

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

1 - 1ª Jornada - 1ª Sessão (Eliminatórias)

08-01-2011 - 9:30

Prova 1 Femin., 100m Livres Open  
08-01-2011 - 9:30 Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. BELEZA, Mafalda Gomes 50m: 30.20 30.20 100m: 1:03.34 33.14	94 Sporting Clube de Portugal	<b>1:03.34</b>	522 A
2. RANITO, Raquel Paulo 50m: 30.06 30.06 100m: 1:04.08 34.02	94 Sporting Clube de Portugal	<b>1:04.08</b>	504 A
3. CRUZ, Sara Francisco 50m: 31.28 31.28 100m: 1:04.86 33.58	93 BA/Mr.Pizza	<b>1:04.86</b>	486 A
4. PEREIRA, Mafalda Jesus 50m: 31.12 31.12 100m: 1:05.28 34.16	95 C N Montijo	<b>1:05.28</b>	477 A
PENAS, Isa Morais 50m: 31.39 31.39 100m: 1:05.28 33.89	96 Benedita Sport Club Natação	<b>1:05.28</b>	477 A
6. MOURA, Catia Vanessa 50m: 32.08 32.08 100m: 1:05.92 33.84	90 Clube Desportivo Ancorensis	<b>1:05.92</b>	463 A
7. PAIO, Catia Sofia 50m: 31.73 31.73 100m: 1:05.95 34.22	96 Eléctrico	<b>1:05.95</b>	462 A
8. OLIVEIRA, Maria Joao 50m: 31.67 31.67 100m: 1:07.05 35.38	95 Sporting Clube de Espinho	<b>1:07.05</b>	440 A
9. LOURENCO, Ana Margarida 50m: 32.30 32.30 100m: 1:07.29 34.99	96 Benedita Sport Club Natação	<b>1:07.29</b>	435 B
10. CARVALHO, Marcia Filipa 50m: 32.07 32.07 100m: 1:07.45 35.38	96 Torres Novas	<b>1:07.45</b>	432 B
11. VERDE, Maria Francisca 50m: 32.78 32.78 100m: 1:08.10 35.32	93 Clube Desportivo Ancorensis	<b>1:08.10</b>	420 B
12. LEAL, Catarina Goncalves 50m: 33.62 33.62 100m: 1:09.00 35.38	98 Académico de Leiria	<b>1:09.00</b>	404 B
13. CRUZ, Mariana Anastacio 50m: 33.02 33.02 100m: 1:09.20 36.18	96 Torres Novas	<b>1:09.20</b>	400 B
14. PEREIRA, Joana Sousa 50m: 33.42 33.42 100m: 1:10.06 36.64	99 Académico de Leiria	<b>1:10.06</b>	385 B
15. FERREIRA, Ana Sofia 50m: 34.23 34.23 100m: 1:10.08 35.85	99 Pimpões/Cimai	<b>1:10.08</b>	385 B
16. MARGARIDO, Celia Silva 50m: 33.88 33.88 100m: 1:10.99 37.11	96 Eléctrico	<b>1:10.99</b>	371 B
17. MONTEIRO, Salome Pinto 50m: 34.28 34.28 100m: 1:11.49 37.21	98 Sporting Clube de Espinho	<b>1:11.49</b>	363 R
18. MATEO, Lucia Vinagre 50m: 33.94 33.94 100m: 1:11.60 37.66	94 Escuelas Desportivas de Mérida	<b>1:11.60</b>	361 R
19. MENDES, Sofia Amaral 50m: 34.33 34.33 100m: 1:11.89 37.56	97 C N Montijo	<b>1:11.89</b>	357
20. MONTEIRO, Frederica Dinis 50m: 34.67 34.67 100m: 1:12.30 37.63	99 Pimpões/Cimai	<b>1:12.30</b>	351
21. NUNES, Maria Joao 50m: 36.15 36.15 100m: 1:14.42 38.27	98 Alcobaça	<b>1:14.42</b>	322
22. VAZQUEZ, Alejandra 50m: 36.71 36.71 100m: 1:15.05 38.34	99 Escuelas Desportivas de Mérida	<b>1:15.05</b>	313

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Benedita, 8. - 9.1.2011

Prova 1, Femin., 100m Livres, Elimin, Open

Lugar	Ano	Tempo final	Pts
23. FERNANDES, Joana Maria 50m: 38.44 38.44 100m: 1:18.63	97 Núcleo de Pombal	<b>1:18.63</b>	273
24. FÉLIX, Catarina Lopes 50m: 38.21 38.21 100m: 1:23.38	99 Alcobaça	<b>1:23.38</b>	228
25. ALVES, Barbara Silva 50m: 39.68 39.68 100m: 1:23.71	97 Núcleo de Pombal	<b>1:23.71</b>	226
DNS ANJOS, Andreia Filipa	92 BA/Mr.Pizza		
EXH LUIS, Maria Anastacio 50m: 33.75 33.75 100m: 1:10.98	96 Benedita Sport Club Natação	<b>1:10.98</b>	371
EXH REBELO, Patricia Pimenta 50m: 35.02 35.02 100m: 1:15.40	98 Benedita Sport Club Natação	<b>1:15.40</b>	309
EXH MARQUES, Carolina Correia 50m: 41.69 41.69 100m: 1:29.10	99 Benedita Sport Club Natação	<b>1:29.10</b>	187

Prova 2  
08-01-2011 - 9:40

Masc., 100m Livres

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. GRACA, Bernardo Leitao 50m: 27.63 27.63 100m: 56.62	93 Sporting Clube de Portugal	<b>56.62</b>	500 A
2. COTOVIO, Ricardo Ferreira 50m: 27.42 27.42 100m: 57.05	91 Sporting Clube de Portugal	<b>57.05</b>	488 A
RAMOS, Manuel Casillas 50m: 27.64 27.64 100m: 57.05	94 Escuelas Desportivas de Mérida	<b>57.05</b>	488 A
4. RIBEIRO, Tiago Lopes 50m: 27.93 27.93 100m: 57.13	93 Benedita Sport Club Natação	<b>57.13</b>	486 A
5. SAMOUCO, Fabio Miguel 50m: 27.89 27.89 100m: 57.73	95 Torres Novas	<b>57.73</b>	471 A
6. NETO, Walter Marcos 50m: 28.20 28.20 100m: 58.43	95 BA/Mr.Pizza	<b>58.43</b>	454 A
7. BAPTISTA, Joao Paulo 50m: 29.39 29.39 100m: 1:00.65	96 Sporting Clube de Espinho	<b>1:00.65</b>	406 A
8. LAUREANO, Alexandre Miguel 50m: 29.21 29.21 100m: 1:00.91	97 Alcobaça	<b>1:00.91</b>	401 A
9. SOUSA, Andre Caravela 50m: 28.82 28.82 100m: 1:01.48	91 Clube Desportivo Ancorensis	<b>1:01.48</b>	390 B
10. CUNHA, Lourenco Manuel 50m: 29.27 29.27 100m: 1:02.11	96 BA/Mr.Pizza	<b>1:02.11</b>	378 B
11. MARZIA, Diogo Silva 50m: 30.35 30.35 100m: 1:02.87	96 Eléctrico	<b>1:02.87</b>	365 B
12. ALVES, Manuel Jose 50m: 30.58 30.58 100m: 1:05.04	96 C N Montijo	<b>1:05.04</b>	329 B
13. POLICARPO, Duarte Brites 50m: 30.60 30.60 100m: 1:05.47	95 Torres Novas	<b>1:05.47</b>	323 B
14. GONCALVES, Joao Courelas 50m: 31.41 31.41 100m: 1:05.95	97 Núcleo de Pombal	<b>1:05.95</b>	316 B

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Prova 2, Masc., 100m Livres, Elimin, Open

Lugar	Ano	Tempo final	Pts
15. PINA, Guilherme Filipe 50m: 31.76 31.76 100m: 1:07.54	98 Benedita Sport Club Natação	<b>1:07.54</b> 35.78	294 B
16. GERARDO, Emanuel Falacho 50m: 32.47 32.47 100m: 1:08.66	97 Alcobaça	<b>1:08.66</b> 36.19	280 B
17. SOARES, Luis Miguel 50m: 32.25 32.25 100m: 1:09.49	95 Sporting Clube de Espinho	<b>1:09.49</b> 37.24	270 R
18. VASCONCELOS, Joao Francisco 50m: 32.63 32.63 100m: 1:10.01	98 Académico de Leiria	<b>1:10.01</b> 37.38	264 ?
MODERNO, Edi Couto 50m: 33.78 33.78 100m: 1:10.01	95 Núcleo de Pombal	<b>1:10.01</b> 36.23	264 ?
20. PINTO, Joao Duarte 50m: 32.80 32.80 100m: 1:10.22	96 Clube Desportivo Ancorensis	<b>1:10.22</b> 37.42	262
21. BARBOSA, Pedro Alves 50m: 34.82 34.82 100m: 1:13.24	98 Pimpões/Cimai	<b>1:13.24</b> 38.42	231
22. MESQUITA, Filipe Miguel 50m: 34.75 34.75 100m: 1:13.39	97 C N Montijo	<b>1:13.39</b> 38.64	229
23. REPOLHO, Goncalo Manuel 50m: 36.06 36.06 100m: 1:14.48	98 Académico de Leiria	<b>1:14.48</b> 38.42	219
EXH SANTOS, Francisco Rogerio 50m: 33.33 33.33 100m: 1:10.32	98 Benedita Sport Club Natação	<b>1:10.32</b> 36.99	261

Prova 3  
08-01-2011 - 9:50

Femin., 200m Bruços

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MUNOZ, Paloma Marrero 50m: 37.45 37.45 100m: 1:19.66	96 Escuelas Desportivas de Mérida	<b>2:43.88</b> 42.21 150m: 2:01.96 42.30 200m: 2:43.88	553 A 41.92
2. LANZINHA, Monica Moreira 50m: 39.01 39.01 100m: 1:22.92	95 Eléctrico	<b>2:53.83</b> 43.91 150m: 2:09.31 46.39 200m: 2:53.83	463 A 44.52
3. FRANCO, Ana Teresa 50m: 39.62 39.62 100m: 1:22.37	91 Sporting Clube de Portugal	<b>2:53.99</b> 42.75 150m: 2:06.79 44.42 200m: 2:53.99	462 A 47.20
4. GONCALVES, Ana Filipa 50m: 39.68 39.68 100m: 1:25.03	92 Clube Desportivo Ancorensis	<b>2:56.49</b> 45.35 150m: 2:10.44 45.41 200m: 2:56.49	443 A 46.05
5. DIAS, Ines Ataide 50m: 41.81 41.81 100m: 1:27.70	94 Sporting Clube de Espinho	<b>3:01.47</b> 45.89 150m: 2:14.81 47.11 200m: 3:01.47	407 A 46.66
6. FERNANDES, Rita Margarida 50m: 40.19 40.19 100m: 1:25.28	93 Eléctrico	<b>3:01.50</b> 45.09 150m: 2:13.18 47.90 200m: 3:01.50	407 A 48.32
7. MATIAS, Soraya Dea 50m: 41.26 41.26 100m: 1:27.11	95 Torres Novas	<b>3:04.58</b> 45.85 150m: 2:17.83 50.72 200m: 3:04.58	387 A 46.75
8. SILVA, Mara Lisboa e 50m: 43.22 43.22 100m: 1:30.95	93 BA/Mr.Pizza	<b>3:08.10</b> 47.73 150m: 2:20.24 49.29 200m: 3:08.10	366 A 47.86
9. MARQUES, Soraia Alexandra 50m: 43.84 43.84 100m: 1:32.82	94 Benedita Sport Club Natação	<b>3:10.10</b> 48.98 150m: 2:22.04 49.22 200m: 3:10.10	354 B 48.06
10. MALHO, Cristiana Vanessa 50m: 44.95 44.95 100m: 1:35.43	98 Alcobaça	<b>3:16.82</b> 50.48 150m: 2:26.88 51.45 200m: 3:16.82	319 B 49.94
11. MARTINS, Carolina Santos 50m: 46.88 46.88 100m: 1:38.04	99 Académico de Leiria	<b>3:18.08</b> 51.16 150m: 2:28.69 50.65 200m: 3:18.08	313 B 49.39

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Prova 3, Femin., 200m Bruços, Elimin, Open

Lugar	Ano	Tempo final	Pts
12. DUARTE, Kelly Silva 50m: 45.08 45.08 100m: 1:36.24 51.16 150m: 2:28.82 52.58 200m: 3:19.15 50.33	97 BA/Mr.Pizza	<b>3:19.15</b>	308 B
13. ROCHA, Sara Mafra 50m: 45.76 45.76 100m: 1:37.05 51.29 150m: 2:30.19 53.14 200m: 3:19.26 49.07	99 Alcobaça	<b>3:19.26</b>	308 B
14. PAULO, Patricia Sousa 50m: 45.57 45.57 100m: 1:36.07 50.50 150m: 2:28.16 52.09 200m: 3:19.53 51.37	96 Benedita Sport Club Natação	<b>3:19.53</b>	306 B
15. PEREIRA, Barbara Rodrigues 50m: 47.19 47.19 100m: 1:38.94 51.75 150m: 2:33.32 54.38 200m: 3:27.96 54.64	98 C N Montijo	<b>3:27.96</b>	270 B
16. GOMES, Sandra Cristina 50m: 48.10 48.10 100m: 1:41.86 53.76 150m: 2:37.43 55.57 200m: 3:30.11 52.68	98 Sporting Clube de Espinho	<b>3:30.11</b>	262 B
17. CANHAO, Patricia Domingues 50m: 46.85 46.85 100m: 1:40.01 53.16 150m: 2:37.68 57.67 200m: 3:35.25 57.57	98 Académico de Leiria	<b>3:35.25</b>	244 R
18. AGOSTINHO, Ana Rita 50m: 47.93 47.93 100m: 1:42.28 54.35 150m: 2:41.05 58.77 200m: 3:36.28 55.23	99 C N Montijo	<b>3:36.28</b>	240 R
19. CRAVO, Isabel Catarino 50m: 46.68 46.68 100m: 1:42.60 55.92 150m: 2:42.05 59.45 200m: 3:37.91 55.86	98 Núcleo de Pombal	<b>3:37.91</b>	235
20. RAPOSO, Mariana Luis 50m: 54.19 54.19 100m: 1:54.87 1:00.68 150m: 2:55.67 1:00.80 200m: 3:53.33 57.66	99 Pimpões/Cimai	<b>3:53.33</b>	191
DSQ PEDRAS, Leonor Castanheira <i>A nadadora não efectuou o percurso subaquático com os membros superiores, em simultâneo</i>	99 Pimpões/Cimai		
DNS LOPES, Isabel Goncalves	96 Núcleo de Pombal		
DNS CONCEICAO, Catarina Neves	97 Torres Novas		
DNS ROSA, Maria Carolina	94 Sporting Clube de Portugal		
EXH MATOS, Carolina Lourenco 50m: 43.69 43.69 100m: 1:33.74 50.05 150m: 2:26.07 52.33 200m: 3:14.83 48.76	98 Benedita Sport Club Natação	<b>3:14.83</b>	329

Prova 4  
08-01-2011 - 10:10

Masc., 200m Bruços

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. AGOSTINHO, Pedro Miguel 50m: 35.88 35.88 100m: 1:17.92 42.04 150m: 1:59.80 41.88 200m: 2:37.76 37.96	92 Sporting Clube de Portugal	<b>2:37.76</b>	447 A
2. GODINHO, Helder Alexandre 50m: 35.57 35.57 100m: 1:15.48 39.91 150m: 1:57.63 42.15 200m: 2:40.46 42.83	86 BA/Mr.Pizza	<b>2:40.46</b>	425 A
3. MARQUES, Andre Oliveira 50m: 36.58 36.58 100m: 1:17.77 41.19 150m: 2:00.31 42.54 200m: 2:42.18 41.87	92 BA/Mr.Pizza	<b>2:42.18</b>	411 A
4. MARQUES, Henrique Jose 50m: 37.54 37.54 100m: 1:19.04 41.50 150m: 2:01.32 42.28 200m: 2:43.36 42.04	93 Benedita Sport Club Natação	<b>2:43.36</b>	403 A
5. MATOS, Diogo Filipe 50m: 35.90 35.90 100m: 1:17.82 41.92 150m: 2:01.13 43.31 200m: 2:44.10 42.97	92 Sporting Clube de Portugal	<b>2:44.10</b>	397 A
6. REIS, Leonardo Peralta 50m: 37.78 37.78 100m: 1:20.10 42.32 150m: 2:03.74 43.64 200m: 2:46.17 42.43	96 Benedita Sport Club Natação	<b>2:46.17</b>	382 A
7. ALVES, Tiago Martim 50m: 37.94 37.94 100m: 1:21.29 43.35 150m: 2:05.33 44.04 200m: 2:47.23 41.90	97 Clube Desportivo Ancorensis	<b>2:47.23</b>	375 A
8. MARQUES, Tiago Andre 50m: 37.01 37.01 100m: 1:20.20 43.19 150m: 2:04.77 44.57 200m: 2:47.98 43.21	93 Sporting Clube de Espinho	<b>2:47.98</b>	370 A

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Prova 4, Masc., 200m Bruços, Elimin, Open

Lugar	Ano	Tempo final	Pts
9. MAIRENA, Victor Urbano 50m: 39.36 39.36 100m: 1:22.82 43.46 150m: 2:08.76 45.94 200m: 2:53.37 44.61	97 Escuelas Desportivas de Mérida	<b>2:53.37</b>	337 B
10. CORREIA, Rui Miguel 50m: 37.04 37.04 100m: 1:19.78 42.74 150m: 2:06.08 46.30 200m: 2:53.39 47.31	96 C N Montijo	<b>2:53.39</b>	337 B
11. GOMES, Joao Andre 50m: 38.43 38.43 100m: 1:22.78 44.35 150m: 2:08.13 45.35 200m: 2:53.78 45.65	97 Alcobaça	<b>2:53.78</b>	334 B
12. BENTO, Andre Manuel 50m: 38.82 38.82 100m: 1:23.06 44.24 150m: 2:08.68 45.62 200m: 2:53.89 45.21	96 Alcobaça	<b>2:53.89</b>	334 B
13. GRAÇA, Nuno Miguel 50m: 40.06 40.06 100m: 1:26.36 46.30 150m: 2:13.76 47.40 200m: 3:00.21 46.45	98 Clube Desportivo Ancorensis	<b>3:00.21</b>	300 B
14. SALGUEIRO, Joao Miguel 50m: 40.53 40.53 100m: 1:26.50 45.97 150m: 2:13.85 47.35 200m: 3:01.18 47.33	95 Eléctrico	<b>3:01.18</b>	295 B
15. COSTA, Bernardo Ferro 50m: 40.91 40.91 100m: 1:26.76 45.85 150m: 2:13.88 47.12 200m: 3:01.28 47.40	97 Sporting Clube de Espinho	<b>3:01.28</b>	294 B
16. RIBEIRO, Ricardo Miguel 50m: 40.48 40.48 100m: 1:26.86 46.38 150m: 2:14.70 47.84 200m: 3:01.59 46.89	97 Académico de Leiria	<b>3:01.59</b>	293 B
17. REIS, Guilherme Antonio 50m: 42.88 42.88 100m: 1:31.55 48.67 150m: 2:21.19 49.64 200m: 3:08.24 47.05	96 Torres Novas	<b>3:08.24</b>	263 R
18. FERRAZ, Francisco Maria 50m: 44.36 44.36 100m: 1:33.77 49.41 150m: 2:23.52 49.75 200m: 3:13.98 50.46	97 Pimpões/Cimai	<b>3:13.98</b>	240 R
19. TENREIRO, Ricardo Luis 50m: 48.16 48.16 100m: 1:42.00 53.84 150m: 2:36.94 54.94 200m: 3:29.35 52.41	98 Académico de Leiria	<b>3:29.35</b>	191
20. GOMES, Vasco Gameiro 50m: 49.09 49.09 100m: 1:43.96 54.87 150m: 2:41.11 57.15 200m: 3:35.52 54.41	97 Núcleo de Pombal	<b>3:35.52</b>	175

Prova 5  
08-01-2011 - 10:25

Femin., 400m Estilos

Open  
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. CRUZ, Sara Francisco 50m: 32.51 32.51 100m: 1:08.78 36.27 150m: 1:51.81 43.03 200m: 2:33.40 41.59 250m: 3:22.24 48.84 300m: 4:09.34 47.10 350m: 4:45.08 35.74 400m: 5:19.22 34.14	93 BA/Mr.Pizza	<b>5:19.22</b>	546
2. CUSTOIAS, Filipa Vicente 50m: 35.20 35.20 100m: 1:14.99 39.79 150m: 1:57.66 42.67 200m: 2:39.86 42.20 250m: 3:26.36 46.50 300m: 4:13.36 47.00 350m: 4:49.35 35.99 400m: 5:22.41 33.06	97 Benedita Sport Club Natação	<b>5:22.41</b>	530
3. ALVES, Luana Raquel 50m: 33.75 33.75 100m: 1:13.01 39.26 150m: 1:57.66 44.65 200m: 2:41.60 43.94 250m: 3:30.49 48.89 300m: 4:20.69 50.20 350m: 4:59.17 38.48 400m: 5:35.99 36.82	97 Clube Desportivo Ancorensis	<b>5:35.99</b>	468
4. PITA, Mafalda Cristina 50m: 41.88 41.88 100m: 1:33.10 51.22 150m: 2:17.16 44.06 200m: 3:01.26 44.10 250m: 3:53.49 52.23 300m: 4:46.85 53.36 350m: 5:25.29 38.44 400m: 6:02.62 37.33	97 Eléctrico	<b>6:02.62</b>	373
5. ALVES, Sofia Dias 50m: 41.05 41.05 100m: 1:32.67 51.62 150m: 2:16.79 44.12 200m: 3:00.60 43.81 250m: 3:54.33 53.73 300m: 4:48.59 54.26 350m: 5:30.51 41.92 400m: 6:11.71 41.20	99 C N Montijo	<b>6:11.71</b>	346
6. MATIAS, Beatriz Gameiro 50m: 41.32 41.32 100m: 1:31.30 49.98 150m: 2:20.00 48.70 200m: 3:08.60 48.60 250m: 3:57.32 48.72 300m: 4:50.03 52.71 350m: 5:34.85 44.82 400m: 6:17.61 42.76	97 Núcleo de Pombal	<b>6:17.61</b>	330
7. LUZIO, Mariana Sofia 50m: 42.69 42.69 100m: 1:32.01 49.32 150m: 2:19.68 47.67 200m: 3:06.04 46.36 250m: 3:59.90 53.86 300m: 4:53.87 53.97 350m: 5:38.34 44.47 400m: 6:19.46 41.12	98 Pimpões/Cimai	<b>6:19.46</b>	325

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Benedita, 8. - 9.1.2011

Prova 5, Femin., 400m Estilos, Open

Lugar	Ano	Tempo final	Pts
8. NUNES, Maria Joao	98 Alcobaça	<b>6:33.02</b>	293
50m: 41.13 41.13	150m: 2:24.40 51.70	250m: 4:09.38 54.39	350m: 5:50.09 44.73
100m: 1:32.70 51.57	200m: 3:14.99 50.59	300m: 5:05.36 55.98	400m: 6:33.02 42.93
9. DIAS, Catarina Ataide	98 Sporting Clube de Espinho	<b>6:33.95</b>	290
50m: 42.49 42.49	150m: 2:22.23 47.09	250m: 4:03.17 54.57	350m: 5:48.11 47.89
100m: 1:35.14 52.65	200m: 3:08.60 46.37	300m: 5:00.22 57.05	400m: 6:33.95 45.84
10. MORCILLO, Natalia Barrena	99 Escuelas Desportivas de Mérida	<b>6:49.00</b>	259
50m: 41.17 41.17	150m: 2:24.15 49.91	250m: 4:12.69 59.19	350m: 6:01.40 48.96
100m: 1:34.24 53.07	200m: 3:13.50 49.35	300m: 5:12.44 59.75	400m: 6:49.00 47.60
EXH MARINHO, Patricia Garcia	94 Sporting Clube de Portugal	<b>5:09.54</b>	599
50m: 32.37 32.37	150m: 1:49.56 40.69	250m: 3:13.89 44.04	350m: 4:34.06 36.21
100m: 1:08.87 36.50	200m: 2:29.85 40.29	300m: 3:57.85 43.96	400m: 5:09.54 35.48
EXH VINAGRE, Marta Filipa	95 Torres Novas	<b>5:25.82</b>	514
50m: 34.04 34.04	150m: 1:55.76 41.57	250m: 3:24.43 48.60	350m: 4:49.44 35.72
100m: 1:14.19 40.15	200m: 2:35.83 40.07	300m: 4:13.72 49.29	400m: 5:25.82 36.38
EXH PAULO, Patricia Sousa	96 Benedita Sport Club Natação	<b>6:06.53</b>	361
50m: 40.39 40.39	150m: 2:14.82 47.47	250m: 3:50.56 51.09	350m: 5:25.73 43.17
100m: 1:27.35 46.96	200m: 2:59.47 44.65	300m: 4:42.56 52.00	400m: 6:06.53 40.80
EXH PECA, Sara Conceicao	99 Académico de Leiria	<b>6:21.10</b>	321
50m: 41.94 41.94	150m: 2:21.78 47.98	250m: 4:03.41 53.35	350m: 5:39.00 42.08
100m: 1:33.80 51.86	200m: 3:10.06 48.28	300m: 4:56.92 53.51	400m: 6:21.10 42.10

Prova 6

Masc., 400m Estilos

Open

08-01-2011 - 10:35

Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	<b>4:50.08</b>	547
50m: 29.28 29.28	150m: 1:39.07 35.91	250m: 2:56.70 41.85	350m: 4:16.30 35.53
100m: 1:03.16 33.88	200m: 2:14.85 35.78	300m: 3:40.77 44.07	400m: 4:50.08 33.78
2. FERNANDEZ, Jose Pulido	93 Escuelas Desportivas de Mérida	<b>4:51.74</b>	537
50m: 31.47 31.47	150m: 1:44.70 38.94	250m: 3:04.08 40.92	350m: 4:19.56 33.38
100m: 1:05.76 34.29	200m: 2:23.16 38.46	300m: 3:46.18 42.10	400m: 4:51.74 32.18
3. TORRE, Rui Alexandre	90 Clube Desportivo Ancorensis	<b>5:09.86</b>	448
50m: 31.32 31.32	150m: 1:45.21 38.60	250m: 3:09.61 46.11	350m: 4:32.79 37.04
100m: 1:06.61 35.29	200m: 2:23.50 38.29	300m: 3:55.75 46.14	400m: 5:09.86 37.07
4. LOPES, Joao Miguel	96 Eléctrico	<b>5:13.27</b>	434
50m: 33.31 33.31	150m: 1:50.69 39.18	250m: 3:15.34 44.98	350m: 4:38.05 35.99
100m: 1:11.51 38.20	200m: 2:30.36 39.67	300m: 4:02.06 46.72	400m: 5:13.27 35.22
5. REIS, Leonardo Peralta	96 Benedita Sport Club Natação	<b>5:17.04</b>	419
50m: 34.20 34.20	150m: 1:55.50 40.77	250m: 3:20.29 43.92	350m: 4:41.74 36.97
100m: 1:14.73 40.53	200m: 2:36.37 40.87	300m: 4:04.77 44.48	400m: 5:17.04 35.30
6. GAMEIRO, Goncalo Ferreira	94 Núcleo de Pombal	<b>5:21.69</b>	401
50m: 32.37 32.37	150m: 1:53.46 43.21	250m: 3:21.07 44.79	350m: 4:44.82 38.54
100m: 1:10.25 37.88	200m: 2:36.28 42.82	300m: 4:06.28 45.21	400m: 5:21.69 36.87
7. TORRAO, Rui Filipe	95 C N Montijo	<b>5:22.03</b>	399
50m: 32.77 32.77	150m: 1:50.79 39.93	250m: 3:18.71 48.59	350m: 4:44.89 37.45
100m: 1:10.86 38.09	200m: 2:30.12 39.33	300m: 4:07.44 48.73	400m: 5:22.03 37.14
8. GOMES, Joao Andre	97 Alcobaça	<b>5:27.89</b>	378
50m: 33.71 33.71	150m: 1:56.56 42.84	250m: 3:24.14 46.15	350m: 4:50.20 39.71
100m: 1:13.72 40.01	200m: 2:37.99 41.43	300m: 4:10.49 46.35	400m: 5:27.89 37.69

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 6, Masc., 400m Estilos, Open

Lugar	Ano	Tempo final	Pts
9. SOARES, Luis Filipe	98 Sporting Clube de Espinho	<b>5:39.04</b>	342
50m: 35.49 35.49 150m: 2:00.93 43.17 250m: 3:31.97 48.85 350m: 5:01.96 41.51			
100m: 1:17.76 42.27 200m: 2:43.12 42.19 300m: 4:20.45 48.48 400m: 5:39.04 37.08			
10. FERNANDES, Tiago Santos	98 Pimpões/Cimai	<b>5:54.51</b>	299
50m: 37.07 37.07 150m: 2:14.68 48.07 250m: 3:47.40 47.95 350m: 5:16.16 39.51			
100m: 1:26.61 49.54 200m: 2:59.45 44.77 300m: 4:36.65 49.25 400m: 5:54.51 38.35			
DNS RODRIGUES, Diogo Filipe	98 Académico de Leiria		
<i>Aos 275 metros, o nadador só tocou com uma mão na parede</i>			
EXH LOPES, Miguel Machado	92 Sporting Clube de Portugal	<b>4:36.05</b>	634
50m: 30.37 30.37 150m: 1:38.73 34.58 250m: 2:52.54 39.11 350m: 4:04.65 32.22			
100m: 1:04.15 33.78 200m: 2:13.43 34.70 300m: 3:32.43 39.89 400m: 4:36.05 31.40			
EXH SAMOUCO, Fabio Miguel	95 Torres Novas	<b>5:09.59</b>	450
50m: 32.09 32.09 150m: 1:51.90 41.51 250m: 3:16.62 44.33 350m: 4:35.03 34.30			
100m: 1:10.39 38.30 200m: 2:32.29 40.39 300m: 4:00.73 44.11 400m: 5:09.59 34.56			

Prova 7

Femin., 200m Mariposa

Open

08-01-2011 - 10:45

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. DANTAS, Bruna Leal	96 Sporting Clube de Portugal	<b>2:29.79</b>	524 A
50m: 33.34 33.34 100m: 1:10.98 37.64 150m: 1:49.97 38.99 200m: 2:29.79 39.82			
2. CUSTOIAS, Filipa Vicente	97 Benedita Sport Club Natação	<b>2:34.89</b>	474 A
50m: 35.34 35.34 100m: 1:15.50 40.16 150m: 1:54.93 39.43 200m: 2:34.89 39.96			
3. MENDES, Catarina Isabel	95 C N Montijo	<b>2:38.26</b>	444 A
50m: 33.74 33.74 100m: 1:13.67 39.93 150m: 1:55.38 41.71 200m: 2:38.26 42.88			
4. VERDE, Maria Francisca	93 Clube Desportivo Ancorensis	<b>2:43.47</b>	403 A
50m: 36.26 36.26 100m: 1:17.08 40.82 150m: 2:00.20 43.12 200m: 2:43.47 43.27			
5. MOURA, Catia Vanessa	90 Clube Desportivo Ancorensis	<b>2:44.05</b>	399 A
50m: 34.50 34.50 100m: 1:16.20 41.70 150m: 2:00.12 43.92 200m: 2:44.05 43.93			
6. PASSARINHO, Adriana Fialho	93 Benedita Sport Club Natação	<b>2:49.24</b>	363 A
50m: 37.37 37.37 100m: 1:20.79 43.42 150m: 2:05.62 44.83 200m: 2:49.24 43.62			
7. AIRES, Teresa Manuela	96 Sporting Clube de Espinho	<b>2:50.83</b>	353 A
50m: 37.36 37.36 100m: 1:21.44 44.08 150m: 2:07.35 45.91 200m: 2:50.83 43.48			
8. PEREIRA, Joana Sousa	99 Académico de Leiria	<b>2:59.09</b>	306 A
50m: 39.15 39.15 100m: 1:23.98 44.83 150m: 2:10.66 46.68 200m: 2:59.09 48.43			
9. SANTOS, Isabel Hernandez	95 Escuelas Desportivas de Mérida	<b>3:00.72</b>	298 B
50m: 39.29 39.29 100m: 1:23.54 44.25 150m: 2:10.42 46.88 200m: 3:00.72 50.30			
10. LANZINHA, Monica Moreira	95 Eléctrico	<b>3:01.60</b>	294 B
50m: 39.72 39.72 100m: 1:26.19 46.47 150m: 2:14.91 48.72 200m: 3:01.60 46.69			
11. MONTEIRO, Salome Pinto	98 Sporting Clube de Espinho	<b>3:07.89</b>	265 B
50m: 41.84 41.84 100m: 1:29.30 47.46 150m: 2:19.37 50.07 200m: 3:07.89 48.52			
12. CRUZ, Mariana Anastacio	96 Torres Novas	<b>3:08.03</b>	265 B
50m: 36.64 36.64 100m: 1:24.91 48.27 150m: 2:19.23 54.32 200m: 3:08.03 48.80			
13. FERREIRA, Ana Sofia	99 Pimpões/Cimai	<b>3:08.36</b>	263 B
50m: 39.93 39.93 100m: 1:27.24 47.31 150m: 2:17.56 50.32 200m: 3:08.36 50.80			
14. ROCHA, Sara Mafra	99 Alcobaça	<b>3:09.25</b>	259 B
50m: 40.93 40.93 100m: 1:30.01 49.08 150m: 2:21.98 51.97 200m: 3:09.25 47.27			
15. PEREIRA, Barbara Rodrigues	98 C N Montijo	<b>3:29.86</b>	190 B
50m: 46.95 46.95 100m: 1:40.21 53.26 150m: 2:32.20 51.99 200m: 3:29.86 57.66			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 7, Femin., 200m Mariposa, Elimin, Open

Lugar	Ano	Tempo final	Pts
16. HENRIQUES, Carolina Quintas 50m: 45.81 45.81 100m: 1:40.41 54.60 150m: 2:39.15 58.74 200m: 3:35.32 56.17	97 Núcleo de Pombal	<b>3:35.32</b>	176 B
DSQ RELVA, Melissa Cardoso <i>Falsa partida</i>	97 BA/Mr.Pizza		
DNS TIAGO, Filipa Vilas	94 Sporting Clube de Portugal		
EXH LUIS, Maria Anastacio 50m: 39.45 39.45 100m: 1:25.44 45.99 150m: 2:14.30 48.86 200m: 3:00.82 46.52	96 Benedita Sport Club Natação	<b>3:00.82</b>	298
EXH MAQUES, Mariana Feliciano 50m: 39.21 39.21 100m: 1:27.15 47.94 150m: 2:20.45 53.30 200m: 3:13.30 52.85	96 Benedita Sport Club Natação	<b>3:13.30</b>	243

Prova 8

Masc., 200m Mariposa

Open

08-01-2011 - 11:00

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. TARIFA, Fernando 50m: 30.14 30.14 100m: 1:04.53 34.39 150m: 1:39.78 35.25 200m: 2:15.80 36.02	94 Escuelas Desportivas de Mérida	<b>2:15.80</b>	518 A
2. FREITAS, Francisco Maldonado 50m: 30.38 30.38 100m: 1:05.60 35.22 150m: 1:41.93 36.33 200m: 2:20.59 38.66	91 Sporting Clube de Portugal	<b>2:20.59</b>	467 A
3. SOUSA, Ricardo Verissimo 50m: 30.86 30.86 100m: 1:06.37 35.51 150m: 1:43.57 37.20 200m: 2:20.70 37.13	93 Sporting Clube de Portugal	<b>2:20.70</b>	466 A
4. FERNANDES, Gil Cruz 50m: 31.62 31.62 100m: 1:07.63 36.01 150m: 1:45.15 37.52 200m: 2:23.44 38.29	95 Clube Desportivo Ancorensis	<b>2:23.44</b>	440 A
5. RIBEIRO, Tiago Lopes 50m: 33.20 33.20 100m: 1:10.96 37.76 150m: 1:49.49 38.53 200m: 2:28.55 39.06	93 Benedita Sport Club Natação	<b>2:28.55</b>	396 A
6. MARZIA, Diogo Silva 50m: 32.77 32.77 100m: 1:11.02 38.25 150m: 1:51.13 40.11 200m: 2:32.37 41.24	96 Eléctrico	<b>2:32.37</b>	367 A
7. NETO, Walter Marcos 50m: 33.90 33.90 100m: 1:12.28 38.38 150m: 1:54.11 41.83 200m: 2:38.27 44.16	95 BA/Mr.Pizza	<b>2:38.27</b>	327 A
8. MATEOS, Alberto Hidalgo 50m: 34.04 34.04 100m: 1:14.28 40.24 150m: 1:57.12 42.84 200m: 2:39.86 42.74	96 Escuelas Desportivas de Mérida	<b>2:39.86</b>	317 A
9. GERARDO, Emanuel Falacho 50m: 35.85 35.85 100m: 1:16.74 40.89 150m: 1:59.88 43.14 200m: 2:43.10 43.22	97 Alcobaça	<b>2:43.10</b>	299 B
10. NETO, Diogo Ferreira 50m: 34.51 34.51 100m: 1:15.53 41.02 150m: 2:00.83 45.30 200m: 2:44.70 43.87	95 BA/Mr.Pizza	<b>2:44.70</b>	290 B
11. BAPTISTA, Joao Paulo 50m: 35.39 35.39 100m: 1:17.24 41.85 150m: 2:01.81 44.57 200m: 2:46.13 44.32	95 Benedita Sport Club Natação	<b>2:46.13</b>	283 B
12. MARQUES, Jose Rafael 50m: 36.40 36.40 100m: 1:21.16 44.76 150m: 2:07.07 45.91 200m: 2:48.13 41.06	97 Pimpões/Cimai	<b>2:48.13</b>	273 B
13. JERONIMO, Ricardo Contreiras 50m: 35.92 35.92 100m: 1:17.66 41.74 150m: 2:04.66 47.00 200m: 2:48.28 43.62	97 Núcleo de Pombal	<b>2:48.28</b>	272 B
14. COSTA, Andre Lima 50m: 34.74 34.74 100m: 1:17.28 42.54 150m: 2:04.41 47.13 200m: 2:49.17 44.76	97 Sporting Clube de Espinho	<b>2:49.17</b>	268 B
15. POLICARPO, Duarte Brites 50m: 37.21 37.21 100m: 1:21.63 44.42 150m: 2:06.03 44.40 200m: 2:49.93 43.90	95 Torres Novas	<b>2:49.93</b>	264 B
16. CLEMENTE, Bernardo Santos 50m: 38.29 38.29 100m: 1:21.68 43.39 150m: 2:08.62 46.94 200m: 2:53.62 45.00	98 Académico de Leiria	<b>2:53.62</b>	248 B

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 8, Masc., 200m Mariposa, Elimin, Open

Lugar	Ano	Tempo final	Pts
17. REIS, Pedro Miguel 50m: 35.76 35.76 100m: 1:20.19 44.43 150m: 2:08.27 48.08 200m: 2:55.15 46.88	96 Sporting Clube de Espinho	<b>2:55.15</b>	241 R
18. GOUVEA, Francisco Gomes 50m: 39.60 39.60 100m: 1:26.99 47.39 150m: 2:16.98 49.99 200m: 3:07.43 50.45	97 Clube Desportivo Ancorensis	<b>3:07.43</b>	197 R
19. BRANDAO, Pedro Reis 50m: 45.39 45.39 100m: 1:36.18 50.79 150m: 2:29.57 53.39 200m: 3:20.54 50.97	98 Pimpões/Cimai	<b>3:20.54</b>	161
DSQ MESQUITA, Filipe Miguel <i>Na viragem aos 100 metros, o nadador tocou na parede só com uma mão</i>	97 C N Montijo		
DSQ SILVESTRE, Miguel Angelo <i>Batimento de pernas alternado no percurso subaquático após a viragem dos 100 metros</i>	97 Alcobaça		
DNS VICENTE, Andre Filipe	81 Torres Novas		
EXH PINA, Guilherme Filipe 50m: 37.08 37.08 100m: 1:21.25 44.17 150m: 2:09.09 47.84 200m: 2:58.82 49.73	98 Benedita Sport Club Natação	<b>2:58.82</b>	227

Prova 9

Femin., 100m Costas

Open

08-01-2011 - 11:15

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. GONCALVES, Ana Filipa 50m: 33.96 33.96 100m: 1:10.82 36.86	92 Clube Desportivo Ancorensis	<b>1:10.82</b>	474 A
2. AGOSTINHO, Ines Catarina 50m: 34.08 34.08 100m: 1:11.41 37.33	94 Sporting Clube de Portugal	<b>1:11.41</b>	462 A
VINAGRE, Marta Filipa 50m: 34.08 34.08 100m: 1:11.41 37.33	95 Torres Novas	<b>1:11.41</b>	462 A
4. BELEZA, Mafalda Gomes 50m: 34.72 34.72 100m: 1:12.41 37.69	94 Sporting Clube de Portugal	<b>1:12.41</b>	443 A
5. MORCILLO, Gloria Barrero 50m: 35.86 35.86 100m: 1:13.76 37.90	93 Escuelas Desportivas de Mérida	<b>1:13.76</b>	419 A
6. PENAS, Isa Morais 50m: 35.91 35.91 100m: 1:14.43 38.52	96 Benedita Sport Club Natação	<b>1:14.43</b>	408 A
7. PINTO, Daniela Filipa 50m: 35.52 35.52 100m: 1:15.22 39.70	92 Eléctrico	<b>1:15.22</b>	395 A
8. ALVES, Sofia Dias 50m: 37.19 37.19 100m: 1:16.87 39.68	99 C N Montijo	<b>1:16.87</b>	370 A
9. BATISTA, Ana Raquel 50m: 37.31 37.31 100m: 1:17.21 39.90	95 C N Montijo	<b>1:17.21</b>	366 B
10. LOURENCO, Ana Margarida 50m: 37.47 37.47 100m: 1:17.35 39.88	96 Benedita Sport Club Natação	<b>1:17.35</b>	364 B
11. DIAS, Barbara Margarida 50m: 37.10 37.10 100m: 1:18.22 41.12	94 Eléctrico	<b>1:18.22</b>	352 B
12. LEAL, Catarina Goncalves 50m: 39.43 39.43 100m: 1:20.09 40.66	98 Académico de Leiria	<b>1:20.09</b>	327 B
13. MALHO, Cristiana Vanessa 50m: 40.67 40.67 100m: 1:22.41 41.74	98 Alcobaça	<b>1:22.41</b>	301 B
14. DUARTE, Kelly Silva 50m: 40.68 40.68 100m: 1:23.41 42.73	97 BA/Mr.Pizza	<b>1:23.41</b>	290 B

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 9, Femin., 100m Costas, Elimin, Open

Lugar	Ano	Tempo final	Pts
15. DIAS, Catarina Ataíde 50m: 39.92 39.92 100m: 1:23.77	98 Sporting Clube de Espinho	<b>1:23.77</b> 43.85	286 B
16. DUARTE, Mariana Jorge 50m: 40.99 40.99 100m: 1:24.98	97 Núcleo de Pombal	<b>1:24.98</b> 43.99	274 B
17. MATEOS, Elena Hidalgo 50m: 41.93 41.93 100m: 1:26.40	99 Escuelas Desportivas de Mérida	<b>1:26.40</b> 44.47	261 R
18. DUARTE, Angela Mira 50m: 41.61 41.61 100m: 1:28.09	97 Torres Novas	<b>1:28.09</b> 46.48	246 R
19. CUNHA, Ana Henriques 50m: 42.97 42.97 100m: 1:29.65	98 Académico de Leiria	<b>1:29.65</b> 46.68	233
20. VASCONCELOS, Filipa Silva 50m: 43.35 43.35 100m: 1:29.78	96 Clube Desportivo Ancorensis	<b>1:29.78</b> 46.43	232
21. PEDRAS, Leonor Castanheira 50m: 44.92 44.92 100m: 1:31.77	99 Pimpões/Cimai	<b>1:31.77</b> 46.85	217
22. GONCALVES, Jessica Courelas 50m: 44.32 44.32 100m: 1:31.79	93 Núcleo de Pombal	<b>1:31.79</b> 47.47	217
23. RAPOSO, Mariana Luis 50m: 46.35 46.35 100m: 1:35.58	99 Pimpões/Cimai	<b>1:35.58</b> 49.23	192
DNS ANJOS, Andreia Filipa	92 BA/Mr.Pizza		
EXH BOITA, Bruna Castelhana 50m: 43.47 43.47 100m: 1:29.92	96 Benedita Sport Club Natação	<b>1:29.92</b> 46.45	231

Prova 10

Masc., 100m Costas

Open

08-01-2011 - 11:25

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. COTOVIO, Ricardo Ferreira 50m: 31.65 31.65 100m: 1:05.40	91 Sporting Clube de Portugal	<b>1:05.40</b> 33.75	419 A
2. BONANCA, Mario Andre 50m: 31.20 31.20 100m: 1:05.96	90 Sporting Clube de Portugal	<b>1:05.96</b> 34.76	408 A
3. ALEXANDRE, Miguel Polidoro 50m: 32.94 32.94 100m: 1:06.86	94 BA/Mr.Pizza	<b>1:06.86</b> 33.92	392 A
4. BAPTISTA, Joao Paulo 50m: 32.87 32.87 100m: 1:07.17	96 Sporting Clube de Espinho	<b>1:07.17</b> 34.30	386 A
5. TORRAO, Rui Filipe 50m: 32.60 32.60 100m: 1:07.39	95 C N Montijo	<b>1:07.39</b> 34.79	383 A
6. TARQUINIO, Luis Antonio 50m: 33.55 33.55 100m: 1:08.05	94 Benedita Sport Club Natação	<b>1:08.05</b> 34.50	371 A
7. MAIRENA, Jorge Urbano 50m: 32.74 32.74 100m: 1:08.19	94 Escuelas Desportivas de Mérida	<b>1:08.19</b> 35.45	369 A
8. TARIFA, Juan Jose 50m: 34.99 34.99 100m: 1:11.37	97 Escuelas Desportivas de Mérida	<b>1:11.37</b> 36.38	322 A
9. RELVA, Flavio Cardoso 50m: 34.67 34.67 100m: 1:12.37	93 BA/Mr.Pizza	<b>1:12.37</b> 37.70	309 B
10. BRUNO, Nuno Miguel 50m: 36.05 36.05 100m: 1:13.48	95 Torres Novas	<b>1:13.48</b> 37.43	295 B

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 10, Masc., 100m Costas, Elimin, Open

Lugar	Ano	Tempo final	Pts
11. SERRAS, Daniel Costa 50m: 35.04 35.04 100m: 1:13.56 38.52	95 Eléctrico	<b>1:13.56</b>	294 B
12. LAUREANO, Alexandre Miguel 50m: 35.96 35.96 100m: 1:13.67 37.71	97 Alcobaça	<b>1:13.67</b>	293 B
13. GRAÇA, Nuno Miguel 50m: 36.24 36.24 100m: 1:14.27 38.03	98 Clube Desportivo Ancorensis	<b>1:14.27</b>	286 B
14. SANTOS, Nuno Miguel 50m: 36.73 36.73 100m: 1:15.13 38.40	97 Pimpões/Cimai	<b>1:15.13</b>	276 B
15. COSTA, Bernardo Ferro 50m: 37.68 37.68 100m: 1:16.48 38.80	97 Sporting Clube de Espinho	<b>1:16.48</b>	262 B
16. TARQUINIO, João Pedro 50m: 37.04 37.04 100m: 1:16.72 39.68	97 Benedita Sport Club Natação	<b>1:16.72</b>	259 B
17. CARRICO, Antonio Fernandes 50m: 37.07 37.07 100m: 1:17.30 40.23	98 Pimpões/Cimai	<b>1:17.30</b>	253 R
18. PINTO, Joao Duarte 50m: 38.66 38.66 100m: 1:20.76 42.10	96 Clube Desportivo Ancorensis	<b>1:20.76</b>	222 R
19. GONCALVES, Joao Courelas 50m: 39.98 39.98 100m: 1:23.33 43.35	97 Núcleo de Pombal	<b>1:23.33</b>	202
20. REPOLHO, Goncalo Manuel 50m: 41.15 41.15 100m: 1:24.81 43.66	98 Académico de Leiria	<b>1:24.81</b>	192
21. ELISEU, Antonio Fonseca 50m: 44.59 44.59 100m: 1:31.37 46.78	97 Académico de Leiria	<b>1:31.37</b>	153

Prova 11  
08-01-2011 - 11:35

Femin., 50m Livres

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MUNÓZ, Paloma Marrero	96 Escuelas Desportivas de Mérida	<b>27.69</b>	591 A
2. MENDES, Catarina Isabel	95 C N Montijo	<b>29.04</b>	513 A
3. ALVES, Luana Raquel	97 Clube Desportivo Ancorensis	<b>29.17</b>	506 A
4. PEREIRA, Mafalda Jesus	95 C N Montijo	<b>29.85</b>	472 A
5. PAIO, Catia Sofia	96 Eléctrico	<b>30.14</b>	459 A
6. SILVA, Mara Lisboa e	93 BA/Mr.Pizza	<b>30.55</b>	440 A
7. OLIVEIRA, Maria Joao	95 Sporting Clube de Espinho	<b>30.80</b>	430 A
8. CARVALHO, Marcia Filipa	96 Torres Novas	<b>30.90</b>	425 A
9. FERNANDES, Rita Margarida	93 Eléctrico	<b>31.31</b>	409 B
10. CARVALHO, Jessica Andreia	96 BA/Mr.Pizza	<b>31.65</b>	396 B
11. MATIAS, Soraya Dea	95 Torres Novas	<b>32.07</b>	381 B
MATEO, Lucia Vinagre	94 Escuelas Desportivas de Mérida	<b>32.07</b>	381 B
13. PASSARINHO, Adriana Fialho	93 Benedita Sport Club Natação	<b>32.67</b>	360 B
14. MONTEIRO, Frederica Dinis	99 Pimpões/Cimai	<b>32.80</b>	356 B
15. MAQUES, Mariana Feliciano	96 Benedita Sport Club Natação	<b>33.26</b>	341 B
16. AZEVEDO, Sofia Lopes	97 Sporting Clube de Espinho	<b>33.30</b>	340 B
17. GONCALVES, Jessica Courelas	93 Núcleo de Pombal	<b>34.49</b>	306 R
18. LUZIO, Mariana Sofia	98 Pimpões/Cimai	<b>34.88</b>	296 R
19. MARTINS, Carolina Santos	99 Académico de Leiria	<b>35.71</b>	275
20. CANHAO, Patricia Domingues	98 Académico de Leiria	<b>37.41</b>	240
21. FÉLIX, Catarina Lopes	99 Alcobaça	<b>37.46</b>	239
DNS TIAGO, Filipa Vilas	94 Sporting Clube de Portugal		
DNS ROSA, Maria Carolina	94 Sporting Clube de Portugal		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 11, Femin., 50m Livres, Elimin

Lugar	Ano	Tempo final	Pts
EXH BOITA, Bruna Castelhana	96 Benedita Sport Club Natação	<b>35.21</b>	287

Prova 12

08-01-2011 - 11:40

Masc., 50m Livres

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. AGOSTINHO, Pedro Miguel	92 Sporting Clube de Portugal	<b>25.70</b>	492 A
2. GRACA, Bernardo Leitao	93 Sporting Clube de Portugal	<b>25.81</b>	486 A
3. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	<b>25.83</b>	485 A
4. TARIFA, Fernando	94 Escuelas Desportivas de Mérida	<b>26.01</b>	475 A
5. RAMOS, Manuel Casillas	94 Escuelas Desportivas de Mérida	<b>26.10</b>	470 A
6. GODINHO, Helder Alexandre	86 BA/Mr.Pizza	<b>26.53</b>	447 A
7. MARQUES, Tiago Andre	93 Sporting Clube de Espinho	<b>27.22</b>	414 A
TORRE, Rui Alexandre	90 Clube Desportivo Ancorensis	<b>27.22</b>	414 A
9. MARQUES, Henrique Jose	93 Benedita Sport Club Natação	<b>27.71</b>	393 B
10. GAMEIRO, Goncalo Ferreira	94 Núcleo de Pombal	<b>27.88</b>	386 B
11. LOPES, Joao Miguel	96 Eléctrico	<b>28.02</b>	380 B
12. SOUSA, Andre Caravela	91 Clube Desportivo Ancorensis	<b>28.09</b>	377 B
13. ALVES, Manuel Jose	96 C N Montijo	<b>28.47</b>	362 B
14. TARQUINIO, Luis Antonio	94 Benedita Sport Club Natação	<b>28.97</b>	344 B
15. FUKUNAGA, William Norio	96 Sporting Clube de Espinho	<b>28.98</b>	343 B
16. SILVESTRE, Miguel Angelo	97 Alcobaça	<b>29.59</b>	322 B
17. SANTOS, Joao Paris	97 Pimpões/Cimai	<b>29.68</b>	319 R
18. BENTO, Andre Manuel	96 Alcobaça	<b>29.89</b>	313 R
19. CORREIA, Rui Miguel	96 C N Montijo	<b>30.21</b>	303
20. CLEMENTE, Bernardo Santos	98 Académico de Leiria	<b>30.72</b>	288
21. REIS, Guilherme Antonio	96 Torres Novas	<b>31.53</b>	266
22. TENREIRO, Ricardo Luis	98 Académico de Leiria	<b>34.80</b>	198
DNS VICENTE, Andre Filipe	81 Torres Novas		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

2 - 1ª Jornada - 2ª Sessão (Finais A e B)

08-01-2011 - 16:30

Prova 1 Femin., 100m Livres Open  
08-01-2011 - 16:30 Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. CRUZ, Sara Francisco	93 BA/Mr.Pizza	<b>58.30</b>	669
50m: 28.57 28.57	100m: 58.30 29.73		
2. MOURA, Catia Vanessa	90 Clube Desportivo Ancorensis	<b>1:05.16</b>	479
50m: 31.67 31.67	100m: 1:05.16 33.49		
3. PENAS, Isa Morais	96 Benedita Sport Club Natação	<b>1:05.60</b>	470
50m: 31.42 31.42	100m: 1:05.60 34.18		
4. OLIVEIRA, Maria Joao	95 Sporting Clube de Espinho	<b>1:06.62</b>	448
50m: 31.48 31.48	100m: 1:06.62 35.14		
5. PAIO, Catia Sofia	96 Eléctrico	<b>1:06.77</b>	445
50m: 31.90 31.90	100m: 1:06.77 34.87		
6. PEREIRA, Mafalda Jesus	95 C N Montijo	<b>1:07.36</b>	434
50m: 31.38 31.38	100m: 1:07.36 35.98		
<b>Final B</b>			
9. LOURENCO, Ana Margarida	96 Benedita Sport Club Natação	<b>1:06.73</b>	446
50m: 31.97 31.97	100m: 1:06.73 34.76		
10. VERDE, Maria Francisca	93 Clube Desportivo Ancorensis	<b>1:07.92</b>	423
50m: 32.93 32.93	100m: 1:07.92 34.99		
11. FERREIRA, Ana Sofia	99 Pimpões/Cimai	<b>1:10.12</b>	384
50m: 33.78 33.78	100m: 1:10.12 36.34		
12. MONTEIRO, Salome Pinto	98 Sporting Clube de Espinho	<b>1:11.08</b>	369
50m: 34.63 34.63	100m: 1:11.08 36.45		
13. MATEO, Lucia Vinagre	94 Escuelas Desportivas de Mérida	<b>1:11.54</b>	362
50m: 34.30 34.30	100m: 1:11.54 37.24		
14. MARGARIDO, Celia Silva	96 Eléctrico	<b>1:11.95</b>	356
50m: 34.80 34.80	100m: 1:11.95 37.15		
<b>Final A</b>			
EXH BELEZA, Mafalda Gomes	94 Sporting Clube de Portugal	<b>1:01.23</b>	578
50m: 29.38 29.38	100m: 1:01.23 31.85		
EXH RANITO, Raquel Paulo	94 Sporting Clube de Portugal	<b>1:02.41</b>	546
50m: 29.86 29.86	100m: 1:02.41 32.55		
<b>Final B</b>			
EXH CARVALHO, Marcia Filipa	96 Torres Novas	<b>1:06.85</b>	444
50m: 32.31 32.31	100m: 1:06.85 34.54		
EXH CRUZ, Mariana Anastacio	96 Torres Novas	<b>1:09.18</b>	400
50m: 32.88 32.88	100m: 1:09.18 36.30		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 2  
08-01-2011 - 16:35

Masc., 100m Livres

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. NETO, Walter Marcos	95 BA/Mr.Pizza	<b>56.45</b>	504
50m: 27.09 27.09	100m: 56.45 29.36		
2. RAMOS, Manuel Casillas	94 Escuelas Desportivas de Mérida	<b>56.78</b>	495
50m: 27.04 27.04	100m: 56.78 29.74		
3. RIBEIRO, Tiago Lopes	93 Benedita Sport Club Natação	<b>56.99</b>	490
50m: 27.51 27.51	100m: 56.99 29.48		
4. BAPTISTA, Joao Paulo	96 Sporting Clube de Espinho	<b>1:00.37</b>	412
50m: 29.27 29.27	100m: 1:00.37 31.10		
5. LAUREANO, Alexandre Miguel	97 Alcobaça	<b>1:02.87</b>	365
50m: 30.18 30.18	100m: 1:02.87 32.69		
<b>Final B</b>			
9. SOUSA, Andre Caravela	91 Clube Desportivo Ancorensis	<b>1:01.49</b>	390
50m: 28.83 28.83	100m: 1:01.49 32.66		
10. CUNHA, Lourenco Manuel	96 BA/Mr.Pizza	<b>1:02.01</b>	380
50m: 29.56 29.56	100m: 1:02.01 32.45		
11. ALVES, Manuel Jose	96 C N Montijo	<b>1:03.31</b>	357
50m: 30.18 30.18	100m: 1:03.31 33.13		
12. MARZIA, Diogo Silva	96 Eléctrico	<b>1:03.59</b>	352
50m: 30.34 30.34	100m: 1:03.59 33.25		
13. GONCALVES, Joao Courelas	97 Núcleo de Pombal	<b>1:04.79</b>	333
50m: 31.38 31.38	100m: 1:04.79 33.41		
14. PINA, Guilherme Filipe	98 Benedita Sport Club Natação	<b>1:07.56</b>	294
50m: 31.95 31.95	100m: 1:07.56 35.61		
15. GERARDO, Emanuel Falacho	97 Alcobaça	<b>1:10.24</b>	261
50m: 33.23 33.23	100m: 1:10.24 37.01		
<b>Final A</b>			
EXH COTOVIO, Ricardo Ferreira	91 Sporting Clube de Portugal	<b>53.72</b>	585
50m: 26.00 26.00	100m: 53.72 27.72		
EXH SAMOUCO, Fabio Miguel	95 Torres Novas	<b>55.74</b>	524
50m: 27.06 27.06	100m: 55.74 28.68		
EXH GRACA, Bernardo Leitao	93 Sporting Clube de Portugal	<b>55.82</b>	521
50m: 26.95 26.95	100m: 55.82 28.87		
<b>Final B</b>			
EXH POLICARPO, Duarte Brites	95 Torres Novas	<b>1:03.44</b>	355
50m: 30.51 30.51	100m: 1:03.44 32.93		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 3  
08-01-2011 - 16:40

Femin., 200m Bruços

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. MUNÓZ, Paloma Marrero	96	<b>2:35.08</b>	653
50m: 35.29 35.29 100m: 1:14.90 39.61 150m: 1:54.59 39.69 200m: 2:35.08 40.49			
2. GONCALVES, Ana Filipa	92	<b>2:51.95</b>	479
50m: 39.09 39.09 100m: 1:22.72 43.63 150m: 2:07.11 44.39 200m: 2:51.95 44.84			
3. LANZINHA, Monica Moreira	95	<b>2:56.57</b>	442
50m: 39.69 39.69 100m: 1:24.52 44.83 150m: 2:10.93 46.41 200m: 2:56.57 45.64			
4. FERNANDES, Rita Margarida	93	<b>2:59.37</b>	422
50m: 40.78 40.78 100m: 1:26.04 45.26 150m: 2:12.42 46.38 200m: 2:59.37 46.95			
5. DIAS, Ines Ataíde	94	<b>3:00.19</b>	416
50m: 41.01 41.01 100m: 1:27.23 46.22 150m: 2:14.75 47.52 200m: 3:00.19 45.44			
6. SILVA, Mara Lisboa e	93	<b>3:10.85</b>	350
50m: 44.55 44.55 100m: 1:33.07 48.52 150m: 2:22.08 49.01 200m: 3:10.85 48.77			
<b>Final B</b>			
9. MARQUES, Soraia Alexandra	94	<b>3:06.68</b>	374
50m: 43.11 43.11 100m: 1:31.11 48.00 150m: 2:18.93 47.82 200m: 3:06.68 47.75			
10. MALHO, Cristiana Vanessa	98	<b>3:12.75</b>	340
50m: 44.32 44.32 100m: 1:33.78 49.46 150m: 2:23.40 49.62 200m: 3:12.75 49.35			
11. PAULO, Patricia Sousa	96	<b>3:17.68</b>	315
50m: 45.53 45.53 100m: 1:35.60 50.07 150m: 2:26.57 50.97 200m: 3:17.68 51.11			
12. DUARTE, Kelly Silva	97	<b>3:18.36</b>	312
50m: 45.18 45.18 100m: 1:36.15 50.97 150m: 2:27.84 51.69 200m: 3:18.36 50.52			
13. GOMES, Sandra Cristina	98	<b>3:25.20</b>	282
50m: 46.24 46.24 100m: 1:38.87 52.63 150m: 2:33.23 54.36 200m: 3:25.20 51.97			
14. ROCHA, Sara Mafra	99	<b>3:26.19</b>	277
50m: 46.43 46.43 100m: 1:39.38 52.95 150m: 2:33.14 53.76 200m: 3:26.19 53.05			
15. PEREIRA, Barbara Rodrigues	98	<b>3:29.49</b>	265
50m: 45.84 45.84 100m: 1:38.26 52.42 150m: 2:35.25 56.99 200m: 3:29.49 54.24			
16. AGOSTINHO, Ana Rita	99	<b>3:35.44</b>	243
50m: 47.80 47.80 100m: 1:42.29 54.49 150m: 2:38.52 56.23 200m: 3:35.44 56.92			
<b>Final A</b>			
EXH FRANCO, Ana Teresa	91	<b>2:42.59</b>	566
50m: 36.51 36.51 100m: 1:17.10 40.59 150m: 1:59.47 42.37 200m: 2:42.59 43.12			
EXH MATIAS, Soraya Dea	95	<b>2:59.98</b>	417
50m: 41.68 41.68 100m: 1:27.11 45.43 150m: 2:15.27 48.16 200m: 2:59.98 44.71			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 4  
08-01-2011 - 16:50

Masc., 200m Bruços

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. MARQUES, Andre Oliveira	92 BA/Mr.Pizza	<b>2:33.40</b>	486
50m: 34.69 34.69 100m: 1:13.40 38.71 150m: 1:53.02 39.62 200m: 2:33.40 40.38			
2. GODINHO, Helder Alexandre	86 BA/Mr.Pizza	<b>2:35.20</b>	470
50m: 34.68 34.68 100m: 1:14.32 39.64 150m: 1:55.06 40.74 200m: 2:35.20 40.14			
3. MARQUES, Henrique Jose	93 Benedita Sport Club Natação	<b>2:42.95</b>	406
50m: 37.46 37.46 100m: 1:18.59 41.13 150m: 2:00.73 42.14 200m: 2:42.95 42.22			
4. ALVES, Tiago Martim	97 Clube Desportivo Ancorensis	<b>2:45.47</b>	387
50m: 37.50 37.50 100m: 1:19.16 41.66 150m: 2:02.82 43.66 200m: 2:45.47 42.65			
5. REIS, Leonardo Peralta	96 Benedita Sport Club Natação	<b>2:48.13</b>	369
50m: 37.17 37.17 100m: 1:19.79 42.62 150m: 2:03.82 44.03 200m: 2:48.13 44.31			
6. MARQUES, Tiago Andre	93 Sporting Clube de Espinho	<b>2:50.85</b>	352
50m: 35.87 35.87 100m: 1:19.35 43.48 150m: 2:05.24 45.89 200m: 2:50.85 45.61			
<b>Final B</b>			
9. MAIRENA, Victor Urbano	97 Escuelas Desportivas de Mérida	<b>2:54.14</b>	332
50m: 40.55 40.55 100m: 1:25.19 44.64 150m: 2:09.95 44.76 200m: 2:54.14 44.19			
10. CORREIA, Rui Miguel	96 C N Montijo	<b>2:56.93</b>	317
50m: 37.72 37.72 100m: 1:22.18 44.46 150m: 2:09.45 47.27 200m: 2:56.93 47.48			
11. COSTA, Bernardo Ferro	97 Sporting Clube de Espinho	<b>3:01.22</b>	295
50m: 40.31 40.31 100m: 1:25.69 45.38 150m: 2:12.97 47.28 200m: 3:01.22 48.25			
12. GRAÇA, Nuno Miguel	98 Clube Desportivo Ancorensis	<b>3:01.35</b>	294
50m: 40.28 40.28 100m: 1:26.50 46.22 150m: 2:14.78 48.28 200m: 3:01.35 46.57			
13. SALGUEIRO, Joao Miguel	95 Eléctrico	<b>3:01.36</b>	294
50m: 39.66 39.66 100m: 1:25.30 45.64 150m: 2:13.00 47.70 200m: 3:01.36 48.36			
14. GOMES, Joao Andre	97 Alcobaça	<b>3:04.97</b>	277
50m: 41.68 41.68 100m: 1:28.84 47.16 150m: 2:16.72 47.88 200m: 3:04.97 48.25			
15. FERRAZ, Francisco Maria	97 Pimpões/Cimai	<b>3:11.72</b>	249
50m: 44.30 44.30 100m: 1:32.91 48.61 150m: 2:22.47 49.56 200m: 3:11.72 49.25			
DSQ REIS, Guilherme Antonio	96 Torres Novas	<b>3:06.51</b>	
<i>Aos 100m o atleta fez pernada de golfinho antes de iniciar a braçada subaquatica</i>			
<b>Final A</b>			
EXH AGOSTINHO, Pedro Miguel	92 Sporting Clube de Portugal	<b>2:27.33</b>	549
50m: 33.39 33.39 100m: 1:11.14 37.75 150m: 1:49.32 38.18 200m: 2:27.33 38.01			
EXH MATOS, Diogo Filipe	92 Sporting Clube de Portugal	<b>2:31.77</b>	502
50m: 34.19 34.19 100m: 1:13.43 39.24 150m: 1:52.24 38.81 200m: 2:31.77 39.53			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 5  
08-01-2011 - 17:12

Femin., 400m Estilos

Open  
Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	CRUZ, Sara Francisco		93	BA/Mr.Pizza				<b>5:19.22</b>	546
	50m:	32.51 32.51	150m:	1:51.81	43.03	250m:	3:22.24 48.84	350m:	4:45.08 35.74
	100m:	1:08.78 36.27	200m:	2:33.40	41.59	300m:	4:09.34 47.10	400m:	5:19.22 34.14
2.	CUSTOIAS, Filipa Vicente		97	Benedita Sport Club Natação				<b>5:22.41</b>	530
	50m:	35.20 35.20	150m:	1:57.66	42.67	250m:	3:26.36 46.50	350m:	4:49.35 35.99
	100m:	1:14.99 39.79	200m:	2:39.86	42.20	300m:	4:13.36 47.00	400m:	5:22.41 33.06
3.	ALVES, Luana Raquel		97	Clube Desportivo Ancorensis				<b>5:35.99</b>	468
	50m:	33.75 33.75	150m:	1:57.66	44.65	250m:	3:30.49 48.89	350m:	4:59.17 38.48
	100m:	1:13.01 39.26	200m:	2:41.60	43.94	300m:	4:20.69 50.20	400m:	5:35.99 36.82
4.	PITA, Mafalda Cristina		97	Eléctrico				<b>6:02.62</b>	373
	50m:	41.88 41.88	150m:	2:17.16	44.06	250m:	3:53.49 52.23	350m:	5:25.29 38.44
	100m:	1:33.10 51.22	200m:	3:01.26	44.10	300m:	4:46.85 53.36	400m:	6:02.62 37.33
5.	ALVES, Sofia Dias		99	C N Montijo				<b>6:11.71</b>	346
	50m:	41.05 41.05	150m:	2:16.79	44.12	250m:	3:54.33 53.73	350m:	5:30.51 41.92
	100m:	1:32.67 51.62	200m:	3:00.60	43.81	300m:	4:48.59 54.26	400m:	6:11.71 41.20
6.	MATIAS, Beatriz Gameiro		97	Núcleo de Pombal				<b>6:17.61</b>	330
	50m:	41.32 41.32	150m:	2:20.00	48.70	250m:	3:57.32 48.72	350m:	5:34.85 44.82
	100m:	1:31.30 49.98	200m:	3:08.60	48.60	300m:	4:50.03 52.71	400m:	6:17.61 42.76
7.	LUZIO, Mariana Sofia		98	Pimpões/Cimai				<b>6:19.46</b>	325
	50m:	42.69 42.69	150m:	2:19.68	47.67	250m:	3:59.90 53.86	350m:	5:38.34 44.47
	100m:	1:32.01 49.32	200m:	3:06.04	46.36	300m:	4:53.87 53.97	400m:	6:19.46 41.12
8.	NUNES, Maria Joao		98	Alcobaça				<b>6:33.02</b>	293
	50m:	41.13 41.13	150m:	2:24.40	51.70	250m:	4:09.38 54.39	350m:	5:50.09 44.73
	100m:	1:32.70 51.57	200m:	3:14.99	50.59	300m:	5:05.36 55.98	400m:	6:33.02 42.93
9.	DIAS, Catarina Ataide		98	Sporting Clube de Espinho				<b>6:33.95</b>	290
	50m:	42.49 42.49	150m:	2:22.23	47.09	250m:	4:03.17 54.57	350m:	5:48.11 47.89
	100m:	1:35.14 52.65	200m:	3:08.60	46.37	300m:	5:00.22 57.05	400m:	6:33.95 45.84
10.	MORCILLO, Natalia Barrera		99	Escuelas Desportivas de Mérida				<b>6:49.00</b>	259
	50m:	41.17 41.17	150m:	2:24.15	49.91	250m:	4:12.69 59.19	350m:	6:01.40 48.96
	100m:	1:34.24 53.07	200m:	3:13.50	49.35	300m:	5:12.44 59.75	400m:	6:49.00 47.60
EXH	MARINHO, Patricia Garcia		94	Sporting Clube de Portugal				<b>5:09.54</b>	599
	50m:	32.37 32.37	150m:	1:49.56	40.69	250m:	3:13.89 44.04	350m:	4:34.06 36.21
	100m:	1:08.87 36.50	200m:	2:29.85	40.29	300m:	3:57.85 43.96	400m:	5:09.54 35.48
EXH	VINAGRE, Marta Filipa		95	Torres Novas				<b>5:25.82</b>	514
	50m:	34.04 34.04	150m:	1:55.76	41.57	250m:	3:24.43 48.60	350m:	4:49.44 35.72
	100m:	1:14.19 40.15	200m:	2:35.83	40.07	300m:	4:13.72 49.29	400m:	5:25.82 36.38
EXH	PAULO, Patricia Sousa		96	Benedita Sport Club Natação				<b>6:06.53</b>	361
	50m:	40.39 40.39	150m:	2:14.82	47.47	250m:	3:50.56 51.09	350m:	5:25.73 43.17
	100m:	1:27.35 46.96	200m:	2:59.47	44.65	300m:	4:42.56 52.00	400m:	6:06.53 40.80
EXH	PECA, Sara Conceicao		99	Académico de Leiria				<b>6:21.10</b>	321
	50m:	41.94 41.94	150m:	2:21.78	47.98	250m:	4:03.41 53.35	350m:	5:39.00 42.08
	100m:	1:33.80 51.86	200m:	3:10.06	48.28	300m:	4:56.92 53.51	400m:	6:21.10 42.10

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 6  
08-01-2011 - 17:20

Masc., 400m Estilos

Open  
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	<b>4:50.08</b>	547
50m: 29.28 29.28	150m: 1:39.07 35.91	250m: 2:56.70 41.85	350m: 4:16.30 35.53
100m: 1:03.16 33.88	200m: 2:14.85 35.78	300m: 3:40.77 44.07	400m: 4:50.08 33.78
2. FERNANDEZ, Jose Pulido	93 Escuelas Desportivas de Mérida	<b>4:51.74</b>	537
50m: 31.47 31.47	150m: 1:44.70 38.94	250m: 3:04.08 40.92	350m: 4:19.56 33.38
100m: 1:05.76 34.29	200m: 2:23.16 38.46	300m: 3:46.18 42.10	400m: 4:51.74 32.18
3. TORRE, Rui Alexandre	90 Clube Desportivo Ancorensis	<b>5:09.86</b>	448
50m: 31.32 31.32	150m: 1:45.21 38.60	250m: 3:09.61 46.11	350m: 4:32.79 37.04
100m: 1:06.61 35.29	200m: 2:23.50 38.29	300m: 3:55.75 46.14	400m: 5:09.86 37.07
4. LOPES, Joao Miguel	96 Eléctrico	<b>5:13.27</b>	434
50m: 33.31 33.31	150m: 1:50.69 39.18	250m: 3:15.34 44.98	350m: 4:38.05 35.99
100m: 1:11.51 38.20	200m: 2:30.36 39.67	300m: 4:02.06 46.72	400m: 5:13.27 35.22
5. REIS, Leonardo Peralta	96 Benedita Sport Club Natação	<b>5:17.04</b>	419
50m: 34.20 34.20	150m: 1:55.50 40.77	250m: 3:20.29 43.92	350m: 4:41.74 36.97
100m: 1:14.73 40.53	200m: 2:36.37 40.87	300m: 4:04.77 44.48	400m: 5:17.04 35.30
6. GAMEIRO, Goncalo Ferreira	94 Núcleo de Pombal	<b>5:21.69</b>	401
50m: 32.37 32.37	150m: 1:53.46 43.21	250m: 3:21.07 44.79	350m: 4:44.82 38.54
100m: 1:10.25 37.88	200m: 2:36.28 42.82	300m: 4:06.28 45.21	400m: 5:21.69 36.87
7. TORRAO, Rui Filipe	95 C N Montijo	<b>5:22.03</b>	399
50m: 32.77 32.77	150m: 1:50.79 39.93	250m: 3:18.71 48.59	350m: 4:44.89 37.45
100m: 1:10.86 38.09	200m: 2:30.12 39.33	300m: 4:07.44 48.73	400m: 5:22.03 37.14
8. GOMES, Joao Andre	97 Alcobaça	<b>5:27.89</b>	378
50m: 33.71 33.71	150m: 1:56.56 42.84	250m: 3:24.14 46.15	350m: 4:50.20 39.71
100m: 1:13.72 40.01	200m: 2:37.99 41.43	300m: 4:10.49 46.35	400m: 5:27.89 37.69
9. SOARES, Luis Filipe	98 Sporting Clube de Espinho	<b>5:39.04</b>	342
50m: 35.49 35.49	150m: 2:00.93 43.17	250m: 3:31.97 48.85	350m: 5:01.96 41.51
100m: 1:17.76 42.27	200m: 2:43.12 42.19	300m: 4:20.45 48.48	400m: 5:39.04 37.08
10. FERNANDES, Tiago Santos	98 Pimpões/Cimai	<b>5:54.51</b>	299
50m: 37.07 37.07	150m: 2:14.68 48.07	250m: 3:47.40 47.95	350m: 5:16.16 39.51
100m: 1:26.61 49.54	200m: 2:59.45 44.77	300m: 4:36.65 49.25	400m: 5:54.51 38.35
DNS RODRIGUES, Diogo Filipe	98 Académico de Leiria		
<i>Aos 275 metros, o nadador só tocou com uma mão na parede</i>			
EXH LOPES, Miguel Machado	92 Sporting Clube de Portugal	<b>4:36.05</b>	634
50m: 30.37 30.37	150m: 1:38.73 34.58	250m: 2:52.54 39.11	350m: 4:04.65 32.22
100m: 1:04.15 33.78	200m: 2:13.43 34.70	300m: 3:32.43 39.89	400m: 4:36.05 31.40
EXH SAMOUCO, Fabio Miguel	95 Torres Novas	<b>5:09.59</b>	450
50m: 32.09 32.09	150m: 1:51.90 41.51	250m: 3:16.62 44.33	350m: 4:35.03 34.30
100m: 1:10.39 38.30	200m: 2:32.29 40.39	300m: 4:00.73 44.11	400m: 5:09.59 34.56

Prova 7  
08-01-2011 - 17:25

Femin., 200m Mariposa

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
Final A			
1. CUSTOIAS, Filipa Vicente	97 Benedita Sport Club Natação	<b>2:33.30</b>	489
50m: 34.98 34.98	100m: 1:14.40 39.42	150m: 1:54.16 39.76	200m: 2:33.30 39.14
2. MENDES, Catarina Isabel	95 C N Montijo	<b>2:37.62</b>	449
50m: 32.72 32.72	100m: 1:11.08 38.36	150m: 1:53.72 42.64	200m: 2:37.62 43.90

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 7, Femin., 200m Mariposa, Final, Open

Lugar	Ano	Tempo final	Pts
3. MOURA, Catia Vanessa	90	<b>2:40.50</b>	426
50m: 34.52 34.52 100m: 1:14.49 39.97 150m: 1:56.93 42.44 200m: 2:40.50 43.57			
4. VERDE, Maria Francisca	93	<b>2:43.94</b>	399
50m: 35.37 35.37 100m: 1:16.09 40.72 150m: 1:59.41 43.32 200m: 2:43.94 44.53			
5. PASSARINHO, Adriana Fialho	93	<b>2:46.04</b>	384
50m: 37.00 37.00 100m: 1:19.48 42.48 150m: 2:03.01 43.53 200m: 2:46.04 43.03			
6. AIRES, Teresa Manuela	96	<b>2:51.54</b>	349
50m: 36.81 36.81 100m: 1:19.73 42.92 150m: 2:06.10 46.37 200m: 2:51.54 45.44			
7. SANTOS, Isabel Hernandez	95	<b>3:00.43</b>	299
50m: 38.40 38.40 100m: 1:22.17 43.77 150m: 2:10.54 48.37 200m: 3:00.43 49.89			

Final B

9. LANZINHA, Monica Moreira	95	<b>2:59.80</b>	303
50m: 37.78 37.78 100m: 1:23.13 45.35 150m: 2:11.93 48.80 200m: 2:59.80 47.87			
10. ROCHA, Sara Mafra	99	<b>3:10.93</b>	253
50m: 43.07 43.07 100m: 1:32.15 49.08 150m: 2:22.74 50.59 200m: 3:10.93 48.19			
11. MONTEIRO, Salome Pinto	98	<b>3:12.88</b>	245
50m: 40.47 40.47 100m: 1:28.93 48.46 150m: 2:21.90 52.97 200m: 3:12.88 50.98			
12. PEREIRA, Barbara Rodrigues	98	<b>3:35.02</b>	177
50m: 43.34 43.34 100m: 1:36.53 53.19 200m: 3:35.02 1:58.49			

DNS HENRIQUES, Carolina Quintas 97 Núcleo de Pombal

Final A

EXH DANTAS, Bruna Leal	96	<b>2:22.81</b>	604
50m: 32.20 32.20 100m: 1:08.33 36.13 150m: 1:45.79 37.46 200m: 2:22.81 37.02			

Final B

EXH CRUZ, Mariana Anastacio	96	<b>3:01.91</b>	292
50m: 38.40 38.40 100m: 1:25.39 46.99 150m: 2:14.77 49.38 200m: 3:01.91 47.14			

Prova 8

Masc., 200m Mariposa

Open

08-01-2011 - 17:33

Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
Final A			
1. TARIFA, Fernando	94	<b>2:12.15</b>	562
50m: 29.30 29.30 100m: 1:02.30 33.00 150m: 1:36.58 34.28 200m: 2:12.15 35.57			
2. FERNANDES, Gil Cruz	95	<b>2:23.98</b>	435
50m: 31.82 31.82 100m: 1:08.21 36.39 150m: 1:46.00 37.79 200m: 2:23.98 37.98			
3. RIBEIRO, Tiago Lopes	93	<b>2:26.26</b>	415
50m: 32.43 32.43 100m: 1:09.81 37.38 150m: 1:49.25 39.44 200m: 2:26.26 37.01			
4. MARZIA, Diogo Silva	96	<b>2:35.38</b>	346
50m: 33.70 33.70 100m: 1:12.85 39.15 150m: 1:53.58 40.73 200m: 2:35.38 41.80			
5. MATEOS, Alberto Hidalgo	96	<b>2:35.60</b>	344
50m: 33.90 33.90 100m: 1:13.25 39.35 150m: 1:54.12 40.87 200m: 2:35.60 41.48			
6. NETO, Walter Marcos	95	<b>2:39.62</b>	319
50m: 33.53 33.53 100m: 1:13.33 39.80 150m: 1:56.13 42.80 200m: 2:39.62 43.49			

Final B

9. NETO, Diogo Ferreira	95	<b>2:37.82</b>	330
50m: 33.58 33.58 100m: 1:12.83 39.25 150m: 1:55.02 42.19 200m: 2:37.82 42.80			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 8, Masc., 200m Mariposa, Final, Open

Lugar	Ano	Tempo final	Pts
10. COSTA, Andre Lima 50m: 35.14 35.14 100m: 1:16.11	97 Sporting Clube de Espinho	<b>2:42.16</b>	304 43.91
11. MARQUES, Jose Rafael 50m: 34.25 34.25 100m: 1:16.95	97 Pimpões/Cimai	<b>2:43.15</b>	299 42.00
12. BAPTISTA, Joao Paulo 50m: 34.69 34.69 100m: 1:14.89	95 Benedita Sport Club Natação	<b>2:45.15</b>	288 45.69
13. JERONIMO, Ricardo Contreiras 50m: 36.75 36.75 100m: 1:19.26	97 Núcleo de Pombal	<b>2:45.24</b>	287 41.28
14. GERARDO, Emanuel Falacho 50m: 35.36 35.36 100m: 1:18.14	97 Alcobaça	<b>2:46.29</b>	282 41.52
15. REIS, Pedro Miguel 50m: 35.59 35.59 100m: 1:20.72	96 Sporting Clube de Espinho	<b>2:53.87</b>	247 46.96
16. GOUVEA, Francisco Gomes 50m: 40.36 40.36 100m: 1:28.39	97 Clube Desportivo Ancorensis	<b>3:11.46</b>	185 51.30

Final A

EXH FREITAS, Francisco Maldonado 50m: 30.53 30.53 100m: 1:04.42	91 Sporting Clube de Portugal	<b>2:15.16</b>	526 35.67
EXH SOUSA, Ricardo Verissimo 50m: 29.99 29.99 100m: 1:04.65	93 Sporting Clube de Portugal	<b>2:17.19</b>	503 36.85

Prova 9

Femin., 100m Costas

Open

08-01-2011 - 17:55

Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
Final A			
1. GONCALVES, Ana Filipa 50m: 33.32 33.32 100m: 1:08.42	92 Clube Desportivo Ancorensis	<b>1:08.42</b>	525 35.10
2. MORCILLO, Gloria Barrero 50m: 34.33 34.33 100m: 1:10.63	93 Escuelas Desportivas de Mérida	<b>1:10.63</b>	478 36.30
3. PENAS, Isa Morais 50m: 35.45 35.45 100m: 1:13.59	96 Benedita Sport Club Natação	<b>1:13.59</b>	422 38.14
4. PINTO, Daniela Filipa 50m: 36.38 36.38 100m: 1:15.97	92 Eléctrico	<b>1:15.97</b>	384 39.59
5. ALVES, Sofia Dias 50m: 40.97 40.97 100m: 1:23.04	99 C N Montijo	<b>1:23.04</b>	294 42.07
Final B			
9. LOURENCO, Ana Margarida 50m: 37.39 37.39 100m: 1:16.40	96 Benedita Sport Club Natação	<b>1:16.40</b>	377 39.01
10. DIAS, Barbara Margarida 50m: 37.36 37.36 100m: 1:17.26	94 Eléctrico	<b>1:17.26</b>	365 39.90
11. BATISTA, Ana Raquel 50m: 37.44 37.44 100m: 1:18.10	95 C N Montijo	<b>1:18.10</b>	353 40.66
12. MALHO, Cristiana Vanessa 50m: 40.49 40.49 100m: 1:23.15	98 Alcobaça	<b>1:23.15</b>	293 42.66
13. DUARTE, Kelly Silva 50m: 40.25 40.25 100m: 1:23.76	97 BA/Mr.Pizza	<b>1:23.76</b>	286 43.51

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 9, Femin., 100m Costas, Final, Open

Lugar	Ano	Tempo final	Pts
14. DIAS, Catarina Ataíde 50m: 41.03 41.03 100m: 1:24.60 43.57	98 Sporting Clube de Espinho	<b>1:24.60</b>	278
15. DUARTE, Mariana Jorge 50m: 41.27 41.27 100m: 1:25.64 44.37	97 Núcleo de Pombal	<b>1:25.64</b>	268
16. MATEOS, Elena Hidalgo 50m: 41.62 41.62 100m: 1:26.81 45.19	99 Escuelas Desportivas de Mérida	<b>1:26.81</b>	257

Final A

EXH AGOSTINHO, Ines Catarina 50m: 32.60 32.60 100m: 1:06.62 34.02	94 Sporting Clube de Portugal	<b>1:06.62</b>	569
EXH BELEZA, Mafalda Gomes 50m: 33.06 33.06 100m: 1:07.09 34.03	94 Sporting Clube de Portugal	<b>1:07.09</b>	557
EXH VINAGRE, Marta Filipa 50m: 35.28 35.28 100m: 1:14.15 38.87	95 Torres Novas	<b>1:14.15</b>	413

Prova 10  
08-01-2011 - 18:00

Masc., 100m Costas

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
Final A			
1. ALEXANDRE, Miguel Polidoro 50m: 32.71 32.71 100m: 1:06.20 33.49	94 BA/Mr.Pizza	<b>1:06.20</b>	404
2. TARQUINIO, Luis Antonio 50m: 32.25 32.25 100m: 1:06.49 34.24	94 Benedita Sport Club Natação	<b>1:06.49</b>	398
3. BAPTISTA, Joao Paulo 50m: 32.58 32.58 100m: 1:07.52 34.94	96 Sporting Clube de Espinho	<b>1:07.52</b>	380
4. MAIRENA, Jorge Urbano 50m: 32.90 32.90 100m: 1:08.32 35.42	94 Escuelas Desportivas de Mérida	<b>1:08.32</b>	367
5. TORRAO, Rui Filipe 50m: 33.00 33.00 100m: 1:08.65 35.65	95 C N Montijo	<b>1:08.65</b>	362
6. TARIFA, Juan Jose 50m: 34.72 34.72 100m: 1:11.50 36.78	97 Escuelas Desportivas de Mérida	<b>1:11.50</b>	320
Final B			
9. RELVA, Flavio Cardoso 50m: 34.53 34.53 100m: 1:11.38 36.85	93 BA/Mr.Pizza	<b>1:11.38</b>	322
10. SERRAS, Daniel Costa 50m: 35.29 35.29 100m: 1:12.78 37.49	95 Eléctrico	<b>1:12.78</b>	304
11. GRAÇA, Nuno Miguel 50m: 35.94 35.94 100m: 1:14.67 38.73	98 Clube Desportivo Ancorensis	<b>1:14.67</b>	281
12. SANTOS, Nuno Miguel 50m: 37.30 37.30 100m: 1:14.94 37.64	97 Pimpões/Cimai	<b>1:14.94</b>	278
13. LAUREANO, Alexandre Miguel 50m: 37.29 37.29 100m: 1:15.61 38.32	97 Alcobaça	<b>1:15.61</b>	271
14. COSTA, Bernardo Ferro 50m: 37.20 37.20 100m: 1:15.84 38.64	97 Sporting Clube de Espinho	<b>1:15.84</b>	268
15. TARQUINIO, João Pedro 50m: 37.52 37.52 100m: 1:17.37 39.85	97 Benedita Sport Club Natação	<b>1:17.37</b>	253

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 10, Masc., 100m Costas, Final

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
EXH COTOVIO, Ricardo Ferreira	91 Sporting Clube de Portugal	<b>1:00.70</b>	524
50m: 29.11 29.11 100m: 1:00.70 31.59			
EXH BONANCA, Mario Andre	90 Sporting Clube de Portugal	<b>1:03.88</b>	449
50m: 30.64 30.64 100m: 1:03.88 33.24			
<b>Final B</b>			
EXH BRUNO, Nuno Miguel	95 Torres Novas	<b>1:13.11</b>	299
50m: 35.99 35.99 100m: 1:13.11 37.12			

Prova 11

Femin., 50m Livres

Open

08-01-2011 - 18:05

Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. MUNÓZ, Paloma Marrero	96 Escuelas Desportivas de Mérida	<b>27.37</b>	612
2. MENDES, Catarina Isabel	95 C N Montijo	<b>29.08</b>	511
3. ALVES, Luana Raquel	97 Clube Desportivo Ancorensis	<b>29.52</b>	488
4. PEREIRA, Mafalda Jesus	95 C N Montijo	<b>30.28</b>	452
5. SILVA, Mara Lisboa e	93 BA/Mr.Pizza	<b>30.41</b>	446
6. PAIO, Catia Sofia	96 Eléctrico	<b>30.89</b>	426
OLIVEIRA, Maria Joao	95 Sporting Clube de Espinho	<b>30.89</b>	426
<b>Final B</b>			
9. FERNANDES, Rita Margarida	93 Eléctrico	<b>31.22</b>	413
10. MATEO, Lucia Vinagre	94 Escuelas Desportivas de Mérida	<b>31.77</b>	391
11. CARVALHO, Jessica Andreia	96 BA/Mr.Pizza	<b>31.91</b>	386
12. PASSARINHO, Adriana Fialho	93 Benedita Sport Club Natação	<b>32.50</b>	366
13. AZEVEDO, Sofia Lopes	97 Sporting Clube de Espinho	<b>32.94</b>	351
14. MAQUES, Mariana Feliciano	96 Benedita Sport Club Natação	<b>33.29</b>	340
15. MONTEIRO, Frederica Dinis	99 Pimpões/Cimai	<b>33.47</b>	335
<b>Final A</b>			
EXH CARVALHO, Marcia Filipa	96 Torres Novas	<b>30.98</b>	422
<b>Final B</b>			
EXH MATIAS, Soraya Dea	95 Torres Novas	<b>32.28</b>	373

Prova 12

Masc., 50m Livres

Open

08-01-2011 - 18:08

Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	<b>25.60</b>	498
2. TARIFA, Fernando	94 Escuelas Desportivas de Mérida	<b>25.76</b>	489
3. GODINHO, Helder Alexandre	86 BA/Mr.Pizza	<b>25.79</b>	487
4. RAMOS, Manuel Casillas	94 Escuelas Desportivas de Mérida	<b>26.12</b>	469
5. TORRE, Rui Alexandre	90 Clube Desportivo Ancorensis	<b>27.22</b>	414
6. MARQUES, Tiago Andre	93 Sporting Clube de Espinho	<b>27.69</b>	394
<b>Final B</b>			
9. GAMEIRO, Goncalo Ferreira	94 Núcleo de Pombal	<b>27.45</b>	404
10. SOUSA, Andre Caravela	91 Clube Desportivo Ancorensis	<b>27.86</b>	386

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 12, Masc., 50m Livres, Final, Open

Lugar	Ano	Tempo final	Pts
11. MARQUES, Henrique Jose	93 Benedita Sport Club Natação	<b>28.19</b>	373
12. LOPES, Joao Miguel	96 Eléctrico	<b>28.42</b>	364
13. ALVES, Manuel Jose	96 C N Montijo	<b>28.88</b>	347
14. TARQUINIO, Luis Antonio	94 Benedita Sport Club Natação	<b>28.92</b>	345
15. FUKUNAGA, William Norio	96 Sporting Clube de Espinho	<b>29.02</b>	342
16. SILVESTRE, Miguel Angelo	97 Alcobaça	<b>29.14</b>	338

Final A

EXH AGOSTINHO, Pedro Miguel	92 Sporting Clube de Portugal	<b>25.03</b>	533
EXH GRACA, Bernardo Leitao	93 Sporting Clube de Portugal	<b>25.78</b>	488

Prova 13

Femin., 4 x 100m Estilos

Open

08-01-2011 - 18:25

Resultados

Pontos: FINA 2010

Lugar	Tempo final	Pts
1. Mérida	<b>4:49.71</b>	487
MORCILLO, Gloria Barrero 93 34.09 1:11.05	SANTOS, Isabel Hernandez 95 35.12 1:15.43	
MUNÓZ, Paloma Marrero 96 33.93 1:12.57	MATEO, Lucia Vinagre 94 33.06 1:10.66	
2. Clube Desportivo Ancorensis 2	<b>4:56.49</b>	454
MOURA, Catia Vanessa 90 37.27 1:15.81	VERDE, Maria Francisca 93 34.66 1:15.58	
GONCALVES, Ana Filipa 92 37.30 1:21.66	ALVES, Luana Raquel 97 30.64 1:03.44	
3. BA/Mr.Pizza 1	<b>4:57.22</b>	451
SILVA, Mara Lisboa e 93 35.32 1:13.02	CRUZ, Sara Francisco 93 30.62 1:06.44	
RELVA, Melissa Cardoso 97 42.52 1:28.79	CARVALHO, Jessica Andreia 96 32.84 1:08.97	
4. Benedita Sport Club Natação 1	<b>5:03.23</b>	424
PENAS, Isa Morais 96 36.20 1:14.93	CUSTOIAS, Filipa Vicente 97 33.13 1:11.32	
MARQUES, Soraia Alexandra 94 41.18 1:28.77	LOURENCO, Ana Margarida 96 32.09 1:08.21	
5. Eléctrico 1	<b>5:04.80</b>	418
PINTO, Daniela Filipa 92 36.62 1:16.85	LANZINHA, Monica Moreira 95 37.01 1:19.36	
FERNANDES, Rita Margarida 93 38.06 1:22.45	PAIO, Catia Sofia 96 31.38 1:06.14	
6. C N Montijo 1	<b>5:11.35</b>	392
BATISTA, Ana Raquel 95 39.18 1:18.93	MENDES, Catarina Isabel 95 32.20 1:10.21	
MENDES, Sofia Amaral 97 44.21 1:35.14	PEREIRA, Mafalda Jesus 95 31.87 1:07.07	
7. Sporting Clube de Espinho 1	<b>5:12.20</b>	389
AZEVEDO, Sofia Lopes 97 40.00 1:24.35	AIRES, Teresa Manuela 96 35.15 1:15.38	
DIAS, Ines Ataide 94 40.75 1:24.90	OLIVEIRA, Maria Joao 95 31.38 1:07.57	
8. Núcleo de Pombal 1	<b>5:46.28</b>	285
DUARTE, Mariana Jorge 97 41.66 1:25.68	FERNANDES, Joana Maria 97 41.16 1:29.45	
MATIAS, Beatriz Gameiro 97 40.98 1:28.20	ALVES, Barbara Silva 97 38.87 1:22.95	
9. Pimpões/Cimai 1	<b>5:54.65</b>	265
PEDRAS, Leonor Castanheira 99 44.49 1:31.61	RAPOSO, Mariana Luis 99 47.04 1:38.78	
FERREIRA, Ana Sofia 99 42.62 1:29.93	MONTEIRO, Frederica Dinis 99 35.73 1:14.33	
10. Alcobaça 1	<b>5:55.63</b>	263
MALHO, Cristiana Vanessa 98 41.21 1:23.89	NUNES, Maria Joao 98 41.16 1:31.30	
ROCHA, Sara Mafra 99 46.36 1:36.44	FÉLIX, Catarina Lopes 99 39.03 1:24.00	
DNS Académico de Leiria 1	Académico de Leiria	
EXH Sporting Clube de Portugal 1	<b>4:29.99</b>	601
AGOSTINHO, Ines Catarina 94 32.21 1:06.74	RANITO, Raquel Paulo 94 31.05 1:07.92	
FRANCO, Ana Teresa 91 34.49 1:13.94	BELEZA, Mafalda Gomes 94 29.31 1:01.39	
EXH Torres Novas 1	<b>5:04.94</b>	417
CARVALHO, Marcia Filipa 96 38.79 1:20.48	MATIAS, Soraya Dea 95 32.67 1:10.70	
CONCEICAO, Catarina Neves 97 40.38 1:25.69	CRUZ, Mariana Anastacio 96 33.25 1:08.07	

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 13, Femin., 4 x 100m Estilos

Lugar					Tempo final	Pts
EXH	Benedita Sport Club Natação 2			Benedita Sport Club Natação	<b>5:22.61</b>	352
	REBELO, Patricia Pimenta	98	39.33	1:21.65	PAULO, Patricia Sousa	96 35.46 1:17.61
	MATOS, Carolina Lourenco	98	40.62	1:29.36	MAQUES, Mariana Feliciano	96 35.77 1:13.99

Prova 14

Masc., 4 x 100m Estilos

Open  
Resultados

08-01-2011 - 18:40

Pontos: FINA 2010

Lugar					Tempo final	Pts
1.	BA/Mr.Pizza 1			BA/Mr.Pizza	<b>4:14.96</b>	476
	RIBEIRO, Joao Paulo	92	30.31	1:02.57	NETO, Walter Marcos	95 30.55 1:05.56
	GODINHO, Helder Alexandre	86	33.45	1:11.37	ALEXANDRE, Miguel Polidoro	94 26.38 55.46
2.	Mérida			Escuelas Desportivas de Mérida	<b>4:15.94</b>	471
	MAIRENA, Jorge Urbano	94	32.94	1:08.17	TARIFA, Fernando	94 27.01 58.77
	FERNANDEZ, Jose Pulido	93	34.07	1:12.82	RAMOS, Manuel Casillas	94 26.69 56.18
3.	Benedita Sport Club Natação 1			Benedita Sport Club Natação	<b>4:30.05</b>	401
	TARQUINIO, Luis Antonio	94	33.01	1:06.79	MARQUES, Henrique Jose	93 31.51 1:07.77
	REIS, Leonardo Peralta	96	35.98	1:17.56	RIBEIRO, Tiago Lopes	93 27.48 57.93
4.	Clube Desportivo Ancorensis 1			Clube Desportivo Ancorensis	<b>4:30.81</b>	397
	TORRE, Rui Alexandre	90	32.03	1:06.69	FERNANDES, Gil Cruz	95 29.65 1:04.63
	ALVES, Tiago Martim	97	36.71	1:18.56	SOUSA, Andre Caravela	91 29.27 1:00.93
5.	Sporting Clube de Espinho 1			Sporting Clube de Espinho	<b>4:38.60</b>	365
	BAPTISTA, Joao Paulo	96	33.86	1:08.76	SOARES, Luis Filipe	98 29.57 1:11.72
	MARQUES, Tiago Andre	93	34.57	1:15.78	COSTA, Andre Lima	97 29.57 1:02.34
6.	C N Montijo 1			C N Montijo	<b>4:46.83</b>	334
	ALVES, Manuel Jose	96	35.08	1:12.72	TORRAO, Rui Filipe	95 31.45 1:08.18
	CORREIA, Rui Miguel	96	36.62	1:20.02	FREITAS, Rafael Jose	95 30.39 1:05.91
7.	Alcobaça 1			Alcobaça	<b>4:52.54</b>	315
	SILVESTRE, Miguel Angelo	97	36.89	1:15.25	GERARDO, Emanuel Falacho	97 34.69 1:15.40
	GOMES, Joao Andre	97	36.01	1:18.08	LAUREANO, Alexandre Miguel	97 30.56 1:03.81
8.	Eléctrico 2			Eléctrico	<b>4:54.50</b>	309
	SERRAS, Daniel Costa	95	36.35	1:15.60	MARZIA, Diogo Silva	96 33.19 1:12.45
	SALGUEIRO, Joao Miguel	95	37.69	1:24.04	LOPES, Joao Miguel	96 29.91 1:02.41
9.	Núcleo de Pombal 2			Núcleo de Pombal	<b>5:01.65</b>	287
	GONCALVES, Joao Courelas	97	39.48	1:23.11	JERONIMO, Ricardo Contreiras	97 34.54 1:13.18
	GAMEIRO, Goncalo Ferreira	94	35.33	1:15.62	MODERNO, Edi Couto	95 32.76 1:09.74
10.	Pimpões/Cimai 1			Pimpões/Cimai	<b>5:16.54</b>	249
	CARRICO, Antonio Fernandes	98	36.74	1:16.61	BARBOSA, Pedro Alves	98 35.63 1:19.34
	FERNANDES, Tiago Santos	98	38.15	1:22.67	BRANDAO, Pedro Reis	98 37.47 1:17.92
DNS	Académico de Leiria 1			Académico de Leiria		
EXH	Sporting Clube de Portugal 1			Sporting Clube de Portugal	<b>4:04.59</b>	539
	COTOVIO, Ricardo Ferreira	91	29.64	1:01.30	AGOSTINHO, Pedro Miguel	92 28.31 1:01.61
	MATOS, Diogo Filipe	92	31.64	1:07.74	BONANCA, Mario Andre	90 25.54 53.94
EXH	Torres Novas 1			Torres Novas	<b>4:52.53</b>	315
	POLICARPO, Duarte Brites	95	37.09	1:16.05	BRUNO, Nuno Miguel	95 33.17 1:11.76
	SAMOUCCO, Fabio Miguel	95	35.13	1:15.12	REIS, Guilherme Antonio	96 33.24 1:09.60

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

3 - 2ª Jornada - 1ª Sessão (Eliminatórias)

09-01-2011 - 9:30

Prova 15 Femin., 100m Mariposa Open  
09-01-2011 - 9:30 Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MUNOZ, Paloma Marrero 50m: 31.39 31.39 100m: 1:06.40	96	Escuelas Desportivas de Mérida 35.01	1:06.40 569 A
2. MENDES, Catarina Isabel 50m: 32.02 32.02 100m: 1:09.37	95	C N Montijo 37.35	1:09.37 499 A
3. CRUZ, Sara Francisco 50m: 32.41 32.41 100m: 1:09.67	93	BA/Mr.Pizza 37.26	1:09.67 493 A
4. DANTAS, Bruna Leal 50m: 33.09 33.09 100m: 1:10.47	96	Sporting Clube de Portugal 37.38	1:10.47 476 A
5. CUSTOIAS, Filipa Vicente 50m: 33.53 33.53 100m: 1:11.43	97	Benedita Sport Club Natação 37.90	1:11.43 457 A
6. ALVES, Luana Raquel 50m: 33.48 33.48 100m: 1:12.78	97	Clube Desportivo Ancorensis 39.30	1:12.78 432 A
7. AIRES, Teresa Manuela 50m: 34.21 34.21 100m: 1:13.29	96	Sporting Clube de Espinho 39.08	1:13.29 423 A
8. VERDE, Maria Francisca 50m: 35.46 35.46 100m: 1:15.90	93	Clube Desportivo Ancorensis 40.44	1:15.90 381 A
9. SANTOS, Isabel Hernandez 50m: 35.36 35.36 100m: 1:16.43	95	Escuelas Desportivas de Mérida 41.07	1:16.43 373 B
10. RELVA, Melissa Cardoso 50m: 35.94 35.94 100m: 1:17.99	97	BA/Mr.Pizza 42.05	1:17.99 351 B
11. PAIO, Catia Sofia 50m: 36.51 36.51 100m: 1:19.35	96	Eléctrico 42.84	1:19.35 333 B
12. CRUZ, Mariana Anastacio 50m: 36.33 36.33 100m: 1:19.64	96	Torres Novas 43.31	1:19.64 330 B
13. PASSARINHO, Adriana Fialho 50m: 37.32 37.32 100m: 1:20.43	93	Benedita Sport Club Natação 43.11	1:20.43 320 B
14. PEREIRA, Joana Sousa 50m: 37.45 37.45 100m: 1:20.62	99	Académico de Leiria 43.17	1:20.62 318 B
15. FERREIRA, Ana Sofia 50m: 37.90 37.90 100m: 1:22.72	99	Pimpões/Cimai 44.82	1:22.72 294 B
16. MONTEIRO, Salome Pinto 50m: 39.61 39.61 100m: 1:26.52	98	Sporting Clube de Espinho 46.91	1:26.52 257 B
17. FERNANDES, Joana Maria 50m: 41.56 41.56 100m: 1:29.78	97	Núcleo de Pombal 48.22	1:29.78 230 R
18. PEREIRA, Barbara Rodrigues 50m: 39.56 39.56 100m: 1:30.69	98	C N Montijo 51.13	1:30.69 223 R
19. NUNES, Maria Joao 50m: 41.87 41.87 100m: 1:32.81	98	Alcobaça 50.94	1:32.81 208
DNS TIAGO, Filipa Vilas	94	Sporting Clube de Portugal	
EXH MARQUES, Soraia Alexandra 50m: 36.66 36.66 100m: 1:18.19	94	Benedita Sport Club Natação 41.53	1:18.19 348
EXH MAQUES, Mariana Feliciano 50m: 38.89 38.89 100m: 1:26.52	96	Benedita Sport Club Natação 47.63	1:26.52 257

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 15, Femin., 100m Mariposa, Elimin

Lugar	Ano	Tempo final	Pts
EXH MATOS, Carolina Lourenco	98	<b>1:30.97</b>	221
50m: 41.31 41.31 100m: 1:30.97		49.66	

Prova 16

Masc., 100m Mariposa

Open

09-01-2011 - 9:40

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. TARIFA, Fernando	94	<b>1:01.47</b>	490 A
50m: 28.75 28.75 100m: 1:01.47		32.72	
2. SOUSA, Ricardo Verissimo	93	<b>1:04.42</b>	426 A
50m: 29.79 29.79 100m: 1:04.42		34.63	
3. RIBEIRO, Joao Paulo	92	<b>1:04.74</b>	419 A
50m: 30.60 30.60 100m: 1:04.74		34.14	
4. LOPES, Miguel Machado	92	<b>1:05.66</b>	402 A
50m: 31.32 31.32 100m: 1:05.66		34.34	
5. RODRIGUES, Pedro Miguel	97	<b>1:05.88</b>	398 A
50m: 31.00 31.00 100m: 1:05.88		34.88	
6. RIBEIRO, Tiago Lopes	93	<b>1:06.58</b>	386 A
50m: 31.31 31.31 100m: 1:06.58		35.27	
7. MARZIA, Diogo Silva	96	<b>1:07.20</b>	375 A
50m: 31.67 31.67 100m: 1:07.20		35.53	
8. TORRAO, Rui Filipe	95	<b>1:07.61</b>	368 A
50m: 31.20 31.20 100m: 1:07.61		36.41	
9. MATEOS, Alberto Hidalgo	96	<b>1:07.66</b>	367 B
50m: 31.48 31.48 100m: 1:07.66		36.18	
10. SOUSA, Andre Caravela	91	<b>1:08.68</b>	351 B
50m: 31.14 31.14 100m: 1:08.68		37.54	
11. NETO, Diogo Ferreira	95	<b>1:09.13</b>	344 B
50m: 31.98 31.98 100m: 1:09.13		37.15	
12. JORGE, Joao Bernardo	97	<b>1:09.87</b>	334 B
50m: 32.60 32.60 100m: 1:09.87		37.27	
13. JERONIMO, Ricardo Contreiras	97	<b>1:11.75</b>	308 B
50m: 33.75 33.75 100m: 1:11.75		38.00	
14. POLICARPO, Duarte Brites	95	<b>1:12.25</b>	302 B
50m: 33.63 33.63 100m: 1:12.25		38.62	
15. SANTOS, Joao Paris	97	<b>1:12.75</b>	295 B
50m: 34.10 34.10 100m: 1:12.75		38.65	
16. SOARES, Luis Filipe	98	<b>1:12.92</b>	293 B
50m: 34.18 34.18 100m: 1:12.92		38.74	
17. BAPTISTA, Joao Paulo	95	<b>1:14.43</b>	276 R
50m: 34.27 34.27 100m: 1:14.43		40.16	
18. CLEMENTE, Bernardo Santos	98	<b>1:16.78</b>	251 R
50m: 36.32 36.32 100m: 1:16.78		40.46	
19. FUKUNAGA, William Norio	96	<b>1:17.42</b>	245
50m: 34.50 34.50 100m: 1:17.42		42.92	
20. RODRIGUES, Diogo Filipe	98	<b>1:17.50</b>	244
50m: 35.71 35.71 100m: 1:17.50		41.79	

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 16, Masc., 100m Mariposa, Elimin, Open

Lugar	Ano	Tempo final	Pts
21. GOUVEA, Francisco Gomes	97	<b>1:26.88</b>	173
50m: 40.55 40.55 100m: 1:26.88	Clube Desportivo Ancorensis	46.33	
EXH PINA, Guilherme Filipe	98	<b>1:17.48</b>	244
50m: 35.60 35.60 100m: 1:17.48	Benedita Sport Club Natação	41.88	

Prova 17

Femin., 200m Costas

Open

09-01-2011 - 9:50

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. VINAGRE, Marta Filipa	95	<b>2:33.23</b>	482 A
50m: 35.92 35.92 100m: 1:14.93	Torres Novas	39.01 150m: 1:54.16 39.23 200m: 2:33.23	39.07
2. MORCILLO, Gloria Barrero	93	<b>2:35.85</b>	458 A
50m: 36.58 36.58 100m: 1:15.54	Escuelas Desportivas de Mérida	38.96 150m: 1:56.05 40.51 200m: 2:35.85	39.80
3. BELEZA, Mafalda Gomes	94	<b>2:37.59</b>	443 A
50m: 36.24 36.24 100m: 1:15.50	Sporting Clube de Portugal	39.26 150m: 1:56.62 41.12 200m: 2:37.59	40.97
4. PENAS, Isa Morais	96	<b>2:38.27</b>	437 A
50m: 36.94 36.94 100m: 1:17.18	Benedita Sport Club Natação	40.24 150m: 1:57.79 40.61 200m: 2:38.27	40.48
5. AGOSTINHO, Ines Catarina	94	<b>2:38.33</b>	437 A
50m: 36.77 36.77 100m: 1:16.77	Sporting Clube de Portugal	40.00 150m: 1:57.52 40.75 200m: 2:38.33	40.81
6. MOURA, Catia Vanessa	90	<b>2:38.70</b>	434 A
50m: 37.36 37.36 100m: 1:17.24	Clube Desportivo Ancorensis	39.88 150m: 1:58.47 41.23 200m: 2:38.70	40.23
7. PINTO, Daniela Filipa	92	<b>2:43.84</b>	394 A
50m: 37.59 37.59 100m: 1:18.86	Eléctrico	41.27 150m: 2:01.77 42.91 200m: 2:43.84	42.07
8. LEAL, Catarina Goncalves	98	<b>2:44.13</b>	392 A
50m: 38.99 38.99 100m: 1:20.39	Académico de Leiria	41.40 150m: 2:02.41 42.02 200m: 2:44.13	41.72
9. LOURENCO, Ana Margarida	96	<b>2:45.41</b>	383 B
50m: 38.62 38.62 100m: 1:21.52	Benedita Sport Club Natação	42.90 150m: 2:04.63 43.11 200m: 2:45.41	40.78
10. DIAS, Barbara Margarida	94	<b>2:45.72</b>	381 B
50m: 39.81 39.81 100m: 1:22.05	Eléctrico	42.24 150m: 2:05.22 43.17 200m: 2:45.72	40.50
11. MALHO, Cristiana Vanessa	98	<b>2:48.47</b>	363 B
50m: 40.63 40.63 100m: 1:24.24	Alcobaça	43.61 150m: 2:07.78 43.54 200m: 2:48.47	40.69
12. ALVES, Sofia Dias	99	<b>2:48.84</b>	360 B
50m: 39.93 39.93 100m: 1:23.89	C N Montijo	43.96 150m: 2:07.82 43.93 200m: 2:48.84	41.02
13. CARVALHO, Jessica Andreia	96	<b>2:49.17</b>	358 B
50m: 38.56 38.56 100m: 1:21.23	BA/Mr.Pizza	42.67 150m: 2:05.20 43.97 200m: 2:49.17	43.97
14. BATISTA, Ana Raquel	95	<b>2:51.37</b>	344 B
50m: 40.05 40.05 100m: 1:23.73	C N Montijo	43.68 200m: 2:51.37 1:27.64	
15. DIAS, Catarina Ataide	98	<b>2:57.17</b>	312 B
50m: 41.48 41.48 100m: 1:28.33	Sporting Clube de Espinho	46.85 150m: 2:13.83 45.50 200m: 2:57.17	43.34
16. DUARTE, Mariana Jorge	97	<b>3:00.00</b>	297 B
50m: 42.73 42.73 100m: 1:29.37	Núcleo de Pombal	46.64 200m: 3:00.00 1:30.63	
17. VASCONCELOS, Filipa Silva	96	<b>3:03.01</b>	283 R
50m: 43.79 43.79 100m: 1:29.77	Clube Desportivo Ancorensis	45.98 150m: 2:17.34 47.57 200m: 3:03.01	45.67
18. LOURENCO, Mariana Filipa	98	<b>3:06.00</b>	269 R
50m: 44.57 44.57 100m: 1:31.54	Alcobaça	46.97 150m: 2:19.25 47.71 200m: 3:06.00	46.75
19. DUARTE, Angela Mira	97	<b>3:06.25</b>	268
50m: 43.54 43.54 100m: 1:30.51	Torres Novas	46.97 150m: 2:19.10 48.59 200m: 3:06.25	47.15

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 17, Femin., 200m Costas, Elimin, Open

Lugar	Ano	Tempo final	Pts
20. MATEOS, Elena Hidalgo 50m: 45.34 45.34 100m: 1:33.49	99 Escuelas Desportivas de Mérida	<b>3:09.25</b>	256
21. PEDRAS, Leonor Castanheira 50m: 45.39 45.39 100m: 1:34.99	99 Pimpões/Cimai	<b>3:12.69</b>	242
22. CANHAO, Patricia Domingues 50m: 45.75 45.75 100m: 1:34.90	98 Académico de Leiria	<b>3:14.68</b>	235
23. GONCALVES, Jessica Courelas 50m: 46.94 46.94 100m: 1:38.18	93 Núcleo de Pombal	<b>3:19.39</b>	218
24. RAPOSO, Mariana Luis 50m: 48.87 48.87 100m: 1:40.82	99 Pimpões/Cimai	<b>3:21.41</b>	212
DNS ANJOS, Andreia Filipa	92 BA/Mr.Pizza		
EXH REBELO, Patricia Pimenta 50m: 39.83 39.83 100m: 1:23.80	98 Benedita Sport Club Natação	<b>2:54.81</b>	324
EXH PASSARINHO, Adriana Fialho 50m: 44.04 44.04 100m: 1:29.66	93 Benedita Sport Club Natação	<b>2:59.30</b>	301
EXH BOITA, Bruna Castelhanos 50m: 43.72 43.72 100m: 1:32.94	96 Benedita Sport Club Natação	<b>3:11.46</b>	247

Prova 18

Masc., 200m Costas

Open

09-01-2011 - 10:05

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. BONANCA, Mario Andre 50m: 32.82 32.82 100m: 1:08.64	90 Sporting Clube de Portugal	<b>2:21.70</b>	419 A
2. COTOVIO, Ricardo Ferreira 50m: 32.13 32.13 100m: 1:06.57	91 Sporting Clube de Portugal	<b>2:22.17</b>	415 A
3. TORRE, Rui Alexandre 50m: 33.70 33.70 100m: 1:09.16	90 Clube Desportivo Ancorensis	<b>2:22.35</b>	414 A
4. TARQUINIO, Luis Antonio 50m: 33.83 33.83 100m: 1:10.93	94 Benedita Sport Club Natação	<b>2:24.87</b>	392 A
5. MAIRENA, Jorge Urbano 50m: 34.58 34.58 100m: 1:12.63	94 Escuelas Desportivas de Mérida	<b>2:32.09</b>	339 A
6. SAMOUCO, Fabio Miguel 50m: 36.43 36.43 100m: 1:16.19	95 Torres Novas	<b>2:32.18</b>	338 A
7. CUNHA, Lourenco Manuel 50m: 35.31 35.31 100m: 1:13.89	96 BA/Mr.Pizza	<b>2:33.29</b>	331 A
8. BAPTISTA, Joao Paulo 50m: 35.60 35.60 100m: 1:15.28	96 Sporting Clube de Espinho	<b>2:33.30</b>	331 A
9. TARIFA, Juan Jose 50m: 37.06 37.06 100m: 1:16.25	97 Escuelas Desportivas de Mérida	<b>2:36.62</b>	310 B
10. ALVES, Manuel Jose 50m: 36.01 36.01 100m: 1:14.57	96 C N Montijo	<b>2:36.69</b>	310 B
11. RELVA, Flavio Cardoso 50m: 34.80 34.80 100m: 1:14.26	93 BA/Mr.Pizza	<b>2:36.74</b>	310 B
12. COSTA, Bernardo Ferro 50m: 37.76 37.76 100m: 1:17.44	97 Sporting Clube de Espinho	<b>2:39.53</b>	294 B

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 18, Masc., 200m Costas, Elimin, Open

Lugar	Ano	Tempo final	Pts
13. SANTOS, Nuno Miguel 50m: 37.62 37.62 100m: 1:18.49	97 Pimpões/Cimai	<b>2:40.32</b> 200m: 2:40.32 40.01	289 B
14. SERRAS, Daniel Costa 50m: 37.49 37.49 100m: 1:18.26	95 Eléctrico	<b>2:41.18</b> 200m: 2:41.18 40.91	285 B
15. TARQUINIO, João Pedro 50m: 37.97 37.97 100m: 1:19.72	97 Benedita Sport Club Natação	<b>2:41.80</b> 200m: 2:41.80 40.19	282 B
16. MARTINS, Mauricio Santiago 50m: 38.77 38.77 100m: 1:20.59	97 Alcobaça	<b>2:46.13</b> 200m: 2:46.13 42.40	260 B
17. FERNANDES, Tiago Santos 50m: 38.91 38.91 100m: 1:22.12	98 Pimpões/Cimai	<b>2:49.99</b> 200m: 2:49.99 42.95	243 R
18. GONCALVES, Joao Courelas 50m: 40.03 40.03 100m: 1:25.44	97 Núcleo de Pombal	<b>2:56.00</b> 200m: 2:56.00 44.71	219 R
19. VASCONCELOS, Joao Francisco 50m: 39.16 39.16 100m: 1:25.14	98 Académico de Leiria	<b>2:56.76</b> 200m: 2:56.76 44.53	216
20. TENREIRO, Ricardo Luis 50m: 41.51 41.51 100m: 1:27.01	98 Académico de Leiria	<b>2:58.42</b> 200m: 2:58.42 45.15	210
DSQ PINTO, Joao Duarte <i>Falsa Partida</i>	96 Clube Desportivo Ancorensis		
DNS MESQUITA, Filipe Miguel	97 C N Montijo		
DNS VICENTE, Andre Filipe	81 Torres Novas		
EXH VENANCIO, Diogo Filipe 50m: 38.79 38.79 100m: 1:19.69	96 Alcobaça	<b>2:42.18</b> 200m: 2:42.18 40.51	280
EXH SANTOS, Francisco Rogerio 50m: 39.75 39.75 100m: 1:22.76	98 Benedita Sport Club Natação	<b>2:48.53</b> 200m: 2:48.53 42.19	249

Prova 19  
09-01-2011 - 10:20

Femin., 200m Estilos

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. RANITO, Raquel Paulo 50m: 33.14 33.14 100m: 1:12.71	94 Sporting Clube de Portugal	<b>2:36.46</b> 200m: 2:36.46 38.33	505 A
2. SILVA, Mara Lisboa e 50m: 33.73 33.73 100m: 1:13.17	93 BA/Mr.Pizza	<b>2:36.81</b> 200m: 2:36.81 1:23.64	501 A
3. MENDES, Catarina Isabel 50m: 39.88 39.88 100m: 1:13.32	95 C N Montijo	<b>2:37.33</b> 200m: 2:37.33 1:24.01	496 A
4. ROSA, Maria Carolina 50m: 33.15 33.15 100m: 1:15.37	94 Sporting Clube de Portugal	<b>2:40.26</b> 200m: 2:40.26 40.60	469 A
5. GONCALVES, Ana Filipa 50m: 34.69 34.69 100m: 1:17.02	92 Clube Desportivo Ancorensis	<b>2:40.61</b> 200m: 2:40.61 35.71	466 A
6. ALVES, Luana Raquel 50m: 34.59 34.59 100m: 1:16.05	97 Clube Desportivo Ancorensis	<b>2:41.00</b> 200m: 2:41.00 36.00	463 A
7. PENAS, Isa Morais 50m: 35.90 35.90 100m: 1:16.44	96 Benedita Sport Club Natação	<b>2:44.30</b> 200m: 2:44.30 37.00	436 A
8. LANZINHA, Monica Moreira 50m: 36.24 36.24 100m: 1:20.80	95 Eléctrico	<b>2:44.68</b> 200m: 2:44.68 38.89	433 A
9. CARVALHO, Marcia Filipa 50m: 33.54 33.54 100m: 1:15.86	96 Torres Novas	<b>2:46.67</b> 200m: 2:46.67 1:30.81	417 B

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 19, Femin., 200m Estilos, Elimin, Open

Lugar	Ano	Tempo final	Pts
10. PAIO, Catia Sofia 50m: 36.94 36.94 100m: 1:24.34 47.40 150m: 2:14.27 49.93 200m: 2:54.19 39.92	96 Eléctrico	<b>2:54.19</b>	366 B
11. PAULO, Patricia Sousa 50m: 39.17 39.17 100m: 1:23.45 44.28 150m: 2:12.96 49.51 200m: 2:54.55 41.59	96 Benedita Sport Club Natação	<b>2:54.55</b>	363 B
12. MALHO, Cristiana Vanessa 50m: 41.94 41.94 100m: 1:24.78 42.84 200m: 2:55.81 1:31.03	98 Alcobaça	<b>2:55.81</b>	355 B
13. SANTOS, Isabel Hernandez 50m: 36.40 36.40 100m: 1:21.07 44.67 200m: 2:55.98 1:34.91	95 Escuelas Desportivas de Mérida	<b>2:55.98</b>	354 B
14. OLIVEIRA, Maria Joao 50m: 35.13 35.13 100m: 1:21.79 46.66 150m: 2:17.18 55.39 200m: 2:56.18 39.00	95 Sporting Clube de Espinho	<b>2:56.18</b>	353 B
15. MONTEIRO, Salome Pinto 50m: 40.04 40.04 100m: 1:25.93 45.89 150m: 2:17.81 51.88 200m: 2:56.35 38.54	98 Sporting Clube de Espinho	<b>2:56.35</b>	352 B
16. MATIAS, Beatriz Gameiro 50m: 40.05 40.05 100m: 1:26.32 46.27 150m: 2:15.08 48.76 200m: 2:56.70 41.62	97 Núcleo de Pombal	<b>2:56.70</b>	350 B
17. MARTINS, Carolina Santos 50m: 43.06 43.06 100m: 1:28.08 45.02 200m: 2:56.90 1:28.82	99 Académico de Leiria	<b>2:56.90</b>	349 R
18. ALVES, Sofia Dias 50m: 40.00 40.00 100m: 1:23.98 43.98 150m: 2:18.76 54.78 200m: 2:57.04 38.28	99 C N Montijo	<b>2:57.04</b>	348 R
19. ROCHA, Sara Mafra 50m: 40.04 40.04 100m: 1:26.84 46.80 150m: 2:17.13 50.29 200m: 2:57.05 39.92	99 Alcobaça	<b>2:57.05</b>	348
20. LUZIO, Mariana Sofia 50m: 42.49 42.49 100m: 1:28.26 45.77 150m: 2:24.42 56.16 200m: 3:04.97 40.55	98 Pimpões/Cimai	<b>3:04.97</b>	305
21. MORCILLO, Natalia Barrena 50m: 39.83 39.83 100m: 1:24.97 45.14 150m: 2:20.13 55.16 200m: 3:05.78 45.65	99 Escuelas Desportivas de Mérida	<b>3:05.78</b>	301
22. MONTEIRO, Frederica Dinis 50m: 39.45 39.45 100m: 1:25.82 46.37 200m: 3:07.11 1:41.29	99 Pimpões/Cimai	<b>3:07.11</b>	295
23. CUNHA, Ana Henriques 50m: 43.81 43.81 100m: 1:33.05 49.24 150m: 2:28.41 55.36 200m: 3:13.58 45.17	98 Académico de Leiria	<b>3:13.58</b>	266
DNS CONCEICAO, Catarina Neves	97 Torres Novas		
EXH MARQUES, Carolina Correia 50m: 47.85 47.85 100m: 1:46.83 58.98 150m: 2:56.64 1:09.81 200m: 3:50.05 53.41	99 Benedita Sport Club Natação	<b>3:50.05</b>	158

Prova 20  
09-01-2011 - 10:40

Masc., 200m Estilos

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. AGOSTINHO, Pedro Miguel 50m: 30.35 30.35 100m: 1:06.25 35.90 150m: 1:47.44 41.19 200m: 2:23.06 35.62	92 Sporting Clube de Portugal	<b>2:23.06</b>	474 A
2. LOPES, Miguel Machado 50m: 31.82 31.82 100m: 1:08.37 36.55 150m: 1:50.90 42.53 200m: 2:25.63 34.73	92 Sporting Clube de Portugal	<b>2:25.63</b>	449 A
3. RAMOS, Manuel Casillas 50m: 31.60 31.60 100m: 1:09.67 38.07 150m: 1:52.78 43.11 200m: 2:25.90 33.12	94 Escuelas Desportivas de Mérida	<b>2:25.90</b>	446 A
4. ALEXANDRE, Miguel Polidoro 50m: 31.31 31.31 100m: 1:08.19 36.88 150m: 1:53.23 45.04 200m: 2:27.12 33.89	94 BA/Mr.Pizza	<b>2:27.12</b>	435 A
5. MARQUES, Henrique Jose 50m: 32.32 32.32 100m: 1:10.92 38.60 150m: 1:52.47 41.55 200m: 2:27.50 35.03	93 Benedita Sport Club Natação	<b>2:27.50</b>	432 A

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 20, Masc., 200m Estilos, Elimin, Open

Lugar	Ano	Tempo final	Pts
6. RODRIGUES, Pedro Miguel 50m: 31.72 31.72 100m: 1:10.81 39.09 150m: 1:54.86 44.05 200m: 2:29.27 34.41	97 Alcobaça	<b>2:29.27</b>	417 A
7. REIS, Leonardo Peralta 50m: 33.37 33.37 100m: 1:12.59 39.22 150m: 1:56.01 43.42 200m: 2:29.93 33.92	96 Benedita Sport Club Natação	<b>2:29.93</b>	411 A
8. MARZIA, Diogo Silva 50m: 32.66 32.66 100m: 1:12.02 39.36 150m: 1:57.00 44.98 200m: 2:31.49 34.49	96 Eléctrico	<b>2:31.49</b>	399 A
9. NETO, Diogo Ferreira 50m: 31.59 31.59 100m: 1:10.15 38.56 150m: 1:56.20 46.05 200m: 2:31.78 35.58	95 BA/Mr.Pizza	<b>2:31.78</b>	396 B
10. TORRAO, Rui Filipe 50m: 31.65 31.65 100m: 1:09.01 37.36 150m: 1:56.76 47.75 200m: 2:31.81 35.05	95 C N Montijo	<b>2:31.81</b>	396 B
11. GAMEIRO, Goncalo Ferreira 50m: 32.87 32.87 100m: 1:13.23 40.36 150m: 1:56.94 43.71 200m: 2:32.13 35.19	94 Núcleo de Pombal	<b>2:32.13</b>	394 B
12. MATEOS, Alberto Hidalgo 50m: 32.98 32.98 100m: 1:13.57 40.59 150m: 1:58.88 45.31 200m: 2:34.74 35.86	96 Escuelas Desportivas de Mérida	<b>2:34.74</b>	374 B
13. ALVES, Tiago Martim 50m: 35.19 35.19 100m: 1:15.42 40.23 150m: 2:00.29 44.87 200m: 2:36.09 35.80	97 Clube Desportivo Ancorensis	<b>2:36.09</b>	364 B
14. CORREIA, Rui Miguel 50m: 34.92 34.92 100m: 1:17.89 42.97 150m: 2:01.30 43.41 200m: 2:39.15 37.85	96 C N Montijo	<b>2:39.15</b>	344 B
15. GRAÇA, Nuno Miguel 50m: 34.00 34.00 100m: 1:14.15 40.15 150m: 2:03.10 48.95 200m: 2:39.21 36.11	98 Clube Desportivo Ancorensis	<b>2:39.21</b>	343 B
COSTA, Andre Lima 50m: 33.62 33.62 100m: 1:15.52 41.90 150m: 2:02.45 46.93 200m: 2:39.21 36.76	97 Sporting Clube de Espinho	<b>2:39.21</b>	343 B
17. BRUNO, Nuno Miguel 50m: 34.04 34.04 100m: 1:16.93 42.89 150m: 2:06.45 49.52 200m: 2:41.98 35.53	95 Torres Novas	<b>2:41.98</b>	326 R
18. VICENTE, Diogo Alexandre 50m: 35.93 35.93 100m: 1:16.68 40.75 150m: 2:05.80 49.12 200m: 2:43.97 38.17	98 Alcobaça	<b>2:43.97</b>	314 R
19. RIBEIRO, Ricardo Miguel 50m: 38.41 38.41 100m: 1:22.28 43.87 150m: 2:09.30 47.02 200m: 2:44.28 34.98	97 Académico de Leiria	<b>2:44.28</b>	313
20. JERONIMO, Ricardo Contreiras 50m: 34.24 34.24 100m: 1:17.71 43.47 150m: 2:07.09 49.38 200m: 2:45.05 37.96	97 Núcleo de Pombal	<b>2:45.05</b>	308
21. FERRAZ, Francisco Maria 50m: 36.73 36.73 100m: 1:18.35 41.62 150m: 2:09.08 50.73 200m: 2:48.58 39.50	97 Pimpões/Cimai	<b>2:48.58</b>	289
22. CLEMENTE, Bernardo Santos 50m: 38.59 38.59 100m: 1:22.18 43.59 150m: 2:13.29 51.11 200m: 2:52.60 39.31	98 Académico de Leiria	<b>2:52.60</b>	269
23. SOARES, Luis Miguel 50m: 38.78 38.78 100m: 1:24.76 45.98 150m: 2:21.88 57.12 200m: 3:02.30 40.42	95 Sporting Clube de Espinho	<b>3:02.30</b>	229
24. BRANDAO, Pedro Reis 50m: 41.54 41.54 100m: 1:33.23 51.69 150m: 2:29.09 55.86 200m: 3:11.28 42.19	98 Pimpões/Cimai	<b>3:11.28</b>	198
DSQ SANTOS, Francisco Rogerio <i>Efectuou pernadas alternadas durante o percurso de bruços</i>	98 Benedita Sport Club Natação		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 21  
09-01-2011 - 11:00

Femin., 400m Livres

Open  
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MOURA, Catia Vanessa	90	<b>4:46.51</b>	551
50m: 32.54 32.54	150m: 1:44.38 36.42	250m: 2:57.77 36.57	350m: 4:11.44 36.69
100m: 1:07.96 35.42	200m: 2:21.20 36.82	300m: 3:34.75 36.98	400m: 4:46.51 35.07
2. CUSTOIAS, Filipa Vicente	97	<b>4:52.36</b>	518
50m: 34.51 34.51	150m: 1:49.12 37.14	250m: 3:03.49 36.47	350m: 4:17.79 37.14
100m: 1:11.98 37.47	200m: 2:27.02 37.90	300m: 3:40.65 37.16	400m: 4:52.36 34.57
3. PITA, Mafalda Cristina	97	<b>4:56.23</b>	498
50m: 33.81 33.81	150m: 1:47.59 37.34	250m: 3:03.19 37.79	350m: 4:19.47 38.06
100m: 1:10.25 36.44	200m: 2:25.40 37.81	300m: 3:41.41 38.22	400m: 4:56.23 36.76
4. AIRES, Teresa Manuela	96	<b>5:03.30</b>	464
50m: 34.64 34.64	150m: 1:50.96 38.50	250m: 3:07.64 37.60	350m: 4:25.19 39.03
100m: 1:12.46 37.82	200m: 2:30.04 39.08	300m: 3:46.16 38.52	400m: 5:03.30 38.11
5. PEREIRA, Mafalda Jesus	95	<b>5:06.06</b>	452
50m: 33.44 33.44	150m: 1:49.18 38.60	250m: 3:07.40 39.14	350m: 4:27.13 40.40
100m: 1:10.58 37.14	200m: 2:28.26 39.08	300m: 3:46.73 39.33	400m: 5:06.06 38.93
6. DUARTE, Kelly Silva	97	<b>5:28.48</b>	365
50m: 33.84 33.84	150m: 1:55.19 41.89	250m: 3:19.16 42.19	350m: 4:45.27 43.24
100m: 1:13.30 39.46	200m: 2:36.97 41.78	300m: 4:02.03 42.87	400m: 5:28.48 43.21
7. NUNES, Maria Joao	98	<b>5:38.35</b>	334
50m: 38.45 38.45	150m: 2:03.61 42.65	250m: 3:29.56 43.21	350m: 4:55.83 43.09
100m: 1:20.96 42.51	200m: 2:46.35 42.74	300m: 4:12.74 43.18	400m: 5:38.35 42.52
8. CRAVO, Isabel Catarino	98	<b>6:11.54</b>	252
50m: 35.91 35.91	150m: 2:08.07 47.80	250m: 3:47.04 50.09	350m: 5:25.35 48.63
100m: 1:20.27 44.36	200m: 2:56.95 48.88	300m: 4:36.72 49.68	400m: 6:11.54 46.19
9. RAPOSO, Mariana Luis	99	<b>6:36.83</b>	207
50m: 47.02 47.02	150m: 2:28.81 51.33	250m: 4:10.61 51.03	350m: 5:50.94 49.16
100m: 1:37.48 50.46	200m: 3:19.58 50.77	300m: 5:01.78 51.17	400m: 6:36.83 45.89
DSQ VAZQUEZ, Alejandra	99		
<i>Falsa partida</i>			
EXH MARINHO, Patricia Garcia	94	<b>4:31.36</b>	648
50m: 31.63 31.63	150m: 1:41.37 35.00	250m: 2:50.03 34.22	350m: 3:58.50 34.26
100m: 1:06.37 34.74	200m: 2:15.81 34.44	300m: 3:24.24 34.21	400m: 4:31.36 32.86
EXH LUIS, Maria Anastacio	96	<b>5:07.08</b>	447
50m: 34.74 34.74	150m: 1:52.21 39.08	250m: 3:10.60 38.82	350m: 4:28.86 38.77
100m: 1:13.13 38.39	200m: 2:31.78 39.57	300m: 3:50.09 39.49	400m: 5:07.08 38.22
EXH MATIAS, Soraya Dea	95	<b>5:15.87</b>	411
50m: 35.27 35.27	150m: 1:52.77 39.03	250m: 3:13.99 41.36	350m: 4:36.07 40.13
100m: 1:13.74 38.47	200m: 2:32.63 39.86	300m: 3:55.94 41.95	400m: 5:15.87 39.80
EXH PEREIRA, Joana Sousa	99	<b>5:18.00</b>	403
50m: 35.42 35.42	150m: 1:55.66 40.77	250m: 3:17.83 41.32	350m: 4:39.43 40.42
100m: 1:14.89 39.47	200m: 2:36.51 40.85	300m: 3:59.01 41.18	400m: 5:18.00 38.57
EXH MARQUES, Soraia Alexandra	94	<b>5:20.78</b>	392
50m: 37.28 37.28	150m: 1:57.59 40.24	250m: 3:17.73 40.22	350m: 4:37.48 39.74
100m: 1:17.35 40.07	200m: 2:37.51 39.92	300m: 3:57.74 40.01	400m: 5:20.78 43.30

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 22  
09-01-2011 - 11:10

Masc., 400m Livres

Open  
Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	RIBEIRO, Joao Paulo		92	BA/Mr.Pizza				<b>4:08.34</b>	628
	50m:	28.28 28.28	150m:	1:29.78	31.18	250m:	2:33.11 32.00	350m:	3:37.40 31.99
	100m:	58.60 30.32	200m:	2:01.11	31.33	300m:	3:05.41 32.30	400m:	4:08.34 30.94
2.	RIBEIRO, Tiago Lopes		93	Benedita Sport Club Natação				<b>4:29.04</b>	494
	50m:	30.39 30.39	150m:	1:38.02	34.01	250m:	2:46.19 34.30	350m:	3:54.98 33.92
	100m:	1:04.01 33.62	200m:	2:11.89	33.87	300m:	3:21.06 34.87	400m:	4:29.04 34.06
3.	FERNANDES, Gil Cruz		95	Clube Desportivo Ancorensis				<b>4:32.57</b>	475
	50m:	30.39 30.39	150m:	1:38.74	34.46	250m:	2:47.59 34.59	350m:	3:57.92 35.33
	100m:	1:04.28 33.89	200m:	2:13.00	34.26	300m:	3:22.59 35.00	400m:	4:32.57 34.65
4.	LOPES, Joao Miguel		96	Eléctrico				<b>4:35.19</b>	462
	50m:	30.57 30.57	150m:	1:37.41	33.88	250m:	2:47.65 35.54	350m:	3:59.25 35.96
	100m:	1:03.53 32.96	200m:	2:12.11	34.70	300m:	3:23.29 35.64	400m:	4:35.19 35.94
5.	CARRICO, Antonio Fernandes		98	Pimpões/Cimai				<b>5:00.20</b>	356
	50m:	33.71 33.71	150m:	1:49.61	38.24	250m:	3:06.38 37.78	350m:	4:23.35 38.92
	100m:	1:11.37 37.66	200m:	2:28.60	38.99	300m:	3:44.43 38.05	400m:	5:00.20 36.85
6.	VICENTE, Diogo Alexandre		98	Alcobaça				<b>5:23.07</b>	285
	50m:	36.81 36.81	150m:	1:58.58	41.78	250m:	3:21.49 41.29	350m:	4:43.81 40.97
	100m:	1:16.80 39.99	200m:	2:40.20	41.62	300m:	4:02.84 41.35	400m:	5:23.07 39.26
7.	MODERNO, Edi Couto		95	Núcleo de Pombal				<b>5:23.46</b>	284
	50m:	35.88 35.88	150m:	1:57.61	41.81	250m:	3:21.56 41.91	350m:	4:44.60 41.66
	100m:	1:15.80 39.92	200m:	2:39.65	42.04	300m:	4:02.94 41.38	400m:	5:23.46 38.86
8.	MESQUITA, Filipe Miguel		97	C N Montijo				<b>5:36.28</b>	253
	50m:	36.42 36.42	150m:	2:00.43	42.78	250m:	3:27.67 43.98	350m:	4:54.66 43.63
	100m:	1:17.65 41.23	200m:	2:43.69	43.26	300m:	4:11.03 43.36	400m:	5:36.28 41.62
DSQ	REIS, Pedro Miguel		96	Sporting Clube de Espinho					
	<i>O nadador não terminou o percurso</i>								
EXH	FREITAS, Francisco Maldonado		91	Sporting Clube de Portugal				<b>4:17.82</b>	562
	50m:	29.58 29.58	150m:	1:33.61	31.98	250m:	2:38.78 32.54	350m:	3:44.88 33.19
	100m:	1:01.63 32.05	200m:	2:06.24	32.63	300m:	3:11.69 32.91	400m:	4:17.82 32.94
EXH	POLICARPO, Duarte Brites		95	Torres Novas				<b>5:00.92</b>	353
	50m:	34.04 34.04	150m:	1:50.06	38.50	250m:	3:06.03 37.65	350m:	4:22.29 38.03
	100m:	1:11.56 37.52	200m:	2:28.38	38.32	300m:	3:44.26 38.23	400m:	5:00.92 38.63
EXH	BAPTISTA, Joao Paulo		95	Benedita Sport Club Natação				<b>5:12.78</b>	314
	50m:	32.75 32.75	150m:	1:48.95	39.34	250m:	3:10.15 41.31	350m:	4:33.44 41.70
	100m:	1:09.61 36.86	200m:	2:28.84	39.89	300m:	3:51.74 41.59	400m:	5:12.78 39.34
EXH	REPOLHO, Goncalo Manuel		98	Académico de Leiria				<b>5:41.61</b>	241
	50m:	39.46 39.46	150m:	2:07.75	44.26	250m:	3:34.82 43.67	350m:	5:00.64 42.83
	100m:	1:23.49 44.03	200m:	2:51.15	43.40	300m:	4:17.81 42.99	400m:	5:41.61 40.97

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 23  
09-01-2011 - 11:20

Femin., 100m Bruços

Open  
Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts	Open
1. MUNÓZ, Paloma Marrero 50m: 36.35 36.35 100m: 1:16.17	96	Escuelas Desportivas de Mérida 39.82	<b>1:16.17</b>	557 A
2. ROSA, Maria Carolina 50m: 38.36 38.36 100m: 1:22.28	94	Sporting Clube de Portugal 43.92	<b>1:22.28</b>	442 A
3. FERNANDES, Rita Margarida 50m: 39.19 39.19 100m: 1:23.08	93	Eléctrico 43.89	<b>1:23.08</b>	429 A
4. LANZINHA, Monica Moreira 50m: 39.62 39.62 100m: 1:23.74	95	Eléctrico 44.12	<b>1:23.74</b>	419 A
5. FRANCO, Ana Teresa 50m: 40.44 40.44 100m: 1:25.11	91	Sporting Clube de Portugal 44.67	<b>1:25.11</b>	399 A
6. GONCALVES, Ana Filipa 50m: 41.33 41.33 100m: 1:25.26	92	Clube Desportivo Ancorensis 43.93	<b>1:25.26</b>	397 A
7. RELVA, Melissa Cardoso 50m: 40.83 40.83 100m: 1:25.97	97	BA/Mr.Pizza 45.14	<b>1:25.97</b>	387 A
8. DIAS, Ines Ataide 50m: 40.78 40.78 100m: 1:26.21	94	Sporting Clube de Espinho 45.43	<b>1:26.21</b>	384 A
9. MARQUES, Soraia Alexandra 50m: 42.23 42.23 100m: 1:28.15	94	Benedita Sport Club Natação 45.92	<b>1:28.15</b>	359 B
10. MATIAS, Beatriz Gameiro 50m: 43.27 43.27 100m: 1:30.24	97	Núcleo de Pombal 46.97	<b>1:30.24</b>	335 B
11. LOPES, Isabel Goncalves 50m: 42.12 42.12 100m: 1:31.71	96	Núcleo de Pombal 49.59	<b>1:31.71</b>	319 B
12. PAULO, Patricia Sousa 50m: 44.10 44.10 100m: 1:32.18	96	Benedita Sport Club Natação 48.08	<b>1:32.18</b>	314 B
13. ROCHA, Sara Mafra 50m: 44.87 44.87 100m: 1:34.08	99	Alcobaça 49.21	<b>1:34.08</b>	296 B
14. CARVALHO, Jessica Andreia 50m: 45.36 45.36 100m: 1:35.13	96	BA/Mr.Pizza 49.77	<b>1:35.13</b>	286 B
15. PECA, Sara Conceicao 50m: 45.89 45.89 100m: 1:35.93	99	Académico de Leiria 50.04	<b>1:35.93</b>	279 B
16. MENDES, Sofia Amaral 50m: 45.06 45.06 100m: 1:37.03	97	C N Montijo 51.97	<b>1:37.03</b>	269 B
17. MATEO, Lucia Vinagre 50m: 45.87 45.87 100m: 1:37.75	94	Escuelas Desportivas de Mérida 51.88	<b>1:37.75</b>	263 R
18. GOMES, Sandra Cristina 50m: 46.47 46.47 100m: 1:38.32	98	Sporting Clube de Espinho 51.85	<b>1:38.32</b>	259 R
19. AGOSTINHO, Ana Rita 50m: 46.67 46.67 100m: 1:39.87	99	C N Montijo 53.20	<b>1:39.87</b>	247
20. CUNHA, Ana Henriques 50m: 46.69 46.69 100m: 1:41.03	98	Académico de Leiria 54.34	<b>1:41.03</b>	239
21. DUARTE, Angela Mira 50m: 46.72 46.72 100m: 1:42.58	97	Torres Novas 55.86	<b>1:42.58</b>	228
22. MONTEIRO, Frederica Dinis 50m: 49.29 49.29 100m: 1:44.14	99	Pimpões/Cimai 54.85	<b>1:44.14</b>	218
DNS CONCEICAO, Catarina Neves	97	Torres Novas		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 23, Femin., 100m Bruços, Elimin

Lugar	Ano	Tempo final	Pts
EXH MATOS, Carolina Lourenco	98	<b>1:33.14</b>	305
50m: 42.67 42.67 100m: 1:33.14		50.47	

Prova 24

Masc., 100m Bruços

Open

09-01-2011 - 11:30

Resultados Elimin

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. AGOSTINHO, Pedro Miguel	92	<b>1:13.19</b>	438 A
50m: 35.39 35.39 100m: 1:13.19		37.80	
2. FERNANDEZ, Jose Pulido	93	<b>1:13.51</b>	432 A
50m: 35.15 35.15 100m: 1:13.51		38.36	
3. GODINHO, Helder Alexandre	86	<b>1:15.07</b>	406 A
50m: 34.87 34.87 100m: 1:15.07		40.20	
4. MARQUES, Tiago Andre	93	<b>1:15.50</b>	399 A
50m: 34.56 34.56 100m: 1:15.50		40.94	
5. MATOS, Diogo Filipe	92	<b>1:15.57</b>	398 A
50m: 36.07 36.07 100m: 1:15.57		39.50	
6. MARQUES, Henrique Jose	93	<b>1:17.31</b>	372 A
50m: 37.23 37.23 100m: 1:17.31		40.08	
7. SAMOUCO, Fabio Miguel	95	<b>1:17.46</b>	370 A
50m: 37.90 37.90 100m: 1:17.46		39.56	
8. MARQUES, Andre Oliveira	92	<b>1:17.49</b>	369 A
50m: 36.75 36.75 100m: 1:17.49		40.74	
9. CORREIA, Rui Miguel	96	<b>1:18.12</b>	360 B
50m: 36.46 36.46 100m: 1:18.12		41.66	
10. REIS, Leonardo Peralta	96	<b>1:18.52</b>	355 B
50m: 37.50 37.50 100m: 1:18.52		41.02	
11. ALVES, Tiago Martim	97	<b>1:20.09</b>	334 B
50m: 38.39 38.39 100m: 1:20.09		41.70	
12. JORGE, Joao Bernardo	97	<b>1:20.56</b>	328 B
50m: 38.36 38.36 100m: 1:20.56		42.20	
13. MAIRENA, Victor Urbano	97	<b>1:21.62</b>	316 B
50m: 39.28 39.28 100m: 1:21.62		42.34	
14. RIBEIRO, Ricardo Miguel	97	<b>1:22.85</b>	302 B
50m: 39.23 39.23 100m: 1:22.85		43.62	
15. SOARES, Luis Filipe	98	<b>1:23.19</b>	298 B
50m: 39.22 39.22 100m: 1:23.19		43.97	
16. ALVES, Telmo Silva	94	<b>1:24.95</b>	280 B
50m: 39.52 39.52 100m: 1:24.95		45.43	
17. MARQUES, Jose Rafael	97	<b>1:25.17</b>	278 R
50m: 40.21 40.21 100m: 1:25.17		44.96	
18. SALGUEIRO, Joao Miguel	95	<b>1:25.44</b>	275 R
50m: 38.83 38.83 100m: 1:25.44		46.61	
19. REIS, Guilherme Antonio	96	<b>1:26.03</b>	270
50m: 39.75 39.75 100m: 1:26.03		46.28	
20. ELISEU, Antonio Fonseca	97	<b>1:32.56</b>	216
50m: 43.52 43.52 100m: 1:32.56		49.04	

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 24, Masc., 100m Bruços, Elimim, Open

Lugar	Ano	Tempo final	Pts
21. BARBOSA, Pedro Alves 50m: 45.89 45.89 100m: 1:36.57	98 Pimpões/Cimai	<b>1:36.57</b>	190
22. GOUVEA, Francisco Gomes 50m: 46.34 46.34 100m: 1:37.85	97 Clube Desportivo Ancorensis	<b>1:37.85</b>	183

Prova 25 Femin., 50m Costas Open  
09-01-2011 - 11:40 Resultados Elimim

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. BELEZA, Mafalda Gomes	94 Sporting Clube de Portugal	<b>32.88</b>	477 A
2. PEREIRA, Mafalda Jesus	95 C N Montijo	<b>33.09</b>	468 A
3. AGOSTINHO, Ines Catarina	94 Sporting Clube de Portugal	<b>33.24</b>	462 A
4. VINAGRE, Marta Filipa	95 Torres Novas	<b>34.03</b>	430 A
5. MORCILLO, Gloria Barrero	93 Escuelas Desportivas de Mérida	<b>34.33</b>	419 A
6. SILVA, Mara Lisboa e	93 BA/Mr.Pizza	<b>34.48</b>	414 A
7. PINTO, Daniela Filipa	92 Eléctrico	<b>35.23</b>	388 A
8. BATISTA, Ana Raquel	95 C N Montijo	<b>35.66</b>	374 A
9. LOURENCO, Ana Margarida	96 Benedita Sport Club Natação	<b>36.50</b>	349 B
10. LEAL, Catarina Goncalves	98 Académico de Leiria	<b>36.68</b>	343 B
11. SANTOS, Isabel Hernandez	95 Escuelas Desportivas de Mérida	<b>36.72</b>	342 B
12. DIAS, Barbara Margarida	94 Eléctrico	<b>37.04</b>	334 B
13. CARVALHO, Marcia Filipa	96 Torres Novas	<b>37.36</b>	325 B
14. REBELO, Patricia Pimenta	98 Benedita Sport Club Natação	<b>37.70</b>	316 B
15. LUZIO, Mariana Sofia	98 Pimpões/Cimai	<b>38.05</b>	308 B
16. AZEVEDO, Sofia Lopes	97 Sporting Clube de Espinho	<b>39.41</b>	277 B
17. VASCONCELOS, Filipa Silva	96 Clube Desportivo Ancorensis	<b>40.74</b>	251 R
18. MARTINS, Carolina Santos	99 Académico de Leiria	<b>41.26</b>	241 R
19. GONCALVES, Jessica Courelas	93 Núcleo de Pombal	<b>43.25</b>	209
20. LOURENCO, Mariana Filipa	98 Alcobaça	<b>43.34</b>	208
DNS ANJOS, Andreia Filipa	92 BA/Mr.Pizza		
EXH BOITA, Bruna Castelhana	96 Benedita Sport Club Natação	<b>41.71</b>	233

Prova 26 Masc., 50m Costas Open  
09-01-2011 - 11:45 Resultados Elimim

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. COTOVIO, Ricardo Ferreira	91 Sporting Clube de Portugal	<b>30.05</b>	425 A
2. BONANCA, Mario Andre	90 Sporting Clube de Portugal	<b>30.72</b>	398 A
3. TARIFA, Fernando	94 Escuelas Desportivas de Mérida	<b>30.85</b>	393 A
4. BAPTISTA, Joao Paulo	96 Sporting Clube de Espinho	<b>31.06</b>	385 A
5. MAIRENA, Jorge Urbano	94 Escuelas Desportivas de Mérida	<b>31.18</b>	381 A
6. TORRE, Rui Alexandre	90 Clube Desportivo Ancorensis	<b>31.25</b>	378 A
7. TARQUINIO, Luis Antonio	94 Benedita Sport Club Natação	<b>31.41</b>	372 A
8. LOPES, Joao Miguel	96 Eléctrico	<b>32.05</b>	351 A
9. RELVA, Flavio Cardoso	93 BA/Mr.Pizza	<b>32.99</b>	321 B
ALVES, Manuel Jose	96 C N Montijo	<b>32.99</b>	321 B
11. SERRAS, Daniel Costa	95 Eléctrico	<b>33.89</b>	296 B
12. CUNHA, Lourenco Manuel	96 BA/Mr.Pizza	<b>34.32</b>	285 B
13. SANTOS, Nuno Miguel	97 Pimpões/Cimai	<b>34.41</b>	283 B
14. GAMEIRO, Goncalo Ferreira	94 Núcleo de Pombal	<b>34.63</b>	278 B

VII Torneio de Natação da Benedita  
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Prova 26, Masc., 50m Costas, Elimin, Open

Lugar	Ano		Tempo final	Pts	
15. FUKUNAGA, William Norio	96	Sporting Clube de Espinho	<b>35.03</b>	268	B
16. BRUNO, Nuno Miguel	95	Torres Novas	<b>35.28</b>	263	B
17. TARQUINIO, João Pedro	97	Benedita Sport Club Natação	<b>35.49</b>	258	R
18. CARRICO, Antonio Fernandes	98	Pimpões/Cimai	<b>36.08</b>	246	R
19. MARTINS, Mauricio Santiago	97	Alcobaça	<b>36.22</b>	243	
20. VENANCIO, Diogo Filipe	96	Alcobaça	<b>36.72</b>	233	
21. PINTO, Joao Duarte	96	Clube Desportivo Ancorensis	<b>37.29</b>	222	
22. VASCONCELOS, Joao Francisco	98	Académico de Leiria	<b>37.51</b>	219	
23. MESQUITA, Filipe Miguel	97	C N Montijo	<b>38.40</b>	204	
24. ALVES, Telmo Silva	94	Núcleo de Pombal	<b>40.03</b>	180	

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

4 - 2ª Jornada - Finais (A, B)

09-01-2011 - 16:00

Prova 15 Femin., 100m Mariposa Open  
09-01-2011 - 16:00 Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. CRUZ, Sara Francisco	93 BA/Mr.Pizza	<b>1:02.67</b>	677
50m: 29.36 29.36	100m: 1:02.67 33.31		
2. MUNÕZ, Paloma Marrero	96 Escuelas Desportivas de Mérida	<b>1:03.15</b>	662
50m: 29.92 29.92	100m: 1:03.15 33.23		
3. CUSTOIAS, Filipa Vicente	97 Benedita Sport Club Natação	<b>1:10.76</b>	470
50m: 33.58 33.58	100m: 1:10.76 37.18		
4. MENDES, Catarina Isabel	95 C N Montijo	<b>1:11.28</b>	460
50m: 32.40 32.40	100m: 1:11.28 38.88		
5. ALVES, Luana Raquel	97 Clube Desportivo Ancorensis	<b>1:11.60</b>	454
50m: 33.57 33.57	100m: 1:11.60 38.03		
6. AIRES, Teresa Manuela	96 Sporting Clube de Espinho	<b>1:12.68</b>	434
50m: 33.45 33.45	100m: 1:12.68 39.23		
7. VERDE, Maria Francisca	93 Clube Desportivo Ancorensis	<b>1:16.11</b>	378
50m: 35.78 35.78	100m: 1:16.11 40.33		
<b>Final B</b>			
9. RELVA, Melissa Cardoso	97 BA/Mr.Pizza	<b>1:15.16</b>	392
50m: 35.57 35.57	100m: 1:15.16 39.59		
10. SANTOS, Isabel Hernandez	95 Escuelas Desportivas de Mérida	<b>1:15.25</b>	391
50m: 35.53 35.53	100m: 1:15.25 39.72		
11. PAIO, Catia Sofia	96 Eléctrico	<b>1:17.39</b>	359
50m: 34.67 34.67	100m: 1:17.39 42.72		
12. PASSARINHO, Adriana Fialho	93 Benedita Sport Club Natação	<b>1:17.64</b>	356
50m: 36.77 36.77	100m: 1:17.64 40.87		
13. FERREIRA, Ana Sofia	99 Pimpões/Cimai	<b>1:22.18</b>	300
50m: 38.02 38.02	100m: 1:22.18 44.16		
14. MONTEIRO, Salome Pinto	98 Sporting Clube de Espinho	<b>1:24.40</b>	277
50m: 40.07 40.07	100m: 1:24.40 44.33		
<b>Final A</b>			
EXH DANTAS, Bruna Leal	96 Sporting Clube de Portugal	<b>1:07.11</b>	551
50m: 31.67 31.67	100m: 1:07.11 35.44		
<b>Final B</b>			
EXH PEREIRA, Joana Sousa	99 Académico de Leiria	<b>1:19.19</b>	335
50m: 36.94 36.94	100m: 1:19.19 42.25		
EXH CRUZ, Mariana Anastacio	96 Torres Novas	<b>1:19.96</b>	326
50m: 37.28 37.28	100m: 1:19.96 42.68		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 16  
09-01-2011 - 16:05

Masc., 100m Mariposa

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	<b>57.34</b>	604
50m: 26.96 26.96	100m: 57.34 30.38		
2. TARIFA, Fernando	94 Escuelas Desportivas de Mérida	<b>58.03</b>	583
50m: 27.18 27.18	100m: 58.03 30.85		
3. RIBEIRO, Tiago Lopes	93 Benedita Sport Club Natação	<b>1:03.59</b>	443
50m: 29.84 29.84	100m: 1:03.59 33.75		
4. RODRIGUES, Pedro Miguel	97 Alcobaça	<b>1:06.92</b>	380
50m: 31.12 31.12	100m: 1:06.92 35.80		
5. MARZIA, Diogo Silva	96 Eléctrico	<b>1:08.09</b>	360
50m: 31.97 31.97	100m: 1:08.09 36.12		
6. TORRAO, Rui Filipe	95 C N Montijo	<b>1:08.40</b>	356
50m: 31.23 31.23	100m: 1:08.40 37.17		
<b>Final B</b>			
9. MATEOS, Alberto Hidalgo	96 Escuelas Desportivas de Mérida	<b>1:06.90</b>	380
50m: 30.39 30.39	100m: 1:06.90 36.51		
10. NETO, Diogo Ferreira	95 BA/Mr.Pizza	<b>1:08.03</b>	361
50m: 31.49 31.49	100m: 1:08.03 36.54		
11. SOUSA, Andre Caravela	91 Clube Desportivo Ancorensis	<b>1:08.32</b>	357
50m: 31.29 31.29	100m: 1:08.32 37.03		
12. SANTOS, Joao Paris	97 Pimpões/Cimai	<b>1:11.09</b>	317
50m: 33.28 33.28	100m: 1:11.09 37.81		
13. JORGE, Joao Bernardo	97 Alcobaça	<b>1:11.39</b>	313
50m: 33.04 33.04	100m: 1:11.39 38.35		
14. JERONIMO, Ricardo Contreiras	97 Núcleo de Pombal	<b>1:11.66</b>	309
50m: 34.23 34.23	100m: 1:11.66 37.43		
15. SOARES, Luis Filipe	98 Sporting Clube de Espinho	<b>1:12.86</b>	294
50m: 33.49 33.49	100m: 1:12.86 39.37		
<b>Final A</b>			
EXH LOPES, Miguel Machado	92 Sporting Clube de Portugal	<b>1:01.81</b>	482
50m: 29.60 29.60	100m: 1:01.81 32.21		
EXH SOUSA, Ricardo Verissimo	93 Sporting Clube de Portugal	<b>1:02.29</b>	471
50m: 29.09 29.09	100m: 1:02.29 33.20		
<b>Final B</b>			
EXH POLICARPO, Duarte Brites	95 Torres Novas	<b>1:12.80</b>	295
50m: 33.57 33.57	100m: 1:12.80 39.23		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 17  
09-01-2011 - 16:10

Femin., 200m Costas

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. MORCILLO, Gloria Barrero	93	<b>2:30.25</b>	511
50m: 35.39 35.39 100m: 1:13.04 37.65 150m: 1:51.86 38.82 200m: 2:30.25 38.39			
2. PENAS, Isa Morais	96	<b>2:38.22</b>	438
50m: 36.35 36.35 100m: 1:16.59 40.24 150m: 1:57.55 40.96 200m: 2:38.22 40.67			
3. MOURA, Catia Vanessa	90	<b>2:39.55</b>	427
50m: 36.70 36.70 100m: 1:17.46 40.76 150m: 1:59.26 41.80 200m: 2:39.55 40.29			
4. PINTO, Daniela Filipa	92	<b>2:43.25</b>	398
50m: 38.17 38.17 100m: 1:19.49 41.32 150m: 2:01.78 42.29 200m: 2:43.25 41.47			
<b>Final B</b>			
9. LOURENCO, Ana Margarida	96	<b>2:42.53</b>	404
50m: 37.76 37.76 100m: 1:19.22 41.46 150m: 2:01.62 42.40 200m: 2:42.53 40.91			
10. DIAS, Barbara Margarida	94	<b>2:44.79</b>	387
50m: 38.59 38.59 100m: 1:21.06 42.47 150m: 2:03.94 42.88 200m: 2:44.79 40.85			
11. BATISTA, Ana Raquel	95	<b>2:48.70</b>	361
50m: 38.22 38.22 100m: 1:21.32 43.10 150m: 2:06.32 45.00 200m: 2:48.70 42.38			
12. ALVES, Sofia Dias	99	<b>2:50.62</b>	349
50m: 40.24 40.24 100m: 1:23.95 43.71 150m: 2:08.31 44.36 200m: 2:50.62 42.31			
13. CARVALHO, Jessica Andreia	96	<b>2:51.19</b>	345
50m: 39.63 39.63 100m: 1:22.87 43.24 150m: 2:07.59 44.72 200m: 2:51.19 43.60			
14. DIAS, Catarina Ataide	98	<b>2:53.46</b>	332
50m: 40.17 40.17 100m: 1:24.21 44.04 150m: 2:09.24 45.03 200m: 2:53.46 44.22			
15. MALHO, Cristiana Vanessa	98	<b>2:58.64</b>	304
50m: 42.31 42.31 100m: 1:27.76 45.45 150m: 2:13.85 46.09 200m: 2:58.64 44.79			
16. DUARTE, Mariana Jorge	97	<b>2:59.59</b>	299
50m: 41.29 41.29 100m: 1:27.61 46.32 150m: 2:14.28 46.67 200m: 2:59.59 45.31			
<b>Final A</b>			
EXH BELEZA, Mafalda Gomes	94	<b>2:23.23</b>	590
50m: 33.93 33.93 100m: 1:10.59 36.66 150m: 1:46.58 35.99 200m: 2:23.23 36.65			
EXH AGOSTINHO, Ines Catarina	94	<b>2:27.37</b>	542
50m: 34.81 34.81 100m: 1:12.15 37.34 150m: 1:50.39 38.24 200m: 2:27.37 36.98			
EXH VINAGRE, Marta Filipa	95	<b>2:32.57</b>	488
50m: 35.79 35.79 100m: 1:14.74 38.95 150m: 1:54.05 39.31 200m: 2:32.57 38.52			
EXH LEAL, Catarina Goncalves	98	<b>2:43.09</b>	400
50m: 38.80 38.80 100m: 1:19.84 41.04 150m: 2:01.88 42.04 200m: 2:43.09 41.21			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 18  
09-01-2011 - 16:17

Masc., 200m Costas

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. TORRE, Rui Alexandre	90	<b>2:20.60</b>	429
50m: 32.69 32.69 100m: 1:07.86 35.17 150m: 1:44.08 36.22 200m: 2:20.60 36.52			
2. TARQUINIO, Luis Antonio	94	<b>2:22.41</b>	413
50m: 34.17 34.17 100m: 1:10.84 36.67 150m: 1:47.93 37.09 200m: 2:22.41 34.48			
3. BAPTISTA, Joao Paulo	96	<b>2:26.92</b>	376
50m: 33.92 33.92 100m: 1:11.69 37.77 150m: 1:49.89 38.20 200m: 2:26.92 37.03			
4. MAIRENA, Jorge Urbano	94	<b>2:29.59</b>	356
50m: 34.42 34.42 100m: 1:12.10 37.68 150m: 1:51.28 39.18 200m: 2:29.59 38.31			
5. CUNHA, Lourenco Manuel	96	<b>2:34.53</b>	323
50m: 35.50 35.50 100m: 1:14.20 38.70 150m: 1:54.50 40.30 200m: 2:34.53 40.03			
<b>Final B</b>			
9. ALVES, Manuel Jose	96	<b>2:30.57</b>	349
50m: 34.48 34.48 100m: 1:14.00 39.52 150m: 1:53.02 39.02 200m: 2:30.57 37.55			
10. TARIFA, Juan Jose	97	<b>2:33.88</b>	327
50m: 36.20 36.20 100m: 1:14.84 38.64 150m: 1:54.61 39.77 200m: 2:33.88 39.27			
11. RELVA, Flavio Cardoso	93	<b>2:36.37</b>	312
50m: 35.36 35.36 100m: 1:15.04 39.68 150m: 1:56.64 41.60 200m: 2:36.37 39.73			
12. SANTOS, Nuno Miguel	97	<b>2:38.68</b>	299
50m: 37.53 37.53 100m: 1:18.03 40.50 150m: 1:59.12 41.09 200m: 2:38.68 39.56			
13. SERRAS, Daniel Costa	95	<b>2:38.86</b>	298
50m: 36.41 36.41 100m: 1:16.77 40.36 150m: 1:59.10 42.33 200m: 2:38.86 39.76			
14. COSTA, Bernardo Ferro	97	<b>2:40.38</b>	289
50m: 37.37 37.37 100m: 1:17.61 40.24 150m: 1:59.46 41.85 200m: 2:40.38 40.92			
15. TARQUINIO, João Pedro	97	<b>2:41.09</b>	285
50m: 38.05 38.05 100m: 1:19.08 41.03 150m: 2:00.71 41.63 200m: 2:41.09 40.38			
16. MARTINS, Mauricio Santiago	97	<b>2:43.74</b>	272
50m: 39.05 39.05 100m: 1:20.56 41.51 150m: 2:03.09 42.53 200m: 2:43.74 40.65			
<b>Final A</b>			
EXH COTOVIO, Ricardo Ferreira	91	<b>2:10.51</b>	537
50m: 30.91 30.91 100m: 1:04.03 33.12 150m: 1:37.82 33.79 200m: 2:10.51 32.69			
EXH BONANCA, Mario Andre	90	<b>2:18.12</b>	453
50m: 32.42 32.42 100m: 1:07.21 34.79 150m: 1:43.11 35.90 200m: 2:18.12 35.01			
EXH SAMOUCO, Fabio Miguel	95	<b>2:22.19</b>	415
50m: 34.39 34.39 100m: 1:11.62 37.23 150m: 1:47.68 36.06 200m: 2:22.19 34.51			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 19  
09-01-2011 - 16:40

Femin., 200m Estilos

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. GONCALVES, Ana Filipa	92	<b>2:30.75</b>	564
50m: 33.30 33.30 100m: 1:09.95 36.65 150m: 1:55.85 45.90 200m: 2:30.75 34.90			
2. SILVA, Mara Lisboa e	93	<b>2:35.98</b>	509
50m: 33.86 33.86 100m: 1:13.30 39.44 150m: 1:59.91 46.61 200m: 2:35.98 36.07			
3. MENDES, Catarina Isabel	95	<b>2:39.34</b>	478
50m: 33.59 33.59 100m: 1:13.30 39.71 150m: 2:01.84 48.54 200m: 2:39.34 37.50			
4. PENAS, Isa Morais	96	<b>2:41.40</b>	460
50m: 35.45 35.45 100m: 1:15.85 40.40 150m: 2:05.01 49.16 200m: 2:41.40 36.39			
5. ALVES, Luana Raquel	97	<b>2:41.71</b>	457
50m: 34.68 34.68 100m: 1:16.73 42.05 150m: 2:06.26 49.53 200m: 2:41.71 35.45			
6. LANZINHA, Monica Moreira	95	<b>2:42.55</b>	450
50m: 35.96 35.96 100m: 1:18.95 42.99 150m: 2:04.63 45.68 200m: 2:42.55 37.92			
<b>Final B</b>			
9. PAULO, Patricia Sousa	96	<b>2:46.89</b>	416
50m: 37.48 37.48 100m: 1:20.48 43.00 150m: 2:09.59 49.11 200m: 2:46.89 37.30			
10. PAIO, Catia Sofia	96	<b>2:48.76</b>	402
50m: 35.74 35.74 100m: 1:21.30 45.56 150m: 2:10.78 49.48 200m: 2:48.76 37.98			
11. OLIVEIRA, Maria Joao	95	<b>2:51.84</b>	381
50m: 34.65 34.65 100m: 1:20.21 45.56 150m: 2:14.57 54.36 200m: 2:51.84 37.27			
12. SANTOS, Isabel Hernandez	95	<b>2:53.34</b>	371
50m: 35.83 35.83 100m: 1:19.43 43.60 150m: 2:11.47 52.04 200m: 2:53.34 41.87			
13. MONTEIRO, Salome Pinto	98	<b>2:55.57</b>	357
50m: 39.67 39.67 100m: 1:24.96 45.29 150m: 2:16.83 51.87 200m: 2:55.57 38.74			
14. MALHO, Cristiana Vanessa	98	<b>2:56.78</b>	350
50m: 42.00 42.00 100m: 1:26.18 44.18 150m: 2:17.84 51.66 200m: 2:56.78 38.94			
15. MATIAS, Beatriz Gameiro	97	<b>2:57.47</b>	346
50m: 41.62 41.62 100m: 1:28.23 46.61 150m: 2:16.55 48.32 200m: 2:57.47 40.92			
<b>Final A</b>			
EXH ROSA, Maria Carolina	94	<b>2:26.00</b>	621
50m: 31.38 31.38 100m: 1:10.08 38.70 150m: 1:51.22 41.14 200m: 2:26.00 34.78			
EXH RANITO, Raquel Paulo	94	<b>2:29.59</b>	577
50m: 32.04 32.04 100m: 1:10.72 38.68 150m: 1:54.58 43.86 200m: 2:29.59 35.01			
<b>Final B</b>			
EXH CARVALHO, Marcia Filipa	96	<b>2:44.89</b>	431
50m: 33.79 33.79 100m: 1:15.47 41.68 150m: 2:08.77 53.30 200m: 2:44.89 36.12			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 20  
09-01-2011 - 16:47

Masc., 200m Estilos

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. RAMOS, Manuel Casillas	94	<b>2:22.45</b>	480
50m: 30.52 30.52 100m: 1:06.63 36.11 150m: 1:48.38 41.75 200m: 2:22.45 34.07			
2. ALEXANDRE, Miguel Polidoro	94	<b>2:26.66</b>	440
50m: 31.61 31.61 100m: 1:09.22 37.61 150m: 1:52.85 43.63 200m: 2:26.66 33.81			
3. MARQUES, Henrique Jose	93	<b>2:27.63</b>	431
50m: 32.18 32.18 100m: 1:10.89 38.71 150m: 1:53.20 42.31 200m: 2:27.63 34.43			
4. REIS, Leonardo Peralta	96	<b>2:29.40</b>	416
50m: 33.62 33.62 100m: 1:11.86 38.24 150m: 1:55.35 43.49 200m: 2:29.40 34.05			
5. RODRIGUES, Pedro Miguel	97	<b>2:31.39</b>	400
50m: 32.49 32.49 100m: 1:12.05 39.56 150m: 1:57.95 45.90 200m: 2:31.39 33.44			
6. MARZIA, Diogo Silva	96	<b>2:31.59</b>	398
50m: 33.81 33.81 100m: 1:12.56 38.75 150m: 1:58.38 45.82 200m: 2:31.59 33.21			
<b>Final B</b>			
9. TORRAO, Rui Filipe	95	<b>2:28.15</b>	426
50m: 31.35 31.35 100m: 1:08.70 37.35 150m: 1:54.28 45.58 200m: 2:28.15 33.87			
10. NETO, Diogo Ferreira	95	<b>2:28.52</b>	423
50m: 32.19 32.19 100m: 1:11.32 39.13 150m: 1:55.55 44.23 200m: 2:28.52 32.97			
11. GAMEIRO, Goncalo Ferreira	94	<b>2:28.58</b>	423
50m: 31.65 31.65 100m: 1:10.79 39.14 150m: 1:54.21 43.42 200m: 2:28.58 34.37			
12. ALVES, Tiago Martim	97	<b>2:35.52</b>	369
50m: 35.11 35.11 100m: 1:15.58 40.47 150m: 2:00.74 45.16 200m: 2:35.52 34.78			
13. GRAÇA, Nuno Miguel	98	<b>2:37.26</b>	356
50m: 35.10 35.10 100m: 1:15.84 40.74 150m: 2:02.71 46.87 200m: 2:37.26 34.55			
14. COSTA, Andre Lima	97	<b>2:37.62</b>	354
50m: 34.06 34.06 100m: 1:15.15 41.09 150m: 2:02.06 46.91 200m: 2:37.62 35.56			
15. CORREIA, Rui Miguel	96	<b>2:37.88</b>	352
50m: 35.02 35.02 100m: 1:17.93 42.91 150m: 2:01.28 43.35 200m: 2:37.88 36.60			
DSQ MATEOS, Alberto Hidalgo	96		
<i>Falsa Partida</i>			
<b>Final A</b>			
EXH LOPES, Miguel Machado	92	<b>2:08.56</b>	653
50m: 28.83 28.83 100m: 1:01.34 32.51 150m: 1:37.95 36.61 200m: 2:08.56 30.61			
EXH AGOSTINHO, Pedro Miguel	92	<b>2:13.42</b>	584
50m: 28.31 28.31 100m: 1:02.91 34.60 150m: 1:39.78 36.87 200m: 2:13.42 33.64			

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 21  
09-01-2011 - 16:55

Femin., 400m Livres

Open  
Resultados

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MOURA, Catia Vanessa	90	<b>4:46.51</b>	551
50m: 32.54 32.54	150m: 1:44.38 36.42	250m: 2:57.77 36.57	350m: 4:11.44 36.69
100m: 1:07.96 35.42	200m: 2:21.20 36.82	300m: 3:34.75 36.98	400m: 4:46.51 35.07
2. CUSTOIAS, Filipa Vicente	97	<b>4:52.36</b>	518
50m: 34.51 34.51	150m: 1:49.12 37.14	250m: 3:03.49 36.47	350m: 4:17.79 37.14
100m: 1:11.98 37.47	200m: 2:27.02 37.90	300m: 3:40.65 37.16	400m: 4:52.36 34.57
3. PITA, Mafalda Cristina	97	<b>4:56.23</b>	498
50m: 33.81 33.81	150m: 1:47.59 37.34	250m: 3:03.19 37.79	350m: 4:19.47 38.06
100m: 1:10.25 36.44	200m: 2:25.40 37.81	300m: 3:41.41 38.22	400m: 4:56.23 36.76
4. AIRES, Teresa Manuela	96	<b>5:03.30</b>	464
50m: 34.64 34.64	150m: 1:50.96 38.50	250m: 3:07.64 37.60	350m: 4:25.19 39.03
100m: 1:12.46 37.82	200m: 2:30.04 39.08	300m: 3:46.16 38.52	400m: 5:03.30 38.11
5. PEREIRA, Mafalda Jesus	95	<b>5:06.06</b>	452
50m: 33.44 33.44	150m: 1:49.18 38.60	250m: 3:07.40 39.14	350m: 4:27.13 40.40
100m: 1:10.58 37.14	200m: 2:28.26 39.08	300m: 3:46.73 39.33	400m: 5:06.06 38.93
6. DUARTE, Kelly Silva	97	<b>5:28.48</b>	365
50m: 33.84 33.84	150m: 1:55.19 41.89	250m: 3:19.16 42.19	350m: 4:45.27 43.24
100m: 1:13.30 39.46	200m: 2:36.97 41.78	300m: 4:02.03 42.87	400m: 5:28.48 43.21
7. NUNES, Maria Joao	98	<b>5:38.35</b>	334
50m: 38.45 38.45	150m: 2:03.61 42.65	250m: 3:29.56 43.21	350m: 4:55.83 43.09
100m: 1:20.96 42.51	200m: 2:46.35 42.74	300m: 4:12.74 43.18	400m: 5:38.35 42.52
8. CRAVO, Isabel Catarino	98	<b>6:11.54</b>	252
50m: 35.91 35.91	150m: 2:08.07 47.80	250m: 3:47.04 50.09	350m: 5:25.35 48.63
100m: 1:20.27 44.36	200m: 2:56.95 48.88	300m: 4:36.72 49.68	400m: 6:11.54 46.19
9. RAPOSO, Mariana Luis	99	<b>6:36.83</b>	207
50m: 47.02 47.02	150m: 2:28.81 51.33	250m: 4:10.61 51.03	350m: 5:50.94 49.16
100m: 1:37.48 50.46	200m: 3:19.58 50.77	300m: 5:01.78 51.17	400m: 6:36.83 45.89
DSQ VAZQUEZ, Alejandra	99		
<i>Falsa partida</i>			
EXH MARINHO, Patricia Garcia	94	<b>4:31.36</b>	648
50m: 31.63 31.63	150m: 1:41.37 35.00	250m: 2:50.03 34.22	350m: 3:58.50 34.26
100m: 1:06.37 34.74	200m: 2:15.81 34.44	300m: 3:24.24 34.21	400m: 4:31.36 32.86
EXH LUIS, Maria Anastacio	96	<b>5:07.08</b>	447
50m: 34.74 34.74	150m: 1:52.21 39.08	250m: 3:10.60 38.82	350m: 4:28.86 38.77
100m: 1:13.13 38.39	200m: 2:31.78 39.57	300m: 3:50.09 39.49	400m: 5:07.08 38.22
EXH MATIAS, Soraya Dea	95	<b>5:15.87</b>	411
50m: 35.27 35.27	150m: 1:52.77 39.03	250m: 3:13.99 41.36	350m: 4:36.07 40.13
100m: 1:13.74 38.47	200m: 2:32.63 39.86	300m: 3:55.94 41.95	400m: 5:15.87 39.80
EXH PEREIRA, Joana Sousa	99	<b>5:18.00</b>	403
50m: 35.42 35.42	150m: 1:55.66 40.77	250m: 3:17.83 41.32	350m: 4:39.43 40.42
100m: 1:14.89 39.47	200m: 2:36.51 40.85	300m: 3:59.01 41.18	400m: 5:18.00 38.57
EXH MARQUES, Soraia Alexandra	94	<b>5:20.78</b>	392
50m: 37.28 37.28	150m: 1:57.59 40.24	250m: 3:17.73 40.22	350m: 4:37.48 39.74
100m: 1:17.35 40.07	200m: 2:37.51 39.92	300m: 3:57.74 40.01	400m: 5:20.78 43.30

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 22  
09-01-2011 - 17:00

Masc., 400m Livres

Open  
Resultados

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	RIBEIRO, Joao Paulo		92	BA/Mr.Pizza				<b>4:08.34</b>	628
	50m:	28.28 28.28	150m:	1:29.78	31.18	250m:	2:33.11 32.00	350m:	3:37.40 31.99
	100m:	58.60 30.32	200m:	2:01.11	31.33	300m:	3:05.41 32.30	400m:	4:08.34 30.94
2.	RIBEIRO, Tiago Lopes		93	Benedita Sport Club Natação				<b>4:29.04</b>	494
	50m:	30.39 30.39	150m:	1:38.02	34.01	250m:	2:46.19 34.30	350m:	3:54.98 33.92
	100m:	1:04.01 33.62	200m:	2:11.89	33.87	300m:	3:21.06 34.87	400m:	4:29.04 34.06
3.	FERNANDES, Gil Cruz		95	Clube Desportivo Ancorensis				<b>4:32.57</b>	475
	50m:	30.39 30.39	150m:	1:38.74	34.46	250m:	2:47.59 34.59	350m:	3:57.92 35.33
	100m:	1:04.28 33.89	200m:	2:13.00	34.26	300m:	3:22.59 35.00	400m:	4:32.57 34.65
4.	LOPES, Joao Miguel		96	Eléctrico				<b>4:35.19</b>	462
	50m:	30.57 30.57	150m:	1:37.41	33.88	250m:	2:47.65 35.54	350m:	3:59.25 35.96
	100m:	1:03.53 32.96	200m:	2:12.11	34.70	300m:	3:23.29 35.64	400m:	4:35.19 35.94
5.	CARRICO, Antonio Fernandes		98	Pimpões/Cimai				<b>5:00.20</b>	356
	50m:	33.71 33.71	150m:	1:49.61	38.24	250m:	3:06.38 37.78	350m:	4:23.35 38.92
	100m:	1:11.37 37.66	200m:	2:28.60	38.99	300m:	3:44.43 38.05	400m:	5:00.20 36.85
6.	VICENTE, Diogo Alexandre		98	Alcobaça				<b>5:23.07</b>	285
	50m:	36.81 36.81	150m:	1:58.58	41.78	250m:	3:21.49 41.29	350m:	4:43.81 40.97
	100m:	1:16.80 39.99	200m:	2:40.20	41.62	300m:	4:02.84 41.35	400m:	5:23.07 39.26
7.	MODERNO, Edi Couto		95	Núcleo de Pombal				<b>5:23.46</b>	284
	50m:	35.88 35.88	150m:	1:57.61	41.81	250m:	3:21.56 41.91	350m:	4:44.60 41.66
	100m:	1:15.80 39.92	200m:	2:39.65	42.04	300m:	4:02.94 41.38	400m:	5:23.46 38.86
8.	MESQUITA, Filipe Miguel		97	C N Montijo				<b>5:36.28</b>	253
	50m:	36.42 36.42	150m:	2:00.43	42.78	250m:	3:27.67 43.98	350m:	4:54.66 43.63
	100m:	1:17.65 41.23	200m:	2:43.69	43.26	300m:	4:11.03 43.36	400m:	5:36.28 41.62
DSQ	REIS, Pedro Miguel		96	Sporting Clube de Espinho					
	<i>O nadador não terminou o percurso</i>								
EXH	FREITAS, Francisco Maldonado		91	Sporting Clube de Portugal				<b>4:17.82</b>	562
	50m:	29.58 29.58	150m:	1:33.61	31.98	250m:	2:38.78 32.54	350m:	3:44.88 33.19
	100m:	1:01.63 32.05	200m:	2:06.24	32.63	300m:	3:11.69 32.91	400m:	4:17.82 32.94
EXH	POLICARPO, Duarte Brites		95	Torres Novas				<b>5:00.92</b>	353
	50m:	34.04 34.04	150m:	1:50.06	38.50	250m:	3:06.03 37.65	350m:	4:22.29 38.03
	100m:	1:11.56 37.52	200m:	2:28.38	38.32	300m:	3:44.26 38.23	400m:	5:00.92 38.63
EXH	BAPTISTA, Joao Paulo		95	Benedita Sport Club Natação				<b>5:12.78</b>	314
	50m:	32.75 32.75	150m:	1:48.95	39.34	250m:	3:10.15 41.31	350m:	4:33.44 41.70
	100m:	1:09.61 36.86	200m:	2:28.84	39.89	300m:	3:51.74 41.59	400m:	5:12.78 39.34
EXH	REPOLHO, Goncalo Manuel		98	Académico de Leiria				<b>5:41.61</b>	241
	50m:	39.46 39.46	150m:	2:07.75	44.26	250m:	3:34.82 43.67	350m:	5:00.64 42.83
	100m:	1:23.49 44.03	200m:	2:51.15	43.40	300m:	4:17.81 42.99	400m:	5:41.61 40.97

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 23  
09-01-2011 - 17:20

Femin., 100m Bruços

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. MUNÓZ, Paloma Marrero	96	Escuelas Desportivas de Mérida	<b>1:12.47</b> 647
50m: 34.72 34.72	100m: 1:12.47	37.75	
2. FERNANDES, Rita Margarida	93	Eléctrico	<b>1:19.91</b> 483
50m: 37.62 37.62	100m: 1:19.91	42.29	
3. GONCALVES, Ana Filipa	92	Clube Desportivo Ancorensis	<b>1:20.99</b> 463
50m: 38.09 38.09	100m: 1:20.99	42.90	
4. LANZINHA, Monica Moreira	95	Eléctrico	<b>1:24.34</b> 410
50m: 39.44 39.44	100m: 1:24.34	44.90	
5. DIAS, Ines Ataíde	94	Sporting Clube de Espinho	<b>1:25.04</b> 400
50m: 40.35 40.35	100m: 1:25.04	44.69	
6. RELVA, Melissa Cardoso	97	BA/Mr.Pizza	<b>1:26.39</b> 382
50m: 40.96 40.96	100m: 1:26.39	45.43	
<b>Final B</b>			
9. MARQUES, Soraia Alexandra	94	Benedita Sport Club Natação	<b>1:28.24</b> 358
50m: 42.05 42.05	100m: 1:28.24	46.19	
10. MATIAS, Beatriz Gameiro	97	Núcleo de Pombal	<b>1:28.57</b> 354
50m: 42.90 42.90	100m: 1:28.57	45.67	
11. LOPES, Isabel Goncalves	96	Núcleo de Pombal	<b>1:30.12</b> 336
50m: 41.43 41.43	100m: 1:30.12	48.69	
12. PAULO, Patricia Sousa	96	Benedita Sport Club Natação	<b>1:31.29</b> 323
50m: 43.55 43.55	100m: 1:31.29	47.74	
13. ROCHA, Sara Mafra	99	Alcobaça	<b>1:34.59</b> 291
50m: 44.97 44.97	100m: 1:34.59	49.62	
14. MENDES, Sofia Amaral	97	C N Montijo	<b>1:35.99</b> 278
50m: 45.11 45.11	100m: 1:35.99	50.88	
15. CARVALHO, Jessica Andreia	96	BA/Mr.Pizza	<b>1:38.03</b> 261
50m: 45.72 45.72	100m: 1:38.03	52.31	
<b>Final A</b>			
EXH ROSA, Maria Carolina	94	Sporting Clube de Portugal	<b>1:13.55</b> 619
50m: 34.86 34.86	100m: 1:13.55	38.69	
EXH FRANCO, Ana Teresa	91	Sporting Clube de Portugal	<b>1:15.81</b> 565
50m: 35.96 35.96	100m: 1:15.81	39.85	
<b>Final B</b>			
EXH PECA, Sara Conceicao	99	Académico de Leiria	<b>1:36.34</b> 275
50m: 45.74 45.74	100m: 1:36.34	50.60	

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 24  
09-01-2011 - 17:25

Masc., 100m Bruços

Open  
Resultados Final

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
<b>Final A</b>			
1. GODINHO, Helder Alexandre	86 BA/Mr.Pizza	<b>1:10.10</b>	499
50m: 32.51 32.51 100m: 1:10.10	37.59		
2. MARQUES, Andre Oliveira	92 BA/Mr.Pizza	<b>1:11.98</b>	461
50m: 34.41 34.41 100m: 1:11.98	37.57		
3. FERNANDEZ, Jose Pulido	93 Escuelas Desportivas de Mérida	<b>1:12.76</b>	446
50m: 34.96 34.96 100m: 1:12.76	37.80		
4. MARQUES, Tiago Andre	93 Sporting Clube de Espinho	<b>1:16.75</b>	380
50m: 35.52 35.52 100m: 1:16.75	41.23		
5. MARQUES, Henrique Jose	93 Benedita Sport Club Natação	<b>1:17.41</b>	370
50m: 37.17 37.17 100m: 1:17.41	40.24		
<b>Final B</b>			
9. REIS, Leonardo Peralta	96 Benedita Sport Club Natação	<b>1:17.14</b>	374
50m: 36.51 36.51 100m: 1:17.14	40.63		
10. CORREIA, Rui Miguel	96 C N Montijo	<b>1:17.48</b>	369
50m: 36.71 36.71 100m: 1:17.48	40.77		
11. MAIRENA, Victor Urbano	97 Escuelas Desportivas de Mérida	<b>1:19.48</b>	342
50m: 37.35 37.35 100m: 1:19.48	42.13		
12. ALVES, Tiago Martim	97 Clube Desportivo Ancorensis	<b>1:19.92</b>	336
50m: 38.33 38.33 100m: 1:19.92	41.59		
13. JORGE, Joao Bernardo	97 Alcobaça	<b>1:21.09</b>	322
50m: 38.86 38.86 100m: 1:21.09	42.23		
14. SOARES, Luis Filipe	98 Sporting Clube de Espinho	<b>1:22.63</b>	304
50m: 39.67 39.67 100m: 1:22.63	42.96		
15. ALVES, Telmo Silva	94 Núcleo de Pombal	<b>1:23.30</b>	297
50m: 38.62 38.62 100m: 1:23.30	44.68		
<b>Final A</b>			
EXH AGOSTINHO, Pedro Miguel	92 Sporting Clube de Portugal	<b>1:07.07</b>	569
50m: 31.88 31.88 100m: 1:07.07	35.19		
EXH MATOS, Diogo Filipe	92 Sporting Clube de Portugal	<b>1:07.23</b>	565
50m: 31.88 31.88 100m: 1:07.23	35.35		
EXH SAMOUCO, Fabio Miguel	95 Torres Novas	<b>1:14.53</b>	415
50m: 35.24 35.24 100m: 1:14.53	39.29		
<b>Final B</b>			
EXH RIBEIRO, Ricardo Miguel	97 Académico de Leiria	<b>1:21.15</b>	321
50m: 37.83 37.83 100m: 1:21.15	43.32		

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 25 Femin., 50m Costas Open  
09-01-2011 - 17:30 Resultados Final

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
<b>Final A</b>				
1.	95	C N Montijo	<b>32.94</b>	474
2.	93	Escolas Desportivas de Mérida	<b>33.16</b>	465
3.	93	BA/Mr.Pizza	<b>34.20</b>	424
4.	92	Eléctrico	<b>34.58</b>	410
5.	95	C N Montijo	<b>35.47</b>	380
<b>Final B</b>				
9.	95	Escolas Desportivas de Mérida	<b>35.47</b>	380
10.	96	Benedita Sport Club Natação	<b>36.23</b>	356
11.	94	Eléctrico	<b>36.78</b>	341
12.	98	Benedita Sport Club Natação	<b>38.13</b>	306
13.	98	Pimpões/Cimai	<b>38.14</b>	305
14.	97	Sporting Clube de Espinho	<b>39.36</b>	278
<b>Final A</b>				
EXH	94	Sporting Clube de Portugal	<b>31.51</b>	542
EXH	94	Sporting Clube de Portugal	<b>31.73</b>	531
EXH	95	Torres Novas	<b>33.22</b>	463
<b>Final B</b>				
EXH	98	Académico de Leiria	<b>36.79</b>	340
EXH	96	Torres Novas	<b>37.14</b>	331

Prova 26 Masc., 50m Costas Open  
09-01-2011 - 17:33 Resultados Final

Pontos: FINA 2010

Lugar	Ano		Tempo final	Pts
<b>Final A</b>				
1.	94	Escolas Desportivas de Mérida	<b>29.05</b>	471
2.	94	Escolas Desportivas de Mérida	<b>30.91</b>	391
3.	96	Sporting Clube de Espinho	<b>31.17</b>	381
4.	90	Clube Desportivo Ancorensis	<b>31.30</b>	376
5.	94	Benedita Sport Club Natação	<b>31.62</b>	365
6.	96	Eléctrico	<b>32.76</b>	328
<b>Final B</b>				
9.	96	C N Montijo	<b>32.52</b>	336
10.	93	BA/Mr.Pizza	<b>33.27</b>	313
11.	95	Eléctrico	<b>33.66</b>	303
12.	96	BA/Mr.Pizza	<b>34.37</b>	284
13.	94	Núcleo de Pombal	<b>34.46</b>	282
14.	96	Sporting Clube de Espinho	<b>34.74</b>	275
15.	97	Pimpões/Cimai	<b>34.95</b>	270
<b>Final A</b>				
EXH	91	Sporting Clube de Portugal	<b>28.53</b>	497
EXH	90	Sporting Clube de Portugal	<b>29.90</b>	432
<b>Final B</b>				
EXH	95	Torres Novas	<b>34.78</b>	274

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 27  
09-01-2011 - 17:50

Femin., 4 x 100m Livres

Open  
Resultados

Pontos: FINA 2010

Lugar						Tempo final	Pts
1.	Clube Desportivo Ancorensis 2			Clube Desportivo Ancorensis		<b>4:20.71</b>	509
	ALVES, Luana Raquel	97	31.51	1:06.14	VERDE, Maria Francisca	93	31.65
	MOURA, Catia Vanessa	90	31.28	1:05.44	GONCALVES, Ana Filipa	92	30.66
2.	Mérida			Escuelas Desportivas de Mérida		<b>4:21.46</b>	505
	MUNÓZ, Paloma Marrero	96	29.12	1:00.09	SANTOS, Isabel Hernandez	95	33.04
	MATEO, Lucia Vinagre	94	32.34	1:09.27	MORCILLO, Gloria Barrero	93	29.52
3.	BA/Mr.Pizza 1			BA/Mr.Pizza		<b>4:23.06</b>	495
	RELVA, Melissa Cardoso	97	33.62	1:10.12	DUARTE, Kelly Silva	97	32.48
	SILVA, Mara Lisboa e	93	30.88	1:04.75	CRUZ, Sara Francisco	93	28.76
4.	Eléctrico 3			Eléctrico		<b>4:28.77</b>	464
	PAIO, Catia Sofia	96	32.06	1:07.01	LANZINHA, Monica Moreira	95	33.16
	FERNANDES, Rita Margarida	93	31.93	1:07.28	PITA, Mafalda Cristina	97	31.37
5.	Benedita Sport Club Natação 1			Benedita Sport Club Natação		<b>4:28.84</b>	464
	CUSTOIAS, Filipa Vicente	97	30.96	1:04.34	PENAS, Isa Morais	96	31.02
	PASSARINHO, Adriana Fialho	93	33.51	1:10.23	LOURENCO, Ana Margarida	96	32.43
6.	C N Montijo 1			C N Montijo		<b>4:34.21</b>	437
	ALVES, Sofia Dias	99	35.33	1:13.01	MENDES, Sofia Amaral	97	33.61
	MENDES, Catarina Isabel	95	30.57	1:04.25	PEREIRA, Mafalda Jesus	95	31.50
7.	Sporting Clube de Espinho 1			Sporting Clube de Espinho		<b>4:38.30</b>	418
	AIRES, Teresa Manuela	96	31.50	1:06.74	AZEVEDO, Sofia Lopes	97	33.81
	MONTEIRO, Salome Pinto	98	34.76	1:12.01	OLIVEIRA, Maria Joao	95	31.32
8.	Núcleo de Pombal 3			Núcleo de Pombal		<b>5:03.96</b>	321
	MATIAS, Beatriz Gameiro	97	35.72	1:13.98	GONCALVES, Jessica Courelas	93	35.78
	FERNANDES, Joana Maria	97	37.23	1:18.34	DUARTE, Mariana Jorge	97	36.55
9.	Pimpões/Cimai 1			Pimpões/Cimai		<b>5:06.10</b>	314
	PEDRAS, Leonor Castanheira	99	39.47	1:23.17	RAPOSO, Mariana Luis	99	39.42
	FERREIRA, Ana Sofia	99	32.81	1:08.49	MONTEIRO, Frederica Dinis	99	34.40
10.	Alcobaça 1			Alcobaça		<b>5:08.63</b>	307
	ROCHA, Sara Mafra	99	36.51	1:14.85	NUNES, Maria Joao	98	36.65
	MALHO, Cristiana Vanessa	98	36.42	1:16.56	LOURENCO, Mariana Filipa	98	37.93
EXH	Sporting Clube de Portugal 1			Sporting Clube de Portugal		<b>4:07.77</b>	593
	RANITO, Raquel Paulo	94	29.61	1:02.20	MARINHO, Patricia Garcia	94	29.47
	ROSA, Maria Carolina	94	28.58	1:00.31	BELEZA, Mafalda Gomes	94	29.88
EXH	Torres Novas 1			Torres Novas		<b>4:31.83</b>	449
	VINAGRE, Marta Filipa	95	30.87	1:04.02	CARVALHO, Marcia Filipa	96	31.85
	CRUZ, Mariana Anastacio	96	33.25	1:09.50	MATIAS, Soraya Dea	95	32.98
EXH	Benedita Sport Club Natação 2			Benedita Sport Club Natação		<b>4:48.92</b>	374
	LUIS, Maria Anastacio	96	34.12	1:11.36	PAULO, Patricia Sousa	96	34.49
	MARQUES, Soraia Alexandra	94	33.73	1:10.97	REBELO, Patricia Pimenta	98	35.06
EXH	Académico de Leiria 1			Académico de Leiria		<b>4:56.30</b>	347
	LEAL, Catarina Goncalves	98	33.05	1:08.01	CUNHA, Ana Henriques	98	37.48
	PECA, Sara Conceicao	99	36.76	1:17.83	PEREIRA, Joana Sousa	99	33.33

VII Torneio de Natação da Benedita  
Benedita, 8. - 9.1.2011

Prova 28  
09-01-2011 - 18:05

Masc., 4 x 100m Livres

Open  
Resultados

Pontos: FINA 2010

Lugar					Tempo final	Pts		
1.	BA/Mr.Pizza 1		BA/Mr.Pizza		<b>3:47.71</b>	521		
	ALEXANDRE, Miguel Polidoro	94	27.39	56.98	NETO, Walter Marcos	95	25.62	55.55
	GODINHO, Helder Alexandre	86	27.10	58.18	RIBEIRO, Joao Paulo	92	26.65	57.00
2.	Mérica		Escuelas Desportivas de Mérida		<b>3:49.60</b>	508		
	FERNANDEZ, Jose Pulido	93	27.90	57.12	TARIFA, Fernando	94	26.40	55.69
	MATEOS, Alberto Hidalgo	96	28.60	1:00.95	RAMOS, Manuel Casillas	94	26.87	55.84
3.	Clube Desportivo Ancorensis 1		Clube Desportivo Ancorensis		<b>4:00.11</b>	444		
	FERNANDES, Gil Cruz	95	28.29	59.51	ALVES, Tiago Martim	97	29.48	1:01.78
	SOUSA, Andre Caravela	91	29.02	1:00.65	TORRE, Rui Alexandre	90	27.29	58.17
4.	Benedita Sport Club Natação 1		Benedita Sport Club Natação		<b>4:03.41</b>	427		
	TARQUINIO, Luis Antonio	94	29.77	1:02.29	REIS, Leonardo Peralta	96	28.70	1:00.67
	RIBEIRO, Tiago Lopes	93	27.58	58.43	MARQUES, Henrique Jose	93	29.22	1:02.02
5.	Sporting Clube de Espinho 1		Sporting Clube de Espinho		<b>4:10.59</b>	391		
	BAPTISTA, Joao Paulo	96	30.02	1:01.87	REIS, Pedro Miguel	96	29.56	1:02.57
	MARQUES, Tiago Andre	93	29.34	1:02.75	COSTA, Andre Lima	97	30.64	1:03.40
6.	Núcleo de Pombal 4		Núcleo de Pombal		<b>4:17.71</b>	359		
	GAMEIRO, Goncalo Ferreira	94	29.34	59.66	GONCALVES, Joao Courelas	97	30.96	1:05.58
	MODERNO, Edi Couto	95	32.65	1:08.51	ALVES, Telmo Silva	94	30.19	1:03.96
7.	C N Montijo 1		C N Montijo		<b>4:18.10</b>	358		
	TORRAO, Rui Filipe	95	29.24	1:01.40	CORREIA, Rui Miguel	96	31.04	1:05.80
	ALVES, Manuel Jose	96	30.12	1:05.31	FREITAS, Rafael Jose	95	30.41	1:05.59
8.	Eléctrico 4		Eléctrico		<b>4:18.32</b>	357		
	MARZIA, Diogo Silva	96	31.42	1:05.51	SERRAS, Daniel Costa	95	31.63	1:06.95
	SALGUEIRO, Joao Miguel	95	30.61	1:04.58	LOPES, Joao Miguel	96	29.74	1:01.28
9.	Alcobaça 1		Alcobaça		<b>4:29.04</b>	316		
	VENANCIO, Diogo Filipe	96	31.60	1:06.78	RODRIGUES, Pedro Miguel	97	29.54	1:02.27
	JORGE, Joao Bernardo	97	31.99	1:06.73	MARTINS, Mauricio Santiago	97	35.14	1:13.26
10.	Pimpões/Cimai 1		Pimpões/Cimai		<b>4:38.84</b>	284		
	FERNANDES, Tiago Santos	98	30.73	1:04.75	BRANDAO, Pedro Reis	98	37.62	1:18.07
	BARBOSA, Pedro Alves	98	34.03	1:11.91	CARRICO, Antonio Fernandes	98	30.91	1:04.11
EXH	Sporting Clube de Portugal 1		Sporting Clube de Portugal		<b>3:37.24</b>	600		
	BONANCA, Mario Andre	90	26.04	53.83	AGOSTINHO, Pedro Miguel	92	26.20	54.88
	LOPES, Miguel Machado	92	26.43	54.89	COTOVIO, Ricardo Ferreira	91	25.88	53.64
EXH	Torres Novas 1		Torres Novas		<b>4:17.71</b>	359		
	POLICARPO, Duarte Brites	95	31.66	1:07.31	SAMOUCO, Fabio Miguel	95	27.62	57.24
	BRUNO, Nuno Miguel	95	29.36	1:03.61	REIS, Guilherme Antonio	96	33.85	1:09.55
EXH	Académico de Leiria 1		Académico de Leiria		<b>4:41.93</b>	274		
	CLEMENTE, Bernardo Santos	98	33.77	1:10.54	VASCONCELOS, Joao Francisco	98	33.31	1:11.24
	RODRIGUES, Diogo Filipe	98	33.88	1:11.61	RIBEIRO, Ricardo Miguel	97	33.06	1:08.54