ASAL	NT
30	LUIS, Maria Anastacio	96	BSCN	2:55.43	42	PAULO, Patricia Sousa	96	BSCN	NT
31	LINDO, Filipa Paulo	96	BSCN	2:56.29	43	NUNES, Maria Joao	98	CNAL	NT
32	DIONISIO, Catarina Ferreira	95	ADBA	2:57.03	44	LUZIO, Mariana Sofia	98	PIMP	NT
33	CARLOS, Ana Catarina	96	DNMG	2:57.39	45	LOURENCO, Mariana Filipa	98	CNAL	NT
34	DUARTE, Angela Sofia	97	ASAL	3:18.22					

Prova 36

Masc., 200m Costas

13 anos e mais velhos

22.11.09 - 9:55

Lista inscritos

TACS Juniores JUN 50m: 2:52.30 - 25m: 2:44.63 / TACS Seniores SEN 50m: 2:48.89 - 25m: 2:41.40

		Ano							
1	NORTE, Filipe Franco	93	DNMG	2:12.72	26	QUERIDO, Ricardo Baptista	97	OP	2:50.61
2	FARIA, Cesar Fernando	90	ADBA	2:13.55	27	DAVID, Nuno Roque	97	DNMG	3:00.07
3	SILVA, Diogo Maia e	93	PIMP	2:14.40	28	HULLIY, Vladyslav	97	NDAP	3:27.02
4	LOPES, Miguel Machado	92	BSCN	2:19.50	29	DOMINGUES, Diogo Manuel	94	ADBA	NT
5	SALDANHA, Marcelo Santos	94	AHBVCR	2:21.79	30	FERREIRA, G.	96	NDAP	NT
6	OLIVEIRA, Francisco Miguel	89	CNAL	2:23.76	31	RIBEIRO, Ricardo Miguel	97	ASAL	NT
7	FELICIANO, Nuno Miguel	95	CNAL	2:24.18	32	SANTOS, Nuno Miguel	97	PIMP	NT
8	VICENTE, Andre Alexandre	94	CNNZ	2:24.36	33	CARVALHO, Daniel Mata	95	AHBVCR	NT
9	CORDEIRO, Manuel Andril	92	ADBA	2:26.68	34	SOUSA, Andre Ribeiro de	94	ADBA	NT
10	GRACA, Andre Filipe da	93	CNAL	2:26.83	35	RODRIGUES, Pedro Miguel	97	CNAL	NT
11	MARTINS, Antero Simao	94	DNMG	2:29.32	36	SANTOS, Joao Paris	97	PIMP	NT
12	SERRALHEIRO, Joao Manuel	95	BSCN	2:30.28	37	CATRAIO, Rodrigo Manuel	94	CNNZ	NT
13	ALEXANDRE, Miguel Polidoro	94	ADBA	2:30.85	38	RAMOS, Miguel Marques	94	PIMP	NT
14	TABORDA, Bruno Filipe	95	ADBA	2:33.13	39	PINTO, Francisco Gouveia	95	PIMP	NT
15	ALMEIDA, Joao Petinga de	94	CNNZ	2:33.86	40	TEIXEIRA, Micael Valverde	94	CNNZ	NT
16	LOPES, Joao Baptista	95	ADBA	2:34.95	41	FREITAS, Francisco Maldonado	91	PIMP	NT
17	GOMES, Daniel Faustino	96	CNAL	2:35.24	42	FIGUEIREDO, David Filipe	97	PIMP	NT
18	CINTRAO, Pedro Rafael	96	NDAP	2:36.77	43	LAUREANO, Alexandre Miguel	97	CNAL	NT
19	MARTINS, Rafael Ferreira	95	DNMG	2:37.69	44	PEREIRA, Pedro Sousa	97	AHBVCR	NT
20	OLIVEIRA, Pedro Alexandre	96	DNMG	2:41.55	45	FERREIRA, Ricardo Filipe	95	PIMP	NT
21	GOMES, Pedro dos Santos	95	ADBA	2:41.76	46	MARTINS, Mauricio Santiago	97	CNAL	NT
22	VENANCIO, Diogo Filipe	96	CNAL	2:42.36	47	FIGUEIREDO, Miguel Antonio	97	CNAL	NT
23	NETO, Walter Marcos	95	ADBA	2:43.99	48	FERRAZ, Francisco Maria	97	PIMP	NT
24	SOUSA, Tiago Sequeira	96	ASAL	2:47.78	49	TINTA, Micael Filipe	97	AHBVCR	NT
25	MARQUES, Fabio Ferreira	96	ASAL	2:48.79	50	NETO, Diogo Ferreira	95	ADBA	NT

Prova 37

Femin., 50m Bruços

Absoluto

22.11.09 - 10:10

Lista inscritos

TAC Juniores JUN 50m: 44.53 - 25m: 43.68 / TACS Seniores SEN 50m: 44.53 - 25m: 43.68

		Ano							
1	KAMINSKAYA, Victoria	95	PIMP	37.05	4	COELHO, Sofia Ramalho	95	CNAL	42.46
2	DIAS, Mariana Mota	92	ADBA	38.18	5	MONTEIRO, Joana Margarida	91	PIMP	NT
3	LEAL, Patricia Alexandra	94	DNMG	38.32					

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Prova 38
22.11.09

Masc., 50m Bruços

Absolutos
Lista inscritos

TACS Juniores JUN 50m: 38.41 - 25m: 37.20 / TACS Seniores SEN 50m: 38.41 - 25m: 37.20

		Ano							
1	GODINHO, Helder Alexandre	86	ADBA	30.39	5	FERREIRA, Francisco Miguel	89	PIMP	33.51
2	MACHADO, Tiago Gerales	93	PIMP	31.71	6	MARQUES, Andre Oliveira	92	ADBA	34.33
3	MENDES, Joao Pedro	92	DNMG	32.33	7	SILVA, Pedro Rosa	92	DNMG	36.31
4	VIEIRA, Joao Guilherme	93	PIMP	32.70	8	RELVA, Flavio Cardoso	93	ADBA	36.81

Prova 39
22.11.09 - 10:20

Femin., 200m Livres

12 anos e mais velhos
Lista inscritos

TAC Juniores JUN 50m: 2:45.25 - 25m: 2:42.79 / TACS Seniores SEN 50m: 2:41.95 - 25m: 2:39.60

		Ano							
1	LISBOA, Adriana Filipa	92	ADBA	2:09.28	37	CATALAO, Debora Alexandra	96	OP	2:43.65
2	PALMA, Carla Rosario	96	CNAL	2:17.43	38	CEREJO, Barbara Amaro	97	CNNZ	2:43.94
3	VALENTE, Sara Cristiana	96	CNAL	2:17.67	39	RELVA, Melissa Cardoso	97	ASAL	2:44.09
4	GRILO, Telma Alexandra	92	PIMP	2:17.78	40	RIBEIRO, Mara Casimiro	97	CNAL	2:44.79
5	OLIVEIRA, Ana Rita	92	PIMP	2:18.37	41	CUNHA, Jessica Filipa	98	OP	2:48.21
6	RUIVO, Filipa Vilas	97	DNMG	2:18.70	42	SANTOS, Marcia Jacinto	98	AHBVCR	2:48.73
7	COSTA, Ana Sofia	95	CNAL	2:21.06	43	MALAQUIAS, Simone Felix	97	OP	2:49.25
8	GASPAR, Joana Margarida	92	DNMG	2:21.35	44	MARQUES, Mariana Feliciano	96	BSCN	2:49.57
9	COSTA, Mariana Jesus	96	CNAL	2:21.42	45	CARLOS, Ana Catarina	96	DNMG	2:49.92
10	SANTOS, Melanie Bronze	95	CNAL	2:22.42	46	FERNANDES, Marta Almeida	97	NDAP	2:50.58
11	VALENTE, Ana Carolina	92	DNMG	2:23.86	47	ALVES, Adriana Ramalho	98	DNMG	2:51.19
12	PENAS, Isa Morais	96	BSCN	2:24.16	48	OLIVEIRA, Marta Catarino	98	DNMG	2:51.65
13	BORGES, Ines Filipa	95	CNAL	2:24.98	49	CAPINHA, Joana Sofia	96	OP	2:51.66
14	KAMINSKAYA, Victoria	95	PIMP	2:25.02	50	RIBEIRO, Catarina Martins	98	DNMG	2:51.73
15	CLARA, Catia Andreia	95	DNMG	2:26.01	51	BICA, Joana Maria	96	NDAP	2:52.23
16	SILVA, Mariana Maia e	94	PIMP	2:27.82	52	LOURENCO, Sara Patricia	97	ASAL	2:55.82
17	ELOI, Ana Monica	96	DNMG	2:28.56	53	BOITA, Bruna Castelhanos	96	BSCN	2:56.53
18	DUARTE, Stacy Da Silva	94	ADBA	2:29.10	54	COSTA, Marta Marques	98	CNPE	2:59.32
19	DIONISIO, Catarina Ferreira	95	ADBA	2:30.13	55	MATIAS, Beatriz Duarte	97	NDAP	2:59.34
20	DIAS, Jennifer Martins	96	AHBVCR	2:30.27	56	FERREIRA, Ines Joao	97	ASAL	2:59.59
21	PEDRAS, Elisa Morgado	96	BSCN	2:30.57	57	EUSEBIO, Catia Sousa	96	AHBVCR	3:01.41
22	PASSARINHO, Adriana Fialho	93	BSCN	2:30.59	58	HENRIQUES, Carolina Quintas	97	NDAP	3:01.65
23	NEGRAO, Patricia Monteiro	96	AHBVCR	2:30.83	59	NORTE, Beatriz Sofia	98	DNMG	3:02.06
24	PEDRO, Ana Beatriz	97	AHBVCR	2:31.41	60	FERNANDES, Joana Maria	97	NDAP	3:07.49
25	BICA, Ines Filipa	92	NDAP	2:32.70	61	CUNHA, Ana Henriques	98	ASAL	3:09.23
26	LIMA, Cristiana Andreia	95	NDAP	2:34.50	62	MACATRAO, C.	98	CNNZ	3:12.81
27	CARVALHO, Jessica Andreia	96	ADBA	2:36.24	63	DUARTE, Mariana Jorge	97	NDAP	3:13.27
28	VALENTE, Mafalda Domingues	96	DNMG	2:36.80	64	PEREIRA, Bruna Filipa	97	ASAL	3:22.77
29	AMARAL, Ines Ricardo	95	CNNZ	2:36.85	65	NUNES, Valeria Carina	98	CNNZ	3:27.68
30	LINDO, Filipa Paulo	96	BSCN	2:36.88	66	MENDONCA, Catarina Cunha	98	PIMP	3:27.89
31	LUIS, Maria Anastacio	96	BSCN	2:37.62	67	CANHAO, Patricia Domingues	98	ASAL	NT
32	TEODOSIO, Marina Nicolina	97	ASAL	2:38.05	68	CRISTINO, Damiana Sofia	97	CNAL	NT
33	REI, Mariana Gomes	97	DNMG	2:39.71	69	RODRIGUES, Leonor Carlota	98	BSCN	NT
34	SANTOS, Edna Beatriz	96	DNMG	2:39.95	70	MATOS, Carolina Lourenco	98	BSCN	NT
35	TOMAS, Diana Filipa	94	ADBA	2:40.77	71	LOURENCO, Ana Margarida	96	BSCN	NT
36	PAULO, Patricia Sousa	96	BSCN	2:41.03	72	REBELO, Patricia Pimenta	98	BSCN	NT

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Prova 40
22.11.09 - 10:40

Masc., 200m Livres

13 anos e mais velhos
Lista inscritos

TACS Juniores JUN 50m: 2:28.79 - 25m: 2:25.04 / TACS Seniores SEN 50m: 2:25.81 - 25m: 2:22.20

		Ano							
1	DIOGO, Miguel Monteiro	93	CNAL	1:57.30	41	GONCALVES, Henrique Miguel	95	NDAP	2:34.72
2	SILVA, Diogo Parrilha da	93	CNAL	1:59.60	42	BAPTISTA, Joao Paulo	95	BSCN	2:35.67
3	MECA, Filipe Miguel	91	PIMP	2:01.76	43	LOPES, Pedro Joaquinho	96	ASAL	2:37.21
4	FREITAS, Francisco Maldonado	91	PIMP	2:01.88	44	GERARDO, Emanuel Falacho	97	CNAL	2:38.82
5	SILVA, Diogo Maia e	93	PIMP	2:02.00	45	MARQUES, Filipe Oliveira	97	ASAL	2:39.95
6	SANTOS, Afonso Lopes	95	AHBVCR	2:02.75	46	FERNANDES, Diogo Miguel	96	NDAP	2:39.99
7	CORDEIRO, Manuel Andril	92	ADBA	2:03.23	47	MECA, David Sousa	96	CNNZ	2:42.09
8	GRACA, Andre Filipe da	93	CNAL	2:04.06	48	GOMES, Joao Andre	97	CNAL	2:42.18
9	VALE, Alexandre Galveias	93	PIMP	2:04.87	49	SILVESTRE, Miguel Angelo	97	CNAL	2:42.30
10	VICENTE, Andre Alexandre	94	CNNZ	2:06.68	50	FERREIRA, Theo Jesus	96	CNNZ	2:42.97
11	ALEXANDRE, Miguel Polidoro	94	ADBA	2:08.99	51	RIBEIRO, Tiago Andre	97	DNMG	2:44.61
12	SALDANHA, Marcelo Santos	94	AHBVCR	2:12.47	52	BABURKO, Maksym	96	CNNZ	2:44.63
13	MARTINS, Antero Simao	94	DNMG	2:12.61	53	RIBEIRO, Alexandre Silva	97	OP	2:45.02
14	TOMAS, Edgar Neves	94	PIMP	2:12.88	54	SILVA, Nuno Valerio	97	DNMG	2:45.27
15	SOUZA, Daniel Ribeiro	95	DNMG	2:13.15	55	MARQUES, Jose Rafael	97	AHBVCR	2:46.41
16	SERRALHEIRO, Joao Manuel	95	BSCN	2:13.30	56	NUNES, Miguel Belo	96	ASAL	2:47.17
17	FRANCISCO, Joao Diogo	92	BSCN	2:14.09	57	CATRAIO, Rodrigo Manuel	94	CNNZ	2:47.31
18	ALMEIDA, Joao Petinga de	94	CNNZ	2:14.36	58	GONCALVES, Joao Courelas	97	NDAP	2:47.41
19	PEREIRA, Tiago Filipe	91	ADBA	2:14.68	59	SILVA, Joao Francisco	97	DNMG	2:50.42
20	CARVALHO, Henrique Mata	92	AHBVCR	2:14.70	60	DIAS, Daniel Martins	97	AHBVCR	2:51.88
21	NETO, Walter Marcos	95	ADBA	2:15.01	61	JORGE, Joao Bernardo	97	CNAL	2:55.03
22	FELICIANO, Nuno Miguel	95	CNAL	2:16.10	62	JERONIMO, Ricardo Contreiras	97	NDAP	2:56.10
23	OLIVEIRA, Francisco Miguel	89	CNAL	2:16.26	63	FILIPPE, Bernardo Joao	97	ASAL	2:57.11
24	GONCALVES, P.	93	DNMG	2:17.61	64	TOMAS, Duarte Lourenco	97	OP	3:01.25
25	TEIXEIRA, Micael Valverde	94	CNNZ	2:17.82	65	MESQUITA, Joao Manuel	97	CNNZ	3:01.46
26	GAMEIRO, Goncalo Ferreira	94	NDAP	2:19.55	66	SANTOS, Francisco Presado	97	AHBVCR	3:03.61
27	NEVES, Andre Lopes das	91	ADBA	2:20.57	67	FELIX, Daniel Ferreira	97	OP	3:06.97
28	MARQUES, Andre Fialho	95	BSCN	2:21.85	68	COSTA, Pedro Alexandre	97	NDAP	3:13.81
29	SALDANHA, Rafael Santos	95	AHBVCR	2:22.55	69	ALMEIDA, Pedro Petinga	96	CNNZ	3:18.71
30	ALVES, Telmo Silva	94	NDAP	2:22.65	70	GOMES, Vasco Gameiro	97	NDAP	3:19.27
31	LOPES, Joao Baptista	95	ADBA	2:22.82	71	MENDES, Joao Curado	97	CNNZ	3:34.44
32	MONTEIRO, Cristovao Dinis	95	AHBVCR	2:23.38	72	ELISEU, Antonio Fonseca	97	ASAL	3:36.48
33	MARTINS, Rafael Ferreira	95	DNMG	2:23.60	73	BENTO, Andre Manuel	96	CNAL	NT
34	GOMES, Pedro dos Santos	95	ADBA	2:24.77	74	TABORDA, Bruno Filipe	95	ADBA	NT
35	SANTOS, Nuno Goncalo	96	DNMG	2:25.69	75	RIBEIRO, Tiago Lopes	93	BSCN	NT
36	CORREIA, Joao Mota	97	AHBVCR	2:27.09	76	REIS, Leonardo Peralta	96	BSCN	NT
37	NORONHA, Fabio Ribeiro	94	AHBVCR	2:27.67	77	DOMINGUES, Diogo Manuel	94	ADBA	NT
38	MARTINHO, Rafael Ruivo	95	AHBVCR	2:29.10	78	MARQUES, Henrique Jose	93	BSCN	NT
39	BUGALHO, Jose Pedro	96	CNAL	2:29.34	79	SOUZA, Andre Ribeiro de	94	ADBA	NT
40	CUNHA, Lourenco Manuel	96	ASAL	2:29.91	80	NETO, Diogo Ferreira	95	ADBA	NT

Prova 41
22.11.09 - 11:00

Femin., 100m Estilos

Absoluto
Lista inscritos

TAC Juniores JUN: 1:26.90 / TACS Seniores SEN: 1:25.20

		Ano							
1	SANTOS, Cristina Paris	94	PIMP	1:14.21	6	ANJOS, Andreia Filipa	92	ADBA	NT
2	LEAL, Patricia Alexandra	94	DNMG	1:15.72	7	AMARAL, Ines Ricardo	95	CNNZ	NT
3	GOMES, Carolina Francisco	95	CNNZ	1:19.78	8	COELHO, Sofia Ramalho	95	CNAL	NT
4	CRUZ, Sara Francisco	93	ADBA	NT	9	DINIS, Patricia Santos	95	AHBVCR	NT
5	DIAS, Mariana Mota	92	ADBA	NT	10	GUIMARAES, Joana Margarida	95	PIMP	NT

Campeonato Distrital de Piscina Curta
Alcobaça, 21. - 22.11.2009

Prova 42 Masc., 100m Estilos Absolutos
22.11.09 - 11:05 Lista inscritos

TACS Juniores JUN: 1:15.89 / TACS Seniores SEN: 1:14.40

		Ano							
1	LOPES, Miguel Machado	92	BSCN	1:01.55	6	FIGUEIREDO, Carlos Lopes	92	ADBA	NT
2	NORTE, Filipe Franco	93	DNMG	1:03.33	7	FARIA, Cesar Fernando	90	ADBA	NT
3	GODINHO, Helder Alexandre	86	ADBA	1:08.67	8	VIEIRA, Joao Guilherme	93	PIMP	NT
4	PEREIRA, Tiago Filipe	91	ADBA	NT	9	MACHADO, Joao Geraldês	86	PIMP	NT
5	NEVES, Andre Lopes das	91	ADBA	NT					

Prova 43 Femin., 4 x 100m Livres 12 anos e mais velhos
22.11.09 - 11:10 Lista inscritos

TACS Seniores SEN 50m: 5:07.46 - 25m: 5:06.00 / TAC Juniores JUN 50m: 5:07.46 - 25m: 5:06.00

1	ADBA SEN	ADBA	3:59.92	8	DNMG JUV	DNMG	4:46.09
2	ADBA JUN	ADBA	4:11.41	9	ASAL INF	ASAL	4:58.39
3	Pimpões/ CIMAI JUN	PIMP	4:24.38	10	BSCN JUV	BSCN	5:03.99
4	CNAL JUN	CNAL	4:24.89	11	DNMG INF B	DNMG	5:07.94
5	BSCN JUV	BSCN	4:33.63	12	ASAL INF	ASAL	NT
6	DNMG INF A	DNMG	4:39.07	13	Pimpões/ CIMAI ABS	PIMP	NT
7	CNAL INF A	CNAL	4:45.37	14	NDAP JUN	NDAP	NT

Prova 44 Masc., 4 x 100m Livres 13 anos e mais velhos
22.11.09 - 11:25 Lista inscritos

TACS Juniores JUN 50m: 4:25.76 - 25m: 4:24.00 / TACS Seniores SEN 50m: 4:25.76 - 25m: 4:24.00

1	CNAL ABS	CNAL	3:44.34	10	ASAL INF	ASAL	4:47.40
2	Pimpões/ CIMAI SEN	PIMP	3:48.42	11	CNAL INF A	CNAL	4:47.64
3	Pimpões/ CIMAI JUN	PIMP	3:50.47	12	DNMG INF B	DNMG	4:54.44
4	ADBA JUN	ADBA	3:55.89	13	CNAL INF B	CNAL	5:11.50
5	BSCN JUN	BSCN	3:56.08	14	ASAL INF	ASAL	5:14.02
6	DNMG JUN	DNMG	3:58.96	15	Óbidos INF B	OP	5:14.98
7	AHBVCR JUV B	AHBVCR	4:07.87	16	ADBA SEN	ADBA	NT
8	ADBA JUV B	ADBA	4:08.72	17	Pimpões/ CIMAI Inf B	PIMP	NT
9	CNAL INF B	CNAL	4:32.24				

Prova 45 Femin., 1500m Livres Absoluto
22.11.09 - 11:55 Lista inscritos

		Ano							
1	SANTOS, Melanie Bronze	95	CNAL	NT	3	GOMES, Carolina Francisco	95	CNNZ	NT
2	SILVA, Mara Lisboa e	93	ADBA	NT	4	COSTA, Ana Sofia	95	CNAL	NT

Prova 46 Masc., 800m Livres Absolutos
22.11.09 - 12:25 Lista inscritos

		Ano			
1	DIOGO, Miguel Monteiro	93	CNAL	8:27.18	
2	MENDES, Joao Pedro	92	DNMG	9:06.21	
3	SILVA, Diogo Parrilha da	93	CNAL	NT	