

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 1 Masc., 200m Costas 14 - 84 anos
21.2.15 - 14:30 Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m
14 - 16 anos							
1.	RAMOS, Rafael Cavaco	16	ASSOCIACAO NAVAL AMORIMENSE	2:57.43	36.52		39.68
2.	DIAS, Nuno Reis	15	FUNDACAO SALESIANOS	2:57.04	43.13	45.15	45.42
3.	MONTEIRO, R.	15	CENTRO P.T.LUZ E VIDA	3:23.92	44.33	49.51	54.78
17 - 19 anos							
1.	COSTA, David Pereira	19	CENTRO P.T.LUZ E VIDA	2:21.18	32.64	35.68	36.68
2.	BARATA, Carlos Antunes	17	CPCD-CENTRO POP.C.DESPORTIVO	2:42.40	38.50	40.64	42.37
3.	VALERIO, Ricardo Ceia	19	GRUPO AMIGOS NATACAO	2:50.53	40.44	43.93	44.64
4.	FERREIRA, H.	18	GRUPO AMIGOS NATACAO	2:58.75	39.67	44.06	
5.	ANTAO, Joao Pedro	18	CCD AVANÇADO EULX	3:02.74	43.06	46.33	47.28
DNS	OLIVEIRA, Gabriel Moura	18	MASTERS ALMADA				46.07
20 - 24 anos							
1.	QUINTINO, Antonio Luis	21	CCD AVANÇADO EULX	2:19.68	33.52	35.27	35.41
2.	MARQUES, B.	20	MASTERS ALMADA	2:28.52	34.25	37.12	37.83
3.	OLIVEIRA, B.	22	CCD AVANÇADO EULX	2:35.01	37.69	39.43	40.15
4.	CAROCHA, Andre Filipe	21	CCD AVANÇADO EULX	2:35.27	34.75	39.78	41.23
5.	PEREIRA, Ilisio Lucas	21	CPCD-CENTRO POP.C.DESPORTIVO	2:40.06	37.43	40.32	42.24
6.	SANTOS, Andre Ferreira	20	CCD AVANÇADO EULX	2:40.80	37.57	40.59	41.72
25 - 29 anos							
1.	FERREIRA, Duarte Nuno	29	FUNDACAO SALESIANOS	2:36.80	37.69	39.02	39.67
2.	BRAGA, Nuno Filipe	28	A.H.B.V. Colares	2:37.11	36.41	39.42	40.69
3.	BRANCO, Andre Mendes	25	MASTERS ALMADA	2:37.48	36.28	38.72	41.03
DNS	PARREIRA, G.	27	CLUBE NACIONAL NATACAO				41.45
30 - 34 anos							
1.	MARTINS, Rui Daniel	31	GINASIO CLUBE PORTUGUES	2:23.98	33.00	35.29	37.33
2.	CARDOSO, Alvaro Miguel	31	ASSOCIACAO NADADORES ESTORIL	2:38.35	34.85	38.57	40.20
DNS	AMARAL, Joao Miguel	34	GINASIO CLUBE PORTUGUES				39.73
35 - 39 anos							
1.	MARTINS, Abel Pedro	38	GRUPO AMIGOS NATACAO	2:22.18	33.97	36.16	36.41
2.	ESTEVEENS, Hugo Miguel	37	SINDICATO T.F.PUBLICA	2:53.37	41.85	43.04	44.76
3.	FERREIRA, Luis Filipe	36	CPCD-CENTRO POP.C.DESPORTIVO	3:01.38			
4.	RIBEIRO, Jose Fernando	38	MASTERS ALMADA	3:51.01	54.46	57.71	1:58.68
40 - 44 anos							
1.	FONSECA, B.	42	FUNDACAO SALESIANOS	2:56.26	39.99	44.54	46.60
2.	BARROS, F.	43	COLEGIO MONTE MAIOR	3:31.99	53.75	53.71	53.28
DNS	FERREIRA, Mario Andre	42	CLUBE NACIONAL NATACAO				51.25
DNS	CAMPOS, Joao Miguel	42	COLEGIO MONTE MAIOR				
45 - 49 anos							
1.	COSTA, Paulo Afonso	48	MASTERS ALMADA	3:16.42	44.89	50.63	51.88
50 - 54 anos							
1.	OLIVEIRA, Carlos Jorge	51	CLUBE PORTUGAL TELECOMUNICACOES	2:51.53	39.78	43.86	44.83
2.	BARRADAS, Adriano Pilar	50	CLUBE MILLENNIUM BCP	3:56.66	57.16	1:00.25	1:02.27

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 1, Masc., 200m Costas

55 - 59 anos

1. MACHADO, Andre Bruno	55	CCD AVANÇADO EULX	3:10.91	44.28	48.38	49.71	48.54
2. GONCALVES, J.	59	MASTERS ALMADA	3:55.07	55.69	57.94		
3. JESUS, Carlos Alberto	56	MASTERS ALMADA	4:12.00	58.49	1:05.36	1:07.66	1:00.49
4. JESUS, Fernando Joaquim	56	SINDICATO T.F.PUBLICA	4:26.18	59.28	1:05.89		

60 - 64 anos

1. CARINHA, Abel Manuel	63	SINDICATO T.F.PUBLICA	5:17.14	1:13.27	1:19.17	1:22.85	1:21.85
-------------------------	----	-----------------------	----------------	---------	---------	---------	---------

65 - 69 anos

1. ESTEVES, Manuel Jose	65	MASTERS ALMADA	5:07.19	1:06.47	1:16.58	1:21.09	1:23.05
-------------------------	----	----------------	----------------	---------	---------	---------	---------

Prova 2

Femin., 200m Costas

14 - 84 anos

21.2.15 - 14:55

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m
14 - 16 anos							
1. LEMOS, M.	15	CPCD-CENTRO POP.C.DESP	2:55.23	41.12	43.56	45.38	45.17
2. RODRIGUES, Ana Sofia	16	CCD AVANÇADO EULX	3:00.62	42.71	45.11	47.22	45.58
3. MAIA, Jessica Sofia	16	CPCD-CENTRO POP.C.DESP	3:03.09				
4. SALVADO, Lucia Carvalho	15	CENTRO S.C.BOM SUCESSO	3:26.08	48.51	51.89	53.59	52.09
5. ASSUNCAO, Sofia Pinto	16	CPCD-CENTRO POP.C.DESP	3:31.04	47.64	54.27	56.92	55.31
17 - 19 anos							
1. RODRIGUES, Ana Beatriz	19	A.H.B.V. Colares	2:44.18	37.04	42.75	43.80	40.59
2. BARATA, D.	17	CPCD-CENTRO POP.C.DESP	2:47.02	38.60	41.89	43.80	42.73
3. SANTOS, R.	17	ASSOCIACAO NAVAL AMOR	2:53.16	42.59	44.65	45.01	44.91
4. SANTOS, J.	19	CENTRO S.C.BOM SUCESSO	3:10.44	43.82	47.43	49.39	49.80
5. POEJO, Daniela Mendes	18	ASSOCIACAO NAVAL AMOR	3:15.51	52.48	56.78		
20 - 24 anos							
1. MARTINS, P.	20	CCD AVANÇADO EULX	2:43.45	37.92	40.54	42.19	42.80
2. GASPAR, C.	21	CCD AVANÇADO EULX	2:59.44	41.87	44.96	46.65	45.96
3. LOPES, Catarina Isabel	24	FUNDAÇÃO SALESIANOS	3:17.82	47.50	48.92	51.93	49.47
DNS CARVALHO, S.	20	CENTRO P.T.LUZ E VIDA					
25 - 29 anos							
1. OLIVEIRA, C.	25	MASTERS ALMADA	2:48.82	37.53	41.89	44.37	45.03
2. TAVARES, F.	27	ASSOCIACAO NADADORES	2:59.98	39.82	42.38	43.98	43.72
3. MATOS, Helga Carina	26	MASTERS ALMADA	3:15.21	44.67	49.87	52.31	48.36
30 - 34 anos							
1. GASPAR, J.	32	ASSOCIACAO NADADORES	2:58.34	41.51	44.77	46.36	45.70
2. PINTO, Rita Loureiro	30	GINASIO CLUBE PORTUGUES	3:01.83	42.62	45.22	47.42	46.57
3. MELO, Rita Sofia	34	COLEGIO MONTE MAIOR	3:28.96	48.96	52.50	54.06	53.44
4. BRITO, Carla Sofia	34	MASTERS ALMADA	3:42.33	50.79	55.42	58.95	57.17
40 - 44 anos							
1. PRESTES, Ana Lucia	41	MASTERS ALMADA	4:06.32	52.77			1:06.50
2. ALMEIDA, S.	40	MASTERS ALMADA	4:54.65	1:10.97	1:14.65	1:16.19	1:12.84
45 - 49 anos							
1. SOUSA, Maria Clara	47	MASTERS ALMADA	3:55.18			1:00.90	1:00.48

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 2, Femin., 200m Costas

50 - 54 anos

1. KRAEVA, Elena 54 COLEGIO MONTE MAIOR **2:50.28** 39.95 43.23 44.31 42.79

65 - 69 anos

1. MARQUES, Maria Teresa 66 SINDICATO T.F.PUBLICA **4:47.11** 1:07.71 1:17.87 1:12.15 1:09.38

75 - 79 anos

1. MARTINS, Maria Rosario 75 GRUPO AMIGOS NATACAO **7:26.50** 1:46.53 1:55.08 1:55.03 1:49.86

Prova 3

21.2.15 - 15:20

Masc., 200m Mariposa

14 - 84 anos

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
14 - 16 anos								
1.	SOUSA, Rafael Goncalves	16	CPCD-CENTRO POP.C.DESP	2:47.02	36.83	44.36	45.28	41.45
17 - 19 anos								
1.	CALDEIRA, G.	19	GRUPO AMIGOS NATACAO	2:45.94	34.95	42.76	44.74	43.49
2.	BUD, Vasile Catalin	17	ESTRELAS SAO JOAO BRITC	2:51.44	35.84	41.87	47.02	46.71
3.	FIGUEIREDO, F.	17	A.H.B.V. Colares	2:56.37	34.89	42.04	48.40	51.04
4.	SALVADO, D.	19	CENTRO S.C.BOM SUCESSO	3:01.03	36.70	45.98	50.68	47.67
DNS	SILVA, Marcelo Filipe	18	INDIVIDUAL					
20 - 24 anos								
1.	CRUZ, Francisco Miguel	21	MASTERS ALMADA	2:27.87	33.30	38.58	38.75	37.24
2.	ROSA, Tiago David	22	CCD AVANÇADO EULX	2:41.22	35.86	41.12	42.49	41.75
3.	DANTAS, S.	20	CPCD-CENTRO POP.C.DESP	2:52.06	35.54	42.07	46.61	48.74
25 - 29 anos								
1.	FRANCISCO, Jose Daniel	26	GRUPO AMIGOS NATACAO	3:00.63	40.02	45.26	48.76	46.59
30 - 34 anos								
1.	LAGE, Pedro Cruz	34	MASTERS ALMADA	3:40.05	47.85	55.61	58.09	58.50
2.	FREITAS, Joao Dinis	32	MASTERS ALMADA	4:18.69	58.46	1:07.83	1:09.11	1:03.29
35 - 39 anos								
1.	LAGE, Ricardo Carvalho	36	GRUPO AMIGOS NATACAO	3:05.54	37.05	43.16	48.74	56.59
2.	CARDOSO, M.	38	MASTERS ALMADA	3:30.65	46.30	54.48	55.88	53.99
DNS	OLIVEIRA, Rui Pedro	38	A.H.B.V. Colares					
40 - 44 anos								
1.	SANTOS, Paulo Alexandre	41	CCD AVANÇADO EULX	3:36.41	41.73	53.83	1:01.50	59.35
DNS	GOMES, Jose Maria	43	GINASIO CLUBE PORTUGUES					
45 - 49 anos								
1.	PEREIRA, Joao Carlos	46	MASTERS ALMADA	3:03.77	37.53	45.47	49.62	51.15
50 - 54 anos								
1.	HORTA, Filipe Barbosa	51	CLUBE MILLENNIUM BCP	3:35.45	47.71	54.25	55.64	57.85

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 3, Masc., 200m Mariposa

55 - 59 anos

1. MAVIOSO, Vitor Manuel 59 SPORT ALGES DAFUNDO **3:07.14** 41.97 47.80 49.52 47.85

60 - 64 anos

1. COELHO, Domingos Pinto 63 SPORT ALGES DAFUNDO **4:07.71** 54.27 1:07.78 1:05.02 1:00.64

Prova 4

Femin., 200m Mariposa

14 - 84 anos

21.2.15 - 15:40

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
14 - 16 anos								
1.	CARVALHO, V.	16	ASSOCIACAO NAVAL AMORIM	2:08.26	38.52	45.48	49.88	50.38
2.	FERNANDES, P.	16	CPCD-CENTRO POP.C.DESP	3:07.80	40.00	50.06	55.05	52.69
3.	PIRES, Ana Claudia	14	CPCD-CENTRO POP.C.DESP	3:45.86	48.18	56.86	1:01.25	59.57
17 - 19 anos								
1.	BOLEU, Sara Rodrigues	18	CCD AVANÇADO EULX	2:50.92	35.98	42.17	45.68	47.09
2.	BOTO, Jessica Abrantes	18	ASSOCIACAO NAVAL AMORIM	3:05.56	40.62	46.57	49.61	50.76
20 - 24 anos								
1.	SANTOS, M.	24	MASTERS ALMADA	2:53.76	38.17	43.82	45.27	46.50
2.	SANTOS, Raquel Correa	20	CPCD-CENTRO POP.C.DESP	3:24.29	39.84	51.64	56.16	56.65
3.	NARCISO, P.	20	MASTERS ALMADA	3:44.12	46.43	55.89	1:00.04	1:01.76
40 - 44 anos								
1.	REINA, Rita Miguel	43	COLEGIO MONTE MAIOR	3:15.27	44.54	50.24	52.26	48.23

Prova 5

Masc., 200m Bruços

14 - 84 anos

21.2.15 - 15:50

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
14 - 16 anos								
1.	VAZ, Simao Carvalho	16	CCD AVANÇADO EULX	2:59.88	40.39	46.08	47.08	46.33
2.	TEIXEIRA, Miguel Jacinto	16	A.H.B.V. Colares	3:11.84	43.64	47.41	50.23	50.56
3.	OLIVEIRA, Joao Andre	15	CENTRO P.T.LUZ E VIDA	3:37.21	51.97	57.35	52.66	55.23
DSQ	FARIA, Goncalo Silva	16	A.H.B.V. Colares	3:09.32	41.90	47.01	49.59	50.82
	<i>PARTIDA ANTECIPADA</i>							
17 - 19 anos								
1.	PEREIRA, Hugo Miguel	18	ASSOCIACAO NAVAL AMORIM	2:58.27	37.24	44.76	44.57	45.70
2.	SANTOS, Pedro Silva	19	CCD AVANÇADO EULX	2:55.12	39.80	43.97	45.04	46.31
3.	CARVALHO, A.	17	GRUPO AMIGOS NATACAO	3:10.98	41.71	49.12	50.44	49.71
4.	CAEIRO, Joao Gabriel	17	MASTERS ALMADA	3:11.26	44.40	48.95	50.77	47.14
5.	ESTEVES, Tomas Soares	17	CCD AVANÇADO EULX	3:15.91	41.69	48.88	52.04	53.30
6.	FILHO, Wenstein Raw	18	MASTERS ALMADA	3:21.44	44.22	49.66	53.04	54.52
7.	SOUSA, Joao Luis	18	CPCD-CENTRO POP.C.DESP	3:21.08	43.33	49.36	54.18	56.11
DSQ	GOUVEIA, Joao Pedro	18	CENTRO P.T.LUZ E VIDA	2:49.74	37.15	42.52	44.66	45.41
	<i>PARTIDA ANTECIPADA</i>							
DNS	LOURO, Fred Afonso	17	MASTERS ALMADA					
DNS	FERREIRA, V.	17	FUNDACAO SALESIANOS					
DNS	ANDRADE, Goncalo Filipe	17	ESTRELAS SAO JOAO BRITO					
DNS	RODRIGUEZ, Santiago	17	A.H.B.V. Colares					

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 5, Masc., 200m Bruços

20 - 24 anos

1.	CARRILHO, D.	23	CENTRO P.T.LUZ E VIDA	2:36.49	35.01	39.33	40.48	41.67
2.	QUARESMA, Pedro Miguel	21	CCD AVANÇADO EULX	2:54.91	38.53	44.20	45.61	46.57
3.	FERREIRA, G.	21	CCD AVANÇADO EULX	2:57.01	38.04	43.73	46.73	48.51
4.	CALDAS, Ruben Cesario	21	CPCD-CENTRO POP.C.DESP	3:01.84	42.09	49.91	51.11	47.73
5.	FARIA, Jose Antonio	21	CCD AVANÇADO EULX	3:11.56	43.92	48.54	50.37	48.73
6.	SILVA, Hugo Miguel	23	SINDICATO T.F.PUBLICA	3:13.23	42.10	48.32	50.56	52.25
7.	MONTOIA, Diogo Alves	22	GRUPO AMIGOS NATACAO	3:13.76	42.21	47.94	51.85	51.76
8.	LEAL, Orlando Jacinto	24	CPCD-CENTRO POP.C.DESP	3:19.54	44.51	50.09	52.76	52.18
DNS	MOURA, Joao Henrique	21	CENTRO P.T.LUZ E VIDA					
DNS	FARIA, Andre	21	A.H.B.V. Colares					

25 - 29 anos

1.	JESUS, Diogo Alexandre	27	SINDICATO T.F.PUBLICA	2:44.31	37.67	41.49	41.74	43.41
2.	CORDEIRO, Diogo Andre	25	FUNDACAO SALESIANOS	2:54.06	37.75	43.20	46.96	46.15
DNS	BISCAIA, Pedro Baptista	26	CCD AVANÇADO EULX					

30 - 34 anos

1.	DABRIO, Miguel	33	A.H.B.V. Colares	3:05.66	41.05	47.83	49.44	47.34
2.	O, Pedro Miguel	33	MASTERS ALMADA	3:21.03	43.42	50.39	53.69	53.53
3.	SILVA, Rui Nelson	31	CPCD-CENTRO POP.C.DESP	3:48.66	49.86	58.42	57.94	57.44

35 - 39 anos

1.	AFONSO, Nuno Silva	36	GRUPO AMIGOS NATACAO	3:56.44	52.66	1:00.34	1:01.51	1:01.93
DNS	SILVESTRE, Jorge Hugo	39	MASTERS ALMADA					
DNS	DIAS, Mario Silva	35	MASTERS ALMADA					

40 - 44 anos

1.	AFONSO, Pedro Garcia	43	CCD AVANÇADO EULX	3:11.67	41.97	48.79	51.71	49.20
2.	FARIA, Miguel Pina	43	A.H.B.V. Colares	3:20.07	42.09	49.90	53.10	54.98
3.	GALVEIA, Raul Manuel	44	CPCD-CENTRO POP.C.DESP	3:52.70	54.03	58.88	1:01.98	57.81
4.	CARDOSO, Jose Luis	44	MASTERS ALMADA	3:58.16	52.68	1:00.40	1:04.32	1:00.76
5.	FERNANDES, C.	41	CPCD-CENTRO POP.C.DESP	4:26.51	57.58	1:07.87	1:10.36	1:10.70
DNS	PESSOA, Antonio Maria	40	CLUBE NACIONAL NATACAO					

45 - 49 anos

1.	SANTINHA, A.	46	MASTERS ALMADA	3:37.91	51.39	56.27	56.84	53.41
2.	BRANDAO, Joao Carlos	48	COLEGIO MONTE MAIOR	3:41.79	49.07	54.58	59.55	58.59
3.	CAMOESAS, Paulo Jorge	47	CPCD-CENTRO POP.C.DESP	3:50.87	48.68	57.30	1:01.89	1:03.00
4.	LEAL, Luis	49	CPCD-CENTRO POP.C.DESP	4:58.10	1:03.48	1:18.59	1:18.32	1:12.71

50 - 54 anos

1.	DUARTE, Jose Pereira	50	COLEGIO MONTE MAIOR	2:48.41	39.67	43.79	42.90	42.05
2.	SILVA, Joao Rodrigues	52	CLUBE MILLENNIUM BCP	3:18.29	42.65	49.96	53.04	52.64
3.	SERRA, Fernando Pereira	51	CLUBE MILLENNIUM BCP	4:10.07	54.50	1:03.48	1:07.23	1:04.86
4.	DINIZ, Carlos Manuel	50	CPCD-CENTRO POP.C.DESP	3:34.29	1:12.01	1:25.25	1:29.73	1:27.30
DNS	MARQUES, Antonio Higino	54	ASSOCIACAO NADADORES ESTORIS					

55 - 59 anos

1.	DUARTE, Sergio Antonio	56	COLEGIO MONTE MAIOR	3:53.11	51.86	59.93	1:02.25	59.07
2.	RUAS, Joao Manuel	55	INDIVIDUAL	3:53.34	53.14	59.41	1:00.04	1:00.75
3.	SANTOS, Eduardo Jorge	58	INDIVIDUAL	5:43.29	1:14.31	1:26.47	1:33.12	1:29.39
DNS	ALMEIDA, H.	59	CLUBE PORTUGAL TELECOM					

60 - 64 anos

1.	MELO, Mario Jorge	64	COLEGIO MONTE MAIOR	3:46.41	50.52	57.29	1:00.17	58.43
----	-------------------	----	---------------------	----------------	-------	-------	---------	-------

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 5, Masc., 200m Bruços

65 - 69 anos

DNS LOURENCO, Jose Jesus 68 CLUBE PORTUGAL TELECOM
DNS VIEGAS, Luis Silveira 68 SPORT ALGES DAFUNDO

Prova 6

Femin., 200m Bruços

14 - 84 anos

21.2.15 - 16:30

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
14 - 16 anos								
1.	MOREIRA, Sofia Amorim	15	FUNDACAO SALESIANOS	3:18.07	46.18	50.57	50.66	50.66
2.	RODRIGUES, Joana Sofia	15	CPCD-CENTRO POP.C.DESP	3:34.17	50.15	54.29	54.68	55.65
3.	DUARTE, C.	15	CPCD-CENTRO POP.C.DESP	3:42.52	49.75	56.27	57.58	58.92
4.	PENA, Rita Sofia	16	CENTRO P.T.LUZ E VIDA	4:05.12	54.49	1:01.55	1:05.05	1:04.03
5.	ESTRADA, Elisa Ferreira	16	ASSOCIACAO NAVAL AMOR	4:05.44	53.63	1:03.48	1:05.47	1:04.86
DNS	ALVES, Joana Rocha	15	FUNDACAO SALESIANOS					
DNS	BOLEU, Isabel Rodrigues	16	CCD AVANCADO EULX					
DNS	PINTO, Ines Correia	16	ESTRELAS SAO JOAO BRITO					
17 - 19 anos								
1.	GONCALVES, Bruna Sofia	17	A.H.B.V. Colares	3:24.52	45.39	51.54	54.19	53.40
2.	MONTOIA, Rita Alves	18	GRUPO AMIGOS NATACAO	3:31.39	47.21	52.63	55.67	55.88
3.	LEAL, Iolanda Jacinto	18	CPCD-CENTRO POP.C.DESP	3:39.69	52.65	1:00.26	1:06.83	1:09.95
4.	MALHEIRO, Morgana Silva	19	CLUBE NACIONAL NATACAO	4:23.27	59.65	1:06.93	1:08.12	1:08.57
DSQ	FERNANDES, S.	18	ASSOCIACAO NAVAL AMOR	4:35.16	48.16	55.17	57.92	55.91
	<i>PARTIDA ANTECIPADA</i>							
DNS	NETO, Ana Catarina	18	CCD AVANCADO EULX					
20 - 24 anos								
1.	FERREIRA, Ana Rute	20	CCD AVANCADO EULX	3:23.64	47.70	52.54	52.19	51.21
2.	RIBEIRO, M.	20	SINDICATO T.F.PUBLICA	3:27.99	47.53	52.40	54.68	53.38
3.	SILVEIRA, Barbara Maria	20	MASTERS ALMADA	3:34.54	48.85	54.43	56.01	55.25
4.	GONCALVES, Silvia	20	CPCD-CENTRO POP.C.DESP	3:52.04	52.54	1:00.26	1:00.86	59.28
DNS	SILVA, Madalena Pinho	21	CCD AVANCADO EULX					
25 - 29 anos								
1.	VIEIRA, M.	29	FUNDACAO SALESIANOS	3:45.22	52.46	55.45	58.40	58.91
2.	LORY, Susana Pereira	28	MASTERS ALMADA	3:58.64	55.28	1:00.21	1:01.40	1:01.75
DNS	BARBARA, Joana Pereira	28	MASTERS ALMADA					
35 - 39 anos								
1.	CORREIA, Rita Barata	36	MASTERS ALMADA	3:26.92	45.86	53.56	54.39	53.11
2.	MADEIRA, Maria Joao	36	MASTERS ALMADA	3:32.77	50.06	54.57	54.64	53.50
3.	FERREIRA, Luisa Dias	37	CCD AVANCADO EULX	3:47.20	52.94	59.04	59.27	55.95
4.	ROCHA, Maria Joao	35	SINDICATO T.F.PUBLICA	3:52.17	50.87	58.15	1:01.15	1:02.00
40 - 44 anos								
1.	DIOGO, Helena Sofia	42	CLUBE MILLENNIUM BCP	3:31.73	47.83	53.40	55.37	55.13
2.	OLIVEIRA, Sara Rocha	40	FUNDACAO SALESIANOS	3:38.16	49.26	54.81	56.87	57.22
3.	AGANTE, Luisa Claudia	44	GINASIO CLUBE PORTUGUE	4:08.40	56.62	1:00.96	1:05.28	1:05.54
DNS	FERREIRA, M.	42	MASTERS ALMADA					
45 - 49 anos								
1.	BARROS, Ana Cristina	45	MASTERS ALMADA	4:24.48	59.47	1:07.57	1:11.38	1:06.06
DNS	MOURA, Carla Maria	46	CENTRO P.T.LUZ E VIDA					

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 6, Femin., 200m Bruços

50 - 54 anos

1. PEIXE, Carla Filomena	52	MASTERS ALMADA	3:46.21	49.35	57.42	25.96	1:33.48
DNS TANTCHEVA, L.	53	CLUBE PORTUGAL TELECOM					
DNS VASCONCELOS, M.	51	MASTERS ALMADA					

60 - 64 anos

1. FERREIRA, Maria Helena	61	SPORT ALGES DAFUNDO	4:28.46	58.84	1:07.02	1:11.42	1:11.18
2. CRUZ, Maria Josefina	60	GINASIO CLUBE PORTUGUES	5:46.34	1:19.59	1:29.03	1:29.02	1:28.70
3. VELEZ, Maria Luisa	64	SINDICATO T.F.PUBLICA	6:33.79	1:26.37	1:41.93	1:43.02	1:42.47
DNS PINTAO, Luisa Maria	61	ASSOCIACAO NADADORES ESTORIS					

65 - 69 anos

DNS ALMEIDA, Ana Paula	67	SINDICATO T.F.PUBLICA					
------------------------	----	-----------------------	--	--	--	--	--

75 - 79 anos

1. SA, Nair Gomes	76	ASSOCIACAO NADADORES ESTORIS	5:30.66	1:16.99	1:26.41	1:27.63	1:22.63
-------------------	----	------------------------------	----------------	---------	---------	---------	---------

Prova 7

Masc., 400m Livres

14 - 84 anos

21.2.15 - 17:05

Resultados

Pontos: FINA 2009

Lugar	Idade	Tempo final	Pts
14 - 16 anos			
1. FERNANDES, Leandro Rosa	16	4:37.85	471
50m: 31.59 31.59	150m: 1:42.46 35.65	250m: 2:54.54 36.27	350m: 4:05.11 35.29
100m: 1:06.81 35.22	200m: 2:18.27 35.81	300m: 3:29.82 35.28	400m: 4:37.85 32.74
2. FRANCISCO, Joao Lucas	16	5:03.67	360
50m: 31.67 31.67	150m: 1:47.41 38.92	250m: 3:05.51 39.12	350m: 4:26.51 40.64
100m: 1:08.49 36.82	200m: 2:26.39 38.98	300m: 3:45.87 40.36	400m: 5:03.67 37.16
3. FELIX, Andre Rosa	16	5:04.98	356
50m: 35.00 35.00	150m: 1:51.59 38.61	250m: 3:08.98 38.61	350m: 4:26.50 38.71
100m: 1:12.98 37.98	200m: 2:30.37 38.78	300m: 3:47.79 38.81	400m: 5:04.98 38.48
4. PESSANHA, Tomas Pedro	16	5:15.36	322
50m: 36.82 36.82	150m: 1:56.49 40.64	250m: 3:17.67 40.79	350m: 4:38.24 39.66
100m: 1:15.85 39.03	200m: 2:36.88 40.39	300m: 3:58.58 40.91	400m: 5:15.36 37.12
5. ALMEIDA, Alexandre Saavedra	15	5:26.67	290
50m: 35.47 35.47	150m: 1:54.44 40.43	250m: 3:19.28 43.07	350m: 4:47.65 44.20
100m: 1:14.01 38.54	200m: 2:36.21 41.77	300m: 4:03.45 44.17	400m: 5:26.67 39.02
6. RICARDO, Antonio Santos	16	5:34.85	269
50m: 37.56 37.56	150m: 2:01.51 42.77	250m: 3:28.55 43.46	350m: 4:55.09 43.31
100m: 1:18.74 41.18	200m: 2:45.09 43.58	300m: 4:11.78 43.23	400m: 5:34.85 39.76
7. BOTELHO, Nelson Miguel	15	5:58.46	219
50m: 33.75 33.75	150m: 2:03.46 47.36	250m: 3:35.09 45.35	350m: 5:09.12
100m: 1:16.10 42.35	200m: 2:49.74 46.28	300m: 4:00m: 5:58.46	49.34
8. FARIA, Duarte Goncalves	15	6:02.20	212
50m: 40.37 40.37	150m: 2:12.11 45.85	250m: 3:45.52 46.19	350m: 5:17.63 46.09
100m: 1:26.26 45.89	200m: 2:59.33 47.22	300m: 4:31.54 46.02	400m: 6:02.20 44.57
9. GONCALVES, Carlos	15	6:02.50	212
50m: 38.72 38.72	150m: 2:08.02 46.25	250m: 3:43.60 47.80	350m: 5:18.55 47.34
100m: 1:21.77 43.05	200m: 2:55.80 47.78	300m: 4:31.21 47.61	400m: 6:02.50 43.95
10. PAULO, Nuno Miguel	16	6:02.73	211
50m: 38.91 38.91	150m: 2:07.40 45.48	250m: 3:41.07 47.01	350m: 5:16.61 47.08
100m: 1:21.92 43.01	200m: 2:54.06 46.66	300m: 4:29.53 48.46	400m: 6:02.73 46.12

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 7, Masc., 400m Livres, 14 - 16 anos

Lugar			Idade					Tempo final	Pts
11.	CORREIA, Antonio Augusto		16	MASTERS NATACAO AHBVAC				6:05.00	208
	50m:	35.95 35.95	150m:	2:00.07	43.65	250m:	3:36.02 49.44	350m:	5:15.75 50.75
	100m:	1:16.42 40.47	200m:	2:46.58	46.51	300m:	4:25.00 48.98	400m:	6:05.00 49.25
12.	ALMEIDA, Daniel Sampaio		16	MASTERS NATACAO AHBVAC				6:18.88	186
	50m:	39.23 39.23	150m:	2:10.84		250m:	3:50.07 50.13	350m:	5:30.13 49.03
	100m:		200m:	2:59.94	49.10	300m:	4:41.10 51.03	400m:	6:18.88 48.75
13.	LEAL, Joao Maria		16	MASTERS NATACAO AHBVAC				6:46.32	150
	50m:	36.95 36.95	150m:	2:17.59	51.52	250m:	4:05.47 52.91	350m:	5:53.96 54.58
	100m:	1:26.07 49.12	200m:	3:12.56	54.97	300m:	4:59.38 53.91	400m:	6:46.32 52.36
14.	FERREIRA, Diogo Colimao		15	MASTERS NATACAO AHBVAC				7:09.35	128
	50m:	38.49 38.49	150m:	2:13.91	51.21	250m:	4:06.90 57.63	350m:	6:03.74 58.32
	100m:	1:22.70 44.21	200m:	3:09.27	55.36	300m:	5:05.42 58.52	400m:	7:09.35 1:05.61
15.	COSTA, Rodrigo Borges		15	MASTERS NATACAO AHBVAC				7:28.02	112
	50m:	42.84 42.84	150m:	2:30.93	58.07	250m:	4:29.30 58.86	350m:	6:31.79 1:01.35
	100m:	1:32.86 50.02	200m:	3:30.44	59.51	300m:	5:30.44 1:01.14	400m:	7:28.02 56.23
16.	GONCALVES, Luis Filipe		16	MASTERS NATACAO AHBVAC				7:32.74	109
	50m:	41.04 41.04	150m:	2:23.52	53.98	250m:	4:22.56 1:00.81	350m:	6:28.38 1:04.28
	100m:	1:29.54 48.50	200m:	3:21.75	58.23	300m:	5:24.10 1:01.54	400m:	7:32.74 1:04.36
17.	LOPES, Jose Miguel		15	MASTERS NATACAO AHBVAC				7:55.33	94
	50m:	43.72 43.72	150m:	2:42.51	1:01.79	250m:		350m:	6:54.36 1:01.29
	100m:	1:40.72 57.00	200m:	3:45.83	1:03.32	300m:	5:53.07	400m:	7:55.33 1:00.97

17 - 19 anos

1.	CRUZ, Rafael Viegas		17	CCD AVANÇADO EULX				4:45.95	432
	50m:	31.90 31.90	150m:	1:42.56	35.71	250m:	2:54.12 35.42	350m:	4:08.16 37.18
	100m:	1:06.85 34.95	200m:	2:18.70	36.14	300m:	3:30.98 36.86	400m:	4:45.95 37.79
2.	PALMINHA, Gonçalo Figueiredo		18	CCD AVANÇADO EULX				5:03.60	361
	50m:	34.84 34.84	150m:	1:52.00	38.92	250m:	3:09.37 38.65	350m:	4:26.17 38.02
	100m:	1:13.08 38.24	200m:	2:30.72	38.72	300m:	3:48.15 38.78	400m:	5:03.60 37.43
3.	BRITO, Valdemar		17	CPCD-CENTRO POP.C.DESPORTO				5:20.93	305
	50m:	35.54 35.54	150m:	1:55.01	40.50	250m:	3:17.72 41.32	350m:	4:41.94 42.10
	100m:	1:14.51 38.97	200m:	2:36.40	41.39	300m:	3:59.84 42.12	400m:	5:20.93 38.99
4.	CODESSO, Joao Miguel		17	CENTRO S.C.BOM SUCESSO				5:41.10	254
	50m:	38.21 38.21	150m:	2:02.67	42.83	250m:	3:32.54 45.12	350m:	5:00.37 43.52
	100m:	1:19.84 41.63	200m:	2:47.42	44.75	300m:	4:16.85 44.31	400m:	5:41.10 40.73
5.	CHAVES, Denis Teixeira		19	ESTRELAS SAO JOAO BRITO				5:49.74	236
	50m:	38.67 38.67	150m:	2:04.90	43.98	250m:	3:34.07 44.72	350m:	5:05.40 45.57
	100m:	1:20.92 42.25	200m:	2:49.35	44.45	300m:	4:19.83 45.76	400m:	5:49.74 44.34
6.	BARRADAS, Fabio Filipe		18	MASTERS NATACAO AHBVAC				5:53.64	228
	50m:	34.91 34.91	150m:	2:00.68	44.19	250m:	3:33.50 47.24	350m:	5:09.46 47.73
	100m:	1:16.49 41.58	200m:	2:46.26	45.58	300m:	4:21.73 48.23	400m:	5:53.64 44.18
7.	CARVALHO, Miguel Filipe		17	CENTRO P.T.LUZ E VIDA				5:54.16	227
	50m:	35.94 35.94	150m:	2:00.72	44.06	250m:	3:33.44 46.57	350m:	5:08.94 47.10
	100m:	1:16.66 40.72	200m:	2:46.87	46.15	300m:	4:21.84 48.40	400m:	5:54.16 45.22
8.	REIS, Diogo Fernandes		17	MASTERS NATACAO AHBVAC				6:04.95	208
	50m:	33.99 33.99	150m:	1:57.38	44.64	250m:	3:36.38 50.81	350m:	5:16.22 49.73
	100m:	1:12.74 38.75	200m:	2:45.57	48.19	300m:	4:26.49 50.11	400m:	6:04.95 48.73
9.	DIAS, Rafael Jose		19	MASTERS NATACAO AHBVAC				6:06.47	205
	50m:	36.39 36.39	150m:	2:02.98	44.66	250m:	3:41.67 49.62	350m:	5:19.65 48.65
	100m:	1:18.32 41.93	200m:	2:52.05	49.07	300m:	4:31.00 49.33	400m:	6:06.47 46.82
10.	ANTONIO, Francisco Miguel		17	MASTERS NATACAO AHBVAC				6:09.97	199
	50m:	39.30 39.30	150m:	2:10.37	47.08	250m:	3:48.26 49.82	350m:	5:26.74 48.82
	100m:	1:23.29 43.99	200m:	2:58.44	48.07	300m:	4:37.92 49.66	400m:	6:09.97 43.23

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 7, Masc., 400m Livres, 17 - 19 anos

Lugar			Idade							Tempo final	Pts
11.	BAPTISTA, Joao Bernardo		17	MASTERS ALMADA						6:22.16	181
	50m:	40.85 40.85	150m:	2:15.08	48.52	250m:	4:43.26	1:39.55	350m:		
	100m:	1:26.56 45.71	200m:	3:03.71	48.63	300m:	5:34.24	50.98	400m:	6:22.16	
12.	SIMOES, Andre Domingues		17	MASTERS NATACAO AHBVAC						6:27.98	173
	50m:	1:23.80 1:23.80	150m:	3:00.87	50.90	250m:	3:53.53		350m:	5:38.59 52.09	
	100m:	2:09.97 46.17	200m:			300m:	4:46.50	52.97	400m:	6:27.98 49.39	
13.	GONCALVES, Leonardo Filipe		19	CENTRO S.C.BOM SUCESSO						6:36.03	162
	50m:	41.81 41.81	150m:	2:17.49	48.78	250m:	4:01.46	52.91	350m:	5:46.20 51.48	
	100m:	1:28.71 46.90	200m:	3:08.55	51.06	300m:	4:54.72	53.26	400m:	6:36.03 49.83	
14.	COSTA, Igor Pinto		18	MASTERS NATACAO AHBVAC						6:50.64	146
	50m:	36.81 36.81	150m:	2:16.17	53.10	250m:	4:05.92	55.37	350m:	5:56.68 54.80	
	100m:	1:23.07 46.26	200m:	3:10.55	54.38	300m:	5:01.88	55.96	400m:	6:50.64 53.96	
15.	MONTEIRO, Rui		18	A.H.B.V. Colares						7:11.61	126
	50m:	45.16 45.16	150m:	2:28.99	53.90	250m:	4:22.61	58.27	350m:	6:18.84 58.66	
	100m:	1:35.09 49.93	200m:	3:24.34	55.35	300m:	5:20.18	57.57	400m:	7:11.61 52.77	
16.	CABRITA, Rodrigo Miguel		17	MASTERS NATACAO AHBVAC						7:32.55	109
	50m:	43.13 43.13	150m:	2:31.39	58.02	250m:	4:34.54	1:02.46	350m:	6:36.29 58.75	
	100m:	1:33.37 50.24	200m:	3:32.08	1:00.69	300m:	5:37.54	1:03.00	400m:	7:32.55 56.26	
17.	BARRELAS, Tiago Miguel		17	MASTERS NATACAO AHBVAC						7:33.28	108
	50m:	42.75 42.75	150m:	2:35.92	57.83	250m:	4:33.42	57.81	350m:	6:33.75 1:00.19	
	100m:	1:38.09 55.34	200m:	3:35.61	59.69	300m:	5:33.56	1:00.14	400m:	7:33.28 59.53	
18.	CORREIA, Pedro Miguel		17	MASTERS NATACAO AHBVAC						7:44.77	101
	50m:	43.33 43.33	150m:	2:36.47	59.84	250m:	4:40.35	1:02.17	350m:	6:47.92 1:04.10	
	100m:	1:36.63 53.30	200m:	3:38.18	1:01.71	300m:	5:43.82	1:03.47	400m:	7:44.77 56.85	
DNS	GUEDELHA, Miguel Cruz		17	A.H.B.V. Colares							

20 - 24 anos

1.	DIAS, Rodrigo Branco		22	CPCD-CENTRO POP.C.DESPORTO						4:55.91	390
	50m:	33.91 33.91	150m:	1:46.08	36.09	250m:	3:00.42	37.24	350m:	4:17.78 39.11	
	100m:	1:09.99 36.08	200m:	2:23.18	37.10	300m:	3:38.67	38.25	400m:	4:55.91 38.13	
2.	ARAUJO, Jose Luis		22	MASTERS NATACAO AHBVAC						5:34.36	270
	50m:	38.47 38.47	150m:	2:04.08	43.58	250m:	3:30.50	41.84	350m:	4:53.32 41.20	
	100m:	1:20.50 42.03	200m:	2:48.66	44.58	300m:	4:12.12	41.62	400m:	5:34.36 41.04	
3.	SANTOS, Jose Pedro		20	MASTERS NATACAO AHBVAC						5:35.13	268
	50m:	35.45 35.45	150m:	1:58.71	42.51	250m:	3:25.61	44.03	350m:	4:53.26 44.08	
	100m:	1:16.20 40.75	200m:	2:41.58	42.87	300m:	4:09.18	43.57	400m:	5:35.13 41.87	
4.	ALVES, Renato Manuel		20	CPCD-CENTRO POP.C.DESPORTO						5:37.29	263
	50m:	38.13 38.13	150m:	2:03.78	43.77	250m:	3:30.59	43.08	350m:	4:56.68 42.43	
	100m:	1:20.01 41.88	200m:	2:47.51	43.73	300m:	4:14.25	43.66	400m:	5:37.29 40.61	
5.	PEDRO, Daniel Rodrigues		20	MASTERS NATACAO AHBVAC						5:46.68	242
	50m:	36.96 36.96	150m:	2:04.77	45.12	250m:	3:34.76	45.61	350m:	5:05.64 46.23	
	100m:	1:19.65 42.69	200m:	2:49.15	44.38	300m:	4:19.41	44.65	400m:	5:46.68 41.04	
6.	MONTEIRO, Miguel Cardoso		20	MASTERS NATACAO AHBVAC						5:48.88	238
	50m:	34.98 34.98	150m:	1:58.51	43.32	250m:	3:29.06	45.46	350m:	5:02.31 46.36	
	100m:	1:15.19 40.21	200m:	2:43.60	45.09	300m:	4:15.95	46.89	400m:	5:48.88 46.57	
7.	DELGADO, Bruno Miguel		21	CPCD-CENTRO POP.C.DESPORTO						6:11.70	197
	50m:	38.29 38.29	150m:			250m:			350m:	5:23.63	
	100m:	1:20.93 42.64	200m:	2:52.91		300m:			400m:	6:11.70 48.07	
8.	RODRIGUES, Andre Filipe		21	MASTERS NATACAO AHBVAC						6:23.30	179
	50m:	36.13 36.13	150m:	2:02.14	45.35	250m:	3:44.31	52.43	350m:	5:31.44 54.29	
	100m:	1:16.79 40.66	200m:	2:51.88	49.74	300m:	4:37.15	52.84	400m:	6:23.30 51.86	
9.	CORREIA, Pedro Alexandre		20	GINASIO CLUBE PORTUGUES						6:33.51	166
	50m:	34.63 34.63	150m:	1:54.46	41.45	250m:			350m:		
	100m:	1:13.01 38.38	200m:	2:37.30	42.84	300m:	4:50.02		400m:	6:33.51	

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

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

Lugar			Idade					Tempo final	Pts			
10.	REGUEIA, Miguel Angelo		22	MASTERS NATACAO AHBVAC				7:05.85	131			
	50m:	43.21 43.21	150m:	2:25.77	53.00	250m:	4:16.50	55.82	350m:	6:11.23	57.67	
	100m:	1:32.77	49.56	200m:	3:20.68	54.91	300m:	5:13.56	57.06	400m:	7:05.85	54.62
11.	OLIVEIRA, Vasco David		22	MASTERS NATACAO AHBVAC				7:13.07	124			
	50m:	40.92 40.92	150m:	2:21.24	52.80	250m:	4:17.49	59.25	350m:	6:15.23	58.67	
	100m:	1:28.44	47.52	200m:	3:18.24	57.00	300m:	5:16.56	59.07	400m:	7:13.07	57.84
12.	ESCOBAR, Daniel Alexandre		22	MASTERS NATACAO AHBVAC				8:25.22	78			
	50m:	45.06 45.06	150m:	2:42.04	1:02.69	250m:	4:56.84	1:08.73	350m:	7:11.56	1:05.63	
	100m:	1:39.35	54.29	200m:	3:48.11	1:06.07	300m:	6:05.93	1:09.09	400m:	8:25.22	1:13.66

25 - 29 anos

1.	RUAS, Bruno Miguel		26	INDIVIDUAL				4:36.57	477			
	50m:	32.77 32.77	150m:	1:43.21	35.21	250m:	2:54.84	35.94	350m:	4:04.39	33.93	
	100m:	1:08.00	35.23	200m:	2:18.90	35.69	300m:	3:30.46	35.62	400m:	4:36.57	32.18
2.	GONCALVES, Luis Filipe		27	FUNDACAO SALESIANOS				4:55.22	392			
	50m:	33.01 33.01	150m:	1:47.31	37.87	250m:	3:03.69	37.87	350m:	4:19.53	37.84	
	100m:	1:09.44	36.43	200m:	2:25.82	38.51	300m:	3:41.69	38.00	400m:	4:55.22	35.69
3.	CRUZ, Joao Duarte		29	MASTERS ALMADA				4:55.47	391			
	50m:	33.44 33.44	150m:	1:47.22	37.20	250m:	3:03.30	38.26	350m:	4:19.45	37.95	
	100m:	1:10.02	36.58	200m:	2:25.04	37.82	300m:	3:41.50	38.20	400m:	4:55.47	36.02
4.	VIDEIRA, Marco Andre		27	SINDICATO T.F.PUBLICA				4:57.56	383			
	50m:	33.01 33.01	150m:	1:46.83	37.58	250m:	3:04.00	38.68	350m:	4:21.37	37.97	
	100m:	1:09.25	36.24	200m:	2:25.32	38.49	300m:	3:43.40	39.40	400m:	4:57.56	36.19
5.	PERDIGOTO, Ruben Tiago		26	A.H.B.V. Colares				5:06.27	351			
	50m:	34.71 34.71	150m:	1:48.20	37.42	250m:	3:05.60	39.20	350m:	4:26.30	40.71	
	100m:	1:10.78	36.07	200m:	2:26.40	38.20	300m:	3:45.59	39.99	400m:	5:06.27	39.97
6.	OLIVEIRA, Sergio Bernardo		25	MASTERS NATACAO AHBVAC				5:25.22	293			
	50m:	33.09 33.09	150m:	1:51.56	40.47	250m:	3:17.04	42.57	350m:	4:43.06	42.60	
	100m:	1:11.09	38.00	200m:	2:34.47	42.91	300m:	4:00.46	43.42	400m:	5:25.22	42.16
7.	PEIXOTO, Luis Gonzaga		25	CENTRO S.C.BOM SUCESSO				5:41.21	254			
	50m:	35.77 35.77	150m:	1:55.72	41.04	250m:	3:22.61	43.89	350m:	4:55.42	46.96	
	100m:	1:14.68	38.91	200m:	2:38.72	43.00	300m:	4:08.46	45.85	400m:	5:41.21	45.79
8.	PEREIRA, Bernardo Marques		27	A.H.B.V. Colares				7:02.61	134			
	50m:	40.63 40.63	150m:	2:17.85	52.53	250m:	4:12.67	59.55	350m:	6:09.27	56.82	
	100m:	1:25.32	44.69	200m:	3:13.12	55.27	300m:	5:12.45	59.78	400m:	7:02.61	53.34
DNS	MACIAS, Sebastiao Mendes		25	ESTRELAS SAO JOAO BRITO								
DNS	BRANQUINHO, Miguel Graca		27	CCD AVANÇADO EULX								

30 - 34 anos

1.	MATOS, Joao Carlos		31	A.H.B.V. Colares				4:50.09	413			
	50m:	31.54 31.54	150m:	1:42.98	36.16	250m:	2:56.32	36.58	350m:	4:11.73	37.92	
	100m:	1:06.82	35.28	200m:	2:19.74	36.76	300m:	3:33.81	37.49	400m:	4:50.09	38.36
2.	MANSO, Sergio Ribeiro		31	SINDICATO T.F.PUBLICA				5:18.61	312			
	50m:	35.22 35.22	150m:	1:52.60	38.89	250m:	3:14.10	41.07	350m:	4:37.14	41.85	
	100m:	1:13.71	38.49	200m:	2:33.03	40.43	300m:	3:55.29	41.19	400m:	5:18.61	41.47
3.	RODRIGUES, Pedro Antonio		33	MASTERS ALMADA				6:13.68	193			
	50m:	40.93 40.93	150m:	2:11.40	46.05	250m:	3:46.80	48.12	350m:	5:26.29	50.03	
	100m:	1:25.35	44.42	200m:	2:58.68	47.28	300m:	4:36.26	49.46	400m:	6:13.68	47.39
DNS	MAIA, Bruno Cruz		33	GINASIO CLUBE PORTUGUES								

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 7, Masc., 400m Livres

35 - 39 anos

1. PEREIRA, Alexandre Marques	39	COLEGIO MONTE MAIOR	5:22.44	301
50m: 37.86 37.86	150m: 1:58.49	40.73 250m: 3:20.59	41.17 350m: 4:42.86	40.91
100m: 1:17.76 39.90	200m: 2:39.42	40.93 300m: 4:01.95	41.36 400m: 5:22.44	39.58
2. TORRES, Antonio	35	FUNDAÇÃO SALESIANOS	5:46.47	243
50m: 40.31 40.31	150m: 2:06.16	43.60 250m: 3:34.46	44.12 350m: 5:05.10	45.13
100m: 1:22.56 42.25	200m: 2:50.34	44.18 300m: 4:19.97	45.51 400m: 5:46.47	41.37
3. NOVAIS, Hugo Jose	39	A.H.B.V. Colares	7:01.47	135
50m: 37.83 37.83	150m: 2:17.05	53.12 250m: 4:11.34	57.52 350m: 6:10.08	58.18
100m: 1:23.93 46.10	200m: 3:13.82	56.77 300m: 5:11.90	1:00.56 400m: 7:01.47	51.39

40 - 44 anos

1. ESCUNA, Manuel Sousa	44	CCD AVANÇADO EULX	5:47.06	241
50m: 37.34 37.34	150m: 2:05.59	45.13 250m: 3:36.40	45.52 350m: 5:05.88	44.42
100m: 1:20.46 43.12	200m: 2:50.88	45.29 300m: 4:21.46	45.06 400m: 5:47.06	41.18
2. KOENDERS, Henrique Sebastiao	43	CLUBE NACIONAL NATACAO	6:23.77	179
50m: 38.12 38.12	150m: 2:08.57	47.31 250m: 3:50.29	50.98 350m: 5:34.69	51.64
100m: 1:21.26 43.14	200m: 2:59.31	50.74 300m: 4:43.05	52.76 400m: 6:23.77	49.08
3. CAEIRO, Mario Antonio	44	MASTERS ALMADA	6:46.36	150
50m: 42.53 42.53	150m: 2:19.99	50.40 250m: 4:03.02	51.46 350m: 5:45.16	49.94
100m: 1:29.59 47.06	200m: 3:11.56	51.57 300m: 4:55.22	52.20 400m: 6:46.36	1:01.20

45 - 49 anos

1. FEITEIRA, Luis Felipe	49	MASTERS ALMADA	5:46.80	242
50m: 39.56 39.56	150m: 2:06.98	44.66 250m: 3:35.41	44.33 350m: 5:04.95	43.92
100m: 1:22.32 42.76	200m: 2:51.08	44.10 300m: 4:21.03	45.62 400m: 5:46.80	41.85
2. SILVA, Mario Joao	46	MASTERS ALMADA	5:57.87	220
50m: 40.04 40.04	150m: 2:12.87	47.42 250m: 4:31.28	1:31.65 350m: 5:57.71	41.96
100m: 1:25.45 45.41	200m: 2:59.63	46.76 300m: 5:15.75	44.47 400m: 5:57.87	0.16
3. REIS, Paulo Jorge	45	SINDICATO T.F.PUBLICA	6:52.82	143
50m: 44.85 44.85	150m: 2:26.13	51.53 250m: 4:11.92	53.09 350m: 5:59.84	55.05
100m: 1:34.60 49.75	200m: 3:18.83	52.70 300m: 5:04.79	52.87 400m: 6:52.82	52.98

50 - 54 anos

1. PINTO, Vitor Manuel	52	FUNDAÇÃO SALESIANOS	5:01.81	367
50m: 33.75 33.75	150m: 1:48.75	38.05 250m: 3:06.65	38.98 350m: 4:24.62	38.93
100m: 1:10.70 36.95	200m: 2:27.67	38.92 300m: 3:45.69	39.04 400m: 5:01.81	37.19
DNS VELEZ, Rui Castro	51	CENTRO P.T.LUZ E VIDA		
DNS ROQUE, Antonio Mendes	53	GRUPO AMIGOS NATACAO		

55 - 59 anos

1. CORREIA, Jose Luis	56	ASSOCIACAO NADADORES ESTORIS	6:42.49	155
50m: 42.85 42.85	150m: 2:22.79	50.68 250m: 4:06.89	52.61 350m: 5:53.23	53.14
100m: 1:32.11 49.26	200m: 3:14.28	51.49 300m: 5:00.09	53.20 400m: 6:42.49	49.26
2. PEREIRA, Rui Manuel	59	SINDICATO T.F.PUBLICA	6:57.84	138
50m: 45.61 45.61	150m: 2:28.46	52.15 250m: 4:15.93	54.65 350m: 6:05.25	54.50
100m: 1:36.31 50.70	200m: 3:21.28	52.82 300m: 5:10.75	54.82 400m: 6:57.84	52.59

60 - 64 anos

1. CORREIA, Carlos Augusto	63	MASTERS ALMADA	6:36.01	163
50m: 45.84 45.84	150m: 2:26.63	51.10 250m: 4:08.65	50.90 350m: 5:49.59	50.30
100m: 1:35.53 49.69	200m: 3:17.75	51.12 300m: 4:59.29	50.64 400m: 6:36.01	46.42

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 7, Masc., 400m Livres, 60 - 64 anos

Lugar	Idade	Tempo final	Pts
2. MENDES, Ricardo Antonio	60	6:43.45	154
50m: 43.31 43.31 150m: 2:25.68 52.41 250m: 4:11.13 52.35 350m: 5:54.77 52.30			
100m: 1:33.27 49.96 200m: 3:18.78 53.10 300m: 5:02.47 51.34 400m: 6:43.45 48.68			
3. TAVARES, Antonio Manuel	64	7:26.51	113
50m: 50.94 50.94 150m: 2:45.68 57.62 250m: 4:38.92 56.42 350m: 6:33.01 56.87			
100m: 1:48.06 57.12 200m: 3:42.50 56.82 300m: 5:36.14 57.22 400m: 7:26.51 53.50			

65 - 69 anos

1. SANTOS, Luis Filipe	67	10:31.49	40
50m: 1:05.45 1:05.45 150m: 4:03.17 1:31.47 250m: 7:28.42 1:45.91 350m: 9:05.32			
100m: 2:31.70 1:26.25 200m: 5:42.51 1:39.34 300m: 300m: 400m: 10:31.49 1:26.17			

DNS VIEGAS, Luis Silveira 68 SPORT ALGES DAFUNDO

Prova 8 Femin., 400m Livres 14 - 84 anos
21.2.15 - 18:30 Resultados

Pontos: FINA 2009

Lugar	Idade	Tempo final	Pts
14 - 16 anos			
1. CORREIA, Margarida Correia	16	5:14.99	433
50m: 34.43 34.43 150m: 1:52.33 39.77 250m: 3:13.03 40.55 350m: 4:34.92 41.30			
100m: 1:12.56 38.13 200m: 2:32.48 40.15 300m: 3:53.62 40.59 400m: 5:14.99 40.07			
2. TAVARES, Ana Rita	15	5:31.06	373
50m: 37.05 37.05 150m: 2:00.67 42.55 250m: 3:25.38 42.34 350m: 4:50.35 42.14			
100m: 1:18.12 41.07 200m: 2:43.04 42.37 300m: 4:08.21 42.83 400m: 5:31.06 40.71			
3. PENEDO, Marcia Vitorino	15	6:17.98	250
50m: 41.33 41.33 150m: 2:14.32 47.54 250m: 3:51.54 48.13 350m: 5:28.55 46.89			
100m: 1:26.78 45.45 200m: 3:03.41 49.09 300m: 4:41.66 50.12 400m: 6:17.98 49.43			
4. COSTA, Ines Antunes	15	7:42.46	137
50m: 50.22 50.22 150m: 2:45.22 58.41 250m: 4:45.54 59.36 350m: 6:46.11 58.46			
100m: 1:46.81 56.59 200m: 3:46.18 1:00.96 300m: 5:47.65 1:02.11 400m: 7:42.46 56.35			
17 - 19 anos			
1. CARDOSO, Tatiana Alexandra	18	5:50.49	314
50m: 35.99 35.99 150m: 1:59.94 43.42 250m: 3:31.47 46.37 350m: 5:05.32 46.92			
100m: 1:16.52 40.53 200m: 2:45.10 45.16 300m: 4:18.40 46.93 400m: 5:50.49 45.17			
2. POSSIDONIO, Catarina Lopes	18	5:52.13	310
50m: 38.80 38.80 150m: 2:05.49 43.74 250m: 3:36.17 45.34 350m: 5:08.92 46.52			
100m: 1:21.75 42.95 200m: 2:50.83 45.34 300m: 4:22.40 46.23 400m: 5:52.13 43.21			
3. RODRIGUES, Maria Ines	17	5:54.37	304
50m: 37.06 37.06 150m: 2:03.00 44.49 250m: 3:35.51 46.64 350m: 5:10.62 47.04			
100m: 1:18.51 41.45 200m: 2:48.87 45.87 300m: 4:23.58 48.07 400m: 5:54.37 43.75			
4. RIBEIRO, Inês Dias	19	6:03.34	282
50m: 39.95 39.95 150m: 2:09.86 45.89 250m: 3:43.80 47.44 350m: 5:17.39 46.50			
100m: 1:23.97 44.02 200m: 2:56.36 46.50 300m: 4:30.89 47.09 400m: 6:03.34 45.95			
5. SOEIRO, Ana Beatriz	17	6:08.73	270
50m: 40.51 40.51 150m: 2:12.39 45.85 250m: 250m: 350m: 5:00.73			
100m: 1:26.54 46.03 200m: 200m: 300m: 300m: 400m: 6:08.73 1:08.00			
6. BENTO, Mariana Santos	18	6:52.52	193
50m: 42.01 42.01 150m: 2:24.54 53.32 250m: 4:12.88 54.26 350m: 6:01.97 54.45			
100m: 1:31.22 49.21 200m: 3:18.62 54.08 300m: 5:07.52 54.64 400m: 6:52.52 50.55			

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

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

Lugar			Idade					Tempo final	Pts
7.	ARAUJO, Ana Sofia		18	MASTERS NATACAO AHBVAC				6:57.74	186
	50m:	48.29 48.29	150m:	2:32.73	53.30	250m:	4:21.05 54.21	350m:	6:08.17 53.37
	100m:	1:39.43 51.14	200m:	3:26.84	54.11	300m:	5:14.80 53.75	400m:	6:57.74 49.57
DNS	MOTA, Ana Beatriz		19	GRUPO AMIGOS NATACAO					
20 - 24 anos									
1.	GARCIA, Carolina Fernandes		22	CCD AVANCANADO EULX				5:06.87	468
	50m:	34.17 34.17	150m:	1:49.16	37.85	250m:	3:07.17 39.31	350m:	4:27.05 40.04
	100m:	1:11.31 37.14	200m:	2:27.86	38.70	300m:	3:47.01 39.84	400m:	5:06.87 39.82
2.	CAMOESAS, Joana		20	CPCD-CENTRO POP.C.DESPORTO				5:29.12	379
	50m:	35.77 35.77	150m:	1:54.66	40.01	250m:	3:17.65 41.85	350m:	4:44.89 44.09
	100m:	1:14.65 38.88	200m:	2:35.80	41.14	300m:	4:00.80 43.15	400m:	5:29.12 44.23
3.	MELO, Ines Carreira		20	SINDICATO T.F.PUBLICA				5:32.05	369
	50m:	36.70 36.70	150m:	1:57.34	40.91	250m:	3:21.58 42.39	350m:	4:50.45 44.99
	100m:	1:16.43 39.73	200m:	2:39.19	41.85	300m:	4:05.46 43.88	400m:	5:32.05 41.60
4.	MARTINS, Silvia Coelho		20	CCD AVANCANADO EULX				6:13.54	260
	50m:	37.59 37.59	150m:	2:10.10	48.25	250m:	3:48.36 49.67	350m:	5:26.52 49.11
	100m:	1:21.85 44.26	200m:	2:58.69	48.59	300m:	4:37.41 49.05	400m:	6:13.54 47.02
25 - 29 anos									
1.	OLIVEIRA, Joana Margarida		29	FUNDACAO SALESIANOS				5:27.26	386
	50m:	36.41 36.41	150m:	1:57.24	41.58	250m:	3:22.22 42.52	350m:	4:46.41 41.96
	100m:	1:15.66 39.25	200m:	2:39.70	42.46	300m:	4:04.45 42.23	400m:	5:27.26 40.85
2.	VARELA, Filipa Silveira		28	ESTRELAS SAO JOAO BRITO				6:09.12	269
	50m:	40.07 40.07	150m:	2:12.05	47.06	250m:	3:48.02 48.30	350m:	5:24.22 47.63
	100m:	1:24.99 44.92	200m:	2:59.72	47.67	300m:	4:36.59 48.57	400m:	6:09.12 44.90
30 - 34 anos									
1.	LOURENCO, Claudia Marisa		33	FUNDACAO SALESIANOS				7:17.01	162
	50m:	48.99 48.99	150m:	2:36.83	54.80	250m:	4:30.15 57.13	350m:	6:23.53 56.88
	100m:	1:42.03 53.04	200m:	3:33.02	56.19	300m:	5:26.65 56.50	400m:	7:17.01 53.48
35 - 39 anos									
1.	FERREIRA, Marta Martins		36	SINDICATO T.F.PUBLICA				6:23.23	240
	50m:	42.34 42.34	150m:	2:18.79	49.11	250m:	3:57.31 49.20	350m:	5:35.42 48.74
	100m:	1:29.68 47.34	200m:	3:08.11	49.32	300m:	4:46.68 49.37	400m:	6:23.23 47.81
2.	GRACA, Sara Carvalho		38	COLEGIO MONTE MAIOR				6:37.67	215
	50m:	45.97 45.97	150m:	2:26.01	50.68	250m:	4:07.83 51.11	350m:	5:48.60 50.16
	100m:	1:35.33 49.36	200m:	3:16.72	50.71	300m:	4:58.44 50.61	400m:	6:37.67 49.07
40 - 44 anos									
1.	SANTINHA, Fernanda Maria		43	MASTERS ALMADA				7:04.48	177
	50m:	46.88 46.88	150m:	2:32.74	53.52	250m:	4:20.92 54.31	350m:	6:10.57 54.84
	100m:	1:39.22 52.34	200m:	3:26.61	53.87	300m:	5:15.73 54.81	400m:	7:04.48 53.91
2.	SEQUEIRA, Carla Sofia		40	COLEGIO MONTE MAIOR				7:51.94	129
	50m:	53.82 53.82	150m:	2:52.17	1:00.03	250m:	4:53.79 1:01.19	350m:	6:54.44 1:00.44
	100m:	1:52.14 58.32	200m:	3:52.60	1:00.43	300m:	5:54.00 1:00.21	400m:	7:51.94 57.50
45 - 49 anos									
1.	MENDES, Marina Isabel		47	MASTERS ALMADA				7:14.35	165
	50m:	50.37 50.37	150m:	2:39.13	54.73	250m:	4:30.72 56.04	350m:	6:23.03 56.02
	100m:	1:44.40 54.03	200m:	3:34.68	55.55	300m:	5:27.01 56.29	400m:	7:14.35 51.32

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 8, Femin., 400m Livres

50 - 54 anos

1. CANINAS, Maria Madalena	52	MASTERS ALMADA	7:23.62	155
50m: 47.45 47.45	150m: 2:32.63	54.28 250m: 4:28.61	58.98 350m: 6:28.14	1:00.43
100m: 1:38.35 50.90	200m: 3:29.63	57.00 300m: 5:27.71	59.10 400m: 7:23.62	55.48

Prova 9
22.2.15 - 9:00

Masc., 400m Estilos

14 - 84 anos
Resultados

Pontos: FINA 2009

Lugar	Idade		Tempo final	Pts
14 - 16 anos				
1. FRANCISCO, Joao Lucas	16	GRUPO AMIGOS NATACAO	5:41.08	359
50m: 33.43 33.43	150m: 1:56.75	43.13 250m: 3:31.50	50.76 350m: 5:03.76	40.14
100m: 1:13.62 40.19	200m: 2:40.74	43.99 300m: 4:23.62	52.12 400m: 5:41.08	37.32
2. RAMOS, Rafael Cavaco	16	ASSOCIACAO NAVAL AMORENSE	5:50.56	331
50m: 35.36 35.36	150m: 1:59.45	43.83 250m: 3:36.04	53.07 350m: 5:12.13	41.76
100m: 1:15.62 40.26	200m: 2:42.97	43.52 300m: 4:30.37	54.33 400m: 5:50.56	38.43
17 - 19 anos				
1. GOUVEIA, Joao Pedro	18	CENTRO P.T.LUZ E VIDA	5:39.80	363
50m: 34.14 34.14	150m: 2:00.04	46.26 250m: 3:31.68	47.49 350m: 5:00.55	42.42
100m: 1:13.78 39.64	200m: 2:44.19	44.15 300m: 4:18.13	46.45 400m: 5:39.80	39.25
2. BRITO, Valdemar	17	CPCD-CENTRO POP.C.DESPORTO	6:01.45	302
50m: 39.06 39.06	150m: 2:09.43	46.41 250m: 3:45.68	50.62 350m: 5:20.12	41.82
100m: 1:23.02 43.96	200m: 2:55.06	45.63 300m: 4:38.30	52.62 400m: 6:01.45	41.33
3. VALERIO, Ricardo Ceia	19	GRUPO AMIGOS NATACAO	6:29.35	241
50m: 37.42 37.42	150m: 2:13.72	49.67 250m: 3:59.71	57.87 350m: 5:45.45	46.93
100m: 1:24.05 46.63	200m: 3:01.84	48.12 300m: 4:58.52	58.81 400m: 6:29.35	43.90
20 - 24 anos				
1. QUINTINO, Antonio Luis	21	CCD AVANÇADO EULX	5:05.57	499
50m: 32.71 32.71	150m: 1:46.64	38.19 250m: 3:08.50	44.73 350m: 4:30.23	36.64
100m: 1:08.45 35.74	200m: 2:23.77	37.13 300m: 3:53.59	45.09 400m: 5:05.57	35.34
2. QUARESMA, Pedro Miguel	21	CCD AVANÇADO EULX	5:48.67	336
50m: 33.55 33.55	150m: 1:59.28	44.50 250m: 3:32.59	49.39 350m: 5:05.98	42.00
100m: 1:14.78 41.23	200m: 2:43.20	43.92 300m: 4:23.98	51.39 400m: 5:48.67	42.69
3. DANTAS, Sergio Alexandre	20	CPCD-CENTRO POP.C.DESPORTO	5:51.63	328
50m: 36.13 36.13	150m: 2:04.12	47.25 250m: 3:39.67	50.56 350m: 5:11.99	42.22
100m: 1:16.87 40.74	200m: 2:49.11	44.99 300m: 4:29.77	50.10 400m: 5:51.63	39.64
4. CORREIA, Pedro Alexandre	20	GINASIO CLUBE PORTUGUES	6:21.27	257
50m: 35.87 35.87	150m: 2:06.25	47.47 250m: 3:50.74	58.02 350m: 5:35.57	45.69
100m: 1:18.78 42.91	200m: 2:52.72	46.47 300m: 4:49.88	59.14 400m: 6:21.27	45.70
DNS MARQUES, Bernardo Miguel	20	MASTERS ALMADA		
DNS CAROCHA, Andre Filipe	21	CCD AVANÇADO EULX		
25 - 29 anos				
1. RUAS, Bruno Miguel	26	INDIVIDUAL	5:16.89	448
50m: 34.99 34.99	150m: 1:57.13	41.55 250m: 3:21.72	44.56 350m: 4:42.47	35.70
100m: 1:15.58 40.59	200m: 2:37.16	40.03 300m: 4:06.77	45.05 400m: 5:16.89	34.42
2. JESUS, Diogo Alexandre	27	SINDICATO T.F.PUBLICA	5:28.92	400
50m: 33.77 33.77	150m: 1:56.51	42.93 250m: 3:23.33	44.11 350m: 4:49.58	40.68
100m: 1:13.58 39.81	200m: 2:39.22	42.71 300m: 4:08.90	45.57 400m: 5:28.92	39.34

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 9, Masc., 400m Estilos, 25 - 29 anos

Lugar	Idade	Tempo final	Pts
3. BRANCO, Andre Mendes	25 MASTERS ALMADA	5:40.86	360
50m: 33.83 33.83 150m: 1:56.18 43.48 250m: 3:29.54 50.01 350m: 5:02.76 41.92			
100m: 1:12.70 38.87 200m: 2:39.53 43.35 300m: 4:20.84 51.30 400m: 5:40.86 38.10			
4. BRANQUINHO, Miguel Graca	27 CCD AVANÇADO EULX	6:00.02	305
50m: 39.03 39.03 150m: 2:12.12 47.74 250m: 3:48.76 50.02 350m: 5:20.04 40.59			
100m: 1:24.38 45.35 200m: 2:58.74 46.62 300m: 4:39.45 50.69 400m: 6:00.02 39.98			
DNS PARREIRA, Nuno Corvo	28 GRUPO AMIGOS NATACAO		
DNS BISCAIA, Pedro Baptista	26 CCD AVANÇADO EULX		

30 - 34 anos

1. DABRIO, Miguel	33 A.H.B.V. Colares	5:52.53	325
50m: 35.98 35.98 150m: 2:06.86 48.59 250m: 3:42.63 50.58 350m: 5:13.98 41.58			
100m: 1:18.27 42.29 200m: 2:52.05 45.19 300m: 4:32.40 49.77 400m: 5:52.53 38.55			
DNS MANSO, Sergio Ribeiro	31 SINDICATO T.F.PUBLICA		
DNS LAGE, Pedro Cruz	34 MASTERS ALMADA		

35 - 39 anos

1. CARDOSO, Manuel Evaristo	38 MASTERS ALMADA	6:51.52	204
50m: 44.07 44.07 150m: 2:30.45 53.89 250m: 4:22.88 58.90 350m: 6:06.98 45.81			
100m: 1:36.56 52.49 200m: 3:23.98 53.53 300m: 5:21.17 58.29 400m: 6:51.52 44.54			

40 - 44 anos

1. BARROS, Francisco Santos	43 COLEGIO MONTE MAIOR	6:47.18	211
50m: 41.69 41.69 150m: 2:30.41 58.47 250m: 4:26.67 59.34 350m: 6:06.99 42.07			
100m: 1:31.94 50.25 200m: 3:27.33 56.92 300m: 5:24.92 58.25 400m: 6:47.18 40.19			

DNS PESSOA, Antonio Maria 40 CLUBE NACIONAL NATACAO

45 - 49 anos

1. PEREIRA, Joao Carlos	46 MASTERS ALMADA	6:45.39	214
50m: 38.52 38.52 150m: 2:21.11 54.86 250m: 4:14.28 59.18 350m: 5:59.72 46.70			
100m: 1:26.25 47.73 200m: 3:15.10 53.99 300m: 5:13.02 58.74 400m: 6:45.39 45.67			

50 - 54 anos

1. OLIVEIRA, Carlos Jorge	51 CLUBE PORTUGAL TELECOM	6:17.70	264
50m: 39.60 39.60 150m: 2:14.01 45.19 250m: 3:56.61 56.33 350m: 5:36.87 43.19			
100m: 1:28.82 49.22 200m: 3:00.28 46.27 300m: 4:53.68 57.07 400m: 6:17.70 40.83			

2. RODRIGUES, Paulo Fernando	52 COLEGIO MONTE MAIOR	8:55.77	93
50m: 59.62 59.62 150m: 3:15.99 1:15.73 250m: 5:47.68 1:16.53 350m: 8:02.44 56.27			
100m: 2:00.26 1:00.64 200m: 4:31.15 1:15.16 300m: 7:06.17 1:18.49 400m: 8:55.77 53.33			

DNS DUARTE, Jose Pereira 50 COLEGIO MONTE MAIOR

55 - 59 anos

1. MAVIOSO, Vitor Manuel	59 SPORT ALGES DAFUNDO	6:06.95	288
50m: 35.42 35.42 150m: 2:08.90 51.53 250m: 3:51.12 54.03 350m: 5:28.06 41.51			
100m: 1:17.37 41.95 200m: 2:57.09 48.19 300m: 4:46.55 55.43 400m: 6:06.95 38.89			

2. RUAS, Joao Manuel	55 INDIVIDUAL	7:31.60	155
50m: 48.33 48.33 150m: 2:46.93 1:00.60 250m: 4:49.76 1:03.03 350m: 6:43.39 50.25			
100m: 1:46.33 58.00 200m: 3:46.73 59.80 300m: 5:53.14 1:03.38 400m: 7:31.60 48.21			

3. GONCALVES, Jose Manuel	59 MASTERS ALMADA	8:39.23	102
50m: 1:00.38 1:00.38 150m: 2:44.49 250m: 5:37.32 1:12.83 350m: 7:44.81 55.20			
100m: 2:13.79 1:13.41 200m: 4:24.49 300m: 6:49.61 1:12.29 400m: 8:39.23 54.42			

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 9, Masc., 400m Estilos

60 - 64 anos

1. CORREIA, Carlos Augusto	63	MASTERS ALMADA	7:51.52	136
50m: 57.22 57.22	150m: 3:02.99 1:03.46	250m: 5:08.88 1:04.97	350m: 7:05.04	49.50
100m: 1:59.53 1:02.31	200m: 4:03.91 1:00.92	300m: 6:15.54 1:06.66	400m: 7:51.52	46.48
2. COELHO, Domingos Pinto	63	SPORT ALGES DAFUNDO	8:17.97	115
50m: 56.85 56.85	150m: 3:06.19 1:07.02	250m: 5:21.97 1:08.09	350m: 7:25.80	55.21
100m: 1:59.17 1:02.32	200m: 4:13.88 1:07.69	300m: 6:30.59 1:08.62	400m: 8:17.97	52.17

Prova 10
22.2.15 - 9:45

Femin., 400m Estilos

14 - 84 anos
Resultados

Pontos: FINA 2009

Lugar	Idade		Tempo final	Pts
14 - 16 anos				
1. BOLEU, Isabel Rodrigues	16	CCD AVANÇADO EULX	6:06.95	386
50m: 37.60 37.60	150m: 2:06.67 46.09	250m: 3:41.82 50.21	350m: 5:20.95	47.01
100m: 1:20.58 42.98	200m: 2:51.61 44.94	300m: 4:33.94 52.12	400m: 6:06.95	46.00
2. FERNANDES, Patricia Alexandra	16	CPCD-CENTRO POP.C.DESPORTO	6:09.77	377
50m: 38.28 38.28	150m: 2:14.81 47.96	250m: 3:52.53 50.97	350m: 5:28.89	43.95
100m: 1:26.85 48.57	200m: 3:01.56 46.75	300m: 4:44.94 52.41	400m: 6:09.77	40.88
3. CARVALHO, Vera Alexandra	16	ASSOCIACAO NAVAL AMORENSE	6:19.75	348
50m: 40.34 40.34	150m: 2:17.49 48.90	250m: 3:59.84 53.50	350m: 5:38.13	42.55
100m: 1:28.59 48.25	200m: 3:06.34 48.85	300m: 4:55.58 55.74	400m: 6:19.75	41.62
4. PIRES, Ana Claudia	14	CPCD-CENTRO POP.C.DESPORTO	7:24.04	218
50m: 46.43 46.43	150m: 2:39.79 56.85	250m: 4:35.47 59.84	350m: 6:30.49	53.74
100m: 1:42.94 56.51	200m: 3:35.63 55.84	300m: 5:36.75 1:01.28	400m: 7:24.04	53.55
17 - 19 anos				
1. RODRIGUES, Ana Beatriz	19	A.H.B.V. Colares	6:10.34	375
50m: 36.71 36.71	150m: 2:13.01 47.90	250m: 3:53.34 53.12	350m: 5:31.61	44.57
100m: 1:25.11 48.40	200m: 3:00.22 47.21	300m: 4:47.04 53.70	400m: 6:10.34	38.73
2. BOTO, Jessica Abrantes	18	ASSOCIACAO NAVAL AMORENSE	6:36.26	306
50m: 41.09 41.09	150m: 2:18.96 49.22	250m: 4:03.97 56.30	350m: 5:50.39	47.36
100m: 1:29.74 48.65	200m: 3:07.67 48.71	300m: 5:03.03 59.06	400m: 6:36.26	45.87
3. LEAL, Iolanda Jacinto	18	CPCD-CENTRO POP.C.DESPORTO	7:57.06	176
50m: 52.33 52.33	150m: 2:57.56 58.60	250m: 4:59.14 1:05.41	350m: 7:01.80	57.62
100m: 1:58.96 1:06.63	200m: 3:53.73 56.17	300m: 6:04.18 1:05.04	400m: 7:57.06	55.26
DNS MOTA, Ana Beatriz	19	GRUPO AMIGOS NATACAO		
20 - 24 anos				
1. MARQUES, Joana Pedrosa	24	MASTERS ALMADA	5:46.12	460
50m: 37.57 37.57	150m: 2:07.13 46.60	250m: 3:38.49 45.49	350m: 5:05.74	41.33
100m: 1:20.53 42.96	200m: 2:53.00 45.87	300m: 4:24.41 45.92	400m: 5:46.12	40.38
2. FERREIRA, Ana Rute	20	CCD AVANÇADO EULX	6:30.33	321
50m: 43.54 43.54	150m: 2:23.39 48.93	250m: 4:06.27 55.01	350m: 5:46.67	43.78
100m: 1:34.46 50.92	200m: 3:11.26 47.87	300m: 5:02.89 56.62	400m: 6:30.33	43.66
3. SANTOS, Raquel Correa	20	CPCD-CENTRO POP.C.DESPORTO	6:57.81	261
50m: 38.53 38.53	150m: 3:12.68 1:44.36	250m: 5:15.31 1:02.60	350m: 6:07.24	
100m: 1:28.32 49.79	200m: 4:12.71 1:00.03	300m:	400m: 6:57.81	50.57

25 - 29 anos

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 10, Femin., 400m Estilos, 25 - 29 anos

Lugar	Idade	Tempo final	Pts
1. LORY, Susana Pereira	28 MASTERS ALMADA	8:42.10	134
50m: 54.76 54.76	150m: 3:12.61 1:13.37	250m: 5:32.29 1:03.08	350m: 7:40.58 1:02.41
100m: 1:59.24 1:04.48	200m: 4:29.21 1:16.60	300m: 6:38.17 1:05.88	400m: 8:42.10 1:01.52
DNS PINTO, Juliana Sequeira	29 GRUPO AMIGOS NATACAO		

35 - 39 anos

1. FERREIRA, Marta Martins	36 SINDICATO T.F.PUBLICA	7:23.16	219
50m: 46.36 46.36	150m: 2:42.10 58.85	250m: 4:39.44 1:00.06	350m: 6:32.60 52.63
100m: 1:43.25 56.89	200m: 3:39.38 57.28	300m: 5:39.97 1:00.53	400m: 7:23.16 50.56

40 - 44 anos

1. REINA, Rita Miguel	43 COLEGIO MONTE MAIOR	6:37.62	303
50m: 43.50 43.50	150m: 2:28.62 54.27	250m: 4:16.20 58.41	350m: 5:56.66 43.51
100m: 1:34.35 50.85	200m: 3:17.79 49.17	300m: 5:13.15 56.95	400m: 6:37.62 40.96
2. PRESTES, Ana Lucia	41 MASTERS ALMADA	8:54.23	125
50m: 1:00.69 1:00.69	150m: 3:26.54 1:14.97	250m: 5:50.70 1:12.93	350m: 8:00.91 57.05
100m: 2:11.57 1:10.88	200m: 4:37.77 1:11.23	300m: 7:03.86 1:13.16	400m: 8:54.23 53.32

Prova 11
22.2.15 - 10:10

Masc., 200m Livres

14 - 84 anos
Resultados

Lugar	Idade	Tempo final	50m	100m	150m	200m
14 - 16 anos						
1. VAZ, Simao Carvalho	16	CCD AVANCADO EULX	2:15.83	31.29	33.54	35.46 35.54
2. SOUSA, Rafael Goncalves	16	CPCD-CENTRO POP.C.DESP	2:17.09	32.65	35.89	36.22 32.73
3. RICARDO, Antonio Santos	16	ASSOCIACAO NAVAL AMOR	2:33.52	34.13	39.44	41.45 39.60
4. DIAS, Nuno Reis	15	FUNDACAO SALESIANOS	2:37.08	36.49	40.68	41.73 38.18
5. SILVA, Tomas Lobato	15	GRUPO A.A.VILA FRANCA XI	2:37.80	35.69	41.24	42.69 38.18
6. OLIVEIRA, Joao Andre	15	CENTRO P.T.LUZ E VIDA	2:43.46	35.52	41.14	45.03 41.77
7. PAULO, Nuno Miguel	16	A.H.B.V. Colares	2:47.51	36.49	41.31	45.26 44.45
8. MONTEIRO, R.	15	CENTRO P.T.LUZ E VIDA	2:56.76			
DNS FARIA, Duarte Goncalves	15	A.H.B.V. Colares				
DNS FARIA, Goncalo Silva	16	A.H.B.V. Colares				
17 - 19 anos						
1. SANTOS, Pedro Silva	19	CCD AVANCADO EULX	2:16.63	30.84	34.07	35.16 36.56
2. BUD, Vasile Catalin	17	ESTRELAS SAO JOAO BRITO	2:26.85	35.50	37.15	37.93 36.27
3. ESTEVES, Tomas Soares	17	CCD AVANCADO EULX	2:27.72	30.67	35.95	40.40 40.70
4. OLIVEIRA, M.	18	A.H.B.V. Colares	2:29.80	33.90	37.28	39.60 39.02
5. BARATA, Carlos Antunes	17	CPCD-CENTRO POP.C.DESP	2:32.09	35.45	39.15	40.52 37.87
6. SALVADO, D.	19	CENTRO S.C.BOM SUCESSO	2:33.79	35.01	39.64	40.84 38.30
7. SILVA, Jose Pedro	17	A.H.B.V. Colares	2:34.89	31.42	38.13	42.66 42.68
8. CARVALHO, Miguel Filipe	17	CENTRO P.T.LUZ E VIDA	2:35.26	32.42	37.63	41.56 43.65
9. CODESSO, Joao Miguel	17	CENTRO S.C.BOM SUCESSO	2:35.84	35.05	39.42	42.16 39.21
10. FERREIRA, V.	17	FUNDACAO SALESIANOS	2:36.81	34.21	40.43	42.81 39.36
11. FILHO, Wenstein Raw	18	MASTERS ALMADA	2:41.47	36.25	38.86	42.19 44.17
12. RODRIGUEZ, Santiago	17	A.H.B.V. Colares	2:42.09	37.48	41.01	43.57 40.03
13. ANTAO, Joao Pedro	18	CCD AVANCADO EULX	2:43.18	34.96	42.04	43.47 42.71
14. CHAVES, Martim Teixeira	18	ESTRELAS SAO JOAO BRITO	2:47.24	36.11	42.67	46.81 41.65
15. BAPTISTA, Joao Bernardo	17	MASTERS ALMADA	2:48.99	35.80	43.17	45.99 44.03
16. SOUSA, Joao Luis	18	CPCD-CENTRO POP.C.DESP	2:57.07	39.29	44.25	47.11 46.82
DNS GUEDELHA, Miguel Cruz	17	A.H.B.V. Colares				
DNS ANDRADE, Goncalo Filipe	17	ESTRELAS SAO JOAO BRITO				
DNS LOURO, Fred Afonso	17	MASTERS ALMADA				

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 11, Masc., 200m Livres, 17 - 19 anos

Lugar	Idade		Tempo final	50m	100m	150m	200m
DNS FERREIRA, Simao	18	A.H.B.V. Colares					
DNS GONCALVES, L.	19	CENTRO S.C.BOM SUCESSO					
DNS FERREIRA, H.	18	GRUPO AMIGOS NATACAO					
DNS OLIVEIRA, Gabriel Moura	18	MASTERS ALMADA					
DNS SILVA, Fernando Miguel	19	ESTRELAS SAO JOAO BRITO					

20 - 24 anos

1. CARRILHO, D.	23	CENTRO P.T.LUZ E VIDA	2:08.02	31.01	32.26	32.38	32.37
2. CRUZ, Francisco Miguel	21	MASTERS ALMADA	2:17.94	31.95	35.44	35.99	34.56
3. ROSA, Tiago David	22	CCD AVANÇADO EULX	2:19.73	33.67	36.09	36.21	33.76
4. SANTOS, Andre Ferreira	20	CCD AVANÇADO EULX	2:20.15	32.39	35.50	36.91	35.35
5. FARIA, Jose Antonio	21	CCD AVANÇADO EULX	2:32.39	34.47	39.75	40.22	37.95
6. ALVES, Renato Manuel	20	CPCD-CENTRO POP.C.DESP	2:32.65	34.72	39.03	39.94	38.96
7. DELGADO, Bruno Miguel	21	CPCD-CENTRO POP.C.DESP	2:32.74	33.89	1:18.18	40.85	
8. SILVA, Hugo Miguel	23	SINDICATO T.F.PUBLICA	2:36.79	32.94	38.13	42.50	43.22
9. CALDAS, Ruben Cesario	21	CPCD-CENTRO POP.C.DESP	2:41.26	38.24	42.76	45.35	42.91
10. LEAL, Orlando Jacinto	24	CPCD-CENTRO POP.C.DESP	2:52.60	39.98	43.79	44.58	44.15
DNS MOURA, Joao Henrique	21	CENTRO P.T.LUZ E VIDA					
DNS FARIA, Andre	21	A.H.B.V. Colares					

25 - 29 anos

1. BRAGA, Nuno Filipe	28	A.H.B.V. Colares	2:23.18	32.44	35.26	37.14	38.34
2. MACIAS, S.	25	ESTRELAS SAO JOAO BRITO	2:28.38	33.62	37.55	39.16	38.05
3. PEIXOTO, Luis Gonzaga	25	CENTRO S.C.BOM SUCESSO	2:32.81	34.67	37.74	39.64	40.76
DNS SILVA, Filipe Miguel	27	CCD AVANÇADO EULX					
DNS PARREIRA, G.	27	CLUBE NACIONAL NATACAO					

30 - 34 anos

1. MATOS, Joao Carlos	31	A.H.B.V. Colares	2:13.41	30.34	33.77	34.52	34.78
2. AMARAL, Joao Miguel	34	GINASIO CLUBE PORTUGUES	2:24.29	29.89	34.66	38.59	41.15
3. FREITAS, Joao Dinis	32	MASTERS ALMADA	3:01.92	40.01	46.91	49.40	45.60
DNS O, Pedro Miguel	33	MASTERS ALMADA					
DNS SILVA, Rui Nelson	31	CPCD-CENTRO POP.C.DESPORTO					

35 - 39 anos

1. ESTEVENS, Hugo Miguel	37	SINDICATO T.F.PUBLICA	2:34.48	34.67	38.51	41.46	39.84
2. OLIVEIRA, Rui Pedro	38	A.H.B.V. Colares	2:38.54	35.47	40.57	41.45	41.05
3. FERREIRA, Luis Filipe	36	CPCD-CENTRO POP.C.DESP	2:46.86	1:17.86			43.95
4. AFONSO, Nuno Silva	36	GRUPO AMIGOS NATACAO	3:40.92	45.96	56.62	1:00.47	57.87
DNS DIAS, Mario Silva	35	MASTERS ALMADA					

40 - 44 anos

1. GALVEIA, Raul Manuel	44	CPCD-CENTRO POP.C.DESP	3:01.65	45.86	53.21	55.73	56.85
2. CARDOSO, Jose Luis	44	MASTERS ALMADA	3:54.66	46.74	58.69	1:05.47	1:03.76
3. PINHO, Jorge Daniel	44	INDIVIDUAL	5:15.12	1:07.43	1:19.82	1:24.97	1:22.90
DNS FERNANDES, C.	41	CPCD-CENTRO POP.C.DESPORTO					
DNS FARIA, Miguel Pina	43	A.H.B.V. Colares					
DNS GOMES, Jose Maria	43	GINASIO CLUBE PORTUGUES					

45 - 49 anos

1. SILVA, Mario Joao	46	MASTERS ALMADA	2:39.07	34.75	39.87	42.75	41.70
2. COSTA, Paulo Afonso	48	MASTERS ALMADA	2:45.72	36.80	42.68	43.47	42.77
3. QUINTINO, M.	47	CLUBE PORTUGAL TELECOM	2:55.29	38.70	45.46	47.07	44.06
4. CAMOESAS, Paulo Jorge	47	CPCD-CENTRO POP.C.DESP	3:01.01	40.19	45.98	54.12	59.12
5. LEAL, Luis	49	CPCD-CENTRO POP.C.DESP	4:08.72	57.86	1:10.51	1:14.45	1:10.90

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 11, Masc., 200m Livres

50 - 54 anos

DNS ROQUE, Antonio Mendes 53 GRUPO AMIGOS NATACAO
DNS MARQUES, Antonio Higino 54 ASSOCIACAO NADADORES ESTORIS

55 - 59 anos

1. JESUS, Carlos Alberto	56	MASTERS ALMADA	3:10.11	42.05	48.53	51.43	48.10
2. PEREIRA, Rui Manuel	59	SINDICATO T.F.PUBLICA	3:11.44	42.57	48.38	49.87	50.62
3. DUARTE, Sergio Antonio	56	COLEGIO MONTE MAIOR	3:22.40	43.98	52.11	55.05	51.26
4. JESUS, Fernando Joaquim	56	SINDICATO T.F.PUBLICA	3:29.10	43.54	53.22	57.95	54.39
DNS SANTOS, Eduardo Jorge	58	INDIVIDUAL					
DNS ALMEIDA, H.	59	CLUBE PORTUGAL TELECOM					

60 - 64 anos

1. TAVARES, Antonio Manuel	64	SINDICATO T.F.PUBLICA	3:25.70	47.99	51.95	53.02	52.74
----------------------------	----	-----------------------	----------------	-------	-------	-------	-------

65 - 69 anos

1. ESTEVES, Manuel Jose	65	MASTERS ALMADA	3:54.38	47.96	58.86	1:03.84	1:03.72
-------------------------	----	----------------	----------------	-------	-------	---------	---------

Prova 12

Femin., 200m Livres

14 - 84 anos

22.2.15 - 11:00

Resultados

Lugar	Idade		Tempo final	50m	100m	150m	200m	
14 - 16 anos								
1.	TAVARES, Ana Rita	15	FUNDACAO SALESIANOS	2:36.70	35.73	39.96	41.32	39.69
2.	RODRIGUES, Ana Sofia	16	CCD AVANÇADO EULX	2:41.26	36.14	40.11	42.35	42.66
3.	PINTO, Ines Correia	16	ESTRELAS SAO JOAO BRITO	2:42.66	36.04	40.48	42.83	43.31
4.	RODRIGUES, Joana Sofia	15	CPCD-CENTRO POP.C.DESF	2:58.07	39.58	43.54	45.49	44.46
5.	MAIA, Jessica Sofia	16	CPCD-CENTRO POP.C.DESF	2:55.52	39.30	44.28	46.66	45.28
6.	ALVES, Joana Rocha	15	FUNDACAO SALESIANOS	3:04.74	42.30	47.01	48.68	46.75
7.	ESTRADA, Elisa Ferreira	16	ASSOCIACAO NAVAL AMOR	3:06.56	42.12	46.73	49.60	47.71
8.	ASSUNCAO, Sofia Pinto	16	CPCD-CENTRO POP.C.DESF	3:06.55	39.98	47.15	50.90	48.52
9.	PEREIRA, Carolina Soares	15	GRUPO A.A.VILA FRANCA XI	3:07.17	43.92	47.25	48.58	47.42
10.	DUARTE, C.	15	CPCD-CENTRO POP.C.DESF	3:09.67	42.68	48.43	51.08	47.48
11.	SALVADO, Lucia Carvalho	15	CENTRO S.C.BOM SUCESSO	3:17.17	42.67	49.78	52.70	52.02
12.	PENA, Rita Sofia	16	CENTRO P.T.LUZ E VIDA	3:33.14	46.72	53.72		
DNS	MOREIRA, Sofia Amorim	15	FUNDACAO SALESIANOS					
17 - 19 anos								
1.	BARATA, D.	17	CPCD-CENTRO POP.C.DESF	2:30.07	34.32	37.59	39.22	39.04
2.	BOLEU, Sara Rodrigues	18	CCD AVANÇADO EULX	2:33.65	33.08	38.27	40.84	41.46
3.	CARDOSO, T.	18	MASTERS ALMADA	2:42.17	35.21	40.37	43.11	43.48
4.	NETO, Ana Catarina	18	CCD AVANÇADO EULX	2:46.33	35.09	41.31	44.53	45.40
5.	RIBEIRO, Inês Dias	19	CCD AVANÇADO EULX	2:50.57	35.50	41.63	46.13	47.31
6.	MONTOIA, Rita Alves	18	GRUPO AMIGOS NATACAO	2:51.12	37.19	40.97	45.37	47.59
7.	GONCALVES, Bruna Sofia	17	A.H.B.V. Colares	2:53.44	38.67	42.59	44.92	47.26
8.	SANTOS, J.	19	CENTRO S.C.BOM SUCESSO	2:57.79	41.27	45.52	47.17	43.83
9.	POEJO, Daniela Mendes	18	ASSOCIACAO NAVAL AMOR	3:08.50	43.94	50.22	52.76	51.58
20 - 24 anos								
1.	MARTINS, P.	20	CCD AVANÇADO EULX	2:23.84	32.61	35.50	37.39	38.34
2.	SANTOS, M.	24	MASTERS ALMADA	2:31.87	34.79	38.65	39.67	38.76
3.	CAMOESAS, Joana	20	CPCD-CENTRO POP.C.DESF	2:38.61	35.09	37.86	40.12	40.54
4.	MELO, Ines Carreira	20	SINDICATO T.F.PUBLICA	2:33.81	34.02	38.58	40.70	40.51
5.	GASPAR, C.	21	CCD AVANÇADO EULX	2:38.53	35.13	40.33	42.87	40.20
6.	MARTINS, Silvia Coelho	20	CCD AVANÇADO EULX	2:55.85	37.59	44.69	47.16	46.41

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 12, Femin., 200m Livres, 20 - 24 anos

Lugar	Idade		Tempo final	50m	100m	150m	200m	
7.	RIBEIRO, M.	20	SINDICATO T.F.PUBLICA	2:57.19	39.00	45.27	48.07	44.85
8.	SILVA, Maria	20	A.H.B.V. Colares	3:03.20	42.12	47.42	48.70	44.96
9.	NARCISO, P.	20	MASTERS ALMADA	3:05.92	40.86	46.29	49.70	49.07
10.	LOPES, Catarina Isabel	24	FUNDACAO SALESIANOS	3:10.62	43.69	49.06	50.40	47.47
11.	GONCALVES, Silvia	20	CPCD-CENTRO POP.C.DESP	3:21.80	45.15	51.20	52.57	52.38
DNS	SILVA, Madalena Pinho	21	CCD AVANÇADO EULX					
DNS	CARVALHO, S.	20	CENTRO P.T.LUZ E VIDA					

25 - 29 anos

1.	VIEIRA, M.	29	FUNDACAO SALESIANOS	3:25.69	46.36	51.47	54.83	53.03
DNS	TAVARES, F.	27	ASSOCIACAO NADADORES ESTORIS					
DNS	BARBARA, Joana Pereira	28	MASTERS ALMADA					

30 - 34 anos

1.	PINTO, Rita Loureiro	30	GINASIO CLUBE PORTUGUES	3:45.39	37.83	41.95	43.48	42.13
2.	MELO, Rita Sofia	34	COLEGIO MONTE MAIOR	3:04.11	42.69	47.15	48.59	45.68
3.	LOURENCO, C.	33	FUNDACAO SALESIANOS	3:23.58	47.32	51.96	53.30	51.00
DNS	GASPAR, J.	32	ASSOCIACAO NADADORES ESTORIS					

35 - 39 anos

1.	MADEIRA, Maria Joao	36	MASTERS ALMADA	3:03.66	41.55	45.45	48.43	48.23
2.	GRACA, Sara Carvalho	38	COLEGIO MONTE MAIOR	3:06.45	42.72	46.73	47.93	49.07
3.	ROCHA, Maria Joao	35	SINDICATO T.F.PUBLICA	3:12.91	44.52	48.65	50.33	49.41

40 - 44 anos

1.	OLIVEIRA, Sara Rocha	40	FUNDACAO SALESIANOS	3:17.16	44.93	47.98	53.16	51.09
2.	AGANTE, Luisa Claudia	44	GINASIO CLUBE PORTUGUES	3:30.84	46.34	53.91	56.80	53.79
3.	SEQUEIRA, Carla Sofia	40	COLEGIO MONTE MAIOR	3:46.40	52.69	56.93	59.78	57.00
4.	ALMEIDA, S.	40	MASTERS ALMADA	4:42.11	56.46	1:10.99	1:20.14	1:14.52

45 - 49 anos

DNS MOURA, Carla Maria 46 CENTRO P.T.LUZ E VIDA

50 - 54 anos

1.	KRAEVA, Elena	54	COLEGIO MONTE MAIOR	2:39.30	37.90	40.14	41.92	39.34
2.	CANINAS, Maria Madalena	52	MASTERS ALMADA	3:22.30	46.13	52.87	52.63	50.67
DNS	VASCONCELOS, M.	51	MASTERS ALMADA					

60 - 64 anos

1.	FERREIRA, Maria Helena	61	SPORT ALGES DAFUNDO	4:13.10	56.31	1:04.39	1:06.36	1:06.04
2.	CRUZ, Maria Josefina	60	GINASIO CLUBE PORTUGUES	4:37.40	1:01.64	1:10.67	1:14.42	1:10.67
3.	VELEZ, Maria Luisa	64	SINDICATO T.F.PUBLICA	5:28.09	1:14.91	1:23.02	1:26.55	1:23.61

65 - 69 anos

1.	MARQUES, Maria Teresa	66	SINDICATO T.F.PUBLICA	4:23.61	57.72	1:06.44	1:10.34	1:09.11
----	-----------------------	----	-----------------------	----------------	-------	---------	---------	---------

75 - 79 anos

DNS MARTINS, Maria Rosario 75 GRUPO AMIGOS NATACAO

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 13
22.2.15 - 11:45

Masc., 800m Livres

14 - 84 anos
Resultados

Pontos: FINA 2009

Lugar	Idade	Tempo final	Pts
14 - 16 anos			
1. FERNANDES, Leandro Rosa	16 CPCD-CENTRO POP.C.DESPORTO	9:34.45	501
100m: 1:07.82 1:07.82	300m: 3:33.47 1:12.68	500m: 6:00.59 1:13.66	700m: 8:24.63 1:11.33
200m: 2:20.79 1:12.97	400m: 4:46.93 1:13.46	600m: 7:13.30 1:12.71	800m: 9:34.45 1:09.82
2. PESSANHA, Tomas Pedro	16 ESTRELAS SAO JOAO BRITO	10:58.27	333
100m: 1:14.89 1:14.89	300m: 3:59.43 1:22.20	500m: 6:47.74 1:24.91	700m: 9:37.85 1:24.61
200m: 2:37.23 1:22.34	400m: 5:22.83 1:23.40	600m: 8:13.24 1:25.50	800m: 10:58.27 1:20.42
3. GONCALVES, Carlos	15 CENTRO P.T.LUZ E VIDA	12:39.92	216
100m: 1:26.03 1:26.03	300m: 4:37.21 1:36.01	500m: 7:51.74 1:37.60	700m: 11:07.45 1:37.80
200m: 3:01.20 1:35.17	400m: 6:14.14 1:36.93	600m: 9:29.65 1:37.91	800m: 12:39.92 1:32.47
17 - 19 anos			
1. COSTA, David Pereira	19 CENTRO P.T.LUZ E VIDA	9:39.61	488
100m: 1:07.87 1:07.87	300m: 3:32.94 1:12.09	500m: 6:00.34 1:13.94	700m: 8:27.32 1:13.12
200m: 2:20.85 1:12.98	400m: 4:46.40 1:13.46	600m: 7:14.20 1:13.86	800m: 9:39.61 1:12.29
2. CRUZ, Rafael Viegas	17 CCD AVANÇADO EULX	9:44.54	476
100m: 1:08.06 1:08.06	300m: 3:34.38 1:13.63	500m: 6:02.44 1:13.68	700m: 8:29.31 1:14.46
200m: 2:20.75 1:12.69	400m: 4:48.76 1:14.38	600m: 7:14.85 1:12.41	800m: 9:44.54 1:15.23
3. PALMINHA, Goncalo Figueiredo	18 CCD AVANÇADO EULX	10:25.47	388
100m: 1:13.51 1:13.51	300m: 3:50.03 1:18.69	500m: 6:29.46 1:19.63	700m: 9:06.89 1:19.28
200m: 2:31.34 1:17.83	400m: 5:09.83 1:19.80	600m: 7:47.61 1:18.15	800m: 10:25.47 1:18.58
4. PEREIRA, Hugo Miguel	18 ASSOCIACAO NAVAL AMORENSE	10:50.71	345
100m:	300m:	500m:	700m:
200m:	400m:	600m:	800m: 10:50.71
5. CALDEIRA, Goncalo Bettencourt	19 GRUPO AMIGOS NATACAO	11:02.24	327
100m: 1:12.02 1:12.02	300m: 3:54.17 1:23.17	500m: 6:46.02 1:26.12	700m: 9:39.54 1:27.86
200m: 2:31.00 1:18.98	400m: 5:19.90 1:25.73	600m: 8:11.68 1:25.66	800m: 11:02.24 1:22.70
6. CHAVES, Denis Teixeira	19 ESTRELAS SAO JOAO BRITO	12:02.55	252
100m: 1:22.20 1:22.20	300m: 4:24.20 1:31.88	500m: 7:28.17 1:32.37	700m: 10:32.52 1:32.71
200m: 2:52.32 1:30.12	400m: 5:55.80 1:31.60	600m: 8:59.81 1:31.64	800m: 12:02.55 1:30.03
7. CARVALHO, Antonio Mateus	17 GRUPO AMIGOS NATACAO	12:27.53	227
100m: 1:24.39 1:24.39	300m: 4:32.96 1:34.91	500m: 7:44.77 1:36.02	700m: 10:58.06 1:35.83
200m: 2:58.05 1:33.66	400m: 6:08.75 1:35.79	600m: 9:22.23 1:37.46	800m: 12:27.53 1:29.47
20 - 24 anos			
1. DIAS, Rodrigo Branco	22 CPCD-CENTRO POP.C.DESPORTO	10:34.29	372
100m: 1:13.99 1:13.99	300m: 3:51.87 1:20.42	500m: 6:34.74 1:21.34	700m: 9:15.99 1:20.62
200m: 2:31.45 1:17.46	400m: 5:13.40 1:21.53	600m: 7:55.37 1:20.63	800m: 10:34.29 1:18.30
2. OLIVEIRA, Bernardo Nogueira	22 CCD AVANÇADO EULX	10:34.36	372
100m: 1:13.93 1:13.93	300m: 3:54.37 1:20.36	500m: 6:34.19 1:18.76	700m: 9:16.23 1:23.50
200m: 2:34.01 1:20.08	400m: 5:15.43 1:21.06	600m: 7:52.73 1:18.54	800m: 10:34.36 1:18.13
3. FERREIRA, Goncalo Barreiros	21 CCD AVANÇADO EULX	10:50.05	346
100m: 1:13.39 1:13.39	300m: 3:52.18 1:20.30	500m: 6:36.00 1:22.03	700m: 9:25.24 1:25.25
200m: 2:31.88 1:18.49	400m: 5:13.97 1:21.79	600m: 7:59.99 1:23.99	800m: 10:50.05 1:24.81
4. PEREIRA, Ilisio Lucas	21 CPCD-CENTRO POP.C.DESPORTO	11:10.66	315
100m: 1:13.84 1:13.84	300m: 4:01.10 1:24.99	500m: 6:52.19 1:26.06	700m: 9:46.22 1:27.44
200m: 2:36.11 1:22.27	400m: 5:26.13 1:25.03	600m: 8:18.78 1:26.59	800m: 11:10.66 1:24.44
5. MONTOIA, Diogo Alves	22 GRUPO AMIGOS NATACAO	12:07.99	246
100m: 1:22.65 1:22.65	300m: 4:24.23 1:31.80	500m: 7:30.41 1:33.68	700m: 10:37.16 1:32.83
200m: 2:52.43 1:29.78	400m: 5:56.73 1:32.50	600m: 9:04.33 1:33.92	800m: 12:07.99 1:30.83

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 13, Masc., 800m Livres

25 - 29 anos

1.	CRUZ, Joao Duarte	29	MASTERS ALMADA	10:18.15	402
	100m: 1:12.06 1:12.06	300m: 3:45.90 1:16.57	500m: 6:21.68 1:17.93	700m: 8:59.23 1:18.77	
	200m: 2:29.33 1:17.27	400m: 5:03.75 1:17.85	600m: 7:40.46 1:18.78	800m: 10:18.15 1:18.92	
2.	VIDEIRA, Marco Andre	27	SINDICATO T.F.PUBLICA	10:27.03	385
	100m: 1:11.35 1:11.35	300m: 3:47.77 1:18.55	500m: 6:27.88 1:20.48	700m: 9:09.49 1:20.80	
	200m: 2:29.22 1:17.87	400m: 5:07.40 1:19.63	600m: 7:48.69 1:20.81	800m: 10:27.03 1:17.54	
3.	PERDIGOTO, Ruben Tiago	26	A.H.B.V. Colares	10:53.30	341
	100m: 1:11.23 1:11.23	300m: 3:51.91 1:22.01	500m: 6:40.67 1:24.55	700m: 9:30.81 1:24.30	
	200m: 2:29.90 1:18.67	400m: 5:16.12 1:24.21	600m: 8:06.51 1:25.84	800m: 10:53.30 1:22.49	
4.	FERREIRA, Duarte Nuno	29	FUNDACAO SALESIANOS	11:17.33	306
	100m: 1:22.72 1:22.72	300m: 4:13.64 1:25.93	500m: 7:05.29 1:24.36	700m: 9:54.93 1:24.36	
	200m: 2:47.71 1:24.99	400m: 5:40.93 1:27.29	600m: 8:30.57 1:25.28	800m: 11:17.33 1:22.40	
DNS	CORVO, Tiago Gomes	27	A.H.B.V. Colares		
DNS	FRANCISCO, Jose Daniel	26	GRUPO AMIGOS NATACAO		

30 - 34 anos

1.	CARDOSO, Alvaro Miguel	31	ASSOCIACAO NADADORES ESTORIL	10:06.79	425
	100m: 1:11.82 1:11.82	300m: 3:44.30 1:16.49	500m: 6:17.25 1:16.16	700m: 8:51.52 1:16.90	
	200m: 2:27.81 1:15.99	400m: 5:01.09 1:16.79	600m: 7:34.62 1:17.37	800m: 10:06.79 1:15.27	
2.	MARTINS, Rui Daniel	31	GINASIO CLUBE PORTUGUES	10:11.06	416
	100m: 1:12.51 1:12.51	300m: 3:46.29 1:17.47	500m: 6:21.99 1:16.97	700m: 8:55.87 1:16.50	
	200m: 2:28.82 1:16.31	400m: 5:05.02 1:18.73	600m: 7:39.37 1:17.38	800m: 10:11.06 1:15.19	
3.	RODRIGUES, Pedro Antonio	33	MASTERS ALMADA	13:08.79	194
	100m: 1:27.29 1:27.29	300m: 4:44.37 1:40.65	500m: 8:09.51 1:43.10	700m: 11:34.59 1:42.29	
	200m: 3:03.72 1:36.43	400m: 6:26.41 1:42.04	600m: 9:52.30 1:42.79	800m: 13:08.79 1:34.20	
DNS	MAIA, Bruno Cruz	33	GINASIO CLUBE PORTUGUES		

35 - 39 anos

1.	PEREIRA, Alexandre Marques	39	COLEGIO MONTE MAIOR	11:10.76	315
	100m: 1:20.50 1:20.50	300m: 4:10.52 1:24.71	500m: 6:59.97 1:23.99	700m: 9:50.09 1:25.58	
	200m: 2:45.81 1:25.31	400m: 5:35.98 1:25.46	600m: 8:24.51 1:24.54	800m: 11:10.76 1:20.67	
2.	TORRES, Antonio	35	FUNDACAO SALESIANOS	11:51.25	264
	100m: 1:22.15 1:22.15	300m: 4:20.26 1:29.42	500m: 7:23.45 1:31.42	700m: 10:24.26 1:30.48	
	200m: 2:50.84 1:28.69	400m: 5:52.03 1:31.77	600m: 8:53.78 1:30.33	800m: 11:51.25 1:26.99	
DNS	ALMEIDA, Diogo Pedroso	38	COLEGIO MONTE MAIOR		

40 - 44 anos

1.	FONSECA, Bruno Rodrigues	42	FUNDACAO SALESIANOS	11:15.44	308
	100m: 1:14.97 1:14.97	300m: 4:03.19 1:23.71	500m: 6:57.79 1:27.41	700m: 9:52.15 1:26.39	
	200m: 2:39.48 1:24.51	400m: 5:30.38 1:27.19	600m: 8:25.76 1:27.97	800m: 11:15.44 1:23.29	
2.	ESCUNA, Manuel Sousa	44	CCD AVANÇADO EULX	11:59.27	255
	100m: 1:21.96 1:21.96	300m: 4:24.28 1:32.39	500m: 7:29.81 1:32.63	700m: 10:35.20 1:32.70	
	200m: 2:51.89 1:29.93	400m: 5:57.18 1:32.90	600m: 9:02.50 1:32.69	800m: 11:59.27 1:24.07	
3.	FERREIRA, Mario Andre	42	CLUBE NACIONAL NATACAO	12:38.72	217
	100m: 1:25.18 1:25.18	300m: 4:35.18 1:35.67	500m: 7:49.32 1:37.40	700m: 11:06.49 1:37.90	
	200m: 2:59.51 1:34.33	400m: 6:11.92 1:36.74	600m: 9:28.59 1:39.27	800m: 12:38.72 1:32.23	
4.	CAEIRO, Mario Antonio	44	MASTERS ALMADA	13:27.07	181
	100m: 1:32.64 1:32.64	300m: 4:54.31 1:41.70	500m: 8:20.87 1:42.62	700m: 11:48.73 1:43.82	
	200m: 3:12.61 1:39.97	400m: 6:38.25 1:43.94	600m: 10:04.91 1:44.04	800m: 13:27.07 1:38.34	
DNS	FRIAS, Ricardo Miguel	42	SPORT ALGES DAFUNDO		

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 13, Masc., 800m Livres

45 - 49 anos

1.	FEITEIRA, Luis Felipe	49	MASTERS ALMADA	12:00.81	254
	100m: 1:24.54 1:24.54	300m: 4:26.95 1:31.33	500m: 7:31.15 1:31.92	700m: 10:34.29 1:31.74	
	200m: 2:55.62 1:31.08	400m: 5:59.23 1:32.28	600m: 9:02.55 1:31.40	800m: 12:00.81 1:26.52	
2.	SANTINHA, Antonio Manuel	46	MASTERS ALMADA	13:49.08	167
	100m: 1:38.11 1:38.11	300m: 5:09.40 1:45.68	500m: 8:40.59 1:45.44	700m: 12:10.51 1:44.40	
	200m: 3:23.72 1:45.61	400m: 6:55.15 1:45.75	600m: 10:26.11 1:45.52	800m: 13:49.08 1:38.57	

50 - 54 anos

1.	BARRADAS, Adriano Pilar	50	CLUBE MILLENNIUM BCP	15:07.28	127
	100m: 1:41.73 1:41.73	300m: 5:34.91 1:56.29	500m: 9:27.55 1:56.03	700m: 13:19.16 1:55.09	
	200m: 3:38.62 1:56.89	400m: 7:31.52 1:56.61	600m: 11:24.07 1:56.52	800m: 15:07.28 1:48.12	

DNS VELEZ, Rui Castro 51 CENTRO P.T.LUZ E VIDA

55 - 59 anos

1.	CORREIA, Jose Luis	56	ASSOCIACAO NADADORES ESTORIL	14:11.89	154
	100m: 1:35.74 1:35.74	300m: 5:11.75 1:50.33	500m: 8:48.60 1:48.42	700m: 12:25.68 1:49.71	
	200m: 3:21.42 1:45.68	400m: 7:00.18 1:48.43	600m: 10:35.97 1:47.37	800m: 14:11.89 1:46.21	

60 - 64 anos

1.	MENDES, Ricardo Antonio	60	FUNDACAO SALESIANOS	13:56.56	162
	100m: 1:36.56 1:36.56	300m: 5:12.92 1:47.28	500m: 8:47.04 1:47.32	700m: 12:17.44 1:45.38	
	200m: 3:25.64 1:49.08	400m: 6:59.72 1:46.80	600m: 10:32.06 1:45.02	800m: 13:56.56 1:39.12	
2.	MELO, Mario Jorge	64	COLEGIO MONTE MAIOR	15:12.21	125
	100m: 1:45.29 1:45.29	300m: 5:39.73 1:56.31	500m: 9:32.83 1:56.61	700m: 13:23.19 1:55.36	
	200m: 3:43.42 1:58.13	400m: 7:36.22 1:56.49	600m: 11:27.83 1:55.00	800m: 15:12.21 1:49.02	

Prova 14

Femin., 800m Livres

14 - 84 anos

22.2.15 - 13:15

Resultados

Pontos: FINA 2009

Lugar		Idade		Tempo final	Pts
14 - 16 anos					
1.	CORREIA, Margarida Correia	16	CPCD-CENTRO POP.C.DESPORTO	10:51.82	423
	100m: 1:14.51 1:14.51	300m: 3:55.13 1:20.86	500m: 6:41.02 1:23.66	700m: 9:30.00 1:24.21	
	200m: 2:34.27 1:19.76	400m: 5:17.36 1:22.23	600m: 8:05.79 1:24.77	800m: 10:51.82 1:21.82	
2.	LEMONS, Mariana Fernandes	15	CPCD-CENTRO POP.C.DESPORTO	11:50.10	327
	100m: 1:21.67 1:21.67	300m: 4:16.69 1:28.75	500m: 7:17.69 1:30.67	700m: 10:20.37 1:31.22	
	200m: 2:47.94 1:26.27	400m: 5:47.02 1:30.33	600m: 8:49.15 1:31.46	800m: 11:50.10 1:29.73	
17 - 19 anos					
1.	SANTOS, Raquel Fernandes	17	ASSOCIACAO NAVAL AMORENSE	11:27.54	360
	100m: 1:21.56 1:21.56	300m: 4:12.86 1:25.50	500m: 7:05.14 1:26.68	700m: 10:02.74 1:28.47	
	200m: 2:47.36 1:25.80	400m: 5:38.46 1:25.60	600m: 8:34.27 1:29.13	800m: 11:27.54 1:24.80	
2.	POSSIDONIO, Catarina Lopes	18	GRUPO AMIGOS NATACAO	12:24.80	284
	100m: 1:23.04 1:23.04	300m: 4:27.50 1:34.33	500m: 7:40.62 1:36.14	700m: 10:54.06 1:36.78	
	200m: 2:53.17 1:30.13	400m: 6:04.48 1:36.98	600m: 9:17.28 1:36.66	800m: 12:24.80 1:30.74	
3.	RODRIGUES, Maria Ines	17	CPCD-CENTRO POP.C.DESPORTO	12:32.34	275
	100m: 1:22.33 1:22.33	300m: 4:28.00 1:34.49	500m: 7:42.01 1:37.33	700m: 11:00.37 1:38.71	
	200m: 2:53.51 1:31.18	400m: 6:04.68 1:36.68	600m: 9:21.66 1:39.65	800m: 12:32.34 1:31.97	
4.	FERNANDES, Sofia Chaves	18	ASSOCIACAO NAVAL AMORENSE	13:31.56	219
	100m: 1:29.88 1:29.88	300m: 5:45.20 1:42.77	500m: 9:15.55 1:44.95	700m: 12:41.56 1:39.14	
	200m: 4:02.43 2:32.55	400m: 7:30.60 1:45.40	600m: 11:02.42 1:46.87	800m: 13:31.56 50.00	

TORNEIO FUNDO FUNDAÇÃO INATEL 2014_2015
LISBOA, 21. - 22.2.2015

Prova 14, Femin., 800m Livres

20 - 24 anos

1.	GARCIA, Carolina Fernandes	22	CCD AVANÇADO EULX	10:39.35	448
	100m: 1:14.70 1:14.70	300m: 3:54.28 1:20.54	500m: 6:36.24 1:21.31	700m: 9:18.83 1:21.47	
	200m: 2:33.74 1:19.04	400m: 5:14.93 1:20.65	600m: 7:57.36 1:21.12	800m: 10:39.35 1:20.52	
2.	SILVEIRA, Barbara Maria	20	MASTERS ALMADA	13:26.71	223
	100m: 1:31.99 1:31.99	300m: 4:54.59 1:42.61	500m: 8:18.94 1:42.29	700m: 12:36.31 2:35.41	
	200m: 3:11.98 1:39.99	400m: 6:36.65 1:42.06	600m: 10:00.90 1:41.96	800m: 13:26.71 50.40	

25 - 29 anos

1.	OLIVEIRA, Joana Margarida	29	FUNDACAO SALESIANOS	11:30.02	357
	100m: 1:19.73 1:19.73	300m: 4:13.49 1:26.74	500m: 7:08.25 1:27.90	700m: 10:04.80 1:28.72	
	200m: 2:46.75 1:27.02	400m: 5:40.35 1:26.86	600m: 8:36.08 1:27.83	800m: 11:30.02 1:25.22	
2.	MATOS, Helga Carina	26	MASTERS ALMADA	13:18.75	230
	100m: 1:34.51 1:34.51	300m: 4:57.71 1:41.58	500m: 8:18.53 1:40.63	700m: 11:40.91 1:41.39	
	200m: 3:16.13 1:41.62	400m: 6:37.90 1:40.19	600m: 9:59.52 1:40.99	800m: 13:18.75 1:37.84	

35 - 39 anos

1.	CORREIA, Rita Barata	36	MASTERS ALMADA	12:53.63	253
	100m: 1:29.92 1:29.92	300m: 4:44.68 1:37.81	500m: 8:01.37 1:38.45	700m: 11:16.73 1:37.33	
	200m: 3:06.87 1:36.95	400m: 6:22.92 1:38.24	600m: 9:39.40 1:38.03	800m: 12:53.63 1:36.90	

40 - 44 anos

1.	SANTINHA, Fernanda Maria	43	MASTERS ALMADA	14:50.36	166
	100m: 1:42.56 1:42.56	300m: 5:29.57 1:53.38	500m: 9:15.08 1:51.38	700m: 13:00.05 1:52.39	
	200m: 3:36.19 1:53.63	400m: 7:23.70 1:54.13	600m: 11:07.66 1:52.58	800m: 14:50.36 1:50.31	

55 - 59 anos

1.	CAEIRO, Ana Maria	56	GRUPO AMIGOS NATACAO	16:02.78	131
	100m: 1:51.50 1:51.50	300m: 5:57.20 2:02.75	500m: 10:01.97 2:02.07	700m: 14:06.61 2:01.93	
	200m: 3:54.45 2:02.95	400m: 7:59.90 2:02.70	600m: 12:04.68 2:02.71	800m: 16:02.78 1:56.17	

60 - 64 anos

DNS	PINTAO, Luisa Maria	61	ASSOCIACAO NADADORES ESTORIS		
-----	---------------------	----	------------------------------	--	--