

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 1 200m Mariposa 12 anos e mais velhos
23.5.09 Resultados

INF-A 13 Anos FEM 13 Femin.: 4:00.00 / INF-A 14 Anos MAS 14 Masc.: 3:55.00 / INF-B 12 Anos FEM 12 Femin.: 4:30.50 / INF-B 13 Anos MAS 13 Masc.: 4:25.50 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 3:30.50 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 3:20.00 / JUV 14 Anos FEM 14 Femin.: 3:50.00 / JUV-A 16 Anos MAS 16 Masc.: 3:28.50 / JUV-B 15 Anos MAS 15 Masc.: 3:34.50

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Marcia Filipa Carvalho	96 Individual Santarem	2:37.99	503
<i>Recorde Distrital INF-A (2.38.16)</i>			
50m: 35.10	100m: 1:13.49	150m: 1:56.44	200m: 2:37.99
2. Vanessa Braga Salvador	91 União Samorense	2:42.36	463
50m: 35.21	100m: 1:13.40	150m: 1:56.79	200m: 2:42.36
3. Julia Matos Lopes	94 Scalabisport	2:52.48	387
50m: 37.69	100m: 1:18.71	150m: 2:05.31	200m: 2:52.48
4. Mariana Fernandes Antunes	95 20Km de Almeirim	2:52.58	386
50m: 37.28	100m: 1:21.12	150m: 2:07.17	200m: 2:52.58
5. Catarina Vilhena Gregorio	96 CLAC-Entroncamento	2:58.90	346
50m: 38.80	100m: 1:22.74	150m: 2:12.13	200m: 2:58.90
6. Rita Coelho Pita	93 Náutico Abrantes	3:02.12	328
50m: 36.74	100m: 1:22.27	150m: 2:12.73	200m: 3:02.12
7. Patricia Isabel Vicente	92 Buzios-Nadadores Coruche	3:10.05	289
50m: 42.95	100m: 1:30.66	150m: 2:20.29	200m: 3:10.05
8. Milene Marques Fonseca	95 20Km de Almeirim	3:10.66	286
50m: 41.01	100m: 1:28.58	150m: 2:20.86	200m: 3:10.66
9. Ines Sofia Borba	97 Litoral Alentejano	3:14.70	269
50m: 40.50	100m: 1:30.45	150m: 2:24.33	200m: 3:14.70
10. Debora Goncalves Patrocinio	97 Litoral Alentejano	3:14.82	268
50m: 43.54	100m: 1:33.42	150m: 2:27.01	200m: 3:14.82
11. Susana Patricia Rosa	96 CLAC-Entroncamento	3:18.17	255
50m: 43.27	100m: 1:33.81	150m: 2:27.75	200m: 3:18.17
12. Joana Meira Almeida	94 Salvaterra de Magos	3:20.29	247
50m: 43.37	100m: 1:33.73	150m: 2:28.44	200m: 3:20.29
13. Catarina Ramos Moura	97 Scalabisport	3:20.96	244
50m: 42.80	100m: 1:32.83	150m: 2:27.28	200m: 3:20.96
14. Carolina Henriques Gavancho	97 CLAC-Entroncamento	3:36.64	195
50m: 47.25	100m: 1:42.65	150m: 2:42.49	200m: 3:36.64
15. Mariana Jose Guerreiro	97 Litoral Alentejano	3:37.66	192
50m: 47.13	100m: 1:41.86	150m: 2:41.61	200m: 3:37.66
16. Sofia Isabel Mendes	97 Salvaterra de Magos	3:44.67	175
50m: 48.81	100m: 1:45.54	150m: 2:48.62	200m: 3:44.67
17. Diana Marisa Cantador	95 Salvaterra de Magos	3:47.05	169
50m: 50.11	100m: 1:48.13	150m: 2:48.49	200m: 3:47.05
DSQ Ana Rita Alves	95 Associação Mora		
<i>O nadador depois da viragem dos 100 metros passou a nadar livres</i>			
DNS Ana Maria Nunes	97 CLAC-Entroncamento		
DNS Sthephanie Domingues Rodrigues	94 Scalabisport		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
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Prova 1, 200m Mariposa

13 anos e mais velhos, Masc.

1.	Gustavo Manuel Santa	93	Litoral Alentejano	2:19.79	539
	50m: 30.58 100m: 1:05.99 150m: 1:43.08 200m: 2:19.79				
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	2:26.96	464
	50m: 30.99 100m: 1:06.82 150m: 1:47.36 200m: 2:26.96				
3.	Diogo Antonio Lopes	95	Torres Novas	2:33.59	407
	50m: 33.40 100m: 1:11.69 150m: 1:53.88 200m: 2:33.59				
4.	Miguel Angelo Vitorino	90	Rio Maior	2:33.94	404
	50m: 32.28 100m: 1:09.13 150m: 1:48.10 200m: 2:33.94				
5.	Fabio Miguel Samouco	95	Torres Novas	2:38.34	371
	50m: 33.64 100m: 1:13.21 150m: 1:56.75 200m: 2:38.34				
6.	Diogo Chu Carvalho	91	Litoral Alentejano	2:38.43	371
	50m: 35.26 100m: 1:14.18 150m: 1:57.28 200m: 2:38.43				
7.	Rafael Pires Caetano	92	Scalabisport	2:40.28	358
	50m: 33.74 100m: 1:13.52 150m: 1:58.40 200m: 2:40.28				
8.	Joao Pedro Loureiro	91	CLAC-Entroncamento	2:41.20	352
	50m: 34.97 100m: 1:15.08 150m: 1:58.14 200m: 2:41.20				
9.	Ricardo Daniel Lucas	94	20Km de Almeirim	2:44.79	329
	50m: 35.01 100m: 1:15.86 150m: 1:59.62 200m: 2:44.79				
10.	Andre Alexandre Ramalho	93	Associação Mora	2:55.71	272
	50m: 37.73 100m: 1:21.15 150m: 2:08.19 200m: 2:55.71				
11.	Duarte Rosa Cameirao	94	Rio Maior	3:00.84	249
	50m: 39.79 100m: 1:25.96 150m: 2:13.68 200m: 3:00.84				
12.	Joao Miguel Nunes	92	CLAC-Entroncamento	3:02.66	242
	50m: 36.17 100m: 1:21.98 150m: 2:12.49 200m: 3:02.66				
13.	Jose Carlos Rebelo	96	CLAC-Entroncamento	3:20.11	184
	50m: 39.53 100m: 1:28.94 150m: 2:26.99 200m: 3:20.11				
14.	Joao Diogo Lucas	95	Salvaterra de Magos	3:34.55	149
	50m: 45.69 100m: 1:40.04 150m: 2:38.00 200m: 3:34.55				
DSQ	Tiago Vieira Ramos	96	Salvaterra de Magos		
	<i>O nadador efectuou batimentos alternados durante o percurso</i>				

Prova 2
23.5.09

50m Costas

12 anos e mais velhos
Resultados

INF-A 13 Anos FEM 13 Femin.: 44.50 / INF-A 14 Anos MAS 14 Masc.: 40.50 / INF-B 12 Anos FEM 12 Femin.: 47.00 / INF-B 13 Anos MAS 13 Masc.: 43.50 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 41.50 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 37.50 / JUV 14 Anos FEM 14 Femin.: 43.50 / JUV-A 16 Anos MAS 16 Masc.: 38.50 / JUV-B 15 Anos MAS 15 Masc.: 39.50

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts		
12 anos e mais velhos, Femin.					
1.	Marta Filipa Vinagre	95	Torres Novas	33.81	568
	<i>Recorde Distrital JUN (35.60) e ABS (34.20)</i>				
2.	Ana Rita Nunes	93	Salvaterra de Magos	34.73	524
3.	Tania Marcos Cabaco	95	Torres Novas	35.15	505
4.	Catarina Dias Pinho	94	20Km de Almeirim	35.39	495
5.	Ana Filipa Sousa	96	Natação do Tejo	36.14	465
6.	Marisa Fernandes Antunes	92	20Km de Almeirim	36.15	465
7.	Catarina Isabel Silva	95	Scalabisport	37.47	417
8.	Maria Clara Marques	94	Litoral Alentejano	37.73	409
9.	Andreia Sofia Carreira	91	Scalabisport	37.78	407

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS

Rio Maior, 23.5.2009

Prova 2, Femin., 50m Costas, 12 anos e mais velhos

Lugar	Ano		Tempo final	Pts
10.	92	Ana Rita Ferreira Natação do Tejo	37.82	406
11.	94	Mariana Vieira Ramos Salvaterra de Magos	37.99	400
12.	91	Ana Carolina Canelas Associação Mora	38.10	397
13.	95	Susana Silva Franco Scalabisport	38.48	385
14.	95	Soraya Dea Matias Torres Novas	38.50	385
15.	93	Sara Alexandra Simoes Salvaterra de Magos	38.79	376
16.	95	Ana Catarina Serra Náutico Abrantes	38.96	371
17.	95	Marta Sofia Silva Rio Maior	39.72	350
18.	93	Ines Isabel Margarido Litoral Alentejano	40.37	334
19.	93	Sara Sofia Leitao Associação Mora	40.47	331
20.	88	Ana Teresa Nunes Natação do Tejo	42.79	280 FTL
21.	96	Laura Silva Tamudo Rio Maior	43.77	262
22.	94	Jessica Margarida Viegas Natação do Tejo	50.11	174 FTL
DNS	97	Catarina Neves Conceicao Torres Novas		
DNS	93	Sara Patricia Menino Torres Novas		
DNS	97	Angela Mira Duarte Torres Novas		

13 anos e mais velhos, Masc.

1.	91	David Manuel Seabra Salvaterra de Magos	32.09	465
2.	92	Andre Filipe Mendes Náutico Abrantes	32.72	439
3.	93	Alexandre Emanuel Pereira CLAC-Entroncamento	33.14	422
4.	91	Nuno Miguel Afonso Natação do Tejo	33.26	418
5.	94	Luis Antonio Tarquinio Rio Maior	33.66	403
6.	88	Ricardo Oliveira Felisberto Salvaterra de Magos	33.68	402
7.	91	Miguel Nascimento Rijo Natação do Tejo	33.76	399
8.	91	Miguel Martins Barroqueiro CLAC-Entroncamento	34.07	388
9.	91	Ruben Miguel Matos Náutico Abrantes	34.29	381
10.	92	Joao Miguel Ramalho Associação Mora	34.74	366
11.	95	Duarte Brites Policarpo Torres Novas	34.97	359
12.	94	Nuno Ricardo Nogueira Natação do Tejo	35.56	342
13.	92	Joao Manuel Ferreira CLAC-Entroncamento	35.79	335
14.	92	Mario Jorge Nunes Natação do Tejo	36.58	314
15.	93	Joao Francisco Ferreira Natação do Tejo	40.90	225 FTL
16.	96	Diogo Andre Hilario Náutico Abrantes	42.81	196
DNS	94	Rodrigo Teles Silva Buzios-Nadadores Coruche		
DNS	93	Telmo Alexandre Lopes Natação do Tejo		
DNS	96	Andre Pombo Dias Natação do Tejo		
DNS	92	Joao Miguel Mestre Torres Novas		
DNS	91	Joao Filipe Miguel Torres Novas		

Prova 3
23.5.09

200m Livres

12 anos e mais velhos
Resultados

INF-A 13 Anos FEM 13 Femin.: 3:12.00 / INF-A 14 Anos MAS 14 Masc.: 2:56.50 / INF-B 12 Anos FEM 12 Femin.: 3:24.50 / INF-B 13 Anos MAS 13 Masc.: 3:09.00 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 2:56.00 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 2:34.50 / JUV 14 Anos FEM 14 Femin.: 3:05.00 / JUV-A 16 Anos MAS 16 Masc.: 2:39.50 / JUV-B 15 Anos MAS 15 Masc.: 2:44.50

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
12 anos e mais velhos, Femin.				
1.	96	Ines Simoes Rodrigues 50m: 32.23 100m: 1:08.45 150m: 1:46.44 200m: 2:23.95 20Km de Almeirim	2:23.95	520
2.	92	Ana Rita Ferreira 50m: 34.70 100m: 1:12.46 150m: 1:50.71 200m: 2:25.66 Natação do Tejo	2:25.66	502

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Prova 3, Femin., 200m Livres, 12 anos e mais velhos

Lugar			Ano			Tempo final	Pts
3.	Vanessa Braga Salvador	91	União Samorense			2:26.12	497
	50m: 32.79	100m: 1:09.03	150m: 1:47.83	200m: 2:26.12			
4.	Ana Catarina Mateus	94	Litoral Alentejano			2:26.63	492
	50m: 35.11	100m: 1:12.18	150m: 1:49.62	200m: 2:26.63			
5.	Marisa Fernandes Antunes	92	20Km de Almeirim			2:28.20	476
	50m: 34.65	100m: 1:11.75	150m: 1:50.03	200m: 2:28.20			
6.	Andreia Duarte Fonseca	93	20Km de Almeirim			2:30.78	452
	50m: 34.55	100m: 1:12.84	150m: 1:52.82	200m: 2:30.78			
7.	Maria Clara Marques	94	Litoral Alentejano			2:32.26	439
	50m: 34.26	100m: 1:12.30	150m: 1:52.33	200m: 2:32.26			
8.	Joana Margarida Monteiro	91	Rio Maior			2:32.36	438
	50m: 34.95	100m: 1:13.00	150m: 1:52.34	200m: 2:32.36			
9.	Ines Sofia Borba	97	Litoral Alentejano			2:32.59	436
	50m: 35.67	100m: 1:14.19	150m: 1:54.33	200m: 2:32.59			
10.	Marta Serrado Redondo	95	Litoral Alentejano			2:33.30	430
	50m: 36.47	100m: 1:15.27	150m: 1:54.79	200m: 2:33.30			
11.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento			2:33.55	428
	50m: 35.03	100m: 1:14.18	150m: 1:55.06	200m: 2:33.55			
12.	Mariana Fernandes Antunes	95	20Km de Almeirim			2:33.75	426
	50m: 35.77	100m: 1:14.85	150m: 1:54.80	200m: 2:33.75			
13.	Ana Filipa Sousa	96	Natação do Tejo			2:34.35	422
	50m: 35.38	100m: 1:14.72	150m: 1:55.67	200m: 2:34.35			
14.	Sara Margarida Bento	94	20Km de Almeirim			2:35.52	412
	50m: 34.94	100m: 1:13.59	150m: 1:55.19	200m: 2:35.52			
15.	Catarina Duarte Leitao	92	Scalabisport			2:38.14	392
	50m: 36.18	100m: 1:16.45	150m: 1:57.96	200m: 2:38.14			
16.	Mariana Anastacio Cruz	96	Torres Novas			2:40.01	378
	50m: 35.87	100m: 1:17.12	150m: 1:59.64	200m: 2:40.01			
17.	Milene Marques Fonseca	95	20Km de Almeirim			2:40.91	372
	50m: 38.00	100m: 1:19.26	150m: 2:01.32	200m: 2:40.91			
18.	Debora Goncalves Patrocinio	97	Litoral Alentejano			2:42.15	364
	50m: 37.61	100m: 1:19.63	150m: 2:01.94	200m: 2:42.15			
19.	Patricia Moutinho Pedro	95	Scalabisport			2:42.54	361
	50m: 36.93	100m: 1:17.56	150m: 2:00.71	200m: 2:42.54			
20.	Andreia Alexandra Martins	97	União Samorense			2:43.79	353
	50m: 36.69	100m: 1:18.43	150m: 2:01.22	200m: 2:43.79			
21.	Susana Patricia Rosa	96	CLAC-Entroncamento			2:44.15	350
	50m: 36.94	100m: 1:19.82	150m: 2:03.65	200m: 2:44.15			
22.	Mafalda Ventura Pinto	94	Associação Mora			2:44.89	346
	50m: 37.07	100m: 1:19.68	150m: 2:03.74	200m: 2:44.89			
23.	Carolina Henriques Gavancho	97	CLAC-Entroncamento			2:46.24	337
	50m: 38.29	100m: 1:22.24	150m: 2:05.70	200m: 2:46.24			
24.	Ana Catarina Travessa	96	Salvaterra de Magos			2:46.54	336
	50m: 36.66	100m: 1:18.60	150m: 2:03.56	200m: 2:46.54			
25.	Ana Rita Alves	95	Associação Mora			2:47.77	328
	50m: 37.23	100m: 1:19.25	150m: 2:03.47	200m: 2:47.77			
26.	Ana Rosario Silva	95	Scalabisport			2:48.05	327
	50m: 37.41	100m: 1:20.86	150m: 2:05.83	200m: 2:48.05			

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Rio Maior, 23.5.2009

Prova 3, Femin., 200m Livres, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
27. Maria Eduarda Vidigueira 50m: 38.78 100m: 1:21.59 150m: 2:06.06 200m: 2:48.73	96 Scalabisport	2:48.73	323
28. Tatiana Lima Silva 50m: 39.47 100m: 1:24.40 150m: 2:08.98 200m: 2:48.99	96 Natação do Tejo	2:48.99	321
29. Gabriela Sofia Alves 50m: 39.22 100m: 1:23.12 150m: 2:06.84 200m: 2:49.62	96 Náutico Abrantes	2:49.62	318
30. Joana Sofia Capinha 50m: 38.56 100m: 1:22.57 150m: 2:08.58 200m: 2:51.92	96 Óbidos Patrimonium	2:51.92	305
31. Ana Maria Cantador 50m: 39.44 100m: 1:24.30 150m: 2:09.83 200m: 2:52.96	97 Salvaterra de Magos	2:52.96	300
32. Mafalda Almeida Farinha 50m: 40.63 100m: 1:26.13 150m: 2:11.82 200m: 2:53.36	96 Torres Novas	2:53.36	298
33. Liliana Raquel Marques 50m: 39.29 100m: 1:23.71 150m: 2:10.46 200m: 2:54.34	97 Óbidos Patrimonium	2:54.34	293
34. Simone Felix Malaquias 50m: 40.03 100m: 1:26.42 150m: 2:13.78 200m: 2:55.71	97 Óbidos Patrimonium	2:55.71	286
35. Mariana Jose Guerreiro 50m: 40.12 100m: 1:24.70 150m: 2:11.56 200m: 2:57.00	97 Litoral Alentejano	2:57.00	280
36. Debora Alexandra Catalao 50m: 38.76 100m: 1:25.53 150m: 2:12.56 200m: 2:57.15	96 Óbidos Patrimonium	2:57.15	279
37. Ana Teresa Nunes 50m: 39.43 100m: 1:24.16 150m: 2:12.02 200m: 2:57.18	88 Natação do Tejo	2:57.18	279 FTL
38. Laura Silva Tamudo 50m: 40.45 100m: 1:25.04 150m: 2:12.64 200m: 2:57.33	96 Rio Maior	2:57.33	278
39. Ana Catarina Correia 50m: 41.14 100m: 1:27.44 150m: 2:15.81 200m: 3:03.95	97 Salvaterra de Magos	3:03.95	249
40. Catarina Jose Vitorino 50m: 40.43 100m: 1:29.72 150m: 2:20.48 200m: 3:08.86	93 Buzios-Nadadores Coruche	3:08.86	230 FTL
41. Sara Margarida Lopes 50m: 41.93 100m: 1:31.67 150m: 2:23.80 200m: 3:15.41	96 Associação Mora	3:15.41	208 FTL
42. Beatriz Barroso Rodrigues 50m: 41.38 100m: 1:31.40 150m: 2:25.64 200m: 3:16.48	97 União Samorense	3:16.48	204
DNS Ana Maria Nunes	97 CLAC-Entroncamento		

13 anos e mais velhos, Masc.

1. Joao Luis Serrano 50m: 29.12 100m: 1:00.49 150m: 1:33.43 200m: 2:06.99	91 Natação do Tejo	2:06.99	566
2. Rodrigo Marques Costa 50m: 30.89 100m: 1:04.53 150m: 1:38.73 200m: 2:12.48	76 Litoral Alentejano	2:12.48	499
3. Eduardo Jose Goncalves 50m: 29.39 100m: 1:02.49 150m: 1:38.29 200m: 2:12.67	93 Scalabisport	2:12.67	497
4. Joao Pedro Vidigueira 50m: 29.58 100m: 1:03.29 150m: 1:39.84 200m: 2:12.69	92 Scalabisport	2:12.69	497
5. Joao Bernardo Saragoca 50m: 31.10 100m: 1:05.44 150m: 1:40.98 200m: 2:13.11	95 20Km de Almeirim	2:13.11	492
6. Miguel Otto Palma 50m: 29.90 100m: 1:04.27 150m: 1:40.29 200m: 2:14.29	92 Litoral Alentejano	2:14.29	479
7. Joao Goncalo Nogueira 50m: 29.83 100m: 1:03.59 150m: 1:40.14 200m: 2:15.38	91 Natação do Tejo	2:15.38	467

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Prova 3, Masc., 200m Livres, 13 anos e mais velhos

Lugar					Ano					Tempo final	Pts
8.	Marcelo Pelixo Silva				91	Salvaterra de Magos				2:15.67	464
	50m:	30.84	100m:	1:05.32	150m:	1:40.88	200m:	2:15.67			
9.	Jorge Miguel Telo				95	Litoral Alentejano				2:15.76	464
	50m:	30.24	100m:	1:05.09	150m:	1:41.26	200m:	2:15.76			
10.	Ivo Andre Lopes				94	20Km de Almeirim				2:16.10	460
	50m:	30.13	100m:	1:04.34	150m:	1:40.59	200m:	2:16.10			
11.	Eduardo Valente Moco				86	20Km de Almeirim				2:18.13	440
	50m:	30.50	100m:	1:04.28	150m:	1:40.27	200m:	2:18.13			
12.	Diogo Chu Carvalho				91	Litoral Alentejano				2:19.68	426
	50m:	32.27	100m:	1:07.67	150m:	1:43.95	200m:	2:19.68			
13.	Ricardo Jorge Dias				90	Associação Mora				2:20.29	420
	50m:	30.41	100m:	1:05.61	150m:	1:43.39	200m:	2:20.29			
14.	Alexandre Emanuel Pereira				93	CLAC-Entroncamento				2:21.03	414
	50m:	31.35	100m:	1:07.43	150m:	1:45.28	200m:	2:21.03			
15.	Joao Manuel Ferreira				92	CLAC-Entroncamento				2:22.32	402
	50m:	30.99	100m:	1:07.60	150m:	1:45.98	200m:	2:22.32			
16.	Joao Pedro Loureiro				91	CLAC-Entroncamento				2:22.81	398
	50m:	32.64	100m:	1:09.35	150m:	1:47.69	200m:	2:22.81			
17.	Goncalo Miguel Laureano				94	União Samorense				2:23.04	396
	50m:	32.90	100m:	1:09.61	150m:	1:48.19	200m:	2:23.04			
18.	Diogo Manuel Inocencio				92	CLAC-Entroncamento				2:23.43	393
	50m:	31.62	100m:	1:07.26	150m:	1:47.03	200m:	2:23.43			
19.	Joao Carlos Pereira				94	Buzios-Nadadores Coruche				2:23.70	391
	50m:	31.67	100m:	1:08.78	150m:	1:48.15	200m:	2:23.70			
20.	Miguel Pratas Galego				91	20Km de Almeirim				2:23.76	390
	50m:	31.18	100m:	1:07.25	150m:	1:45.40	200m:	2:23.76			
21.	Miguel Martins Barroqueiro				91	CLAC-Entroncamento				2:24.92	381
	50m:	31.29	100m:	1:08.09	150m:	1:47.79	200m:	2:24.92			
22.	Nuno Ricardo Nogueira				94	Natação do Tejo				2:25.03	380
	50m:	32.48	100m:	1:08.77	150m:	1:48.29	200m:	2:25.03			
23.	Tiago Miguel Ribeiro				94	20Km de Almeirim				2:27.10	364
	50m:	33.44	100m:	1:11.22	150m:	1:50.25	200m:	2:27.10			
24.	Miguel Angelo Neto				94	União Samorense				2:27.53	361
	50m:	33.33	100m:	1:10.39	150m:	1:49.94	200m:	2:27.53			
25.	Ruben Alexandre Rosa				92	Litoral Alentejano				2:28.51	354
	50m:	33.50	100m:	1:11.07	150m:	1:50.47	200m:	2:28.51			
26.	Nuno Miguel Bruno				95	Torres Novas				2:29.80	345
	50m:	33.88	100m:	1:11.28	150m:	1:51.39	200m:	2:29.80			
27.	Luis Antonio Tarquinio				94	Rio Maior				2:30.84	338
	50m:	33.88	100m:	1:12.10	150m:	1:52.36	200m:	2:30.84			
28.	Diogo Serrao Santos				96	Salvaterra de Magos				2:31.03	337
	50m:	34.84	100m:	1:13.36	150m:	1:53.21	200m:	2:31.03			
29.	Simeon Stoyanov Abadzhiev				95	Associação Mora				2:34.66	314
	50m:	33.85	100m:	1:13.29	150m:	1:54.39	200m:	2:34.66			
30.	Duarte Miguel Pires				96	Associação Mora				2:34.69	313
	50m:	34.80	100m:	1:14.95	150m:	1:55.37	200m:	2:34.69			
31.	Pedro Leal Serra				95	Torres Novas				2:35.62	308
	50m:	36.78	100m:	1:16.75	150m:	1:58.62	200m:	2:35.62			

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 3, Masc., 200m Livres, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
32. Joao Antonio Oliveira 50m: 37.75 100m: 1:17.99 150m: 1:58.66 200m: 2:36.22	95 Torres Novas	2:36.22	304
33. Diogo Miguel Balsa 50m: 35.04 100m: 1:15.04 150m: 1:56.72 200m: 2:37.11	95 Buzios-Nadadores Coruche	2:37.11	299
34. Roberto Oliveira Felisberto 50m: 35.54 100m: 1:16.58 150m: 1:59.11 200m: 2:39.00	94 Salvaterra de Magos	2:39.00	289
35. Joao Ferreira Pardal 50m: 33.25 100m: 1:11.96 150m: 1:56.44 200m: 2:39.52	95 Scalabisport	2:39.52	286
36. Flavio Romao Simoes 50m: 34.09 100m: 1:13.98 150m: 1:57.72 200m: 2:39.99	93 União Samorense	2:39.99	283 FTL
37. Marcos Conceicao Antonio 50m: 36.13 100m: 1:17.90 150m: 2:00.84 200m: 2:40.56	95 União Samorense	2:40.56	280
38. Jose Carlos Rebelo 50m: 36.55 100m: 1:18.82 150m: 2:02.01 200m: 2:41.95	96 CLAC-Entroncamento	2:41.95	273
39. Vladyslav Devaykin 50m: 35.70 100m: 1:16.26 150m: 2:00.80 200m: 2:43.20	95 Litoral Alentejano	2:43.20	267
40. Iuri Costa Correia 50m: 38.00 100m: 1:21.91 150m: 2:07.59 200m: 2:51.35	96 20Km de Almeirim	2:51.35	231
DNS Andre Pombo Dias	96 Natação do Tejo		
DNS Rodrigo Teles Silva	94 Buzios-Nadadores Coruche		
DNS Rogerio Pina Tavares	92 Litoral Alentejano		

Prova 4 50m Mariposa 12 anos e mais velhos
23.5.09 Resultados

INF-A 13 Anos FEM 13 Femin.: 44.50 / INF-A 14 Anos MAS 14 Masc.: 41.00 / INF-B 12 Anos FEM 12 Femin.: 47.00 / INF-B 13 Anos MAS 13 Masc.: 43.00 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 41.00 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 38.00 / JUV 14 Anos FEM 14 Femin.: 43.00 / JUV-A 16 Anos MAS 16 Masc.: 39.00 / JUV-B 15 Anos MAS 15 Masc.: 40.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Marta Filipa Vinagre <i>Recorde distrital JUV (32.07)</i>	95 Torres Novas	31.32	563
2. Bruna Alexandra Martins	94 União Samorense	33.00	481
3. Rita Coelho Pita	93 Náutico Abrantes	34.00	440
4. Tania Marcos Cabaco	95 Torres Novas	34.18	433
5. Andreia Sofia Carreira	91 Scalabisport	34.30	429
6. Ana Rita Nunes	93 Salvaterra de Magos	34.88	408
7. Catarina Dias Pinho	94 20Km de Almeirim	35.00	403
8. Joana Meira Almeida	94 Salvaterra de Magos	35.04	402
9. Julia Matos Lopes	94 Scalabisport	35.12	399
10. Ana Rita Ferreira	92 Natação do Tejo	35.38	390
11. Maria Clara Marques	94 Litoral Alentejano	35.40	390
12. Soraya Dea Matias	95 Torres Novas	35.45	388
13. Marta Sofia Silva	95 Rio Maior	35.52	386
14. Catarina Isabel Silva	95 Scalabisport	36.22	364
15. Susana Silva Franco	95 Scalabisport	36.62	352
16. Ana Carolina Canelas	91 Associação Mora	36.75	348
17. Patricia Isabel Vicente	92 Buzios-Nadadores Coruche	37.02	341
18. Sara Alexandra Simoes	93 Salvaterra de Magos	37.46	329
19. Ines Isabel Margarido	93 Litoral Alentejano	37.67	324
20. Mariana Travessa Guilherme	94 Salvaterra de Magos	37.79	320

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 4, Femin., 50m Mariposa, 12 anos e mais velhos

Lugar	Ano		Tempo final	Pts
21.	96	Ana Filipa Sousa Natação do Tejo	38.34	307
22.	94	Sthephanie Domingues Rodrigues Scalabisport	39.09	290
23.	96	Tatiana Lima Silva Natação do Tejo	40.23	266
24.	88	Ana Teresa Nunes Natação do Tejo	41.05	250 FTL
25.	94	Mariana Vieira Ramos Salvaterra de Magos	41.83	236 FTL
26.	96	Laura Silva Tamudo Rio Maior	42.83	220
27.	96	Mafalda Almeida Farinha Torres Novas	43.20	215
DNS	93	Sara Patricia Menino Torres Novas		

13 anos e mais velhos, Masc.

1.	92	Miguel Otto Palma Litoral Alentejano	28.30	560
2.	85	Ruben Filipe Duarte Rio Maior	28.64	541
3.	95	Fabio Miguel Samouco Torres Novas	29.08	516
4.	91	Marcelo Pelixo Silva Salvaterra de Magos	29.48	496
5.	91	Nuno Miguel Afonso Natação do Tejo	29.71	484
6.	86	Eduardo Valente Moco 20Km de Almeirim	29.93	474
7.	90	Miguel Angelo Vitorino Rio Maior	30.07	467
8.	92	Andre Filipe Mendes Náutico Abrantes	30.18	462
9.	92	Diogo Manuel Inocencio CLAC-Entroncamento	30.28	457
10.	88	Ricardo Oliveira Felisberto Salvaterra de Magos	30.32	456
11.	92	Rafael Pires Caetano Scalabisport	30.37	453
12.	91	Joao Pedro Loureiro CLAC-Entroncamento	30.47	449
13.	91	David Manuel Seabra Salvaterra de Magos	30.55	445
14.	93	Andre Alexandre Ramalho Associação Mora	30.84	433
15.	91	Miguel Pratas Galego 20Km de Almeirim	30.93	429
16.	95	Diogo Antonio Lopes Torres Novas	31.02	425
17.	91	Joao Goncalo Nogueira Natação do Tejo	31.18	419
18.	95	Duarte Brites Policarpo Torres Novas	31.58	403
19.	91	Miguel Martins Barroqueiro CLAC-Entroncamento	31.65	401
20.	92	Goncalo Sousa Brites Torres Novas	32.17	381
21.	92	Joao Manuel Ferreira CLAC-Entroncamento	32.25	379
22.	91	Pedro Alexandre Oliveira Salvaterra de Magos	32.49	370
23.	91	Jose Paulo Adao Salvaterra de Magos	32.60	367
24.	91	Ruben Miguel Matos Náutico Abrantes	32.85	358
25.	92	Mario Jorge Nunes Natação do Tejo	33.33	343
26.	94	Ricardo Daniel Lucas 20Km de Almeirim	33.57	336
27.	92	Joao Miguel Nunes CLAC-Entroncamento	33.95	325
28.	95	Nuno Miguel Bruno Torres Novas	34.27	316
29.	84	Miguel Marcelo Beja Litoral Alentejano	35.40	286
30.	93	Joao Francisco Ferreira Natação do Tejo	38.93	215
DNS	91	Joao Filipe Miguel Torres Novas		
DNS	92	Joao Miguel Mestre Torres Novas		
DNS	93	Telmo Alexandre Lopes Natação do Tejo		
DNS	92	Rogério Pina Tavares Litoral Alentejano		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 5 100m Bruços 12 anos e mais velhos
23.5.09 Resultados

INF-A 13 Anos FEM 13 Femin.: 1:55.50 / INF-A 14 Anos MAS 14 Masc.: 1:48.50 / INF-B 12 Anos FEM 12 Femin.: 2:03.50 / INF-B 13 Anos MAS 13 Masc.: 2:01.50 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 1:46.50 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 1:37.00 / JUV 14 Anos FEM 14 Femin.: 1:48.50 / JUV-A 16 Anos MAS 16 Masc.: 1:39.00 / JUV-B 15 Anos MAS 15 Masc.: 1:43.50

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Ines Simoes Rodrigues 50m: 42.11 100m: 1:27.74	96 20Km de Almeirim	1:27.74	433
2. Soraya Dea Matias 50m: 43.62 100m: 1:28.55	95 Torres Novas	1:28.55	421
3. Catarina Ramos Moura 50m: 41.92 100m: 1:29.99	97 Scalabisport	1:29.99	401
4. Joana Margarida Monteiro 50m: 44.42 100m: 1:30.09	91 Rio Maior	1:30.09	400
5. Bruna Alexandra Martins 50m: 44.00 100m: 1:31.93	94 União Samorense	1:31.93	376
6. Sara Margarida Bento 50m: 43.41 100m: 1:32.12	94 20Km de Almeirim	1:32.12	374
7. Rita Coelho Pita 50m: 43.43 100m: 1:32.73	93 Náutico Abrantes	1:32.73	367
8. Ana Catarina Mateus 50m: 45.21 100m: 1:34.06	94 Litoral Alentejano	1:34.06	351
9. Joana Rita Ferreira 50m: 44.68 100m: 1:34.30	93 Buzios-Nadadores Coruche	1:34.30	349
10. Catarina Vilhena Gregorio 50m: 44.89 100m: 1:34.44	96 CLAC-Entroncamento	1:34.44	347
11. Ana Catarina Serra 50m: 46.20 100m: 1:34.45	95 Náutico Abrantes	1:34.45	347
12. Sara Sofia Leitao 50m: 47.27 100m: 1:35.89	93 Associação Mora	1:35.89	332
13. Andreia Sofia Carreira 50m: 45.77 100m: 1:36.59	91 Scalabisport	1:36.59	324
14. Joana Meira Almeida 50m: 46.93 100m: 1:36.62	94 Salvaterra de Magos	1:36.62	324
15. Mariana Travessa Guilherme 50m: 46.05 100m: 1:36.75	94 Salvaterra de Magos	1:36.75	323
16. Catarina Duarte Leitao 50m: 45.55 100m: 1:37.42	92 Scalabisport	1:37.42	316
17. Marta Serrado Redondo 50m: 47.54 100m: 1:37.45	95 Litoral Alentejano	1:37.45	316
18. Ines Isabel Margarido 50m: 47.05 100m: 1:39.30	93 Litoral Alentejano	1:39.30	299
19. Ana Catarina Travessa 50m: 47.51 100m: 1:39.31	96 Salvaterra de Magos	1:39.31	298
20. Ana Maria Cantador 50m: 47.76 100m: 1:39.42	97 Salvaterra de Magos	1:39.42	298
21. Sara Alexandra Simoes 50m: 47.63 100m: 1:41.46	93 Salvaterra de Magos	1:41.46	280

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 5, Femin., 100m Bruços, 12 anos e mais velhos

Lugar		Ano		Tempo final	Pts
22.	Maria Eduarda Vidigueira 50m: 48.80 100m: 1:41.94	96	Scalabisport	1:41.94	276
23.	Ana Catarina Correia 50m: 49.77 100m: 1:43.05	97	Salvaterra de Magos	1:43.05	267
24.	Gabriela Sofia Alves 50m: 48.44 100m: 1:43.91	96	Náutico Abrantes	1:43.91	261
25.	Ana Pereira Luis 50m: 51.92 100m: 1:44.83	97	Salvaterra de Magos	1:44.83	254
26.	Andreia Alexandra Martins 50m: 52.27 100m: 1:45.27	97	União Samorense	1:45.27	251
27.	Mafalda Ventura Pinto 50m: 49.72 100m: 1:45.77	94	Associação Mora	1:45.77	247
28.	Beatriz Barroso Rodrigues 50m: 50.60 100m: 1:46.14	97	União Samorense	1:46.14	244
29.	Carolina Henriques Gavancho 50m: 50.56 100m: 1:46.22	97	CLAC-Entroncamento	1:46.22	244
30.	Simone Felix Malaquias 50m: 53.48 100m: 1:47.14	97	Óbidos Patrimonium	1:47.14	238
31.	Susana Patricia Rosa 50m: 51.01 100m: 1:47.32	96	CLAC-Entroncamento	1:47.32	237
32.	Catarina Jose Vitorino 50m: 50.77 100m: 1:47.83	93	Buzios-Nadadores Coruche	1:47.83	233 FTL
33.	Liliana Raquel Marques 50m: 51.61 100m: 1:48.90	97	Óbidos Patrimonium	1:48.90	226
34.	Diana Marisa Cantador 50m: 51.86 100m: 1:49.23	95	Salvaterra de Magos	1:49.23	224 FTL
35.	Liliana Sofia Henriques 50m: 53.64 100m: 1:49.57	97	Buzios-Nadadores Coruche	1:49.57	222
36.	Laura Silva Tamudo 50m: 53.21 100m: 1:49.92	96	Rio Maior	1:49.92	220
37.	Jessica Margarida Viegas 50m: 51.26 100m: 1:51.73	94	Natação do Tejo	1:51.73	210 FTL
38.	Sara Margarida Lopes 50m: 54.20 100m: 1:56.67	96	Associação Mora	1:56.67	184 FTL
DNS	Ines Rodrigues Martins	94	Buzios-Nadadores Coruche		
DNS	Ana Maria Nunes	97	CLAC-Entroncamento		
DNS	Maria Fatima Caraca	97	Buzios-Nadadores Coruche		

13 anos e mais velhos, Masc.

1.	Miguel Angelo Vitorino 50m: 34.71 100m: 1:13.95	90	Rio Maior	1:13.95	524
2.	Rodrigo Marques Costa 50m: 35.05 100m: 1:15.21	76	Litoral Alentejano	1:15.21	498
3.	Gustavo Manuel Santa 50m: 36.48 100m: 1:17.22	93	Litoral Alentejano	1:17.22	460
4.	Jose Paulo Adao 50m: 35.96 100m: 1:18.57	91	Salvaterra de Magos	1:18.57	436
5.	Alexandre Emanuel Pereira 50m: 37.34 100m: 1:19.35	93	CLAC-Entroncamento	1:19.35	424

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 5, Masc., 100m Bruços, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
6. Nuno Miguel Afonso 50m: 36.96 100m: 1:19.72	91 Natação do Tejo	1:19.72	418
7. Duarte Rosa Cameirao 50m: 38.87 100m: 1:19.99	94 Rio Maior	1:19.99	414
8. Andre Filipe Mendes 50m: 38.96 100m: 1:20.46	92 Náutico Abrantes	1:20.46	406
9. Paulo Bruno Janeiro 50m: 37.60 100m: 1:20.51	94 Litoral Alentejano	1:20.51	406
10. Joao Goncalo Nogueira 50m: 38.20 100m: 1:20.52	91 Natação do Tejo	1:20.52	406
11. Goncalo Sousa Brites 50m: 38.58 100m: 1:20.91	92 Torres Novas	1:20.91	400
12. Diogo Manuel Inocencio 50m: 38.29 100m: 1:21.28	92 CLAC-Entroncamento	1:21.28	394
13. David Manuel Seabra 50m: 38.60 100m: 1:21.41	91 Salvaterra de Magos	1:21.41	392
14. Joao Carlos Pereira 50m: 38.13 100m: 1:21.97	94 Buzios-Nadadores Coruche	1:21.97	384
15. Goncalo Miguel Laureano 50m: 38.98 100m: 1:22.15	94 União Samorense	1:22.15	382
16. Miguel Otto Palma 50m: 38.80 100m: 1:22.51	92 Litoral Alentejano	1:22.51	377
17. Ricardo Jorge Dias 50m: 39.14 100m: 1:23.98	90 Associação Mora	1:23.98	357
18. Joao Tanissa Pancada 50m: 41.23 100m: 1:25.09	94 União Samorense	1:25.09	344
19. Eduardo Jose Goncalves 50m: 39.99 100m: 1:25.94	93 Scalabisport	1:25.94	334
20. Diogo Serrao Santos 50m: 42.44 100m: 1:27.66	96 Salvaterra de Magos	1:27.66	314
21. Joao Diogo Andrade 50m: 41.60 100m: 1:28.18	93 Salvaterra de Magos	1:28.18	309
22. Joao Miguel Ramalho 50m: 40.96 100m: 1:28.85	92 Associação Mora	1:28.85	302
23. Ruben Miguel Matos 50m: 42.50 100m: 1:28.98	91 Náutico Abrantes	1:28.98	301
24. Joao Ferreira Pardal 50m: 41.64 100m: 1:29.32	95 Scalabisport	1:29.32	297
25. Simeon Stoyanov Abadzhiev 50m: 43.26 100m: 1:30.09	95 Associação Mora	1:30.09	290
26. Ruben Alexandre Rosa 50m: 43.16 100m: 1:31.14	92 Litoral Alentejano	1:31.14	280
27. Roberto Oliveira Felisberto 50m: 43.34 100m: 1:32.07	94 Salvaterra de Magos	1:32.07	271
28. Miguel Angelo Neto 50m: 42.89 100m: 1:32.12	94 União Samorense	1:32.12	271
29. Jorge Miguel Telo 50m: 43.17 100m: 1:33.49	95 Litoral Alentejano	1:33.49	259

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 5, Masc., 100m Bruços, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
30. Joao Miguel Nunes 50m: 44.69 100m: 1:33.81	92 CLAC-Entroncamento	1:33.81	256
31. Joao Francisco Ferreira 50m: 44.62 100m: 1:34.69	93 Natação do Tejo	1:34.69	249
32. Joao Pereira Luis 50m: 45.27 100m: 1:35.11	94 Salvaterra de Magos	1:35.11	246
33. Diogo Miguel Balsa 50m: 47.18 100m: 1:37.34	95 Buzios-Nadadores Coruche	1:37.34	230
34. Pedro Leal Serra 50m: 46.01 100m: 1:37.43	95 Torres Novas	1:37.43	229
35. Joao Diogo Lucas 50m: 47.30 100m: 1:37.58	95 Salvaterra de Magos	1:37.58	228
36. Tiago Vieira Ramos 50m: 47.82 100m: 1:38.43	96 Salvaterra de Magos	1:38.43	222
37. Tiago Miguel Ribeiro 50m: 47.16 100m: 1:39.93	94 20Km de Almeirim	1:39.93	212
38. Duarte Miguel Pires 50m: 47.01 100m: 1:40.22	96 Associação Mora	1:40.22	210
39. Francisco Jose Guerreiro 50m: 47.57 100m: 1:40.48	93 Litoral Alentejano	1:40.48	209 FTL
40. Marcos Conceicao Antonio 50m: 48.15 100m: 1:43.06	95 União Samorense	1:43.06	193
41. Jose Carlos Rebelo 50m: 50.53 100m: 1:43.12	96 CLAC-Entroncamento	1:43.12	193
DNS Daniel Oliveira Leitao	96 Scalabisport		
DNS Andre Pombo Dias	96 Natação do Tejo		

Prova 6 4 x 200m Livres 12 anos e mais velhos
23.5.09 Resultados

ABS FEM Femin.: 12:15.00 / ABS MAS 13 + Masc.: 11:00.50 / INF-A 13 Anos FEM 13 Femin.: 12:30.00 / INF-A 14 Anos MAS 14 Masc.: 12:04.00 / INF-B 12 Anos FEM 12 Femin.: 12:45.00 / INF-B 13 Anos MAS 13 Masc.: 12:36.50 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 12:00.00 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 10:38.50 / JUV 14 Anos FEM 14 Femin.: 12:15.00 / JUV-A 16 Anos MAS 16 Masc.: 11:02.00 / JUV-B 15 Anos MAS 15 Masc.: 11:12.00

Pontos: FINA 2008

Lugar	Tempo final	Pts
1. Torres Novas 1 <i>Recorde Distrital INF - A (09.25.74)</i>	9:18.34	446
Duarte Brites Policarpo	31.02 1:07.34 1:44.42 2:20.53	2:20.53
Nuno Miguel Bruno	33.36 1:11.34 1:52.35 2:28.68	2:28.68
Diogo Antonio Lopes	30.52 1:05.26 1:41.86 2:15.82	2:15.82
Fabio Miguel Samouco	29.72 1:03.60 1:38.71 2:13.31	2:13.31
DSQ Scalabisport 1 <i>Falsa rendição entre o 1º e 2º nadador (-0.43)</i>		
Susana Silva Franco	35.26 1:16.16 2:01.13 2:45.36	2:45.36
Ana Rosario Silva	95	
Patricia Moutinho Pedro	95	
Catarina Isabel Silva	95	

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 7 100m Livres 12 anos e mais velhos
23.5.09 Resultados

JUV-A 16 Anos MAS 16 Masc.: 1:13.50 / INF-A 13 Anos FEM 13 Femin.: 1:28.00 / INF-B 12 Anos FEM 12 Femin.: 1:34.00 / INF-A 14 Anos MAS 14 Masc.: 1:21.00 / INF-B 13 Anos MAS 13 Masc.: 1:27.00 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 1:18.00 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 1:11.50 / JUV-B 15 Anos MAS 15 Masc.: 1:15.50

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Marta Filipa Vinagre 50m: 31.13 100m: 1:05.35	95 Torres Novas	1:05.35	547
2. Ana Rita Nunes 50m: 31.47 100m: 1:05.79	93 Salvaterra de Magos	1:05.79	536
3. Vanessa Braga Salvador 50m: 31.68 100m: 1:06.32	91 União Samorense	1:06.32	523
4. Ana Rita Ferreira 50m: 32.35 100m: 1:06.42	92 Natação do Tejo	1:06.42	521
5. Tania Marcos Cabaco 50m: 32.82 100m: 1:07.63	95 Torres Novas	1:07.63	493
6. Bruna Alexandra Martins 50m: 33.13 100m: 1:07.91	94 União Samorense	1:07.91	487
7. Ana Catarina Mateus 50m: 33.36 100m: 1:08.05	94 Litoral Alentejano	1:08.05	484
8. Ines Sofia Borba 50m: 33.55 100m: 1:09.00	97 Litoral Alentejano	1:09.00	465
9. Marta Serrado Redondo 50m: 34.26 100m: 1:09.51	95 Litoral Alentejano	1:09.51	454
10. Joana Margarida Monteiro 50m: 33.99 100m: 1:09.59	91 Rio Maior	1:09.59	453
11. Mariana Travessa Guilherme 50m: 33.86 100m: 1:09.66	94 Salvaterra de Magos	1:09.66	451
12. Marisa Fernandes Antunes 50m: 34.09 100m: 1:09.67	92 20Km de Almeirim	1:09.67	451
13. Julia Matos Lopes 50m: 33.91 100m: 1:09.91	94 Scalabisport	1:09.91	447
14. Maria Clara Marques 50m: 33.18 100m: 1:10.02	94 Litoral Alentejano	1:10.02	445
15. Joana Meira Almeida 50m: 33.89 100m: 1:10.16	94 Salvaterra de Magos	1:10.16	442
16. Andreia Sofia Carreira 50m: 33.70 100m: 1:10.25	91 Scalabisport	1:10.25	440
17. Carina Sofia Pedro 50m: 33.50 100m: 1:10.40	91 Buzios-Nadadores Coruche	1:10.40	437
18. Catarina Dias Pinho 50m: 34.20 100m: 1:10.73	94 20Km de Almeirim	1:10.73	431
19. Rita Coelho Pita 50m: 33.84 100m: 1:10.85	93 Náutico Abrantes	1:10.85	429
20. Ana Filipa Sousa 50m: 34.26 100m: 1:11.56	96 Natação do Tejo	1:11.56	416
21. Sthephanie Domingues Rodrigues 50m: 34.12 100m: 1:11.85	94 Scalabisport	1:11.85	411

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 7, Femin., 100m Livres, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
22. Ana Carolina Canelas 50m: 33.99 100m: 1:11.95	91 Associação Mora	1:11.95	410
23. Catarina Duarte Leitao 50m: 34.79 100m: 1:12.38	92 Scalabisport	1:12.38	402
24. Andreia Duarte Fonseca 50m: 34.18 100m: 1:12.44	93 20Km de Almeirim	1:12.44	401
25. Mariana Fernandes Antunes 50m: 35.33 100m: 1:12.81	95 20Km de Almeirim	1:12.81	395
26. Sara Alexandra Simoes 50m: 35.34 100m: 1:12.90	93 Salvaterra de Magos	1:12.90	394
27. Catarina Isabel Silva 50m: 35.73 100m: 1:14.14	95 Scalabisport	1:14.14	374
27. Mariana Anastacio Cruz 50m: 35.72 100m: 1:14.14	96 Torres Novas	1:14.14	374
29. Milene Marques Fonseca 50m: 36.59 100m: 1:14.66	95 20Km de Almeirim	1:14.66	367
30. Andreia Alexandra Martins 50m: 35.93 100m: 1:14.74	97 União Samorense	1:14.74	366
31. Catarina Ramos Moura 50m: 35.05 100m: 1:14.78	97 Scalabisport	1:14.78	365
32. Susana Patricia Rosa 50m: 35.47 100m: 1:14.83	96 CLAC-Entroncamento	1:14.83	364
33. Ines Isabel Margarido 50m: 35.88 100m: 1:15.18	93 Litoral Alentejano	1:15.18	359
34. Patricia Moutinho Pedro 50m: 36.08 100m: 1:15.22	95 Scalabisport	1:15.22	359
35. Patricia Isabel Vicente 50m: 36.14 100m: 1:15.38	92 Buzios-Nadadores Coruche	1:15.38	356
36. Ana Rita Alves 50m: 36.40 100m: 1:15.46	95 Associação Mora	1:15.46	355
37. Carolina Henriques Gavancho 50m: 36.36 100m: 1:15.68	97 CLAC-Entroncamento	1:15.68	352
38. Mariana Vieira Ramos 50m: 36.14 100m: 1:15.85	94 Salvaterra de Magos	1:15.85	350
39. Gabriela Sofia Alves 50m: 35.64 100m: 1:15.99	96 Náutico Abrantes	1:15.99	348
40. Joana Rita Ferreira 50m: 36.78 100m: 1:16.26	93 Buzios-Nadadores Coruche	1:16.26	344
41. Joana Sofia Capinha 50m: 36.65 100m: 1:16.32	96 Óbidos Patrimonium	1:16.32	343
42. Ana Catarina Travessa 50m: 36.75 100m: 1:16.58	96 Salvaterra de Magos	1:16.58	340
43. Mafalda Ventura Pinto 50m: 36.52 100m: 1:16.61	94 Associação Mora	1:16.61	339
44. Ana Maria Cantador 50m: 38.28 100m: 1:16.96	97 Salvaterra de Magos	1:16.96	335
45. Tatiana Lima Silva 50m: 38.42 100m: 1:16.98	96 Natação do Tejo	1:16.98	335

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 7, Femin., 100m Livres, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
46. Ana Catarina Serra 50m: 37.58 100m: 1:17.28	95 Náutico Abrantes	1:17.28	331
47. Ana Pereira Luis 50m: 38.28 100m: 1:17.72	97 Salvaterra de Magos	1:17.72	325
48. Ana Teresa Nunes 50m: 37.49 100m: 1:17.96	88 Natação do Tejo	1:17.96	322
48. Diana Marisa Cantador 50m: 38.27 100m: 1:17.96	95 Salvaterra de Magos	1:17.96	322
50. Ana Rosario Silva 50m: 37.91 100m: 1:19.19	95 Scalabisport	1:19.19	307
51. Sofia Isabel Mendes 50m: 38.46 100m: 1:19.31	97 Salvaterra de Magos	1:19.31	306
52. Mafalda Almeida Farinha 50m: 39.41 100m: 1:19.45	96 Torres Novas	1:19.45	304
53. Mariana Jose Guerreiro 50m: 37.98 100m: 1:20.09	97 Litoral Alentejano	1:20.09	297
54. Maria Eduarda Vidigueira 50m: 38.97 100m: 1:20.48	96 Scalabisport	1:20.48	293
55. Simone Felix Malaquias 50m: 39.49 100m: 1:20.61	97 Óbidos Patrimonium	1:20.61	291
56. Debora Alexandra Catalao 50m: 37.56 100m: 1:20.85	96 Óbidos Patrimonium	1:20.85	289
57. Laura Silva Tamudo 50m: 39.95 100m: 1:22.02	96 Rio Maior	1:22.02	277
58. Liliana Raquel Marques 50m: 39.13 100m: 1:22.29	97 Óbidos Patrimonium	1:22.29	274
59. Catarina Jose Vitorino 50m: 39.26 100m: 1:23.68	93 Buzios-Nadadores Coruche	1:23.68	260 FTL
60. Ana Catarina Correia 50m: 40.22 100m: 1:24.74	97 Salvaterra de Magos	1:24.74	251
61. Beatriz Barroso Rodrigues 50m: 42.22 100m: 1:29.69	97 União Samorense	1:29.69	212
62. Liliana Sofia Henriques 50m: 42.92 100m: 1:30.76	97 Buzios-Nadadores Coruche	1:30.76	204
63. Sara Margarida Lopes 50m: 43.21 100m: 1:31.51	96 Associação Mora	1:31.51	199 FTL
64. Jessica Margarida Viegas 50m: 45.54 100m: 1:38.40	94 Natação do Tejo	1:38.40	160 FTL
DNS Maria Fatima Caraca	97 Buzios-Nadadores Coruche		
DNS Ines Rodrigues Martins	94 Buzios-Nadadores Coruche		
DNS Ana Maria Nunes	97 CLAC-Entroncamento		
DNS Catarina Neves Conceicao	97 Torres Novas		
DNS Angela Mira Duarte	97 Torres Novas		
DNS Sara Patricia Menino	93 Torres Novas		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 7, 100m Livres

13 anos e mais velhos, Masc.

1.	Gustavo Manuel Santa <i>Recorde Distrital JUV - A (54.96)</i> 50m: 26.79 100m: 54.49	93	Litoral Alentejano	54.49	665
2.	Paulo Bruno Janeiro <i>Recorde Regional JUV - B (57.05)</i> 50m: 27.40 100m: 56.40	94	Litoral Alentejano	56.40	600
3.	David Oliveira Gorgulho 50m: 27.41 100m: 56.45	82	Litoral Alentejano	56.45	598
4.	Miguel Otto Palma 50m: 28.47 100m: 58.95	92	Litoral Alentejano	58.95	525
5.	Joao Luis Serrano 50m: 28.71 100m: 59.35	91	Natação do Tejo	59.35	515
6.	Eduardo Valente Moco 50m: 28.38 100m: 59.39	86	20Km de Almeirim	59.39	514
7.	Marcelo Pelixo Silva 50m: 28.94 100m: 59.70	91	Salvaterra de Magos	59.70	506
8.	Fabio Miguel Samouco 50m: 28.72 100m: 1:00.01	95	Torres Novas	1:00.01	498
9.	Ricardo Jorge Dias 50m: 28.57 100m: 1:00.11	90	Associação Mora	1:00.11	495
10.	Andre Filipe Mendes 50m: 29.11 100m: 1:01.06	92	Náutico Abrantes	1:01.06	473
11.	Eduardo Jose Goncalves 50m: 29.24 100m: 1:01.12	93	Scalabisport	1:01.12	471
12.	Diogo Lima Nicolau 50m: 29.19 100m: 1:01.35	93	Scalabisport	1:01.35	466
13.	Miguel Angelo Vitorino 50m: 29.42 100m: 1:01.49	90	Rio Maior	1:01.49	463
14.	Joao Goncalo Nogueira 50m: 29.29 100m: 1:01.72	91	Natação do Tejo	1:01.72	458
15.	Joao Pedro Vidigueira 50m: 29.30 100m: 1:01.79	92	Scalabisport	1:01.79	456
16.	Miguel Martins Barroqueiro 50m: 29.63 100m: 1:02.21	91	CLAC-Entroncamento	1:02.21	447
17.	Diogo Antonio Lopes 50m: 30.60 100m: 1:02.32	95	Torres Novas	1:02.32	444
18.	David Manuel Seabra 50m: 29.91 100m: 1:02.35	91	Salvaterra de Magos	1:02.35	444
19.	Ricardo Oliveira Felisberto 50m: 30.13 100m: 1:02.42	88	Salvaterra de Magos	1:02.42	442
20.	Ivo Andre Lopes 50m: 30.35 100m: 1:02.59	94	20Km de Almeirim	1:02.59	439
21.	Joao Carlos Pereira 50m: 29.96 100m: 1:02.70	94	Buzios-Nadadores Coruche	1:02.70	436
22.	Miguel Pratas Galego 50m: 29.99 100m: 1:02.73	91	20Km de Almeirim	1:02.73	436
23.	Rafael Pires Caetano 50m: 30.45 100m: 1:02.80	92	Scalabisport	1:02.80	434

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 7, Masc., 100m Livres, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
24. Diogo Chu Carvalho 50m: 30.52 100m: 1:03.21	91 Litoral Alentejano	1:03.21	426
25. Alexandre Emanuel Pereira 50m: 30.77 100m: 1:03.66	93 CLAC-Entroncamento	1:03.66	417
26. Goncalo Miguel Laureano 50m: 31.18 100m: 1:04.58	94 União Samorense	1:04.58	399
27. Mario Pinto Amorim 50m: 30.74 100m: 1:04.59	94 Buzios-Nadadores Coruche	1:04.59	399
28. Joao Bernardo Saragoca 50m: 31.63 100m: 1:04.64	95 20Km de Almeirim	1:04.64	398
29. Nuno Ricardo Nogueira 50m: 30.78 100m: 1:05.14	94 Natação do Tejo	1:05.14	389
30. Diogo Manuel Inocencio 50m: 31.49 100m: 1:05.18	92 CLAC-Entroncamento	1:05.18	388
31. Duarte Brites Policarpo 50m: 31.18 100m: 1:05.31	95 Torres Novas	1:05.31	386
32. Miguel Nascimento Rijo 50m: 30.84 100m: 1:06.14	91 Natação do Tejo	1:06.14	372
33. Diogo Serrao Santos 50m: 32.40 100m: 1:06.45	96 Salvaterra de Magos	1:06.45	367
34. Joao Pedro Loureiro 50m: 32.42 100m: 1:06.63	91 CLAC-Entroncamento	1:06.63	364
35. Joao Diogo Andrade 50m: 31.96 100m: 1:06.95	93 Salvaterra de Magos	1:06.95	358
36. Miguel Angelo Neto 50m: 31.68 100m: 1:07.23	94 União Samorense	1:07.23	354
37. Jose Paulo Adao 50m: 31.09 100m: 1:07.31	91 Salvaterra de Magos	1:07.31	353
38. Joao Miguel Ramalho 50m: 31.64 100m: 1:07.46	92 Associação Mora	1:07.46	350
39. Ruben Alexandre Rosa 50m: 33.07 100m: 1:07.74	92 Litoral Alentejano	1:07.74	346
40. Joao Manuel Ferreira 50m: 31.56 100m: 1:07.94	92 CLAC-Entroncamento	1:07.94	343
41. Tiago Miguel Ribeiro 50m: 32.26 100m: 1:07.98	94 20Km de Almeirim	1:07.98	342
42. Andre Alexandre Ramalho 50m: 32.33 100m: 1:08.39	93 Associação Mora	1:08.39	336
43. Joao Miguel Nunes 50m: 33.52 100m: 1:08.60	92 CLAC-Entroncamento	1:08.60	333
44. Flavio Romao Simoes 50m: 32.06 100m: 1:08.82	93 União Samorense	1:08.82	330
45. Nuno Miguel Bruno 50m: 32.32 100m: 1:09.17	95 Torres Novas	1:09.17	325
46. Diogo Miguel Balsa 50m: 33.30 100m: 1:09.37	95 Buzios-Nadadores Coruche	1:09.37	322
47. Joao Tanissa Pancada 50m: 33.77 100m: 1:10.10	94 União Samorense	1:10.10	312

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 7, Masc., 100m Livres, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
48. Joao Pereira Luis 50m: 34.58 100m: 1:10.36	94 Salvaterra de Magos	1:10.36	309
49. Simeon Stoyanov Abadzhiev 50m: 33.55 100m: 1:10.87	95 Associação Mora	1:10.87	302
50. Ricardo Daniel Lucas 50m: 34.09 100m: 1:11.29	94 20Km de Almeirim	1:11.29	297
51. Roberto Oliveira Felisberto 50m: 34.51 100m: 1:11.31	94 Salvaterra de Magos	1:11.31	297
52. Marcos Conceicao Antonio 50m: 33.16 100m: 1:11.66	95 União Samorense	1:11.66	292
53. Pedro Alexandre Oliveira 50m: 32.98 100m: 1:11.82	91 Salvaterra de Magos	1:11.82	290 FTL
54. Rodolfo Goncalves Felix 50m: 34.64 100m: 1:13.28	96 Óbidos Patrimonium	1:13.28	273
55. Duarte Miguel Pires 50m: 34.25 100m: 1:13.37	96 Associação Mora	1:13.37	272
56. Vladyslav Devaykin 50m: 35.26 100m: 1:13.41	95 Litoral Alentejano	1:13.41	272
57. Joao Francisco Ferreira 50m: 35.11 100m: 1:13.68	93 Natação do Tejo	1:13.68	269 FTL
58. Joao Antonio Oliveira 50m: 36.22 100m: 1:14.16	95 Torres Novas	1:14.16	264
59. Jose Carlos Rebelo 50m: 35.91 100m: 1:14.52	96 CLAC-Entroncamento	1:14.52	260
60. Joao Diogo Lucas 50m: 36.47 100m: 1:15.39	95 Salvaterra de Magos	1:15.39	251
61. Rui Manuel Pereira 50m: 38.10 100m: 1:16.84	95 Rio Maior	1:16.84	237
62. Miguel Marcelo Beja 50m: 35.62 100m: 1:17.45	84 Litoral Alentejano	1:17.45	232 FTL
63. Iuri Costa Correia 50m: 37.51 100m: 1:18.10	96 20Km de Almeirim	1:18.10	226
DSQ Mario Jorge Nunes <i>O nadador nadou com dois fatos de banho</i>	92 Natação do Tejo		
DNS Rodrigo Teles Silva	94 Buzios-Nadadores Coruche		
DNS Andre Pombo Dias	96 Natação do Tejo		
DNS Telmo Alexandre Lopes	93 Natação do Tejo		
DNS Rogerio Pina Tavares	92 Litoral Alentejano		
DNS Daniel Oliveira Leitao	96 Scalabisport		
DNS Joao Miguel Mestre	92 Torres Novas		
DNS Joao Filipe Miguel	91 Torres Novas		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 8 200m Bruços 12 anos e mais velhos
23.5.09 Resultados

INF-A 13 Anos FEM 13 Femin.: 3:57.50 / INF-A 14 Anos MAS 14 Masc.: 4:00.00 / INF-B 12 Anos FEM 12 Femin.: 4:19.50 / INF-B 13 Anos MAS 13 Masc.: 4:17.50 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 3:40.50 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 3:28.00 / JUV 14 Anos FEM 14 Femin.: 3:45.00 / JUV-A 16 Anos MAS 16 Masc.: 3:38.50 / JUV-B 15 Anos MAS 15 Masc.: 3:44.00

Pontos: FINA 2008

Lugar	Ano		Tempo final	Pts
12 anos e mais velhos, Femin.				
1.	Ines Simoes Rodrigues	96 20Km de Almeirim	3:00.35	496
	50m: 41.76 100m: 1:28.90 150m: 2:14.48 200m: 3:00.35			
2.	Soraya Dea Matias	95 Torres Novas	3:12.32	409
	50m: 45.00 100m: 1:33.26 150m: 2:25.27 200m: 3:12.32			
3.	Sara Margarida Bento	94 20Km de Almeirim	3:13.02	404
	50m: 45.15 100m: 1:32.62 150m: 2:23.23 200m: 3:13.02			
4.	Bruna Alexandra Martins	94 União Samorense	3:13.06	404
	50m: 44.21 100m: 1:33.27 150m: 2:22.65 200m: 3:13.06			
5.	Ana Catarina Mateus	94 Litoral Alentejano	3:13.22	403
	50m: 45.17 100m: 1:34.07 150m: 2:23.77 200m: 3:13.22			
6.	Catarina Vilhena Gregorio	96 CLAC-Entroncamento	3:16.15	385
	50m: 45.06 100m: 1:33.94 150m: 2:25.73 200m: 3:16.15			
7.	Debora Goncalves Patrocinio	97 Litoral Alentejano	3:16.32	384
	50m: 45.94 100m: 1:35.56 150m: 2:27.65 200m: 3:16.32			
8.	Catarina Ramos Moura	97 Scalabisport	3:17.60	377
	50m: 46.31 100m: 1:35.88 150m: 2:27.66 200m: 3:17.60			
9.	Mariana Travessa Guilherme	94 Salvaterra de Magos	3:24.06	342
	50m: 47.43 100m: 1:39.66 150m: 2:33.53 200m: 3:24.06			
10.	Sara Sofia Leitao	93 Associação Mora	3:24.09	342
	50m: 45.89 100m: 1:37.35 150m: 2:31.40 200m: 3:24.09			
11.	Joana Meira Almeida	94 Salvaterra de Magos	3:25.53	335
	50m: 47.42 100m: 1:39.29 150m: 2:33.47 200m: 3:25.53			
12.	Ines Isabel Margarido	93 Litoral Alentejano	3:28.33	322
	50m: 47.31 100m: 1:39.43 150m: 2:35.38 200m: 3:28.33			
13.	Susana Silva Franco	95 Scalabisport	3:29.11	318
	50m: 46.62 100m: 1:39.34 150m: 2:34.29 200m: 3:29.11			
14.	Ana Catarina Travessa	96 Salvaterra de Magos	3:30.67	311
	50m: 48.60 100m: 1:42.39 150m: 2:39.36 200m: 3:30.67			
15.	Joana Sofia Capinha	96 Óbidos Patrimonium	3:31.64	307
	50m: 48.10 100m: 1:41.81 150m: 2:38.88 200m: 3:31.64			
16.	Mariana Jose Guerreiro	97 Litoral Alentejano	3:46.07	252
	50m: 51.83 100m: 1:48.93 150m: 2:48.71 200m: 3:46.07			
17.	Beatriz Barroso Rodrigues	97 União Samorense	3:50.87	236
	50m: 51.96 100m: 1:49.81 150m: 2:51.98 200m: 3:50.87			
DNS	Ines Rodrigues Martins	94 Buzios-Nadadores Coruche		
DNS	Joana Margarida Monteiro	91 Rio Maior		
DNS	Ana Maria Nunes	97 CLAC-Entroncamento		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 8, 200m Bruços

13 anos e mais velhos, Masc.

1.	Rodrigo Marques Costa	76	Litoral Alentejano	2:45.31	473
	50m: 36.78 100m: 1:17.78 150m: 2:00.56 200m: 2:45.31				
2.	Duarte Rosa Cameirao	94	Rio Maior	2:47.11	458
	<i>Recorde Distrital JUV-B (02.48.42)</i> 50m: 39.59 100m: 1:21.47 150m: 2:04.34 200m: 2:47.11				
3.	Miguel Angelo Vitorino	90	Rio Maior	2:50.85	428
	50m: 39.59 100m: 1:23.37 150m: 2:05.97 200m: 2:50.85				
4.	Joao Carlos Pereira	94	Buzios-Nadadores Coruche	2:56.44	389
	50m: 39.89 100m: 1:24.93 150m: 2:11.18 200m: 2:56.44				
5.	Goncalo Sousa Brites	92	Torres Novas	3:01.31	358
	50m: 41.44 100m: 1:27.27 150m: 2:14.99 200m: 3:01.31				
6.	Joao Ferreira Pardal	95	Scalabisport	3:05.84	333
	50m: 41.27 100m: 1:28.44 150m: 2:17.00 200m: 3:05.84				
7.	Simeon Stoyanov Abadzhiev	95	Associação Mora	3:09.19	316
	50m: 44.10 100m: 1:32.12 150m: 2:20.65 200m: 3:09.19				
8.	Diogo Manuel Inocencio	92	CLAC-Entroncamento	3:09.76	313
	50m: 43.12 100m: 1:32.58 150m: 2:21.43 200m: 3:09.76				
9.	Ricardo Daniel Lucas	94	20Km de Almeirim	3:11.86	303
	50m: 44.10 100m: 1:32.64 150m: 2:23.25 200m: 3:11.86				
10.	Ruben Miguel Matos	91	Náutico Abrantes	3:13.55	295
	50m: 43.97 100m: 1:32.87 150m: 2:24.12 200m: 3:13.55				
11.	Miguel Otto Palma	92	Litoral Alentejano	3:13.94	293
	50m: 41.25 100m: 1:31.06 150m: 2:23.23 200m: 3:13.94				
12.	Joao Diogo Andrade	93	Salvaterra de Magos	3:17.75	276
	50m: 43.38 100m: 1:32.93 150m: 2:26.51 200m: 3:17.75				
13.	Joao Miguel Nunes	92	CLAC-Entroncamento	3:18.28	274
	50m: 45.42 100m: 1:35.57 150m: 2:27.64 200m: 3:18.28				
14.	Francisco Jose Guerreiro	93	Litoral Alentejano	3:23.68	253
	50m: 46.53 100m: 1:39.98 150m: 2:33.02 200m: 3:23.68				
15.	Joao Pedro Loureiro	91	CLAC-Entroncamento	3:26.43	243
	50m: 47.97 100m: 1:39.91 150m: 2:34.45 200m: 3:26.43				
16.	Pedro Leal Serra	95	Torres Novas	3:26.74	242
	50m: 48.67 100m: 1:42.08 150m: 2:37.20 200m: 3:26.74				
17.	Joao Pereira Luis	94	Salvaterra de Magos	3:27.54	239
	50m: 47.56 100m: 1:41.79 150m: 2:36.78 200m: 3:27.54				
18.	Joao Diogo Lucas	95	Salvaterra de Magos	3:27.66	239
	50m: 48.52 100m: 1:40.86 150m: 2:34.75 200m: 3:27.66				
19.	Duarte Miguel Pires	96	Associação Mora	3:32.02	224
	50m: 50.05 100m: 1:43.13 150m: 2:38.56 200m: 3:32.02				
20.	Tiago Vieira Ramos	96	Salvaterra de Magos	3:32.03	224
	50m: 50.67 100m: 1:44.96 150m: 2:38.93 200m: 3:32.03				
DSQ	Jose Paulo Adao	91	Salvaterra de Magos		
	<i>O nadador efectuou 2 pernadas de golfinho após a viragem dos 100 metros</i>				

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 9 100m Costas 12 anos e mais velhos
23.5.09 Resultados

JUV-A 16 Anos MAS 16 Masc.: 1:25.50 / JUV-B 15 Anos MAS 15 Masc.: 1:29.00 / INF-A 13 Anos FEM 13 Femin.: 1:40.00 / INF-A 14 Anos MAS 14 Masc.: 1:33.00 / INF-B 12 Anos FEM 12 Femin.: 1:48.50 / INF-B 13 Anos MAS 13 Masc.: 1:42.00 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 1:30.00 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 1:23.50 / JUV 14 Anos FEM 14 Femin.: 1:38.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Ana Rita Nunes 50m: 36.52 100m: 1:14.44	93 Salvaterra de Magos	1:14.44	503
2. Marta Filipa Vinagre <i>Recorde Distrital JUV (01.15.74)</i> 50m: 37.00 100m: 1:14.99	95 Torres Novas	1:14.99	492
3. Marisa Fernandes Antunes 50m: 37.39 100m: 1:16.94	92 20Km de Almeirim	1:16.94	455
4. Catarina Dias Pinho 50m: 38.63 100m: 1:20.61	94 20Km de Almeirim	1:20.61	396
5. Andreia Duarte Fonseca 50m: 38.99 100m: 1:21.04	93 20Km de Almeirim	1:21.04	390
6. Julia Matos Lopes 50m: 41.22 100m: 1:21.65	94 Scalabisport	1:21.65	381
7. Rita Coelho Pita 50m: 40.14 100m: 1:21.83	93 Náutico Abrantes	1:21.83	378
8. Vanessa Braga Salvador 50m: 39.81 100m: 1:22.35	91 União Samorense	1:22.35	371
9. Patricia Isabel Vicente 50m: 39.90 100m: 1:22.51	92 Buzios-Nadadores Coruche	1:22.51	369
10. Maria Clara Marques 50m: 40.20 100m: 1:22.67	94 Litoral Alentejano	1:22.67	367
11. Ana Rita Ferreira 50m: 40.80 100m: 1:22.95	92 Natação do Tejo	1:22.95	363
12. Ana Filipa Sousa 50m: 40.09 100m: 1:23.07	96 Natação do Tejo	1:23.07	362
13. Marta Sofia Silva 50m: 40.51 100m: 1:23.67	95 Rio Maior	1:23.67	354
14. Sara Alexandra Simoes 50m: 40.94 100m: 1:23.99	93 Salvaterra de Magos	1:23.99	350
15. Catarina Vilhena Gregorio 50m: 41.13 100m: 1:24.05	96 CLAC-Entroncamento	1:24.05	349
16. Ana Maria Cantador 50m: 42.02 100m: 1:24.69	97 Salvaterra de Magos	1:24.69	341
17. Ana Carolina Canelas 50m: 40.24 100m: 1:24.90	91 Associação Mora	1:24.90	339
18. Carina Sofia Pedro 50m: 41.32 100m: 1:25.07	91 Buzios-Nadadores Coruche	1:25.07	337
19. Mariana Vieira Ramos 50m: 41.72 100m: 1:25.10	94 Salvaterra de Magos	1:25.10	336
20. Catarina Isabel Silva 50m: 42.72 100m: 1:25.12	95 Scalabisport	1:25.12	336
21. Sthephanie Domingues Rodrigues 50m: 41.37 100m: 1:25.40	94 Scalabisport	1:25.40	333

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 9, Femin., 100m Costas, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
22. Carolina Henriques Gavancho 50m: 42.00 100m: 1:25.42	97 CLAC-Entroncamento	1:25.42	333
23. Ana Catarina Serra 50m: 42.79 100m: 1:25.46	95 Náutico Abrantes	1:25.46	332
24. Marta Serrado Redondo 50m: 43.19 100m: 1:26.26	95 Litoral Alentejano	1:26.26	323
25. Milene Marques Fonseca 50m: 42.95 100m: 1:27.04	95 20Km de Almeirim	1:27.04	314
26. Joana Rita Ferreira 50m: 43.10 100m: 1:27.83	93 Buzios-Nadadores Coruche	1:27.83	306
27. Debora Goncalves Patrocinio 50m: 43.15 100m: 1:27.99	97 Litoral Alentejano	1:27.99	304
28. Catarina Duarte Leitao 50m: 43.46 100m: 1:28.96	92 Scalabisport	1:28.96	295
29. Sara Margarida Bento 50m: 43.26 100m: 1:29.17	94 20Km de Almeirim	1:29.17	292
30. Ana Pereira Luis 50m: 43.64 100m: 1:29.47	97 Salvaterra de Magos	1:29.47	290
31. Ana Rosario Silva 50m: 44.08 100m: 1:29.66	95 Scalabisport	1:29.66	288
32. Mafalda Ventura Pinto 50m: 44.32 100m: 1:31.28	94 Associação Mora	1:31.28	273 FTL
33. Ana Teresa Nunes 50m: 44.68 100m: 1:31.86	88 Natação do Tejo	1:31.86	268 FTL
34. Gabriela Sofia Alves 50m: 44.58 100m: 1:32.00	96 Náutico Abrantes	1:32.00	266
35. Ines Sofia Borba 50m: 46.33 100m: 1:32.25	97 Litoral Alentejano	1:32.25	264
36. Mariana Anastacio Cruz 50m: 45.46 100m: 1:32.73	96 Torres Novas	1:32.73	260
37. Andreia Alexandra Martins 50m: 44.66 100m: 1:32.91	97 União Samorense	1:32.91	259
38. Patricia Moutinho Pedro 50m: 45.63 100m: 1:32.93	95 Scalabisport	1:32.93	258
39. Ana Catarina Correia 50m: 45.99 100m: 1:34.06	97 Salvaterra de Magos	1:34.06	249
40. Diana Marisa Cantador 50m: 47.03 100m: 1:34.27	95 Salvaterra de Magos	1:34.27	248
41. Susana Patricia Rosa 50m: 45.12 100m: 1:35.45	96 CLAC-Entroncamento	1:35.45	238
42. Laura Silva Tamudo 50m: 47.29 100m: 1:35.54	96 Rio Maior	1:35.54	238
43. Debora Alexandra Catalao 50m: 46.80 100m: 1:36.09	96 Óbidos Patrimonium	1:36.09	234
44. Catarina Ramos Moura 50m: 45.71 100m: 1:36.19	97 Scalabisport	1:36.19	233
45. Sara Margarida Lopes 50m: 46.88 100m: 1:36.29	96 Associação Mora	1:36.29	232

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 9, Femin., 100m Costas, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
46. Sofia Isabel Mendes 50m: 45.93 100m: 1:36.72	97 Salvaterra de Magos	1:36.72	229
47. Tatiana Lima Silva 50m: 47.43 100m: 1:36.78	96 Natação do Tejo	1:36.78	229
48. Ana Rita Alves 50m: 48.70 100m: 1:38.13	95 Associação Mora	1:38.13	219 FTL
49. Catarina Jose Vitorino 50m: 48.75 100m: 1:41.10	93 Buzios-Nadadores Coruche	1:41.10	201 FTL
50. Liliana Sofia Henriques 50m: 52.60 100m: 1:44.99	97 Buzios-Nadadores Coruche	1:44.99	179
51. Jessica Margarida Viegas	94 Natação do Tejo	1:55.38	135 FTL
DNS Maria Fatima Caraca	97 Buzios-Nadadores Coruche		

13 anos e mais velhos, Masc.

1. Paulo Bruno Janeiro 50m: 32.53 100m: 1:06.20	94 Litoral Alentejano	1:06.20	513
2. David Oliveira Gorgulho 50m: 33.11 100m: 1:06.47	82 Litoral Alentejano	1:06.47	506
3. Gustavo Manuel Santa 50m: 33.62 100m: 1:07.25	93 Litoral Alentejano	1:07.25	489
4. Andre Filipe Mendes 50m: 33.19 100m: 1:09.12	92 Náutico Abrantes	1:09.12	450
5. David Manuel Seabra 50m: 34.40 100m: 1:11.03	91 Salvaterra de Magos	1:11.03	415
6. Jorge Miguel Telo 50m: 35.53 100m: 1:11.17	95 Litoral Alentejano	1:11.17	413
7. Marcelo Pelixo Silva 50m: 35.42 100m: 1:11.41	91 Salvaterra de Magos	1:11.41	408
8. Luis Antonio Tarquinio 50m: 35.29 100m: 1:12.01	94 Rio Maior	1:12.01	398
9. Miguel Martins Barroqueiro 50m: 35.12 100m: 1:12.65	91 CLAC-Entroncamento	1:12.65	388
10. Rafael Pires Caetano 50m: 35.66 100m: 1:13.94	92 Scalabisport	1:13.94	368
11. Alexandre Emanuel Pereira 50m: 36.31 100m: 1:14.43	93 CLAC-Entroncamento	1:14.43	361
12. Diogo Chu Carvalho 50m: 37.37 100m: 1:14.61	91 Litoral Alentejano	1:14.61	358
13. Miguel Nascimento Rijo 50m: 35.38 100m: 1:15.21	91 Natação do Tejo	1:15.21	350
14. Ricardo Oliveira Felisberto 50m: 36.55 100m: 1:15.71	88 Salvaterra de Magos	1:15.71	343
14. Nuno Miguel Afonso 50m: 36.51 100m: 1:15.71	91 Natação do Tejo	1:15.71	343
16. Miguel Pratas Galego 50m: 37.05 100m: 1:15.79	91 20Km de Almeirim	1:15.79	342
17. Joao Ferreira Pardal 50m: 36.48 100m: 1:16.56	95 Scalabisport	1:16.56	331

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 9, Masc., 100m Costas, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
18. Ricardo Jorge Dias 50m: 37.19 100m: 1:17.67	90 Associação Mora	1:17.67	317
19. Joao Miguel Ramalho 50m: 37.21 100m: 1:18.14	92 Associação Mora	1:18.14	312
20. Mario Jorge Nunes 50m: 38.46 100m: 1:18.16	92 Natação do Tejo	1:18.16	311
21. Andre Alexandre Ramalho 50m: 37.74 100m: 1:18.48	93 Associação Mora	1:18.48	308
22. Diogo Lima Nicolau 50m: 38.67 100m: 1:18.84	93 Scalabisport	1:18.84	303
23. Roberto Oliveira Felisberto 50m: 38.22 100m: 1:18.98	94 Salvaterra de Magos	1:18.98	302
24. Ruben Alexandre Rosa 50m: 39.20 100m: 1:20.01	92 Litoral Alentejano	1:20.01	290
25. Miguel Angelo Neto 50m: 40.78 100m: 1:22.98	94 União Samorense	1:22.98	260
26. Tiago Miguel Ribeiro 50m: 40.75 100m: 1:25.08	94 20Km de Almeirim	1:25.08	241
27. Marcos Conceicao Antonio 50m: 42.29 100m: 1:25.79	95 União Samorense	1:25.79	236
28. Joao Tanissa Pancada 50m: 41.99 100m: 1:26.21	94 União Samorense	1:26.21	232
29. Goncalo Miguel Laureano 50m: 42.77 100m: 1:26.70	94 União Samorense	1:26.70	228
30. Duarte Rosa Cameirao 50m: 42.15 100m: 1:28.51	94 Rio Maior	1:28.51	214
31. Joao Francisco Ferreira 50m: 43.88 100m: 1:28.93	93 Natação do Tejo	1:28.93	211 FTL
32. Iuri Costa Correia 50m: 44.30 100m: 1:29.34	96 20Km de Almeirim	1:29.34	209
33. Diogo Andre Hilario 50m: 46.37 100m: 1:32.31	96 Náutico Abrantes	1:32.31	189
34. Rui Manuel Pereira 50m: 46.31 100m: 1:32.58	95 Rio Maior	1:32.58	187
35. Jose Carlos Rebelo 50m: 45.79 100m: 1:32.85	96 CLAC-Entroncamento	1:32.85	186
DSQ Rodolfo Goncalves Felix <i>Falsa partida</i>	96 Óbidos Patrimonium		
DNS Rodrigo Teles Silva	94 Buzios-Nadadores Coruche		
DNS Telmo Alexandre Lopes	93 Natação do Tejo		
DNS Daniel Oliveira Leitao	96 Scalabisport		
DNS Andre Pombo Dias	96 Natação do Tejo		
DNS Joao Miguel Mestre	92 Torres Novas		
DNS Rogerio Pina Tavares	92 Litoral Alentejano		
DNS Joao Filipe Miguel	91 Torres Novas		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 10
23.5.09

1500m Livres

12 anos e mais velhos
Resultados

INF-A 13 Anos FEM 13 Femin.: 24:35.00 / INF-A 14 Anos MAS 14 Masc.: 24:00.00 / INF-B 12 Anos FEM 12 Femin.: 26:15.00 / INF-B 13 Anos MAS 13 Masc.: 25:30.00 / JUN/SEN FEM - 15 + Anos 15 + Femin.: 22:40.50 / JUN/SEN MAS - 17 + Anos 17 + Masc.: 21:30.00 / JUV 14 Anos FEM 14 Femin.: 23:30.00 / JUV-A 16 Anos MAS 16 Masc.: 22:30.00 / JUV-B 15 Anos MAS 15 Masc.: 23:00.00

Pontos: FINA 2008

Lugar	Ano		Tempo final		Pts
12 anos e mais velhos, Femin.					
1.	Ana Catarina Mateus	94	Litoral Alentejano	19:47.62	523
	50m: 36.79	300m: 3:55.31	550m: 7:15.23	800m: 10:34.83	1050m: 13:54.31
	100m: 1:15.85	350m: 4:35.36	600m: 7:55.01	850m: 11:14.39	1100m: 14:33.86
	150m: 1:55.34	400m: 5:15.22	650m: 8:34.68	900m: 11:54.43	1150m: 15:13.22
	200m: 2:35.38	450m: 5:55.05	700m: 9:15.01	950m: 12:34.37	1200m: 15:53.43
	250m: 3:15.40	500m: 6:35.16	750m: 9:55.02	1000m: 13:14.40	1250m: 16:33.31
					1300m: 17:13.21
					1350m: 17:52.58
					1400m: 18:32.25
					1450m: 19:11.30
					1500m: 19:47.62
2.	Marcia Filipa Carvalho	96	Individual Santarem	20:20.16	482
	50m: 34.35	300m: 3:52.52	550m: 7:18.97	800m: 10:43.51	1050m: 14:12.05
	100m: 1:13.46	350m: 4:32.83	600m: 7:59.86	850m: 11:23.85	1100m: 14:53.06
	150m: 1:52.87	400m: 5:14.18	650m: 8:40.79	900m: 12:04.48	1150m: 15:35.86
	200m: 2:32.26	450m: 5:55.69	700m: 9:22.15	950m: 12:46.82	1200m: 16:17.54
	250m: 3:11.62	500m: 6:37.46	750m: 10:03.39	1000m: 13:28.85	1250m: 16:59.87
					1300m: 17:40.91
					1350m: 18:22.36
					1400m: 19:02.66
					1450m: 19:42.27
					1500m: 20:20.16
3.	Ana Rita Ferreira	92	Natação do Tejo	20:26.67	474
	50m: 36.08	300m: 3:56.40	550m: 7:18.32	800m: 10:43.17	1050m: 14:12.60
	100m: 1:15.59	350m: 4:37.03	600m: 7:58.49	850m: 11:25.77	1100m: 14:54.38
	150m: 1:55.74	400m: 5:17.36	650m: 8:39.21	900m: 12:06.93	1150m: 15:36.05
	200m: 2:35.50	450m: 5:57.51	700m: 9:20.22	950m: 12:49.34	1200m: 16:17.81
	250m: 3:16.44	500m: 6:37.73	750m: 10:01.62	1000m: 13:30.75	1250m: 17:00.06
					1300m: 17:41.80
					1350m: 18:23.73
					1400m: 19:05.32
					1450m: 19:46.61
					1500m: 20:26.67
4.	Mariana Fernandes Antunes	95	20Km de Almeirim	20:29.78	471
	<i>Recorde Distrital JUV (20.51.64)</i>				
	50m: 36.18	300m: 3:57.48	550m: 7:21.35	800m: 10:47.19	1050m: 14:16.23
	100m: 1:15.98	350m: 4:38.16	600m: 8:02.27	850m: 11:28.70	1100m: 14:57.59
	150m: 1:56.35	400m: 5:18.55	650m: 8:43.56	900m: 12:10.56	1150m: 15:40.03
	200m: 2:36.39	450m: 5:59.73	700m: 9:24.40	950m: 12:52.51	1200m: 16:22.03
	250m: 3:17.11	500m: 6:40.32	750m: 10:06.04	1000m: 13:34.24	1250m: 17:03.94
					1300m: 17:45.92
					1350m: 18:27.45
					1400m: 19:08.78
					1450m: 19:49.44
					1500m: 20:29.78
5.	Maria Clara Marques	94	Litoral Alentejano	20:53.73	444
	50m: 36.59	300m: 4:01.58	550m: 7:30.51	800m: 11:00.38	1050m: 14:32.13
	100m: 1:17.29	350m: 4:43.24	600m: 8:12.42	850m: 11:42.87	1100m: 15:14.67
	150m: 1:58.62	400m: 5:24.51	650m: 8:54.78	900m: 12:24.23	1150m: 15:57.21
	200m: 2:39.32	450m: 6:06.63	700m: 9:36.59	950m: 13:07.24	1200m: 16:40.00
	250m: 3:20.50	500m: 6:48.35	750m: 10:18.87	1000m: 13:49.45	1250m: 17:22.89
					1300m: 18:05.09
					1350m: 18:48.19
					1400m: 19:30.77
					1450m: 20:13.10
					1500m: 20:53.73
6.	Ana Filipa Sousa	96	Natação do Tejo	21:09.10	428
	50m: 37.26	300m: 4:11.38	550m: 7:48.59	800m: 11:23.08	1050m: 14:55.71
	100m: 1:19.49	350m: 4:55.44	600m: 8:31.04	850m: 12:06.39	1100m: 15:37.92
	150m: 2:02.91	400m: 5:38.21	650m: 9:14.12	900m: 12:48.89	1150m: 16:20.59
	200m: 2:45.55	450m: 6:21.94	700m: 9:56.52	950m: 13:30.92	1200m: 17:03.02
	250m: 3:28.54	500m: 7:04.73	750m: 10:40.19	1000m: 14:13.68	1250m: 17:45.50
					1300m: 18:27.53
					1350m: 19:09.03
					1400m: 19:50.63
					1450m: 20:30.99
					1500m: 21:09.10
7.	Joana Margarida Monteiro	91	Rio Maior	21:09.36	428
	50m: 40.35	300m: 4:17.22	550m: 7:52.31	800m: 11:25.97	1050m: 14:55.24
	100m: 1:24.07	350m: 4:59.66	600m: 8:35.37	850m: 12:08.02	1100m: 15:37.52
	150m: 2:07.70	400m: 5:43.09	650m: 9:17.58	900m: 12:49.95	1150m: 16:20.14
	200m: 2:51.15	450m: 6:26.41	700m: 10:00.73	950m: 13:31.54	1200m: 17:02.66
	250m: 3:33.99	500m: 7:09.79	750m: 10:43.32	1000m: 14:13.22	1250m: 17:45.08
					1300m: 18:27.35
					1350m: 19:09.00
					1400m: 19:50.63
					1450m: 20:30.87
					1500m: 21:09.36
8.	Andreia Sofia Carreira	91	Scalabisport	21:09.97	428
	50m: 38.93	300m: 4:16.68	550m: 7:52.17	800m: 11:26.46	1050m: 14:57.45
	100m: 1:22.31	350m: 4:59.67	600m: 8:35.20	850m: 12:08.70	1100m: 15:39.73
	150m: 2:05.53	400m: 5:42.79	650m: 9:17.71	900m: 12:50.93	1150m: 16:21.61
	200m: 2:49.45	450m: 6:26.20	700m: 10:00.48	950m: 13:33.20	1200m: 17:03.79
	250m: 3:32.88	500m: 7:09.42	750m: 10:43.35	1000m: 14:15.71	1250m: 17:45.27
					1300m: 18:27.29
					1350m: 19:08.48
					1400m: 19:50.67
					1450m: 20:31.06
					1500m: 21:09.97

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 10, Femin., 1500m Livres, 12 anos e mais velhos

Lugar			Ano			Tempo final	Pts					
9.	Andreia Duarte Fonseca		93	20Km de Almeirim		21:27.64	410					
	50m:	36.54	300m:	4:01.15	550m:	7:33.82	800m:	11:10.67	1050m:	14:50.77	1300m:	18:33.14
	100m:	1:16.68	350m:	4:43.17	600m:	8:16.84	850m:	11:54.04	1100m:	15:34.77	1350m:	19:17.05
	150m:	1:57.41	400m:	5:25.52	650m:	8:59.90	900m:	12:37.86	1150m:	16:19.08	1400m:	20:01.08
	200m:	2:38.26	450m:	6:07.83	700m:	9:43.49	950m:	13:21.95	1200m:	17:03.80	1450m:	20:44.73
	250m:	3:19.71	500m:	6:50.60	750m:	10:26.89	1000m:	14:06.17	1250m:	17:48.53	1500m:	21:27.64
10.	Maria Eduarda Vidigueira		96	Scalabisport		22:47.48	342					
	50m:	39.95	300m:	4:27.41	550m:	8:18.32	800m:	12:10.62	1050m:	16:03.45	1300m:	19:50.28
	100m:	1:23.95	350m:	5:13.97	600m:	9:04.47	850m:	12:58.15	1100m:	16:47.99	1350m:	20:36.41
	150m:	2:10.22	400m:	5:59.25	650m:	9:51.74	900m:	13:43.88	1150m:	17:35.00	1400m:	21:20.74
	200m:	2:55.49	450m:	6:45.57	700m:	10:37.77	950m:	14:31.02	1200m:	18:19.17	1450m:	22:05.33
	250m:	3:41.94	500m:	7:31.39	750m:	11:24.54	1000m:	15:16.43	1250m:	19:05.04	1500m:	22:47.48
11.	Tatiana Lima Silva		96	Natação do Tejo		23:34.85	309					
	50m:	41.51	300m:	4:35.80	550m:	8:31.71	800m:	12:29.78	1050m:	16:31.33	1300m:	20:30.42
	100m:	1:27.70	350m:	5:22.61	600m:	9:19.09	850m:	13:18.81	1100m:	17:19.19	1350m:	21:18.14
	150m:	2:14.82	400m:	6:09.83	650m:	10:07.31	900m:	14:06.27	1150m:	18:07.24	1400m:	22:03.54
	200m:	3:01.60	450m:	6:55.96	700m:	10:54.11	950m:	14:55.27	1200m:	18:55.69	1450m:	22:49.99
	250m:	3:48.55	500m:	7:43.22	750m:	11:41.93	1000m:	15:42.72	1250m:	19:42.76	1500m:	23:34.85

13 anos e mais velhos, Masc.

1.	Gustavo Manuel Santa		93	Litoral Alentejano		16:25.88	718					
	50m:	29.36	300m:	3:12.57	550m:	6:00.48	800m:	8:47.16	1050m:	11:35.49	1300m:	14:18.23
	100m:	1:01.09	350m:	3:46.42	600m:	6:33.53	850m:	9:21.29	1100m:	12:08.02	1350m:	14:51.21
	150m:	1:33.45	400m:	4:19.84	650m:	7:07.18	900m:	9:55.52	1150m:	12:40.72	1400m:	15:24.12
	200m:	2:06.33	450m:	4:53.71	700m:	7:40.94	950m:	10:28.92	1200m:	13:13.23	1450m:	15:55.89
	250m:	2:39.35	500m:	5:26.65	750m:	8:13.77	1000m:	11:02.58	1250m:	13:45.68	1500m:	16:25.88
2.	Joao Luis Serrano		91	Natação do Tejo		17:38.75	580					
	50m:	30.22	300m:	3:21.16	550m:	6:20.27	800m:	9:20.03	1050m:	12:21.57	1300m:	15:20.02
	100m:	1:02.73	350m:	3:56.38	600m:	6:55.42	850m:	9:56.52	1100m:	12:57.37	1350m:	15:55.46
	150m:	1:36.93	400m:	4:31.94	650m:	7:31.25	900m:	10:32.54	1150m:	13:32.95	1400m:	16:29.79
	200m:	2:10.88	450m:	5:07.85	700m:	8:07.19	950m:	11:09.13	1200m:	14:08.68	1450m:	17:05.39
	250m:	2:45.88	500m:	5:43.84	750m:	8:43.50	1000m:	11:45.42	1250m:	14:44.21	1500m:	17:38.75
3.	Paulo Bruno Janeiro		94	Litoral Alentejano		17:41.24	576					
	50m:	30.35	300m:	3:25.98	550m:	6:27.23	800m:	9:28.07	1050m:	12:27.58	1300m:	15:24.85
	100m:	1:03.81	350m:	4:02.16	600m:	7:03.34	850m:	10:03.66	1100m:	13:03.77	1350m:	15:59.67
	150m:	1:38.49	400m:	4:38.31	650m:	7:40.03	900m:	10:40.00	1150m:	13:38.69	1400m:	16:35.78
	200m:	2:13.69	450m:	5:14.41	700m:	8:16.40	950m:	11:16.44	1200m:	14:14.25	1450m:	17:08.99
	250m:	2:49.27	500m:	5:51.09	750m:	8:52.35	1000m:	11:52.40	1250m:	14:49.46	1500m:	17:41.24
4.	Joao Bernardo Saragoca		95	20Km de Almeirim		18:04.04	540					
	50m:	32.48	300m:	3:30.69	550m:	6:32.77	800m:	9:39.32	1050m:	12:43.65	1300m:	15:43.22
	100m:	1:07.37	350m:	4:06.75	600m:	7:10.39	850m:	10:16.26	1100m:	13:20.83	1350m:	16:19.05
	150m:	1:43.29	400m:	4:42.87	650m:	7:47.47	900m:	10:53.74	1150m:	13:55.80	1400m:	16:55.18
	200m:	2:18.84	450m:	5:19.03	700m:	8:24.42	950m:	11:30.32	1200m:	14:31.70	1450m:	17:30.75
	250m:	2:54.86	500m:	5:56.05	750m:	9:01.49	1000m:	12:07.64	1250m:	15:07.43	1500m:	18:04.04
5.	Ivo Andre Lopes		94	20Km de Almeirim		18:04.48	539					
	50m:	32.00	300m:	3:29.56	550m:	6:29.67	800m:	9:34.05	1050m:	12:40.27	1300m:	15:44.45
	100m:	1:07.17	350m:	4:05.62	600m:	7:06.36	850m:	10:11.19	1100m:	13:17.13	1350m:	16:20.91
	150m:	1:42.97	400m:	4:41.58	650m:	7:43.02	900m:	10:48.26	1150m:	13:54.17	1400m:	16:56.95
	200m:	2:18.92	450m:	5:17.41	700m:	8:19.84	950m:	11:25.60	1200m:	14:31.34	1450m:	17:32.90
	250m:	2:54.84	500m:	5:53.55	750m:	8:56.84	1000m:	12:02.98	1250m:	15:08.07	1500m:	18:04.48
6.	Diogo Antonio Lopes		95	Torres Novas		18:35.19	496					
	50m:	34.12	300m:	3:38.72	550m:	6:45.67	800m:	9:54.46	1050m:	13:03.04	1300m:	16:09.87
	100m:	1:10.28	350m:	4:15.82	600m:	7:23.33	850m:	10:32.26	1100m:	13:40.61	1350m:	16:46.26
	150m:	1:47.26	400m:	4:53.40	650m:	8:00.96	900m:	11:09.46	1150m:	14:18.07	1400m:	17:23.16
	200m:	2:24.02	450m:	5:30.44	700m:	8:38.34	950m:	11:47.36	1200m:	14:55.42	1450m:	17:59.77
	250m:	3:01.51	500m:	6:08.39	750m:	9:16.03	1000m:	12:25.24	1250m:	15:32.51	1500m:	18:35.19

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 10, Masc., 1500m Livres, 13 anos e mais velhos

Lugar	Ano										Tempo final	Pts	
7. Jorge Miguel Telo	95 Litoral Alentejano										18:43.72	485	
50m:	33.16	300m:	3:38.56	550m:	6:48.35	800m:	9:58.14	1050m:	13:07.01	1300m:	16:15.98		
100m:	1:09.64	350m:	4:16.03	600m:	7:26.11	850m:	10:35.91	1100m:	13:44.38	1350m:	16:53.38		
150m:	1:46.70	400m:	4:53.93	650m:	8:04.79	900m:	11:13.80	1150m:	14:22.28	1400m:	17:30.76		
200m:	2:23.81	450m:	5:32.20	700m:	8:42.72	950m:	11:51.30	1200m:	14:59.82	1450m:	18:08.07		
250m:	3:01.72	500m:	6:10.24	750m:	9:20.71	1000m:	12:29.30	1250m:	15:38.08	1500m:	18:43.72		
8. Duarte Brites Policarpo	95 Torres Novas										18:56.81	468	
50m:	32.67	300m:	3:42.22	550m:	6:53.53	800m:	10:04.51	1050m:	13:14.28	1300m:	16:25.69		
100m:	1:10.45	350m:	4:20.79	600m:	7:31.59	850m:	10:42.71	1100m:	13:52.61	1350m:	17:03.93		
150m:	1:47.92	400m:	4:59.07	650m:	8:09.84	900m:	11:20.20	1150m:	14:30.98	1400m:	17:42.29		
200m:	2:26.01	450m:	5:37.39	700m:	8:47.84	950m:	11:58.17	1200m:	15:09.07	1450m:	18:20.39		
250m:	3:03.80	500m:	6:15.28	750m:	9:26.54	1000m:	12:36.45	1250m:	15:47.13	1500m:	18:56.81		
9. Rodrigo Marques Costa	76 Litoral Alentejano										19:14.61	447	
50m:	34.04	300m:	3:43.35	550m:	6:57.00	850m:	10:49.42	1100m:	14:03.46	1350m:	17:19.78		
100m:	1:11.09	350m:	4:22.44	600m:	7:35.48	900m:	11:28.20	1150m:	14:42.62	1400m:	17:58.90		
150m:	1:49.00	400m:	5:01.00	700m:	8:53.52	950m:	12:06.77	1200m:	15:22.05	1450m:	18:37.70		
200m:	2:27.02	450m:	5:39.65	750m:	9:31.76	1000m:	12:45.56	1250m:	16:01.55	1500m:	19:14.61		
250m:	3:05.04	500m:	6:18.07	800m:	10:10.41	1050m:	13:24.56	1300m:	16:40.77				
10. Joao Manuel Ferreira	92 CLAC-Entroncamento										19:21.66	439	
50m:	34.21	300m:	3:45.97	550m:	7:01.05	800m:	10:16.09	1050m:	13:31.81	1300m:	16:46.14		
100m:	1:11.97	350m:	4:24.96	600m:	7:40.11	850m:	10:55.34	1100m:	14:09.94	1350m:	17:25.41		
150m:	1:50.62	400m:	5:04.01	650m:	8:19.02	900m:	11:34.28	1150m:	14:49.01	1400m:	18:04.48		
200m:	2:28.75	450m:	5:42.86	700m:	8:58.03	950m:	12:13.27	1200m:	15:28.12	1450m:	18:43.63		
250m:	3:07.28	500m:	6:22.06	750m:	9:36.89	1000m:	12:52.64	1250m:	16:07.11	1500m:	19:21.66		
11. Fabio Miguel Samouco	95 Torres Novas										19:25.71	434	
50m:	35.61	300m:	3:51.73	550m:	7:07.33	800m:	10:19.57	1050m:	13:35.66	1300m:	16:51.23		
100m:	1:13.95	350m:	4:30.71	600m:	7:45.96	850m:	10:58.36	1100m:	14:15.70	1350m:	17:31.08		
150m:	1:53.50	400m:	5:09.37	650m:	8:24.92	900m:	11:35.74	1150m:	14:55.83	1400m:	18:11.21		
200m:	2:32.83	450m:	5:49.38	700m:	9:03.31	950m:	12:15.45	1200m:	15:35.64	1450m:	18:50.11		
250m:	3:12.57	500m:	6:29.16	750m:	9:42.50	1000m:	12:55.76	1250m:	16:14.35	1500m:	19:25.71		
12. David Oliveira Gorgulho	82 Litoral Alentejano										19:36.96	422	
50m:	32.69	300m:	3:46.69	550m:	7:05.09	800m:	10:24.96	1050m:	13:44.63	1300m:	17:04.76		
100m:	1:09.64	350m:	4:26.37	600m:	7:44.93	850m:	11:04.97	1100m:	14:25.26	1350m:	17:43.78		
150m:	1:48.22	400m:	5:05.93	650m:	8:24.93	900m:	11:44.96	1150m:	15:05.25	1400m:	18:22.73		
200m:	2:27.56	450m:	5:45.86	700m:	9:05.70	950m:	12:24.66	1200m:	15:45.17	1450m:	19:01.72		
250m:	3:06.83	500m:	6:25.63	750m:	9:45.87	1000m:	13:04.42	1250m:	16:24.60	1500m:	19:36.96		
13. Filipe Alexandre Gaboleiro	96 Rio Maior										19:46.38	412	
50m:	38.33	300m:	4:00.33	550m:	7:18.77	800m:	10:38.03	1050m:	13:57.00	1300m:	17:15.28		
100m:	1:18.17	350m:	4:40.41	600m:	7:58.42	850m:	11:17.85	1100m:	14:34.51	1350m:	17:54.53		
150m:	1:58.64	400m:	5:20.44	650m:	8:37.86	900m:	11:57.86	1150m:	15:14.64	1400m:	18:34.33		
200m:	2:39.18	450m:	6:00.92	700m:	9:17.88	950m:	12:37.70	1200m:	15:54.93	1450m:	19:10.69		
250m:	3:19.80	500m:	6:41.04	750m:	9:57.98	1000m:	13:17.41	1250m:	16:35.00	1500m:	19:46.38		
14. Mario Pinto Amorim	94 Buzios-Nadadores Coruche										19:56.76	401	
50m:	33.76	300m:	3:51.84	550m:	7:12.98	800m:	10:33.72	1050m:	13:55.77	1300m:	17:18.22		
100m:	1:12.00	350m:	4:31.94	600m:	7:53.12	850m:	11:14.37	1100m:	14:36.56	1350m:	17:58.34		
150m:	1:51.72	400m:	5:11.63	650m:	8:33.28	900m:	11:54.49	1150m:	15:17.03	1400m:	18:38.29		
200m:	2:31.61	450m:	5:52.32	700m:	9:13.35	950m:	12:35.16	1200m:	15:57.04	1450m:	19:18.07		
250m:	3:12.01	500m:	6:32.60	750m:	9:53.63	1000m:	13:15.36	1250m:	16:37.72	1500m:	19:56.76		
15. Nuno Miguel Afonso	91 Natação do Tejo										20:17.80	381	
50m:	33.85	300m:	3:56.17	550m:	7:23.11	800m:	10:50.75	1050m:	14:15.65	1300m:	17:37.44		
100m:	1:12.44	350m:	4:37.68	600m:	8:04.29	850m:	11:31.21	1100m:	14:55.66	1350m:	18:18.89		
150m:	1:53.52	400m:	5:18.87	650m:	8:46.08	900m:	12:11.89	1150m:	15:33.94	1400m:	19:00.17		
200m:	2:33.29	450m:	6:00.47	700m:	9:26.96	950m:	12:53.20	1200m:	16:14.68	1450m:	19:39.56		
250m:	3:14.85	500m:	6:41.46	750m:	10:09.18	1000m:	13:34.67	1250m:	16:55.85	1500m:	20:17.80		
16. Joao Goncalo Nogueira	91 Natação do Tejo										20:19.45	379	
50m:	35.43	300m:	4:02.70	550m:	7:30.31	800m:	10:56.15	1050m:	14:18.71	1300m:	17:41.53		
100m:	1:15.29	350m:	4:44.04	600m:	8:11.96	850m:	11:36.36	1100m:	14:59.21	1350m:	18:21.45		
150m:	1:56.96	400m:	5:25.55	650m:	8:53.39	900m:	12:16.87	1150m:	15:39.82	1400m:	19:01.44		
200m:	2:38.88	450m:	6:07.13	700m:	9:35.22	950m:	12:57.67	1200m:	16:20.65	1450m:	19:41.76		
250m:	3:20.51	500m:	6:48.92	750m:	10:16.80	1000m:	13:38.25	1250m:	17:01.11	1500m:	20:19.45		

JORNADA APURAMENTO CATEGORIAS - RIO MAIOR 50 METROS
Rio Maior, 23.5.2009

Prova 10, Masc., 1500m Livres, 13 anos e mais velhos

Lugar	Ano										Tempo final	Pts																		
17.	Miguel Angelo Vitorino										20:27.92	372																		
	50m: 35.91	300m: 4:01.02	550m: 7:25.44	800m: 10:49.98	1050m: 14:15.31	1300m: 17:42.52	100m: 1:16.01	350m: 4:41.85	600m: 8:06.23	850m: 11:30.87	1100m: 14:56.57	1350m: 18:24.12	150m: 1:57.29	400m: 5:22.81	650m: 8:47.38	900m: 12:11.91	1150m: 15:38.12	1400m: 19:06.03	200m: 2:38.54	450m: 6:03.61	700m: 9:27.87	950m: 12:53.29	1200m: 16:19.54	1450m: 19:47.41	250m: 3:19.70	500m: 6:44.51	750m: 10:09.03	1000m: 13:34.26	1250m: 17:00.98	1500m: 20:27.92
18.	Nuno Ricardo Nogueira										20:42.22	359																		
	50m: 35.54	300m: 4:04.33	550m: 7:34.79	800m: 11:05.49	1050m: 14:34.82	1300m: 18:01.34	100m: 1:16.39	350m: 4:46.20	600m: 8:16.70	850m: 11:46.70	1100m: 15:16.59	1350m: 18:42.49	150m: 1:58.33	400m: 5:27.99	650m: 8:58.82	900m: 12:29.14	1150m: 15:58.11	1400m: 19:23.65	200m: 2:40.75	450m: 6:10.25	700m: 9:41.14	950m: 13:11.50	1200m: 16:39.92	1450m: 20:03.41	250m: 3:22.62	500m: 6:53.16	750m: 10:23.63	1000m: 13:52.64	1250m: 17:20.63	1500m: 20:42.22
19.	Nuno Miguel Bruno										21:02.58	342																		
	50m: 39.36	300m: 4:10.61	550m: 7:46.89	800m: 11:19.16	1050m: 14:52.86	1300m: 18:22.46	100m: 1:21.12	350m: 4:53.69	600m: 8:29.61	850m: 12:02.01	1100m: 15:35.25	1350m: 19:03.59	150m: 2:03.05	400m: 5:36.17	650m: 9:11.89	900m: 12:44.63	1150m: 16:16.62	1400m: 19:45.05	200m: 2:45.48	450m: 6:19.93	700m: 9:54.76	950m: 13:27.27	1200m: 16:59.01	1450m: 20:25.68	250m: 3:28.16	500m: 7:03.58	750m: 10:37.25	1000m: 14:09.81	1250m: 17:41.02	1500m: 21:02.58
20.	Joao Antonio Oliveira										21:14.47	332																		
	50m: 38.80	300m: 4:13.57	550m: 7:51.51	800m: 11:25.58	1050m: 14:59.35	1300m: 18:30.57	100m: 1:22.39	350m: 4:57.10	600m: 8:34.40	850m: 12:08.88	1100m: 15:41.87	1350m: 19:12.72	150m: 2:04.51	400m: 5:40.33	650m: 9:17.41	900m: 12:51.29	1150m: 16:24.76	1400m: 19:54.43	200m: 2:47.07	450m: 6:24.50	700m: 10:00.81	950m: 13:34.11	1200m: 17:07.01	1450m: 20:34.62	250m: 3:30.59	500m: 7:08.52	750m: 10:43.10	1000m: 14:17.24	1250m: 17:48.86	1500m: 21:14.47
21.	Luis Antonio Tarquinio										21:20.74	327																		
	50m: 39.86	300m: 4:20.96	550m: 8:00.05	800m: 11:32.63	1050m: 15:05.93	1300m: 18:36.73	100m: 1:23.84	350m: 5:04.99	600m: 8:42.51	850m: 12:15.11	1100m: 15:48.02	1350m: 19:18.00	150m: 2:08.01	400m: 5:49.87	650m: 9:24.96	900m: 12:58.08	1150m: 16:30.35	1400m: 19:59.29	200m: 2:51.96	450m: 6:31.85	700m: 10:08.06	950m: 13:40.37	1200m: 17:12.88	1450m: 20:40.13	250m: 3:36.73	500m: 7:16.05	750m: 10:50.02	1000m: 14:23.09	1250m: 17:55.84	1500m: 21:20.74
22.	Diogo Miguel Balsa										21:46.57	308																		
	50m: 39.03	300m: 4:15.45	550m: 7:54.61	800m: 11:33.13	1050m: 15:11.66	1300m: 18:52.03	100m: 1:21.47	350m: 4:59.39	600m: 8:39.09	850m: 12:16.19	1100m: 15:55.27	1350m: 19:35.85	150m: 2:05.00	400m: 5:43.48	650m: 9:22.15	900m: 13:00.13	1150m: 16:38.93	1400m: 20:19.86	200m: 2:48.24	450m: 6:27.25	700m: 10:06.49	950m: 13:43.92	1200m: 17:23.44	1450m: 21:03.51	250m: 3:31.64	500m: 7:10.10	750m: 10:49.39	1000m: 14:28.63	1250m: 18:07.90	1500m: 21:46.57
DNS	Rogerio Pina Tavares																													
DNS	Eduardo Jose Goncalves																													
											92	Litoral Alentejano																		
											93	Scalabisport																		