

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

1 - Jornada Única

22-01-2011 - 15:00

Prova 1 Femin., 50m Livres 12 anos e mais velhos
22-01-2011 - 15:00 Resultados

Rec. Torneio	26.78	MADEIRA, Sara	CNVG	Alcobaça	09-02-2008
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. CRUZ, Sara Francisco	93 BA/Mr.Pizza	26.94	642
2. MARTINS, Carolina Cunha	95 Náutico Académico	27.63	595
3. MADEIRA, Sara Alexandra	87 Colégio Vasco da Gama	28.18	561
4. FIGUEIRA, Isabel Maria	79 Louletano - Loule Concelho	28.59	537
5. PAIVA, Ines Alexandra	96 Sport Algés e Dafundo	28.65	534
6. SANTOS, Cristina Paris	94 Pimpões/Cimai	29.00	515
7. NUNES, Catarina Tiago	95 Uniao Piedense	29.21	504
8. COSTA, Maria Mar	95 Naval Setubalense	29.44	492
9. ELOI, Ana Monica	96 Desportivo Náutico da Marinha	29.64	482
10. PALMA, Carla Rosario	96 Alcobaça	29.70	479
11. PENAS, Isa Morais	96 Benedita	29.75	477
12. ROLO, Mariana Galego	97 Clube Naval da Nazaré	31.55	400
13. FRADE, Joana Ines	92 Núcleo de Pombal	31.91	386
14. CRUZ, Mariana Anastacio	96 Torres Novas	33.74	327
EXH RIBEIRO, Maria Ines	92 Náutico Académico	29.17	506

Prova 2 Masc., 50m Livres 13 anos e mais velhos
22-01-2011 - 15:05 Resultados

Rec. Torneio	23.50	COUTO, José	CNA	Alcobaça	12-01-2002
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. PEREIRA, Mario Alexandre	92 Náutico Académico	24.09	598
2. SILVA, Diogo Parrilha da	93 Alcobaça	24.16	593
3. FARIA, Cesar Fernando	90 BA/Mr.Pizza	24.29	583
4. BICA, José João	87 Colégio Vasco da Gama	24.58	563
5. NORTE, Filipe Franco	93 Desportivo Náutico da Marinha	24.65	558
6. MACHADO, Tiago Geraldes	93 Pimpões/Cimai	25.08	530
7. GASPARG, Vasco Miguel	90 Uniao Piedense	25.10	529
8. DURAES, Nuno Rafael	93 Naval Setubalense	25.48	505
9. SANTOS, Pedro Andre	94 Sport Algés e Dafundo	25.58	499
10. ALMEIDA, Joao Petinga de	94 Clube Naval da Nazaré	25.68	493
11. RIBEIRO, Tiago Lopes	93 Benedita	26.38	455
12. NASCIMENTO, Renato Filipe	94 Louletano - Loule Concelho	26.82	433
13. ALVES, Telmo Silva	94 Núcleo de Pombal	29.30	332
EXH GRACA, Andre Filipe da	93 Alcobaça	25.65	495
EXH VIOLA, Joao Albano	89 Náutico Académico	26.26	461

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 3 Femin., 200m Bruços Infantil B
22-01-2011 - 15:10 Resultados

Rec. Torneio 2:55.73 GOMES, Rita CNAI Alcobaça 15-02-2003

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	ROCHA, Sara Mafra		99	Alcobaça				3:13.31	337
	50m:	44.97 44.97	100m:	1:34.17	49.20	150m:	2:25.78 51.61	200m:	3:13.31 47.53
2.	FERREIRA, Ana Sofia		99	Pimpões/Cimai				3:13.90	334
	50m:	43.26 43.26	100m:	1:33.01	49.75	150m:	2:23.77 50.76	200m:	3:13.90 50.13
3.	CUNHA, Teresa Margarida		99	Naval Setubalense				3:21.39	298
	50m:	45.39 45.39	100m:	1:36.53	51.14	150m:	2:28.69 52.16	200m:	3:21.39 52.70
4.	TEODOSIO, Barbara Coimbra		99	Desportivo Náutico da Marinha				3:22.51	293
	50m:	45.90 45.90	100m:	1:38.85	52.95	150m:	2:32.09 53.24	200m:	3:22.51 50.42
DSQ	FÉLIX, Catarina Lopes		99	Alcobaça					
	<i>Falsa Partida</i>								

Prova 3 Femin., 200m Bruços Infantil A
22-01-2011 - 15:10 Resultados

Rec. Torneio 2:48.31 BRITO, Ana Marisa SCP Alcobaça 15-02-2003

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	DUARTE, Ines Serra		98	Clube Naval da Nazaré				2:56.65	442
	50m:	40.92 40.92	100m:	1:26.18	45.26	150m:	2:11.76 45.58	200m:	2:56.65 44.89
2.	LOPES, Rita Mateus		98	Náutico Académico				2:58.11	431
	50m:	41.79 41.79	100m:	1:27.20	45.41	150m:	2:14.01 46.81	200m:	2:58.11 44.10
3.	MALHO, Cristiana Vanessa		98	Alcobaça				3:14.12	333
	50m:	45.29 45.29	100m:	1:34.30	49.01	150m:	2:25.60 51.30	200m:	3:14.12 48.52
4.	MACHADO, Mariana Nogueira		98	Colégio Vasco da Gama				3:27.65	272
	50m:	46.65 46.65	100m:	1:39.20	52.55	150m:	2:33.79 54.59	200m:	3:27.65 53.86
DSQ	LUZIO, Mariana Sofia		98	Pimpões/Cimai					
	<i>A atleta não tocou com as mãos em simultâneo na parede na viragem aos 125 metros</i>								

Prova 3 Femin., 200m Bruços Juvenil
22-01-2011 - 15:10 Resultados

Rec. Torneio 2:42.08 ISMAEL, Ana Rita CVG Alcobaça 18-02-2006

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	DUARTE, Margarida Domingues		97	Desportivo Náutico da Marinha				2:53.46	466
	50m:	39.56 39.56	100m:	1:23.60	44.04	150m:	2:08.90 45.30	200m:	2:53.46 44.56
2.	RELVA, Melissa Cardoso		97	BA/Mr.Pizza				3:02.35	401
	50m:	41.94 41.94	100m:	1:29.28	47.34	150m:	2:15.53 46.25	200m:	3:02.35 46.82
3.	CONCEICAO, Catarina Neves		97	Torres Novas				3:21.98	295
	50m:	45.27 45.27	100m:	1:36.86	51.59	150m:	2:30.10 53.24	200m:	3:21.98 51.88

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 3, Femin., 200m Bruços

Prova 3 Femin., 200m Bruços
22-01-2011 - 15:10 Absoluto Resultados

Rec. Torneio 2:32.36 GOMES, Diana ABVE Alcobaça 08-02-2004

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	KAMINSKAYA, Victoria		95	Pimpões/Cimai				2:33.44	674
	50m:	35.97 35.97	100m:	1:14.62	38.65	150m:	1:54.55 39.93	200m:	2:33.44 38.89
2.	ANDRADE, Gabriela Oliveira		94	Náutico Académico				2:41.63	577
	50m:	37.26 37.26	100m:	1:17.92	40.66	150m:	1:59.99 42.07	200m:	2:41.63 41.64
3.	MARTINHO, Claudia Monteiro		93	Colégio Vasco da Gama				2:41.90	574
	50m:	38.27 38.27	100m:	1:19.94	41.67	150m:	2:00.99 41.05	200m:	2:41.90 40.91
4.	SANTOS, Joana Dias		96	Uniao Piedense				2:46.95	523
	50m:	38.09 38.09	100m:	1:20.51	42.42	150m:	2:03.19 42.68	200m:	2:46.95 43.76
5.	GONCALVES, Carolina Santana		95	Núcleo de Pombal				3:01.24	409
	50m:	42.75 42.75	100m:	1:28.58	45.83	150m:	2:14.48 45.90	200m:	3:01.24 46.76
DNS	BORGES, Ines Filipa		95	Alcobaça					
EXH	RIBEIRO, Maria Ines		92	Náutico Académico				2:53.23	468
	50m:	39.85 39.85	100m:	1:23.95	44.10	150m:	2:08.58 44.63	200m:	2:53.23 44.65
EXH	LOURENCO, Mariana Filipa		98	Alcobaça				3:20.12	304
	50m:	45.06 45.06	100m:	1:35.64	50.58	150m:	2:28.11 52.47	200m:	3:20.12 52.01
EXH	NUNES, Maria Joao		98	Alcobaça				3:22.41	293
	50m:	45.36 45.36	100m:	1:36.88	51.52	150m:	2:30.69 53.81	200m:	3:22.41 51.72

Prova 4 Masc., 200m Bruços
22-01-2011 - 15:25 Infantil B Resultados

Rec. Torneio 2:44.00 SILVA, Diogo CNAI Alcobaça 18-02-2006

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	CARRICO, Antonio Fernandes		98	Pimpões/Cimai				2:48.82	365
	50m:	38.67 38.67	100m:	1:20.60	41.93	150m:	2:05.34 44.74	200m:	2:48.82 43.48
2.	PON, Hugo		98	Sport Algés e Dafundo				2:59.52	303
	50m:	41.00 41.00	100m:	1:26.22	45.22	150m:	2:13.03 46.81	200m:	2:59.52 46.49
3.	FONSECA, Jose Diogo		98	Desportivo Náutico da Marinha				3:04.08	281
	50m:	41.42 41.42	100m:	1:28.84	47.42	200m:	3:04.08 1:35.24		
4.	PIRES, Joao Manuel		98	Náutico Académico				3:08.34	263
	50m:	41.82 41.82	100m:	1:29.71	47.89	150m:	2:18.39 48.68	200m:	3:08.34 49.95
5.	PAULO, Tomas Mestre		98	Louletano - Loule Concelho				3:12.03	248
	50m:	43.03 43.03	100m:	1:31.58	48.55	150m:	2:22.63 51.05	200m:	3:12.03 49.40
6.	LUIS, Guilherme Miguel		98	Naval Setubalense				3:17.59	227
	50m:	44.42 44.42	100m:	1:35.87	51.45	150m:	2:26.72 50.85	200m:	3:17.59 50.87

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 4, Masc., 200m Bruços

Prova 4 Masc., 200m Bruços Infantil A
22-01-2011 - 15:25 Resultados

Rec. Torneio 2:34.80 ALVAREZ, Luis RCNV Alcobaça 08-02-2004

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. CORREIA, Joao Mota	97 Pimpões/Cimai	2:46.26	382
50m: 38.23 38.23	100m: 1:20.92 42.69	150m: 2:04.11 43.19	200m: 2:46.26 42.15
DSQ HORTA, Nuno Leal	97 Louletano - Loule Concelho		
<i>Falsa Partida</i>			

Prova 4 Masc., 200m Bruços Juvenil B
22-01-2011 - 15:25 Resultados

Rec. Torneio 2:30.13 ALMEIDA, Carlos CNA Alcobaça 15-02-2003

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. VELOSO, Tomas Miguel	96 Náutico Académico	2:32.28	497
50m: 35.59 35.59	100m: 1:15.33 39.74	150m: 1:54.28 38.95	200m: 2:32.28 38.00
2. CARMO, Rodrigo Silverio	96 Colégio Vasco da Gama	2:33.28	487
50m: 34.84 34.84	100m: 1:14.39 39.55	150m: 1:54.36 39.97	200m: 2:33.28 38.92
3. ALBUQUERQUE, Joao Celorico	96 Sport Algés e Dafundo	2:52.21	344
50m: 39.67 39.67	100m: 1:23.93 44.26	150m: 2:08.35 44.42	200m: 2:52.21 43.86
4. OLIVEIRA, Pedro Alexandre	96 Desportivo Náutico da Marinha	2:52.41	342
50m: 39.58 39.58	100m: 1:23.83 44.25	150m: 2:08.87 45.04	200m: 2:52.41 43.54
5. REIS, Guilherme Antonio	96 Torres Novas	3:02.94	286
50m: 41.94 41.94	100m: 1:29.91 47.97	150m: 2:17.30 47.39	200m: 3:02.94 45.64
DNS PEREIRA, Bernardo Filipe	96 Pimpões/Cimai		

Prova 4 Masc., 200m Bruços Juvenil A
22-01-2011 - 15:25 Resultados

Rec. Torneio 2:23.46 ALMEIDA, Carlos CNA Alcobaça 08-02-2004

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. FELICIANO, Nuno Miguel	95 Alcobaça	2:29.33	527
50m: 33.87 33.87	100m: 1:12.18 38.31	150m: 1:50.85 38.67	200m: 2:29.33 38.48
2. SANTOS, Afonso Lopes dos	95 Pimpões/Cimai	2:30.59	514
50m: 34.85 34.85	100m: 1:13.31 38.46	150m: 1:52.23 38.92	200m: 2:30.59 38.36
3. SILVA, Diogo Miguel	95 Uniao Piedense	2:31.72	503
50m: 33.84 33.84	100m: 1:12.12 38.28	150m: 1:51.79 39.67	200m: 2:31.72 39.93
4. BENTO, Pedro Alexandre	95 Sport Algés e Dafundo	2:35.02	471
50m: 34.59 34.59	100m: 1:13.40 38.81	150m: 1:53.75 40.35	200m: 2:35.02 41.27

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 4, Masc., 200m Bruços

Prova 4 Masc., 200m Bruços Absolutos
22-01-2011 - 15:25 Resultados

Rec. Torneio 2:14.48 COUTO, José CNA Alcobaça 12-01-2002

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	SILVA, Diogo Parrilha da		93	Alcobaça				2:19.51	647
	50m: 32.54 32.54	100m: 1:08.70		36.16	150m: 1:44.70	36.00	200m: 2:19.51	34.81	
2.	QUINTANILHA, Nuno Goncalo		87	Colégio Vasco da Gama				2:20.49	633
	50m: 32.34 32.34	100m: 1:08.50		36.16	150m: 1:45.12	36.62	200m: 2:20.49	35.37	
3.	VARELA, Ricardo Jose		89	Naval Setubalense				2:21.44	620
	50m: 31.67 31.67	100m: 1:07.91		36.24	150m: 1:44.52	36.61	200m: 2:21.44	36.92	
4.	OLIVEIRA, Miguel Silva		91	Náutico Académico				2:22.27	610
	50m: 32.81 32.81	100m: 1:08.90		36.09	150m: 1:45.34	36.44	200m: 2:22.27	36.93	
5.	GAMEIRO, Goncalo Ferreira		94	Núcleo de Pombal				2:46.83	378
	50m: 37.93 37.93	100m: 1:19.82		41.89	150m: 2:03.50	43.68	200m: 2:46.83	43.33	
EXH	VIOLA, Joao Albano		89	Náutico Académico				2:30.68	513
	50m: 35.38 35.38	100m: 1:14.58		39.20	150m: 1:53.75	39.17	200m: 2:30.68	36.93	
EXH	JORGE, Joao Bernardo		97	Alcobaça				2:45.85	385
	50m: 37.47 37.47	100m: 1:19.41		41.94	150m: 2:03.53	44.12	200m: 2:45.85	42.32	
EXH	BENTO, Andre Manuel		96	Alcobaça				2:51.14	350
	50m: 38.32 38.32	100m: 1:21.35		43.03	150m: 2:05.96	44.61	200m: 2:51.14	45.18	
EXH	MARTINS, Mauricio Santiago		97	Alcobaça				3:03.78	283
	50m: 42.17 42.17	100m: 1:29.31		47.14	150m: 2:17.00	47.69	200m: 3:03.78	46.78	
EXH	COELHO, Ricardo Pereira		98	Alcobaça				3:22.33	212
	50m: 47.01 47.01	100m: 1:38.19		51.18	150m: 2:31.08	52.89	200m: 3:22.33	51.25	
EXH	COELHO, Andre Pereira		98	Alcobaça				3:22.87	210
	50m: 46.79 46.79	100m: 1:38.75		51.96	150m: 2:31.14	52.39	200m: 3:22.87	51.73	
EXH	FERREIRA, João Pedro		98	Alcobaça				4:05.27	119
	50m: 52.10 52.10	100m: 1:57.46		1:05.36	150m: 3:02.70	1:05.24	200m: 4:05.27	1:02.57	

Prova 5 Femin., 200m Livres Infantil B
22-01-2011 - 15:40 Resultados

Rec. Torneio 2:25.66 FARIA, Leonor SCB Alcobaça 12-12-1998

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	AZEVEDO, Madalena Gomes		99	Sport Algés e Dafundo				2:35.57	364
	50m: 34.88 34.88	100m: 1:15.41		40.53	150m: 1:55.72	40.31	200m: 2:35.57	39.85	
2.	CARMO, Beatriz Barros		99	Colégio Vasco da Gama				2:37.08	354
	50m: 35.52 35.52	100m: 1:16.32		40.80	150m: 1:58.47	42.15	200m: 2:37.08	38.61	
3.	MARTINS, Matilde Pereira		99	Louletano - Loule Concelho				2:37.20	353
	50m: 35.61 35.61	100m: 1:14.97		39.36	150m: 1:56.25	41.28	200m: 2:37.20	40.95	
4.	ALVES, Filipa Carreira		99	Uniao Piedense				2:41.03	329
	50m: 36.03 36.03	100m: 1:18.12		42.09	150m: 2:00.50	42.38	200m: 2:41.03	40.53	
5.	SERRA, Carolina Leal		99	Torres Novas				2:47.52	292
	50m: 39.58 39.58	100m: 1:21.76		42.18	150m: 2:04.78	43.02	200m: 2:47.52	42.74	
6.	DIAS, Maria Duarte		99	Clube Naval da Nazaré				2:50.89	275
	50m: 38.44 38.44	100m: 1:21.39		42.95	150m: 2:06.11	44.72	200m: 2:50.89	44.78	

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 5, Femin., 200m Livres, Infantil B

Lugar	Ano	Tempo final	Pts
7. MARQUES, Carolina Correia	99 Benedita	3:21.32	168
50m: 46.30 46.30 100m: 1:41.20 54.90 150m: 2:35.33 54.13 200m: 3:21.32 45.99			

Prova 5 Femin., 200m Livres Infantil A Resultados

22-01-2011 - 15:40 Rec. Torneio 2:14.47 MARTINHEIRA, Catia LDC Alcobaça 09-02-2008

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. LOPES, Rita Mateus	98 Náutico Académico	2:24.56	454
50m: 33.59 33.59 100m: 1:10.37 36.78 150m: 1:48.12 37.75 200m: 2:24.56 36.44			
2. FRISCHKNECHT, Rita Barros	98 Sport Algés e Dafundo	2:27.28	430
50m: 33.40 33.40 100m: 1:10.40 37.00 150m: 1:49.41 39.01 200m: 2:27.28 37.87			
3. ALVES, Adriana Ramalho	98 Desportivo Náutico da Marinha	2:29.03	415
50m: 33.64 33.64 100m: 1:11.40 37.76 150m: 1:50.39 38.99 200m: 2:29.03 38.64			
4. PENA, Raquel Teixeira	98 Uniao Piedense	2:30.43	403
50m: 32.99 32.99 100m: 1:11.49 38.50 150m: 1:51.93 40.44 200m: 2:30.43 38.50			
5. RIBEIRO, Carolina Matias	98 Naval Setubalense	2:35.53	365
50m: 35.43 35.43 100m: 1:15.41 39.98 150m: 1:56.02 40.61 200m: 2:35.53 39.51			
6. MATOS, Carolina Lourenco	98 Benedita	2:37.35	352
50m: 36.03 36.03 100m: 1:16.39 40.36 150m: 1:57.84 41.45 200m: 2:37.35 39.51			
7. CARRICO, Mariana Neto	98 Louletano - Loule Concelho	2:39.21	340
50m: 34.45 34.45 100m: 1:14.37 39.92 150m: 1:56.67 42.30 200m: 2:39.21 42.54			
8. CRUZ, Raquel Anastacio	98 Torres Novas	2:45.64	302
50m: 39.00 39.00 100m: 1:21.13 42.13 150m: 2:05.02 43.89 200m: 2:45.64 40.62			

Prova 5 Femin., 200m Livres Juvenil Resultados

22-01-2011 - 15:40 Rec. Torneio 2:09.25 MIGUEL, Susana SFUAP Alcobaça 08-02-2004

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. RUIVO, Filipa Vilas	97 Desportivo Náutico da Marinha	2:12.12	595
50m: 30.94 30.94 100m: 1:04.65 33.71 150m: 1:38.73 34.08 200m: 2:12.12 33.39			
2. INES, Rute Rocha	97 Louletano - Loule Concelho	2:15.71	549
50m: 31.25 31.25 100m: 1:05.21 33.96 150m: 1:40.60 35.39 200m: 2:15.71 35.11			
3. RODRIGUES, Barbara Marques	97 Sport Algés e Dafundo	2:15.94	546
50m: 32.06 32.06 100m: 1:06.74 34.68 150m: 1:41.58 34.84 200m: 2:15.94 34.36			
4. CRAVEIRO, Beatriz Neves	97 Náutico Académico	2:17.34	530
50m: 31.10 31.10 100m: 1:05.24 34.14 150m: 1:41.53 36.29 200m: 2:17.34 35.81			
5. CUSTOIAS, Filipa Vicente	97 Benedita	2:17.69	526
50m: 33.01 33.01 100m: 1:08.31 35.30 150m: 1:43.90 35.59 200m: 2:17.69 33.79			
6. MASCARENHAS, Mariana Ramalhinho	97 Naval Setubalense	2:19.18	509
50m: 32.34 32.34 100m: 1:06.89 34.55 150m: 1:42.93 36.04 200m: 2:19.18 36.25			
7. CENTENO, Maria Carolina	97 Colégio Vasco da Gama	2:19.94	501
50m: 32.34 32.34 100m: 1:07.52 35.18 150m: 1:44.24 36.72 200m: 2:19.94 35.70			
8. LUIS, Beatriz Oliveira	97 Pimpões/Cimai	2:21.15	488
50m: 32.32 32.32 100m: 1:08.29 35.97 150m: 1:45.18 36.89 200m: 2:21.15 35.97			
9. CRUZ, Ana Rita	97 Uniao Piedense	2:26.00	441
50m: 33.30 33.30 100m: 1:10.04 36.74 150m: 1:48.45 38.41 200m: 2:26.00 37.55			

XV Torneio Taça "Cidade de Alcobça"
Alcobça, 22.1.2011

Prova 5, Femin., 200m Livres, Juvenil

Lugar	Ano	Tempo final	Pts
10. CEREJO, Barbara Amaro 50m: 33.97 33.97 100m: 1:12.42 38.45 150m: 1:52.74 40.32 200m: 2:32.21 39.47	97 Clube Naval da Nazaré	2:32.21	389
11. DUARTE, Kelly Silva 50m: 35.24 35.24 100m: 1:14.03 38.79 150m: 1:54.21 40.18 200m: 2:34.05 39.84	97 BA/Mr.Pizza	2:34.05	375
12. MATIAS, Beatriz Duarte 50m: 35.34 35.34 100m: 1:15.90 40.56 150m: 1:57.23 41.33 200m: 2:35.43 38.20	97 Núcleo de Pombal	2:35.43	365

Prova 5 Femin., 200m Livres Absoluto
22-01-2011 - 15:40 Resultados

Rec. Torneio	2:06.78	LOUREIRO, Sara	SCB	Alcobça	22-01-2005
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MARTINHEIRA, Catia Raquel 50m: 29.40 29.40 100m: 1:01.59 32.19 150m: 1:34.83 33.24 200m: 2:07.15 32.32	95 Louletano - Loule Concelho	2:07.15	668
2. CRUZ, Sara Francisco 50m: 31.25 31.25 100m: 1:04.80 33.55 150m: 1:38.02 33.22 200m: 2:11.22 33.20	93 BA/Mr.Pizza	2:11.22	608
3. COSTA, Mariana Jesus 50m: 30.09 30.09 100m: 1:03.13 33.04 150m: 1:37.34 34.21 200m: 2:12.48 35.14	96 Alcobça	2:12.48	590
4. SIMOES, Ana Sofia 50m: 31.03 31.03 100m: 1:04.81 33.78 150m: 1:39.72 34.91 200m: 2:14.61 34.89	93 Sport Algés e Dafundo	2:14.61	563
5. ELOI, Ana Monica 50m: 31.15 31.15 100m: 1:05.39 34.24 150m: 1:41.22 35.83 200m: 2:17.07 35.85	96 Desportivo Náutico da Marinha	2:17.07	533
6. COSTA, Maria Mar 50m: 32.43 32.43 100m: 1:08.30 35.87 150m: 1:45.00 36.70 200m: 2:20.53 35.53	95 Naval Setubalense	2:20.53	495
7. LOURENCO, Ana Margarida 50m: 32.78 32.78 100m: 1:09.91 37.13 150m: 1:47.95 38.04 200m: 2:25.15 37.20	96 Benedita	2:25.15	449
8. AMARAL, Ines Ricardo 50m: 35.87 35.87 100m: 1:15.31 39.44 150m: 1:55.63 40.32 200m: 2:34.60 38.97	95 Clube Naval da Nazaré	2:34.60	371
EXH COSTA, Ana Sofia 50m: 32.75 32.75 100m: 1:08.17 35.42 150m: 1:44.54 36.37 200m: 2:20.43 35.89	95 Alcobça	2:20.43	496
EXH RIBEIRO, Mara Casimiro 50m: 34.37 34.37 100m: 1:13.22 38.85 150m: 1:53.24 40.02 200m: 2:32.30 39.06	97 Alcobça	2:32.30	388
EXH LOURENCO, Mariana Filipa 50m: 38.88 38.88 100m: 1:23.96 45.08 150m: 2:10.53 46.57 200m: 2:55.13 44.60	98 Alcobça	2:55.13	255
EXH FÉLIX, Catarina Lopes 50m: 41.33 41.33 100m: 1:27.21 45.88 150m: 2:14.95 47.74 200m: 3:00.62 45.67	99 Alcobça	3:00.62	233

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 6 Masc., 200m Livres Infantil B
22-01-2011 - 16:00 Resultados

Rec. Torneio 2:06.04 THEODORIS, Nathan LDC Alcobaça 09-02-2008

Pontos: FINA 2010

Lugar	Ano						Tempo final	Pts
1. MAGALHAES, Filipe Nunes	98	Sport Algés e Dafundo					2:23.29	333
50m: 32.87 32.87	100m: 1:09.40	36.53	150m: 1:46.77	37.37	200m: 2:23.29	36.52		
2. PINA, Guilherme Filipe	98	Benedita					2:24.67	324
50m: 32.81 32.81	100m: 1:10.15	37.34	150m: 1:48.03	37.88	200m: 2:24.67	36.64		
3. VICENTE, Diogo Alexandre	98	Alcobaça					2:25.79	316
50m: 34.04 34.04	100m: 1:12.04	38.00	150m: 1:50.19	38.15	200m: 2:25.79	35.60		
4. BERTON CARVALHO, Alexandre	98	Colégio Vasco da Gama					2:30.93	285
50m: 34.18 34.18	100m: 1:13.37	39.19	150m: 1:52.15	38.78	200m: 2:30.93	38.78		

Prova 6 Masc., 200m Livres Infantil A
22-01-2011 - 16:00 Resultados

Rec. Torneio 1:59.63 THEODORIS, Nathan LDC Alcobaça 31-01-2009

Pontos: FINA 2010

Lugar	Ano						Tempo final	Pts
1. GONCALVES, Francisco Xavier	97	Náutico Académico					2:07.03	478
50m: 28.09 28.09	100m: 1:00.50	32.41	150m: 1:33.80	33.30	200m: 2:07.03	33.23		
2. LAUREANO, Alexandre Miguel	97	Alcobaça					2:11.92	427
50m: 30.44 30.44	100m: 1:04.60	34.16	150m: 1:38.98	34.38	200m: 2:11.92	32.94		
3. CANDEIAS, Goncalo Filipe	97	Uniao Piedense					2:12.96	417
50m: 30.25 30.25	100m: 1:04.05	33.80	150m: 1:38.86	34.81	200m: 2:12.96	34.10		
4. SILVA, Nuno Valerio	97	Desportivo Náutico da Marinha					2:13.34	413
50m: 30.06 30.06	100m: 1:04.67	34.61	150m: 1:39.44	34.77	200m: 2:13.34	33.90		
5. GONCALVES, Joao Courelas	97	Núcleo de Pombal					2:23.75	330
50m: 31.98 31.98	100m: 1:08.39	36.41	150m: 1:46.53	38.14	200m: 2:23.75	37.22		
6. CUNHA, Manuel Maria	97	Naval Setubalense					2:27.28	307
50m: 34.14 34.14	100m: 1:11.55	37.41	150m: 1:49.72	38.17	200m: 2:27.28	37.56		
7. TARQUINIO, João Pedro	97	Benedita					2:28.07	302
50m: 33.65 33.65	100m: 1:12.07	38.42	150m: 1:51.24	39.17	200m: 2:28.07	36.83		

Prova 6 Masc., 200m Livres Juvenil B
22-01-2011 - 16:00 Resultados

Rec. Torneio 1:58.97 THEODORIS, Nathan LDC Alcobaça 16-01-2010

Pontos: FINA 2010

Lugar	Ano						Tempo final	Pts
1. BUGALHO, Jose Pedro	96	Alcobaça					2:09.34	453
50m: 29.97 29.97	100m: 1:03.07	33.10	150m: 1:36.60	33.53	200m: 2:09.34	32.74		
2. REIS, Leonardo Peralta	96	Benedita					2:11.65	430
50m: 30.27 30.27	100m: 1:03.88	33.61	150m: 1:38.38	34.50	200m: 2:11.65	33.27		
3. CUNHA, Lourenco Manuel	96	BA/Mr.Pizza					2:15.27	396
50m: 30.33 30.33	100m: 1:04.67	34.34	150m: 1:39.78	35.11	200m: 2:15.27	35.49		
4. XAVIER, Diogo Humberto	96	Uniao Piedense					2:17.25	379
50m: 31.25 31.25	100m: 1:06.39	35.14	150m: 1:42.06	35.67	200m: 2:17.25	35.19		
5. LUIS, Andre Duarte	96	Naval Setubalense					2:21.66	345
50m: 31.94 31.94	100m: 1:08.03	36.09	150m: 1:45.05	37.02	200m: 2:21.66	36.61		
6. FERREIRA, Theo Jesus	96	Clube Naval da Nazaré					2:29.25	295
50m: 33.29 33.29	100m: 1:10.72	37.43	150m: 1:50.16	39.44	200m: 2:29.25	39.09		

XV Torneio Taça "Cidade de Alcobça"
Alcobça, 22.1.2011

Prova 6, Masc., 200m Livres

Prova 6 Masc., 200m Livres Juvenil A
22-01-2011 - 16:00 Resultados

Rec. Torneio 1:56.20 OLIVEIRA, Pedro CNRM Alcobça 08-02-2004

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	THEODORIS, Nathan Keith		95	Louletano - Loule Concelho				1:56.12	626
	50m:	27.00 27.00	100m:	56.29	29.29	150m:	1:26.42 30.13	200m:	1:56.12 29.70
2.	SOUSA, Diogo Gomes		95	Colégio Vasco da Gama				1:56.63	618
	50m:	28.07 28.07	100m:	58.10	30.03	150m:	1:27.70 29.60	200m:	1:56.63 28.93
3.	COELHO, Guilherme Pedro		95	Náutico Académico				2:04.37	510
	50m:	29.38 29.38	100m:	1:01.15	31.77	150m:	1:33.13 31.98	200m:	2:04.37 31.24
4.	SOUSA, Daniel Ribeiro		95	Desportivo Náutico da Marinha				2:07.75	470
	50m:	28.63 28.63	100m:	1:01.53	32.90	150m:	1:35.57 34.04	200m:	2:07.75 32.18
5.	NETO, Walter Marcos		95	BA/Mr.Pizza				2:07.97	468
	50m:	28.86 28.86	100m:	1:01.14	32.28	150m:	1:34.81 33.67	200m:	2:07.97 33.16
6.	DIAS, Pedro Duarte		95	Sport Algés e Dafundo				2:09.78	448
	50m:	29.31 29.31	100m:	1:01.97	32.66	200m:	2:09.78 1:07.81		
7.	BAPTISTA, Joao Paulo		95	Benedita				2:27.53	305
	50m:	32.14 32.14	100m:	1:09.79	37.65	150m:	1:49.40 39.61	200m:	2:27.53 38.13
DNS	POLICARPO, Duarte Brites		95	Torres Novas					

Prova 6 Masc., 200m Livres Absolutos
22-01-2011 - 16:00 Resultados

Rec. Torneio 1:52.16 CARVALHO, Diogo CGA Alcobça 18-02-2006

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	FARIA, Cesar Fernando		90	BA/Mr.Pizza				1:52.82	683
	50m:	26.93 26.93	100m:	55.89	28.96	150m:	1:23.98 28.09	200m:	1:52.82 28.84
2.	GASPAR, Diogo Andre		90	Uniao Piedense				1:56.81	615
	50m:	27.47 27.47	100m:	57.43	29.96	150m:	1:27.53 30.10	200m:	1:56.81 29.28
3.	VALE, Alexandre Galveias		93	Pimpões/Cimai				2:01.71	544
	50m:	27.96 27.96	100m:	58.60	30.64	150m:	1:29.90 31.30	200m:	2:01.71 31.81
4.	POLIAKOV, Artiom Viatcheslavovitch		93	Sport Algés e Dafundo				2:03.26	523
	50m:	29.12 29.12	100m:	1:00.51	31.39	150m:	1:32.03 31.52	200m:	2:03.26 31.23
5.	RIBEIRO, Tiago Lopes		93	Benedita				2:06.32	486
	50m:	29.43 29.43	100m:	1:02.34	32.91	150m:	1:34.69 32.35	200m:	2:06.32 31.63
6.	ALMEIDA, Joao Petinga de		94	Clube Naval da Nazaré				2:07.97	468
	50m:	28.66 28.66	100m:	1:00.71	32.05	150m:	1:34.05 33.34	200m:	2:07.97 33.92
7.	ALVES, Telmo Silva		94	Núcleo de Pombal				2:21.14	348
	50m:	31.80 31.80	100m:	1:06.88	35.08	150m:	1:44.08 37.20	200m:	2:21.14 37.06
EXH	VICENTE, Andre Alexandre		94	Alcobça				1:59.44	575
	50m:	28.28 28.28	100m:	58.62	30.34	150m:	1:29.24 30.62	200m:	1:59.44 30.20
EXH	GRACA, Andre Filipe da		93	Alcobça				2:02.86	529
	50m:	28.14 28.14	100m:	59.01	30.87	150m:	1:30.65 31.64	200m:	2:02.86 32.21
EXH	RODRIGUES, Pedro Miguel		97	Alcobça				2:12.00	426
	50m:	30.82 30.82	100m:	1:04.40	33.58	150m:	1:38.83 34.43	200m:	2:12.00 33.17
EXH	SILVESTRE, Miguel Angelo		97	Alcobça				2:17.77	375
	50m:	30.74 30.74	100m:	1:05.57	34.83	150m:	1:42.00 36.43	200m:	2:17.77 35.77

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 6, Masc., 200m Livres

Lugar	Ano	Tempo final	Pts
EXH BENTO, Andre Manuel 50m: 31.82 31.82 100m: 1:07.84 36.02 150m: 1:45.00 37.16 200m: 2:20.01 35.01	96 Alcobaça	2:20.01	357
EXH VENANCIO, Diogo Filipe 50m: 32.79 32.79 100m: 1:09.61 36.82 150m: 1:46.60 36.99 200m: 2:22.55 35.95	96 Alcobaça	2:22.55	338
EXH GERARDO, Emanuel Falacho 50m: 32.86 32.86 100m: 1:09.76 36.90 150m: 1:46.79 37.03 200m: 2:22.80 36.01	97 Alcobaça	2:22.80	336
EXH ANTUNES, Delmar Filipe 50m: 33.76 33.76 100m: 1:11.52 37.76 150m: 1:50.99 39.47 200m: 2:29.85 38.86	94 Alcobaça	2:29.85	291
EXH COELHO, Diogo Pereira 50m: 35.57 35.57 100m: 1:15.03 39.46 150m: 1:55.51 40.48 200m: 2:32.27 36.76	98 Alcobaça	2:32.27	277
EXH COELHO, Andre Pereira 50m: 38.17 38.17 100m: 1:19.85 41.68 150m: 2:00.90 41.05 200m: 2:41.12 40.22	98 Alcobaça	2:41.12	234
EXH COELHO, Ricardo Pereira 50m: 39.15 39.15 100m: 1:23.20 44.05 150m: 2:07.15 43.95 200m: 2:49.59 42.44	98 Alcobaça	2:49.59	201
EXH FERREIRA, João Pedro 50m: 39.53 39.53 100m: 1:25.07 45.54 150m: 2:12.39 47.32 200m: 2:54.60 42.21	98 Alcobaça	2:54.60	184

Prova 7
22-01-2011 - 16:20

Femin., 200m Mariposa

Infantil B
Resultados

Rec. Torneio	2:41.33	GOMES, Rita	CNAI	Alcobaça	15-02-2003
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. ROCHA, Sara Mafra 50m: 39.57 39.57 100m: 1:26.10 46.53 150m: 2:14.01 47.91 200m: 3:01.60 47.59	99 Alcobaça	3:01.60	294
2. SILVA, Maria Santos 50m: 39.76 39.76 100m: 1:27.84 48.08 200m: 3:10.72 1:42.88	99 Desportivo Náutico da Marinha	3:10.72	253
3. VEIGA, Maria Eduarda 50m: 42.31 42.31 100m: 1:31.39 49.08 150m: 2:23.53 52.14 200m: 3:15.00 51.47	99 Náutico Académico	3:15.00	237
4. DIAS, Maria Duarte 50m: 47.86 47.86 100m: 1:43.47 55.61 150m: 2:40.10 56.63 200m: 3:34.22 54.12	99 Clube Naval da Nazaré	3:34.22	179

Prova 7
22-01-2011 - 16:20

Femin., 200m Mariposa

Infantil A
Resultados

Rec. Torneio	2:28.72	GOMES, Rita	CNAI	Alcobaça	08-02-2004
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. DUARTE, Ines Serra 50m: 37.43 37.43 100m: 1:20.52 43.09 150m: 2:05.05 44.53 200m: 2:49.99 44.94	98 Clube Naval da Nazaré	2:49.99	358

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 7, Femin., 200m Mariposa

Prova 7 Femin., 200m Mariposa Juvenil
22-01-2011 - 16:20 Resultados

Rec. Torneio 2:27.57 MARTINS, Ines SFUAP Alcobaça 31-01-2009

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	PAULINO, Bruna Elisabete		97	Alcobaça				2:32.61	495
	50m:	34.46 34.46	100m:	1:12.93	38.47	150m:	1:52.88 39.95	200m:	2:32.61 39.73
2.	METELO, Daniela Figueiredo		97	Náutico Académico				2:34.55	477
	50m:	34.27 34.27	100m:	1:13.18	38.91	150m:	1:54.09 40.91	200m:	2:34.55 40.46
3.	FERREIRA, Catarina Brito		97	Naval Setubalense				2:46.72	380
	50m:	34.07 34.07	100m:	1:14.90	40.83	150m:	2:01.84 46.94	200m:	2:46.72 44.88

Prova 7 Femin., 200m Mariposa Absoluto
22-01-2011 - 16:20 Resultados

Rec. Torneio 2:16.09 FELGUEIRAS, Raquel SCB Alcobaça 17-02-2001

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	CARMO, Ana Filipa		93	Colégio Vasco da Gama				2:26.14	564
	50m:	32.50 32.50	100m:	1:08.96	36.46	150m:	1:46.86 37.90	200m:	2:26.14 39.28
2.	MIRANDA, Ana Marta		96	Uniao Piedense				2:26.39	561
	50m:	32.46 32.46	100m:	1:09.24	36.78	150m:	1:47.70 38.46	200m:	2:26.39 38.69
3.	PAIVA, Ines Alexandra		96	Sport Algés e Dafundo				2:29.60	526
	50m:	34.09 34.09	100m:	1:12.21	38.12	150m:	1:50.69 38.48	200m:	2:29.60 38.91
4.	CARVALHO, Marcia Filipa		96	Torres Novas				2:32.71	494
	50m:	34.77 34.77	100m:	1:13.43	38.66	150m:	1:51.94 38.51	200m:	2:32.71 40.77
5.	GOMES, Carolina Francisco		95	Clube Naval da Nazaré				2:32.85	493
	50m:	34.50 34.50	100m:	1:13.04	38.54	150m:	1:52.76 39.72	200m:	2:32.85 40.09
6.	LIMA, Cristiana Andreia		95	Núcleo de Pombal				2:45.93	385
	50m:	36.61 36.61	100m:	1:18.67	42.06	150m:	2:02.66 43.99	200m:	2:45.93 43.27
DNS	BORGES, Ines Filipa		95	Alcobaça					
EXH	NUNES, Maria Joao		98	Alcobaça				3:25.66	202
	50m:	45.05 45.05	100m:	1:38.58	53.53	150m:	2:32.79 54.21	200m:	3:25.66 52.87

Prova 8 Masc., 200m Mariposa Infantil B
22-01-2011 - 16:30 Resultados

Rec. Torneio 2:32.60 VELOSO, Tomas CNAc Alcobaça 31-01-2009

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	FREITAS, Diogo Rodrigues		98	Uniao Piedense				3:09.81	189
	50m:	38.42 38.42	100m:	1:24.92	46.50	150m:	2:16.64 51.72	200m:	3:09.81 53.17

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 8, Masc., 200m Mariposa

Prova 8 Masc., 200m Mariposa Infantil A
22-01-2011 - 16:30 Resultados

Rec. Torneio 2:16.17 SILVA, Fábio CNAI Alcobaça 17-02-2001

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. RODRIGUES, Pedro Miguel	97 Alcobaça	2:26.50	413
50m: 32.22 32.22 100m: 1:08.57 36.35 150m: 1:46.68 38.11 200m: 2:26.50 39.82			
DSQ GONCALVES, Francisco Xavier	97 Náutico Académico		
<i>O atleta tocou com apenas uma mão na viragem aos 175 metros</i>			

Prova 8 Masc., 200m Mariposa Juvenil B
22-01-2011 - 16:30 Resultados

Rec. Torneio 2:10.23 SILVA, Fábio CNAL Alcobaça 12-01-2002

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. VELOSO, Tomas Miguel	96 Náutico Académico	2:15.44	522
50m: 30.30 30.30 100m: 1:05.24 34.94 150m: 1:40.27 35.03 200m: 2:15.44 35.17			
2. CINTRAO, Pedro Rafael	96 Núcleo de Pombal	2:21.18	461
50m: 32.11 32.11 100m: 1:08.38 36.27 150m: 1:45.69 37.31 200m: 2:21.18 35.49			
3. BUGALHO, Jose Pedro	96 Alcobaça	2:22.33	450
50m: 31.70 31.70 100m: 1:07.94 36.24 150m: 1:45.75 37.81 200m: 2:22.33 36.58			

Prova 8 Masc., 200m Mariposa Juvenil A
22-01-2011 - 16:30 Resultados

Rec. Torneio 2:05.05 SILVA, Diogo CNAI Alcobaça 31-01-2009

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. TEODORO, Andre Filipe	95 Naval Setubalense	2:24.42	431
50m: 30.80 30.80 100m: 1:07.01 36.21 150m: 1:45.12 38.11 200m: 2:24.42 39.30			
2. FELICIANO, Nuno Miguel	95 Alcobaça	2:27.30	406
50m: 34.44 34.44 100m: 1:13.42 38.98 150m: 1:50.64 37.22 200m: 2:27.30 36.66			

Prova 8 Masc., 200m Mariposa Absolutos
22-01-2011 - 16:30 Resultados

Rec. Torneio 2:00.24 QUINTANILHA, Nuno CNCVG Alcobaça 09-02-2008

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. DIOGO, Miguel Monteiro	93 Alcobaça	2:03.15	695
50m: 27.98 27.98 100m: 59.26 31.28 150m: 1:30.95 31.69 200m: 2:03.15 32.20			
2. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	2:10.07	590
50m: 28.48 28.48 100m: 1:01.29 32.81 150m: 1:35.59 34.30 200m: 2:10.07 34.48			
3. SANTOS, Pedro Andre	94 Sport Algés e Dafundo	2:13.10	550
50m: 29.49 29.49 100m: 1:03.52 34.03 150m: 1:38.47 34.95 200m: 2:13.10 34.63			
4. NASCIMENTO, Renato Filipe	94 Louletano - Loule Concelho	2:15.28	524
50m: 29.92 29.92 100m: 1:04.43 34.51 150m: 1:39.88 35.45 200m: 2:15.28 35.40			
EXH PAULINO, Diogo Miguel	90 Alcobaça	2:20.23	471
50m: 30.95 30.95 100m: 1:06.99 36.04 150m: 1:44.00 37.01 200m: 2:20.23 36.23			
EXH GOMES, Joao Andre	97 Alcobaça	2:30.11	384
50m: 32.51 32.51 100m: 1:10.42 37.91 150m: 1:49.85 39.43 200m: 2:30.11 40.26			

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 8, Masc., 200m Mariposa

Lugar	Ano	Tempo final	Pts
EXH JORGE, Joao Bernardo	97 Alcobaça	2:31.66	372
50m: 33.21 33.21 100m: 1:12.36 39.15 150m: 1:52.93 40.57 200m: 2:31.66			38.73
EXH SILVESTRE, Miguel Angelo	97 Alcobaça	2:41.18	310
50m: 35.84 35.84 100m: 1:16.54 40.70 150m: 1:58.84 42.30 200m: 2:41.18			42.34
EXH GERARDO, Emanuel Falacho	97 Alcobaça	2:44.14	293
50m: 36.22 36.22 100m: 1:17.83 41.61 150m: 2:02.21 44.38 200m: 2:44.14			41.93

Prova 9

Femin., 200m Costas

Infantil B

22-01-2011 - 16:40

Resultados

Rec. Torneio	2:38.52	HENRIQUES, Tania	SFUAP	Alcobaça	22-01-2005
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. FERREIRA, Ana Sofia	99 Pimpões/Cimai	2:56.82	313
50m: 41.13 41.13 100m: 1:25.93 44.80 200m: 2:56.82 1:30.89			
2. CARMO, Beatriz Barros	99 Colégio Vasco da Gama	2:59.05	302
50m: 42.93 42.93 100m: 1:29.08 46.15 150m: 2:15.19 46.11 200m: 2:59.05			43.86
3. ALVES, Filipa Carreira	99 Uniao Piedense	2:59.10	302
50m: 41.38 41.38 100m: 1:28.85 47.47 150m: 2:15.52 46.67 200m: 2:59.10			43.58
4. CUNHA, Teresa Margarida	99 Naval Setubalense	3:00.99	292
50m: 42.21 42.21 100m: 1:28.32 46.11 200m: 3:00.99 1:32.67			
5. VEIGA, Maria Eduarda	99 Náutico Académico	3:01.51	290
50m: 44.59 44.59 100m: 1:30.60 46.01 150m: 2:17.32 46.72 200m: 3:01.51			44.19
6. MARQUES, Carolina Correia	99 Benedita	3:49.93	142
50m: 55.36 55.36 100m: 1:54.69 59.33 150m: 2:55.05 1:00.36 200m: 3:49.93			54.88
DSQ RENDA, Rita Isabel	99 Louletano - Loule Concelho		
<i>A atleta na viragem aos 100 metros, em posição ventral deu duas braçadas de crol</i>			

Prova 9

Femin., 200m Costas

Infantil A

22-01-2011 - 16:40

Resultados

Rec. Torneio	2:24.28	MARTINHEIRA, Catia	LDC	Alcobaça	09-02-2008
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. MARQUES, Ana Beatriz	98 Sport Algés e Dafundo	2:44.92	386
50m: 40.43 40.43 100m: 1:22.50 42.07 150m: 2:05.41 42.91 200m: 2:44.92			39.51
2. ALVES, Adriana Ramalho	98 Desportivo Náutico da Marinha	2:46.76	374
50m: 39.21 39.21 100m: 1:22.14 42.93 150m: 2:05.66 43.52 200m: 2:46.76			41.10
3. MALHO, Cristiana Vanessa	98 Alcobaça	2:47.05	372
50m: 39.84 39.84 100m: 1:22.67 42.83 150m: 2:06.07 43.40 200m: 2:47.05			40.98
4. PENA, Raquel Teixeira	98 Uniao Piedense	2:47.82	367
50m: 40.78 40.78 100m: 1:23.26 42.48 150m: 2:06.77 43.51 200m: 2:47.82			41.05
5. REBELO, Patricia Pimenta	98 Benedita	2:49.85	354
50m: 40.71 40.71 100m: 1:22.87 42.16 150m: 2:06.67 43.80 200m: 2:49.85			43.18
6. CARRICO, Mariana Neto	98 Louletano - Loule Concelho	2:51.45	344
50m: 39.01 39.01 100m: 1:22.21 43.20 150m: 2:07.14 44.93 200m: 2:51.45			44.31
7. RIBEIRO, Carolina Matias	98 Naval Setubalense	2:51.85	342
50m: 39.85 39.85 100m: 1:23.10 43.25 150m: 2:07.78 44.68 200m: 2:51.85			44.07
8. LUZIO, Mariana Sofia	98 Pimpões/Cimai	2:57.53	310
50m: 42.10 42.10 100m: 1:27.66 45.56 150m: 2:15.73 48.07 200m: 2:57.53			41.80

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 9, Femin., 200m Costas, Infantil A

Lugar	Ano	Tempo final	Pts
9. MACHADO, Mariana Nogueira	98 Colégio Vasco da Gama	3:00.15	296
50m: 44.50 44.50	100m: 1:31.13 46.63	200m: 3:00.15 1:29.02	

Prova 9 Femin., 200m Costas Juvenil
22-01-2011 - 16:40 Resultados

Rec. Torneio	2:21.05	MIGUEL, Susana	SFUAP	Alcobaça	08-02-2004
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. AZEVEDO, Francisca Gomes	97 Sport Algés e Dafundo	2:24.84	571
50m: 33.82 33.82	100m: 1:10.06 36.24	150m: 1:47.55 37.49	200m: 2:24.84 37.29
2. INES, Rute Rocha	97 Louletano - Loule Concelho	2:24.86	571
50m: 33.08 33.08	100m: 1:08.86 35.78	150m: 1:46.95 38.09	200m: 2:24.86 37.91
3. CRUZ, Ana Rita	97 Uniao Piedense	2:33.99	475
50m: 36.12 36.12	100m: 1:15.20 39.08	150m: 1:55.35 40.15	200m: 2:33.99 38.64
4. CUSTOIAS, Filipa Vicente	97 Benedita	2:34.60	469
50m: 37.20 37.20	100m: 1:17.47 40.27	150m: 1:57.47 40.00	200m: 2:34.60 37.13
5. PAULINO, Bruna Elisabete	97 Alcobaça	2:36.40	453
50m: 37.29 37.29	100m: 1:16.75 39.46	150m: 1:57.24 40.49	200m: 2:36.40 39.16
6. CENTENO, Maria Carolina	97 Colégio Vasco da Gama	2:38.19	438
50m: 37.87 37.87	100m: 1:19.16 41.29	150m: 1:59.12 39.96	200m: 2:38.19 39.07
7. PEDRO, Ana Beatriz	97 Pimpões/Cimai	2:40.20	422
50m: 37.03 37.03	100m: 1:17.79 40.76	150m: 1:59.66 41.87	200m: 2:40.20 40.54
8. CEREJO, Barbara Amaro	97 Clube Naval da Nazaré	2:50.69	349
50m: 40.03 40.03	100m: 1:22.29 42.26	200m: 2:50.69 1:28.40	

Prova 9 Femin., 200m Costas Absoluto
22-01-2011 - 16:40 Resultados

Rec. Torneio	2:20.53	MIGUEL, Susana	SFUAP	Alcobaça	22-01-2005
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Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. KAMINSKAYA, Victoria	95 Pimpões/Cimai	2:21.55	612
50m: 34.82 34.82	100m: 1:09.91 35.09	150m: 1:45.85 35.94	200m: 2:21.55 35.70
2. LOPES, Adriana Correia	95 Náutico Académico	2:27.10	545
50m: 35.56 35.56	100m: 1:13.12 37.56	150m: 1:50.50 37.38	200m: 2:27.10 36.60
3. LOPES, Carolina Sofia	96 Louletano - Loule Concelho	2:29.32	521
50m: 34.94 34.94	100m: 1:12.87 37.93	150m: 1:52.01 39.14	200m: 2:29.32 37.31
4. COSTA, Mariana Jesus	96 Alcobaça	2:30.65	507
50m: 35.54 35.54	100m: 1:14.47 38.93	150m: 1:53.26 38.79	200m: 2:30.65 37.39
5. CLARA, Catia Andreia	95 Desportivo Náutico da Marinha	2:31.36	500
50m: 35.25 35.25	100m: 1:12.81 37.56	150m: 1:52.12 39.31	200m: 2:31.36 39.24
6. ANJOS, Andreia Filipa	92 BA/Mr.Pizza	2:33.24	482
50m: 36.27 36.27	100m: 1:15.24 38.97	150m: 1:54.72 39.48	200m: 2:33.24 38.52
7. SANTOS, Anaisa Matos	93 Naval Setubalense	2:33.50	479
50m: 35.94 35.94	100m: 1:14.47 38.53	150m: 1:53.91 39.44	200m: 2:33.50 39.59
8. PENAS, Isa Morais	96 Benedita	2:33.56	479
50m: 35.98 35.98	100m: 1:14.92 38.94	150m: 1:54.85 39.93	200m: 2:33.56 38.71

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 10 Masc., 200m Costas Infantil B
22-01-2011 - 17:05 Resultados

Rec. Torneio 2:20.29 THEODORIS, Nathan LDC Alcobaça 09-02-2008

Pontos: FINA 2010

Lugar	Ano		Tempo final				Pts
1. PIRES, Joao Manuel	98	Náutico Académico	2:32.86				334
50m: 35.15 35.15	100m: 1:13.63	38.48	150m: 1:53.24	39.61	200m: 2:32.86		39.62
2. BOLETA, Tiago Martins	98	Louletano - Loule Concelho	2:37.69				304
50m: 35.67 35.67	100m: 1:16.53	40.86	150m: 1:58.45	41.92	200m: 2:37.69		39.24
3. VICENTE, Diogo Alexandre	98	Alcobaça	2:38.69				298
50m: 37.47 37.47	100m: 1:18.02	40.55	150m: 1:59.59	41.57	200m: 2:38.69		39.10
4. SILVA, Diogo Vicente	98	Desportivo Náutico da Marinha	2:39.05				296
50m: 37.89 37.89	100m: 1:18.59	40.70	150m: 1:59.96	41.37	200m: 2:39.05		39.09
5. ALMEIDA, Carlos Afonso	98	Colégio Vasco da Gama	2:44.33				269
50m: 37.92 37.92	100m: 1:19.76	41.84	150m: 2:02.80	43.04	200m: 2:44.33		41.53
6. CARRICO, Antonio Fernandes	98	Pimpões/Cimai	2:46.41				259
50m: 38.52 38.52	100m: 1:21.09	42.57	200m: 2:46.41	1:25.32			
7. PINA, Guilherme Filipe	98	Benedita	2:49.15				246
50m: 40.27 40.27	100m: 1:23.13	42.86	150m: 2:06.33	43.20	200m: 2:49.15		42.82
8. MATIAS, Dario Fausto	98	Torres Novas	2:52.85				231
50m: 41.02 41.02	100m: 1:26.35	45.33	150m: 2:10.32	43.97	200m: 2:52.85		42.53
9. LUIS, Guilherme Miguel	98	Naval Setubalense	3:01.21				200
50m: 42.68 42.68	100m: 1:28.93	46.25	150m: 2:15.34	46.41	200m: 3:01.21		45.87
DNS FREITAS, Diogo Rodrigues	98	Uniao Piedense					

Prova 10 Masc., 200m Costas Infantil A
22-01-2011 - 17:05 Resultados

Rec. Torneio 2:14.80 THEODORIS, Nathan LDC Alcobaça 31-01-2009

Pontos: FINA 2010

Lugar	Ano		Tempo final				Pts
1. CORREIA, Joao Mota	97	Pimpões/Cimai	2:20.39				431
50m: 33.05 33.05	100m: 1:08.94	35.89	150m: 1:45.41	36.47	200m: 2:20.39		34.98
2. GONCALVES, Miguel Nunes	97	Uniao Piedense	2:24.94				392
50m: 34.38 34.38	100m: 1:10.08	35.70	150m: 1:47.43	37.35	200m: 2:24.94		37.51
3. SILVA, Joao Francisco	97	Desportivo Náutico da Marinha	2:32.48				337
50m: 35.37 35.37	100m: 1:14.31	38.94	150m: 1:53.86	39.55	200m: 2:32.48		38.62
4. TARQUINIO, João Pedro	97	Benedita	2:40.65				288
50m: 38.92 38.92	100m: 1:19.85	40.93	150m: 2:01.39	41.54	200m: 2:40.65		39.26
5. FERNANDES, Pedro Miguel	97	Louletano - Loule Concelho	2:42.88				276
50m: 36.84 36.84	100m: 1:18.52	41.68	150m: 2:01.38	42.86	200m: 2:42.88		41.50
6. CUNHA, Manuel Maria	97	Naval Setubalense	2:55.82				219
50m: 41.66 41.66	100m: 1:25.35	43.69	150m: 2:10.88	45.53	200m: 2:55.82		44.94

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 10, Masc., 200m Costas

Prova 10 Masc., 200m Costas
22-01-2011 - 17:05 Juvenil B
Resultados

Rec. Torneio 2:07.52 OLIVEIRA, Pedro CNRM Alcobaça 15-02-2003

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. FELIX, Filipe Miguel	96 Sport Algés e Dafundo	2:21.99	417
50m: 33.64 33.64 100m: 1:09.32 35.68 200m: 2:21.99 1:12.67			
2. CINTRAO, Pedro Rafael	96 Núcleo de Pombal	2:25.87	384
50m: 36.17 36.17 100m: 1:13.65 37.48 150m: 1:51.38 37.73 200m: 2:25.87 34.49			
3. OLIVEIRA, Pedro Alexandre	96 Desportivo Náutico da Marinha	2:27.37	373
50m: 35.52 35.52 100m: 1:13.41 37.89 150m: 1:51.01 37.60 200m: 2:27.37 36.36			
4. XAVIER, Diogo Humberto	96 Uniao Piedense	2:28.10	367
50m: 35.25 35.25 100m: 1:12.64 37.39 150m: 1:50.74 38.10 200m: 2:28.10 37.36			
5. REIS, Leonardo Peralta	96 Benedita	2:28.82	362
50m: 35.94 35.94 100m: 1:14.27 38.33 150m: 1:51.87 37.60 200m: 2:28.82 36.95			
6. MARQUES, Fábio Ferreira	96 BA/Mr.Pizza	2:34.84	321
50m: 36.84 36.84 100m: 1:16.11 39.27 150m: 1:56.50 40.39 200m: 2:34.84 38.34			
7. BABURKO, Maksym	96 Clube Naval da Nazaré	2:40.14	290
50m: 36.72 36.72 100m: 1:17.52 40.80 150m: 1:59.36 41.84 200m: 2:40.14 40.78			
8. LUIS, Andre Duarte	96 Naval Setubalense	2:41.94	281
50m: 38.05 38.05 100m: 1:18.55 40.50 150m: 2:00.52 41.97 200m: 2:41.94 41.42			
DNS PEREIRA, Bernardo Filipe	96 Pimpões/Cimai		
DNS CARMO, Rodrigo Silverio	96 Colégio Vasco da Gama		

Prova 10 Masc., 200m Costas
22-01-2011 - 17:05 Juvenil A
Resultados

Rec. Torneio 2:05.54 OLIVEIRA, Pedro CNRM Alcobaça 08-02-2004

Pontos: FINA 2010

Lugar	Ano	Tempo final	Pts
1. SOUSA, Diogo Gomes	95 Colégio Vasco da Gama	2:07.43	577
50m: 30.97 30.97 100m: 1:03.52 32.55 150m: 1:36.05 32.53 200m: 2:07.43 31.38			
2. THEODORIS, Nathan Keith	95 Louletano - Loule Concelho	2:11.12	529
50m: 30.34 30.34 100m: 1:03.02 32.68 150m: 1:36.55 33.53 200m: 2:11.12 34.57			
3. NETO, Joao Pedro	95 Naval Setubalense	2:11.16	529
50m: 30.39 30.39 100m: 1:03.58 33.19 150m: 1:37.97 34.39 200m: 2:11.16 33.19			
4. SANTOS, Afonso Lopes dos	95 Pimpões/Cimai	2:16.10	473
50m: 32.24 32.24 100m: 1:07.28 35.04 150m: 1:42.03 34.75 200m: 2:16.10 34.07			
5. COELHO, Guilherme Pedro	95 Náutico Académico	2:17.06	464
50m: 33.01 33.01 100m: 1:07.75 34.74 150m: 1:42.58 34.83 200m: 2:17.06 34.48			
6. SILVA, Diogo Miguel	95 Uniao Piedense	2:20.35	432
50m: 33.19 33.19 100m: 1:08.85 35.66 150m: 1:45.19 36.34 200m: 2:20.35 35.16			
7. SOUSA, Daniel Ribeiro	95 Desportivo Náutico da Marinha	2:20.67	429
50m: 32.79 32.79 100m: 1:08.80 36.01 150m: 1:45.95 37.15 200m: 2:20.67 34.72			
8. BAPTISTA, Joao Paulo	95 Benedita	2:54.86	223
50m: 41.88 41.88 100m: 1:26.27 44.39 200m: 2:54.86 1:28.59			
DNS TABORDA, Bruno Filipe	95 BA/Mr.Pizza		

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 10, Masc., 200m Costas

Prova 10 Masc., 200m Costas
22-01-2011 - 17:05 Absolutos Resultados

Rec. Torneio 2:01.97 OLIVEIRA, Pedro CNRM Alcobaça 09-02-2008

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	PEREIRA, Mario Alexandre		92	Náutico Académico				2:07.46	576
	50m:	30.52 30.52	100m:	1:02.98	32.46	150m:	1:35.77 32.79	200m:	2:07.46 31.69
2.	BICA, José João		87	Colégio Vasco da Gama				2:07.66	574
	50m:	30.71 30.71	100m:	1:03.58	32.87	150m:	1:36.20 32.62	200m:	2:07.66 31.46
3.	SILVA, Diogo Maia e		93	Pimpões/Cimai				2:12.67	511
	50m:	30.90 30.90	100m:	1:04.78	33.88	150m:	1:38.77 33.99	200m:	2:12.67 33.90
4.	DURAES, Nuno Rafael		93	Naval Setubalense				2:13.22	505
	50m:	30.85 30.85	100m:	1:04.57	33.72	150m:	1:39.14 34.57	200m:	2:13.22 34.08
5.	GASPAR, Diogo Andre		90	Uniao Piedense				2:13.87	497
	50m:	31.59 31.59	100m:	1:05.84	34.25	150m:	1:39.67 33.83	200m:	2:13.87 34.20
6.	NORTE, Filipe Franco		93	Desportivo Náutico da Marinha				2:14.04	496
	50m:	31.07 31.07	100m:	1:04.75	33.68	150m:	1:39.51 34.76	200m:	2:14.04 34.53
7.	LOPES, Edgar Miguel		94	Louletano - Loule Concelho				2:19.27	442
	50m:	31.85 31.85	100m:	1:06.88	35.03	150m:	1:43.13 36.25	200m:	2:19.27 36.14
8.	TARQUINIO, Luis Antonio		94	Benedita				2:26.05	383
	50m:	33.89 33.89	100m:	1:11.01	37.12	150m:	1:50.32 39.31	200m:	2:26.05 35.73
EXH	PAULINO, Diogo Miguel		90	Alcobaça				2:16.41	470
	50m:	32.42 32.42	100m:	1:07.49	35.07	150m:	1:42.62 35.13	200m:	2:16.41 33.79
EXH	VENANCIO, Diogo Filipe		96	Alcobaça				2:38.09	302
	50m:	37.74 37.74	100m:	1:17.90	40.16	150m:	1:58.25 40.35	200m:	2:38.09 39.84
EXH	MARTINS, Mauricio Santiago		97	Alcobaça				2:42.10	280
	50m:	38.13 38.13	100m:	1:19.34	41.21	150m:	2:01.69 42.35	200m:	2:42.10 40.41
EXH	ANTUNES, Delmar Filipe		94	Alcobaça				2:42.47	278
	50m:	36.91 36.91	100m:	1:17.75	40.84	150m:	2:00.24 42.49	200m:	2:42.47 42.23
EXH	COELHO, Diogo Pereira		98	Alcobaça				2:50.21	242
	50m:	40.82 40.82	100m:	1:25.25	44.43	150m:	2:08.57 43.32	200m:	2:50.21 41.64

Prova 11 Femin., 400m Livres
22-01-2011 - 17:40 12 anos e mais velhos Resultados

Rec. Torneio 4:22.59 SANTOS, Ana SFUAP Alcobaça 18-02-2006

Pontos: FINA 2010

Lugar			Ano					Tempo final	Pts
1.	MARTINHEIRA, Catia Raquel		95	Louletano - Loule Concelho				4:25.04	696
	50m:	30.67 30.67	150m:	1:37.07	33.38	250m:	2:44.80 33.86	350m:	3:52.61 33.83
	100m:	1:03.69 33.02	200m:	2:10.94	33.87	300m:	3:18.78 33.98	400m:	4:25.04 32.43
2.	MIRANDA, Ana Marta		96	Uniao Piedense				4:34.26	628
	50m:	30.71 30.71	150m:	1:38.57	34.45	250m:	2:48.25 34.99	350m:	3:59.35 35.65
	100m:	1:04.12 33.41	200m:	2:13.26	34.69	300m:	3:23.70 35.45	400m:	4:34.26 34.91
3.	RUIVO, Filipa Vilas		97	Desportivo Náutico da Marinha				4:34.33	627
	50m:	32.07 32.07	150m:	1:41.19	34.65	250m:	2:50.91 34.90	350m:	4:00.61 34.83
	100m:	1:06.54 34.47	200m:	2:16.01	34.82	300m:	3:25.78 34.87	400m:	4:34.33 33.72
4.	SIMOES, Ana Sofia		93	Sport Algés e Dafundo				4:40.25	589
	50m:	31.29 31.29	150m:	1:42.08	35.73	250m:	2:53.27 35.76	350m:	4:05.31 36.22
	100m:	1:06.35 35.06	200m:	2:17.51	35.43	300m:	3:29.09 35.82	400m:	4:40.25 34.94

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 11, Femin., 400m Livres, 12 anos e mais velhos

Lugar	Ano		Tempo final						Pts
5. MADEIRA, Sara Alexandra	87	Colégio Vasco da Gama	4:41.67						580
50m: 31.72 31.72	150m: 1:41.85	35.40	250m: 2:53.90	36.04	350m: 4:06.74	36.46			
100m: 1:06.45 34.73	200m: 2:17.86	36.01	300m: 3:30.28	36.38	400m: 4:41.67	34.93			
6. PALMA, Carla Rosario	96	Alcobaça	4:43.01						571
50m: 32.89 32.89	150m: 1:44.13	35.64	250m: 2:56.48	36.27	350m: 4:08.67	35.46			
100m: 1:08.49 35.60	200m: 2:20.21	36.08	300m: 3:33.21	36.73	400m: 4:43.01	34.34			
7. SILVA, Mara Lisboa e	93	BA/Mr.Pizza	4:43.46						569
50m: 32.64 32.64	150m: 1:43.74	35.92	250m: 2:56.06	36.25	350m: 4:08.38	36.17			
100m: 1:07.82 35.18	200m: 2:19.81	36.07	300m: 3:32.21	36.15	400m: 4:43.46	35.08			
8. NEVES, Ana Isabel	96	Pimpões/Cimai	4:46.09						553
50m: 32.63 32.63	150m: 1:43.27	35.65	250m: 2:55.64	36.33	350m: 4:09.44	37.03			
100m: 1:07.62 34.99	200m: 2:19.31	36.04	300m: 3:32.41	36.77	400m: 4:46.09	36.65			
9. GOMES, Carolina Francisco	95	Clube Naval da Nazaré	4:50.43						529
50m: 34.23 34.23	150m: 1:48.40	37.07	250m: 3:02.01	36.54	350m: 4:15.03	36.19			
100m: 1:11.33 37.10	200m: 2:25.47	37.07	300m: 3:38.84	36.83	400m: 4:50.43	35.40			
10. MASCARENHAS, Mariana Ramalhinho	97	Naval Setubalense	4:54.61						507
50m: 34.49 34.49	150m: 1:48.83	37.12	250m: 3:03.63	37.41	350m: 4:18.06	37.08			
100m: 1:11.71 37.22	200m: 2:26.22	37.39	300m: 3:40.98	37.35	400m: 4:54.61	36.55			
11. LIMA, Cristiana Andreia	95	Núcleo de Pombal	5:07.03						447
50m: 34.09 34.09	150m: 1:51.34	39.04	250m: 3:10.56	39.86	350m: 4:29.49	39.30			
100m: 1:12.30 38.21	200m: 2:30.70	39.36	300m: 3:50.19	39.63	400m: 5:07.03	37.54			
12. MARQUES, Soraia Alexandra	94	Benedita	5:10.16						434
50m: 35.60 35.60	150m: 1:52.68	38.81	250m: 3:11.28	39.14	350m: 4:31.03	40.00			
100m: 1:13.87 38.27	200m: 2:32.14	39.46	300m: 3:51.03	39.75	400m: 5:10.16	39.13			
DNS VELOSO, Maria Miguel	93	Náutico Académico							
EXH COSTA, Ana Sofia	95	Alcobaça	4:52.91						515
50m: 33.90 33.90	150m: 1:48.19	37.31	250m: 3:02.82	37.25	350m: 4:16.70	36.99			
100m: 1:10.88 36.98	200m: 2:25.57	37.38	300m: 3:39.71	36.89	400m: 4:52.91	36.21			
EXH RIBEIRO, Mara Casimiro	97	Alcobaça	5:29.79						361
50m: 36.89 36.89	150m: 2:00.22	41.76	250m: 3:25.30	42.49	350m: 4:49.48	42.77			
100m: 1:18.46 41.57	200m: 2:42.81	42.59	300m: 4:06.71	41.41	400m: 5:29.79	40.31			

Prova 12 Masc., 400m Livres 13 anos e mais velhos
22-01-2011 - 17:55 Resultados

Rec. Torneio 3:59.80 CARNEIRO, Ivo SCB Alcobaça 12-01-2002

Pontos: FINA 2010

Lugar	Ano		Tempo final						Pts
1. DIOGO, Miguel Monteiro	93	Alcobaça	3:57.92						715
<i>Recorde do Torneio</i>									
50m: 27.62 27.62	150m: 1:27.25	29.95	250m: 2:27.91	30.10	350m: 3:27.92	30.12			
100m: 57.30 29.68	200m: 1:57.81	30.56	300m: 2:57.80	29.89	400m: 3:57.92	30.00			
2. QUINTANILHA, Nuno Goncalo	87	Colégio Vasco da Gama	4:02.00						679
50m: 28.33 28.33	150m: 1:29.97	31.01	250m: 2:31.85	30.80	350m: 3:33.00	30.21			
100m: 58.96 30.63	200m: 2:01.05	31.08	300m: 3:02.79	30.94	400m: 4:02.00	29.00			
3. OLIVEIRA, Miguel Silva	91	Náutico Académico	4:03.55						666
50m: 27.33 27.33	150m: 1:27.54	30.67	250m: 2:28.95	30.80	350m: 3:32.42	32.04			
100m: 56.87 29.54	200m: 1:58.15	30.61	300m: 3:00.38	31.43	400m: 4:03.55	31.13			
4. GASPAR, Vasco Miguel	90	Uniao Piedense	4:05.07						654
50m: 27.90 27.90	150m: 1:28.46	30.28	250m: 2:30.65	31.16	350m: 3:34.01	31.76			
100m: 58.18 30.28	200m: 1:59.49	31.03	300m: 3:02.25	31.60	400m: 4:05.07	31.06			

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 12, Masc., 400m Livres, 13 anos e mais velhos

Lugar	Ano	Tempo final	Pts
5. POLIAKOV, Artiom Viatcheslavovitch	93 Sport Algés e Dafundo	4:17.38	564
50m: 28.79 28.79 150m: 1:32.63 32.25 250m: 2:38.70 33.06 350m: 3:45.29 33.33			
100m: 1:00.38 31.59 200m: 2:05.64 33.01 300m: 3:11.96 33.26 400m: 4:17.38 32.09			
6. VALE, Alexandre Galveias	93 Pimpões/Cimai	4:20.65	543
50m: 30.21 30.21 150m: 1:36.48 33.31 250m: 2:43.12 33.05 350m: 3:49.54 32.68			
100m: 1:03.17 32.96 200m: 2:10.07 33.59 300m: 3:16.86 33.74 400m: 4:20.65 31.11			
7. RIBEIRO, Joao Paulo	92 BA/Mr.Pizza	4:20.94	542
50m: 28.67 28.67 150m: 1:32.74 32.76 250m: 2:39.99 33.82 350m: 3:47.88 33.75			
100m: 59.98 31.31 200m: 2:06.17 33.43 300m: 3:14.13 34.14 400m: 4:20.94 33.06			
8. VARELA, Pedro Miguel	86 Naval Setubalense	4:24.88	518
50m: 30.22 30.22 150m: 1:36.36 33.24 250m: 2:43.69 33.52 350m: 3:51.88 34.34			
100m: 1:03.12 32.90 200m: 2:10.17 33.81 300m: 3:17.54 33.85 400m: 4:24.88 33.00			
9. LOPES, Edgar Miguel	94 Louletano - Loule Concelho	4:25.30	515
50m: 29.92 29.92 150m: 1:35.56 32.99 250m: 2:43.89 34.23 350m: 3:52.63 34.45			
100m: 1:02.57 32.65 200m: 2:09.66 34.10 300m: 3:18.18 34.29 400m: 4:25.30 32.67			
10. MARTINS, Antero Simao	94 Desportivo Náutico da Marinha	4:26.82	507
50m: 30.29 30.29 150m: 1:36.46 33.44 250m: 2:44.78 34.19 350m: 3:53.76 34.63			
100m: 1:03.02 32.73 200m: 2:10.59 34.13 300m: 3:19.13 34.35 400m: 4:26.82 33.06			
11. ALMEIDA, Joao Petinga de	94 Clube Naval da Nazaré	4:39.17	442
50m: 30.90 30.90 150m: 1:39.98 35.08 250m: 2:51.30 35.87 350m: 4:04.44 36.81			
100m: 1:04.90 34.00 200m: 2:15.43 35.45 300m: 3:27.63 36.33 400m: 4:39.17 34.73			
12. GAMEIRO, Goncalo Ferreira	94 Núcleo de Pombal	4:43.87	421
50m: 32.26 32.26 150m: 1:42.81 35.70 250m: 2:55.09 35.97 350m: 4:08.18 36.62			
100m: 1:07.11 34.85 200m: 2:19.12 36.31 300m: 3:31.56 36.47 400m: 4:43.87 35.69			
13. MARQUES, Henrique Jose	93 Benedita	4:45.28	414
50m: 31.42 31.42 150m: 1:42.53 36.04 250m: 2:55.65 36.60 350m: 4:09.09 36.90			
100m: 1:06.49 35.07 200m: 2:19.05 36.52 300m: 3:32.19 36.54 400m: 4:45.28 36.19			
EXH VICENTE, Andre Alexandre	94 Alcobaça	4:20.51	544
50m: 29.97 29.97 150m: 1:36.30 33.34 250m: 2:43.49 33.49 350m: 3:49.88 32.99			
100m: 1:02.96 32.99 200m: 2:10.00 33.70 300m: 3:16.89 33.40 400m: 4:20.51 30.63			
EXH LAUREANO, Alexandre Miguel	97 Alcobaça	4:38.75	444
50m: 31.50 31.50 150m: 1:42.44 35.65 250m: 2:53.62 35.74 350m: 4:05.31 35.54			
100m: 1:06.79 35.29 200m: 2:17.88 35.44 300m: 3:29.77 36.15 400m: 4:38.75 33.44			
EXH GOMES, Joao Andre	97 Alcobaça	4:51.13	390
50m: 32.40 32.40 150m: 1:45.25 36.74 250m: 2:59.54 37.37 350m: 4:14.37 37.47			
100m: 1:08.51 36.11 200m: 2:22.17 36.92 300m: 3:36.90 37.36 400m: 4:51.13 36.76			

Prova 13
22-01-2011 - 18:15

Femin., 4 x 100m Estilos

12 anos e mais velhos
Resultados

Rec. Est. Tor	4:24.01	CNCVG	CNCVG	Alcobaça	18-02-2006
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Pontos: FINA 2010

Lugar	Tempo final	Pts	
1. Louletano	4:31.05	594	
LOPES, Carolina Sofia	96 33.66 1:09.56	MARTINHEIRA, Catia Raquel	95 29.95 1:04.50
FIGUEIRA, Isabel Maria	79 34.69 1:14.08	INES, Rute Rocha	97 29.59 1:02.91
2. CNAC	4:32.80	583	
LOPES, Adriana Correia	95 34.23 1:08.77	MARTINS, Carolina Cunha	95 30.52 1:05.88
ANDRADE, Gabriela Oliveira	94 35.42 1:15.84	CRAVEIRO, Beatriz Neves	97 29.86 1:02.31
3. Colégio Vasco da Gama	4:38.20	550	
MADEIRA, Sara Alexandra	87 34.46 1:09.21	CARMO, Ana Filipa	93 31.07 1:07.95
MARTINHO, Claudia Monteiro	93 36.40 1:18.02	CENTENO, Maria Carolina	97 29.85 1:03.02

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 13, Femin., 4 x 100m Estilos, 12 anos e mais velhos

Lugar					Tempo final	Pts
4. Pimpões/ CIMAI	Pimpões/Cimai				4:41.25	532
PEDRO, Ana Beatriz	97	35.99	1:14.58	SANTOS, Cristina Paris	94	31.94 1:08.56
KAMINSKAYA, Victoria	95	34.79	1:13.70	NEVES, Ana Isabel	96	30.70 1:04.41
5. União Piedense	Uniao Piedense				4:44.24	515
NUNES, Catarina Tiago	95	34.56	1:11.70	MIRANDA, Ana Marta	96	31.15 1:07.58
SANTOS, Joana Dias	96	38.27	1:21.55	SARAIVA, Marta alexandra	93	30.96 1:03.41
6. Sport Algés e Dafundo	Sport Algés e Dafundo				4:45.24	510
AZEVEDO, Francisca Gomes	97	34.06	1:09.82	PAIVA, Ines Alexandra	96	32.71 1:08.97
MARQUES, Ana Beatriz	98	39.17	1:23.20	SIMOES, Ana Sofia	93	29.98 1:03.25
7. BA/ Mr. Pizza	BA/Mr.Pizza				4:47.19	500
SILVA, Mara Lisboa e	93	35.23	1:11.66	CRUZ, Sara Francisco	93	31.18 1:05.90
RELVA, Melissa Cardoso	97	40.79	1:25.85	ANJOS, Andreia Filipa	92	30.74 1:03.78
8. Desportivo Náutico	Desportivo Náutico da Marinha				4:47.97	496
CLARA, Catia Andreia	95	35.43	1:12.88	RUIVO, Filipa Vilas	97	33.42 1:11.43
DUARTE, Margarida Domingues	97	37.28	1:19.88	ELOI, Ana Monica	96	30.11 1:03.78
9. Alcobaça 1	Alcobaça				4:54.13	465
COSTA, Mariana Jesus	96	33.98	1:09.84	PAULINO, Bruna Elisabete	97	33.87 1:12.69
COSTA, Ana Sofia	95	41.88	1:27.36	PALMA, Carla Rosario	96	30.43 1:04.24
10. Benedita SCN	Benedita				4:57.58	449
PENAS, Isa Morais	96	34.35	1:11.50	CUSTOIAS, Filipa Vicente	97	33.57 1:12.00
MARQUES, Soraia Alexandra	94	41.14	1:27.25	LOURENCO, Ana Margarida	96	31.97 1:06.83
11. Naval Setubalense	Naval Setubalense				5:00.21	437
SANTOS, Anaisa Matos	93	35.86	1:13.82	FERREIRA, Catarina Brito	97	34.00 1:13.96
MASCARENHAS, Mariana Ramalhir	97	42.06	1:28.04	COSTA, Maria Mar	95	30.28 1:04.39
12. Núcleo de Pombal	Núcleo de Pombal				5:18.52	366
GONCALVES, Carolina Santana	95	38.27	1:18.98	LIMA, Cristiana Andreia	95	36.39 1:20.22
MATIAS, Beatriz Duarte	97	40.52	1:27.74	FRADE, Joana Ines	92	33.71 1:11.58
13. Clube Naval da Nazaré	Clube Naval da Nazaré				5:52.08	271
NEGRAO, Patricia Monteiro	96	36.66	1:14.73	NEGRAO, Raquel Monteiro	96	40.99 1:08.58
DIAS, Maria Duarte	99	52.00	1:49.28	ROLO, Mariana Galego	97	28.42 1:39.49
DNS Torres Novas	Torres Novas					

Prova 14 Masc., 4 x 100m Estilos 13 anos e mais velhos
22-01-2011 - 18:25 **Resultados**

Rec. Est. Tor	3:55.03	CNA	CNA	Alcobaça	18-02-2006
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Pontos: FINA 2010

Lugar					Tempo final	Pts
1. CNAC	Náutico Académico				3:56.90	594
PEREIRA, Mario Alexandre	92	28.58	59.32	OLIVEIRA, Miguel Silva	91	26.12 57.04
VIOLA, Joao Albano	89	30.34	1:05.39	VELOSO, Tomas Miguel	96	26.31 55.15
2. Alcobaça 1	Alcobaça				4:00.80	565
PAULINO, Diogo Miguel	90	30.72	1:03.43	DIOGO, Miguel Monteiro	93	26.71 57.58
SILVA, Diogo Parrilha da	93	29.86	1:04.64	GRACA, Andre Filipe da	93	26.23 55.15
3. Naval Setubalense	Naval Setubalense				4:06.29	528
NETO, Joao Pedro	95	29.49	1:00.18	DURAES, Nuno Rafael	93	27.46 59.90
VARELA, Pedro Miguel	86	31.73	1:08.64	VARELA, Ricardo Jose	89	27.06 57.57
4. Pimpões/ CIMAI	Pimpões/Cimai				4:07.43	521
SILVA, Diogo Maia e	93	30.02	1:01.86	SANTOS, Afonso Lopes dos	95	28.19 1:00.50
MACHADO, Tiago Geraledes	93	31.61	1:09.59	VALE, Alexandre Galveias	93	26.43 55.48
5. União Piedense	Uniao Piedense				4:11.61	495
GASPAR, Diogo Andre	90	29.60	1:02.44	DIAS, Jose Manuel	94	29.10 1:03.81
SILVA, Diogo Miguel	95	33.35	1:11.62	GASPAR, Vasco Miguel	90	25.43 53.74

XV Torneio Taça "Cidade de Alcobaça"
Alcobaça, 22.1.2011

Prova 14, Masc., 4 x 100m Estilos, 13 anos e mais velhos

Lugar					Tempo final	Pts
6. Sport Algés e Dafundo	Sport Algés e Dafundo				4:12.75	489
FELIX, Filipe Miguel	96	32.24	1:06.12	SANTOS, Pedro Andre	94	26.94 58.40
BENTO, Pedro Alexandre	95	33.76	1:12.28	POLIAKOV, Artiom Viatcheslavovitch	93	26.73 55.95
7. Desportivo Náutico	Desportivo Náutico da Marinha				4:18.80	455
SOUZA, Daniel Ribeiro	95	30.79	1:04.51	MARTINS, Antero Simao	94	29.69 1:03.94
NORTE, Filipe Franco	93	31.92	1:09.06	SILVA, Nuno Valerio	97	29.34 1:01.29
8. BA/ Mr. Pizza	BA/Mr.Pizza				4:18.83	455
RIBEIRO, Joao Paulo	92	30.03	1:02.25	NETO, Walter Marcos	95	30.24 1:05.25
FARIA, Cesar Fernando	90	32.53	1:10.53	CUNHA, Lourenco Manuel	96	28.74 1:00.80
9. Louletano	Louletano - Loule Concelho				4:20.29	447
THEODORIS, Nathan Keith	95	28.82	59.14	NASCIMENTO, Renato Filipe	94	28.74 1:02.55
LOPES, Edgar Miguel	94	34.30	1:15.17	HORTA, Nuno Leal	97	29.93 1:03.43
10. Benedita SCN	Benedita				4:29.59	403
TARQUINIO, Luis Antonio	94	32.50	1:07.54	MARQUES, Henrique Jose	93	31.54 1:07.32
REIS, Leonardo Peralta	96	35.48	1:16.15	RIBEIRO, Tiago Lopes	93	27.43 58.58
11. Alcobaça 2	Alcobaça				4:40.00	359
GOMES, Joao Andre	97	35.29	1:12.80	RODRIGUES, Pedro Miguel	97	30.64 1:06.73
JORGE, Joao Bernardo	97	36.79	1:18.82	LAUREANO, Alexandre Miguel	97	29.88 1:01.65
12. Núcleo de Pombal	Núcleo de Pombal				4:41.99	352
CINTRAO, Pedro Rafael	96	33.02	1:07.19	JERONIMO, Ricardo Contreiras	97	33.40 1:12.41
GAMEIRO, Goncalo Ferreira	94	35.79	1:16.31	ALVES, Telmo Silva	94	30.70 1:06.08
13. Clube Naval da Nazaré	Clube Naval da Nazaré				4:59.23	294
FERREIRA, Theo Jesus	96	39.46	1:22.18	ALMEIDA, Joao Petinga de	94	31.47 1:09.11
BABURKO, Maksym	96	41.25	1:29.06	TEIXEIRA, Micael Valverde	94	26.82 58.88
14. Alcobaça 3	Alcobaça				5:25.91	228
COELHO, Diogo Pereira	98	39.34	1:19.80	VICENTE, Diogo Alexandre	98	35.39 1:18.02
COELHO, Ricardo Pereira	98	45.27	1:34.91	COELHO, Andre Pereira	98	35.78 1:13.18
DNS Colégio Vasco da Gama	Colégio Vasco da Gama					