

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 1 Masc., 200m Costas 14 - 84 anos  
22.2.14 - 14:30 Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
<b>14 - 16 anos</b>								
1.	RAMOS, Rafael Cavaco	15	Associacao Naval Amorense	<b>2:37.56</b>	36.84	38.74	40.94	41.04
2.	MADRUGA, Francisco	16	Atletico Clube Portugal	<b>2:39.41</b>	35.60	40.25	42.25	41.31
3.	BARATA, Carlos Antunes	16	Cpcd-Centro Popular C.Desporto	<b>2:46.17</b>	39.42			
4.	RODRIGUES, B.	16	Futebol Clube Alverca	<b>3:00.37</b>	42.26	46.22	47.61	44.28
5.	RICARDO, Antonio Santos	15	Associacao Naval Amorense	<b>3:07.68</b>	43.60	48.23	48.92	46.93
DNS	MOUTEIRA, R.	15	Atletico Clube Portugal					
DNS	RODRIGUES, M.	16	Ccd Avancado Eulx					
DNS	BRITO, Valdemar	16	Cpcd-Centro Popular C.Desporto					
<b>17 - 19 anos</b>								
1.	COSTA, David Pereira	18	Centro Pop.Trab.Luz e Vida	<b>2:18.91</b>	32.94	35.65	35.56	34.76
2.	TABORDA, Daniel Valente	18	Atletico Clube Portugal	<b>2:41.60</b>	36.94	41.75	42.19	40.72
3.	SANTOS, Andre Ferreira	19	Centro C.D.Estrelas S.J.Brito	<b>2:44.78</b>	37.46	41.67	43.68	41.97
4.	DUARTE, Joao Francisco	18	Atletico Clube Portugal	<b>2:48.00</b>	39.19	43.26	44.76	40.79
5.	SILVA, Miguel Filipe	18	Associacao Nautica Seixal	<b>2:56.60</b>	38.88	43.98	46.72	47.02
6.	CHAVES, Denis Teixeira	18	Centro C.D.Estrelas S.J.Brito	<b>3:02.27</b>	41.92	45.13	47.72	47.50
7.	HERDEIRO, F.	18	Sindicato T.F.Publica	<b>3:18.55</b>	43.90	48.98	53.37	52.30
<b>20 - 24 anos</b>								
1.	QUINTINO, Antonio Luis	20	Ccd Avancado Eulx	<b>2:18.88</b>	33.37	35.31	35.58	34.62
2.	SOARES, Tiago Cardoso	24	Centro Soc.Cult.Bom Sucesso	<b>2:28.13</b>	1:12.06			37.83
3.	OLIVEIRA, B.	21	Ccd Avancado Eulx	<b>2:37.64</b>	36.90	39.71	41.22	39.81
DNS	SERRALHA, Joao Pedro	20	Ccd Avancado Eulx					
DNS	PEREIRA, Ilisio Lucas	20	Cpcd-Centro Popular C.Desporto					
<b>25 - 29 anos</b>								
1.	FERREIRA, Duarte Nuno	28	Fundacao Salesianos	<b>2:30.89</b>	34.25	37.06	38.64	40.94
2.	BRANQUINHO, M.	26	Ccd Avancado Eulx	<b>2:54.76</b>	39.97			45.13
<b>30 - 34 anos</b>								
1.	CARDOSO, Alvaro Miguel	30	Colegio Integrado Monte Maior	<b>2:34.28</b>	34.69	38.19	39.93	41.47
2.	TORRES, Antonio	34	Fundacao Salesianos	<b>3:12.39</b>	44.45	47.94	50.37	49.63
3.	PINTO, Filipe	30	Atletico Clube Portugal	<b>3:23.62</b>			52.64	48.52
<b>35 - 39 anos</b>								
1.	MARTINS, Abel Pedro	37	Grupo Amigos Natacao	<b>2:22.34</b>	34.25	36.03	36.06	36.00
2.	ESTEVEENS, Hugo Miguel	36	Sindicato T.F.Publica	<b>3:01.92</b>	43.20			45.89
3.	FERREIRA, Luis Filipe	35	Cpcd-Centro Popular C.Desporto	<b>3:16.76</b>				
4.	RIBEIRO, Jose Fernando	37	Clube Natacao Masters Almadã	<b>3:47.05</b>	54.66	55.69	58.96	57.74
<b>40 - 44 anos</b>								
1.	MATIAS, Joao Freire	40	Grupo Amigos Natacao	<b>2:49.26</b>	38.83	43.22	44.41	42.80
2.	FONSECA, B.	41	Fundacao Salesianos	<b>3:01.54</b>	43.91	46.52	46.76	44.35
3.	SANTOS, Paulo Alexandre	40	Fundacao Salesianos	<b>3:09.44</b>	43.79	48.49	50.21	46.95
DNS	ANTUNES, Luis Miguel	43	Atletico Clube Portugal					
<b>45 - 49 anos</b>								
1.	COSTA, Paulo Afonso	47	Clube Natacao Masters Almadã	<b>3:12.07</b>	44.85	49.34	50.23	47.65

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
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Prova 1, Masc., 200m Costas

50 - 54 anos

1. FARIA, Jorge Eduardo	50	Sport Alges Dafundo	<b>2:25.72</b>	33.81	36.22	37.83	37.86
2. CARVALHO, Paulo Paula	53	Individual	<b>2:35.78</b>	37.19	39.35	40.40	38.84
3. OLIVEIRA, Carlos Jorge	50	Clube Portugal Telecom	<b>2:52.62</b>	39.69	43.56	45.49	43.88
4. CUNHA, Rui Manuel	50	Sport Alges Dafundo	<b>3:16.77</b>	42.39	48.46	52.33	53.59
5. SILVA, Juan Luis	51	Clube Natacao Masters Almada	<b>3:19.47</b>	46.51	50.74	51.80	50.42
6. GAMEIRO, Rui	52	Atletico Clube Portugal	<b>4:39.16</b>	1:00.96	1:07.86	1:15.75	1:14.59

55 - 59 anos

DNS MADEIRA, Luis Cavaleiro 57 O2 Portimao

60 - 64 anos

DNS ESTEVES, Manuel Jose 64 Clube Natacao Masters Almada

65 - 69 anos

1. MEYRELES, A.	67	Sindicato T.F.Publica	<b>3:31.21</b>	49.58	54.25	55.81	51.57
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Prova 2

Femin., 200m Costas

14 - 84 anos

22.2.14 - 15:05

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m
<b>14 - 16 anos</b>							
1. BARATA, D.	16	Cpcd-Centro Popular C.Despo	<b>2:49.69</b>	38.50	42.33	44.71	44.15
2. OLIVENCA, Carmen Maria	16	Centro Soc.Cult.Bom Sucesso	<b>2:51.49</b>	41.14	43.05	43.44	43.86
3. OLIVEIRA, Joana Macedo	15	Associacao Naval Amorense	<b>2:55.61</b>	41.31	43.85	45.48	44.97
4. RODRIGUES, Ana Sofia	15	Ccd Avancado Eulx	<b>3:03.07</b>				
5. ASSUNCAO, Sofia Pinto	15	Cpcd-Centro Popular C.Despo	<b>3:07.58</b>	47.53	55.19	59.71	55.15
DNS DOMINGOS, P.	15	Atletico Clube Portugal					
<b>17 - 19 anos</b>							
1. MARTINS, P.	19	Ccd Avancado Eulx	<b>2:38.24</b>	36.70	39.88	41.05	40.61
2. PEREIRA, B.	17	Associacao Naval Amorense	<b>2:50.58</b>	41.52	43.84	44.28	40.94
3. LAZARO, Daniela Ferro	18	Centro Pop.Trab.Luz e Vida	<b>2:55.53</b>	40.72	43.54	45.93	45.34
4. CAMOESAS, Joana	19	Cpcd-Centro Popular C.Despo	<b>2:57.41</b>	42.52	44.29	45.40	45.20
5. ANTUNES, Filipa Dias	19	Ccd Avancado Eulx	<b>2:57.77</b>	40.78	45.37	46.07	45.55
6. SANTOS, J.	18	Centro Soc.Cult.Bom Sucesso	<b>2:59.84</b>	44.13	46.19	46.59	42.93
7. FERNANDES, S.	17	Associacao Naval Amorense	<b>3:08.72</b>				
8. GONCALVES, Silvia	19	Cpcd-Centro Popular C.Despo	<b>3:09.18</b>	49.69	53.56	54.03	52.90
9. LEAL, Iolanda Jacinto	17	Cpcd-Centro Popular C.Despo	<b>3:09.34</b>	48.88	53.96	55.72	54.78
10. POEJO, Daniela Mendes	17	Associacao Naval Amorense	<b>4:13.53</b>	57.43	1:04.18		
<b>20 - 24 anos</b>							
1. COSTA, Sara Fontinha	20	Centro Pop.Trab.Luz e Vida	<b>2:48.67</b>	40.20	42.28	43.30	42.89
2. GASPAR, C.	20	Ccd Avancado Eulx	<b>3:00.21</b>	41.91	45.64	47.00	45.66
3. MIRANDA, M.	20	Clube Natacao Masters Almada	<b>3:13.60</b>	45.82	48.22	49.58	49.98
4. NEVES, Patricia Santos	20	Centro Soc.Cult.Bom Sucesso	<b>3:19.89</b>	46.77	50.20	52.15	50.77
5. LOPES, Catarina Isabel	23	Fundacao Salesianos	<b>3:29.81</b>	47.57	51.96	54.33	55.95
<b>25 - 29 anos</b>							
1. CUNHA, Sara Las	26	Centro C.D.Estrelas S.J.Brito	<b>3:02.52</b>	42.02	46.26	47.62	46.62
2. BARRAL, Liliana Maria	28	Clube Natacao Masters Almada	<b>3:12.08</b>	44.34	48.03	49.58	50.13
DNS GAMEIRO, Sara Costa	26	Atletico Clube Portugal					

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Prova 2, Femin., 200m Costas

30 - 34 anos

1. GASPAR, J.	31	Associacao Nadadores Estoris	<b>2:59.21</b>	42.54	44.68	46.18	45.81
2. BRITO, Carla Sofia	33	Clube Natacao Masters Almad	<b>3:36.78</b>	51.22	54.83	56.89	53.84

35 - 39 anos

1. FONSECA, Ana Margarida	37	Sindicato T.F.Publica	<b>3:50.41</b>	50.36	56.69		
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45 - 49 anos

1. MACEDO, H.	47	Associacao Naval Amorense	<b>3:38.27</b>	48.00	53.86	59.74	56.67
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50 - 54 anos

1. KRAEVA, Elena	53	Colegio Integrado Monte Maior	<b>2:53.40</b>	40.53	43.94	45.07	43.86
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55 - 59 anos

1. THMURASP, A.	59	Cpcd-Centro Popular C.Despo	<b>5:27.92</b>	1:13.35	1:27.53	1:26.68	1:20.36
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65 - 69 anos

1. MARQUES, Maria Teresa	65	Sindicato T.F.Publica	<b>4:45.36</b>	1:10.63	1:14.15	1:11.25	1:09.33
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Prova 3

Masc., 200m Mariposa

14 - 84 anos

22.2.14 - 15:30

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
<b>14 - 16 anos</b>								
1.	SOUSA, Rafael Goncalves	15	Cpcd-Centro Popular C.Despo	<b>3:02.67</b>	39.11	46.92	47.84	48.80
<b>17 - 19 anos</b>								
1.	LOURENCO, R.	17	Associacao Naval Amorense	<b>2:30.23</b>	32.51	40.01	40.51	37.20
2.	RIBEIRO, Joao Rodrigues	19	Ccd Avancado Eulx	<b>2:40.38</b>	34.17	40.20	41.53	44.48
3.	COSTA, Francisco Miguel	18	Atletico Clube Portugal	<b>2:43.17</b>	32.56	38.69	44.26	47.66
4.	CALDEIRA, G.	18	Grupo Amigos Natacao	<b>2:53.01</b>	36.73	44.23	46.56	45.49
5.	DANTAS, S.	19	Cpcd-Centro Popular C.Despo	<b>2:53.80</b>	39.32	43.94	46.10	44.44
6.	SALVADO, D.	18	Centro Soc.Cult.Bom Sucesso	<b>3:12.80</b>	40.04	48.56	51.82	52.38
7.	VALERIO, R.	18	Grupo Amigos Natacao	<b>3:21.15</b>	41.42	51.96	54.03	53.74
DNS	MESQUITA, Goncalo Filipe	18	Atletico Clube Portugal					
DNS	RAYAGRA, G.	17	Grupo Amigos Natacao					
DNS	LUZ, Frederico Manuel	19	Ccd Avancado Eulx					
DNS	SILVEIRA, Bernardo Costa	17	Ccd Avancado Eulx					
<b>20 - 24 anos</b>								
1.	CARRILHO, D.	22	Centro Pop.Trab.Luz e Vida	<b>2:29.83</b>	32.28	36.72	38.92	41.91
2.	CRUZ, Francisco Miguel	20	Clube Natacao Masters Almad	<b>2:39.54</b>	35.36	39.48	42.05	42.65
3.	BELEZAS, Ricardo Manuel	23	Centro C.D.Estrelas S.J.Brito	<b>2:52.59</b>	34.45	42.26	46.20	49.68
4.	FARIA, Jose Antonio	20	Ccd Avancado Eulx	<b>2:53.59</b>	36.81	43.41	45.96	47.41
DNS	PAULINO, Joao Jacome	23	Atletico Clube Portugal					
<b>25 - 29 anos</b>								
1.	FRANCISCO, Jose Daniel	25	Grupo Amigos Natacao	<b>2:58.38</b>	39.92	45.45	47.74	45.27
2.	MARQUES, F.	29	Grupo Amigos Natacao	<b>3:20.01</b>	41.56	49.82	51.49	57.14
<b>30 - 34 anos</b>								
1.	LAGE, Pedro Cruz	33	Clube Natacao Masters Almad	<b>3:46.18</b>	47.99	56.90	1:00.52	1:00.77

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Prova 3, Masc., 200m Mariposa

35 - 39 anos

1. LAGE, Ricardo Carvalho	35	Grupo Amigos Natacao	<b>3:06.82</b>	39.07	47.12	50.67	49.96
2. CARDOSO, M.	37	Clube Natacao Masters Almadã	<b>3:31.41</b>	45.22	54.17	57.19	54.83
DNS OLIVEIRA, Rui Pedro	37	A.H.B.V. Colares					

40 - 44 anos

1. BARROS, F.	42	Colegio Integrado Monte Maio	<b>3:15.84</b>	41.17	52.02	53.70	48.95
2. AFONSO, Pedro Garcia	42	Centro C.D.Estrelas S.J.Brito	<b>3:17.04</b>	41.79	48.48	52.06	54.71
3. SILVA, Jose Antonio	40	Atletico Clube Portugal	<b>3:46.10</b>	40.24	54.34	1:05.58	1:05.94

45 - 49 anos

1. PEREIRA, Joao Carlos	45	Clube Natacao Masters Almadã	<b>3:07.63</b>	39.51	47.18	49.84	51.10
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50 - 54 anos

1. RODRIGUES, P.	51	Colegio Integrado Monte Maio	<b>4:11.43</b>	54.46	1:02.01	1:05.89	1:09.07
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60 - 64 anos

1. COELHO, Domingos Pinto	62	Sport Alges Dafundo	<b>4:20.49</b>	57.13	1:08.78	1:08.22	1:06.36
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Prova 4

Femin., 200m Mariposa

14 - 84 anos

22.2.14 - 15:50

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m
<b>14 - 16 anos</b>							
1. RODRIGUES, Maria Ines	16	Cpcd-Centro Popular C.Despo	<b>3:48.99</b>	45.17	56.19	1:03.19	1:04.44
<b>17 - 19 anos</b>							
1. BOLEU, Sara Rodrigues	17	Ccd Avancado Eulx	<b>2:53.20</b>	36.05	43.24	45.92	47.99
2. BOTO, Jessica Abrantes	17	Associacao Naval Amorense	<b>3:14.08</b>	39.84	47.65	52.52	54.07
3. SANTOS, Raquel Correa	19	Cpcd-Centro Popular C.Despo	<b>3:31.94</b>	42.23	52.93	58.24	58.54
4. NARCISO, P.	19	Clube Natacao Masters Almadã	<b>3:40.05</b>	47.52	53.54	57.82	1:01.17
<b>20 - 24 anos</b>							
1. SANTOS, M.	23	Clube Natacao Masters Almadã	<b>2:53.97</b>	39.24	43.74	45.69	45.30
2. LOPES, Ana Nunes	22	Cpcd-Centro Popular C.Despo	<b>3:13.49</b>	42.59	49.18	51.47	50.25
3. CARVALHO, T.	22	Centro Pop.Trab.Luz e Vida	<b>3:21.46</b>	41.21	49.84	53.54	56.87
4. SILVA, Catarina Cruz	21	Grupo Amigos Natacao	<b>3:29.87</b>	45.70	52.79	56.33	55.05
DNS ARAUJO, Ana Sofia	24	Atletico Clube Portugal					
<b>25 - 29 anos</b>							
1. PINTO, Juliana Sequeira	28	Grupo Amigos Natacao	<b>2:44.78</b>	37.12	41.33	43.37	42.96
2. BAGAGEM, Joana Isabel	25	Centro C.D.Estrelas S.J.Brito	<b>2:51.10</b>	36.25	42.87	45.50	46.48
<b>45 - 49 anos</b>							
1. MENDES, Marina Isabel	46	Clube Natacao Masters Almadã	<b>4:07.20</b>	56.74	1:02.95	1:06.34	1:01.17

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 5 Masc., 200m Bruços 14 - 84 anos  
22.2.14 - 16:05 Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
<b>14 - 16 anos</b>								
1.	MENDONCA, C.	16	Ccd Avancado Eulx	<b>3:05.36</b>	41.37	46.73	48.66	48.60
2.	FERREIRA, David Miguel	15	Atletico Clube Portugal	<b>3:06.29</b>	41.97	47.73	48.28	48.31
3.	CARVALHO, A.	16	Grupo Amigos Natacao	<b>3:11.59</b>	42.72	48.40	50.39	50.08
4.	GRANJA, Ricardo Filipe	15	Futebol Clube Alverca	<b>3:19.09</b>	43.71	50.62	51.76	53.00
DNS	GONCALVES, A.	15	Associacao Naval Amorense					
<b>17 - 19 anos</b>								
1.	MAIA, Francisco Fraga	19	Centro C.D.Estrelas S.J.Brito	<b>2:49.07</b>	37.84	42.87	44.88	43.48
2.	GOUVEIA, Joao Pedro	17	Centro Pop.Trab.Luz e Vida	<b>2:50.30</b>	38.77	43.35	44.24	43.94
3.	PEREIRA, Hugo Miguel	17	Associacao Naval Amorense	<b>2:54.07</b>	36.55	43.54	46.06	47.92
4.	SANTOS, Pedro Silva	18	Ccd Avancado Eulx	<b>3:02.85</b>	40.08	46.33	49.12	47.32
5.	CARVALHO, Miguel Tiago	17	Clube Natacao Masters Almad	<b>3:05.02</b>	40.07	46.12	48.95	49.88
6.	PAULO, Daniel Silva	19	Centro Soc.Cult.Bom Sucesso	<b>3:11.50</b>	42.00	48.67	51.17	49.66
7.	REAL, Eduardo Esteves	18	Cpcd-Centro Popular C.Desporto	<b>3:19.31</b>	42.98	49.58	54.06	52.69
8.	GONCALVES, R.	17	Associacao Naval Amorense	<b>3:29.78</b>	47.11	52.57	54.83	55.27
DNS	CAVACO, Andre Bras	17	Associacao Naval Amorense					
DNS	GONCALVES, L.	18	Centro Soc.Cult.Bom Sucesso					
DNS	MENDONCA, C.	19	Ccd Avancado Eulx					
<b>20 - 24 anos</b>								
1.	CORDEIRO, Diogo Andre	24	Fundacao Salesianos	<b>2:46.13</b>	38.57	42.44	44.55	40.57
2.	ROSA, Luis Maria	23	Atletico Clube Portugal	<b>2:46.66</b>	36.45	41.65	44.05	44.51
3.	CARVALHO, G.	22	Clube Natacao Masters Almad	<b>2:55.61</b>	38.29	44.52	46.59	46.21
4.	MOURA, Joao Henrique	20	Centro Pop.Trab.Luz e Vida	<b>2:56.63</b>	37.19	44.41	47.24	47.79
5.	MESTRE, David	24	Cpcd-Centro Popular C.Desporto	<b>3:08.54</b>	41.95	48.58	49.13	48.88
6.	PIRES, Andre Rosa	24	Sindicato T.F.Publica	<b>3:10.38</b>	41.28	47.57	50.39	51.14
7.	LEAL, Orlando Jacinto	23	Cpcd-Centro Popular C.Desporto	<b>3:19.73</b>	44.08	49.35	52.47	53.83
8.	NUNES, Gonçalo Pedro	21	Associacao Nautica Seixal	<b>3:24.36</b>	41.84	51.14	56.13	55.25
9.	MORAIS, Goncalo Luis	20	Centro C.D.Estrelas S.J.Brito	<b>3:51.12</b>	49.99	57.56	1:02.09	1:01.48
DNS	ALMA, Nuno Boa	22	Atletico Clube Portugal					
<b>25 - 29 anos</b>								
1.	RODRIGUES, Tiago Filipe	25	Centro C.D.Estrelas S.J.Brito	<b>3:25.52</b>	44.09	50.99	55.29	55.15
<b>30 - 34 anos</b>								
1.	DIAS, Mario Silva	34	Clube Natacao Masters Almad	<b>3:08.27</b>	41.49	46.51	49.79	50.48
2.	TAVARES, Pablo Manuel	30	Colegio Integrado Monte Maio	<b>3:09.84</b>	44.66	48.39	48.55	48.24
3.	FREITAS, Joao Dinis	31	Clube Natacao Masters Almad	<b>3:48.93</b>	52.62	1:00.28	59.80	56.23
4.	PALMA, Ricardo Jorge	33	Clube Natacao Masters Almad	<b>3:51.22</b>	52.33	57.97	1:00.86	1:00.06
DNS	SILVA, Filipe Nuno	32	Cpcd-Centro Popular C.Desporto					
DNS	SILVA, Rui Nelson	30	Cpcd-Centro Popular C.Desporto					
<b>35 - 39 anos</b>								
1.	SILVESTRE, Jorge Hugo	38	Clube Natacao Masters Almad	<b>3:21.84</b>	45.74	51.24	52.87	51.99
2.	AZUL, Luis Manuel	39	Cpcd-Centro Popular C.Desporto	<b>3:02.90</b>	1:24.89	1:37.30	1:35.49	1:25.22
DNS	DOMINGOS, S.	39	Associacao Naval Amorense					
DNS	SANTOS, Tiago Maria	39	Atletico Clube Portugal					

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 5, Masc., 200m Bruços

40 - 44 anos

1. GARCIA, Miguel Calado	40	Ccd Avancado Eulx	<b>3:12.54</b>	42.94	48.53	50.86	50.21
2. CARDOSO, Jose Luis	43	Clube Natacao Masters Almad	<b>3:50.26</b>	50.19	1:00.40	1:01.74	57.93
3. GONCALVES, H.	40	Atletico Clube Portugal	<b>4:23.31</b>	56.17	1:06.04	1:12.62	1:08.48
4. FERNANDES, C.	40	Cpcd-Centro Popular C.Despo	<b>4:29.27</b>	53.41	1:07.36	1:14.98	1:13.52
5. COSTA, Paulo Duarte	41	Cpcd-Centro Popular C.Despo	<b>4:46.52</b>	58.73	1:11.84	1:19.99	1:15.96
DNS GUEDES, F.	44	Associacao Nadadores Estoris					
DNS CRISTINO, Nuno	42	Associacao Naval Amorense					

45 - 49 anos

1. DUARTE, Jose Pereira	49	Colegio Integrado Monte Maior	<b>2:44.03</b>	36.75	41.89	42.45	42.94
2. QUINTINO, M.	46	Clube Portugal Telecom	<b>3:24.92</b>	48.91	52.40	52.59	51.02
3. SANTINHA, A.	45	Clube Natacao Masters Almad	<b>3:37.02</b>	50.08	56.48	56.84	53.62
4. CAMOESAS, Paulo Jorge	46	Cpcd-Centro Popular C.Despo	<b>3:46.49</b>	48.96	57.04	59.79	1:00.70
5. BARRADAS, Adriano Pilar	49	Clube Millennium BCP	<b>3:59.86</b>	53.61	1:02.54	1:04.53	59.18
6. COSTA, Fernando	46	Atletico Clube Portugal	<b>4:05.64</b>	53.78	1:01.77	1:05.39	1:04.70
7. LEAL, Luis	48	Cpcd-Centro Popular C.Despo	<b>4:56.48</b>	1:02.38	1:17.21	1:24.13	1:12.76
8. DINIZ, Carlos Manuel	49	Cpcd-Centro Popular C.Despo	<b>5:59.08</b>	1:13.02	1:31.14	1:40.57	1:34.35

50 - 54 anos

1. SILVA, Joao Rodrigues	51	Clube Millennium BCP	<b>3:15.37</b>	41.92	49.35	51.79	52.31
2. BENTO, Jaime Carlos	53	Sport Alges Dafundo	<b>3:21.65</b>	43.81	50.11	54.05	53.68
3. SILVA, Joao Manuel	53	Centro C.D.Estrelas S.J.Brito	<b>3:59.81</b>	51.57	1:00.57	1:05.71	1:01.96

55 - 59 anos

1. MAVIOSO, Vitor Manuel	58	Sport Alges Dafundo	<b>3:20.39</b>	45.95	50.26	52.16	52.02
2. DUARTE, Sergio Antonio	55	Colegio Integrado Monte Maior	<b>3:43.22</b>	51.43	58.08	58.92	54.79
3. FREIRE, Jose Manuel	59	Ccd Avancado Eulx	<b>4:19.34</b>	54.69	1:07.65	1:10.75	1:06.25
DNS ALMEIDA, H.	58	Clube Portugal Telecom					

60 - 64 anos

DNS PALMA, Rui Manuel 60 Clube Portugal Telecom

65 - 69 anos

1. GASPAR, A.	69	Sport Alges Dafundo	<b>3:52.01</b>	53.54	59.62	1:00.62	58.23
2. FERREIRA, A.	66	Sport Alges Dafundo	<b>5:23.58</b>	1:06.87	1:24.65	1:30.54	1:21.52
DNS LOURENCO, Jose Jesus	67	Clube Portugal Telecom					

Prova 6

Femin., 200m Bruços

14 - 84 anos

22.2.14 - 16:55

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m
<b>14 - 16 anos</b>							
1. SANTOS, R.	16	Associacao Naval Amorense	<b>3:12.48</b>	43.03	48.82	49.98	50.65
2. MENDES, Andreia Sofia	16	Atletico Clube Portugal	<b>3:16.48</b>	45.99	50.55	51.18	48.76
3. FERNANDES, P.	15	Cpcd-Centro Popular C.Despo	<b>3:17.76</b>	45.11	50.78	51.61	50.26
4. MAIA, Jessica Sofia	15	Cpcd-Centro Popular C.Despo	<b>3:38.72</b>	47.77	54.90	57.84	58.21
5. RODRIGUES, Joana Sofia	14	Cpcd-Centro Popular C.Despo	<b>3:45.56</b>	53.45	57.67	58.07	56.37
6. SILVA, Diana Sofia	16	Atletico Clube Portugal	<b>3:45.77</b>	50.41	57.09	59.58	58.69
7. ESTRADA, Elisa Ferreira	15	Associacao Naval Amorense	<b>4:01.26</b>	50.88	1:00.77	1:04.81	1:04.80
8. PENA, Rita Sofia	15	Centro Pop.Trab.Luz e Vida	<b>4:14.23</b>	57.37	1:03.83	1:06.94	1:06.09

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 6, Femin., 200m Bruços

17 - 19 anos

1. FREIRE, Joana Silva	19	Ccd Avancado Eulx	<b>3:06.43</b>	42.01	47.69	48.09	48.64
2. NETO, Ana Catarina	17	Ccd Avancado Eulx	<b>3:14.45</b>	43.26	47.99	49.38	53.82
3. SANCHES, C.	19	Associacao Nautica Seixal	<b>3:21.28</b>	45.40	50.62	53.09	52.17
4. RAPOSO, Ines Sofia	18	Futebol Clube Alverca	<b>3:32.31</b>	47.61	53.26	54.92	56.52
5. MONTOIA, Rita Alves	17	Grupo Amigos Natacao	<b>3:32.34</b>	48.21	53.67	55.35	55.11
6. PEREIRA, Marta Vidal	19	Colegio Integrado Monte Maio	<b>3:57.36</b>	52.21	57.55	59.25	1:08.35
7. SANTOS, Ana Rita	17	Cpcd-Centro Popular C.Despo	<b>4:04.00</b>	58.40	1:03.70	1:05.62	1:06.28

20 - 24 anos

1. MARQUES, J.	23	Clube Natacao Masters Almad	<b>2:55.33</b>	40.65	45.17	45.36	44.15
2. SILVA, Madalena Pinho	20	Ccd Avancado Eulx	<b>2:55.83</b>	41.14	45.15	45.58	43.96
3. OLIVEIRA, Mafalda Santos	20	Cpcd-Centro Popular C.Despo	<b>3:04.62</b>	46.79	51.88	57.18	58.77

25 - 29 anos

1. BARBARA, Joana Pereira	27	Clube Natacao Masters Almad	<b>3:06.09</b>	42.93	47.38	48.00	47.78
2. LORY, Susana Pereira	27	Clube Natacao Masters Almad	<b>3:54.94</b>	54.31	59.69	1:01.52	59.42

30 - 34 anos

1. ROCHA, Maria Joao	34	Sindicato T.F.Publica	<b>3:51.62</b>	50.96	58.84	1:00.73	1:01.09
DNS ABREU, Isabel Martins	31	Fundacao Salesianos					

35 - 39 anos

1. CORREIA, Rita Barata	35	Clube Natacao Masters Almad	<b>3:32.66</b>	46.78	54.53	55.49	55.86
2. OLIVEIRA, Sara Rocha	39	Fundacao Salesianos	<b>3:42.75</b>	51.32	56.58	57.57	57.28
3. PEREIRA, Sofia Rocha	36	Colegio Integrado Monte Maio	<b>3:46.66</b>	51.47	57.53	58.70	58.96
4. FERREIRA, Luisa Dias	36	Centro C.D.Estrelas S.J.Brito	<b>3:55.19</b>	53.21	59.58	1:00.71	1:01.69
5. SEQUEIRA, Carla Sofia	39	Colegio Integrado Monte Maio	<b>4:31.95</b>	1:04.93	1:08.10	1:10.42	1:08.50
DNS SILVA, Teresa Fatima	37	Atletico Clube Portugal					
DNS MACHADO, M.	37	Cpcd-Centro Popular C.Desporto					

45 - 49 anos

1. LENZI, Carla Vale	47	Sport Alges Dafundo	<b>3:43.88</b>	51.20	57.63	58.25	56.80
2. NUNES, Maria	47	Cpcd-Centro Popular C.Despo	<b>4:03.30</b>	1:05.92	1:11.53	1:12.78	1:13.07

50 - 54 anos

DNS TANTCHEVA, L.	52	Clube Portugal Telecom					
DNS MENDONCA, C.	50	Ccd Avancado Eulx					

60 - 64 anos

1. PINTAO, Luisa Maria	60	Associacao Nadadores Estoris	<b>3:57.25</b>	54.29	1:00.89	1:03.05	59.02
2. FERREIRA, Maria Helena	60	Sport Alges Dafundo	<b>4:25.15</b>	1:01.59	1:06.75	1:08.02	1:08.79
3. VELEZ, Maria Luisa	63	Sindicato T.F.Publica	<b>6:25.95</b>	1:31.40	1:39.49	1:39.02	1:36.04

65 - 69 anos

1. ALMEIDA, Ana Paula	66	Sindicato T.F.Publica	<b>6:08.10</b>	1:26.40	1:34.84	1:34.88	1:31.98
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70 - 74 anos

1. RAIMUNDO, Isabel Maria	74	Sport Alges Dafundo	<b>4:44.81</b>	1:02.29	1:12.72	1:15.18	1:14.62
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75 - 79 anos

1. AZINHEIRA, M.	76	Sindicato T.F.Publica	<b>6:33.02</b>	1:34.18	1:37.17	1:41.39	1:40.28
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TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 7 Masc., 400m Livres 14 - 84 anos  
22.2.14 - 17:30 Resultados

Pontos: FINA 2008

Lugar	Idade	Tempo final	Pts
<b>14 - 16 anos</b>			
1. FERNANDES, Leandro Rosa	15	<b>4:47.28</b>	436
50m: 32.30 32.30	150m: 1:45.30 36.80	250m: 2:59.31 37.33	350m: 4:13.42 36.96
100m: 1:08.50 36.20	200m: 2:21.98 36.68	300m: 3:36.46 37.15	400m: 4:47.28 33.86
2. VAZ, Simao Carvalho	15	<b>5:04.10</b>	368
50m: 34.03 34.03	150m: 1:49.80 38.33	250m: 3:08.35 39.26	350m: 4:27.74 39.78
100m: 1:11.47 37.44	200m: 2:29.09 39.29	300m: 3:47.96 39.61	400m: 5:04.10 36.36
3. FRANCISCO, Joao Lucas	15	<b>5:19.30</b>	318
50m: 36.33 36.33	150m: 1:59.75 41.86	250m: 3:20.49 40.26	350m: 4:41.08 39.94
100m: 1:17.89 41.56	200m: 2:40.23 40.48	300m: 4:01.14 40.65	400m: 5:19.30 38.22
4. CODESSO, Joao Miguel	16	<b>5:55.53</b>	230
50m: 39.43 39.43	150m: 2:09.35 46.20	250m: 3:39.53 44.84	350m: 5:11.44 43.86
100m: 1:23.15 43.72	200m: 2:54.69 45.34	300m: 4:27.58 48.05	400m: 5:55.53 44.09
5. BAPTISTA, Joao Bernardo	16	<b>6:26.24</b>	179
50m: 42.28 42.28	150m: 2:17.82	250m:	350m: 5:35.36 49.70
100m:	200m:	300m: 4:45.66	400m: 6:26.24 50.88
<b>17 - 19 anos</b>			
1. PINTO, Tiago Miguel	17	<b>5:05.92</b>	361
50m: 33.45 33.45	150m: 1:47.24 37.18	250m: 3:04.58 39.06	350m: 4:25.90 40.93
100m: 1:10.06 36.61	200m: 2:25.52 38.28	300m: 3:44.97 40.39	400m: 5:05.92 40.02
2. ALVES, Renato Manuel	19	<b>5:40.87</b>	261
50m: 36.90 36.90	150m: 2:01.33 43.23	250m: 3:29.65 44.13	350m: 4:57.76 44.30
100m: 1:18.10 41.20	200m: 2:45.52 44.19	300m: 4:13.46 43.81	400m: 5:40.87 43.11
3. PEREIRA, Pedro Paixão	18	<b>6:09.28</b>	205
50m: 37.77 37.77	150m: 2:04.09 44.00	250m: 3:40.51 49.02	350m: 5:21.30 50.87
100m: 1:20.09 42.32	200m: 2:51.49 47.40	300m: 4:30.43 49.92	400m: 6:09.28 47.98
4. NOGUEIRA, Andre Filipe	17	<b>6:28.69</b>	176
50m: 41.98 41.98	150m: 2:18.07 49.18	250m: 3:59.34 50.42	350m: 5:41.41
100m: 1:28.89 46.91	200m: 3:08.92 50.85	300m:	400m: 6:28.69 47.28
5. MONTEIRO, Rui	17	<b>6:59.17</b>	140
50m: 41.55 41.55	150m: 2:25.58 53.40	250m: 4:15.37 56.06	350m: 6:07.73 57.13
100m: 1:32.18 50.63	200m: 3:19.31 53.73	300m: 5:10.60 55.23	400m: 6:59.17 51.44
DNS RODRIGUES, Guilherme	19	Atletico Clube Portugal	
DNS JOAO, Miguel Matos	18	Centro C.D.Estrelas S.J.Brito	
<b>20 - 24 anos</b>			
1. QUARESMA, Pedro Miguel	20	<b>4:39.00</b>	476
50m: 31.26 31.26	150m: 1:41.74 35.68	250m: 2:53.10 35.29	350m: 4:03.59 34.55
100m: 1:06.06 34.80	200m: 2:17.81 36.07	300m: 3:29.04 35.94	400m: 4:39.00 35.41
2. REIS, Ivo Manuel	21	<b>4:48.37</b>	431
50m: 32.29 32.29	150m: 1:44.61 36.50	250m: 2:58.14 36.99	350m: 4:12.40 37.22
100m: 1:08.11 35.82	200m: 2:21.15 36.54	300m: 3:35.18 37.04	400m: 4:48.37 35.97
3. DIAS, Rodrigo Branco	21	<b>4:59.83</b>	384
50m: 33.39 33.39	150m: 1:46.85 37.15	250m: 3:02.85 38.37	350m: 4:21.08 39.31
100m: 1:09.70 36.31	200m: 2:24.48 37.63	300m: 3:41.77 38.92	400m: 4:59.83 38.75
4. VIEIRA, Pedro Sousa	23	<b>5:22.19</b>	309
50m: 32.78 32.78	150m: 1:48.76 38.82	250m: 3:12.27 42.29	350m: 4:39.69 44.36
100m: 1:09.94 37.16	200m: 2:29.98 41.22	300m: 3:55.33 43.06	400m: 5:22.19 42.50



TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 7, Masc., 400m Livres, 20 - 24 anos

Lugar	Idade	Tempo final	Pts
5. CASTANHEIRA, Pedro Marques	20	<b>5:40.18</b>	263
50m: 35.28 35.28	150m: 1:57.05 42.60	250m: 3:26.65 45.58	350m: 4:59.03 45.63
100m: 1:14.45 39.17	200m: 2:41.07 44.02	300m: 4:13.40 46.75	400m: 5:40.18 41.15
6. DELGADO, Bruno Miguel	20	<b>5:52.73</b>	236
50m:	150m:	250m: 3:34.41	350m: 5:07.47 47.95
100m:	200m:	300m: 4:19.52 45.11	400m: 5:52.73 45.26
7. PEIXOTO, Luis Gonzaga	24	<b>5:55.29</b>	231
50m: 36.02 36.02	150m: 1:59.27 43.06	250m: 3:31.68 46.29	350m: 5:07.57 48.48
100m: 1:16.21 40.19	200m: 2:45.39 46.12	300m: 4:19.09 47.41	400m: 5:55.29 47.72

25 - 29 anos

1. RUAS, Bruno Miguel	25	<b>4:39.07</b>	476
50m: 33.03 33.03	150m: 1:44.54 36.07	250m: 2:56.12 35.69	350m: 4:06.71 35.07
100m: 1:08.47 35.44	200m: 2:20.43 35.89	300m: 3:31.64 35.52	400m: 4:39.07 32.36
2. CRUZ, Joao Duarte	28	<b>4:59.34</b>	385
50m: 34.78 34.78	150m: 1:49.76 37.95	250m: 3:06.69 37.35	350m: 4:22.79 38.16
100m: 1:11.81 37.03	200m: 2:29.34 39.58	300m: 3:44.63 37.94	400m: 4:59.34 36.55
3. CORVO, Tiago Gomes	26	<b>5:49.11</b>	243
50m: 38.36 38.36	150m: 2:05.23 44.65	250m: 3:37.21 46.06	350m: 5:06.86 44.07
100m: 1:20.58 42.22	200m: 2:51.15 45.92	300m: 4:22.79 45.58	400m: 5:49.11 42.25

30 - 34 anos

1. MANSO, Sergio Ribeiro	30	<b>5:06.31</b>	360
50m: 35.47 35.47	150m: 1:53.25 38.98	250m: 3:11.96 39.40	350m: 4:30.59 39.33
100m: 1:14.27 38.80	200m: 2:32.56 39.31	300m: 3:51.26 39.30	400m: 5:06.31 35.72
2. MALTA, Joao Carlos	32	<b>5:11.86</b>	341
50m: 35.88 35.88	150m: 1:53.13 38.95	250m: 3:12.22 39.72	350m: 4:32.80 40.26
100m: 1:14.18 38.30	200m: 2:32.50 39.37	300m: 3:52.54 40.32	400m: 5:11.86 39.06

35 - 39 anos

1. ALMEIDA, Diogo Pedroso	37	<b>4:48.57</b>	430
50m: 33.32 33.32	150m: 1:45.78 36.49	250m: 2:59.25 36.92	350m: 4:12.92 36.55
100m: 1:09.29 35.97	200m: 2:22.33 36.55	300m: 3:36.37 37.12	400m: 4:48.57 35.65
2. CAMARA, Bruno Joao	37	<b>5:26.12</b>	298
50m: 34.75 34.75	150m: 1:57.49 41.78	250m: 3:23.33 43.33	350m: 4:48.98 43.04
100m: 1:15.71 40.96	200m: 2:40.00 42.51	300m: 4:05.94 42.61	400m: 5:26.12 37.14
3. MORAIS, Pedro Jorge	36	<b>6:19.08</b>	190
50m: 39.62 39.62	150m: 2:12.75 48.20	250m: 3:48.91 48.20	350m: 5:30.43 51.52
100m: 1:24.55 44.93	200m: 3:00.71 47.96	300m: 4:38.91 50.00	400m: 6:19.08 48.65
4. SOUSA, Antonio Filipe	38	<b>6:32.38</b>	171
50m: 45.47 45.47	150m: 2:25.85 50.73	250m: 4:09.43 51.96	350m: 5:49.92 49.97
100m: 1:35.12 49.65	200m: 3:17.47 51.62	300m: 4:59.95 50.52	400m: 6:32.38 42.46
5. GIRAO, Bruno Marques	39	<b>7:08.06</b>	132
50m: 43.08 43.08	150m: 2:28.67 54.27	250m: 4:19.26 55.84	350m: 6:12.50 56.43
100m: 1:34.40 51.32	200m: 3:23.42 54.75	300m: 5:16.07 56.81	400m: 7:08.06 55.56

DNS PEREIRA, Alexandre Marques 38 Colegio Integrado Monte Maior

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 7, Masc., 400m Livres

40 - 44 anos

1.	SANTOS, Eurico Manuel	44	Colegio Integrado Monte Maior	<b>4:59.63</b>	384
	50m: 34.44 34.44	150m: 1:48.60	37.22 250m: 3:05.25	38.56 350m: 4:22.72	
	100m: 1:11.38 36.94	200m: 2:26.69	38.09 300m:	400m: 4:59.63	36.91
2.	TESTAGROSSA, Jean Alexandre	43	Fundacao Salesianos	<b>5:06.72</b>	358
	50m: 33.57 33.57	150m: 1:47.54	37.58 250m: 3:05.77	39.48 350m: 4:26.27	40.17
	100m: 1:09.96 36.39	200m: 2:26.29	38.75 300m: 3:46.10	40.33 400m: 5:06.72	40.45
3.	FRIAS, Ricardo Miguel	41	Sport Alges Dafundo	<b>5:25.88</b>	299
	50m: 36.38 36.38	150m: 1:55.19	40.45 250m: 3:18.48	42.26 350m: 4:43.80	42.94
	100m: 1:14.74 38.36	200m: 2:36.22	41.03 300m: 4:00.86	42.38 400m: 5:25.88	42.08
4.	GOMES, Jose Maria	42	Grupo Amigos Natacao	<b>5:47.31</b>	247
	50m: 39.17 39.17	150m: 2:03.85	43.05 250m: 3:32.30	350m: 5:03.23	45.80
	100m: 1:20.80 41.63	200m:	300m: 4:17.43	45.13 400m: 5:47.31	44.08
5.	CAEIRO, Mario Antonio	43	Clube Natacao Masters Almada	<b>6:16.04</b>	194
	50m: 38.79 38.79	150m: 2:09.19	46.49 250m: 3:48.38	49.78 350m: 5:28.32	50.31
	100m: 1:22.70 43.91	200m: 2:58.60	49.41 300m: 4:38.01	49.63 400m: 6:16.04	47.72
6.	REIS, Paulo Jorge	44	Sindicato T.F.Publica	<b>6:50.59</b>	149
	50m: 43.05 43.05	150m: 2:23.21	51.20 250m: 4:08.19	52.45 350m: 5:54.78	53.47
	100m: 1:32.01 48.96	200m: 3:15.74	52.53 300m: 5:01.31	53.12 400m: 6:50.59	55.81
DNS	DOMINGOS, Rui Manuel	44	Atletico Clube Portugal		
DNS	LOURO, Antonio Jose	41	Atletico Clube Portugal		

45 - 49 anos

1.	FEITEIRA, Luis Felipe	48	Clube Natacao Masters Almada	<b>5:51.94</b>	237
	50m: 38.53 38.53	150m: 2:06.49	44.58 250m: 3:37.34	45.66 350m: 5:09.48	46.29
	100m: 1:21.91 43.38	200m: 2:51.68	45.19 300m: 4:23.19	45.85 400m: 5:51.94	42.46
2.	MARTINS, Joao Paulo	49	O2 Portimao	<b>6:21.52</b>	186
	50m: 42.23 42.23	150m: 2:16.83	48.08 250m: 3:55.25	49.63 350m: 5:33.66	49.44
	100m: 1:28.75 46.52	200m: 3:05.62	48.79 300m: 4:44.22	48.97 400m: 6:21.52	47.86
DSQ	PEREIRA, Sergio Paulo	45	Associacao Naval Amorense		
	<i>desistiu aos 150m</i>				
DNS	GIRAO, Helio Marques	47	Atletico Clube Portugal		
DNS	SANTANA, Fernando Manuel	46	Colegio Integrado Monte Maior		

50 - 54 anos

1.	PINTO, Vitor Manuel	51	Fundacao Salesianos	<b>5:03.49</b>	370
	50m: 33.45 33.45	150m: 1:46.78	37.41 250m: 3:03.76	38.86 350m: 4:22.98	39.71
	100m: 1:09.37 35.92	200m: 2:24.90	38.12 300m: 3:43.27	39.51 400m: 5:03.49	40.51
2.	RUAS, Joao Manuel	54	O2 Portimao	<b>6:11.91</b>	201
	50m: 42.41 42.41	150m: 2:17.20	47.52 250m: 3:52.58	47.36 350m:	
	100m: 1:29.68 47.27	200m: 3:05.22	48.02 300m:	400m: 6:11.91	
3.	VELEZ, Rui Castro	50	Centro Pop.Trab.Luz e Vida	<b>6:46.90</b>	153
	50m: 46.30 46.30	150m: 2:30.29	52.49 250m: 4:15.23	52.44 350m: 6:00.39	52.01
	100m: 1:37.80 51.50	200m: 3:22.79	52.50 300m: 5:08.38	53.15 400m: 6:46.90	46.51
4.	ROQUE, Antonio Mendes	52	Grupo Amigos Natacao	<b>8:43.86</b>	72
	50m: 56.60 56.60	150m: 3:05.81	1:06.23 250m: 5:24.28	1:09.29 350m: 7:39.91	1:07.06
	100m: 1:59.58 1:02.98	200m: 4:14.99	1:09.18 300m: 6:32.85	1:08.57 400m: 8:43.86	1:03.95
DNS	DIAS, Jose Castro	51	Fundacao Salesianos		

55 - 59 anos

1.	CORREIA, Jose Luis	55	Associacao Nadadores Estoris	<b>6:39.20</b>	163
	50m: 44.68 44.68	150m: 2:24.57	51.56 250m: 4:08.30	52.48 350m: 5:50.26	50.83
	100m: 1:33.01 48.33	200m: 3:15.82	51.25 300m: 4:59.43	51.13 400m: 6:39.20	48.94

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 7, Masc., 400m Livres, 55 - 59 anos

Lugar	Idade	Tempo final	Pts
2. JESUS, Carlos Alberto	55	<b>6:53.98</b>	146
50m: 41.59 41.59 150m: 2:25.63 54.31 250m: 4:14.41 54.15 350m: 6:02.31 53.50			
100m: 1:31.32 49.73 200m: 3:20.26 54.63 300m: 5:08.81 54.40 400m: 6:53.98 51.67			
3. PEREIRA, Rui Manuel	58	<b>7:02.69</b>	137
50m: 46.15 46.15 150m: 2:30.21 53.97 250m: 4:18.88 54.23 350m: 6:08.08 55.12			
100m: 1:36.24 50.09 200m: 3:24.65 54.44 300m: 5:12.96 54.08 400m: 7:02.69 54.61			
4. JESUS, Fernando Joaquim	55	<b>7:08.38</b>	132
50m: 45.54 45.54 150m: 250m: 4:24.74 350m:			
100m: 1:37.73 52.19 200m: 300m: 5:21.62 56.88 400m: 7:08.38			

60 - 64 anos

1. SILVA, Carlos Tavares	63	<b>6:11.68</b>	201
50m: 42.06 42.06 150m: 2:12.30 45.51 250m: 3:44.43 46.32 350m: 5:18.84 48.33			
100m: 1:26.79 44.73 200m: 2:58.11 45.81 300m: 4:30.51 46.08 400m: 6:11.68 52.84			
2. CORREIA, Carlos Augusto	62	<b>6:30.43</b>	174
50m: 45.14 45.14 150m: 2:22.50 50.24 250m: 4:02.52 49.58 350m: 5:42.15 49.90			
100m: 1:32.26 47.12 200m: 3:12.94 50.44 300m: 4:52.25 49.73 400m: 6:30.43 48.28			
3. TAVARES, Antonio Manuel	63	<b>7:13.64</b>	127
50m: 48.55 48.55 150m: 2:37.37 55.07 250m: 4:27.73 55.10 350m: 6:18.61 55.31			
100m: 1:42.30 53.75 200m: 3:32.63 55.26 300m: 5:23.30 55.57 400m: 7:13.64 55.03			

65 - 69 anos

1. SALGUEIRO, Luis Alberto	69	<b>6:59.27</b>	140
50m: 45.91 45.91 150m: 2:31.91 53.64 250m: 4:18.31 52.60 350m: 6:07.30 54.74			
100m: 1:38.27 52.36 200m: 3:25.71 53.80 300m: 5:12.56 54.25 400m: 6:59.27 51.97			
2. MARREIROS, Jose Joaquim	68	<b>7:56.33</b>	96
50m: 55.75 55.75 150m: 2:56.11 1:00.05 250m: 4:55.07 1:02.95 350m: 6:56.04 59.79			
100m: 1:56.06 1:00.31 200m: 3:52.12 56.01 300m: 5:56.25 1:01.18 400m: 7:56.33 1:00.29			

DNS VIEGAS, Luis Silveira 67 Sport Alges Dafundo

75 - 79 anos

1. RODRIGUES, Antonio Miranda	75	<b>8:01.79</b>	92
50m: 52.98 52.98 150m: 2:52.23 59.83 250m: 4:54.07 1:00.95 350m: 7:01.89 1:04.92			
100m: 1:52.40 59.42 200m: 3:53.12 1:00.89 300m: 5:56.97 1:02.90 400m: 8:01.79 59.90			

Prova 8

Femin., 400m Livres

14 - 84 anos

22.2.14 - 18:40

Resultados

Pontos: FINA 2008

Lugar	Idade	Tempo final	Pts
14 - 16 anos			
1. CORREIA, Margarida Correia	15	<b>5:17.87</b>	430
50m: 35.59 35.59 150m: 1:57.28 41.68 250m: 2:18.77 350m: 4:39.52 40.37			
100m: 1:15.60 40.01 200m: 2:38.55 41.27 300m: 3:59.15 1:40.38 400m: 5:17.87 38.35			
17 - 19 anos			
1. FERREIRA, Ana Rute	19	<b>5:36.70</b>	362
50m: 38.33 38.33 150m: 2:01.81 42.25 250m: 3:28.25 43.35 350m: 4:53.99 42.80			
100m: 1:19.56 41.23 200m: 2:44.90 43.09 300m: 4:11.19 42.94 400m: 5:36.70 42.71			
2. CARDOSO, Tatiana Alexandra	17	<b>5:45.33</b>	335
50m: 35.62 35.62 150m: 2:00.54 43.68 250m: 3:29.48 44.54 350m: 4:59.97 45.64			
100m: 1:16.86 41.24 200m: 2:44.94 44.40 300m: 4:14.33 44.85 400m: 5:45.33 45.36			

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 8, Femin., 400m Livres, 17 - 19 anos

Lugar			Idade					Tempo final	Pts
3.	FERREIRA, Leonor Barreiros		17	Ccd Avancado Eulx				<b>5:52.58</b>	315
	50m:	37.62 37.62	150m:	2:03.60	44.02	250m:	3:36.53 47.16	350m:	5:09.80 46.41
	100m:	1:19.58 41.96	200m:	2:49.37	45.77	300m:	4:23.39 46.86	400m:	5:52.58 42.78
4.	PIRES, Ana Nunes		19	Cpcd-Centro Popular C.Desporto				<b>7:04.49</b>	180
	50m:	46.16 46.16	150m:	2:31.84	54.03	250m:		350m:	
	100m:	1:37.81 51.65	200m:	3:26.45	54.61	300m:		400m:	7:04.49
5.	COELHO, Sandra Vanessa		18	Clube Natacao Masters Almada				<b>7:05.17</b>	180
	50m:	47.14 47.14	150m:	2:32.06	53.74	250m:	4:23.55 56.09	350m:	6:14.49 55.60
	100m:	1:38.32 51.18	200m:	3:27.46	55.40	300m:	5:18.89 55.34	400m:	7:05.17 50.68

20 - 24 anos

1.	GARCIA, Carolina Fernandes		21	Ccd Avancado Eulx				<b>5:03.75</b>	492
	50m:	34.44 34.44	150m:	1:49.60	38.03	250m:	3:06.93 38.85	350m:	4:25.28 39.36
	100m:	1:11.57 37.13	200m:	2:28.08	38.48	300m:	3:45.92 38.99	400m:	5:03.75 38.47

DNS OLIVEIRA, Catarina Chemetova 24 Clube Natacao Masters Almada

25 - 29 anos

1.	LOURENCO, Susana Maria		27	Sindicato T.F.Publica				<b>7:00.01</b>	186
	50m:	44.86 44.86	150m:	2:24.79	51.17	250m:	4:12.61 54.84	350m:	6:03.78 55.93
	100m:	1:33.62 48.76	200m:	3:17.77	52.98	300m:	5:07.85 55.24	400m:	7:00.01 56.23

30 - 34 anos

1.	SOBRAL, Ana Luisa		30	Clube Natacao Masters Almada				<b>7:29.83</b>	152
	50m:	46.29 46.29	150m:			250m:	4:33.99 58.94	350m:	
	100m:	1:40.42 54.13	200m:	3:35.05		300m:	5:32.57 58.58	400m:	7:29.83
2.	LOURENCO, Claudia Marisa		32	Fundacao Salesianos				<b>7:45.06</b>	137
	50m:	50.06 50.06	150m:	2:43.36	58.95	250m:	4:44.48 1:01.04	350m:	6:47.57 1:01.23
	100m:	1:44.41 54.35	200m:	3:43.44	1:00.08	300m:	5:46.34 1:01.86	400m:	7:45.06 57.49

35 - 39 anos

1.	FERREIRA, Marta Martins		35	Sindicato T.F.Publica				<b>6:28.55</b>	235
	50m:	44.30 44.30	150m:	2:23.39	50.24	250m:	4:03.25 49.89	350m:	5:42.16 49.26
	100m:	1:33.15 48.85	200m:	3:13.36	49.97	300m:	4:52.90 49.65	400m:	6:28.55 46.39

40 - 44 anos

1.	REINA, Rita Miguel		42	Colegio Integrado Monte Maior				<b>5:40.26</b>	350
	50m:	37.00 37.00	150m:	2:02.02	43.44	250m:	3:30.01 43.76	350m:	4:58.34 44.06
	100m:	1:18.58 41.58	200m:	2:46.25	44.23	300m:	4:14.28 44.27	400m:	5:40.26 41.92
2.	SANTINHA, Fernanda Maria		42	Clube Natacao Masters Almada				<b>6:53.19</b>	196
	50m:	45.78 45.78	150m:	2:28.48	52.47	250m:	4:14.40 53.01	350m:	6:00.80 53.50
	100m:	1:36.01 50.23	200m:	3:21.39	52.91	300m:	5:07.30 52.90	400m:	6:53.19 52.39
3.	BARROS, Ana Cristina		44	Associacao Naval Amorense				<b>7:52.36</b>	131
	50m:	47.98 47.98	150m:	2:42.86	59.39	250m:	4:45.91 1:01.33	350m:	6:51.07 1:02.86
	100m:	1:43.47 55.49	200m:	3:44.58	1:01.72	300m:	5:48.21 1:02.30	400m:	7:52.36 1:01.29

45 - 49 anos

1.	RIBEIRO, Maria Joao		49	Associacao Nadadores Estoris				<b>6:33.99</b>	226
	50m:	47.15 47.15	150m:	2:28.30	50.76	250m:	4:07.29 49.79	350m:	5:47.00 50.28
	100m:	1:37.54 50.39	200m:	3:17.50	49.20	300m:	4:56.72 49.43	400m:	6:33.99 46.99

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 8, Femin., 400m Livres

50 - 54 anos

1. CANINAS, Maria Madalena	51	Clube Natacao Masters Almada	<b>7:23.16</b>	159
50m: 47.10 47.10	150m: 2:36.59	56.35 250m: 4:31.71	58.01 350m: 6:29.14	57.97
100m: 1:40.24 53.14	200m: 3:33.70	57.11 300m: 5:31.17	59.46 400m: 7:23.16	54.02

DNS LEITAO, Etelvina Domingos 50 Grupo Amigos Natacao

60 - 64 anos

1. FERREIRA, Ana Maria	64	Sport Alges Dafundo	<b>6:27.70</b>	237
50m: 44.72 44.72	150m: 2:23.34	49.74 250m: 4:03.06	49.81 350m: 5:42.02	49.50
100m: 1:33.60 48.88	200m: 3:13.25	49.91 300m: 4:52.52	49.46 400m: 6:27.70	45.68

Prova 9

Masc., 400m Estilos

14 - 84 anos

23.2.14 - 9:00

Resultados

Pontos: FINA 2008

Lugar	Idade		Tempo final	Pts
<b>14 - 16 anos</b>				
1. RAMOS, Rafael Cavaco	15	Associacao Naval Amorense	<b>5:51.65</b>	329
50m: 34.93 34.93	150m: 1:57.73	42.38 250m: 3:33.17	54.41 350m:	
100m: 1:15.35 40.42	200m: 2:38.76	41.03 300m: 4:27.66	54.49 400m: 5:51.65	
2. FRANCISCO, Joao Lucas	15	Grupo Amigos Natacao	<b>5:59.54</b>	308
50m: 37.73 37.73	150m: 2:06.96	43.47 250m: 3:45.65	55.83 350m: 5:22.07	41.58
100m: 1:23.49 45.76	200m: 2:49.82	42.86 300m: 4:40.49	54.84 400m: 5:59.54	37.47
3. RODRIGUES, Bruno Rafael	16	Futebol Clube Alverca	<b>7:02.52</b>	190
50m: 41.02 41.02	150m: 2:27.38	51.94 250m: 4:21.50	1:00.93 350m: 6:13.54	49.08
100m: 1:35.44 54.42	200m: 3:20.57	53.19 300m: 5:24.46	1:02.96 400m: 7:02.52	48.98
<b>17 - 19 anos</b>				
1. GOUVEIA, Joao Pedro	17	Centro Pop.Trab.Luz e Vida	<b>5:46.75</b>	344
50m: 35.21 35.21	150m: 2:03.22	46.51 250m: 3:34.87	46.48 350m: 5:07.16	44.41
100m: 1:16.71 41.50	200m: 2:48.39	45.17 300m: 4:22.75	47.88 400m: 5:46.75	39.59
2. DOMINGUES, Miguel Sobral	18	Sindicato T.F.Publica	<b>5:49.37</b>	336
50m: 37.71 37.71	150m: 2:03.46	43.14 250m: 3:36.72	51.82 350m: 5:10.02	40.70
100m: 1:20.32 42.61	200m: 2:44.90	41.44 300m: 4:29.32	52.60 400m: 5:49.37	39.35
3. DANTAS, Sergio Alexandre	19	Cpcd-Centro Popular C.Desporto	<b>5:49.61</b>	335
50m: 37.50 37.50	150m: 2:05.82	46.53 250m: 3:40.64	49.75 350m: 5:11.70	42.43
100m: 1:19.29 41.79	200m: 2:50.89	45.07 300m: 4:29.27	48.63 400m: 5:49.61	37.91
4. PEREIRA, Hugo Miguel	17	Associacao Naval Amorense	<b>5:58.43</b>	311
50m: 36.00 36.00	150m: 2:06.02	44.81 250m: 3:39.35	49.38 350m: 5:13.67	42.60
100m: 1:21.21 45.21	200m: 2:49.97	43.95 300m: 4:31.07	51.72 400m: 5:58.43	44.76
5. VALERIO, Ricardo Principe	18	Grupo Amigos Natacao	<b>6:29.48</b>	242
50m: 40.23 40.23	150m: 2:19.80	50.92 250m: 4:04.89	55.82 350m: 5:48.19	47.21
100m: 1:28.88 48.65	200m: 3:09.07	49.27 300m: 5:00.98	56.09 400m: 6:29.48	41.29
6. GONCALVES, Ricardo Jorge	17	Associacao Naval Amorense	<b>6:38.92</b>	226
50m: 42.81 42.81	150m: 2:25.77	51.48 250m: 4:12.64	57.18 350m: 5:54.82	46.12
100m: 1:34.29 51.48	200m: 3:15.46	49.69 300m: 5:08.70	56.06 400m: 6:38.92	44.10
7. REAL, Eduardo Esteves	18	Cpcd-Centro Popular C.Desporto	<b>6:47.20</b>	212
50m: 38.83 38.83	150m: 2:19.60	53.82 250m: 4:12.04	59.06 350m: 5:58.85	50.62
100m: 1:25.78 46.95	200m: 3:12.98	53.38 300m: 5:08.23	56.19 400m: 6:47.20	48.35
8. RAYAGRA, Goncalo Borges	17	Grupo Amigos Natacao	<b>7:02.32</b>	190
50m: 44.94 44.94	150m: 2:34.98	54.02 250m: 4:27.18	1:00.62 350m: 6:18.50	49.80
100m: 1:40.96 56.02	200m: 3:26.56	51.58 300m: 5:28.70	1:01.52 400m: 7:02.32	43.82

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 9, Masc., 400m Estilos, 17 - 19 anos

Lugar	Idade	Tempo final	Pts
9. NOGUEIRA, Andre Filipe	17	<b>7:02.50</b>	190
50m: 49.14 49.14	150m: 2:40.55 52.88	250m: 4:28.04 57.76	350m: 6:15.40 50.13
100m: 1:47.67 58.53	200m: 3:30.28 49.73	300m: 5:25.27 57.23	400m: 7:02.50 47.10
DNS TABORDA, Daniel Valente	18		

20 - 24 anos

1. QUARESMA, Pedro Miguel	20	<b>5:18.22</b>	444
50m: 31.99 31.99	150m: 1:53.03 41.66	250m: 3:19.94 46.17	350m: 4:44.59 36.16
100m: 1:11.37 39.38	200m: 2:33.77 40.74	300m: 4:08.43 48.49	400m: 5:18.22 33.63
2. ROSA, Luis Maria	23	<b>5:20.49</b>	435
50m: 33.34 33.34	150m: 1:53.59 41.82	250m: 3:18.91 45.07	350m: 4:44.56 38.88
100m: 1:11.77 38.43	200m: 2:33.84 40.25	300m: 4:05.68 46.77	400m: 5:20.49 35.93
3. CORDEIRO, Diogo Andre	24	<b>5:35.36</b>	380
50m: 35.27 35.27	150m: 2:04.82 48.09	250m: 3:36.86 45.18	350m: 5:01.67 38.69
100m: 1:16.73 41.46	200m: 2:51.68 46.86	300m: 4:22.98 46.12	400m: 5:35.36 33.69
4. DIAS, Rodrigo Branco	21	<b>5:35.89</b>	378
50m: 34.10 34.10	150m: 1:57.40 44.20	250m: 3:29.77 49.27	350m: 4:59.40 40.93
100m: 1:13.20 39.10	200m: 2:40.50 43.10	300m: 4:18.47 48.70	400m: 5:35.89 36.49
5. CRUZ, Francisco Miguel	20	<b>5:36.01</b>	378
50m: 34.68 34.68	150m: 1:58.45 43.90	250m: 3:28.81 48.19	350m: 4:57.42 40.21
100m: 1:14.55 39.87	200m: 2:40.62 42.17	300m: 4:17.21 48.40	400m: 5:36.01 38.59
6. OLIVEIRA, Bernardo Nogueira	21	<b>5:44.99</b>	349
50m: 38.22 38.22	150m: 2:07.34 42.77	250m: 3:39.71 50.28	350m: 5:09.04 37.70
100m: 1:24.57 46.35	200m: 2:49.43 42.09	300m: 4:31.34 51.63	400m: 5:44.99 35.95
7. CARVALHO, Guilherme Jorge	22	<b>6:15.17</b>	271
50m: 37.23 37.23	150m: 2:15.96 53.43	250m: 3:56.91 50.25	350m: 5:33.43 46.47
100m: 1:22.53 45.30	200m: 3:06.66 50.70	300m: 4:46.96 50.05	400m: 6:15.17 41.74
DNS PAULINO, Joao Jacome	23		

25 - 29 anos

1. RUAS, Bruno Miguel	25	<b>5:14.98</b>	458
50m: 33.39 33.39	150m: 1:55.33 41.65	250m: 3:19.63 43.79	350m: 4:40.98 35.63
100m: 1:13.68 40.29	200m: 2:35.84 40.51	300m: 4:05.35 45.72	400m: 5:14.98 34.00
2. GODINHO, Henrique	26	<b>5:24.66</b>	419
50m: 34.13 34.13	150m: 1:56.82 43.55	250m: 3:24.38 44.87	350m: 4:47.83 38.73
100m: 1:13.27 39.14	200m: 2:39.51 42.69	300m: 4:09.10 44.72	400m: 5:24.66 36.83
3. BRANQUINHO, Miguel Graca	26	<b>5:59.46</b>	308
50m: 35.72 35.72	150m: 2:07.52 49.13	250m: 3:46.28 52.35	350m: 5:19.98 41.85
100m: 1:18.39 42.67	200m: 2:53.93 46.41	300m: 4:38.13 51.85	400m: 5:59.46 39.48
4. FRANCISCO, Jose Daniel	25	<b>6:05.77</b>	293
50m: 41.22 41.22	150m: 2:14.95 46.94	250m: 3:54.91 54.06	350m: 5:30.12 40.81
100m: 1:28.01 46.79	200m: 3:00.85 45.90	300m: 4:49.31 54.40	400m: 6:05.77 35.65

30 - 34 anos

1. MANSO, Sergio Ribeiro	30	<b>5:42.22</b>	357
50m: 35.22 35.22	150m: 2:00.67 45.09	250m: 3:35.95 50.96	350m: 5:04.62 38.90
100m: 1:15.58 40.36	200m: 2:44.99 44.32	300m: 4:25.72 49.77	400m: 5:42.22 37.60
2. MARTINEZ, Eugenio Rodriguez	33	<b>6:22.70</b>	256
50m: 40.54 40.54	150m: 2:19.96 51.18	250m: 4:02.55 52.10	350m: 5:39.19 45.38
100m: 1:28.78 48.24	200m: 3:10.45 50.49	300m: 4:53.81 51.26	400m: 6:22.70 43.51
3. LAGE, Pedro Cruz	33	<b>7:19.88</b>	168
50m: 47.71 47.71	150m: 2:42.00 57.85	250m: 4:36.76 57.96	350m: 6:29.96 54.20
100m: 1:44.15 56.44	200m: 3:38.80 56.80	300m: 5:35.76 59.00	400m: 7:19.88 49.92

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 9, Masc., 400m Estilos

35 - 39 anos

1.	MARTINS, Abel Pedro	37	Grupo Amigos Natacao	<b>5:12.12</b>	471
	50m: 33.79 33.79	150m: 1:53.28	40.48	250m: 3:17.05	44.85
	100m: 1:12.80 39.01	200m: 2:32.20	38.92	300m: 4:01.66	44.61
				350m: 4:38.81	37.15
				400m: 5:12.12	33.31
2.	LAGE, Ricardo Carvalho	35	Grupo Amigos Natacao	<b>6:30.15</b>	241
	50m: 41.40 41.40	150m: 2:23.52	54.02	250m: 4:10.44	56.22
	100m: 1:29.50 48.10	200m: 3:14.22	50.70	300m: 5:04.97	54.53
				350m: 5:49.92	44.95
				400m: 6:30.15	40.23
3.	CARDOSO, Manuel Evaristo	37	Clube Natacao Masters Almada	<b>6:41.01</b>	222
	50m: 41.88 41.88	150m: 2:24.64	52.09	250m: 4:14.43	58.09
	100m: 1:32.55 50.67	200m: 3:16.34	51.70	300m: 5:12.61	58.18
				350m: 5:57.01	44.40
				400m: 6:41.01	44.00
4.	SOUSA, Antonio Filipe	38	Individual	<b>7:46.00</b>	142
	50m: 52.60 52.60	150m: 2:59.10	1:05.69	250m: 5:04.23	1:03.15
	100m: 1:53.41 1:00.81	200m: 4:01.08	1:01.98	300m: 6:06.98	1:02.75
				350m: 6:59.10	52.12
				400m: 7:46.00	46.90

40 - 44 anos

1.	BARROS, Francisco Santos	42	Colegio Integrado Monte Maior	<b>6:48.03</b>	211
	50m: 40.51 40.51	150m: 2:29.90	57.06	250m: 4:27.04	58.22
	100m: 1:32.84 52.33	200m: 3:28.82	58.92	300m: 5:25.21	58.17
				350m: 6:08.02	42.81
				400m: 6:48.03	40.01
2.	GOMES, Jose Maria	42	Grupo Amigos Natacao	<b>6:50.32</b>	207
	50m: 44.19 44.19	150m: 2:29.62	55.61	250m: 4:21.85	59.01
	100m: 1:34.01 49.82	200m: 3:22.84	53.22	300m: 5:20.90	59.05
				350m: 6:07.30	46.40
				400m: 6:50.32	43.02
3.	AFONSO, Pedro Garcia	42	Centro C.D.Estrelas S.J.Brito	<b>6:57.51</b>	197
	50m: 42.82 42.82	150m: 2:30.48	57.76	250m: 4:24.31	54.39
	100m: 1:32.72 49.90	200m: 3:29.92	59.44	300m: 5:21.18	56.87
				350m: 6:10.41	49.23
				400m: 6:57.51	47.10
4.	SILVA, Jose Antonio	40	Atletico Clube Portugal	<b>7:03.75</b>	188
	50m: 39.77 39.77	150m: 2:33.06	1:01.16	250m: 4:29.05	56.97
	100m: 1:31.90 52.13	200m: 3:32.08	59.02	300m: 5:26.49	57.44
				350m: 6:16.90	50.41
				400m: 7:03.75	46.85
5.	ANTUNES, Luis Miguel	43	Atletico Clube Portugal	<b>7:29.12</b>	158
	50m: 50.82 50.82	150m: 2:53.48	1:01.96	250m: 4:48.27	55.27
	100m: 1:51.52 1:00.70	200m: 3:53.00	59.52	300m: 5:45.96	57.69
				350m: 6:39.02	53.06
				400m: 7:29.12	50.10

45 - 49 anos

1.	PEREIRA, Joao Carlos	45	Clube Natacao Masters Almada	<b>7:04.09</b>	188
	50m: 39.43 39.43	150m: 2:21.94	54.43	250m: 4:18.35	1:02.74
	100m: 1:27.51 48.08	200m: 3:15.61	53.67	300m: 5:20.36	1:02.01
				350m: 6:11.80	51.44
				400m: 7:04.09	52.29
2.	QUINTINO, Manuel Vasques	46	Clube Portugal Telecom	<b>7:18.47</b>	170
	50m: 47.75 47.75	150m: 2:43.17	1:02.73	250m: 4:43.20	1:00.18
	100m: 1:40.44 52.69	200m: 3:43.02	59.85	300m: 5:42.95	59.75
				350m: 6:34.87	51.92
				400m: 7:18.47	43.60

50 - 54 anos

1.	CARVALHO, Paulo Paula	53	Individual	<b>5:32.43</b>	390
	50m: 33.95 33.95	150m: 1:56.56	44.56	250m: 3:28.55	50.63
	100m: 1:12.00 38.05	200m: 2:37.92	41.36	300m: 4:18.60	50.05
				350m: 4:56.78	38.18
				400m: 5:32.43	35.65
2.	OLIVEIRA, Carlos Jorge	50	Clube Portugal Telecom	<b>6:22.41</b>	256
	50m: 39.74 39.74	150m: 2:15.66	46.59	250m: 3:59.83	57.80
	100m: 1:29.07 49.33	200m: 3:02.03	46.37	300m: 4:58.49	58.66
				350m: 5:41.23	42.74
				400m: 6:22.41	41.18
3.	SILVA, Juan Luis	51	Clube Natacao Masters Almada	<b>7:12.37</b>	177
	50m: 47.32 47.32	150m: 2:36.25	54.59	250m: 4:32.41	1:01.93
	100m: 1:41.66 54.34	200m: 3:30.48	54.23	300m: 5:34.89	1:02.48
				350m: 6:24.28	49.39
				400m: 7:12.37	48.09
4.	RUAS, Joao Manuel	54	O2 Portimao	<b>7:31.40</b>	156
	50m: 51.20 51.20	150m: 2:51.41	1:00.18	250m: 4:52.67	1:02.24
	100m: 1:51.23 1:00.03	200m: 3:50.43	59.02	300m: 5:55.80	1:03.13
				350m: 6:45.14	49.34
				400m: 7:31.40	46.26

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 9, Masc., 400m Estilos, 50 - 54 anos

Lugar			Idade					Tempo final	Pts
5.	CUNHA, Rui Manuel		50	Sport Alges Dafundo				<b>7:37.34</b>	150
	50m:	46.68 46.68	150m:	2:45.03	1:00.54	250m:	4:49.35 1:04.90	350m:	6:47.41 54.47
	100m:	1:44.49 57.81	200m:	3:44.45	59.42	300m:	5:52.94 1:03.59	400m:	7:37.34 49.93

55 - 59 anos

1.	MAVIOSO, Vitor Manuel		58	Sport Alges Dafundo				<b>6:08.21</b>	287
	50m:	36.98 36.98	150m:	2:10.55	51.26	250m:	3:53.74 54.80	350m:	5:29.53 41.12
	100m:	1:19.29 42.31	200m:	2:58.94	48.39	300m:	4:48.41 54.67	400m:	6:08.21 38.68

60 - 64 anos

1.	CORREIA, Carlos Augusto		62	Clube Natacao Masters Almada				<b>7:52.98</b>	135
	50m:	56.94 56.94	150m:	3:00.79	1:02.85	250m:	5:09.37 1:07.46	350m:	7:05.39 48.82
	100m:	1:57.94 1:01.00	200m:	4:01.91	1:01.12	300m:	6:16.57 1:07.20	400m:	7:52.98 47.59
2.	COELHO, Domingos Pinto		62	Sport Alges Dafundo				<b>8:28.75</b>	109
	50m:	56.66 56.66	150m:	3:11.57	1:09.97	250m:	5:30.60 1:07.59	350m:	7:34.91 54.81
	100m:	2:01.60 1:04.94	200m:	4:23.01	1:11.44	300m:	6:40.10 1:09.50	400m:	8:28.75 53.84

65 - 69 anos

1.	GASPAR, Alexandre Alberto		69	Sport Alges Dafundo				<b>8:14.98</b>	118
	50m:	58.58 58.58	150m:	3:12.91	1:12.39	250m:	5:21.21 1:03.93	350m:	7:21.44 59.60
	100m:	2:00.52 1:01.94	200m:	4:17.28	1:04.37	300m:	6:21.84 1:00.63	400m:	8:14.98 53.54
2.	FERREIRA, Antonio Manuel		66	Sport Alges Dafundo				<b>11:47.76</b>	40
	50m:	1:08.04 1:08.04	150m:	4:28.72	1:52.99	250m:	7:38.67 1:28.99	350m:	10:32.65 1:21.16
	100m:	2:35.73 1:27.69	200m:	6:09.68	1:40.96	300m:	9:11.49 1:32.82	400m:	11:47.76 1:15.11

Prova 10

Femin., 400m Estilos

14 - 84 anos

23.2.14 - 10:10

Resultados

Pontos: FINA 2008

Lugar			Idade					Tempo final	Pts
14 - 16 anos									
1.	FERNANDES, Patricia Alexandra		15	Cpcd-Centro Popular C.Desporto				<b>6:10.51</b>	383
	50m:	39.28 39.28	150m:	2:17.26	49.12	250m:	3:54.41 51.64	350m:	5:30.48 43.84
	100m:	1:28.14 48.86	200m:	3:02.77	45.51	300m:	4:46.64 52.23	400m:	6:10.51 40.03

17 - 19 anos

1.	FREIRE, Joana Silva		19	Ccd Avancado Eulx				<b>5:55.48</b>	433
	50m:	38.51 38.51	150m:	2:09.40	46.05	250m:	3:44.57 49.00	350m:	5:16.91 42.22
	100m:	1:23.35 44.84	200m:	2:55.57	46.17	300m:	4:34.69 50.12	400m:	5:55.48 38.57
2.	FERREIRA, Ana Rute		19	Centro C.D.Estrelas S.J.Brito				<b>6:37.78</b>	309
	50m:	42.63 42.63	150m:	2:23.24	49.84	250m:	4:08.52 56.82	350m:	5:53.37 46.57
	100m:	1:33.40 50.77	200m:	3:11.70	48.46	300m:	5:06.80 58.28	400m:	6:37.78 44.41
3.	MONTAIA, Rita Alves		17	Grupo Amigos Natacao				<b>6:54.71</b>	273
	50m:	44.16 44.16	150m:	2:31.51	54.90	250m:	4:21.21 57.31	350m:	6:07.94 48.24
	100m:	1:36.61 52.45	200m:	3:23.90	52.39	300m:	5:19.70 58.49	400m:	6:54.71 46.77
4.	SANTOS, Raquel Correa		19	Cpcd-Centro Popular C.Desporto				<b>7:04.40</b>	255
	50m:	40.24 40.24	150m:	3:18.76	1:46.32	250m:	5:23.49 1:02.47	350m:	7:04.53 48.95
	100m:	1:32.44 52.20	200m:	4:21.02	1:02.26	300m:	6:15.58 52.09	400m:	7:04.40



TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 10, Femin., 400m Estilos

20 - 24 anos

1. MARQUES, Joana Pedrosa	23	Clube Natacao Masters Almada	<b>5:48.97</b>	458
50m: 38.02 38.02	150m: 2:08.56	47.19 250m: 3:41.44	46.44 350m: 5:09.28	41.08
100m: 1:21.37 43.35	200m: 2:55.00	46.44 300m: 4:28.20	46.76 400m: 5:48.97	39.69
2. MIRANDA, Margarida Sofia	20	Clube Natacao Masters Almada	<b>6:51.32</b>	280
50m: 46.34 46.34	150m: 2:31.23	49.39 250m: 4:18.90	57.07 350m: 6:03.07	48.95
100m: 1:41.84 55.50	200m: 3:21.83	50.60 300m: 5:14.12	55.22 400m: 6:51.32	48.25
3. SILVA, Catarina Cruz	21	Grupo Amigos Natacao	<b>7:15.83</b>	235
50m: 43.91 43.91	150m: 2:31.13	53.25 250m: 4:24.26	1:00.44 350m: 6:19.72	54.66
100m: 1:37.88 53.97	200m: 3:23.82	52.69 300m: 5:25.06	1:00.80 400m: 7:15.83	56.11

25 - 29 anos

1. PINTO, Juliana Sequeira	28	Grupo Amigos Natacao	<b>6:02.91</b>	407
50m: 38.29 38.29	150m: 2:11.68	49.39 250m: 3:50.41	51.42 350m: 5:25.41	43.65
100m: 1:22.29 44.00	200m: 2:58.99	47.31 300m: 4:41.76	51.35 400m: 6:02.91	37.50
2. BAGAGEM, Joana Isabel	25	Centro C.D.Estrelas S.J.Brito	<b>6:03.11</b>	407
50m: 38.45 38.45	150m: 2:09.42	46.99 250m: 3:47.84	52.53 350m: 5:22.93	42.48
100m: 1:22.43 43.98	200m: 2:55.31	45.89 300m: 4:40.45	52.61 400m: 6:03.11	40.18

35 - 39 anos

1. FERREIRA, Luisa Dias	36	Centro C.D.Estrelas S.J.Brito	<b>7:44.74</b>	194
50m: 52.03 52.03	150m: 2:54.84	1:03.44 250m: 4:55.85	1:00.94 350m: 6:53.13	54.21
100m: 1:51.40 59.37	200m: 3:54.91	1:00.07 300m: 5:58.92	1:03.07 400m: 7:44.74	51.61

45 - 49 anos

1. MENDES, Marina Isabel	46	Clube Natacao Masters Almada	<b>8:14.20</b>	161
50m: 56.51 56.51	150m: 3:09.90	1:09.05 250m: 5:21.11	1:02.66 350m: 7:23.35	57.03
100m: 2:00.85 1:04.34	200m: 4:18.45	1:08.55 300m: 6:26.32	1:05.21 400m: 8:14.20	50.85

50 - 54 anos

1. KRAEVA, Elena	53	Colegio Integrado Monte Maior	<b>6:42.66</b>	298
50m: 46.84 46.84	150m: 2:31.76	50.64 250m: 4:16.59	56.62 350m: 5:59.26	45.90
100m: 1:41.12 54.28	200m: 3:19.97	48.21 300m: 5:13.36	56.77 400m: 6:42.66	43.40
2. CANINAS, Maria Madalena	51	Clube Natacao Masters Almada	<b>9:08.79</b>	118
50m: 1:00.54 1:00.54	150m: 4:41.62	2:31.71 250m:	350m: 8:14.39	59.97
100m: 2:09.91 1:09.37	200m: 5:56.61	1:14.99 300m: 7:14.42	400m: 9:08.79	54.40

60 - 64 anos

1. FERREIRA, Ana Maria	64	Sport Alges Dafundo	<b>7:35.72</b>	206
50m: 51.01 51.01	150m: 2:48.79	59.36 250m: 4:53.55	1:07.80 350m: 6:48.56	48.34
100m: 1:49.43 58.42	200m: 3:45.75	56.96 300m: 6:00.22	1:06.67 400m: 7:35.72	47.16

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 11  
23.2.14 - 10:35

Masc., 200m Livres

14 - 84 anos  
Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
<b>14 - 16 anos</b>								
1.	VAZ, Simao Carvalho	15	Ccd Avancado Eulx	<b>2:22.50</b>	32.97	35.61	37.23	36.69
2.	SOUSA, Rafael Goncalves	15	Cpcd-Centro Popular C.Despo	<b>2:32.73</b>	34.98	38.99	41.04	37.72
3.	MENDONCA, C.	16	Ccd Avancado Eulx	<b>2:33.18</b>	34.52	37.89	39.41	41.36
4.	BARATA, Carlos Antunes	16	Cpcd-Centro Popular C.Despo	<b>2:35.06</b>	35.49	38.60	41.15	39.82
5.	ESTEVES, Tomas Soares	16	Ccd Avancado Eulx	<b>2:35.93</b>	32.01	37.45	41.91	44.56
6.	CODESSO, Joao Miguel	16	Centro Soc.Cult.Bom Sucesso	<b>2:37.49</b>	37.21	39.48	39.84	40.96
7.	RICARDO, Antonio Santos	15	Associacao Naval Amorense	<b>2:37.79</b>	34.68	39.32	42.21	41.58
8.	CARVALHO, Miguel Filipe	16	Centro Pop.Trab.Luz e Vida	<b>2:43.43</b>	34.24	39.55	44.54	45.10
9.	PINTO, Marco Paulino	16	Sindicato T.F.Publica	<b>2:51.91</b>	36.93	41.60	45.84	47.54
10.	PAULO, Nuno Miguel	15	A.H.B.V. Colares	<b>3:01.10</b>	41.32	45.15	47.38	47.25
11.	FARIA, Goncalo Silva	15	A.H.B.V. Colares	<b>3:02.22</b>	41.90	45.35	48.37	46.60
DSQ	BAPTISTA, Joao Bernardo	16	Clube Natacao Masters Almada					
	<i>não concluiu a prova</i>							
DNS	GONCALVES, A.	15	Associacao Naval Amorense					
DNS	BRITO, Valdemar	16	Cpcd-Centro Popular C.Desporto					
DNS	MOUTEIRA, R.	15	Atletico Clube Portugal					
DNS	RODRIGUES, M.	16	Ccd Avancado Eulx					
<b>17 - 19 anos</b>								
1.	LOURENCO, R.	17	Associacao Naval Amorense	<b>2:12.38</b>	30.41	34.83	33.62	33.52
2.	PINTO, Tiago Miguel	17	Associacao Naval Amorense	<b>2:21.25</b>	30.69	34.43	37.79	38.34
3.	RIBEIRO, Joao Rodrigues	19	Ccd Avancado Eulx	<b>2:22.43</b>	31.08	35.52	37.39	38.44
4.	PAULO, Daniel Silva	19	Centro Soc.Cult.Bom Sucesso	<b>2:25.68</b>	33.23	36.28	38.07	38.10
5.	SANTOS, Pedro Silva	18	Ccd Avancado Eulx	<b>2:27.89</b>	32.10	35.49	38.99	41.31
6.	DUARTE, Joao Francisco	18	Atletico Clube Portugal	<b>2:31.95</b>	34.74	39.43	40.76	37.02
7.	LUZ, Frederico Manuel	19	Ccd Avancado Eulx	<b>2:34.05</b>	36.10	40.27	41.03	36.65
8.	ALVES, Renato Manuel	19	Cpcd-Centro Popular C.Despo	<b>2:36.82</b>	33.62	38.58	42.03	42.59
9.	MAIA, Francisco Fraga	19	Centro C.D.Estrelas S.J.Brito	<b>2:37.72</b>	34.85	38.28	41.59	43.00
10.	OLIVEIRA, M.	17	A.H.B.V. Colares	<b>2:40.84</b>	35.54	38.43	43.61	43.26
11.	SALVADO, D.	18	Centro Soc.Cult.Bom Sucesso	<b>2:43.41</b>	35.80	41.65	43.45	42.51
12.	TEIXEIRA, Andre Filipe	18	A.H.B.V. Colares	<b>2:45.39</b>	37.38	41.83	43.59	42.59
13.	CHAVES, Denis Teixeira	18	Centro C.D.Estrelas S.J.Brito	<b>2:45.76</b>	36.17	41.15	42.69	45.75
14.	COSTA, Francisco Miguel	18	Atletico Clube Portugal	<b>2:47.59</b>	30.68	36.62	41.43	58.86
15.	HERDEIRO, F.	18	Sindicato T.F.Publica	<b>2:49.77</b>	38.46	43.25	44.73	43.33
16.	DIAS, Diogo Goncalo	18	Sindicato T.F.Publica	<b>2:50.11</b>			46.00	43.09
17.	FERREIRA, Simao	17	A.H.B.V. Colares	<b>2:55.79</b>	39.54	44.94	46.29	45.02
18.	GONCALVES, L.	18	Centro Soc.Cult.Bom Sucesso	<b>3:03.25</b>	41.88	46.55	48.66	46.16
DSQ	CARVALHO, Miguel Tiago	17	Clube Natacao Masters Almada					
	<i>não concluiu a prova</i>							
DNS	MESQUITA, Goncalo Filipe	18	Atletico Clube Portugal					
DNS	SILVEIRA, Bernardo Costa	17	Ccd Avancado Eulx					
DNS	CAVACO, Andre Bras	17	Associacao Naval Amorense					
DNS	JOAO, Miguel Matos	18	Centro C.D.Estrelas S.J.Brito					
DNS	RODRIGUES, Guilherme	19	Atletico Clube Portugal					
DNS	MENDONCA, C.	19	Ccd Avancado Eulx					
<b>20 - 24 anos</b>								
1.	CARRILHO, D.	22	Centro Pop.Trab.Luz e Vida	<b>2:09.39</b>	30.07	33.17	33.71	32.44
2.	QUINTINO, Antonio Luis	20	Ccd Avancado Eulx	<b>2:09.43</b>	30.65	32.48	33.31	32.99
3.	SOARES, Tiago Cardoso	24	Centro Soc.Cult.Bom Sucesso	<b>2:10.39</b>	29.99	33.52	33.74	33.14
4.	SERRALHA, Joao Pedro	20	Ccd Avancado Eulx	<b>2:12.70</b>	29.61	34.27	34.91	33.91
5.	FARIA, Jose Antonio	20	Ccd Avancado Eulx	<b>2:27.37</b>	33.28	38.00	38.65	37.44
6.	VIEIRA, Pedro Sousa	23	Ccd Avancado Eulx	<b>2:29.05</b>	32.02			
7.	PIRES, Andre Rosa	24	Sindicato T.F.Publica	<b>2:29.42</b>	34.43	37.89	38.86	38.24
8.	DINIS, Pedro Henrique	21	Grupo Amigos Atletismo V.F.X	<b>2:29.58</b>	32.71	37.45	40.04	39.38
9.	MOURA, Joao Henrique	20	Centro Pop.Trab.Luz e Vida	<b>2:29.63</b>	32.29	37.14	39.52	40.68

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 11, Masc., 200m Livres, 20 - 24 anos

Lugar	Idade	Tempo final	50m	100m	150m	200m	
10. PEIXOTO, Luis Gonzaga	24	Centro Soc.Cult.Bom Sucesso	<b>2:31.60</b>	34.03	37.67	40.05	39.85
11. MESTRE, David	24	Cpcd-Centro Popular C.Despo	<b>2:49.29</b>	35.96	39.34	40.17	53.82
12. LEAL, Orlando Jacinto	23	Cpcd-Centro Popular C.Despo	<b>2:59.36</b>	38.40	43.79	47.72	49.45
13. MORAIS, Goncalo Luis	20	Centro C.D.Estrelas S.J.Brito	<b>2:59.98</b>	41.37	45.49	46.70	46.42
DNS PEREIRA, Ilisio Lucas	20	Cpcd-Centro Popular C.Desporto					
DNS ALMA, Nuno Boa	22	Atletico Clube Portugal					
DNS BELEZAS, Ricardo Manuel	23	Centro C.D.Estrelas S.J.Brito					
DNS DELGADO, Bruno Miguel	20	Cpcd-Centro Popular C.Desporto					

25 - 29 anos

1. FERREIRA, Duarte Nuno	28	Fundacao Salesianos	<b>2:25.25</b>	33.25	36.92	37.63	37.45
2. CORVO, Tiago Gomes	26	A.H.B.V. Colares	<b>2:42.76</b>	36.30	41.86	43.35	41.25
3. RODRIGUES, Tiago Filipe	25	Centro C.D.Estrelas S.J.Brito	<b>2:51.20</b>	38.39	43.62	45.42	43.77
DSQ MARQUES, F.	29	Grupo Amigos Natacao					
<i>não conclui a prova</i>							

30 - 34 anos

1. DABRIO, Miguel	32	A.H.B.V. Colares	<b>2:23.40</b>	32.95	36.05	38.16	36.24
2. TAVARES, Pablo Manuel	30	Colegio Integrado Monte Maio	<b>2:25.38</b>	32.87	36.25	38.22	38.04
3. DIAS, Mario Silva	34	Clube Natacao Masters Almad	<b>2:40.00</b>	34.97	37.90	42.51	44.62
4. PINTO, Filipe	30	Atletico Clube Portugal	<b>3:01.11</b>	40.87	46.64	47.28	46.32
DNS PALMA, Ricardo Jorge	33	Clube Natacao Masters Almada					
DNS SILVA, Rui Nelson	30	Cpcd-Centro Popular C.Desporto					
DNS SILVA, Filipe Nuno	32	Cpcd-Centro Popular C.Desporto					

35 - 39 anos

1. SILVA, Jorge Pereira	38	Fundacao Salesianos	<b>2:23.88</b>	32.80	35.80	37.43	37.85
2. ESTEVENS, Hugo Miguel	36	Sindicato T.F.Publica	<b>2:41.03</b>	35.05	39.15	42.77	44.06
3. OLIVEIRA, Rui Pedro	37	A.H.B.V. Colares	<b>2:42.28</b>	36.28	40.84	43.05	42.11
4. SILVESTRE, Jorge Hugo	38	Clube Natacao Masters Almad	<b>2:45.91</b>	37.73	41.17	43.66	43.35
5. FERREIRA, Luis Filipe	35	Cpcd-Centro Popular C.Despo	<b>2:46.13</b>	36.01	40.12	43.32	46.68
DSQ AZUL, Luis Manuel	39	Cpcd-Centro Popular C.Desporto					
<i>não concluiu a prova</i>							
DNS OLIVEIRA, P.	38	Centro Pop.Trab.Luz e Vida					
DNS MORAIS, Pedro Jorge	36	Centro Pop.Trab.Luz e Vida					
DNS SANTOS, Tiago Maria	39	Atletico Clube Portugal					
DNS DOMINGOS, S.	39	Associacao Naval Amorense					
DNS GIRAO, Bruno Marques	39	Atletico Clube Portugal					

40 - 44 anos

1. GARCIA, Miguel Calado	40	Ccd Avancado Eulx	<b>2:37.47</b>	34.55	38.24	41.95	42.73
2. FARIA, Miguel Pina	42	A.H.B.V. Colares	<b>2:47.05</b>	35.27	39.48	44.71	47.59
3. REIS, Paulo Jorge	44	Sindicato T.F.Publica	<b>3:00.38</b>	39.72	43.90	48.64	48.12
4. CARDOSO, Jose Luis	43	Clube Natacao Masters Almad	<b>3:57.94</b>	48.33	1:00.31	1:06.40	1:02.90
5. COSTA, Paulo Duarte	41	Cpcd-Centro Popular C.Despo	<b>4:10.05</b>	50.22	1:02.20	1:10.74	1:06.89
DNS MACHADO, E.	42	Cpcd-Centro Popular C.Desporto					
DNS FRANCISCO, O.	44	Atletico Clube Portugal					
DNS FERNANDES, C.	40	Cpcd-Centro Popular C.Desporto					
DNS LOURO, Antonio Jose	41	Atletico Clube Portugal					
DNS GONCALVES, H.	40	Atletico Clube Portugal					
DNS CRISTINO, Nuno	42	Associacao Naval Amorense					
DNS DOMINGOS, Rui Manuel	44	Atletico Clube Portugal					

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 11, Masc., 200m Livres

45 - 49 anos

1.	CAMOESAS, Paulo Jorge	46	Cpcd-Centro Popular C.Desporto	<b>2:21.50</b>	40.78	46.97	54.16	59.59
2.	LEAL, Luis	48	Cpcd-Centro Popular C.Desporto	<b>2:35.94</b>	57.74	1:12.72	1:14.86	1:10.62
DNS	PEREIRA, Sergio Paulo	45	Associacao Naval Amorense					
DNS	GIRAO, Helio Marques	47	Atletico Clube Portugal					
DNS	COSTA, Fernando	46	Atletico Clube Portugal					

50 - 54 anos

1.	PINTO, Vitor Manuel	51	Fundacao Salesianos	<b>2:21.92</b>	33.49	35.41	36.65	36.37
2.	BENTO, Jaime Carlos	53	Sport Alges Dafundo	<b>2:29.52</b>	34.12	37.06	39.74	38.60
3.	ROQUE, Antonio Mendes	52	Grupo Amigos Natacao	<b>4:00.34</b>	53.13	1:00.15	1:03.95	1:03.11
4.	SILVA, Joao Manuel	53	Centro C.D.Estrelas S.J.Brito	<b>4:29.50</b>	52.51	1:07.31	1:13.45	1:16.23
DNS	SERRA, Fernando Pereira	50	Clube Millennium BCP					
DNS	SILVA, Joao Rodrigues	51	Clube Millennium BCP					
DNS	GAMEIRO, Rui	52	Atletico Clube Portugal					
DNS	DIAS, Jose Castro	51	Fundacao Salesianos					

55 - 59 anos

1.	JESUS, Carlos Alberto	55	Clube Natacao Masters Almada	<b>2:13.43</b>	40.88	48.68	52.01	51.86
2.	JESUS, Fernando Joaquim	55	Sindicato T.F.Publica	<b>3:17.82</b>	41.46	51.56	55.57	49.23
3.	FREIRE, Jose Manuel	59	Ccd Avancado Eulx	<b>3:55.30</b>	52.02	1:00.01	1:04.81	58.46
DNS	MADEIRA, Luis Cavaleiro	57	O2 Portimao					
DNS	ALMEIDA, H.	58	Clube Portugal Telecom					

60 - 64 anos

1.	TAVARES, Antonio Manuel	63	Sindicato T.F.Publica	<b>3:31.05</b>	48.63	54.28	54.64	53.50
DNS	ESTEVEZ, Manuel Jose	64	Clube Natacao Masters Almada					

65 - 69 anos

1.	MEYRELES, A.	67	Sindicato T.F.Publica	<b>3:15.93</b>			53.72	48.34
DNS	VIEGAS, Luis Silveira	67	Sport Alges Dafundo					

75 - 79 anos

1.	RODRIGUES, A.	75	Individual	<b>3:37.50</b>	47.73	54.55	58.18	57.04
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Prova 12

Femin., 200m Livres

14 - 84 anos

23.2.14 - 11:55

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
<b>14 - 16 anos</b>								
1.	SANTOS, R.	16	Associacao Naval Amorense	<b>2:27.24</b>	33.06	37.48	39.05	37.65
2.	OLIVEIRA, Joana Macedo	15	Associacao Naval Amorense	<b>2:32.81</b>	34.03	38.44	40.73	39.61
3.	BARATA, D.	16	Cpcd-Centro Popular C.Desporto	<b>2:32.93</b>	34.48	38.16	40.74	39.55
4.	OLIVENCA, Carmen Maria	16	Centro Soc.Cult.Bom Sucesso	<b>2:43.55</b>	36.47	39.48	42.49	45.11
5.	RODRIGUES, Ana Sofia	15	Ccd Avancado Eulx	<b>2:46.85</b>	37.24	41.57	44.42	43.62
6.	MENDES, Andreia Sofia	16	Atletico Clube Portugal	<b>2:47.54</b>	37.94	42.94	44.59	42.07
7.	RODRIGUES, Joana Sofia	14	Cpcd-Centro Popular C.Desporto	<b>2:53.24</b>	41.67	44.42	44.55	42.60
8.	ESTRADA, Elisa Ferreira	15	Associacao Naval Amorense	<b>3:04.62</b>	39.70	45.57		
9.	ASSUNCAO, Sofia Pinto	15	Cpcd-Centro Popular C.Desporto	<b>3:04.89</b>	41.58	46.10	49.33	47.88
DNS	DOMINGOS, P.	15	Atletico Clube Portugal					
DNS	MAIA, Jessica Sofia	15	Cpcd-Centro Popular C.Desporto					

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 12, Femin., 200m Livres

17 - 19 anos

1.	ANTUNES, Filipa Dias	19	Ccd Avancado Eulx	<b>2:30.68</b>	33.70	38.32	39.63	39.03
2.	CAMOESAS, Joana	19	Cpcd-Centro Popular C.Despo	<b>2:31.82</b>	34.34	37.73	40.16	39.59
3.	PEREIRA, B.	17	Associacao Naval Amorense	<b>2:40.12</b>	34.25	38.88	42.61	44.38
4.	CARDOSO, T.	17	Clube Natacao Masters Almad	<b>2:41.20</b>	34.57	39.89	43.22	43.52
5.	NETO, Ana Catarina	17	Ccd Avancado Eulx	<b>2:45.34</b>	36.34	41.49	44.00	43.51
6.	FERREIRA, L.	17	Ccd Avancado Eulx	<b>2:47.14</b>	36.49	42.00	44.20	44.45
7.	FERNANDES, S.	17	Associacao Naval Amorense	<b>2:48.90</b>	38.83	41.85	44.32	43.90
8.	BOTO, Jessica Abrantes	17	Associacao Naval Amorense	<b>2:52.40</b>	39.75	43.70	45.53	43.42
9.	SANTOS, J.	18	Centro Soc.Cult.Bom Sucesso	<b>2:55.00</b>	41.47	45.80	45.44	42.29
10.	NARCISO, P.	19	Clube Natacao Masters Almad	<b>3:04.58</b>	42.04	47.24	48.25	47.05
11.	SILVA, Maria	19	A.H.B.V. Colares	<b>3:11.03</b>	41.66	47.92	50.62	50.83
12.	COELHO, Sandra Vanessa	18	Clube Natacao Masters Almad	<b>3:12.44</b>	44.59	49.70	52.00	46.15
13.	PIRES, Ana Nunes	19	Cpcd-Centro Popular C.Despo	<b>3:15.92</b>	44.38	50.11	51.63	49.80
14.	LEAL, Iolanda Jacinto	17	Cpcd-Centro Popular C.Despo	<b>3:16.68</b>	41.78	48.69	53.36	52.85
15.	GONCALVES, Silvia	19	Cpcd-Centro Popular C.Despo	<b>3:18.02</b>	1:36.13	49.43		
16.	SANTOS, Ana Rita	17	Cpcd-Centro Popular C.Despo	<b>3:24.37</b>	44.60	51.28	54.14	54.35
17.	POEJO, Daniela Mendes	17	Associacao Naval Amorense	<b>3:29.36</b>	42.73	1:49.32		
DNS	MARTINS, P.	19	Ccd Avancado Eulx					
DNS	MENDONCA, Erica Vieira	17	A.H.B.V. Colares					

20 - 24 anos

1.	GARCIA, C.	21	Ccd Avancado Eulx	<b>2:24.14</b>	32.88	35.88	37.02	38.36
2.	SILVA, Madalena Pinho	20	Ccd Avancado Eulx	<b>2:29.14</b>	33.22	36.20	39.17	40.55
3.	SANTOS, M.	23	Clube Natacao Masters Almad	<b>2:34.23</b>	35.20	38.93	40.50	39.60
4.	GASPAR, C.	20	Ccd Avancado Eulx	<b>2:37.17</b>	35.47	39.94	42.22	39.54
5.	COSTA, Sara Fontinha	20	Centro Pop.Trab.Luz e Vida	<b>2:39.31</b>	36.28	40.15	41.49	41.39
6.	CARVALHO, T.	22	Centro Pop.Trab.Luz e Vida	<b>2:39.83</b>	35.25	42.52	41.28	40.78
7.	OLIVEIRA, Mafalda Santos	20	Cpcd-Centro Popular C.Despo	<b>3:07.32</b>	39.71	46.67	50.04	50.90
8.	LOPES, Catarina Isabel	23	Fundacao Salesianos	<b>3:12.35</b>				
DNS	NEVES, Patricia Santos	20	Centro Soc.Cult.Bom Sucesso					
DNS	ARAÚJO, Ana Sofia	24	Atletico Clube Portugal					

25 - 29 anos

1.	BARBARA, Joana Pereira	27	Clube Natacao Masters Almad	<b>2:35.00</b>	35.85	38.57	40.27	40.31
2.	CUNHA, Sara Las	26	Centro C.D.Estrelas S.J.Brito	<b>2:38.73</b>	36.42	40.87	42.09	39.35
3.	MARTINS, Ana Mallen	28	Grupo Amigos Natacao	<b>2:41.46</b>	36.08	41.08	43.22	41.08
4.	VIEIRA, M.	28	Fundacao Salesianos	<b>3:22.75</b>	44.93	49.89	54.53	53.40
5.	LORY, Susana Pereira	27	Clube Natacao Masters Almad	<b>3:33.42</b>	48.70	53.74	56.49	54.49
DNS	GAMEIRO, Sara Costa	26	Atletico Clube Portugal					

30 - 34 anos

1.	LOURENCO, C.	32	Fundacao Salesianos	<b>3:43.25</b>	50.80	56.01	57.61	58.83
DNS	ABREU, Isabel Martins	31	Fundacao Salesianos					

35 - 39 anos

1.	PEREIRA, Sofia Rocha	36	Colegio Integrado Monte Maior	<b>3:06.67</b>	43.26	47.65	49.81	45.95
2.	SEQUEIRA, Carla Sofia	39	Colegio Integrado Monte Maior	<b>4:02.04</b>	54.75	59.84	1:05.17	1:02.28
3.	MACHADO, M.	37	Cpcd-Centro Popular C.Despo	<b>4:18.02</b>	57.40	1:06.00	1:09.29	1:05.33
DNS	FONSECA, Ana Margarida	37	Sindicato T.F.Publica					
DNS	SILVA, Teresa Fatima	37	Atletico Clube Portugal					

40 - 44 anos

DNS BARROS, Ana Cristina 44 Associacao Naval Amorense

45 - 49 anos

1.	MACEDO, H.	47	Associacao Naval Amorense	<b>3:20.94</b>	40.68	51.30	55.28	53.68
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TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 12, Femin., 200m Livres, 45 - 49 anos

Lugar	Idade	Tempo final	50m	100m	150m	200m
2. NUNES, Maria	47	Cpcd-Centro Popular C.Desporto <b>4:37.14</b>	1:00.55	1:10.63	1:13.32	1:12.64

50 - 54 anos

1. LEITAO, E.	50	Grupo Amigos Natacao <b>4:52.84</b>	1:02.15	1:18.57		
DNS VASCONCELOS, M.	50	Clube Natacao Masters Almada				
DNS MENDONCA, C.	50	Ccd Avancado Eulx				

55 - 59 anos

1. THMURASP, A.	59	Cpcd-Centro Popular C.Desporto <b>4:52.76</b>	1:01.83	1:19.18	1:17.58	1:14.17
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60 - 64 anos

1. FERREIRA, Maria Helena	60	Sport Alges Dafundo <b>4:12.05</b>	55.26	1:03.33	1:08.07	1:05.39
2. VELEZ, Maria Luisa	63	Sindicato T.F.Publica <b>5:08.99</b>	1:09.19	1:18.37	1:20.33	1:21.10

65 - 69 anos

1. MARQUES, Maria Teresa	65	Sindicato T.F.Publica <b>4:06.48</b>	54.49	1:03.82	1:04.69	1:03.48
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Prova 13

Masc., 800m Livres

14 - 84 anos

23.2.14 - 12:40

Resultados

Pontos: FINA 2008

Lugar	Idade	Tempo final	Pts
<b>14 - 16 anos</b>			
1. FERNANDES, Leandro Rosa	15	Cpcd-Centro Popular C.Desporto <b>9:51.20</b>	461
100m: 1:07.97	1:07.97	300m: 3:36.83	1:15.03
200m: 2:21.80	1:13.83	400m: 4:53.11	1:16.28
		500m: 6:08.63	1:15.52
		600m: 7:24.89	1:16.26
		700m: 8:40.57	1:15.68
		800m: 9:51.20	1:10.63
2. MADRUGA, Francisco	16	Atletico Clube Portugal <b>10:53.10</b>	342
100m: 1:07.85	1:07.85	300m: 3:48.91	1:21.96
200m: 2:26.95	1:19.10	400m: 5:13.55	1:24.64
		500m: 6:38.06	1:24.51
		600m: 8:03.16	1:25.10
		700m: 9:30.09	1:26.93
		800m: 10:53.10	1:23.01
3. FERREIRA, David Miguel	15	Atletico Clube Portugal <b>11:43.17</b>	274
100m: 1:21.20	1:21.20	300m: 4:19.35	1:29.25
200m: 2:50.10	1:28.90	400m: 5:49.90	1:30.55
		500m: 7:20.54	1:30.64
		600m: 8:51.21	1:30.67
		700m: 10:19.28	1:28.07
		800m: 11:43.17	1:23.89
4. CARVALHO, Antonio Mateus	16	Grupo Amigos Natacao <b>12:19.97</b>	235
100m: 1:26.21	1:26.21	300m: 4:34.73	1:35.04
200m: 2:59.69	1:33.48	400m: 6:09.46	1:34.74
		500m: 7:44.43	1:34.97
		600m: 9:19.63	1:35.20
		700m: 10:53.44	1:33.81
		800m: 12:19.97	1:26.53
5. GRANJA, Ricardo Filipe	15	Futebol Clube Alverca <b>12:47.30</b>	211
100m: 1:27.24	1:27.24	300m: 4:36.77	1:35.90
200m: 3:00.87	1:33.63	400m: 6:13.81	1:37.04
		500m: 7:52.72	1:38.91
		600m: 9:32.73	1:40.01
		700m: 11:10.27	1:37.54
		800m: 12:47.30	1:37.03
<b>17 - 19 anos</b>			
1. COSTA, David Pereira	18	Centro Pop.Trab.Luz e Vida <b>9:20.74</b>	541
100m: 1:06.54	1:06.54	300m: 3:26.92	
200m:		400m: 4:37.88	1:10.96
		500m: 5:49.50	1:11.62
		600m: 7:00.57	1:11.07
		700m: 8:12.39	1:11.82
		800m: 9:20.74	1:08.35
2. CALDEIRA, Goncalo Bettencourt	18	Grupo Amigos Natacao <b>11:03.92</b>	326
100m: 1:16.95	1:16.95	300m: 4:04.76	1:23.61
200m: 2:41.15	1:24.20	400m: 5:28.83	1:24.07
		500m: 6:53.43	1:24.60
		600m: 8:19.50	1:26.07
		700m: 9:44.96	1:25.46
		800m: 11:03.92	1:18.96
3. SANTOS, Andre Ferreira	19	Centro C.D.Estrelas S.J.Brito <b>11:25.93</b>	295
100m: 1:15.27	1:15.27	300m: 4:06.82	1:27.37
200m: 2:39.45	1:24.18	400m: 5:34.70	1:27.88
		500m: 7:03.62	1:28.92
		600m: 8:32.36	1:28.74
		700m: 10:01.85	1:29.49
		800m: 11:25.93	1:24.08
4. SARAMAGO, Bernardo Baleia	17	A.H.B.V. Colares <b>13:09.26</b>	194
100m: 1:16.49	1:16.49	300m: 4:26.13	1:39.49
200m: 2:46.64	1:30.15	400m: 6:07.92	1:41.79
		500m: 7:55.07	1:47.15
		600m: 9:40.65	1:45.58
		700m: 11:27.17	1:46.52
		800m: 13:09.26	1:42.09

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 13, Masc., 800m Livres, 17 - 19 anos

Lugar	Idade		Tempo final		Pts
5. MONTEIRO, Rui	17	A.H.B.V. Colares	<b>14:53.78</b>	<b>134</b>	
100m:	1:34.99	1:34.99	300m:	5:15.34	1:52.65
200m:	3:22.69	1:47.70	400m:	7:11.81	1:56.47
			500m:	9:10.36	1:58.55
			600m:	11:09.38	1:59.02
			700m:	13:05.60	1:56.22
			800m:	14:53.78	1:48.18

20 - 24 anos

1. REIS, Ivo Manuel	21	Atletico Clube Portugal	<b>9:50.69</b>	<b>463</b>	
100m:	1:07.37	1:07.37	300m:	3:36.62	1:15.64
200m:	2:20.98	1:13.61	400m:	4:52.91	1:16.29
			500m:	6:08.90	1:15.99
			600m:	7:25.04	1:16.14
			700m:	8:39.13	1:14.09
			800m:	9:50.69	1:11.56
2. CASTANHEIRA, Pedro Marques	20	Atletico Clube Portugal	<b>11:54.14</b>	<b>262</b>	
100m:	1:18.53	1:18.53	300m:	4:20.58	1:32.92
200m:	2:47.66	1:29.13	400m:	5:55.56	1:34.98
			500m:	7:29.32	1:33.76
			600m:	9:01.78	1:32.46
			700m:	10:32.73	1:30.95
			800m:	11:54.14	1:21.41

25 - 29 anos

1. CRUZ, Joao Duarte	28	Clube Natacao Masters Almada	<b>10:40.50</b>	<b>363</b>	
100m:	1:16.58	1:16.58	300m:	4:00.58	1:21.79
200m:	2:38.79	1:22.21	400m:	5:22.36	1:21.78
			500m:	6:42.51	1:20.15
			600m:	8:03.17	1:20.66
			700m:	9:22.24	1:19.07
			800m:	10:40.50	1:18.26
2. FERREIRA, David Miguel	25	A.H.B.V. Colares	<b>11:54.01</b>	<b>262</b>	
100m:	1:17.67	1:17.67	300m:	4:09.95	1:27.60
200m:	2:42.35	1:24.68	400m:	5:39.70	1:29.75
			500m:	7:12.05	1:32.35
			600m:	8:47.87	1:35.82
			700m:	10:24.68	1:36.81
			800m:	11:54.01	1:29.33

30 - 34 anos

1. CARDOSO, Alvaro Miguel	30	Colegio Integrado Monte Maior	<b>10:30.49</b>	<b>380</b>	
100m:	1:11.38	1:11.38	300m:	3:48.04	1:18.75
200m:	2:29.29	1:17.91	400m:	5:07.50	1:19.46
			500m:	6:27.84	1:20.34
			600m:	7:49.17	1:21.33
			700m:	9:10.36	1:21.19
			800m:	10:30.49	1:20.13
2. MALTA, Joao Carlos	32	Grupo Amigos Natacao	<b>10:55.28</b>	<b>339</b>	
100m:	1:18.93	1:18.93	300m:	4:03.39	1:22.07
200m:	2:41.32	1:22.39	400m:	5:25.49	1:22.10
			500m:	6:49.56	1:24.07
			600m:	8:13.15	1:23.59
			700m:	9:35.99	1:22.84
			800m:	10:55.28	1:19.29
3. TORRES, Antonio	34	Fundacao Salesianos	<b>11:31.84</b>	<b>288</b>	
100m:	1:19.10	1:19.10	300m:	4:11.49	1:26.79
200m:	2:44.70	1:25.60	400m:	5:39.25	1:27.76
			500m:	7:08.59	1:29.34
			600m:	8:37.69	1:29.10
			700m:	10:07.98	1:30.29
			800m:	11:31.84	1:23.86
4. COCHICHO, Tiago	32	A.H.B.V. Colares	<b>12:10.38</b>	<b>245</b>	
100m:	1:22.15	1:22.15	300m:	4:25.39	1:33.06
200m:	2:52.33	1:30.18	400m:	5:58.19	1:32.80
			500m:	7:31.45	1:33.26
			600m:	9:05.70	1:34.25
			700m:	10:38.87	1:33.17
			800m:	12:10.38	1:31.51

35 - 39 anos

1. ALMEIDA, Diogo Pedroso	37	Colegio Integrado Monte Maior	<b>10:19.07</b>	<b>402</b>	
100m:	1:10.68	1:10.68	300m:	3:42.99	1:16.64
200m:	2:26.35	1:15.67	400m:	5:00.82	1:17.83
			500m:	6:19.34	1:18.52
			600m:	7:38.54	1:19.20
			700m:	8:59.02	1:20.48
			800m:	10:19.07	1:20.05
2. PEREIRA, Alexandre Marques	38	Colegio Integrado Monte Maior	<b>11:10.76</b>	<b>316</b>	
100m:	1:18.05	1:18.05	300m:	4:06.50	1:24.79
200m:	2:41.71	1:23.66	400m:	5:31.27	1:24.77
			500m:	6:57.63	1:26.36
			600m:	8:24.93	1:27.30
			700m:	9:48.03	1:23.10
			800m:	11:10.76	1:22.73
3. CAMARA, Bruno Joao	37	Atletico Clube Portugal	<b>12:02.36</b>	<b>253</b>	
100m:	1:19.78	1:19.78	300m:	4:18.58	1:31.26
200m:	2:47.32	1:27.54	400m:	5:49.82	1:31.24
			500m:	7:24.36	1:34.54
			600m:	8:59.48	1:35.12
			700m:	10:33.27	1:33.79
			800m:	12:02.36	1:29.09

DNS CRESPO, Nuno Coimbra 39 Colegio Integrado Monte Maior

40 - 44 anos

1. SANTOS, Eurico Manuel	44	Colegio Integrado Monte Maior	<b>10:26.88</b>	<b>387</b>	
100m:	1:12.62	1:12.62	300m:	3:48.19	1:18.18
200m:	2:30.01	1:17.39	400m:	5:07.06	1:18.87
			500m:	6:26.23	1:19.17
			600m:	7:45.71	1:19.48
			700m:	9:05.76	1:20.05
			800m:	10:26.88	1:21.12

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 13, Masc., 800m Livres, 40 - 44 anos

Lugar	Idade	Tempo final	Pts
2. FRIAS, Ricardo Miguel	41 Sport Alges Dafundo	<b>11:32.53</b>	287
100m: 1:20.43 1:20.43	300m: 4:12.86 1:26.53	500m: 7:09.47 1:28.85	700m: 10:06.35 1:28.02
200m: 2:46.33 1:25.90	400m: 5:40.62 1:27.76	600m: 8:38.33 1:28.86	800m: 11:32.53 1:26.18
3. FONSECA, Bruno Rodrigues	41 Fundacao Salesianos	<b>11:45.69</b>	271
100m: 1:20.15 1:20.15	300m: 4:16.62 1:28.96	500m: 7:21.87	700m: 10:19.35 1:27.71
200m: 2:47.66 1:27.51	400m:	600m: 8:51.64 1:29.77	800m: 11:45.69 1:26.34
4. CAEIRO, Mario Antonio	43 Clube Natacao Masters Almada	<b>13:12.28</b>	192
100m: 1:27.49 1:27.49	300m: 4:41.15 1:38.31	500m: 8:05.75 1:44.00	700m: 11:33.90 1:44.06
200m: 3:02.84 1:35.35	400m: 6:21.75 1:40.60	600m: 9:49.84 1:44.09	800m: 13:12.28 1:38.38
DNS SANTOS, Paulo Alexandre	40 Fundacao Salesianos		

45 - 49 anos

1. FEITEIRA, Luis Felipe	48 Clube Natacao Masters Almada	<b>12:19.78</b>	236
100m: 1:26.19 1:26.19	300m: 4:34.55 1:35.16	500m: 7:43.89 1:34.47	700m: 10:51.71 1:33.33
200m: 2:59.39 1:33.20	400m: 6:09.42 1:34.87	600m: 9:18.38 1:34.49	800m: 12:19.78 1:28.07
2. COSTA, Paulo Afonso	47 Clube Natacao Masters Almada	<b>12:34.07</b>	222
100m: 1:20.19 1:20.19	300m: 4:26.58 1:34.45	500m: 7:42.30 1:39.43	700m: 10:59.79 1:38.05
200m: 2:52.13 1:31.94	400m: 6:02.87 1:36.29	600m: 9:21.74 1:39.44	800m: 12:34.07 1:34.28
3. MARTINS, Joao Paulo	49 O2 Portimao	<b>13:12.83</b>	191
100m: 1:30.83 1:30.83	300m: 4:51.55 1:41.12	500m: 8:13.49 1:41.12	700m: 11:36.44 1:41.22
200m: 3:10.43 1:39.60	400m: 6:32.37 1:40.82	600m: 9:55.22 1:41.73	800m: 13:12.83 1:36.39
4. SANTINHA, Antonio Manuel	45 Clube Natacao Masters Almada	<b>13:45.73</b>	169
100m: 1:35.01 1:35.01	300m: 5:05.25 1:45.60	500m: 8:35.41 1:44.36	700m: 12:06.45 1:44.80
200m: 3:19.65 1:44.64	400m: 6:51.05 1:45.80	600m: 10:21.65 1:46.24	800m: 13:45.73 1:39.28
DSQ DUARTE, Jose Pereira	49 Colegio Integrado Monte Maior		
<i>Nadou em Bruços</i>			
DNS SANTANA, Fernando Manuel	46 Colegio Integrado Monte Maior		

50 - 54 anos

1. FARIA, Jorge Eduardo	50 Sport Alges Dafundo	<b>9:50.00</b>	464
100m: 1:09.21 1:09.21	300m: 3:38.80 1:15.08	500m: 6:08.81 1:15.08	700m: 8:40.50 1:15.75
200m: 2:23.72 1:14.51	400m: 4:53.73 1:14.93	600m: 7:24.75 1:15.94	800m: 9:50.00 1:09.50
2. VELEZ, Rui Castro	50 Centro Pop.Trab.Luz e Vida	<b>14:09.68</b>	155
100m: 1:36.25 1:36.25	300m: 5:10.85 1:48.11	500m: 8:47.49 1:48.48	700m: 12:27.33 1:49.25
200m: 3:22.74 1:46.49	400m: 6:59.01 1:48.16	600m: 10:38.08 1:50.59	800m: 14:09.68 1:42.35

55 - 59 anos

1. CORREIA, Jose Luis	55 Associacao Nadadores Estoris	<b>14:06.44</b>	157
100m: 1:38.96 1:38.96	300m: 5:11.30 1:47.62	500m: 8:46.98 1:47.90	700m: 12:21.63 1:46.85
200m: 3:23.68 1:44.72	400m: 6:59.08 1:47.78	600m: 10:34.78 1:47.80	800m: 14:06.44 1:44.81
2. PEREIRA, Rui Manuel	58 Sindicato T.F.Publica	<b>14:46.17</b>	137
100m: 1:38.31 1:38.31	300m:	500m: 8:18.84 1:54.91	700m: 12:59.67 1:52.00
200m: 3:29.91 1:51.60	400m: 6:23.93	600m: 11:07.67 2:48.83	800m: 14:46.17 1:46.50

60 - 64 anos

1. SILVA, Carlos Tavares	63 Fundacao Salesianos	<b>12:33.80</b>	223
100m: 1:26.37 1:26.37	300m: 4:37.30 1:36.51	500m: 7:50.01 1:35.63	700m: 11:03.41 1:37.08
200m: 3:00.79 1:34.42	400m: 6:14.38 1:37.08	600m: 9:26.33 1:36.32	800m: 12:33.80 1:30.39

65 - 69 anos

1. MARREIROS, Jose Joaquim	68 Sport Alges Dafundo	<b>16:09.59</b>	105
100m: 1:54.43 1:54.43	300m: 6:00.78 2:03.60	500m: 10:07.60 1:59.99	700m: 14:08.33 2:02.19
200m: 3:57.18 2:02.75	400m: 8:07.61 2:06.83	600m: 12:06.14 1:58.54	800m: 16:09.59 2:01.26



TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

Prova 14 Femin., 800m Livres 14 - 84 anos  
23.2.14 - 14:15 Resultados

Pontos: FINA 2008

Lugar	Idade	Tempo final	Pts
<b>14 - 16 anos</b>			
1. CORREIA, Margarida Correia	15 Cpcd-Centro Popular C.Desporto	<b>11:08.90</b>	397
100m: 1:17.05 1:17.05	300m: 4:05.64 1:24.91	500m: 6:55.85 1:25.06	700m: 9:47.58 1:26.62
200m: 2:40.73 1:23.68	400m: 5:30.79 1:25.15	600m: 8:20.96 1:25.11	800m: 11:08.90 1:21.32
2. RODRIGUES, Maria Ines	16 Cpcd-Centro Popular C.Desporto	<b>12:19.00</b>	294
100m: 1:21.19 1:21.19	300m: 4:24.53 1:34.14	500m: 7:36.35 1:36.21	700m: 10:49.00 1:36.23
200m: 2:50.39 1:29.20	400m: 6:00.14 1:35.61	600m: 9:12.77 1:36.42	800m: 12:19.00 1:30.00
3. SILVA, Diana Sofia	16 Atletico Clube Portugal	<b>13:34.85</b>	220
100m: 1:34.01 1:34.01	300m: 4:59.40 1:43.33	500m: 8:28.41 1:44.56	700m: 11:56.02 1:44.29
200m: 3:16.07 1:42.06	400m: 6:43.85 1:44.45	600m: 10:11.73 1:43.32	800m: 13:34.85 1:38.83
<b>17 - 19 anos</b>			
1. RAPOSO, Ines Sofia	18 Futebol Clube Alverca	<b>13:16.84</b>	235
100m: 1:28.11 1:28.11	300m: 5:41.75 2:34.46	500m:	700m: 12:32.62
200m: 3:07.29 1:39.18	400m: 10:00.84 4:19.09	600m:	800m: 13:16.84 44.22
DNS LAZARO, Daniela Ferro	18 Centro Pop.Trab.Luz e Vida		
<b>20 - 24 anos</b>			
1. LOPES, Ana Nunes	22 Cpcd-Centro Popular C.Desporto	<b>12:22.90</b>	290
100m: 1:23.35 1:23.35	300m: 4:30.82 1:34.91	500m: 7:42.14 1:35.64	700m: 10:54.28 1:35.64
200m: 2:55.91 1:32.56	400m: 6:06.50 1:35.68	600m: 9:18.64 1:36.50	800m: 12:22.90 1:28.62
<b>25 - 29 anos</b>			
DNS LOURENCO, Susana Maria	27 Sindicato T.F.Publica		
<b>30 - 34 anos</b>			
1. SOBRAL, Ana Luisa	30 Clube Natacao Masters Almada	<b>15:24.26</b>	150
100m:	300m: 5:33.80 1:58.37	500m: 10:32.87 2:59.89	700m:
200m: 3:35.43	400m: 7:32.98 1:59.18	600m: 12:33.77 2:00.90	800m: 15:24.26
<b>35 - 39 anos</b>			
1. FERREIRA, Marta Martins	35 Sindicato T.F.Publica	<b>13:26.44</b>	226
100m: 1:34.09 1:34.09	300m: 5:00.08 1:43.39	500m: 8:26.03 1:42.18	700m: 11:49.69 1:40.87
200m: 3:16.69 1:42.60	400m: 6:43.85 1:43.77	600m: 10:08.82 1:42.79	800m: 13:26.44 1:36.75
2. OLIVEIRA, Sara Rocha	39 Fundacao Salesianos	<b>14:52.58</b>	167
100m: 1:33.99 1:33.99	300m: 5:14.88 1:52.82	500m: 9:04.75 1:55.84	700m: 12:59.95 1:57.54
200m: 3:22.06 1:48.07	400m: 7:08.91 1:54.03	600m: 11:02.41 1:57.66	800m: 14:52.58 1:52.63
<b>40 - 44 anos</b>			
1. REINA, Rita Miguel	42 Colegio Integrado Monte Maior	<b>11:45.48</b>	338
100m: 1:22.02 1:22.02	300m: 4:15.53 1:26.85	500m: 7:12.52 1:29.31	700m: 10:15.19 1:32.12
200m: 2:48.68 1:26.66	400m: 5:43.21 1:27.68	600m: 8:43.07 1:30.55	800m: 11:45.48 1:30.29
2. SANTINHA, Fernanda Maria	42 Clube Natacao Masters Almada	<b>14:16.15</b>	189
100m: 1:38.45 1:38.45	300m: 5:16.95 1:49.58	500m: 8:53.37 1:49.00	700m: 12:29.09 1:47.72
200m: 3:27.37 1:48.92	400m: 7:04.37 1:47.42	600m: 10:41.37 1:48.00	800m: 14:16.15 1:47.06
<b>45 - 49 anos</b>			

TORNEIO DE FUNDO FUNDAÇÃO INATEL 13-14  
LISBOA, 22. - 23.2.2014

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Prova 14, Femin., 800m Livres, 45 - 49 anos

Lugar			Idade				Tempo final		Pts
1.	RIBEIRO, Maria Joao		49	Associacao Nadadores Estoris		<b>13:21.39</b>		231	
	100m:	1:37.32 1:37.32	300m:	4:58.89 1:41.28	500m:	8:21.90 1:41.22	700m:	11:44.39 1:41.30	
	200m:	3:17.61 1:40.29	400m:	6:40.68 1:41.79	600m:	10:03.09 1:41.19	800m:	13:21.39 1:37.00	

60 - 64 anos

DNS PINTAO, Luisa Maria                          60    Associacao Nadadores Estoris