

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

3 - 2ª Jornada - 1ª Sessão

3.7.10 - 10:00

Prova 12
3.7.10 - 10:00

Masc., 200m Livres

Infantil B
Resultados

TAC 50m: 2:51.60 - 25m: 2:47.38

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.	97	LOPES, Gabriel Jose	Lousanense	2:13.86	30.22	1:03.85	1:32.03	2:13.86
2.	97	GONCALVES, F.	Fundacao Beatriz Santos	2:17.04	31.21	1:06.18	1:42.45	2:17.04
3.	97	PORTASIO, A.	Columbofila Cantanhedense	2:18.29	31.74	1:06.10	1:42.02	2:18.29
4.	97	LAUREANO, A.	Natação de Alcobaça	2:21.08	31.65	1:07.58	1:45.09	2:21.08
5.	97	COUTINHO, A.	Columbofila Cantanhedense	2:22.49	30.74	1:09.29		2:22.49
6.	97	RIBEIRO, Ricardo Miguel	Académico de Leiria	2:22.51	31.65	1:09.26		2:22.51
7.	97	COSTA, Andre Lima	Sporting Clube de Espinho	2:23.49	29.64	1:09.15		2:23.49
8.	97	SANTOS, Joao Paris	Pimpões/Cimai	2:24.27	33.03	1:09.97	1:48.07	2:24.27
9.	97	RIBEIRO, Alexandre Silva	Obidos Patrimonium	2:24.75	32.33	1:09.40		2:24.75
10.	97	SILVA, Nuno Valerio	Desportivo Náutico da Marinha	2:24.81	31.29	1:09.40		2:24.81
11.	97	SILVESTRE, M.	Natação de Alcobaça	2:27.02	33.27	1:10.74	1:49.54	2:27.02
12.	97	QUERIDO, R.	Obidos Patrimonium	2:28.97	33.96	1:12.27	1:51.18	2:28.97
13.	97	OLIVEIRA, F.	Columbofila Cantanhedense	2:29.73	33.71	1:13.10	1:52.57	2:29.73
14.	97	VENTURA, Jose Miguel	Fundacao Beatriz Santos	2:29.86	33.47	1:12.04	1:51.37	2:29.86
15.	97	SANTOS, Nuno Miguel	Pimpões/Cimai	2:31.62	34.22	1:12.71	1:52.87	2:31.62
16.	97	PEREIRA, Hugo Vale	Nautico/Matobra	2:31.85	34.25	1:12.29	1:52.44	2:31.85
17.	97	GONCALVES, J.	Núcleo Desporto Amador de Póvoa do Varzim	2:32.60	33.31	1:12.09	1:52.83	2:32.60
18.	97	CANTANTE, Luis Filipe	Sporting Clube de Aveiro	2:33.61	33.56	1:13.13	1:54.31	2:33.61
19.	97	RODRIGUES, Pedro Jesus	Obidos Patrimonium	2:34.53	35.12	1:14.56	1:55.45	2:34.53
20.	97	VALERIO, Joao Pedro	Miranda do Corvo	2:34.97	35.11	1:14.46	1:55.40	2:34.97
21.	97	JERONIMO, R.	Núcleo Desporto Amador de Póvoa do Varzim	2:36.83	36.36	1:16.75	1:58.02	2:36.33
22.	97	NEVES, Luis Henrique	Fundacao Beatriz Santos	2:36.84	35.19	1:15.50	1:57.71	2:36.84
23.	97	RODRIGUES, Filipe Daniel	Vigor da Mocidade	2:37.34	34.85	1:14.62	1:56.65	2:37.34
24.	97	MELO, Joao Ismael	Grupo Desportivo da Mealhada	2:37.91	34.28	1:13.10	1:56.13	2:37.91
25.	97	TOMAS, Duarte Lourenco	Obidos Patrimonium	2:37.94	35.14	1:15.96	1:58.73	2:37.94
26.	97	GARCIA, Jorge Martins	Ginasio Figueirense	2:38.48	35.87	1:17.60	1:58.97	2:38.48
27.	97	SILVA, Joao Ricardo	Ginasio Figueirense	2:40.13	35.51	1:17.72	1:59.00	2:40.13
28.	97	CORREIA, R.	Sporting Clube de Espinho	2:41.33	36.70	1:18.98	2:01.74	2:41.33
29.	97	CARDOSO, Antonio Pedro	Ac.Viseu	2:41.44	35.97	1:17.37	2:00.70	2:41.44
30.	97	GUEDES, B.	Sporting Clube de Espinho	2:42.84	36.43	1:18.36	2:01.53	2:42.84
31.	97	MATA, Joao Ricardo	Galitos	2:44.13	36.20	1:18.13	2:01.53	2:44.13
32.	97	COSTA, Alexandre Gomes	Sporting Clube de Aveiro	2:48.01	36.82	1:20.31	2:05.98	2:48.01
33.	97	FELIX, Daniel Ferreira	Obidos Patrimonium	2:51.19	39.06	1:23.69	2:07.97	2:51.19

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 12, Masc., 200m Livres

Prova 12
3.7.10 - 10:00

Masc., 200m Livres

Infantil A
Resultados

TAC 50m: 2:36.97 - 25m: 2:33.15

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.	GABRIEL, Jose Luis	96	Ac.Viseu	2:09.87	29.64	1:01.86	1:36.77	2:09.87
2.	RELVAO, Daniel Baptista	96	Académica de Coimbra	2:16.57	30.74	1:05.43	1:42.75	2:16.57
3.	CARDOSO, Joao Pedro	96	Nautico/Matobra	2:17.87	32.33	1:07.86	1:43.43	2:17.87
4.	CUNHA, Lourenco Manuel	96	Académico de Leiria	2:18.42	31.29	1:06.26	1:42.92	2:18.42
5.	REIS, Pedro Miguel	96	Sporting Clube de Espinho	2:20.72	31.72	1:06.84	1:43.61	2:20.72
6.	MARQUES, Fabio Ferreira	96	Académico de Leiria	2:21.86	31.21	1:08.43		2:21.86
7.	LAMANDE, Jose Antonio	96	Industrial Vieirense	2:23.63	33.22	1:09.73	1:47.51	2:23.63
8.	FERREIRA, Rafael Rocha	96	Galitos	2:24.02	30.22	1:08.54		2:24.02
9.	SANTOS, Joao David	96	Miranda do Corvo	2:26.34	31.72	1:09.09		2:26.34
10.	VENANCIO, Diogo Filipe	96	Natação de Alcobaça	2:27.31	33.47	1:10.37	1:49.22	2:27.31
11.	BELCHIOR, Joao Miguel	96	Nautico/Matobra	2:27.62	34.42	1:12.28	1:50.88	2:27.62
12.	BABURKO, Maksym	96	Clube Naval da Nazaré	2:29.57	33.96	1:11.50	1:51.10	2:29.57
13.	PEREIRA, Bernardo Filipe	96	Pimpões/Cimai	2:29.58	33.76	1:11.46	1:51.06	2:29.58
14.	MARQUES, B.	96	Ac.Viseu	2:29.96	34.91	1:12.46	1:51.31	2:29.96
15.	RAMOS, Andre Loureiro	96	Ginasio Figueirense	2:30.02	34.29	1:12.97	1:52.89	2:30.02
16.	FERREIRA, Marcelo Jose	96	Ac.Viseu	2:31.27	34.04	1:12.77	1:53.19	2:31.27
17.	FERREIRA, Theo Jesus	96	Clube Naval da Nazaré	2:33.28	33.79	1:12.69	1:53.49	2:33.28
18.	COIMBRA, Daniel Baptista	96	Clube Desportivo Feirense	2:36.28	35.36	1:15.76	1:56.39	2:36.28

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 13
3.7.10 - 10:25

Femin., 100m Livres

Infantil B
Resultados

TAC 50m: 1:25.20 - 25m: 1:23.63

Pontos: FINA 2009

Lugar	Ano		Tempo final	Pts	50m	100m
1.	98	GUERRA, Mariana Cunha	1:03.66		30.68	1:03.66
2.	98	DAMASCENO, Rita Verissimo	1:07.14		31.41	1:07.14
3.	98	COSTA, Mariana Portugal	1:07.19		32.05	1:07.19
4.	98	LOPES, Rita Mateus	1:09.02		33.04	1:09.02
5.	98	LEAL, Catarina Goncalves	1:09.16		33.72	1:09.16
6.	98	ROCHA, Leonor Figo	1:09.71		33.81	1:09.71
7.	98	ALVES, Adriana Ramalho	1:10.12		33.59	1:10.12
8.	98	RIBEIRO, Catarina Martins	1:10.87		33.81	1:10.87
9.	98	DUARTE, Ines Serra	1:10.92		34.42	1:10.92
10.	98	ANDRADE, Matilde Oliveira	1:10.93		34.38	1:10.93
11.	98	MARTINS, Maria Teresa	1:11.15		33.83	1:11.15
12.	98	LOPES, Bárbara Sofia	1:11.16		33.95	1:11.16
12.	98	COSTA, Maria Malaguerra	1:11.16		33.55	1:11.16
14.	98	OLIVEIRA, Marta Catarino	1:12.01		34.10	1:12.01
15.	98	CUNHA, Jessica Filipa	1:13.05		34.07	1:13.05
16.	98	SANTOS, Marcia Jacinto	1:13.06		35.20	1:13.06
17.	98	TELHADO, Carlota Ramos	1:14.47		35.93	1:14.47
18.	98	MONTEIRO, Salome Meneses	1:15.04		35.96	1:15.04
19.	98	RODRIGUES, Rafaela Ferreira	1:16.20		36.26	1:16.20
20.	98	COSTA, Marta Marques	1:16.29		35.97	1:16.29
21.	98	LOURO, Margarida Santos	1:17.20		36.90	1:17.20
22.	98	GUERRA, Maria Luisa	1:17.31		36.58	1:17.31
23.	98	SANTOS, Rita Sofia	1:17.45		36.85	1:17.45
24.	98	COELHO, Maria Ines	1:17.56		36.86	1:17.56
25.	98	PINHO, Ines Santos	1:17.84		37.59	1:17.84
26.	98	SOARES, Ines Carolina	1:18.52		36.86	1:18.52
27.	98	MATOS, Carolina Lourenco	1:18.95		37.48	1:18.95
28.	98	LUZIO, Mariana Sofia	1:19.17		38.39	1:19.17
29.	98	VAZQUEZ, Ines Santos	1:19.25		37.96	1:19.25
30.	98	MENDES, Catarina Tavares	1:19.76		37.62	1:19.76
31.	98	PAZ, Mariana Domingues	1:19.84		38.01	1:19.84
32.	98	DIAS, Catarina Ataide	1:20.47		38.61	1:20.47
33.	98	VELOSO, Sancha Miguel	1:20.84		38.61	1:20.84
34.	98	MACHADO, Madalena Amaro	1:22.72		38.86	1:22.72
35.	98	LOURENCO, Mariana Filipa	1:23.98		39.97	1:23.98
36.	98	PRIOR, Laura Santos	1:29.68		42.05	1:29.68

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Prova 13, Femin., 100m Livres

Prova 13
3.7.10 - 10:25

Femin., 100m Livres

Infantil A
Resultados

TAC 50m: 1:17.97 - 25m: 1:16.49

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts	50m	100m
1. CRAVEIRO, Beatriz Neves	97	Nautico/Matobra	1:04.63	31.10	1:04.63
2. MORGADO, A.	97	Nautico/Matobra	1:05.48	31.32	1:05.48
3. FERREIRA, Liliana Sofia	97	Pimpões/Cimai	1:07.03	32.29	1:07.03
4. CUSTOIAS, Filipa Vicente	97	Benedita Sport Club Natação	1:07.14	32.84	1:07.14
5. GAMEIRO, Matilde Domingues	97	Nautico/Matobra	1:07.39	32.60	1:07.39
6. MATOS, Beatriz Filipa	97	Fundacao Beatriz Santos	1:07.50	32.69	1:07.50
7. PEDRO, Ana Beatriz	97	Bombeiros V. Caldas da Rainha	1:08.75	33.17	1:08.75
8. MARQUES, Sara Laranjeira	97	Galitos	1:09.02	32.88	1:09.02
9. TEODOSIO, Marina Nicolina	97	Académico de Leiria	1:09.20	33.58	1:09.20
10. PEREIRA, Cristiana Maria	97	Natação de Alcobaça	1:10.15	33.85	1:10.15
11. MENDES, Ines Silva	97	Nautico/Matobra	1:10.47	33.68	1:10.47
12. FERREIRA, Madalena Maria	97	Académica de Coimbra	1:10.48	33.92	1:10.48
13. COSTA, Ines Marcelino	97	Fundacao Beatriz Santos	1:10.77	33.88	1:10.77
14. RUIVACO, Liane Saraiva	97	Industrial Vieirense	1:10.87	33.46	1:10.87
15. DUARTE, Kelly Silva	97	Académico de Leiria	1:11.25	34.38	1:11.25
16. RELVA, Melissa Cardoso	97	Académico de Leiria	1:11.54	34.41	1:11.54
17. CEREJO, Barbara Amaro	97	Clube Naval da Nazaré	1:11.74	33.79	1:11.74
18. AREDE, Catarina Filipa	97	Sporting Clube de Aveiro	1:11.94	33.97	1:11.94
19. REI, Mariana Gomes	97	Desportivo Náutico da Marinha	1:12.20	35.09	1:12.20
20. MATIAS, Beatriz Duarte	97	Núcleo Desporto Amador de Pombal	1:12.36	34.81	1:12.36
21. PEREIRA, Bruna Filipa	97	Académico de Leiria	1:12.48	34.78	1:12.48
22. ROLO, Mariana Galego	97	Clube Naval da Nazaré	1:12.88	35.33	1:12.88
23. SPINOLA, Maria Pinheiro	97	Gafanha da Encarnacao	1:12.97	34.69	1:12.97
24. PAIS, Carolina Conceicao	97	Clube Desportivo Feirense	1:13.48	34.70	1:13.48
25. OLIVEIRA, Ana Catarina	97	Clube Desportivo Feirense	1:13.68	34.18	1:13.68
26. FILIPE, Mafalda Dias	97	Nautico/Matobra	1:13.76	35.68	1:13.76
27. CORREIA, Ana Patricia	97	Estamos Juntos	1:13.82	35.71	1:13.82
28. JOAO, Adriana Duarte	97	Natação de Alcobaça	1:14.10	34.88	1:14.10
29. CORREIA, Joana Duarte	97	Individual Coimbra	1:14.14	36.02	1:14.14
30. RIBEIRO, Ines Margarida	97	Sport Alges e Águeda	1:14.65	36.50	1:14.65
31. RESENDE, Luana Rafaela	97	Estamos Juntos	1:14.89	35.64	1:14.89
32. AZEVEDO, Sofia Lopes	97	Sporting Clube de Espinho	1:15.12	35.02	1:15.12
33. OLIVEIRA, Beatriz Viegas	97	Galitos	1:15.27	36.21	1:15.27
34. LIBERAL, Ana Catarina	97	Nautico/Matobra	1:15.64	35.82	1:15.64
35. SANTOS, Mariana Graca	97	Sporting Clube de Aveiro	1:15.98	36.45	1:15.98
36. BAPTISTA, Joana Ferreira	97	Desportivo Campinho	1:16.17	36.20	1:16.17
37. MALAQUIAS, Simone Felix	97	Obidos Patrimonium	1:16.46	36.61	1:16.46
38. COUTO, Ines Barreira	97	Ac.Viseu	1:16.80	36.32	1:16.80
39. ANDRADE, Filipa Oliveira	97	Estamos Juntos	1:17.27	36.65	1:17.27
40. NUNES, Ana Rita	97	Sport Alges e Águeda	1:18.19	37.75	1:18.19

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 14
3.7.10 - 10:45

Masc., 100m Bruços

Infantil B
Resultados

TAC 50m: 1:42.60 - 25m: 1:39.55

Pontos: FINA 2009

Lugar	Ano		Tempo final	Pts	50m	100m
1.	97	MARQUES, Filipe Oliveira Académico de Leiria	1:17.30		36.38	1:17.30
2.	97	CAPITAO, Simao Miguel Clube Desportivo Feirense	1:23.85		39.23	1:23.85
3.	97	GONCALVES, Diogo Mendes Columbofila Cantanhedense	1:25.94		41.22	1:25.94
4.	97	SANTOS, Jose Miguel Nautico/Matobra	1:26.62		39.58	1:26.62
5.	97	GOMES, Filipe Miguel Académico de Leiria	1:27.40		42.34	1:27.40
6.	97	FERREIRA, Octavio Afonso Nautico/Matobra	1:28.14		42.04	1:28.14
7.	97	COUTINHO, Pedro Miguel Industrial Vieirense	1:31.56		43.27	1:31.56
8.	97	RIBEIRO, Alexandre Silva Obidos Patrimonium	1:32.89		44.51	1:32.89
9.	97	MENDES, Joao Barros Académica de Coimbra	1:33.47		45.12	1:33.47
10.	97	SILVA, Joao Francisco Desportivo Náutico da Marinha	1:33.74		44.32	1:33.74
11.	97	MARTINS, Mauricio Santiago Natação de Alcobaça	1:35.24		45.31	1:35.24
12.	97	COSTA, Bernardo Ferro Sporting Clube de Espinho	1:36.23		45.34	1:36.23
13.	97	SILVA, Andre Gustavo Sporting Clube de Espinho	1:36.46		46.43	1:36.46
14.	97	TOMAS, Duarte Lourenco Obidos Patrimonium	1:37.22		45.38	1:37.22
15.	97	CORREIA, Andre Filipe Clube Desportivo Feirense	1:37.26		45.69	1:37.26
16.	97	HULLIY, Vladyslav Núcleo Desporto Amador de Pombal	1:37.71		45.03	1:37.71
DSQ	97	LOPES, Francisco Jose Nautico/Matobra				

O atleta tocou apenas com uma mão na parede aos 50m

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Prova 14, Masc., 100m Bruços

Prova 14
3.7.10 - 10:45

Masc., 100m Bruços

Infantil A
Resultados

TAC 50m: 1:32.69 - 25m: 1:29.98

Pontos: FINA 2009

Lugar	Ano		Tempo final	Pts	50m	100m
1.	96	VELOSO, Tomas Miguel Nautico/Matobra	1:15.49		35.77	1:15.49
2.	96	CAPITAO, Joao Paulo Clube Desportivo Feirense	1:17.09		36.68	1:17.09
3.	96	SOUSA, Tiago Sequeira Académico de Leiria	1:18.04		36.33	1:18.04
4.	96	LOPES, Pedro Joaozinho Académico de Leiria	1:22.17		38.69	1:22.17
5.	96	REIS, Leonardo Peralta Benedita Sport Club Natação	1:23.17		39.53	1:23.17
6.	96	GOMES, Daniel Faustino Natação de Alcobaça	1:23.52		39.68	1:23.52
7.	96	OLIVEIRA, Pedro Alexandre Desportivo Náutico da Marinha	1:24.13		39.87	1:24.13
8.	96	BENTO, Andre Manuel Natação de Alcobaça	1:25.24		40.09	1:25.24
9.	96	SILVA, Pedro Coelho Nautico/Matobra	1:26.34		41.05	1:26.34
10.	96	RAMOS, Andre Loureiro Ginasio Figueirense	1:27.26		40.50	1:27.26
11.	96	MARRECO, Nuno Andre Lousanense	1:27.37		40.02	1:27.37
12.	96	ARAUJO, Tiago Filipe Clube Desportivo Feirense	1:29.22		41.75	1:29.22
13.	96	FERREIRA, G. Núcleo Desporto Amador de Pombal	1:29.41		42.36	1:29.41
14.	96	AGOSTINHO, Ricardo Luis Fundacao Beatriz Santos	1:30.41		42.53	1:30.41
15.	96	ROMANO, Marcelo Germano Industrial Vieirense	1:30.87		42.80	1:30.87
16.	96	COSTA, Jose Diogo Ac.Viseu	1:31.36		43.19	1:31.36
17.	96	LAMANDE, Jose Antonio Industrial Vieirense	1:32.03		45.07	1:32.03
18.	96	FERNANDES, Diogo Miguel Núcleo Desporto Amador de Pombal	1:34.20		46.82	1:34.20
19.	96	MARQUES, Bernardo António Ac.Viseu	1:35.39		44.86	1:35.39
20.	96	SANTOS, Joao Martins Gafanha da Encarnacao	1:37.50		49.57	1:37.50
DSQ	96	GONCALVES, Nuno Ricardo Desportivo Campinho				
		<i>O atleta efectou toque alternado com as mãos aos 50m</i>				
DSQ	96	FIGUEIREDO, J. Ginasio Figueirense				
		<i>O atleta efectuou varias pernadas de mariposa durante o percurso</i>				
DNF	96	BAPTISTA, Joao Paulo Sporting Clube de Espinho				

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
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Prova 15
3.7.10 - 11:15

Femin., 200m Mariposa

Infantil B
Resultados

TAC 50m: 3:39.60 - 25m: 3:36.98

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.	MENDES, Rafaela Cunha	98	Desportivo Campinho	3:03.21	40.53	1:29.33	2:20.18	3:03.21
2.	OLIVEIRA, C.	98	Fundacao Beatriz Santos	3:04.25	40.02	1:24.90		3:04.25
3.	NUNES, Maria Joao	98	Natação de Alcobaça	3:34.82	44.23	1:41.11	2:39.00	3:34.82

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 15, Femin., 200m Mariposa

Prova 15
3.7.10 - 11:15

Femin., 200m Mariposa

Infantil A
Resultados

TAC 50m: 3:16.65 - 25m: 3:14.30

Lugar	Ano		Tempo final	50m	100m	150m	200m
1. PAULINO, Bruna Elisabete	97	Natação de Alcobaça	2:31.83	34.52	1:13.02		2:31.83
2. METELO, D.	97	Nautico/Matobra	2:43.59	34.79	1:15.45		2:43.59
3. FERNANDES, C.	97	Académica de Coimbra	2:56.60	39.28	1:22.74		2:56.60
4. LUIS, Beatriz Oliveira	97	Pimpões/Cimai	2:59.60	28.25	1:25.01		2:59.60
5. RELVA, Melissa Cardoso	97	Académico de Leiria	3:01.88	38.83	1:24.55		3:01.88
6. SOARES, Beatriz Gomes	97	Sporting Clube de Aveiro	3:26.47	40.84	1:30.54	2:26.36	3:26.47

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 16
3.7.10 - 11:30

Masc., 100m Mariposa

Infantil B
Resultados

TAC 50m: 1:29.40 - 25m: 1:28.02

Pontos: FINA 2009

Lugar	Ano		Tempo final	Pts	50m	100m
1.	RODRIGUES, Pedro Miguel	97	Natação de Alcobaça	1:10.18	32.96	1:10.18
2.	GOMES, Joao Andre	97	Natação de Alcobaça	1:10.55	33.19	1:10.55
3.	CORREIA, Joao Mota	97	Bombeiros V. Caldas da Rainha	1:12.16	33.19	1:12.16
4.	JORGE, Joao Bernardo	97	Natação de Alcobaça	1:12.57	34.04	1:12.57
5.	COUTINHO, A.	97	Columbofila Cantanhedense	1:13.77	35.23	1:13.77
6.	MARQUES, Jose Rafael	97	Bombeiros V. Caldas da Rainha	1:14.32	33.27	1:14.32
7.	TRIGO, Hugo Guilherme	97	Sporting Clube de Aveiro	1:16.05	35.73	1:16.05
8.	CARVALHEIRO, E.	97	Columbofila Cantanhedense	1:16.12	34.79	1:16.12
9.	GERARDO, Emanuel Falacho	97	Natação de Alcobaça	1:16.59	35.52	1:16.59
10.	CARIDADE, Nuno Miguel	97	Fundacao Beatriz Santos	1:17.87	34.99	1:17.87
11.	COSTA, Andre Lima	97	Sporting Clube de Espinho	1:18.69	35.26	1:18.69
12.	COELHO, Simao Pedro	97	Nautico/Matobra	1:18.90	36.80	1:18.90
13.	FIGUEIREDO, Rui Pedro	97	Ac.Viseu	1:20.52	35.90	1:20.52
14.	CAPITAO, Simao Miguel	97	Clube Desportivo Feirense	1:21.01	37.09	1:21.01
15.	ALMEIDA, Diogo Marques	97	Nautico/Matobra	1:23.36	37.60	1:23.36
16.	JERONIMO, R.	97	Núcleo Desporto Amador de Pombal	1:26.39	38.80	1:26.39
17.	SILVA, Luis Pedro	97	Nautico/Matobra	1:28.85	39.28	1:28.85
18.	ROCHA, Francisco Sousa	97	Sporting Clube de Aveiro	1:29.71	38.12	1:29.71
19.	GUEDES, Bernardo Soares	97	Sporting Clube de Espinho	1:30.89	41.67	1:30.89

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 16, Masc., 100m Mariposa

Prova 16
3.7.10 - 11:30

Masc., 100m Mariposa

Infantil A
Resultados

TAC 50m: 1:20.50 - 25m: 1:19.25

Pontos: FINA 2009

Lugar	Ano		Tempo final	Pts	50m	100m
1.	FERNANDES, Francisco Jose	96	Lousanense	1:03.97	29.81	1:03.97
2.	CINTRAO, Pedro Rafael	96	Núcleo Desporto Amador de Pombal	1:06.00	30.71	1:06.00
3.	CAPITAO, Joao Paulo	96	Clube Desportivo Feirense	1:09.42	32.09	1:09.42
4.	SANTOS, Nuno Goncalo	96	Desportivo Náutico da Marinha	1:09.69	34.24	1:09.69
5.	BUGALHO, Jose Pedro	96	Natação de Alcobaça	1:10.03	32.94	1:10.03
6.	SILVA, Job Santos	96	Clube Desportivo Feirense	1:11.68	33.03	1:11.68
7.	CASALEIRO, Claudio Patricio	96	Industrial Viegrense	1:14.55	34.39	1:14.55
8.	FIGUEIREDO, J.	96	Ginasio Figueirense	1:15.52	34.86	1:15.52
9.	ROMANO, Marcelo Germano	96	Industrial Viegrense	1:16.25	35.48	1:16.25
10.	SANTOS, Joao David	96	Miranda do Corvo	1:17.15	35.01	1:17.15
11.	COSTA, Pedro Miguel	96	Sporting Clube de Aveiro	1:18.38	35.53	1:18.38
12.	FUKUNAGA, William Norio	96	Sporting Clube de Espinho	1:20.18	37.59	1:20.18
13.	SANTOS, Joao Martins	96	Gafanha da Encarnacao	1:20.33	38.27	1:20.33
14.	FERREIRA, Theo Jesus	96	Clube Naval da Nazaré	1:20.42	35.70	1:20.42
15.	MARRECO, Nuno Andre	96	Lousanense	1:22.64	37.20	1:22.64
16.	COSTA, Jose Diogo	96	Ac.Viseu	1:24.13	38.51	1:24.13

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 17
3.7.10 - 12:00

Femin., 4 x 100m Estilos

Infantil B
Resultados

TAC 50m: 6:54.00 - 25m: 6:50.63

Pontos: FINA 2009

Lugar					Tempo final	Pts
1.	Nautico/Matobra Inf B		Nautico/Matobra		5:23.76	
	GUERRA, Maria Luisa	98	40.64	1:22.61	CONCEICAO, Ana Filipa	98 40.18 1:23.47
	LOPES, Rita Mateus	98	41.96	1:29.66	COSTA, Mariana Portugal	98 32.49 1:08.02
2.	DNMG INF B		Desportivo Náutico da Marinha		5:37.15	
	RIBEIRO, Catarina Martins	98	39.57	1:22.58	ALVES, Adriana Ramalho	98 37.96 1:23.87
	OLIVEIRA, Marta Catarino	98	46.96	1:36.60	NORTE, Beatriz Sofia	98 35.39 1:14.10
3.	Columbofila Cantanhedense Inf B		Columbofila Cantanhedense		5:46.65	
	SAMAGAI0, Iolanda Santos	98	47.56	1:39.00	GUERRA, Mariana Cunha	98 34.44 1:14.66
	LOURO, Margarida Santos	98	48.31	1:41.70	MACHADO, Vanessa Branco	98 33.58 1:11.29
4.	Sport Algés e Águeda Inf B		Sport Alges e Águeda		6:07.19	
	FIGUEIREDO, Maria Luís		45.37	1:30.45	TELHADO, Carlota Ramos	+0,75 45.44 1:39.44
	MARQUES, Ana Catarina		47.84	1:40.67	PIRES, Maria Luisa	36.91 1:16.63
DSQ	Feirense Inf B		Clube Desportivo Feirense			
	<i>Falsa rendição da 2ª atleta</i>					
	VAZQUEZ, Ines Santos		43.46	1:29.82	COELHO, Maria Ines	+0,33
	PINHO, Ines Santos	-0,11			BASTOS, Catarina Alves	

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 17, Femin., 4 x 100m Estilos

Prova 17
3.7.10 - 12:00

Femin., 4 x 100m Estilos

Infantil A
Resultados

TAC 50m: 6:13.75 - 25m: 6:10.60

Pontos: FINA 2009

Lugar					Tempo final	Pts
1.	DNMG INF A			Desportivo Náutico da Marinha	5:06.34	
	DOMINGUES, Joana Crespo	40.09	1:21.67	RUIVO, Filipa Vilas	+0,63 33.42	1:11.72
	DUARTE, Margarida Domingues	38.69	1:22.07	REI, Mariana Gomes	+0,31 21.33	1:10.88
2.	ASAL INF A			Académico de Leiria	5:20.06	
	DUARTE, Kelly Silva	40.55	1:22.02	RELVA, Melissa Cardoso	38.05	1:20.13
	TEODOSIO, Marina Nicolina +0,71	39.60	1:25.47	PEREIRA, Bruna Filipa +0,20	34.43	1:12.44
3.	Nautico/Matobra Inf A			Nautico/Matobra	5:20.40	
	LIBERAL, Ana Catarina 97	40.49	1:23.53	MENDES, Ines Silva 97	36.29	1:26.36
	MORGADO, Andreia Margarida 97	38.64	1:22.74	GAMEIRO, Matilde Domingues 97	32.44	1:07.77
4.	Académica de Coimbra Inf A			Académica de Coimbra	5:37.58	
	RAMALHO, Isa Raquel 97	43.11	1:29.02	FERNANDES, Cintia Mariana 97	37.83	1:21.25
	DUARTE, Carolina Costa 97	45.23	1:35.54	FERREIRA, Madalena Maria 97	33.97	1:11.77
5.	Pombal INF A			Núcleo Desporto Amador de Pombal	5:49.69	
	DUARTE, Mariana Jorge	45.94	1:34.13	FERNANDES, Joana Maria +0,65	43.17	1:31.99
	FERNANDES, Marta Almeida	43.23	1:32.01	MATIAS, Beatriz Duarte +0,64	33.93	1:11.56
6.	Sporting Clube de Aveiro 1			Sporting Clube de Aveiro	5:55.92	
	AREDE, Catarina Filipa	41.28	1:25.60	SOARES, Beatriz Gomes	41.17	1:27.05
	SANTOS, Mariana Graca +0,75	47.03	1:39.77	VELHA, Lais Domingues +0,77	39.04	1:23.50
7.	Feirense Inf A			Clube Desportivo Feirense	6:05.43	
	LOPES, Cristiana Almeida	45.20	1:32.54	OLIVEIRA, Ana Catarina +0,70	41.33	1:34.55
	PAIS, Carolina Conceicao +1,16	45.55	1:37.94	ALMEIDA, Andreia Catarina +0,15	38.23	1:20.40
8.	Campinho Inf A			Desportivo Campinho	6:08.05	
	ALMEIDA, Sofia Lopes 97	45.44	1:33.97	MARQUES, Ana Margarida 97	41.10	1:24.68
	SOARES, Gabriela Almeida 97	49.28	1:47.14	BAPTISTA, Joana Ferreira 97	43.48	1:22.26
DSQ	Estamos Juntos Inf A			Estamos Juntos		
	<i>O 3º Atleta efectuou braçadas de braços durante o percurso de mariposa</i>					
	ANDRADE, Filipa Oliveira	37.96	1:18.23	XARA, Renata Freire	+0,52	
	RESENDE, Luana Rafaela +0,43			CORREIA, Ana Patricia		

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 18
3.7.10 - 12:15

Masc., 4 x 100m Livres

Infantil B
Resultados

TAC 50m: 5:30.60 - 25m: 5:28.81

Pontos: FINA 2009

Lugar					Tempo final	Pts
1.	CNAL INF B				Natação de Alcobaça	4:21.34
	JORGE, Joao Bernardo	97	32.37	1:08.03	GOMES, Joao Andre	97 31.00 1:04.98
	LAUREANO, Alexandre Miguel	97	30.85	1:04.13	RODRIGUES, Pedro Miguel	97 30.95 1:04.20
2.	Columbofila Cantanhedense Inf B				Columbofila Cantanhedense	4:27.01
	PORTASIO, Alexandre Malva	+0,89	31.09	1:04.00	OLIVEIRA, Francisco Miguel	+0,41 32.19 1:08.67
	CARVALHEIRO, Eduardo Filipe	+0,58	31.71	1:06.90	COUTINHO, Alexandre Valdagua	+0,62 32.06 1:07.44
3.	Fundacao Beatriz Santos Inf B				Fundacao Beatriz Santos	4:31.17
	GONCALVES, Francisco Xavier	+0,92	29.75	1:03.65	VENTURA, Jose Miguel	33.33 1:09.82
	NEVES, Luis Henrique	+0,59	32.39	1:08.36	CARIDADE, Nuno Miguel	+0,43 33.06 1:09.34
4.	ASAL INF B				Académico de Leiria	4:36.17
	MARQUES, Filipe Oliveira	+0,69	31.13	1:04.93	FILIFE, Bernardo Joao	+0,68 34.41 1:13.56
	GOMES, Filipe Miguel		32.90	1:09.11	RIBEIRO, Ricardo Miguel	32.38 1:08.57
5.	Obidos INF B				Obidos Patrimonium	4:40.89
	RIBEIRO, Alexandre Silva	+0,82	31.62	1:06.23	RODRIGUES, Pedro Jesus	+0,65 34.41 1:11.38
	TOMAS, Duarte Lourenco	+0,40	34.36	1:12.79	QUERIDO, Ricardo Baptista	+0,60 34.23 1:10.49
6.	Bombeiros Inf B				Bombeiros V. Caldas da Rainha	4:44.04
	CORREIA, Joao Mota	+0,83	31.57	1:04.79	DIAS, Daniel Martins	+0,33 35.27 1:14.52
	MARQUES, Jose Rafael	+0,53	34.53	1:13.81	PEREIRA, Pedro Sousa	+0,42 33.69 1:10.92
7.	Espinho INF B				Sporting Clube de Espinho	4:46.93
	COSTA, Andre Lima	97	31.38	1:05.59	COSTA, Bernardo Ferro	97 34.28 1:13.84
	SILVA, Andre Gustavo	97	34.96	1:14.08	CORREIA, Ricardo Alexandre	97 35.01 1:13.42
8.	Nautico/Matobra Inf B				Nautico/Matobra	4:50.94
	SANTOS, Jose Miguel	+0,52	32.35	1:09.44	FERREIRA, Octavio Afonso	34.65 1:12.65
	PEREIRA, Hugo Vale		33.96	1:10.92	ALMEIDA, Diogo Marques	36.85 1:17.93
9.	Pombal INF B				Núcleo Desporto Amador de Pombal	4:54.26
	GONCALVES, Joao Courelas	+0,82	33.48	1:10.13	HULLIY, Vladyslav	+0,25 32.79 1:12.40
	JERONIMO, Ricardo Contreiras	+0,61	33.92	1:10.43	GOMES, Vasco Gameiro	+0,61 39.19 1:21.30

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 18, Masc., 4 x 100m Livres

Prova 18 Masc., 4 x 100m Livres Infantil A
3.7.10 - 12:15 Resultados

TAC 50m: 5:02.45 - 25m: 5:00.59

Pontos: FINA 2009

Lugar					Tempo final	Pts
1.	Nautico/Matobra Inf A			Nautico/Matobra	4:20.13	
	CARDOSO, Joao Pedro	+0,73	30.78	1:03.22	BELCHIOR, Joao Miguel	+0,55 31.77 1:06.42
	VELOSO, Tomas Miguel	+0,28	27.99	58.78	SILVA, Pedro Coelho	+0,63 35.20 1:11.71
2.	ASAL INF A			Académico de Leiria	4:21.24	
	MARQUES, Fabio Ferreira		31.76	1:01.58	LOPES, Pedro Joaquinho	33.11 1:08.67
	SOUSA, Tiago Sequeira		34.33	1:06.96	CUNHA, Lourenco Manuel	+0,58 30.70 1:04.03
3.	CNAL INF A			Natação de Alcobaça	4:22.74	
	BUGALHO, Jose Pedro		31.13	1:04.85	BENTO, Andre Manuel	+0,47 31.38 1:07.33
	VENANCIO, Diogo Filipe	+0,44	32.09	1:07.16	GOMES, Daniel Faustino	+0,70 30.32 1:03.40
4.	Ac. Viseu Inf A			Ac.Viseu	4:24.47	
	GABRIEL, Jose Luis	+0,90	28.86	59.44	MARQUES, Bernardo António	+0,57 33.75 1:10.29
	FERREIRA, Marcelo Jose	+0,42	32.49	1:07.96	COSTA, Jose Diogo	+0,12 31.59 1:06.78
5.	Feirense Inf A			Clube Desportivo Feirense	4:30.48	
	CAPITAO, Joao Paulo	+0,93	30.31	1:02.47	SILVA, Job Santos	+0,65 31.73 1:06.12
	COIMBRA, Daniel Baptista	+0,80	33.43	1:11.85	ARAUJO, Tiago Filipe	+0,44 33.30 1:10.04
6.	Sporting Clube de Aveiro 1			Sporting Clube de Aveiro	4:48.99	
	ROCHA, Francisco Sousa		34.31	1:12.08	COSTA, Alexandre Gomes	+0,58 36.18 1:16.23
	CANTANTE, Luis Filipe	+0,38	33.86	1:12.54	TRIGO, Hugo Guilherme	+0,47 33.06 1:08.14

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

4 - 2ª Jornada - 2ª Sessão

3.7.10 - 16:30

Prova 19 Masc., 1500m Livres Infantil B
3.7.10 - 16:30 Resultados

TAC 50m: 23:36.00 - 25m: 23:11.03

Pontos: FINA 2009

Lugar	Ano		Tempo final		Pts
1. LOPES, Gabriel Jose	97	Lousanense	18:35.31		
100m: 1:09.38 1:09.38	500m: 6:08.20 1:14.95	900m: 11:09.11 1:14.88	1300m: 16:11.12 1:15.50		
200m: 2:23.42 1:14.04	600m: 7:23.89 1:15.69	1000m: 12:23.76 1:14.65	1400m: 17:26.27 1:15.15		
300m: 3:38.43 1:15.01	700m: 8:39.16 1:15.27	1100m: 13:39.55 1:15.79	1500m: 18:35.31 1:09.04		
400m: 4:53.25 1:14.82	800m: 9:54.23 1:15.07	1200m: 14:55.62 1:16.07			
2. GOMES, Joao Andre	97	Natação de Alcobaça	18:54.74		
100m: 1:11.82 1:11.82	500m: 6:19.37 1:16.46	900m: 11:23.49 1:15.74	1300m: 16:27.96 1:15.90		
200m: 2:29.08 1:17.26	600m: 7:35.53 1:16.16	1000m: 12:39.49 1:16.00	1400m: 17:43.02 1:15.06		
300m: 3:46.12 1:17.04	700m: 8:51.57 1:16.04	1100m: 13:55.36 1:15.87	1500m: 18:54.74 1:11.72		
400m: 5:02.91 1:16.79	800m: 10:07.75 1:16.18	1200m: 15:12.06 1:16.70			
3. LAUREANO, Alexandre Miguel	97	Natação de Alcobaça	19:00.81		
100m: 1:10.48 1:10.48	500m: 6:17.25 1:16.56	900m: 11:26.05 1:17.46	1300m: 16:33.35 1:16.53		
200m: 2:26.78 1:16.30	600m: 7:34.87 1:17.62	1000m: 12:42.91 1:16.86	1400m: 17:50.52 1:17.17		
300m: 3:43.13 1:16.35	700m: 8:51.74 1:16.87	1100m: 13:59.82 1:16.91	1500m: 19:00.81 1:10.29		
400m: 5:00.69 1:17.56	800m: 10:08.59 1:16.85	1200m: 15:16.82 1:17.00			
4. CARVALHEIRO, Eduardo Filipe	97	Columbofila Cantanhedense	19:00.82		
100m: 1:10.51 1:10.51	500m: 6:15.86 1:16.90	900m: 11:23.60 1:16.24	1300m: 16:32.75 1:18.07		
200m: 2:26.28 1:15.77	600m: 7:32.35 1:16.49	1000m: 12:41.65 1:18.05	1400m: 17:48.74 1:15.99		
300m: 3:42.39 1:16.11	700m: 8:49.35 1:17.00	1100m: 13:59.20 1:17.55	1500m: 19:00.82 1:12.08		
400m: 4:58.96 1:16.57	800m: 10:07.36 1:18.01	1200m: 15:14.68 1:15.48			
5. SILVA, Nuno Valerio	97	Desportivo Náutico da Marinha	19:07.19		
100m: 1:11.61 1:11.61	500m: 6:21.25 1:17.44	900m: 11:32.07 1:16.83	1300m: 16:36.40 1:15.50		
200m: 2:29.50 1:17.89	600m: 7:39.23 1:17.98	1000m: 12:48.93 1:16.86	1400m: 17:52.08 1:15.68		
300m: 3:46.29 1:16.79	700m: 8:57.16 1:17.93	1100m: 14:04.62 1:15.69	1500m: 19:07.19 1:15.11		
400m: 5:03.81 1:17.52	800m: 10:15.24 1:18.08	1200m: 15:20.90 1:16.28			
6. GONCALVES, Francisco Xavier	97	Fundacao Beatriz Santos	19:13.40		
100m: 1:11.06 1:11.06	500m: 6:18.64 1:16.95	900m: 11:30.07 1:17.97	1300m: 16:41.89 1:17.90		
200m: 2:27.73 1:16.67	600m: 7:36.80 1:18.16	1000m: 12:47.67 1:17.60	1400m: 17:58.95 1:17.06		
300m: 3:44.62 1:16.89	700m: 8:54.31 1:17.51	1100m: 14:05.59 1:17.92	1500m: 19:13.40 1:14.45		
400m: 5:01.69 1:17.07	800m: 10:12.10 1:17.79	1200m: 15:23.99 1:18.40			
7. CORREIA, Joao Mota	97	Bombeiros V. Caldas da Rainha	19:19.67		
100m: 1:11.69 1:11.69	500m: 6:19.43 1:17.48	900m: 11:33.76 1:18.26	1300m: 16:46.96 1:17.93		
200m: 2:28.17 1:16.48	600m: 7:38.29 1:18.86	1000m: 12:52.65 1:18.89	1400m: 18:06.05 1:19.09		
300m: 3:44.60 1:16.43	700m: 8:57.02 1:18.73	1100m: 14:10.44 1:17.79	1500m: 19:19.67 1:13.62		
400m: 5:01.95 1:17.35	800m: 10:15.50 1:18.48	1200m: 15:29.03 1:18.59			
8. VENTURA, Jose Miguel	97	Fundacao Beatriz Santos	19:33.17		
100m: 1:15.45 1:15.45	500m: 6:28.75 1:17.54	900m: 11:43.72 1:18.19	1300m: 16:59.91 1:19.71		
200m: 2:35.44 1:19.99	600m: 7:47.73 1:18.98	1000m: 13:02.60 1:18.88	1400m: 18:18.16 1:18.25		
300m: 3:52.56 1:17.12	700m: 9:06.03 1:18.30	1100m: 14:22.06 1:19.46	1500m: 19:33.17 1:15.01		
400m: 5:11.21 1:18.65	800m: 10:25.53 1:19.50	1200m: 15:40.20 1:18.14			
9. QUERIDO, Ricardo Baptista	97	Obidos Patrimonium	19:35.82		
100m: 1:12.15 1:12.15	500m: 6:23.87 1:18.59	900m: 11:42.74 1:19.19	1300m: 16:59.48 1:19.00		
200m: 2:28.79 1:16.64	600m: 7:43.37 1:19.50	1000m: 13:02.76 1:20.02	1400m: 18:19.84 1:20.36		
300m: 3:45.89 1:17.10	700m: 9:03.42 1:20.05	1100m: 14:21.16 1:18.40	1500m: 19:35.82 1:15.98		
400m: 5:05.28 1:19.39	800m: 10:23.55 1:20.13	1200m: 15:40.48 1:19.32			
10. SANTOS, Joao Paris	97	Pimpões/Cimai	19:40.52		
100m: 1:12.21 1:12.21	500m: 6:27.01 1:19.09	900m: 11:45.39 1:19.78	1300m: 17:05.29 1:20.32		
200m: 2:30.58 1:18.37	600m: 7:46.43 1:19.42	1000m: 13:05.96 1:20.57	1400m: 18:23.70 1:18.41		
300m: 3:48.64 1:18.06	700m: 9:06.07 1:19.64	1100m: 14:25.98 1:20.02	1500m: 19:40.52 1:16.82		
400m: 5:07.92 1:19.28	800m: 10:25.61 1:19.54	1200m: 15:44.97 1:18.99			

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 19, Masc., 1500m Livres, Infantil B

Lugar			Ano					Tempo final	Pts
11.	OLIVEIRA, Francisco Miguel		97	Columbofila Cantanhedense				19:45.56	
	100m:	1:13.34	1:13.34	500m:	6:28.96	1:19.44	900m:	11:50.58	1:21.85
	200m:	2:32.00	1:18.66	600m:	7:49.13	1:20.17	1000m:	13:09.71	1:19.13
	300m:	3:50.28	1:18.28	700m:	9:08.84	1:19.71	1100m:	14:29.27	1:19.56
	400m:	5:09.52	1:19.24	800m:	10:28.73	1:19.89	1200m:	15:48.61	1:19.34
12.	GERARDO, Emanuel Falacho		97	Natação de Alcobaça				19:46.85	
	100m:	1:15.79	1:15.79	500m:	6:33.63	1:19.79	900m:	11:53.90	1:20.18
	200m:	2:35.36	1:19.57	600m:	7:54.09	1:20.46	1000m:	13:13.94	1:20.04
	300m:	3:54.08	1:18.72	700m:	9:14.23	1:20.14	1100m:	14:33.08	1:19.14
	400m:	5:13.84	1:19.76	800m:	10:33.72	1:19.49	1200m:	15:52.79	1:19.71
13.	SILVESTRE, Miguel Angelo		97	Natação de Alcobaça				19:56.89	
	100m:	1:12.93	1:12.93	500m:	6:32.70	1:19.95	900m:	11:54.65	1:20.40
	200m:	2:32.86	1:19.93	600m:	7:53.46	1:20.76	1000m:	13:14.82	1:20.17
	300m:	3:52.71	1:19.85	700m:	9:13.86	1:20.40	1100m:	14:35.05	1:20.23
	400m:	5:12.75	1:20.04	800m:	10:34.25	1:20.39	1200m:	15:55.94	1:20.89
14.	PEREIRA, Hugo Vale		97	Nautico/Matobra				20:26.92	
	100m:	1:16.48	1:16.48	500m:	6:45.78	1:23.20	900m:	12:16.09	1:22.44
	200m:	2:38.03	1:21.55	600m:	8:08.54	1:22.76	1000m:	13:38.79	1:22.70
	300m:	3:59.56	1:21.53	700m:	9:31.24	1:22.70	1100m:	15:01.24	1:22.45
	400m:	5:22.58	1:23.02	800m:	10:53.65	1:22.41	1200m:	16:23.38	1:22.14
15.	GONCALVES, Joao Courelas		97	Núcleo Desporto Amador de Pombal				21:15.19	
	100m:	1:15.08	1:15.08	500m:	6:55.87	1:25.89	900m:	12:40.57	1:25.78
	200m:	2:39.38	1:24.30	600m:	8:22.51	1:26.64	1000m:	14:06.86	1:26.29
	300m:	4:05.32	1:25.94	700m:	9:48.28	1:25.77	1100m:	15:32.90	1:26.04
	400m:	5:29.98	1:24.66	800m:	11:14.79	1:26.51	1200m:	17:00.57	1:27.67
16.	GUEDES, Bernardo Soares		97	Sporting Clube de Espinho				21:21.68	
	100m:	1:19.55	1:19.55	500m:	7:03.47	1:26.27	900m:	12:48.91	1:26.68
	200m:	2:45.43	1:25.88	600m:	8:30.08	1:26.61	1000m:	14:14.92	1:26.01
	300m:	4:11.27	1:25.84	700m:	9:56.03	1:25.95	1100m:	15:41.76	1:26.84
	400m:	5:37.20	1:25.93	800m:	11:22.23	1:26.20	1200m:	17:07.98	1:26.22
17.	CARDOSO, Antonio Pedro		97	Ac.Viseu				21:31.56	
	100m:	1:18.84	1:18.84	500m:	7:04.66	1:27.11	900m:	12:51.78	1:26.59
	200m:	2:44.46	1:25.62	600m:	8:31.01	1:26.35	1000m:	14:18.68	1:26.90
	300m:	4:10.75	1:26.29	700m:	9:57.22	1:26.21	1100m:	15:45.35	1:26.67
	400m:	5:37.55	1:26.80	800m:	11:25.19	1:27.97	1200m:	17:13.25	1:27.90
18.	NEVES, Luis Henrique		97	Fundacao Beatriz Santos				21:41.84	
	100m:	1:17.89	1:17.89	500m:	7:04.77	1:27.74	900m:	12:56.51	1:29.10
	200m:	2:44.72	1:26.83	600m:	8:31.49	1:26.72	1000m:	14:24.93	1:28.42
	300m:	4:10.23	1:25.51	700m:	9:59.50	1:28.01	1100m:	15:54.09	1:29.16
	400m:	5:37.03	1:26.80	800m:	11:27.41	1:27.91	1200m:	17:22.91	1:28.82
19.	GARCIA, Jorge Martins		97	Ginasio Figueirense				22:43.19	
	100m:	1:21.41	1:21.41	500m:	7:25.77	1:31.35	900m:	13:31.48	1:30.98
	200m:	2:51.41	1:30.00	600m:	8:57.72	1:31.95	1000m:	15:03.47	1:31.99
	300m:	4:22.71	1:31.30	700m:	10:29.31	1:31.59	1100m:	16:35.71	1:32.24
	400m:	5:54.42	1:31.71	800m:	12:00.50	1:31.19	1200m:	18:07.19	1:31.48

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 19, Masc., 1500m Livres

Prova 19
3.7.10 - 16:30

Masc., 1500m Livres

Infantil A
Resultados

TAC 50m: 21:41.80 - 25m: 21:19.32

Pontos: FINA 2009

Lugar			Ano			Tempo final			Pts
1.	BUGALHO, Jose Pedro		96	Natação de Alcobaça		18:03.51			
	100m: 1:09.10	1:09.10	500m: 5:59.79	1:13.08	900m: 10:50.41	1:12.47	1300m: 15:40.40	1:12.53	
	200m: 2:20.96	1:11.86	600m: 7:12.61	1:12.82	1000m: 12:03.00	1:12.59	1400m: 16:52.71	1:12.31	
	300m: 3:33.78	1:12.82	700m: 8:25.41	1:12.80	1100m: 13:15.78	1:12.78	1500m: 18:03.51	1:10.80	
	400m: 4:46.71	1:12.93	800m: 9:37.94	1:12.53	1200m: 14:27.87	1:12.09			
2.	RELVAO, Daniel Baptista		96	Académica de Coimbra		18:35.69			
	100m: 1:08.34	1:08.34	500m: 6:06.11	1:15.26	900m: 11:08.17	1:15.70	1300m: 16:08.50	1:14.96	
	200m: 2:22.56	1:14.22	600m: 7:21.37	1:15.26	1000m: 12:22.70	1:14.53	1400m: 17:24.13	1:15.63	
	300m: 3:35.92	1:13.36	700m: 8:36.85	1:15.48	1100m: 13:37.66	1:14.96	1500m: 18:35.69	1:11.56	
	400m: 4:50.85	1:14.93	800m: 9:52.47	1:15.62	1200m: 14:53.54	1:15.88			
3.	FERREIRA, Rafael Rocha		96	Galitos		19:15.19			
	100m: 1:09.82	1:09.82	500m: 6:19.93	1:17.88	900m: 11:31.75	1:17.03	1300m: 16:42.33	1:17.32	
	200m: 2:26.91	1:17.09	600m: 7:38.60	1:18.67	1000m: 12:49.09	1:17.34	1400m: 17:59.41	1:17.08	
	300m: 3:43.83	1:16.92	700m: 8:57.27	1:18.67	1100m: 14:06.77	1:17.68	1500m: 19:15.19	1:15.78	
	400m: 5:02.05	1:18.22	800m: 10:14.72	1:17.45	1200m: 15:25.01	1:18.24			
4.	SANTOS, Nuno Goncalo		96	Desportivo Náutico da Marinha		19:33.20			
	100m: 1:13.75	1:13.75	500m: 6:28.96	1:18.71	900m: 11:44.62	1:18.67	1300m: 16:59.86	1:19.77	
	200m: 2:32.40	1:18.65	600m: 7:48.54	1:19.58	1000m: 13:03.63	1:19.01	1400m: 18:18.65	1:18.79	
	300m: 3:51.15	1:18.75	700m: 9:06.91	1:18.37	1100m: 14:22.38	1:18.75	1500m: 19:33.20	1:14.55	
	400m: 5:10.25	1:19.10	800m: 10:25.95	1:19.04	1200m: 15:40.09	1:17.71			
5.	COSTA, Pedro Miguel		96	Sporting Clube de Aveiro		19:44.59			
	100m: 1:13.61	1:13.61	500m: 6:35.00	1:19.80	900m: 11:52.94	1:18.75	1300m: 17:13.59	1:19.18	
	200m: 2:32.73	1:19.12	600m: 7:55.38	1:20.38	1000m: 13:13.36	1:20.42	1400m: 18:32.95	1:19.36	
	300m: 3:54.62	1:21.89	700m: 9:15.67	1:20.29	1100m: 14:32.66	1:19.30	1500m: 19:44.59	1:11.64	
	400m: 5:15.20	1:20.58	800m: 10:34.19	1:18.52	1200m: 15:54.41	1:21.75			
6.	REIS, Pedro Miguel		96	Sporting Clube de Espinho		19:52.74			
	100m: 1:10.89	1:10.89	500m: 6:29.55	1:20.11	900m: 11:51.28	1:21.39	1300m: 17:13.80	1:20.90	
	200m: 2:30.23	1:19.34	600m: 7:49.33	1:19.78	1000m: 13:11.71	1:20.43	1400m: 18:34.60	1:20.80	
	300m: 3:49.39	1:19.16	700m: 9:09.36	1:20.03	1100m: 14:30.99	1:19.28	1500m: 19:52.74	1:18.14	
	400m: 5:09.44	1:20.05	800m: 10:29.89	1:20.53	1200m: 15:52.90	1:21.91			
7.	PEREIRA, Bernardo Filipe		96	Pimpões/Cimai		20:36.21			
	100m: 1:15.08	1:15.08	500m: 6:47.25	1:23.02	900m: 12:20.52	1:23.32	1300m: 17:51.91	1:22.51	
	200m: 2:38.38	1:23.30	600m: 8:10.25	1:23.00	1000m: 13:43.52	1:23.00	1400m: 19:12.85	1:20.94	
	300m: 4:01.51	1:23.13	700m: 9:34.38	1:24.13	1100m: 15:06.37	1:22.85	1500m: 20:36.21	1:23.36	
	400m: 5:24.23	1:22.72	800m: 10:57.20	1:22.82	1200m: 16:29.40	1:23.03			
8.	SANTOS, Carlos Eduardo		96	Columbofila Cantanhedense		20:36.96			
	100m: 1:17.48	1:17.48	500m: 6:45.77	1:22.37	900m: 12:16.31	1:23.05	1300m: 17:54.33	1:25.35	
	200m: 2:38.65	1:21.17	600m: 8:07.91	1:22.14	1000m: 13:41.42	1:25.11	1400m: 19:17.42	1:23.09	
	300m: 4:00.69	1:22.04	700m: 9:30.14	1:22.23	1100m: 15:05.34	1:23.92	1500m: 20:36.96	1:19.54	
	400m: 5:23.40	1:22.71	800m: 10:53.26	1:23.12	1200m: 16:28.98	1:23.64			
9.	BABURKO, Maksym		96	Clube Naval da Nazaré		20:38.83			
	100m: 1:14.87	1:14.87	500m: 6:44.82	1:23.58	900m: 12:20.50	1:24.69	1300m: 17:55.43	1:23.81	
	200m: 2:36.28	1:21.41	600m: 8:09.27	1:24.45	1000m: 13:43.81	1:23.31	1400m: 19:18.15	1:22.72	
	300m: 3:58.34	1:22.06	700m: 9:32.28	1:23.01	1100m: 15:08.30	1:24.49	1500m: 20:38.83	1:20.68	
	400m: 5:21.24	1:22.90	800m: 10:55.81	1:23.53	1200m: 16:31.62	1:23.32			
10.	FERREIRA, Theo Jesus		96	Clube Naval da Nazaré		21:08.45			
	100m: 1:17.99	1:17.99	500m: 6:59.92	1:25.19	900m: 12:41.21	1:24.96	1300m: 18:21.34	1:24.61	
	200m: 2:43.66	1:25.67	600m: 8:25.72	1:25.80	1000m: 14:06.28	1:25.07	1400m: 19:45.21	1:23.87	
	300m: 4:09.31	1:25.65	700m: 9:51.14	1:25.42	1100m: 15:31.53	1:25.25	1500m: 21:08.45	1:23.24	
	400m: 5:34.73	1:25.42	800m: 11:16.25	1:25.11	1200m: 16:56.73	1:25.20			
11.	FERREIRA, Marcelo Jose		96	Ac. Viseu		21:56.86			
	100m: 1:18.91	1:18.91	500m: 7:10.90	1:28.89	900m: 13:08.31	1:29.65	1300m: 19:03.84	1:28.51	
	200m: 2:44.99	1:26.08	600m: 8:40.06	1:29.16	1000m: 14:37.70	1:29.39	1400m: 20:31.70	1:27.86	
	300m: 4:12.69	1:27.70	700m: 10:09.69	1:29.63	1100m: 16:06.48	1:28.78	1500m: 21:56.86	1:25.16	
	400m: 5:42.01	1:29.32	800m: 11:38.66	1:28.97	1200m: 17:35.33	1:28.85			

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 20 Femin., 400m Livres Infantil B
3.7.10 - 18:00 Resultados

TAC 50m: 6:27.60 - 25m: 6:22.69

Pontos: FINA 2009

Lugar	Ano		Tempo final		Pts
1. GUERRA, Mariana Cunha	98	Columbofila Cantanhedense	4:54.55		
50m: 32.73 32.73	150m: 1:46.12 37.29	250m: 3:02.61 38.14	350m: 4:18.27	37.42	
100m: 1:08.83 36.10	200m: 2:24.47 38.35	300m: 3:40.85 38.24	400m: 4:54.55	36.28	
2. COSTA, Mariana Portugal	98	Nautico/Matobra	4:56.88		
50m: 33.12 33.12	150m: 1:48.43 38.34	250m: 3:04.76 38.40	350m: 4:21.05	37.80	
100m: 1:10.09 36.97	200m: 2:26.36 37.93	300m: 3:43.25 38.49	400m: 4:56.88	35.83	
3. FERREIRA, Ana Raquel	98	Ginasio Figueirense	5:02.38		
50m: 33.17 33.17	150m: 1:49.00 38.92	250m: 3:07.77 39.02	350m: 4:26.12	38.87	
100m: 1:10.08 36.91	200m: 2:28.75 39.75	300m: 3:47.25 39.48	400m: 5:02.38	36.26	
4. DAMASCENO, Rita Verissimo	98	Nautico/Matobra	5:03.89		
50m: 33.96 33.96	150m: 1:50.81 39.52	250m: 3:09.61 39.67	350m: 4:27.21	38.22	
100m: 1:11.29 37.33	200m: 2:29.94 39.13	300m: 3:48.99 39.38	400m: 5:03.89	36.68	
5. RIBEIRO, Catarina Martins	98	Desportivo Náutico da Marinha	5:10.28		
50m: 34.22 34.22	150m: 1:53.30 40.31	250m: 3:13.02 39.61	350m: 4:31.87	39.32	
100m: 1:12.99 38.77	200m: 2:33.41 40.11	300m: 3:52.55 39.53	400m: 5:10.28	38.41	
6. LEAL, Catarina Goncalves	98	Académico de Leiria	5:13.57		
50m: 35.75 35.75	150m: 1:55.49 40.75	250m: 3:16.45 40.73	350m: 4:36.29	39.64	
100m: 1:14.74 38.99	200m: 2:35.72 40.23	300m: 3:56.65 40.20	400m: 5:13.57	37.28	
7. ANDRADE, Matilde Oliveira	98	Nautico/Matobra	5:13.64		
50m: 36.20 36.20	150m: 1:56.08 40.21	250m: 3:17.04 40.81	350m: 4:35.50	39.31	
100m: 1:15.87 39.67	200m: 2:36.23 40.15	300m: 3:56.19 39.15	400m: 5:13.64	38.14	
8. MACHADO, Vanessa Branco	98	Columbofila Cantanhedense	5:13.65		
50m: 34.44 34.44	150m: 1:54.83 40.76	250m: 3:15.43 39.86	350m: 4:35.14	39.55	
100m: 1:14.07 39.63	200m: 2:35.57 40.74	300m: 3:55.59 40.16	400m: 5:13.65	38.51	
9. CORREIA, Maria Carolina	98	Lousanense	5:15.79		
50m: 34.42 34.42	150m: 1:53.11 40.45	250m: 3:15.89 41.39	350m: 4:37.73	40.84	
100m: 1:12.66 38.24	200m: 2:34.50 41.39	300m: 3:56.89 41.00	400m: 5:15.79	38.06	
10. COSTA, Maria Malaguerra	98	Grupo Desportivo da Mealhada	5:23.35		
50m: 36.54 36.54	150m: 1:59.22 41.88	250m: 3:20.95 40.42	350m: 4:44.05	41.54	
100m: 1:17.34 40.80	200m: 2:40.53 41.31	300m: 4:02.51 41.56	400m: 5:23.35	39.30	
11. ALVES, Adriana Ramalho	98	Desportivo Náutico da Marinha	5:26.29		
50m: 34.49 34.49	150m: 1:54.66 40.89	250m: 3:18.95 42.54	350m: 4:44.59	42.69	
100m: 1:13.77 39.28	200m: 2:36.41 41.75	300m: 4:01.90 42.95	400m: 5:26.29	41.70	
12. NORTE, Beatriz Sofia	98	Desportivo Náutico da Marinha	5:27.82		
50m: 38.05 38.05	150m: 2:00.67 41.75	250m: 3:24.51 42.07	350m: 4:47.77	41.88	
100m: 1:18.92 40.87	200m: 2:42.44 41.77	300m: 4:05.89 41.38	400m: 5:27.82	40.05	
13. PESSOA, Ana Carolina	98	Ginasio Figueirense	5:29.15		
50m: 36.25 36.25	150m: 1:59.94 42.25	250m: 3:24.91 42.46	350m: 4:49.43	42.32	
100m: 1:17.69 41.44	200m: 2:42.45 42.51	300m: 4:07.11 42.20	400m: 5:29.15	39.72	
14. FERREIRA, Rita Maria	98	Sporting Clube de Aveiro	5:32.99		
50m: 35.82 35.82	150m: 2:00.57 43.29	250m: 3:27.28 42.90	350m: 4:52.94	42.47	
100m: 1:17.28 41.46	200m: 2:44.38 43.81	300m: 4:10.47 43.19	400m: 5:32.99	40.05	
15. LOPES, Bárbara Sofia	98	Clube Desportivo Estarreja	5:34.09		
50m: 35.33 35.33	150m: 2:00.73 43.91	250m: 3:27.89 43.62	350m: 4:54.70	44.99	
100m: 1:16.82 41.49	200m: 2:44.27 43.54	300m: 4:09.71 41.82	400m: 5:34.09	39.39	
16. MONTEIRO, Salome Meneses	98	Sporting Clube de Espinho	5:36.01		
50m: 37.32 37.32	150m: 2:02.55 43.70	250m: 3:30.53 43.97	350m: 4:56.25	42.24	
100m: 1:18.85 41.53	200m: 2:46.56 44.01	300m: 4:14.01 43.48	400m: 5:36.01	39.76	
17. TELHADO, Carlota Ramos	98	Sport Alges e Águeda	5:38.63		
50m: 37.76 37.76	150m: 2:04.13 43.72	250m: 3:30.71 43.30	350m: 4:58.15	43.09	
100m: 1:20.41 42.65	200m: 2:47.41 43.28	300m: 4:15.06 44.35	400m: 5:38.63	40.48	

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 20, Femin., 400m Livres, Infantil B

Lugar			Ano					Tempo final	Pts		
18.	LOURO, Margarida Santos		98	Columbofila Cantanhedense				5:39.97			
	50m:	37.87 37.87	150m:	2:05.04	44.03	250m:	3:33.96	44.11	350m:	4:59.99	42.19
	100m:	1:21.01 43.14	200m:	2:49.85	44.81	300m:	4:17.80	43.84	400m:	5:39.97	39.98
19.	PINTO, Teresa Miguel		98	Sporting Clube de Aveiro				5:50.14			
	50m:	39.94 39.94	150m:	2:07.03	44.08	250m:	3:37.28	44.91	350m:	5:07.86	45.36
	100m:	1:22.95 43.01	200m:	2:52.37	45.34	300m:	4:22.50	45.22	400m:	5:50.14	42.28
20.	FERREIRA, Rosário Fátima		98	Clube Desportivo Estarreja				5:51.91			
	50m:	37.43 37.43	150m:	2:08.94	46.66	250m:	3:40.47	45.99	350m:	5:10.90	44.18
	100m:	1:22.28 44.85	200m:	2:54.48	45.54	300m:	4:26.72	46.25	400m:	5:51.91	41.01
21.	GOMES, Sandra Cristina		98	Sporting Clube de Espinho				5:53.41			
	50m:	39.32 39.32	150m:	2:09.88	45.28	250m:	3:41.39	44.93	350m:	5:11.62	45.25
	100m:	1:24.60 45.28	200m:	2:56.46	46.58	300m:	4:26.37	44.98	400m:	5:53.41	41.79
22.	SOARES, Ines Carolina		98	Grupo Desportivo da Mealhada				5:54.59			
	50m:	37.85 37.85	150m:	2:07.96	45.63	250m:	3:39.85	46.17	350m:	5:11.26	45.58
	100m:	1:22.33 44.48	200m:	2:53.68	45.72	300m:	4:25.68	45.83	400m:	5:54.59	43.33
23.	SAMAGAIO, Iolanda Santos		98	Columbofila Cantanhedense				5:58.38			
	50m:	40.59 40.59	150m:	2:11.50	44.81	250m:	3:43.75	46.07	350m:	5:14.00	45.82
	100m:	1:26.69 46.10	200m:	2:57.68	46.18	300m:	4:28.18	44.43	400m:	5:58.38	44.38
24.	RODRIGUES, Madalena Henriques		98	Nautico/Matobra				6:09.59			
	50m:	41.03 41.03	150m:	2:16.07	48.07	250m:	3:50.56	47.27	350m:	5:25.89	47.38
	100m:	1:28.00 46.97	200m:	3:03.29	47.22	300m:	4:38.51	47.95	400m:	6:09.59	43.70
25.	PINHO, Ines Santos		98	Clube Desportivo Feirense				6:17.15			
	50m:	40.07 40.07	150m:	2:14.79	47.82	250m:	3:51.48	48.54	350m:	5:32.40	50.17
	100m:	1:26.97 46.90	200m:	3:02.94	48.15	300m:	4:42.23	50.75	400m:	6:17.15	44.75

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 20, Femin., 400m Livres

Prova 20 Femin., 400m Livres Infantil A
3.7.10 - 18:00 Resultados

TAC 50m: 5:55.35 - 25m: 5:50.73

Pontos: FINA 2009

Lugar			Ano					Tempo final	Pts		
1.	RUIVO, Filipa Vilas		97	Desportivo Náutico da Marinha				4:41.25			
	50m:	31.68 31.68	150m:	1:41.76	35.87	250m:	2:54.02	36.29	350m:	4:06.42	36.30
	100m:	1:05.89 34.21	200m:	2:17.73	35.97	300m:	3:30.12	36.10	400m:	4:41.25	34.83
2.	METELO, Daniela Figueiredo		97	Nautico/Matobra				4:56.60			
	50m:	33.14 33.14	150m:	1:48.50	38.41	250m:	3:06.14	39.15	350m:	4:21.97	37.01
	100m:	1:10.09 36.95	200m:	2:26.99	38.49	300m:	3:44.96	38.82	400m:	4:56.60	34.63
3.	MATOS, Beatriz Filipa		97	Fundacao Beatriz Santos				4:58.82			
	50m:	33.35 33.35	150m:	1:48.43	38.21	250m:	3:05.59	38.52	350m:	4:22.42	38.18
	100m:	1:10.22 36.87	200m:	2:27.07	38.64	300m:	3:44.24	38.65	400m:	4:58.82	36.40
4.	GAMEIRO, Matilde Domingues		97	Nautico/Matobra				5:00.14			
	50m:	33.48 33.48	150m:	1:48.27	37.90	250m:	3:05.81	38.64	350m:	4:22.92	38.20
	100m:	1:10.37 36.89	200m:	2:27.17	38.90	300m:	3:44.72	38.91	400m:	5:00.14	37.22
5.	MORGADO, Andreia Margarida		97	Nautico/Matobra				5:01.43			
	50m:	34.22 34.22	150m:	1:50.37	38.65	250m:	3:08.58	39.20	350m:	4:25.65	37.86
	100m:	1:11.72 37.50	200m:	2:29.38	39.01	300m:	3:47.79	39.21	400m:	5:01.43	35.78
6.	CUSTOIAS, Filipa Vicente		97	Benedita Sport Club Natação				5:01.55			
	50m:	34.97 34.97	150m:	1:53.18	39.40	250m:	3:11.17	38.29	350m:	4:26.91	37.19
	100m:	1:13.78 38.81	200m:	2:32.88	39.70	300m:	3:49.72	38.55	400m:	5:01.55	34.64
7.	DUARTE, Margarida Domingues		97	Desportivo Náutico da Marinha				5:06.16			
	50m:	34.87 34.87	150m:	1:52.19	39.14	250m:	3:10.08	39.06	350m:	4:27.87	38.86
	100m:	1:13.05 38.18	200m:	2:31.02	38.83	300m:	3:49.01	38.93	400m:	5:06.16	38.29
8.	MENDES, Ines Silva		97	Nautico/Matobra				5:08.61			
	50m:	33.45 33.45	150m:	1:49.34	38.73	250m:	3:08.75	39.74	350m:	4:29.59	40.27
	100m:	1:10.61 37.16	200m:	2:29.01	39.67	300m:	3:49.32	40.57	400m:	5:08.61	39.02
9.	SIMOES, Rute Daniela		97	Lousanense				5:09.46			
	50m:	33.88 33.88	150m:	1:50.38	38.99	250m:	3:10.43	40.11	350m:	4:30.69	40.20
	100m:	1:11.39 37.51	200m:	2:30.32	39.94	300m:	3:50.49	40.06	400m:	5:09.46	38.77
10.	PEDRO, Ana Beatriz		97	Bombeiros V. Caldas da Rainha				5:09.67			
	50m:	35.32 35.32	150m:	1:54.16	39.80	250m:	3:12.93	39.30	350m:	4:31.49	39.33
	100m:	1:14.36 39.04	200m:	2:33.63	39.47	300m:	3:52.16	39.23	400m:	5:09.67	38.18
11.	FERREIRA, Madalena Maria		97	Académica de Coimbra				5:12.71			
	50m:	35.74 35.74	150m:	1:57.44	41.50	250m:	3:17.93	39.83	350m:	4:36.65	38.53
	100m:	1:15.94 40.20	200m:	2:38.10	40.66	300m:	3:58.12	40.19	400m:	5:12.71	36.06
12.	MARQUES, Sara Laranjeira		97	Galitos				5:15.29			
	50m:	34.18 34.18	150m:	1:52.79	39.91	250m:	3:14.63	41.22	350m:	4:36.15	40.82
	100m:	1:12.88 38.70	200m:	2:33.41	40.62	300m:	3:55.33	40.70	400m:	5:15.29	39.14
13.	FILIPE, Mafalda Dias		97	Nautico/Matobra				5:24.18			
	50m:	37.02 37.02	150m:	1:59.71	41.41	250m:	3:22.22	41.02	350m:	4:44.49	41.12
	100m:	1:18.30 41.28	200m:	2:41.20	41.49	300m:	4:03.37	41.15	400m:	5:24.18	39.69
14.	SOARES, Beatriz Gomes		97	Sporting Clube de Aveiro				5:30.02			
	50m:	36.53 36.53	150m:	2:00.83	42.99	250m:	3:26.53	42.69	350m:	4:50.72	41.89
	100m:	1:17.84 41.31	200m:	2:43.84	43.01	300m:	4:08.83	42.30	400m:	5:30.02	39.30
15.	SPINOLA, Maria Pinheiro		97	Gafanha da Encarnacao				5:30.45			
	50m:	35.84 35.84	150m:	1:59.70	43.00	250m:	3:24.47	41.64	350m:	4:49.17	42.47
	100m:	1:16.70 40.86	200m:	2:42.83	43.13	300m:	4:06.70	42.23	400m:	5:30.45	41.28
16.	AREDE, Catarina Filipa		97	Sporting Clube de Aveiro				5:31.32			
	50m:	36.27 36.27	150m:	1:59.60	41.73	250m:	3:25.19	42.48	350m:	4:50.48	41.98
	100m:	1:17.87 41.60	200m:	2:42.71	43.11	300m:	4:08.50	43.31	400m:	5:31.32	40.84

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 20, Femin., 400m Livres, Infantil A

Lugar			Ano					Tempo final	Pts		
17.	OLIVEIRA, Beatriz Viegas		97	Galitos				5:32.72			
	50m:	37.53 37.53	150m:	2:02.52	43.26	250m:	3:27.37	42.60	350m:	4:52.08	42.23
	100m:	1:19.26 41.73	200m:	2:44.77	42.25	300m:	4:09.85	42.48	400m:	5:32.72	40.64
18.	RIBEIRO, Ines Margarida		97	Sport Alges e Águeda				5:33.57			
	50m:	38.20 38.20	150m:	2:04.15	43.43	250m:	3:31.32	43.50	350m:	4:54.63	41.28
	100m:	1:20.72 42.52	200m:	2:47.82	43.67	300m:	4:13.35	42.03	400m:	5:33.57	38.94
19.	CORREIA, Ana Patricia		97	Estamos Juntos				5:34.29			
	50m:	36.95 36.95	150m:	1:59.39	42.09	250m:	3:25.26	43.17	350m:	4:52.56	44.06
	100m:	1:17.30 40.35	200m:	2:42.09	42.70	300m:	4:08.50	43.24	400m:	5:34.29	41.73
20.	VALENTE, Vera Rodrigues		97	Clube Desportivo Estarreja				5:37.55			
	50m:	37.63 37.63	150m:	2:02.48	43.32	250m:	3:29.36	42.84	350m:	4:55.51	41.87
	100m:	1:19.16 41.53	200m:	2:46.52	44.04	300m:	4:13.64	44.28	400m:	5:37.55	42.04
21.	NUNES, Ana Rita		97	Sport Alges e Águeda				5:40.74			
	50m:	39.01 39.01	150m:	2:05.62	43.50	250m:	3:32.57	43.20	350m:	4:59.06	43.28
	100m:	1:22.12 43.11	200m:	2:49.37	43.75	300m:	4:15.78	43.21	400m:	5:40.74	41.68
22.	RESENDE, Luana Rafaela		97	Estamos Juntos				5:42.75			
	50m:	38.26 38.26	150m:	2:04.51	43.89	250m:	3:34.38	44.51	350m:	5:03.11	44.54
	100m:	1:20.62 42.36	200m:	2:49.87	45.36	300m:	4:18.57	44.19	400m:	5:42.75	39.64
23.	MALAQUIAS, Simone Felix		97	Obidos Patrimonium				5:44.38			
	50m:	36.55 36.55	150m:	2:03.96	44.47	250m:	3:33.63	43.95	350m:	5:05.85	45.26
	100m:	1:19.49 42.94	200m:	2:49.68	45.72	300m:	4:20.59	46.96	400m:	5:44.38	38.53
24.	BORGES, Carolina Domingues		97	Vigor da Mocidade				5:49.34			
	50m:	38.02 38.02	150m:	2:05.51	43.49	250m:	3:35.01	44.84	350m:	5:05.44	44.41
	100m:	1:22.02 44.00	200m:	2:50.17	44.66	300m:	4:21.03	46.02	400m:	5:49.34	43.90
25.	BAPTISTA, Joana Ferreira		97	Desportivo Campinho				5:50.26			
	50m:	38.13 38.13	150m:	2:07.35	44.91	250m:	3:38.01	45.58	350m:	5:08.77	45.08
	100m:	1:22.44 44.31	200m:	2:52.43	45.08	300m:	4:23.69	45.68	400m:	5:50.26	41.49
26.	SANTOS, Mariana Graca		97	Sporting Clube de Aveiro				5:51.63			
	50m:	39.32 39.32	150m:	2:07.28	44.22	250m:	3:38.95	46.00	350m:	5:09.85	45.10
	100m:	1:23.06 43.74	200m:	2:52.95	45.67	300m:	4:24.75	45.80	400m:	5:51.63	41.78

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 21
3.7.10 - 18:50

Masc., 200m Bruços

Infantil B
Resultados

TAC 50m: 3:42.00 - 25m: 3:35.88

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.		MARQUES, Filipe Oliveira	97 Académico de Leiria	2:47.35	37.58	1:20.40	2:03.85	2:47.35
2.		CAPITAO, Simao Miguel	97 Clube Desportivo Feirense	3:00.74	41.64	1:27.58	2:15.65	3:00.74
3.		SANTOS, Jose Miguel	97 Nautico/Matobra	3:00.78	41.33	1:28.66	2:15.36	3:00.78
4.		RIBEIRO, Ricardo Miguel	97 Académico de Leiria	3:01.58	41.46	1:28.23	2:14.74	3:01.58
5.		SANTOS, Joao Paris	97 Pimpões/Cimai	3:01.83	41.60	1:28.08	2:15.94	3:01.83
6.		GONCALVES, D.	97 Columbofila Cantanhedense	3:04.23	42.63	1:30.48	2:18.56	3:04.23
7.		GOMES, Filipe Miguel	97 Académico de Leiria	3:05.65	42.67	1:31.23	2:17.98	3:05.65
8.		FERREIRA, O.	97 Nautico/Matobra	3:06.05	42.64	1:31.83	2:19.98	3:06.05
9.		SILVA, Joao Francisco	97 Desportivo Náutico da Marinha	3:16.25	43.73	1:33.37	2:24.75	3:16.25
10.		MENDES, Joao Barros	97 Académica de Coimbra	3:17.02	45.49	1:36.86	2:28.34	3:17.02
11.		MARTINS, M.	97 Natação de Alcobaça	3:17.75	46.41	1:37.00	2:27.24	3:17.75
12.		COUTINHO, Pedro Miguel	97 Industrial Vieirense	3:18.52	45.99	1:36.25	2:30.03	3:18.52
13.		CORREIA, Andre Filipe	97 Clube Desportivo Feirense	3:23.13	46.79	1:38.27	2:32.63	3:23.13
14.		SILVA, Andre Gustavo	97 Sporting Clube de Espinho	3:24.65	47.27	1:39.47	2:33.04	3:24.65
15.		TOMAS, Duarte Lourenco	97 Obidos Patrimonium	3:25.40	47.37	1:40.58	2:33.21	3:25.40
16.		ALMEIDA, Diogo Marques	97 Nautico/Matobra	3:27.03	47.69	1:40.92	2:34.70	3:27.03
17.		HULLIY, Vladyslav	97 Núcleo Desporto Amador de Póvoa	3:32.23	47.72	1:42.13	2:38.29	3:32.23
DSQ		SANTOS, Nuno Miguel	97 Pimpões/Cimai					
		<i>Aos 50m só tocou com uma mão na parede</i>						
DSQ		LOPES, Francisco Jose	97 Nautico/Matobra					
		<i>Aos 100m tocou apenas com uma mão na parede</i>						

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 21, Masc., 200m Bruços

Prova 21 Masc., 200m Bruços Infantil A
3.7.10 - 18:50 Resultados

TAC 50m: 3:22.97 - 25m: 3:17.20

Lugar	Ano		Tempo final	50m	100m	150m	200m
1. VELOSO, Tomas Miguel	96	Nautico/Matobra	2:42.21	37.50	1:19.08	2:01.47	2:42.21
2. CAPITAO, Joao Paulo	96	Clube Desportivo Feirense	2:51.13	38.91	1:22.05	2:07.23	2:51.13
3. SOUSA, Tiago Sequeira	96	Académico de Leiria	2:51.65	38.28	1:22.62	2:08.02	2:51.65
4. REIS, Leonardo Peralta	96	Benedita Sport Club Natação	2:54.84	40.14	1:24.67	2:09.66	2:54.84
5. LOPES, Pedro Joaquinho	96	Académico de Leiria	2:58.45	40.02	1:25.74	2:13.98	2:58.45
6. GOMES, Daniel Faustino	96	Natação de Alcobaça	2:58.63	40.49	1:26.13	2:13.41	2:58.63
7. OLIVEIRA, P.	96	Desportivo Náutico da Marinha	2:58.74	40.53	1:26.82	2:13.51	2:58.74
8. BENTO, Andre Manuel	96	Natação de Alcobaça	3:00.80	40.85	1:27.40	2:14.83	3:00.80
9. SILVA, Pedro Coelho	96	Nautico/Matobra	3:03.05	42.45	1:28.84	2:17.21	3:03.05
10. FIGUEIREDO, J.	96	Ginasio Figueirense	3:03.15	40.24	1:25.94	2:14.00	3:03.15
11. AGOSTINHO, Ricardo Luis	96	Fundacao Beatriz Santos	3:09.44	43.86	1:31.82	2:21.51	3:09.44
12. ARAUJO, Tiago Filipe	96	Clube Desportivo Feirense	3:11.67	41.80	1:29.97	2:20.64	3:11.67
13. RAMOS, Andre Loureiro	96	Ginasio Figueirense	3:13.07	42.08	1:29.90	2:20.52	3:13.07
14. ROMANO, M.	96	Industrial Vieirense	3:13.73	44.67	1:35.09	2:24.68	3:13.73
15. FERREIRA, G.	96	Núcleo Desporto Amador de Pombal	3:14.65	44.74	1:35.58	2:26.10	3:14.65
16. GONCALVES, N.	96	Desportivo Campinho	3:15.21	43.90	1:34.49	2:25.77	3:15.21
17. FERNANDES, D.	96	Núcleo Desporto Amador de Pombal	3:16.40	45.11	1:35.78	2:26.35	3:16.40

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 22
3.7.10 - 19:25

Femin., 200m Costas

Infantil B
Resultados

TAC 50m: 3:30.00 - 25m: 3:24.53

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.	MARTINS, Maria Teresa	98	Galitos	2:41.17	37.99	1:18.57	2:00.41	2:41.17
2.	FERREIRA, Ana Raquel	98	Ginasio Figueirense	2:44.67	38.27	1:20.12	2:03.22	2:44.67
3.	OLIVEIRA, Marta Catarino	98	Desportivo Náutico da Marinha	2:48.70	40.12	1:23.27	2:07.19	2:48.70
4.	LOPES, Rita Mateus	98	Nautico/Matobra	2:50.79	41.78	1:25.16	2:08.54	2:50.79
5.	GUERRA, Maria Luisa	98	Nautico/Matobra	2:50.82	41.62	1:24.79	2:08.49	2:50.82
6.	MALHO, C.	98	Natação de Alcobaça	2:51.49	42.29	1:25.55	2:09.62	2:51.49
7.	ALVES, Adriana Ramalho	98	Desportivo Náutico da Marinha	2:51.56	40.07	1:23.81	2:08.09	2:51.56
8.	REBELO, Patricia Pimenta	98	Benedita Sport Club Natação	2:52.93	40.67	1:24.38	2:08.90	2:52.93
9.	SANTOS, Rita Sofia	98	Lousanense	2:55.12	41.64	1:26.39	2:11.42	2:55.12
10.	SANTOS, Marcia Jacinto	98	Bombeiros V. Caldas da Rainha	2:55.88	42.33	1:27.20	2:12.57	2:55.88
11.	PESSOA, Ana Carolina	98	Ginasio Figueirense	2:56.69	41.24	1:26.73	2:12.71	2:56.69
12.	CONCEICAO, Ana Filipa	98	Nautico/Matobra	2:59.93	43.09	1:29.13	2:15.62	2:59.93
13.	MENDES, Rafaela Cunha	98	Desportivo Campinho	3:02.38	44.37	1:33.28	2:20.14	3:02.38
14.	CUNHA, Jessica Filipa	98	Obidos Patrimonium	3:02.87	41.66	1:29.32	2:17.41	3:02.87
15.	DIAS, Catarina Ataide	98	Sporting Clube de Espinho	3:03.17	43.74	1:31.02	2:17.69	3:03.17
16.	LUZIO, Mariana Sofia	98	Pimpões/Cimai	3:03.77	42.47	1:30.40	2:18.59	3:03.77
17.	COELHO, Maria Ines	98	Clube Desportivo Feirense	3:05.47	43.64	1:30.93	2:19.13	3:05.47
18.	PIRES, Maria Luisa	98	Sport Alges e Águeda	3:05.70	43.40	1:31.97	2:20.61	3:05.70
19.	NUNES, Maria Joao	98	Natação de Alcobaça	3:07.69	45.10	1:32.68	2:21.71	3:07.69
20.	FIGUEIREDO, Maria Luís	98	Sport Alges e Águeda	3:09.52	45.96	1:35.84	2:24.49	3:09.52
21.	LOURENCO, M.	98	Natação de Alcobaça	3:13.46	46.73	1:35.91	2:25.36	3:13.46
22.	MENDES, C.	98	Vigor da Mocidade	3:17.90	46.62	1:37.67	2:29.16	3:17.90
23.	RODRIGUES, M.	98	Nautico/Matobra	3:18.50	48.59	1:40.62	2:29.63	3:18.50
24.	SILVA, Beatriz Sofia	98	Clube Desportivo Estarreja	3:26.41	47.20	1:39.77	2:34.14	3:26.41
25.	MAGALHAES, L.	98	Condeixa Clube	3:27.68	47.26	1:40.68	2:34.49	3:27.68
26.	SAMAGAIO, I.	98	Columbofila Cantanhedense	3:30.48	51.19	1:44.73	2:37.45	3:30.48

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 22, Femin., 200m Costas

Prova 22
3.7.10 - 19:25

Femin., 200m Costas

Infantil A
Resultados

TAC 50m: 3:12.62 - 25m: 3:07.69

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.	97	CRAVEIRO, Beatriz Neves	Nautico/Matobra	2:33.41	35.78	1:15.01	1:54.83	2:33.41
2.	97	PAULINO, Bruna Elisabete	Natação de Alcobaça	2:36.92	36.93	1:16.50	1:57.14	2:36.92
3.	97	FERNANDES, C.	Académica de Coimbra	2:45.96	39.23	1:22.55	2:05.25	2:45.96
4.	97	CEREJO, Barbara Amaro	Clube Naval da Nazaré	2:48.84	40.12	1:22.62	2:06.48	2:48.84
5.	97	DOMINGUES, J.	Desportivo Náutico da Marinha	2:49.81	40.73	1:24.05	2:07.78	2:49.81
6.	97	PEREIRA, Cristiana Maria	Natação de Alcobaça	2:49.86	39.90	1:22.87	2:06.97	2:49.86
7.	97	LIBERAL, Ana Catarina	Nautico/Matobra	2:50.51	40.58	1:23.85	2:08.07	2:50.51
8.	97	ANDRADE, Filipa Oliveira	Estamos Juntos	2:51.30	39.08	1:22.69	2:07.90	2:51.30
9.	97	TEODOSIO, M.	Académico de Leiria	2:51.86	41.19	1:24.94	2:08.92	2:51.86
10.	97	DUARTE, Kelly Silva	Académico de Leiria	2:52.32	40.62	1:24.81	2:09.42	2:52.32
11.	97	SIMOES, Rute Daniela	Lousanense	2:52.90	40.13	1:24.27	2:09.27	2:52.90
12.	97	JOAO, Adriana Duarte	Natação de Alcobaça	2:53.43	40.16	1:24.94	2:10.01	2:53.43
13.	97	DELGADO, Ines Baptista	Natação de Alcobaça	2:56.93	41.59	1:26.04	2:11.62	2:56.93
14.	97	CORREIA, Joana Duarte	Individual Coimbra	2:59.80	43.66	1:28.45	2:16.29	2:59.80
15.	97	AREDE, Catarina Filipa	Sporting Clube de Aveiro	3:02.16	42.53	1:30.13	2:17.70	3:02.16
16.	97	PARREIRA, Maria Miguel	Industrial Vieirense	3:02.42	43.65	1:29.78	2:16.80	3:02.42
17.	97	AZEVEDO, Sofia Lopes	Sporting Clube de Espinho	3:02.60	42.49	1:29.85	2:17.68	3:02.60
18.	97	FERNANDES, M.	Núcleo Desporto Amador de Póvoa	3:04.71	43.15	1:29.48	2:18.07	3:04.71
19.	97	VAQUEIRINHO, A.	Nautico/Matobra	3:05.98	43.26	1:29.40	2:18.83	3:05.98
20.	97	XARA, Renata Freire	Estamos Juntos	3:06.44	44.35	1:32.32	2:21.03	3:06.44
21.	97	RAMALHO, Isa Raquel	Académica de Coimbra	3:07.97	43.74	1:31.90	2:20.30	3:07.97
22.	97	OLIVEIRA, Ana Catarina	Clube Desportivo Feirense	3:08.04	43.88	1:33.10	2:23.46	3:08.04
23.	97	MARTINS, Maria Ines	Nautico/Matobra	3:08.53	43.35	1:31.44	2:21.19	3:08.53
24.	97	COUTO, Ines Barreira	Ac.Viseu	3:08.92	43.84	1:32.25	2:21.79	3:08.92
25.	97	MALAQUIAS, Simone Felix	Obidos Patrimonium	3:14.21	45.00	1:35.77	2:25.40	3:14.21

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 23
3.7.10 - 20:00

Masc., 200m Estilos

Infantil B
Resultados

TAC 50m: 3:15.00 - 25m: 3:09.55

Lugar	Ano		Tempo final	50m	100m	150m	200m	
1.	97	RODRIGUES, P.	Natação de Alcobaça	2:38.15	33.11	1:15.22	2:03.74	2:38.15
2.	97	GONCALVES, F.	Fundacao Beatriz Santos	2:39.01	33.95	1:15.28	2:05.14	2:39.01
3.	97	PORTASIO, A.	Columbófila Cantanhedense	2:40.92	35.15	1:17.94	2:05.61	2:40.92
4.	97	GOMES, Joao Andre	Natação de Alcobaça	2:41.01	33.58	1:17.53	2:04.16	2:41.01
5.	97	JORGE, Joao Bernardo	Natação de Alcobaça	2:42.33	33.69	1:16.79	2:07.70	2:42.33
6.	97	RIBEIRO, Ricardo Miguel	Académico de Leiria	2:42.91	37.74	1:22.12	2:07.60	2:42.91
7.	97	COSTA, Andre Lima	Sporting Clube de Espinho	2:46.37	35.29	1:20.13	2:09.41	2:46.37
8.	97	CAPITAO, Simao Miguel	Clube Desportivo Feirense	2:46.66	38.03	1:23.99	2:08.62	2:46.66
9.	97	PEREIRA, Pedro Sousa	Bombeiros V. Caldas da Rainha	2:49.16	37.65	1:22.45	2:12.20	2:49.16
10.	97	SILVA, Joao Francisco	Desportivo Náutico da Marinha	2:50.04	35.83	1:18.87	2:10.12	2:50.04
11.	97	VALERIO, Joao Pedro	Miranda do Corvo	2:50.52	37.59	1:22.03	2:11.39	2:50.52
12.	97	CARIDADE, Nuno Miguel	Fundacao Beatriz Santos	2:52.79	37.52	1:22.78	2:15.53	2:52.79
13.	97	TRIGO, Hugo Guilherme	Sporting Clube de Aveiro	2:52.95	36.75	1:23.32	2:15.81	2:52.95
14.	97	RODRIGUES, Filipe Daniel	Vigor da Mocidade	2:54.47	39.78	1:25.29	2:16.79	2:54.47
15.	97	COSTA, Bernardo Ferro	Sporting Clube de Espinho	2:54.89	37.88	1:21.72	2:15.52	2:54.89
16.	97	RIBEIRO, Alexandre Silva	Obidos Patrimonium	2:55.04	38.79	1:25.72	2:18.81	2:55.04
17.	97	COELHO, Simao Pedro	Nautico/Matobra	2:55.13	37.45	1:26.11	2:16.71	2:55.13
18.	97	FERRAZ, Francisco Maria	Pimpões/Cimai	2:55.39	38.54	1:23.21	2:15.28	2:55.39
19.	97	MELO, Joao Ismael	Grupo Desportivo da Mealhada	2:55.90	39.45	1:22.28	2:17.97	2:55.90
20.	97	MARQUES, Jose Rafael	Bombeiros V. Caldas da Rainha	2:57.65	34.88	1:25.70	2:20.35	2:57.65
21.	97	SILVA, Luis Pedro	Nautico/Matobra	2:58.45	38.70	1:23.30	2:18.62	2:58.45
22.	97	PEREIRA, Hugo Vale	Nautico/Matobra	2:58.94	38.97	1:25.54	2:21.36	2:58.94
23.	97	JERONIMO, R.	Núcleo Desporto Amador de Paredes	2:59.07	39.46	1:25.92	2:20.81	2:59.07
24.	97	ALMEIDA, Diogo Marques	Nautico/Matobra	2:59.43	38.13	1:25.02	2:17.40	2:59.43
25.	97	SILVA, Joao Ricardo	Ginasio Figueirense	2:59.48	37.32	1:22.87	2:20.98	2:59.48
26.	97	DIAS, Daniel Martins	Bombeiros V. Caldas da Rainha	3:00.01	41.88	1:29.46	2:20.71	3:00.01
27.	97	RODRIGUES, Pedro Jesus	Obidos Patrimonium	3:03.39	41.70	1:29.31	2:24.50	3:03.39
28.	97	HULLIY, Vladyslav	Núcleo Desporto Amador de Paredes	3:04.83	41.51	1:28.84	2:24.77	3:04.83
29.	97	MATA, Joao Ricardo	Galitos	3:06.49	40.47	1:29.10	2:24.88	3:06.49
30.	97	GOMES, Joao Pedro	Sporting Clube de Espinho	3:06.94	41.39	1:30.93	2:26.49	3:06.94
31.	97	TOMAS, Duarte Lourenco	Obidos Patrimonium	3:07.83	43.93	1:34.69	2:27.87	3:07.83
DSQ	97	ROCHA, Francisco Sousa	Sporting Clube de Aveiro					

Não terminou o percurso de costas na posição dorsal

Campeonato Distrital de Verão - Infantis - ANDL/ ANC/ ANA
Rio Maior, 2. - 4.7.2010

Prova 23, Masc., 200m Estilos

Prova 23
3.7.10 - 20:00

Masc., 200m Estilos

Infantil A
Resultados

TAC 50m: 2:58.25 - 25m: 2:53.13

Lugar	Ano		Tempo final	50m	100m	150m	200m
1. GABRIEL, Jose Luis	96	Ac.Viseu	2:27.37	31.04	1:09.25	1:54.14	2:27.37
2. CINTRAO, Pedro Rafael	96	Núcleo Desporto Amador de Paredes	2:28.15	31.72	1:11.52	1:57.15	2:29.15
3. CARDOSO, Joao Pedro	96	Nautico/Matobra	2:34.83	33.06	1:11.95	1:59.95	2:34.83
4. REIS, Leonardo Peralta	96	Benedita Sport Club Natação	2:37.33	33.60	1:16.15	2:01.01	2:37.33
5. OLIVEIRA, P.	96	Desportivo Náutico da Marinha	2:37.86	33.84	1:15.40	2:01.09	2:37.86
6. CAPITAO, Joao Paulo	96	Clube Desportivo Feirense	2:38.14	31.11	1:16.07	2:01.79	2:38.14
7. BAPTISTA, Joao Paulo	96	Sporting Clube de Espinho	2:38.18	34.98	1:15.37	2:03.34	2:38.18
8. SILVA, Job Santos	96	Clube Desportivo Feirense	2:39.47	33.51	1:13.42	2:03.40	2:39.47
9. CUNHA, Lourenco Manuel	96	Académico de Leiria	2:39.87	38.22	1:18.93	2:05.80	2:39.87
10. SANTOS, Joao David	96	Miranda do Corvo	2:41.29	35.17	1:15.60	2:04.75	2:41.29
11. GOMES, Daniel Faustino	96	Natação de Alcobaça	2:42.40	36.40	1:19.33	2:05.23	2:42.40
12. SANTOS, Nuno Goncalo	96	Desportivo Náutico da Marinha	2:43.11	34.42	1:16.75	2:06.47	2:43.11
13. COSTA, Pedro Miguel	96	Sporting Clube de Aveiro	2:43.13	36.90	1:18.48	2:08.86	2:43.13
14. SANTOS, Joao Martins	96	Gafanha da Encarnacao	2:44.59	35.26	1:19.28	2:09.41	2:44.59
15. BENTO, Andre Manuel	96	Natação de Alcobaça	2:44.73	34.79	1:20.51	2:08.54	2:44.73
16. LAMANDE, Jose Antonio	96	Industrial Vieirense	2:44.91	36.11	1:18.17	2:09.81	2:44.91
17. VENANCIO, Diogo Filipe	96	Natação de Alcobaça	2:46.83	36.75	1:18.93	2:10.26	2:46.83
18. CASALEIRO, C.	96	Industrial Vieirense	2:47.50	34.80	1:19.09	2:09.46	2:47.50
19. MARQUES, Fabio Ferreira	96	Académico de Leiria	2:49.38	38.39	1:21.79	2:11.91	2:49.38
20. AGOSTINHO, Ricardo Luis	96	Fundacao Beatriz Santos	2:50.70	39.65	1:23.15	2:12.36	2:50.70
21. BELCHIOR, Joao Miguel	96	Nautico/Matobra	2:51.33	37.40	1:22.47	2:14.56	2:51.33
22. RAMOS, Carlos Daniel	96	Clube Desportivo Estarreja	2:51.40	37.53	1:23.31	2:14.10	2:51.40
23. COSTA, Jose Diogo	96	Ac.Viseu	2:53.46	37.91	1:22.53	2:14.53	2:53.46
24. MARQUES, B.	96	Ac.Viseu	2:53.47	40.61	1:24.80	2:16.44	2:53.47
25. ARAUJO, Tiago Filipe	96	Clube Desportivo Feirense	2:55.17	35.23	1:22.43	2:15.03	2:55.17
26. SILVA, Pedro Coelho	96	Nautico/Matobra	2:55.57	41.15	1:30.87	2:17.63	2:55.57
27. SANTOS, Carlos Eduardo	96	Columbofila Cantanhedense	2:57.63	41.43	1:28.25	2:19.39	2:57.63