

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 1 Masc., 200m Costas 14 - 79 anos  
27/02/2016 - 14:30 Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>14 - 16 anos</b>									
1.	ROSA, Joao Tiago	15	Individual	<b>2:46.01</b>	261		1:20.47	2:04.71	2:46.01
2.	BRASIO, Gabriel Simoes	15	Masters Natacao Ahbvac	<b>2:51.13</b>	238	42.48	1:26.33	2:09.79	2:51.13
3.	FARIA, Duarte Goncalves	16	Fundacao Salesianos	<b>2:53.84</b>	227	42.70	1:27.01	2:12.50	2:53.84
4.	ANICETO, Goncalo Nuno	15	Grupo Amigos Natacao	<b>2:54.53</b>	224	38.86	1:23.36	2:09.58	2:54.53
DNS	MONTEIRO, R.	16	Centro Pop. Trab. Luz E Vida						
DNS	OLIVEIRA, Andre Pires	15	Centro Pop. Trab. Luz E Vida						
<b>17 - 19 anos</b>									
1.	RAMOS, Rafael Cavaco	17	Associacao Naval Amorens	<b>2:32.22</b>	338	35.24	1:12.93	1:52.50	2:32.22
2.	SANTO, Fabio Espirito	17	Centro Pop. Trab. Luz E Vid	<b>2:43.23</b>	274	37.95	1:20.28	2:02.41	2:43.23
3.	RODRIGUES, M.	18	Ccd Avancado Eulx	<b>2:44.88</b>	266	37.92	1:19.96	2:03.14	2:44.88
4.	ANTONIO, Francisco Migu	18	Masters Natacao Ahbvac	<b>2:56.67</b>	216	41.01	1:26.89	2:13.57	2:56.67
5.	SIMOES, Andre Domingue	18	Masters Natacao Ahbvac	<b>3:00.50</b>	203	42.43	1:27.95	2:15.84	3:00.50
6.	PRATA, Rui Carlos	18	Masters Almada	<b>3:09.67</b>	175	43.44	1:30.41	2:20.28	3:09.67
7.	BAPTISTA, Joao Bernardo	18	Masters Almada	<b>3:27.12</b>	134	46.93	1:40.29	2:34.51	3:27.12
8.	CORREIA, Pedro Miguel	18	Masters Natacao Ahbvac	<b>3:45.15</b>	104	46.53	1:45.50	2:47.04	3:45.15
DNS	ANDRE, Bernardo Mende	18	Fundacao Salesianos						
<b>20 - 24 anos</b>									
1.	MARQUES, Bernardo Migi	21	Masters Almada	<b>2:26.98</b>	376	34.70	1:12.05	1:49.58	2:26.98
2.	OLIVEIRA, Bernardo	23	Ccd Avancado Eulx	<b>2:29.98</b>	354	36.42	1:15.32	1:53.76	2:29.98
3.	CHAVES, Denis Teixeira	20	Estrelas Sao Joao Brito	<b>2:56.74</b>	216	42.67	1:27.84	2:12.38	2:56.74
4.	DIAS, Rafael Jose	20	Masters Natacao Ahbvac	<b>3:02.32</b>	197	43.76	1:30.99	2:18.12	3:02.32
DNS	SANTOS, Jose Pedro	21	Masters Natacao Ahbvac						
<b>25 - 29 anos</b>									
1.	PRAZERES, Pedro Nuno	27	Cpcd-Centro Popular C.De	<b>2:23.89</b>	401	32.53	1:08.17	1:45.59	2:23.89
2.	PARREIRA, G.	28	Clube Nacional de Natacac	<b>2:59.28</b>	207	41.83	1:27.87	2:15.19	2:59.28
DNS	BRANCO, Andre Mendes	26	Masters Almada						
<b>30 - 34 anos</b>									
1.	FERREIRA, Duarte Nuno	30	Fundacao Salesianos	<b>2:31.71</b>	342	35.89	1:14.90	1:53.96	2:31.71
2.	MAIA, Daniel Dias	31	Grupo Amigos Natacao	<b>2:43.71</b>	272	38.18	1:20.08	2:01.60	2:43.71
<b>35 - 39 anos</b>									
1.	MARTINS, Abel Pedro	39	Grupo Amigos Natacao	<b>2:20.01</b>	435	33.71	1:11.08	1:46.24	2:20.01
2.	ALMEIDA, Diogo Pedroso	39	Colegio Integrado Monte M	<b>2:35.08</b>	320	36.66	1:16.32	1:56.44	2:35.08
DNS	LOURENCO, Rui Pedro	35	Sindicato T.F.Publica						
<b>45 - 49 anos</b>									
1.	COSTA, Paulo Afonso	49	Masters Almada	<b>3:09.15</b>	176	43.84	1:31.48	2:20.89	3:09.15
2.	FERREIRA, Jorge Manuel	48	Masters Almada	<b>3:32.32</b>	124	51.02	1:45.22	2:39.37	3:32.32
<b>50 - 54 anos</b>									
1.	OLIVEIRA, Carlos Jorge	52	Clube Portugal Telecom	<b>2:51.08</b>	238	39.48	1:23.07	2:07.75	2:51.08
2.	SILVA, Juan Luis	53	Masters Almada	<b>3:11.64</b>	169	44.40	1:32.96	2:23.51	3:11.64
<b>55 - 59 anos</b>									
1.	JESUS, Carlos Alberto	57	Masters Almada	<b>4:25.30</b>	63	58.63	2:06.99	3:16.56	4:25.30
2.	JESUS, Fernando Joaquir	57	Sindicato T.F.Publica	<b>4:26.27</b>	63	1:04.59	2:12.31	3:22.82	4:26.27

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 1, Masc., 200m Costas

60 - 64 anos

1. CORREIA, Carlos Barata 64 Masters Almada **3:56.96** 89 58.60 1:58.72 2:58.99 3:56.96

65 - 69 anos

1. ESTEVES, Manuel Jose 66 Masters Almada **4:46.75** 50 1:02.63 2:14.67 3:31.46 4:46.75

Prova 2

Femin., 200m Costas

14 - 79 anos

27/02/2016 - 14:55

Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>14 - 16 anos</b>									
DNS	GONCALVES, Ana Claudia	15	Masters Natacao Ahbvac						
DNS	FIGUEIREDO, C.	15	Centro Pop. Trab. Luz E Vida						
<b>17 - 19 anos</b>									
1.	BOLEO, Isabel Rodrigues	17	Ccd Avancado Eulx	<b>2:51.81</b>	334	40.37	1:23.05	2:07.22	2:51.81
2.	ARAUJO, Marta Barros	17	Associacao Naval Amorens	<b>2:55.16</b>	315	40.57	1:23.99	2:09.77	2:55.16
3.	PEDRO, Joana Rodrigues	19	Masters Natacao Ahbvac	<b>3:13.28</b>	234	47.64			3:13.28
4.	BOTO, Jessica Abrantes	19	Associacao Naval Amorens	<b>3:17.16</b>	221	45.48	1:35.17	2:27.63	3:17.16
5.	ESTRADA, Elisa Ferreira	17	Associacao Naval Amorens	<b>3:17.34</b>	220	45.29	1:35.89	2:27.28	3:17.34
<b>20 - 24 anos</b>									
1.	MARTINS, Silvia Coelho	21	Ccd Avancado Eulx	<b>3:01.51</b>	283	41.84	1:27.92	2:16.41	3:01.51
DNS	COSTA, Rita Almeida	24	Fundacao Salesianos						
<b>25 - 29 anos</b>									
1.	MONTEIRO, Maria Joao	27	Fundacao Salesianos	<b>3:01.12</b>	285	41.86	1:27.24	2:14.29	3:01.12
DNS	LOPES, Catarina Isabel	25	Fundacao Salesianos						
<b>30 - 34 anos</b>									
1.	MARTINS, Ana Mallen	30	Grupo Amigos Natacao	<b>3:03.30</b>	275	43.54	1:29.61	2:17.22	3:03.30
2.	PATO, Ana Henriques	33	Junta Freguesia Avenidas	<b>3:27.79</b>	188	48.23	1:40.28	2:35.50	3:27.79
<b>35 - 39 anos</b>									
DNS	FONSECA, Ana Margarida	39	Sindicato T.F.Publica						
<b>40 - 44 anos</b>									
1.	FERREIRA, Sara Colaco	42	Masters Almada	<b>3:31.05</b>	180	48.72	1:41.05	2:37.56	3:31.05
2.	PRESTES, Ana Lucia	42	Masters Almada	<b>3:58.79</b>	124	55.63	1:56.58	2:59.49	3:58.79
3.	PASSOS, Madalena Cruz	41	Sindicato T.F.Publica	<b>3:59.32</b>	123	53.56	1:52.74	2:55.74	3:59.32
<b>45 - 49 anos</b>									
1.	SOUSA, Maria Clara	48	Masters Almada	<b>3:52.14</b>	135	54.85			3:52.14
<b>65 - 69 anos</b>									
1.	MARQUES, Maria Teresa	67	Sindicato T.F.Publica	<b>4:49.89</b>	69	1:07.84	2:23.54	3:36.28	4:49.89

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 3 Masc., 200m Mariposa 14 - 79 anos  
27/02/2016 - 15:10 Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m
<b>14 - 16 anos</b>								
1.	RIBEIRO, Francisco Cunh15	Individual	<b>3:01.29</b>	214	38.20	1:25.04	2:14.20	3:01.29
<b>17 - 19 anos</b>								
1.	FRANCISCO, João Lucas 17	Grupo Amigos Natacao	<b>2:39.38</b>	316	34.06	1:12.77	1:54.68	2:39.38
2.	BUD, Vasile Catalin 18	Estrelas Sao Joao Brito	<b>2:40.52</b>	309	36.06	1:16.24	1:57.95	2:40.52
3.	FIGUEIREDO, Filipe Fons18a	Fundacao Salesianos	<b>2:51.36</b>	254	35.43	1:17.53	2:03.17	2:51.36
4.	RODRIGUES, Bruno Rafa18	Futebol Clube Alverca	<b>3:24.33</b>	149	41.44	1:33.83	2:30.22	3:24.33
5.	RICARDO, Antonio Santos17	Associacao Naval Amorens	<b>3:38.69</b>	122	43.72	1:39.57	2:38.95	3:38.69
<b>20 - 24 anos</b>								
1.	CRUZ, Francisco Miguel 22	Masters Almada	<b>2:19.76</b>	468	31.24	1:06.37	1:42.30	2:19.76
2.	MARTINS, Goncalo Duarte23	Masters Almada	<b>2:27.15</b>	401	31.89	1:08.43	1:46.66	2:27.15
3.	CALDEIRA, G. 20	Grupo Amigos Natacao	<b>2:56.09</b>	234	35.37	1:18.10	2:06.70	2:56.09
4.	MANUEL, Simao Laranjeir20	Individual	<b>2:59.58</b>	220	38.62	1:24.03	2:11.94	2:59.58
5.	FARIA, Jose Antonio 22	Ccd Avancado Eulx	<b>3:12.91</b>	178	40.37	1:28.88	2:20.53	3:12.91
<b>25 - 29 anos</b>								
1.	BISCAIA, Pedro Baptista 27	Ccd Avancado Eulx	<b>2:47.74</b>	271	35.95	1:18.51	2:04.06	2:47.74
2.	FRANCISCO, Jose Daniel27	Grupo Amigos Natacao	<b>2:50.92</b>	256	37.70	1:20.03	2:05.50	2:50.92
<b>30 - 34 anos</b>								
1.	CARDOSO, Alvaro Miguel 32	Lisboa Poolboys By A.Bjwhf	<b>2:33.82</b>	351	34.00	1:12.07	1:51.54	2:33.82
2.	MANSO, Sergio Ribeiro 32	Sindicato T.F.Publica	<b>2:43.31</b>	293	35.57	1:16.54	1:59.56	2:43.31
<b>45 - 49 anos</b>								
1.	PEREIRA, Joao Carlos 47	Masters Almada	<b>2:59.59</b>	220	38.30	1:24.00	2:11.50	2:59.59
<b>55 - 59 anos</b>								
1.	REAL, Eduardo Corte 55	Clube Nacional de Natacac	<b>3:18.05</b>	164	44.22	1:33.03	2:25.35	3:18.05
<b>60 - 64 anos</b>								
1.	MAVIOSO, Vitor Manuel 60	Sport Alges Dafundo	<b>3:00.08</b>	219	38.27	1:22.97	2:08.53	3:00.08
2.	COELHO, Domingos Mari64	Sport Alges Dafundo	<b>4:09.20</b>	82	56.79	2:03.30	3:08.88	4:09.20
<b>70 - 74 anos</b>								
1.	BAIRRADA, Orlando Nune71	Sport Alges Dafundo	<b>3:42.72</b>	115	48.77	1:45.42	2:44.53	3:42.72

Prova 4 Femin., 200m Mariposa 14 - 79 anos  
27/02/2016 - 15:25 Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m
<b>14 - 16 anos</b>								
1.	ROSA, Claudia Fonseca 16	Individual	<b>3:56.64</b>	129	42.55	1:39.99	2:52.38	3:56.64

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 4, Femin., 200m Mariposa

17 - 19 anos

1. CARVALHO, Vera Alexandr	17	Associacao Naval Amorens	<b>3:23.48</b>	203	41.94	1:33.76	2:28.32	3:23.48
DNS BOLEO, Sara Rodrigues	19	Ccd Avancado Eulx						

20 - 24 anos

1. SANTOS, Raquel Alexandr	21	Cpcd-Centro Popular C.De	<b>3:34.40</b>	173	43.33	1:38.42	2:36.70	3:34.40
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25 - 29 anos

1. SANTOS, Miriam Rordrigu	25	Masters Almada	<b>2:56.21</b>	312	39.02	1:23.95	2:10.43	2:56.21
2. LORY, Susana Pereira	29	Masters Almada	<b>4:09.61</b>	110	55.96	1:58.80	3:04.80	4:09.61

55 - 59 anos

1. CAEIRO, Ana Maria	57	Grupo Amigos Natacao	<b>4:23.17</b>	93	55.45	2:02.80	3:13.60	4:23.17
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Prova 5

Masc., 200m Bruços

14 - 79 anos

27/02/2016 - 15:35

Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>14 - 16 anos</b>									
1.	NANQUES, Joao Gaspar	15	Futebol Clube Alverca	<b>3:21.01</b>	215	45.46	1:36.82	2:30.96	3:21.01
2.	COSTA, Rodrigo Borges	16	Masters Natacao Ahbvac	<b>3:25.18</b>	202	42.81	1:33.08	2:29.34	3:25.18
3.	FERREIRA, Diogo Colima	16	Masters Natacao Ahbvac	<b>3:29.39</b>	190	50.05	1:42.15	2:35.60	3:29.39
4.	AFONSO, Diogo Fernandc	16	Masters Natacao Ahbvac	<b>3:32.54</b>	182	45.80	1:39.33	2:36.12	3:32.54
5.	HENRIQUES, Ruben Migl	16	Associacao Naval Amorens	<b>3:49.93</b>	143	46.26	1:44.51	2:46.71	3:49.93
6.	ALMEIDA, Manuel Ferreira	16	Masters Natacao Ahbvac	<b>3:57.34</b>	130	49.66	1:50.13	2:54.08	3:57.34
DNS	OLIVEIRA, Joao Andre	16	Centro Pop. Trab. Luz E Vida						
<b>17 - 19 anos</b>									
1.	TAVARES, Joao Antonio	18	Ccd Avancado Eulx	<b>2:46.30</b>	380	36.74	1:18.91	2:03.47	2:46.30
2.	REIS, Diogo Fernandes	18	Masters Natacao Ahbvac	<b>2:52.72</b>	339				2:52.72
3.	SILVA, Daniel Fernando	18	Ginasio Clube Portugues	<b>2:54.77</b>	327	37.22	1:20.82	2:08.13	2:54.77
4.	FARIA, Goncalo Silva	17	Fundacao Salesianos	<b>3:11.09</b>	250				3:11.09
5.	TEIXEIRA, Miguel Jacinto	17	Fundacao Salesianos	<b>3:12.21</b>	246	42.78	1:29.75	2:20.25	3:12.21
6.	OLIVEIRA, Joao Pedro	17	Estrelas Sao Joao Brito	<b>3:13.71</b>	240	43.00	1:31.50	2:23.43	3:13.71
7.	CAEIRO, Joao Gabriel	18	Masters Almada	<b>3:17.42</b>	227	44.41	1:34.45	2:26.84	3:17.42
8.	FELIX, Andre Rosa	17	Masters Natacao Ahbvac	<b>3:18.98</b>	221	40.93	1:28.78	2:22.10	3:18.98
9.	GRANJA, Ricardo Filipe	17	Futebol Clube Alverca	<b>3:20.57</b>	216	44.40	1:35.21	2:28.15	3:20.57
10.	BARRELAS, Tiago Miguel	18	Masters Natacao Ahbvac	<b>3:24.77</b>	203	45.54	1:37.77	2:32.62	3:24.77
11.	OLIVEIRA, Afonso Tiago	17	Fundacao Salesianos	<b>3:24.82</b>	203	48.16	1:39.95	2:32.69	3:24.82
12.	CARLOTA, Guilherme Per	17a	Associacao Naval Amorens	<b>3:31.58</b>	184	44.28	1:36.92	2:34.65	3:31.58
13.	CHAVES, Martim Teixeira	19	Estrelas Sao Joao Brito	<b>3:42.95</b>	157	47.02	1:42.73	2:42.21	3:42.95
DNS	CARVALHO, Miguel Filipe	18	Centro Pop. Trab. Luz E Vida						
DNS	CAMPOS, Bruno Filipe	18	Centro Pop. Trab. Luz E Vida						
DNS	MAGNI, Jose Andrade	18	Centro Pop. Trab. Luz E Vida						
DNS	ANDRADE, Goncalo Filipe	18	Estrelas Sao Joao Brito						
DNS	ANDRE, Francisco Mende	18	Fundacao Salesianos						
DNS	TEIXEIRA, Joao Duarte	17	Individual						
DNS	MONTEIRO, Rui	19	A.H.B.V. Colares						
<b>20 - 24 anos</b>									
1.	MONTOIA, Diogo Alves	23	Grupo Amigos Natacao	<b>3:11.37</b>	249	42.81	1:31.40	2:21.88	3:11.37
2.	REGUEIRA, Miguel Angelc	23	Masters Natacao Ahbvac	<b>3:25.95</b>	200	47.02	1:39.49	2:33.33	3:25.95
3.	BAPTISTA, Francisco Man	20	Estrelas Sao Joao Brito	<b>3:27.60</b>	195	46.01	1:36.55	2:31.40	3:27.60
DSQ	PESSANHA, Joao Pedro	20	Estrelas Sao Joao Brito	<b>3:25.58</b>		44.27	1:37.71	2:33.63	3:25.58
	<i>falsa partida</i>								

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 5, Masc., 200m Bruços

25 - 29 anos

1. GRANCHA, Joao	26	Lisboa Poolboys By A.Bjwhf	<b>2:52.26</b>	342					2:52.26
2. PIRES, Andre Rosa	26	Sindicato T.F.Publica	<b>3:03.02</b>	285					3:03.02
3. PEREIRA, Bernardo Marq	28	Fundacao Salesianos	<b>3:35.94</b>	173	47.01	1:42.06	2:40.11		3:35.94

30 - 34 anos

1. DABRIO, Miguel	34	Fundacao Salesianos	<b>3:05.09</b>	275					3:05.09
2. ROCHA, Pedro Morais	33	Sindicato T.F.Publica	<b>3:15.73</b>	233	44.30	1:34.05	2:25.38		3:15.73
DNS REIS, Helder Bruno	32	Junta Freguesia Avenidas Novas							

35 - 39 anos

1. DIAS, Mario Martinho	36	Masters Almada	<b>3:07.90</b>	263	42.69	1:29.98	2:18.74		3:07.90
DNS ESTEVENS, Hugo Miguel	38	Sindicato T.F.Publica							

40 - 44 anos

1. GUERRA, Nuno Santos	42	Grupo Amigos Natacao	<b>2:49.17</b>	361					2:49.17
2. SANTOS, Paulo Alexandre	42	Junta Freguesia Avenidas N	<b>3:18.39</b>	223	43.70	1:34.57	2:27.24		3:18.39
3. VARELA, Jose Antonio	43	Individual	<b>3:20.82</b>	215	45.52	1:37.30	2:30.44		3:20.82
4. RIBEIRO, Rodrigo Alexanc	43	Junta Freguesia Avenidas N	<b>3:48.26</b>	147	49.20	1:45.95	2:46.57		3:48.26

45 - 49 anos

1. SANTINHA, Antonio Manu	47	Masters Almada	<b>3:40.21</b>	163	52.34	1:50.00	2:46.53		3:40.21
2. CARDOSO, Jose Luis	45	Masters Almada	<b>3:56.17</b>	132	51.81	1:51.36	2:54.76		3:56.17
DNS QUEIROZ, Nuno Leal	47	Colegio Integrado Monte Maior							

50 - 54 anos

1. ALMEIDA, Luis Filipe	50	Lisboa Poolboys By A.Bjwhf	<b>3:43.43</b>	156	48.73	1:44.36	2:43.95		3:43.43
2. DINIZ, Carlos Manuel	51	Cpcd-Centro Popular C.De	<b>5:37.50</b>	45	1:15.96	2:43.49	4:12.70		5:37.50
DNS SILVA, Joao Manuel	53	Clube Millennium Bcp							
DNS ANDRADE, Joao Jose	54	Masters Almada							

55 - 59 anos

1. MARQUES, Antonio Higinc	55	Associacao Nadadores Est	<b>3:56.33</b>	132	50.49	1:48.82	2:51.79		3:56.33
2. SANTOS, Eduardo Jorge	59	Individual	<b>4:42.09</b>	77	1:02.26	2:13.15	3:28.26		4:42.09
3. PEREIRA, Joao Antonio	56	Lisboa Poolboys By A.Bjwhf	<b>4:52.62</b>	69	57.87	2:11.04	3:31.81		4:52.62

60 - 64 anos

1. MENDES, Ricardo Antonic	61	Fundacao Salesianos	<b>3:39.19</b>	166	48.64	1:44.68	2:43.32		3:39.19
2. BARRADA, Mario Nunes	64	Sport Alges Dafundo	<b>3:45.76</b>	151	50.56	1:47.51	2:46.20		3:45.76
3. GONCALVES, Jose Manu	60	Masters Almada	<b>4:15.09</b>	105	55.85	1:59.17	3:07.77		4:15.09
DNS ALMEIDA, Hermano Botell	60	Clube Portugal Telecom							

65 - 69 anos

1. VIEGAS, Luis Antonio	69	Sport Alges Dafundo	<b>4:22.88</b>	96	1:00.50	2:08.81	3:18.41		4:22.88
2. SANTOS, Luis Filipe	68	Masters Natacao Ahbvac	<b>4:41.43</b>	78	57.82	2:08.18	3:23.31		4:41.43
3. SOUSA, Jose Luis	69	Sindicato T.F.Publica	<b>5:24.60</b>	51	1:10.31	2:34.27	4:01.73		5:24.60

70 - 74 anos

1. GASPAR, Alexandre Albert	71	Sport Alges Dafundo	<b>3:58.93</b>	128	55.14	1:55.62	2:58.66		3:58.93
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TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 6 Femin., 200m Bruços 14 - 79 anos  
27/02/2016 - 16:20 Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>14 - 16 anos</b>									
1.	FERREIRA, Ines Sofia	15	Associacao Naval Amorens	<b>3:47.65</b>	206	48.23	1:46.45	2:47.27	3:47.65
DNS	ARMEIRO, Beatriz Oliveira	15	Estrelas Sao Joao Brito						
<b>17 - 19 anos</b>									
1.	SANTOS, Raquel Fernanc	18	Masters Almada	<b>3:14.71</b>	330	43.37	1:32.52	2:22.92	3:14.71
2.	GONCALVES, Bruna Sofia	18	Fundacao Salesianos	<b>3:34.45</b>	247	45.81	1:38.04	2:35.59	3:34.45
<b>20 - 24 anos</b>									
1.	SILVEIRA, Barbara Maria	21	Masters Almada	<b>3:23.54</b>	288	46.92	1:37.48	2:30.24	3:23.54
2.	RIBEIRO, Mariana Messia	21	Sindicato T.F.Publica	<b>3:28.82</b>	267	46.16	1:39.45	2:35.12	3:28.82
DNS	DUARTE, C.	21	Associacao Naval Amorense						
<b>25 - 29 anos</b>									
1.	MARQUES, Joana Pedros	25	Masters Almada	<b>3:00.70</b>	413	41.38	1:26.97	2:13.58	3:00.70
2.	GRACA, Mariana Roque	25	Associacao Nadadores Est	<b>3:36.20</b>	241	46.15	1:40.19	2:38.24	3:36.20
<b>35 - 39 anos</b>									
1.	ROCHA, Maria Joao	36	Sindicato T.F.Publica	<b>3:54.59</b>	188	51.72	1:50.22	2:52.53	3:54.59
DNS	CORREIA, Rita Matosa	37	Masters Almada						
<b>40 - 44 anos</b>									
DNS	OLIVEIRA, Sara Rocha	41	Fundacao Salesianos						
DNS	MARTA, Teresa Cardoso	43	Colegio Integrado Monte Maior						
<b>45 - 49 anos</b>									
1.	LENZI, Carla Silvia	49	Sport Alges Dafundo	<b>3:44.04</b>	216	50.90	1:47.34	2:45.88	3:44.04
2.	LOPES, Ruth Silva	45	Associacao Nadadores Est	<b>4:14.54</b>	147	1:00.58	2:05.03	3:09.89	4:14.54
3.	BARROS, Ana Cristina	46	Masters Almada	<b>4:33.18</b>	119	58.44	2:09.53	3:21.55	4:33.18
<b>50 - 54 anos</b>									
1.	PEIXE, Carla Filomena	53	Masters Almada	<b>3:48.08</b>	205	50.52	1:47.56	2:47.92	3:48.08
2.	MEIRA, Ana Paula	54	Associacao Nadadores Est	<b>4:15.39</b>	146	59.57	2:05.63	3:11.51	4:15.39
3.	VASCONCELOS, M.	52	Masters Almada	<b>4:29.35</b>	124	59.21	2:06.65	3:18.55	4:29.35
4.	TANTCHEVA, Lidia Nikifor	54	Clube Portugal Telecom	<b>5:00.80</b>	89	1:09.94	2:27.47	3:45.97	5:00.80
<b>60 - 64 anos</b>									
1.	PINTAO, Luisa Maria	62	Associacao Nadadores Est	<b>3:53.74</b>	190	52.82	1:52.30	2:53.96	3:53.74
2.	CRUZ, Maria	61	Ginasio Clube Portugues	<b>5:46.60</b>	58	1:20.04	2:51.41	4:21.21	5:46.60
<b>65 - 69 anos</b>									
1.	ALMEIDA, Ana Paula	68	Sindicato T.F.Publica	<b>6:19.55</b>	44	1:27.81	3:03.59	4:42.70	6:19.55
2.	VELEZ, Maria Luisa	65	Sindicato T.F.Publica	<b>6:27.67</b>	41	1:25.63	3:06.77	4:48.69	6:27.67
<b>75 - 79 anos</b>									
1.	RAIMUNDO, Isabel Maria	76	Sport Alges Dafundo	<b>4:58.07</b>	92	1:03.62	2:19.52	3:39.08	4:58.07
2.	SA, Nair Gomes	77	Associacao Nadadores Est	<b>5:54.50</b>	54	1:19.15	2:52.43	4:25.91	5:54.50
3.	AZINHEIRA, Maria August	78	Sindicato T.F.Publica	<b>6:55.45</b>	33	1:38.13	3:25.33	5:11.06	6:55.45

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
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Prova 7 Masc., 400m Livres 14 - 79 anos  
27/02/2016 - 16:45 Resultados

Pontos: FINA 2015

Lugar	Idade	Tempo final	Pts
<b>14 - 16 anos</b>			
1. FIGUEIREDO, Hugo Sequeira	15 Fundacao Salesianos	<b>5:56.82</b>	210
50m: 37.16 37.16 150m: 2:06.77 46.08 250m: 3:39.45 46.53 350m: 5:12.81 45.98			
100m: 1:20.69 43.53 200m: 2:52.92 46.15 300m: 4:26.83 47.38 400m: 5:56.82 44.01			
2. ABRANTES, Rui Miguel	16 Masters Natacao Ahbvac	<b>6:06.41</b>	194
50m: 40.24 40.24 150m: 2:11.39 47.01 250m: 3:46.43 47.10 350m: 5:22.30 47.05			
100m: 1:24.38 44.14 200m: 2:59.33 47.94 300m: 4:35.25 48.82 400m: 6:06.41 44.11			
3. LOPES, Jose Miguel	16 Masters Natacao Ahbvac	<b>6:21.48</b>	172
50m: 38.20 38.20 150m: 2:11.40 47.94 250m: 3:52.45 50.83 350m: 5:34.48 50.74			
100m: 1:23.46 45.26 200m: 3:01.62 50.22 300m: 4:43.74 51.29 400m: 6:21.48 47.00			
4. RODRIGUES, Bruno Teixeira	16 Fundacao Salesianos	<b>6:21.94</b>	171
50m: 40.12 40.12 150m: 3:05.08 1:39.26 250m: 5:36.97 49.76 350m: 7:12.32 50.16			
100m: 1:25.82 45.70 200m: 4:47.21 1:42.13 300m: 6:22.16 45.19 400m: 6:21.94			
<b>17 - 19 anos</b>			
1. GONCALVES, Rafael Gomes	19 Masters Natacao Ahbvac	<b>5:11.31</b>	316
50m: 34.06 34.06 150m: 1:49.70 38.48 250m: 3:10.61 40.70 350m: 4:32.60 40.82			
100m: 1:11.22 37.16 200m: 2:29.91 40.21 300m: 3:51.78 41.17 400m: 5:11.31 38.71			
2. PESSANHA, Tomas Pedro	17 Estrelas Sao Joao Brito	<b>5:21.27</b>	288
50m: 35.78 35.78 150m: 1:54.96 39.94 250m: 3:16.72 41.51 350m: 4:36.25 38.40			
100m: 1:15.02 39.24 200m: 2:35.21 40.25 300m: 3:57.85 41.13 400m: 5:21.27 45.02			
3. BARRADAS, Fabio Filipe	19 Masters Natacao Ahbvac	<b>5:43.28</b>	236
50m: 37.05 37.05 150m: 2:02.82 44.08 250m: 3:30.02 43.13 350m: 4:58.48 45.43			
100m: 1:18.74 41.69 200m: 2:46.89 44.07 300m: 4:13.05 43.03 400m: 5:43.28 44.80			
4. RAYAGRA, Goncalo Borges	19 Grupo Amigos Natacao	<b>6:00.51</b>	204
50m: 40.81 40.81 150m: 2:12.49 46.67 250m: 3:46.48 46.06 350m: 5:18.89 46.75			
100m: 1:25.82 45.01 200m: 3:00.42 47.93 300m: 4:32.14 45.66 400m: 6:00.51 41.62			
5. LEAL, Joao Maria	17 Masters Natacao Ahbvac	<b>6:02.06</b>	201
50m: 36.98 36.98 150m: 2:07.31 46.54 250m: 3:43.72 48.60 350m: 5:16.26 44.35			
100m: 1:20.77 43.79 200m: 2:55.12 47.81 300m: 4:31.91 48.19 400m: 6:02.06 45.80			
6. MIGUEL, Diogo Queiroz	17 Futebol Clube Alverca	<b>6:08.15</b>	191
50m: 40.77 40.77 150m: 2:13.39 47.02 250m: 3:48.00 47.14 350m: 5:24.92 50.04			
100m: 1:26.37 45.60 200m: 3:00.86 47.47 300m: 4:34.88 46.88 400m: 6:08.15 43.23			
7. RODRIGUES, Joao Miguel	18 Futebol Clube Alverca	<b>6:16.21</b>	179
50m: 39.11 39.11 150m: 2:58.68 1:34.90 250m: 4:38.19 50.43 350m:			
100m: 1:23.78 44.67 200m: 3:47.76 49.08 300m: 5:28.50 50.31 400m: 6:16.21			
8. PINTO, Joao pedro	18 Fundacao Salesianos	<b>6:42.66</b>	146
50m: 35.15 35.15 150m: 2:14.22 51.71 250m: 4:04.87 55.75 350m: 5:55.57 54.16			
100m: 1:22.51 47.36 200m: 3:09.12 54.90 300m: 5:01.41 56.54 400m: 6:42.66 47.09			
9. FILHO, Wenstein Raw	19 Masters Almada	<b>6:43.40</b>	145
50m: 42.78 42.78 150m: 2:18.66 48.28 250m: 4:02.45 52.89 350m: 5:51.93 55.64			
100m: 1:30.38 47.60 200m: 3:09.56 50.90 300m: 4:56.29 53.84 400m: 6:43.40 51.47			
10. SILVA, Tiago Joao	19 Futebol Clube Alverca	<b>7:37.51</b>	99
50m: 46.23 46.23 150m: 2:33.03 54.99 250m: 4:27.84 57.77 350m: 7:16.53 49.76			
100m: 1:38.04 51.81 200m: 3:30.07 57.04 300m: 6:26.77 1:58.93 400m: 7:37.51 20.98			
DNS CORREIA, Antonio Augusto	17 Masters Natacao Ahbvac		
DNS VICENTE, Daniel Pepe	19 Fundacao Salesianos		

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
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Prova 7, Masc., 400m Livres

20 - 24 anos

1.	SANTOS, Andre Ferreira	21	Ccd Avancado Eulx	<b>4:59.39</b>	356
	50m: 32.14 32.14	150m: 1:46.99	37.97 250m: 3:04.12 38.68	350m: 4:22.73	39.19
	100m: 1:09.02 36.88	200m: 2:25.44	38.45 300m: 3:43.54 39.42	400m: 4:59.39	36.66
2.	ARAUJO, Jose Luis	23	Masters Natacao Ahbvac	<b>5:32.29</b>	260
	50m: 36.87 36.87	150m: 2:02.52	43.24 250m: 3:28.57 42.33	350m: 4:52.68	41.68
	100m: 1:19.28 42.41	200m: 2:46.24	43.72 300m: 4:11.00 42.43	400m: 5:32.29	39.61
3.	PEDRO, Daniel Rodrigues	21	Masters Natacao Ahbvac	<b>5:49.10</b>	224
	50m: 40.41 40.41	150m: 2:09.97	44.83 250m: 3:40.79 45.41	350m: 5:08.87	43.41
	100m: 1:25.14 44.73	200m: 2:55.38	45.41 300m: 4:25.46 44.67	400m: 5:49.10	40.23
4.	RIBEIRO, Carlos Alexandre	23	Masters Natacao Ahbvac	<b>6:39.72</b>	149
	50m: 39.18 39.18	150m: 2:14.73	49.08 250m: 3:58.97 52.86	350m: 5:47.60	54.65
	100m: 1:25.65 46.47	200m: 3:06.11	51.38 300m: 4:52.95 53.98	400m: 6:39.72	52.12
5.	SILVA, Fernando Miguel	20	Estrelas Sao Joao Brito	<b>9:23.91</b>	53
	50m: 54.92 54.92	150m: 5:50.44	1:16.55 250m: 7:02.36	350m:	
	100m: 4:33.89 3:38.97	200m:	300m:	400m: 9:23.91	
DNS	SANTO, Tiago Miguel	21	Ccd Avancado Eulx		

25 - 29 anos

1.	CORDEIRO, Diogo Andre	26	Masters Almada	<b>5:08.20</b>	326
	50m: 35.49 35.49	150m: 1:56.11	40.75 250m: 3:14.16 38.03	350m: 4:30.36	37.99
	100m: 1:15.36 39.87	200m: 2:36.13	40.02 300m: 3:52.37 38.21	400m: 5:08.20	37.84
2.	OLIVEIRA, Sergio Bernardo	26	Masters Natacao Ahbvac	<b>5:08.90</b>	324
	50m: 34.18 34.18	150m: 1:52.41	40.27 250m: 3:12.72 39.76	350m: 4:31.44	39.44
	100m: 1:12.14 37.96	200m: 2:32.96	40.55 300m: 3:52.00 39.28	400m: 5:08.90	37.46
3.	FERREIRA, Joao Pedro	25	Lisboa Poolboys By A.Bjwhf S.C	<b>5:45.86</b>	231
	50m: 32.64 32.64	150m: 1:54.64	42.83 250m: 3:24.80 45.89	350m: 4:55.77	44.82
	100m: 1:11.81 39.17	200m: 2:38.91	44.27 300m: 4:10.95 46.15	400m: 5:45.86	50.09
4.	ROSA, Jorge Luis	29	Clube Nacional de Natacao	<b>5:53.95</b>	215
	50m: 39.13 39.13	150m: 2:08.22	45.09 250m: 3:39.57 45.61	350m: 5:08.18	42.61
	100m: 1:23.13 44.00	200m: 2:53.96	45.74 300m: 4:25.57 46.00	400m: 5:53.95	45.77
DNS	VIDEIRA, Marco Andre	28	Sindicato T.F.Publica		
DNS	PERDIGOTO, Ruben Tiago	27	Fundacao Salesianos		

30 - 34 anos

1.	CRUZ, Joao Duarte	30	Masters Almada	<b>5:00.21</b>	353
	50m: 34.45 34.45	150m: 1:49.45	38.06 250m: 3:05.92 37.44	350m: 4:22.13	38.21
	100m: 1:11.39 36.94	200m: 2:28.48	39.03 300m: 3:43.92 38.00	400m: 5:00.21	38.08
2.	MALTA, João Carlos	34	Grupo Amigos Natacao	<b>5:03.09</b>	343
	50m: 34.41 34.41	150m: 1:50.16	37.98 250m: 3:07.50 38.45	350m: 4:25.33	38.92
	100m: 1:12.18 37.77	200m: 2:29.05	38.89 300m: 3:46.41 38.91	400m: 5:03.09	37.76
3.	SA, Eduardo Lourenco	32	Junta Freguesia Avenidas Novas	<b>6:11.37</b>	186
	50m: 40.18 40.18	150m: 2:10.84	46.51 250m: 3:46.62 48.21	350m: 5:24.78	50.57
	100m: 1:24.33 44.15	200m: 2:58.41	47.57 300m: 4:34.21 47.59	400m: 6:11.37	46.59
4.	FREITAS, Joao Dinis	33	Masters Almada	<b>6:38.14</b>	151
	50m: 41.11 41.11	150m: 2:19.80	50.52 250m: 4:05.01 53.19	350m: 5:50.53	52.34
	100m: 1:29.28 48.17	200m: 3:11.82	52.02 300m: 4:58.19 53.18	400m: 6:38.14	47.61
DNS	SANTOS, Ruben Andre	30	Lisboa Poolboys By A.Bjwhf S.C		



TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 7, Masc., 400m Livres

35 - 39 anos

1.	CARDOSO, Manuel Evaristo	39	Masters Almada	<b>5:50.84</b>	221
	50m: 37.45 37.45	150m: 2:01.99	43.02 250m: 3:32.84	45.96	350m: 5:04.30
	100m: 1:18.97 41.52	200m: 2:46.88	44.89 300m: 4:18.53	45.69	400m: 5:50.84
2.	COSTA, Goncalo Nuno	35	Junta Freguesia Avenidas Novas	<b>6:00.63</b>	203
	50m: 36.92 36.92	150m: 2:08.91	47.97 250m: 3:43.76	47.10	350m: 5:17.54
	100m: 1:20.94 44.02	200m: 2:56.66	47.75 300m: 4:31.01	47.25	400m: 6:00.63
3.	FERREIRA, Luis Filipe	37	Cpcd-Centro Popular C.Desporto	<b>6:09.40</b>	189
	50m: 39.61 39.61	150m: 2:08.89	45.74 250m: 3:44.28	48.36	350m: 5:21.77
	100m: 1:23.15 43.54	200m: 2:55.92	47.03 300m: 4:32.61	48.33	400m: 6:09.40
4.	SA, Rui Pedro	35	Masters Natacao Ahbvac	<b>6:15.39</b>	180
	50m: 42.75 42.75	150m: 2:16.69	47.89 250m: 3:52.68	48.42	350m: 5:28.18
	100m: 1:28.80 46.05	200m: 3:04.26	47.57 300m: 4:40.88	48.20	400m: 6:15.39
5.	MACAGNO, Fabrizio	37	Junta Freguesia Avenidas Novas	<b>7:01.29</b>	127
	50m: 40.75 40.75	150m: 2:17.40	49.59 250m: 4:09.91	58.57	350m: 6:04.46
	100m: 1:27.81 47.06	200m: 3:11.34	53.94 300m: 5:07.12	57.21	400m: 7:01.29
6.	AFONSO, Nuno Silva	37	Grupo Amigos Natacao	<b>7:18.38</b>	113
	50m: 45.21 45.21	150m: 2:32.96	55.05 250m: 4:28.10	57.31	350m: 6:23.05
	100m: 1:37.91 52.70	200m: 3:30.79	57.83 300m: 5:25.88	57.78	400m: 7:18.38
7.	PALMA, Ricardo Jorge	35	Masters Almada	<b>7:35.71</b>	101
	50m: 48.04 48.04	150m: 2:38.34	55.98 250m: 4:36.09	59.96	350m: 6:38.64
	100m: 1:42.36 54.32	200m: 3:36.13	57.79 300m: 5:37.21	1:01.12	400m: 7:35.71
DNS	SIMOES, Alex Moreira	39	Masters Natacao Ahbvac		

40 - 44 anos

1.	COSTA, Eduardo Manuel	40	Masters Natacao Ahbvac	<b>4:49.82</b>	392
	50m: 32.94 32.94	150m: 1:46.06	36.75 250m: 2:59.97	37.07	350m: 4:14.04
	100m: 1:09.31 36.37	200m: 2:22.90	36.84 300m: 3:36.86	36.89	400m: 4:49.82
2.	PEREIRA, Alexandre Marques	40	Colegio Integrado Monte Maior	<b>5:23.37</b>	282
	50m: 37.28 37.28	150m: 1:57.31	40.35 250m: 3:19.23	41.02	350m: 4:42.93
	100m: 1:16.96 39.68	200m: 2:38.21	40.90 300m: 4:00.77	41.54	400m: 5:23.37
3.	BARROS, Francisco Santos	44	Colegio Integrado Monte Maior	<b>5:45.83</b>	231
	50m: 36.84 36.84	150m: 2:01.09	43.58 250m: 3:31.20	45.12	350m: 5:02.20
	100m: 1:17.51 40.67	200m: 2:46.08	44.99 300m: 4:16.88	45.68	400m: 5:45.83
4.	SOUSA, Vasco Levita	43	Masters Almada	<b>6:47.60</b>	141
	50m: 41.80 41.80	150m: 2:18.87	49.84 250m: 4:07.40	56.09	350m: 5:55.43
	100m: 1:29.03 47.23	200m: 3:11.31	52.44 300m: 5:02.05	54.65	400m: 6:47.60
5.	PEREIRA, Joao Pedro	40	Cpcd-Centro Popular C.Desporto	<b>7:51.58</b>	91
	50m: 45.73 45.73	150m: 2:39.66	58.62 250m: 4:43.78	1:02.73	350m: 6:50.82
	100m: 1:41.04 55.31	200m: 3:41.05	1:01.39 300m: 5:46.77	1:02.99	400m: 7:51.58

45 - 49 anos

1.	LOHKEN, Jorg	48	Sindicato T.F.Publica	<b>5:39.55</b>	244
	50m: 36.73 36.73	150m: 2:01.27	42.97 250m: 3:28.33	43.66	350m: 4:56.32
	100m: 1:18.30 41.57	200m: 2:44.67	43.40 300m: 4:12.28	43.95	400m: 5:39.55
2.	CAEIRO, Mario Antonio	45	Masters Almada	<b>6:25.54</b>	166
	50m: 42.08 42.08	150m: 2:16.20	47.76 250m: 3:55.16	49.36	350m: 5:37.77
	100m: 1:28.44 46.36	200m: 3:05.80	49.60 300m: 4:46.64	51.48	400m: 6:25.54
3.	REIS, Paulo Jorge	46	Sindicato T.F.Publica	<b>6:43.05</b>	146
	50m: 41.38 41.38	150m: 2:18.17	49.53 250m: 4:01.15	52.03	350m: 5:47.14
	100m: 1:28.64 47.26	200m: 3:09.12	50.95 300m: 4:53.49	52.34	400m: 6:43.05
DNS	INACIO, Luis Fernando	48	Cpcd-Centro Popular C.Desporto		

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 7, Masc., 400m Livres, 45 - 49 anos

Lugar		Idade		Tempo final	Pts
DNS	ESCUNA, Manuel Frederico	45	Ccd Avancado Eulx		
DNS	SANTO, Manuel Alberto	47	Ccd Avancado Eulx		

50 - 54 anos

1.	FEITEIRA, Luis Filipe	50	Masters Almada	<b>5:58.61</b>	207
	50m: 40.40 40.40	150m: 2:10.28	45.47 250m: 3:42.95	46.07 350m: 5:14.81	46.30
	100m: 1:24.81 44.41	200m: 2:56.88	46.60 300m: 4:28.51	45.56 400m: 5:58.61	43.80
2.	VELEZ, Rui Castro	52	Centro Pop. Trab. Luz E Vida	<b>6:28.92</b>	162
	50m: 45.37 45.37	150m: 2:22.63	48.89 250m: 4:02.24	50.20 350m: 5:42.70	49.64
	100m: 1:33.74 48.37	200m: 3:12.04	49.41 300m: 4:53.06	50.82 400m: 6:28.92	46.22
3.	ROQUE, António Mendes	54	Grupo Amigos Natacao	<b>8:46.56</b>	65
	50m: 57.36 57.36	150m: 3:09.22	1:06.32 250m: 5:26.12	1:08.43 350m:	
	100m: 2:02.90 1:05.54	200m: 4:17.69	1:08.47 300m: 6:36.50	1:10.38 400m:	8:46.56
DNS	VELEZ, Miguel Artur	53	Sindicato T.F.Publica		
DNS	HORTA, Filipe Jose	52	Clube Millennium Bcp		

55 - 59 anos

1.	BENTO, Jaime Carlos	55	Sport Alges Dafundo	<b>5:14.46</b>	307
	50m: 35.14 35.14	150m: 1:54.67	40.38 250m: 3:15.60	40.40 350m: 4:35.99	40.42
	100m: 1:14.29 39.15	200m: 2:35.20	40.53 300m: 3:55.57	39.97 400m: 5:14.46	38.47
2.	CORREIA, Jose Luis	57	Associacao Nadadores Estoris	<b>6:32.43</b>	158
	50m: 40.97 40.97	150m: 2:19.08	50.21 250m: 4:01.34	51.14 350m: 5:43.48	51.17
	100m: 1:28.87 47.90	200m: 3:10.20	51.12 300m: 4:52.31	50.97 400m: 6:32.43	48.95
3.	SILVA, Joao Manuel	55	Estrelas Sao Joao Brito	<b>7:42.35</b>	96
	50m: 51.73 51.73	150m: 2:59.94	1:06.52 250m: 5:22.69	1:11.37 350m:	
	100m: 1:53.42 1:01.69	200m: 4:11.32	1:11.38 300m: 6:32.48	1:09.79 400m:	7:42.35

60 - 64 anos

1.	PEREIRA, Rui Manuel	60	Sindicato T.F.Publica	<b>6:50.88</b>	137
	50m: 44.06 44.06	150m: 2:23.82	51.63 250m: 4:09.48	53.83 350m: 5:57.37	54.06
	100m: 1:32.19 48.13	200m: 3:15.65	51.83 300m: 5:03.31	53.83 400m: 6:50.88	53.51

65 - 69 anos

1.	TAVARES, Antonio Manuel	65	Sindicato T.F.Publica	<b>7:21.26</b>	111
	50m: 51.96 51.96	150m: 2:44.85	57.02 250m: 4:38.26	56.76 350m: 6:29.01	54.68
	100m: 1:47.83 55.87	200m: 3:41.50	56.65 300m: 5:34.33	56.07 400m: 7:21.26	52.25

70 - 74 anos

1.	BASTO, Antonio Bessone	71	Sport Alges Dafundo	<b>5:59.11</b>	206
	50m: 41.56 41.56	150m: 2:13.71	46.49 250m: 3:46.36	46.21 350m: 5:17.54	45.38
	100m: 1:27.22 45.66	200m: 3:00.15	46.44 300m: 4:32.16	45.80 400m: 5:59.11	41.57
2.	MARREIROS, Jose Joaquim	70	Sport Alges Dafundo	<b>8:40.46</b>	67
	50m: 58.11 58.11	150m: 3:05.37	1:04.05 250m: 5:17.60	1:06.68 350m: 7:33.30	1:07.18
	100m: 2:01.32 1:03.21	200m: 4:10.92	1:05.55 300m: 6:26.12	1:08.52 400m: 8:40.46	1:07.16
EXH	SANTOS, Rui Alexandre	40	Associacao Nadadores Estoris	<b>5:39.05</b>	245
	50m: 36.52 36.52	150m: 1:58.68	41.89 250m: 3:25.97	44.07 350m: 4:54.72	44.44
	100m: 1:16.79 40.27	200m: 2:41.90	43.22 300m: 4:10.28	44.31 400m: 5:39.05	44.33

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 8 Femin., 400m Livres 14 - 79 anos  
27/02/2016 - 18:05 Resultados

Pontos: FINA 2015

Lugar	Idade	Tempo final	Pts
<b>14 - 16 anos</b>			
1. PENEDO, Marcia Vitorino	16	Masters Natacao Ahbvac	<b>6:02.08</b> 271
50m: 44.63 44.63	150m: 2:15.89 45.98	250m: 3:47.76 45.60	350m: 5:19.84 46.32
100m: 1:29.91 45.28	200m: 3:02.16 46.27	300m: 4:33.52 45.76	400m: 6:02.08 42.24
2. FIGUEIREDO, Rita Esteves	15	Masters Natacao Ahbvac	<b>6:24.32</b> 227
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 6:24.32
3. JORGE, Bruna Raquel	15	Masters Natacao Ahbvac	<b>6:28.49</b> 219
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 6:28.49
4. COSTA, Ines Antunes	16	Masters Natacao Ahbvac	<b>7:03.13</b> 170
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 7:03.13
DNS FERREIRA, Rita Neves	16	Masters Natacao Ahbvac	
<b>17 - 19 anos</b>			
1. RODRIGUES, Ana Sofia	17	Ccd Avancado Eulx	<b>5:45.33</b> 313
50m: 37.78 37.78	150m: 2:03.43 43.53	250m: 3:32.34 44.39	350m: 5:45.58 1:27.64
100m: 1:19.90 42.12	200m: 2:47.95 44.52	300m: 4:17.94 45.60	400m: 5:45.33
2. SOEIRO, Ana Beatriz	18	Masters Natacao Ahbvac	<b>5:57.12</b> 283
50m: 39.50 39.50	150m: 2:07.83 44.69	250m: 3:39.50 45.57	350m: 5:12.75 46.48
100m: 1:23.14 43.64	200m: 2:53.93 46.10	300m: 4:26.27 46.77	400m: 5:57.12 44.37
3. BENTO, Mariana Santos	19	Masters Natacao Ahbvac	<b>6:48.69</b> 188
50m: 42.68 42.68	150m: 2:26.28 53.19	250m: 4:13.08 53.28	350m: 5:58.93 52.53
100m: 1:33.09 50.41	200m: 3:19.80 53.52	300m: 5:06.40 53.32	400m: 6:48.69 49.76
<b>20 - 24 anos</b>			
1. FERREIRA, Ana Rute	21	Ccd Avancado Eulx	<b>5:32.53</b> 350
50m: 39.08 39.08	150m: 2:01.60 41.31	250m: 3:25.88 42.73	350m: 4:50.70 42.35
100m: 1:20.29 41.21	200m: 2:43.15 41.55	300m: 4:08.35 42.47	400m: 5:32.53 41.83
2. RIBEIRO, Ines Dias	20	Ccd Avancado Eulx	<b>5:45.32</b> 313
50m: 39.08 39.08	150m: 2:04.15 43.20	250m: 3:32.89 44.55	350m: 5:02.96 44.91
100m: 1:20.95 41.87	200m: 2:48.34 44.19	300m: 4:18.05 45.16	400m: 5:45.32 42.36
3. RAPOSO, Ines Sofia	20	Futebol Clube Alverca	<b>6:09.67</b> 255
50m: 40.47 40.47	150m: 2:10.63 46.48	250m: 3:47.83 48.97	350m: 5:24.13 48.16
100m: 1:24.15 43.68	200m: 2:58.86 48.23	300m: 4:35.97 48.14	400m: 6:09.67 45.54
4. MACHADO, Andreia Fatima	20	Masters Natacao Ahbvac	<b>7:34.99</b> 136
50m: 48.94 48.94	150m: 2:43.63 58.83	250m: 4:42.51 59.19	350m: 6:39.78 58.48
100m: 1:44.80 55.86	200m: 3:43.32 59.69	300m: 5:41.30 58.79	400m: 7:34.99 55.21
<b>30 - 34 anos</b>			
1. VILAR, Filipa Alexandra	31	Clube Millennium Bcp	<b>6:42.61</b> 197
50m: 44.26 44.26	150m: 2:26.71 51.91	250m: 4:10.34 51.59	350m: 5:54.94 51.91
100m: 1:34.80 50.54	200m: 3:18.75 52.04	300m: 5:03.03 52.69	400m: 6:42.61 47.67
<b>35 - 39 anos</b>			
1. PEIXE, Monica Sofia	35	Colegio Integrado Monte Maior	<b>6:06.25</b> 262
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 6:06.25

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 8, Femin., 400m Livres, 35 - 39 anos

Lugar	Idade		Tempo final		Pts
2. FERREIRA, Marta Martins	37	Sindicato T.F.Publica	<b>6:37.27</b>	205	
50m:	150m:	250m:	350m:		
100m:	200m:	300m:	400m:		
3. SANTOS, Sandra Goncalves	37	Fundacao Salesianos	<b>7:19.17</b>	152	
50m: 47.91 47.91	150m: 2:38.40 55.95	250m: 4:32.84 58.10	350m: 6:26.32 56.61		
100m: 1:42.45 54.54	200m: 3:34.74 56.34	300m: 5:29.71 56.87	400m: 7:19.17 52.85		

40 - 44 anos

1. SANTINHA, Fernanda Maria	44	Masters Almada	<b>7:03.16</b>	170	
50m:	150m:	250m:	350m:		
100m:	200m:	300m:	400m:		
2. SEQUEIRA, Carla Sofia	41	Colegio Integrado Monte Maior	<b>7:11.67</b>	160	
50m: 48.45 48.45	150m: 2:36.07 54.62	250m: 4:26.39 55.25	350m: 6:18.12 56.13		
100m: 1:41.45 53.00	200m: 3:31.14 55.07	300m: 5:21.99 55.60	400m: 7:11.67 53.55		
3. ALMEIDA, Simone Rodrigues	41	Masters Almada	<b>9:55.14</b>	61	
50m: 1:02.38 1:02.38	150m: 3:26.55 1:14.17	250m: 6:04.88 1:21.36	350m: 8:43.27 1:18.27		
100m: 2:12.38 1:10.00	200m: 4:43.52 1:16.97	300m: 7:25.00 1:20.12	400m: 9:55.14 1:11.87		

45 - 49 anos

1. DIAS, Carmem Maria	46	Fundacao Salesianos	<b>8:23.61</b>	100	
50m: 54.04 54.04	150m: 2:57.77 1:02.82	250m: 5:07.44 1:05.60	350m: 7:19.42 1:06.38		
100m: 1:54.95 1:00.91	200m: 4:01.84 1:04.07	300m: 6:13.04 1:05.60	400m: 8:23.61 1:04.19		
2. ALVES, Rita Silva	45	Cpcd-Centro Popular C.Desporto	<b>8:35.20</b>	94	
50m: 55.77 55.77	150m: 3:06.63 1:06.63	250m: 5:18.21 1:06.15	350m: 7:32.12 1:06.90		
100m: 2:00.00 1:04.23	200m: 4:12.06 1:05.43	300m: 6:25.22 1:07.01	400m: 8:35.20 1:03.08		

50 - 54 anos

1. ALMEIDA, Anabela Verissimo	50	Grupo Amigos Natacao	<b>9:44.15</b>	64	
50m: 1:00.18 1:00.18	150m: 3:25.85 1:14.06	250m: 5:57.17 1:15.75	350m: 8:32.28 1:17.65		
100m: 2:11.79 1:11.61	200m: 4:41.42 1:15.57	300m: 7:14.63 1:17.46	400m: 9:44.15 1:11.87		

60 - 64 anos

1. THMURASP, Argentina Lurdes	61	Cpcd-Centro Popular C.Desporto	<b>9:57.42</b>	60	
50m: 1:05.33 1:05.33	150m: 3:34.77 1:14.84	250m: 6:07.53 1:17.32	350m: 8:44.92 1:18.48		
100m: 2:19.93 1:14.60	200m: 4:50.21 1:15.44	300m: 7:26.44 1:18.91	400m: 9:57.42 1:12.50		

65 - 69 anos

1. MOTA, Maria Teresa	65	Grupo Amigos Natacao	<b>9:15.06</b>	75	
50m: 1:00.46 1:00.46	150m: 3:23.03 1:12.16	250m: 5:45.53 1:11.32	350m: 8:06.34 1:11.40		
100m: 2:10.87 1:10.41	200m: 4:34.21 1:11.18	300m: 6:54.94 1:09.41	400m: 9:15.06 1:08.72		

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 9 Masc., 400m Estilos 14 - 79 anos  
28/02/2016 - 14:30 Resultados

Pontos: FINA 2015

Lugar					Idade					Tempo final	Pts	
<b>14 - 16 anos</b>												
1.	HENRIQUES, Ruben Miguel				16	Associacao Naval Amorense				<b>7:46.27</b>	128	
	50m:	43.31	43.31	150m:	250m:	4:49.10	1:02.01	350m:	6:49.32	56.81		
	100m:	1:38.96	55.65	200m:	3:47.09	5:52.51	1:03.41	400m:	7:46.27	56.95		
<b>17 - 19 anos</b>												
1.	FRANCISCO, João Lucas				17	Grupo Amigos Natacao				<b>5:34.50</b>	348	
	50m:	34.10	34.10	150m:	41.87	250m:	3:28.25	50.81	350m:	4:58.18	38.35	
	100m:	1:13.88	39.78	200m:	2:37.44	41.69	300m:	4:19.83	51.58	400m:	5:34.50	36.32
2.	RAMOS, Rafael Cavaco				17	Associacao Naval Amorense				<b>5:38.58</b>	336	
	50m:	34.65	34.65	150m:	41.65	250m:	3:28.43	50.83	350m:	5:01.56	39.50	
	100m:	1:14.70	40.05	200m:	2:37.60	41.25	300m:	4:22.06	53.63	400m:	5:38.58	37.02
3.	RODRIGUES, Bruno Rafael				18	Futebol Clube Alverca				<b>6:44.71</b>	197	
	50m:	42.16	42.16	150m:	47.70	250m:	4:07.84	58.72	350m:	5:56.44	48.55	
	100m:	1:34.27	52.11	200m:	3:09.12	47.15	300m:	5:07.89	1:00.05	400m:	6:44.71	48.27
4.	MIGUEL, Diogo Queiroz				17	Futebol Clube Alverca				<b>6:52.86</b>	185	
	50m:	43.30	43.30	150m:	53.16	250m:	4:17.42	58.44	350m:	6:08.22	48.76	
	100m:	1:33.35	50.05	200m:	3:18.98	52.47	300m:	5:19.46	1:02.04	400m:	6:52.86	44.64
5.	RAYAGRA, Goncalo Borges				19	Grupo Amigos Natacao				<b>6:55.81</b>	181	
	50m:	42.30	42.30	150m:	51.83	250m:	4:17.35	1:03.40	350m:	6:11.09	50.26	
	100m:	1:32.80	50.50	200m:	49.32	300m:	5:20.83	1:03.48	400m:	6:55.81	44.72	
6.	FILHO, Wenstein Raw				19	Masters Almada				<b>6:58.48</b>	178	
	50m:	41.04	41.04	150m:	55.11	250m:	4:16.31	57.41	350m:	6:07.22	53.01	
	100m:	1:32.29	51.25	200m:	51.50	300m:	5:14.21	57.90	400m:	6:58.48	51.26	
7.	PRATA, Rui Carlos				18	Masters Almada				<b>7:06.33</b>	168	
	50m:	39.74	39.74	150m:	52.05	250m:	4:13.90	58.83	350m:	6:09.41	55.90	
	100m:	1:29.96	50.22	200m:	53.06	300m:	5:13.51	59.61	400m:	7:06.33	56.92	
<b>20 - 24 anos</b>												
1.	CRUZ, Francisco Miguel				22	Masters Almada				<b>5:08.46</b>	445	
	50m:	31.97	31.97	150m:	41.11	250m:	3:12.15	42.47	350m:	4:32.91	36.90	
	100m:	1:08.94	36.97	200m:	39.63	300m:	3:56.01	43.86	400m:	5:08.46	35.55	
2.	OLIVEIRA, Bernardo				23	Ccd Avancado Eulx				<b>5:25.72</b>	377	
	50m:	36.19	36.19	150m:	40.75	250m:	3:27.69	47.48	350m:	4:51.40	35.57	
	100m:	1:19.01	42.82	200m:	40.45	300m:	4:15.83	48.14	400m:	5:25.72	34.32	
3.	MARQUES, Bernardo Miguel				21	Masters Almada				<b>5:32.43</b>	355	
	50m:	33.41	33.41	150m:	43.28	250m:	3:24.85	47.90	350m:	4:54.43	40.25	
	100m:	1:11.88	38.47	200m:	41.79	300m:	4:14.18	49.33	400m:	5:32.43	38.00	
4.	CAROCHA, Andre Filipe				22	Ccd Avancado Eulx				<b>5:38.12</b>	337	
	50m:	32.91	32.91	150m:	44.09	250m:	3:28.57	49.66	350m:	4:58.38	40.19	
	100m:	1:12.62	39.71	200m:	42.20	300m:	4:18.19	49.62	400m:	5:38.12	39.74	
5.	CALDEIRA, Gonçalo Bettencourt				20	Grupo Amigos Natacao				<b>6:07.57</b>	262	
	50m:	34.56	34.56	150m:	49.34	250m:	3:49.24	54.89	350m:	5:25.86	41.91	
	100m:	1:17.47	42.91	200m:	47.54	300m:	4:43.95	54.71	400m:	6:07.57	41.71	

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 9, Masc., 400m Estilos

25 - 29 anos

1.	BISCAIA, Pedro Baptista	27	Ccd Avancado Eulx	<b>5:41.81</b>	327
	50m: 35.52 35.52	150m: 2:02.25	45.26 250m: 3:35.49	49.37	350m: 5:04.95
	100m: 1:16.99 41.47	200m: 2:46.12	43.87 300m: 4:25.09	49.60	400m: 5:41.81
					36.86
2.	CORDEIRO, Diogo Andre	26	Masters Almada	<b>5:47.42</b>	311
	50m: 33.76 33.76	150m: 2:03.35	48.05 250m: 3:35.93	45.79	350m: 5:07.58
	100m: 1:15.30 41.54	200m: 2:50.14	46.79 300m: 4:24.31	48.38	400m: 5:47.42
					39.84
3.	GRANCHA, Joao	26	Lisboa Poolboys By A.Bjwhf S.C	<b>5:49.98</b>	304
	50m: 36.90 36.90	150m: 2:04.97	46.04 250m: 3:36.91	46.80	350m: 5:08.75
	100m: 1:18.93 42.03	200m: 2:50.11	45.14 300m: 4:26.03	49.12	400m: 5:49.98
					42.72
					41.23
4.	ROSA, Jorge Luis	29	Clube Nacional de Natacao	<b>6:35.50</b>	211
	50m: 46.41 46.41	150m: 2:31.02	52.24 250m: 4:16.14	54.45	350m: 5:54.97
	100m: 1:38.78 52.37	200m: 3:21.69	50.67 300m: 5:10.36	54.22	400m: 6:35.50
					44.61
					40.53

DNS BRANCO, Andre Mendes 26 Masters Almada

30 - 34 anos

1.	CARDOSO, Alvaro Miguel	32	Lisboa Poolboys By A.Bjwhf S.C	<b>5:25.42</b>	379
	50m: 32.79 32.79	150m: 1:52.15	41.30 250m: 3:21.11	47.50	350m: 4:48.06
	100m: 1:10.85 38.06	200m: 2:33.61	41.46 300m: 4:09.78	48.67	400m: 5:25.42
					37.36

DNS FERREIRA, Duarte Nuno 30 Fundacao Salesianos **5:38.09** 337

40 - 44 anos

1.	SANTOS, Paulo Alexandre	42	Junta Freguesia Avenidas Novas	<b>6:51.33</b>	187
	50m: 40.74 40.74	150m: 3:23.15	1:51.64 250m: 4:20.12		350m: 6:04.70
	100m: 1:31.51 50.77	200m:	300m: 5:16.24	56.12	400m: 6:51.33
					46.63

45 - 49 anos

1.	PEREIRA, Joao Carlos	47	Masters Almada	<b>6:33.37</b>	214
	50m: 38.20 38.20	150m: 2:16.16	52.09 250m: 4:06.25	58.28	350m: 5:49.15
	100m: 1:24.07 45.87	200m: 3:07.97	51.81 300m: 5:04.15	57.90	400m: 6:33.37
					44.22

50 - 54 anos

1.	SILVA, Juan Luis	53	Masters Almada	<b>6:48.03</b>	192
	50m: 44.46 44.46	150m: 2:28.31	52.02 250m: 4:17.20	57.51	350m:
	100m: 1:36.29 51.83	200m: 3:19.69	51.38 300m: 5:15.91	58.71	400m: 6:48.03

DNS HORTA, Filipe Jose 52 Clube Millennium Bcp

60 - 64 anos

1.	MAVIOSO, Vitor Manuel	60	Sport Alges Dafundo	<b>6:03.55</b>	271
	50m: 34.75 34.75	150m: 2:07.63	51.69 250m: 3:49.48	53.13	350m: 5:24.98
	100m: 1:15.94 41.19	200m: 2:56.35	48.72 300m: 4:43.44	53.96	400m: 6:03.55
					38.57
2.	PEREIRA, Rui Manuel	60	Sindicato T.F.Publica	<b>7:49.73</b>	126
	50m: 49.57 49.57	150m: 2:54.86	1:05.20 250m: 5:00.92	1:03.30	350m: 6:57.96
	100m: 1:49.66 1:00.09	200m: 3:57.62	1:02.76 300m: 6:05.40	1:04.48	400m: 7:49.73
					51.77
3.	COELHO, Domingos Maria	64	Sport Alges Dafundo	<b>8:21.70</b>	103
	50m: 56.26 56.26	150m: 3:06.97	1:07.38 250m: 5:25.12	1:10.38	350m: 7:29.65
	100m: 1:59.59 1:03.33	200m: 4:14.74	1:07.77 300m: 6:35.83	1:10.71	400m: 8:21.70
					53.82
					52.05

70 - 74 anos

1.	BAIRRADA, Orlando Nunes	71	Sport Alges Dafundo	<b>7:34.32</b>	139
	50m: 49.30 49.30	150m: 2:48.95	59.79 250m: 4:49.80	1:03.16	350m: 6:44.81
	100m: 1:49.16 59.86	200m: 3:46.64	57.69 300m: 5:52.75	1:02.95	400m: 7:34.32
					49.51

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 10 Femin., 400m Estilos 14 - 79 anos  
28/02/2016 - 15:05 Resultados

Pontos: FINA 2015

Lugar	Idade	Tempo final	Pts
<b>17 - 19 anos</b>			
1. CARVALHO, Vera Alexandra	17	Associação Naval Amorense	<b>6:41.74</b> 270
50m: 42.44 42.44	150m: 2:26.00 52.20	250m: 4:14.57 57.28	350m: 5:57.46 43.63
100m: 1:33.80 51.36	200m: 3:17.29 51.29	300m: 5:13.83 59.26	400m: 6:41.74 44.28
DNS BOLEO, Isabel Rodrigues	17	Ccd Avancado Eulx	

**20 - 24 anos**

1. SANTOS, Raquel Alexandra	21	Cpcd-Centro Popular C.Desporto	<b>6:51.03</b> 252
50m: 39.90 39.90	150m: 2:22.41 51.75	250m: 4:10.25 57.64	350m: 6:00.23 51.29
100m: 1:30.66 50.76	200m: 3:12.61 50.20	300m: 5:08.94 58.69	400m: 6:51.03 50.80

**25 - 29 anos**

1. LORY, Susana Pereira	29	Masters Almada	<b>8:35.64</b> 127
50m: 57.88 57.88	150m: 3:11.51 1:09.29	250m: 5:27.88 1:05.59	350m: 7:37.20 1:03.54
100m: 2:02.22 1:04.34	200m: 4:22.29 1:10.78	300m: 6:33.66 1:05.78	400m: 8:35.64 58.44

DNS MARQUES, Joana Pedrosa 25 Masters Almada

**35 - 39 anos**

1. FERREIRA, Marta Martins	37	Sindicato T.F.Publica	<b>7:21.72</b> 203
50m: 48.48 48.48	150m: 2:45.17 57.75	250m: 4:42.57 59.91	350m: 6:33.28 49.70
100m: 1:47.42 58.94	200m: 3:42.66 57.49	300m: 5:43.58 1:01.01	400m: 7:21.72 48.44

**40 - 44 anos**

1. FERREIRA, Sara Colaco	42	Masters Almada	<b>7:39.60</b> 180
50m: 51.03 51.03	150m: 2:50.79 58.98	250m: 4:51.66 1:02.72	350m: 6:49.09 53.76
100m: 1:51.81 1:00.78	200m: 3:48.94 58.15	300m: 5:55.33 1:03.67	400m: 7:39.60 50.51

**60 - 64 anos**

DNS PINTAO, Luisa Maria 62 Associação Nadadores Estoris

Prova 11 Masc., 200m Livres 14 - 79 anos  
28/02/2016 - 15:15 Resultados

Pontos: FINA 2015

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m
<b>14 - 16 anos</b>							
1. ROSA, Joao Tiago	15	Individual	<b>2:31.44</b> 282	34.29	1:11.98	1:51.95	2:31.44
2. BRASIO, Gabriel Simoes	15	Masters Natacao Ahbvac	<b>2:32.01</b> 279	32.80		1:52.13	2:32.01
3. FARIA, Duarte Goncalves	16	Fundacao Salesianos	<b>2:35.21</b> 262	34.73	1:14.21	1:55.31	2:35.21
DSQ OLIVEIRA, Andre Pires	15	Centro Pop. Trab. Luz E Vid	<b>2:34.62</b>	32.30	1:11.83	1:53.80	2:34.62
<i>falsa partida</i>							
DNS OLIVEIRA, Joao Andre	16	Centro Pop. Trab. Luz E Vida					
DNS MONTEIRO, R.	16	Centro Pop. Trab. Luz E Vida					

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 11, Masc., 200m Livres

17 - 19 anos

1.	TAVARES, Joao Antonio	18	Ccd Avancado Eulx	<b>2:12.84</b>	418	29.51	1:02.71	1:38.34	2:12.84
2.	GONCALVES, Rafael Gon19	19	Masters Natacao Ahbvac	<b>2:18.76</b>	367	31.02	1:05.45	1:41.99	2:18.76
3.	RODRIGUES, M.	18	Ccd Avancado Eulx	<b>2:23.01</b>	335	29.30	1:04.45	1:42.58	2:23.01
4.	SILVA, Daniel Fernando	18	Ginasio Clube Portugues	<b>2:24.11</b>	327	29.82	1:04.36	1:44.09	2:24.11
5.	CARVALHO, Miguel Filipe	18	Centro Pop. Trab. Luz E Vid	<b>2:24.23</b>	327	31.06	1:06.56	1:44.82	2:24.23
6.	OLIVEIRA, Afonso Tiago	17	Fundacao Salesianos	<b>2:32.20</b>	278	33.45	1:13.28	1:54.79	2:32.20
7.	OLIVEIRA, Martim Gonzale19	19	A.H.B.V. Colares	<b>2:33.22</b>	272	34.18	1:12.36	1:52.70	2:33.22
8.	RODRIGUES, Joao Migue18	18	Futebol Clube Alverca	<b>2:35.75</b>	259	33.81	1:13.26	1:55.31	2:35.75
9.	RODRIGUES, Santiago Nov18	18	Fundacao Salesianos	<b>2:35.83</b>	259	35.76	1:15.50	1:57.42	2:35.83
10.	NEGREIRO, Duarte Manu17	17	Fundacao Salesianos	<b>2:42.12</b>	230	35.29	1:16.08	1:59.27	2:42.12
11.	SILVA, Nuno Miguel	17	Masters Natacao Ahbvac	<b>2:42.27</b>	229	33.86	1:12.41	1:55.06	2:42.27
12.	BAPTISTA, Joao Bernardo18	18	Masters Almada	<b>2:46.75</b>	211	36.44	1:17.79	2:02.03	2:46.75
13.	CAEIRO, Joao Gabriel	18	Masters Almada	<b>2:47.56</b>	208	37.22	1:19.13	2:04.33	2:47.56
14.	MOTA, Alexandre Miguel	17	Fundacao Salesianos	<b>2:54.57</b>	184	36.26	1:20.64	2:07.80	2:54.57
15.	CARLOTA, Guilherme Per17a	17	Associacao Naval Amorens	<b>2:56.32</b>	179	35.12	1:19.20	2:09.12	2:56.32
16.	MAGNI, Jose Andrade	18	Centro Pop. Trab. Luz E Vid	<b>3:02.19</b>	162	38.46	1:25.19	2:15.60	3:02.19
17.	SILVA, Tiago Joao	19	Futebol Clube Alverca	<b>3:07.63</b>	148	39.25	1:24.32	3:07.99	3:07.63
DNS	FELIX, Andre Rosa	17	Masters Natacao Ahbvac						
DNS	SANTO, Fabio Espirito	17	Centro Pop. Trab. Luz E Vida						
DNS	VICENTE, Daniel Pepe	19	Fundacao Salesianos						

20 - 24 anos

1.	SANTOS, Andre Ferreira	21	Ccd Avancado Eulx	<b>2:16.07</b>	389	30.14	1:04.15	1:39.94	2:16.07
2.	DIAS, Rafael Jose	20	Masters Natacao Ahbvac	<b>2:34.14</b>	267	34.30	1:13.05	1:53.69	2:34.14
3.	PEDRO, Daniel Rodriguez21	21	Masters Natacao Ahbvac	<b>2:34.20</b>	267	34.80	1:13.54	1:54.97	2:34.20
DNS	FARIA, Jose Antonio	22	Ccd Avancado Eulx						

25 - 29 anos

1.	VIDEIRA, Marco Andre	28	Sindicato T.F.Publica	<b>2:13.37</b>	413	31.70	1:06.18	1:39.74	2:13.37
2.	PRAZERES, Pedro Nuno	27	Cpcd-Centro Popular C.De	<b>2:13.57</b>	411	29.44	1:02.49	1:37.40	2:13.57
3.	PERDIGOTO, Ruben Tiag27	27	Fundacao Salesianos	<b>2:18.43</b>	369	29.91	1:04.04	1:40.26	2:18.43
4.	FERREIRA, Joao Pedro	25	Lisboa Poolboys By A.Bjwhf	<b>2:32.96</b>	274	32.12	1:09.92	1:52.20	2:32.96
5.	SANTOS, Jorge Miguel	27	Fundacao Salesianos	<b>3:58.99</b>	71	44.30	1:42.80		3:58.99
DNS	PARREIRA, G.	28	Clube Nacional de Natacao						

30 - 34 anos

1.	MANSO, Sergio Ribeiro	32	Sindicato T.F.Publica	<b>2:21.50</b>	346	32.55	1:07.27	1:43.96	2:21.50
2.	ROCHA, Pedro Morais	33	Sindicato T.F.Publica	<b>2:29.02</b>	296	34.25	1:12.10	1:51.09	2:29.02
3.	FREITAS, Joao Dinis	33	Masters Almada	<b>3:01.07</b>	165	41.78	1:28.75	2:16.12	3:01.07
4.	DIAS, David Fernandes	32	Grupo Amigos Natacao	<b>3:14.68</b>	132	39.45	1:26.19	2:19.52	3:14.68
DNS	SANTOS, Ruben Andre	30	Lisboa Poolboys By A.Bjwhf S.C						
DNS	REIS, Helder Bruno	32	Junta Freguesia Avenidas Novas						

35 - 39 anos

1.	LOURENCO, Rui Pedro	35	Sindicato T.F.Publica	<b>2:28.31</b>	300	32.56	1:09.73	1:49.02	2:28.31
2.	ESTEVENES, Hugo Miguel	38	Sindicato T.F.Publica	<b>2:37.55</b>	250	34.97	1:14.52	1:56.28	2:37.55
3.	CARDOSO, Manuel Evaris39	39	Masters Almada	<b>2:38.96</b>	244	34.94	1:14.93	1:56.77	2:38.96
4.	DIAS, Mario Martinho	36	Masters Almada	<b>2:38.98</b>	244	36.05	1:15.13	1:56.79	2:38.98
5.	FERREIRA, Luis Filipe	37	Cpcd-Centro Popular C.De	<b>2:46.48</b>	212	36.34	1:16.88	2:00.85	2:46.48
6.	MACAGNO, Fabrizio	37	Junta Freguesia Avenidas	<b>2:57.52</b>	175	37.86	1:21.58	2:07.80	2:57.52
7.	AFONSO, Nuno Silva	37	Grupo Amigos Natacao	<b>3:23.90</b>	115	43.30	1:34.74	2:29.25	3:23.90

40 - 44 anos

1.	PEREIRA, Joao Pedro	40	Cpcd-Centro Popular C.De	<b>3:31.34</b>	103	42.65	1:33.71	2:33.63	3:31.34
2.	RIBEIRO, Rodrigo Alexanc43	43	Junta Freguesia Avenidas	<b>3:37.10</b>	95	45.41	1:41.44	2:38.64	3:37.10
DNS	VARELA, Jose Antonio	43	Individual						



TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 11, Masc., 200m Livres

45 - 49 anos

1. LOHKEN, Jorg	48	Sindicato T.F.Publica	<b>2:37.52</b>	251	34.76	1:14.25	1:55.78	2:37.52
2. COSTA, Paulo Afonso	49	Masters Almada	<b>2:38.15</b>	248	34.65	1:13.77	1:55.66	2:38.15
3. FERREIRA, Jorge Manuel	48	Masters Almada	<b>3:05.27</b>	154	41.38	1:27.85		3:05.27
4. MIRANDA, Nuno Nobre	46	Grupo Amigos Natacao	<b>3:19.15</b>	124	41.98	1:32.78	2:25.92	3:19.15
5. CARDOSO, Jose Luis	45	Masters Almada	<b>3:32.21</b>	102	47.45	1:42.20		3:32.21
DNS INACIO, Luis Fernando	48	Cpcd-Centro Popular C.Desporto						
DNS ESCUNA, Manuel Frederic	45	Ccd Avancado Eulx						
DNS SANTANA, Fernando Mani	48	Colegio Integrado Monte Maior						
DNS PINHO, Jorge Daniel	45	Individual						

50 - 54 anos

1. VELEZ, Rui Castro	52	Centro Pop. Trab. Luz E Vid	<b>3:00.16</b>	167	41.97	1:28.72	2:16.57	3:00.16
2. ROQUE, António Mendes	54	Grupo Amigos Natacao	<b>4:01.70</b>	69	53.55	1:55.83	2:59.07	4:01.70
DNS VELEZ, Miguel Artur	53	Sindicato T.F.Publica						

55 - 59 anos

1. JESUS, Carlos Alberto	57	Masters Almada	<b>3:19.63</b>	123	40.96	1:30.38	2:24.71	3:19.63
2. PEREIRA, Joao Antonio	56	Lisboa Poolboys By A.Bjwhf	<b>3:29.49</b>	106	42.16	1:31.98	2:26.99	3:29.49
3. JESUS, Fernando Joaquir	57	Sindicato T.F.Publica	<b>3:33.46</b>	100				3:33.46
DNS MARQUES, Antonio Higinc	55	Associacao Nadadores Estoris						

60 - 64 anos

1. GONCALVES, Jose Manu	60	Masters Almada	<b>3:39.13</b>	93	48.40	1:43.96		3:39.13
2. NORONHA, Rui Homem	63	Clube Nacional de Natacac	<b>3:50.62</b>	79	47.59	1:46.86	2:49.05	3:50.62
DNS ALMEIDA, Hermano Botell	60	Clube Portugal Telecom						

65 - 69 anos

1. VIEGAS, Luis Antonio	69	Sport Alges Dafundo	<b>3:38.78</b>	93	47.84	1:41.78	2:38.58	3:38.78
2. ESTEVES, Manuel Jose	66	Masters Almada	<b>3:52.41</b>	78	48.04	1:46.78		3:52.41
3. SOUSA, Jose Luis	69	Sindicato T.F.Publica	<b>5:22.43</b>	29	1:08.38	2:29.83	3:55.79	5:22.43
DNS TAVARES, Antonio Manuel	65	Sindicato T.F.Publica						

70 - 74 anos

1. SALGUEIRO, Luis Alberto	71	Sport Alges Dafundo	<b>3:28.55</b>	108	47.08	1:41.19	2:35.81	3:28.55
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75 - 79 anos

1. RODRIGUES, A.	77	Individual	<b>3:47.78</b>	83	52.76	1:51.02	2:52.19	3:47.78
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Prova 12

Femin., 200m Livres

14 - 79 anos

28/02/2016 - 16:05

Resultados

Pontos: FINA 2015

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m
<b>14 - 16 anos</b>								
1. MENDES, Carolina Jesus	15	Fundacao Salesianos	<b>2:39.79</b>	333	38.25	1:19.19	2:01.42	2:39.79
2. JORGE, Bruna Raquel	15	Masters Natacao Ahbvac	<b>2:48.27</b>	285	40.69	1:24.41	2:09.09	2:48.27
DNS FIGUEIREDO, C.	15	Centro Pop. Trab. Luz E Vida						

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 12, Femin., 200m Livres

17 - 19 anos

1. ARAUJO, Marta Barros	17	Associacao Naval Amorens	<b>2:38.93</b>	338	34.92	1:14.30	1:56.39	2:38.93
2. RODRIGUES, Ana Sofia	17	Ccd Avancado Eulx	<b>2:39.85</b>	332	35.72	1:15.97	1:58.32	2:39.85
3. ESTRADA, Elisa Ferreira	17	Associacao Naval Amorens	<b>3:03.05</b>	221	40.18	1:26.41	2:15.27	3:03.05
4. BENTO, Mariana Santos	19	Masters Natacao Ahbvac	<b>3:06.92</b>	208	40.34	1:27.41	2:17.20	3:06.92
5. MENDONCA, Erica Vieira	19	A.H.B.V. Colares	<b>3:14.14</b>	185	42.72	1:31.45	2:23.20	3:14.14
DNS BOLEO, Sara Rodrigues	19	Ccd Avancado Eulx						

20 - 24 anos

1. GARCIA, Carolina Fernan	23	Ccd Avancado Eulx	<b>2:31.98</b>	387	35.96	1:14.35	1:54.14	2:31.98
2. RIBEIRO, Ines Dias	20	Ccd Avancado Eulx	<b>2:40.70</b>	327	37.48	1:18.37	2:00.84	2:40.70
3. FERREIRA, Ana Rute	21	Ccd Avancado Eulx	<b>2:42.62</b>	316	37.55	1:18.81	2:01.22	2:42.62
4. RAPOSO, Ines Sofia	20	Futebol Clube Alverca	<b>2:48.30</b>	285	38.22	1:20.77	2:05.39	2:48.30
5. MACHADO, Andreia Fatim	20	Masters Natacao Ahbvac	<b>3:27.91</b>	151	44.25	1:35.60	2:31.61	3:27.91
DNS SANTOS, Raquel Alexan	21	Cpcd-Centro Popular C.Desporto						
DNS RIBEIRO, Mariana Messia	21	Sindicato T.F.Publica						

25 - 29 anos

1. MONTEIRO, Maria Joao	27	Fundacao Salesianos	<b>2:45.51</b>	299	37.22	1:19.19	2:02.51	2:45.51
DNS SANTOS, Miriam Rordri	25	Masters Almada						
DNS LOPES, Catarina Isabel	25	Fundacao Salesianos						
DNS GRACA, Mariana Roque	25	Associacao Nadadores Estoris						

30 - 34 anos

1. VILAR, Filipa Alexandra	31	Clube Millennium Bcp	<b>3:08.63</b>	202	43.34	1:31.97	2:21.46	3:08.63
2. PATO, Ana Henriques	33	Junta Freguesia Avenidas	<b>3:12.96</b>	189	42.80	1:31.23	2:23.70	3:12.96

35 - 39 anos

DNS FONSECA, Ana Margarida	39	Sindicato T.F.Publica						
DNS ALEXANDRE, Ana Claudia	37	Masters Almada						

40 - 44 anos

1. PASSOS, Madalena Cruz	41	Sindicato T.F.Publica	<b>3:31.47</b>	143	43.38	1:33.72	2:31.13	3:31.47
2. ALMEIDA, Simone Rodrigu	41	Masters Almada	<b>4:21.59</b>	75	57.77	2:03.86	3:12.92	4:21.59

45 - 49 anos

1. SOUSA, Maria Clara	48	Masters Almada	<b>3:35.87</b>	135	46.07	1:40.07	2:37.56	3:35.87
2. ALVES, Rita Silva	45	Cpcd-Centro Popular C.De	<b>4:00.87</b>	97	50.96	1:53.39	2:57.91	4:00.87
DNS LOPES, Ruth Silva	45	Associacao Nadadores Estoris						

50 - 54 anos

1. VASCONCELOS, M.	52	Masters Almada	<b>4:05.56</b>	91	50.37	1:49.63	2:58.47	4:05.56
2. ALMEIDA, Anabela Verissi	50	Grupo Amigos Natacao	<b>4:24.09</b>	73	59.48	2:07.93	3:18.21	4:24.09
DNS MEIRA, Ana Paula	54	Associacao Nadadores Estoris						

55 - 59 anos

1. CAEIRO, Ana Maria	57	Grupo Amigos Natacao	<b>3:43.54</b>	121	50.65	1:47.85	2:46.98	3:43.54
2. PEREIRA, Maria José	58	Grupo Amigos Natacao	<b>4:27.95</b>	70	1:00.96	2:08.73	3:18.33	4:27.95

60 - 64 anos

1. THMURASP, A.	61	Cpcd-Centro Popular C.De	<b>4:42.99</b>	59	1:00.43	2:16.21	3:31.47	4:42.99
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TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 12, Femin., 200m Livres

65 - 69 anos

1. MARQUES, Maria Teresa	67	Sindicato T.F.Publica	<b>4:06.84</b>	90	55.48	1:58.02	3:03.00	4:06.84
2. MOTA, Maria Teresa	65	Grupo Amigos Natacao	<b>4:23.22</b>	74	57.46	2:05.05	3:14.25	4:23.22
3. VELEZ, Maria Luisa	65	Sindicato T.F.Publica	<b>5:06.44</b>	47	1:11.19	2:27.62	3:47.51	5:06.44

Prova 13

28/02/2016 - 16:35

Masc., 800m Livres

14 - 79 anos

Resultados

Pontos: FINA 2015

Lugar		Idade			Tempo final	Pts
<b>14 - 16 anos</b>						
1.	ANICETO, Goncalo Nuno	15	Grupo Amigos Natacao		<b>12:10.95</b>	223
	100m: 1:22.62 1:22.62	300m: 4:25.04 1:32.18	500m: 7:33.97 1:33.02	700m: 10:42.88 1:35.34		
	200m: 2:52.86 1:30.24	400m: 6:00.95 1:35.91	600m: 9:07.54 1:33.57	800m: 12:10.95 1:28.07		
2.	NANQUES, Joao Gaspar	15	Futebol Clube Alverca		<b>13:21.21</b>	169
	100m: 1:29.42 1:29.42	300m: 4:56.37 1:43.78	500m: 8:24.72 1:44.48	700m: 11:48.40 1:41.57		
	200m: 3:12.59 1:43.17	400m: 6:40.24 1:43.87	600m: 10:06.83 1:42.11	800m: 13:21.21 1:32.81		
<b>17 - 19 anos</b>						
1.	RICARDO, Antonio Santos	17	Associacao Naval Amorense		<b>10:52.17</b>	314
	100m: 1:12.89 1:12.89	300m: 3:56.95 1:22.86	500m: 6:46.50 1:23.46	700m: 9:33.84 1:23.52		
	200m: 2:34.09 1:21.20	400m: 5:23.04 1:26.09	600m: 8:10.32 1:23.82	800m: 10:52.17 1:18.33		
2.	GONCALVES, Luis Filipe	17	Masters Natacao Ahbvac		<b>12:03.23</b>	230
	100m: 2:09.84 2:09.84	300m: 4:27.08 45.81	500m: 6:04.35	700m: 10:35.73 1:31.38		
	200m: 3:41.27 1:31.43	400m: 6:00.96 1:33.88	600m: 9:04.35	800m: 12:03.23 1:27.50		
3.	GRANJA, Ricardo Filipe	17	Futebol Clube Alverca		<b>12:20.56</b>	214
	100m: 1:21.56 1:21.56	300m: 4:25.05 1:33.66	500m: 7:36.94 1:35.93	700m: 10:49.41 1:35.76		
	200m: 2:51.39 1:29.83	400m: 6:01.01 1:35.96	600m: 9:13.65 1:36.71	800m: 12:20.56 1:31.15		
4.	SOARES, Ricardo Jorge	18	Colegio Integrado Monte Maior		<b>12:21.75</b>	213
	100m: 1:27.12 1:27.12	300m: 4:34.68 1:33.58	500m: 7:44.91 1:34.78	700m: 10:52.55 1:33.88		
	200m: 3:01.10 1:33.98	400m: 6:10.13 1:35.45	600m: 9:18.67 1:33.76	800m: 12:21.75 1:29.20		
<b>20 - 24 anos</b>						
1.	MARTINS, Goncalo Duarte	23	Masters Almada		<b>9:38.06</b>	451
	100m: 1:07.40 1:07.40	300m: 3:32.87 1:13.25	500m: 5:58.99 1:13.13	700m: 8:26.11 1:13.37		
	200m: 2:19.62 1:12.22	400m: 4:45.86 1:12.99	600m: 7:12.74 1:13.75	800m: 9:38.06 1:11.95		
2.	SANTO, Tiago Miguel	21	Ccd Avancado Eulx		<b>10:26.84</b>	353
	100m: 1:08.27 1:08.27	300m: 3:38.39 1:16.17	500m: 6:21.86 1:23.26	700m: 9:07.59 1:22.65		
	200m: 2:22.22 1:13.95	400m: 4:58.60 1:20.21	600m: 7:44.94 1:23.08	800m: 10:26.84 1:19.25		
3.	SANTOS, Jose Pedro	21	Masters Natacao Ahbvac		<b>11:13.63</b>	285
	100m: 1:18.03 1:18.03	300m: 4:05.75 1:23.88	500m: 6:59.08 1:27.02	700m: 9:50.98 1:25.43		
	200m: 2:41.87 1:23.84	400m: 5:32.06 1:26.31	600m: 8:25.55 1:26.47	800m: 11:13.63 1:22.65		
4.	ARAUJO, Jose Luis	23	Masters Natacao Ahbvac		<b>11:29.92</b>	265
	100m: 1:18.23 1:18.23	300m: 4:09.79 1:26.97	500m: 7:08.68 1:29.55	700m: 10:10.16 1:30.34		
	200m: 2:42.82 1:24.59	400m: 5:39.13 1:29.34	600m: 8:39.82 1:31.14	800m: 11:29.92 1:19.76		
5.	MONTOIA, Diogo Alves	23	Grupo Amigos Natacao		<b>12:04.06</b>	229
	100m: 1:22.42 1:22.42	300m: 4:27.33 1:33.84	500m: 7:34.54 1:33.22	700m: 10:36.89 1:29.92		
	200m: 2:53.49 1:31.07	400m: 6:01.32 1:33.99	600m: 9:06.97 1:32.43	800m: 12:04.06 1:27.17		

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 13, Masc., 800m Livres

25 - 29 anos

1.	SILVA, Luis Filipe	28	Fundacao Salesianos	<b>9:51.75</b>	420
	100m: 1:07.77 1:07.77	300m: 3:34.04 1:13.79	500m: 6:05.02 1:15.75	700m: 8:37.51 1:16.31	
	200m: 2:20.25 1:12.48	400m: 4:49.27 1:15.23	600m: 7:21.20 1:16.18	800m: 9:51.75 1:14.24	
2.	OLIVEIRA, Sergio Bernardo	26	Masters Natacao Ahbvac	<b>10:57.59</b>	306
	100m: 1:14.99 1:14.99	300m: 4:03.91 1:25.19	500m: 6:55.24	700m: 9:40.30 1:19.79	
	200m: 2:38.72 1:23.73	400m:	600m: 8:20.51 1:25.27	800m: 10:57.59 1:17.29	
DNS	FRANCISCO, Jose Daniel	27	Grupo Amigos Natacao		

30 - 34 anos

1.	CRUZ, Joao Duarte	30	Masters Almada	<b>10:26.66</b>	354
	100m: 1:13.13 1:13.13	300m: 3:49.42 1:18.55	500m: 6:27.43 1:19.15	700m: 9:08.02 1:20.63	
	200m: 2:30.87 1:17.74	400m: 5:08.28 1:18.86	600m: 7:47.39 1:19.96	800m: 10:26.66 1:18.64	
2.	MALTA, João Carlos	34	Grupo Amigos Natacao	<b>10:35.45</b>	339
	100m: 1:13.98 1:13.98	300m: 3:51.36 1:18.97	500m: 6:32.04 1:20.62	700m: 9:15.55 1:22.52	
	200m: 2:32.39 1:18.41	400m: 5:11.42 1:20.06	600m: 7:53.03 1:20.99	800m: 10:35.45 1:19.90	
3.	SA, Eduardo Lourenco	32	Junta Freguesia Avenidas Novas	<b>12:50.86</b>	190
	100m: 1:27.05 1:27.05	300m: 4:39.55 1:36.88	500m: 7:56.76 1:38.75	700m: 11:13.48 1:38.11	
	200m: 3:02.67 1:35.62	400m: 6:18.01 1:38.46	600m: 9:35.37 1:38.61	800m: 12:50.86 1:37.38	

35 - 39 anos

1.	TORRES, Antonio	36	Fundacao Salesianos	<b>11:56.98</b>	236
	100m: 1:21.99 1:21.99	300m: 4:20.67 1:29.80	500m: 7:23.39 1:31.27	700m: 10:27.86 1:32.08	
	200m: 2:50.87 1:28.88	400m: 5:52.12 1:31.45	600m: 8:55.78 1:32.39	800m: 11:56.98 1:29.12	
2.	SIMOES, Alex Moreira	39	Masters Natacao Ahbvac	<b>12:04.80</b>	228
	100m: 1:23.26 1:23.26	300m: 4:27.80 1:33.16	500m: 7:34.65 1:34.08	700m: 10:42.10 1:33.05	
	200m: 2:54.64 1:31.38	400m: 6:00.57 1:32.77	600m: 9:09.05 1:34.40	800m: 12:04.80 1:22.70	
3.	GOMES, Alvaro Cardoso	38	Grupo Amigos Natacao	<b>12:06.24</b>	227
	100m: 1:21.51 1:21.51	300m: 4:25.54 1:32.14	500m: 7:32.62 1:34.15	700m: 10:39.87 1:33.01	
	200m: 2:53.40 1:31.89	400m: 5:58.47 1:32.93	600m: 9:06.86 1:34.24	800m: 12:06.24 1:26.37	
4.	COSTA, Goncalo Nuno	35	Junta Freguesia Avenidas Novas	<b>12:26.05</b>	209
	100m: 1:25.34 1:25.34	300m: 4:36.10 1:34.94	500m: 7:47.13 1:34.81	700m: 10:56.72 1:35.15	
	200m: 3:01.16 1:35.82	400m: 6:12.32 1:36.22	600m: 9:21.57 1:34.44	800m: 12:26.05 1:29.33	
5.	SA, Rui Pedro	35	Masters Natacao Ahbvac	<b>12:57.29</b>	185
	100m: 1:34.75 1:34.75	300m: 4:53.14 1:40.43	500m: 8:12.22 1:39.90	700m: 11:27.29 1:35.99	
	200m: 3:12.71 1:37.96	400m: 6:32.32 1:39.18	600m: 9:51.30 1:39.08	800m: 12:57.29 1:30.00	
6.	PALMA, Ricardo Jorge	35	Masters Almada	<b>15:59.84</b>	98
	100m: 1:48.15 1:48.15	300m: 5:48.00 2:00.59	500m: 9:54.87 2:02.99	700m: 14:00.02 2:02.45	
	200m: 3:47.41 1:59.26	400m: 7:51.88 2:03.88	600m: 11:57.57 2:02.70	800m: 15:59.84 1:59.82	
DNS	ALMEIDA, Diogo Pedroso	39	Colegio Integrado Monte Maior		

40 - 44 anos

1.	COSTA, Eduardo Manuel	40	Masters Natacao Ahbvac	<b>10:08.38</b>	387
	100m: 1:09.91 1:09.91	300m: 3:38.94 1:15.18	500m: 6:12.87 1:17.50	700m: 8:50.62 1:18.99	
	200m: 2:23.76 1:13.85	400m: 4:55.37 1:16.43	600m: 7:31.63 1:18.76	800m: 10:08.38 1:17.76	
2.	PEREIRA, Alexandre Marques	40	Colegio Integrado Monte Maior	<b>11:05.96</b>	295
	100m: 1:17.37 1:17.37	300m: 4:04.12 1:24.29	500m: 6:55.25 1:25.52	700m: 9:44.64 1:23.81	
	200m: 2:39.83 1:22.46	400m: 5:29.73 1:25.61	600m: 8:20.83 1:25.58	800m: 11:05.96 1:21.32	
3.	FONSECA, Bruno Miguel	43	Fundacao Salesianos	<b>11:19.82</b>	277
	100m: 1:15.17 1:15.17	300m: 4:04.64 1:26.65	500m: 7:00.58 1:27.82	700m: 9:55.06 1:28.03	
	200m: 2:37.99 1:22.82	400m: 5:32.76 1:28.12	600m: 8:27.03 1:26.45	800m: 11:19.82 1:24.76	
4.	FERREIRA, Mario Andre	43	Clube Nacional de Natacao	<b>12:13.00</b>	221
	100m: 1:22.10 1:22.10	300m: 4:25.05 1:32.78	500m: 7:35.43 1:35.23	700m: 10:44.14 1:34.27	
	200m: 2:52.27 1:30.17	400m: 6:00.20 1:35.15	600m: 9:09.87 1:34.44	800m: 12:13.00 1:28.86	

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
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Prova 13, Masc., 800m Livres, 40 - 44 anos

Lugar	Idade	Tempo final	Pts
5. SOUSA, Vasco Levita	43 Masters Almada	<b>13:57.53</b>	148
100m: 1:35.59 1:35.59	300m: 5:06.25 1:46.04	500m: 8:42.78 1:48.86	700m: 12:16.03 1:45.23
200m: 3:20.21 1:44.62	400m: 6:53.92 1:47.67	600m: 10:30.80 1:48.02	800m: 13:57.53 1:41.50

DNS BARROS, Francisco Santos 44 Colegio Integrado Monte Maior

45 - 49 anos

1. SANTINHA, Antonio Manuel	47 Masters Almada	<b>13:29.32</b>	164
100m: 1:34.59 1:34.59	300m: 4:58.28 1:42.76	500m: 8:23.66 1:42.84	700m: 11:50.79 1:43.56
200m: 3:15.52 1:40.93	400m: 6:40.82 1:42.54	600m: 10:07.23 1:43.57	800m: 13:29.32 1:38.53

2. CAEIRO, Mario Antonio	45 Masters Almada	<b>13:33.29</b>	162
100m: 1:29.65 1:29.65	300m: 4:53.04 1:42.80	500m: 8:22.42 1:45.37	700m: 11:52.56 1:44.04
200m: 3:10.24 1:40.59	400m: 6:37.05 1:44.01	600m: 10:08.52 1:46.10	800m: 13:33.29 1:40.73

DNS BRANDAO, Joao Carlos 49 Colegio Integrado Monte Maior

50 - 54 anos

1. FEITEIRA, Luis Filipe	50 Masters Almada	<b>12:26.37</b>	209
100m: 1:25.45 1:25.45	300m: 4:30.23 1:33.27	500m: 7:39.93 1:36.00	700m: 10:52.43 1:36.69
200m: 2:56.96 1:31.51	400m: 6:03.93 1:33.70	600m: 9:15.74 1:35.81	800m: 12:26.37 1:33.94

2. ALMEIDA, Luis Filipe	50 Lisboa Poolboys By A.Bjwhf S.C	<b>14:42.95</b>	126
100m: 1:33.81 1:33.81	300m: 5:09.28 1:51.02	500m: 8:58.04 1:55.56	700m: 12:50.63 1:56.09
200m: 3:18.26 1:44.45	400m: 7:02.48 1:53.20	600m: 10:54.54 1:56.50	800m: 14:42.95 1:52.32

55 - 59 anos

1. SANTOS, Eduardo Jorge	59 Individual	<b>17:09.08</b>	80
100m: 2:08.14 2:08.14	300m: 6:39.25 2:15.35	500m:	700m: 14:45.60 2:25.17
200m: 4:23.90 2:15.76	400m: 8:53.87 2:14.62	600m: 12:20.43	800m: 17:09.08 2:23.48

DNS BENTO, Jaime Carlos 55 Sport Alges Dafundo

DNS CORREIA, Jose Luis 57 Associacao Nadadores Estoris

60 - 64 anos

1. MENDES, Ricardo Antonio	61 Fundacao Salesianos	<b>12:23.95</b>	211
100m: 1:27.76 1:27.76	300m: 4:38.24 1:35.01	500m: 7:47.79 1:34.19	700m: 10:55.95 1:33.09
200m: 3:03.23 1:35.47	400m: 6:13.60 1:35.36	600m: 9:22.86 1:35.07	800m: 12:23.95 1:28.00

2. CORREIA, Carlos Barata	64 Masters Almada	<b>12:58.94</b>	184
100m: 1:32.94 1:32.94	300m: 4:49.59 1:38.31	500m: 8:07.00 1:39.09	700m: 11:23.31 1:38.09
200m: 3:11.28 1:38.34	400m: 6:27.91 1:38.32	600m: 9:45.22 1:38.22	800m: 12:58.94 1:35.63

70 - 74 anos

1. BASTO, Antonio Bessone	71 Sport Alges Dafundo	<b>12:36.94</b>	201
100m: 1:31.40 1:31.40	300m: 4:43.73 1:36.62	500m: 7:55.97 1:35.43	700m: 11:05.87 1:34.37
200m: 3:07.11 1:35.71	400m: 6:20.54 1:36.81	600m: 9:31.50 1:35.53	800m: 12:36.94 1:31.07

2. MARREIROS, Jose Joaquim	70 Sport Alges Dafundo	<b>16:36.26</b>	88
100m: 2:07.75 2:07.75	300m: 6:33.54 2:12.44	500m:	700m: 14:25.49 2:16.38
200m: 4:21.10 2:13.35	400m: 8:47.35 2:13.81	600m: 12:09.11	800m: 16:36.26 2:10.77

DNS GASPAS, Alexandre Alberto 71 Sport Alges Dafundo

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

Prova 14 Femin., 800m Livres 14 - 79 anos  
28/02/2016 - 18:25 Resultados

Pontos: FINA 2015

Lugar	Idade	Tempo final	Pts
<b>14 - 16 anos</b>			
1. PENEDO, Marcia Vitorino	16 Masters Natacao Ahbvac	<b>12:30.74</b>	260
100m:	300m: 5:32.65 2:24.31 500m: 7:55.37 1:34.40	700m:	
200m: 3:08.34	400m: 6:20.97 48.32 600m:	800m: 12:30.74	
2. FERREIRA, Ines Sofia	15 Associacao Naval Amorense	<b>13:24.88</b>	211
100m: 1:35.50 1:35.50	300m: 5:01.10 1:44.15 500m: 8:27.75 1:43.77	700m: 11:50.99 1:39.93	
200m: 3:16.95 1:41.45	400m: 6:43.98 1:42.88 600m: 10:11.06 1:43.31	800m: 13:24.88 1:33.89	
3. FIGUEIREDO, Rita Esteves	15 Masters Natacao Ahbvac	<b>13:40.80</b>	199
100m: 1:31.90 1:31.90	300m: 4:50.33 1:39.07 500m:	700m: 11:21.08 1:36.91	
200m: 3:11.26 1:39.36	400m: 6:28.79 1:38.46 600m: 9:44.17	800m: 13:40.80 2:19.72	
<b>17 - 19 anos</b>			
1. SANTOS, Raquel Fernandes	18 Masters Almada	<b>11:14.27</b>	359
100m: 1:19.31 1:19.31	300m: 4:11.79 1:26.27 500m: 7:02.69 1:26.19	700m: 9:52.46 1:24.95	
200m: 2:45.52 1:26.21	400m: 5:36.50 1:24.71 600m: 8:27.51 1:24.82	800m: 11:14.27 1:21.81	
2. BOTO, Jessica Abrantes	19 Associacao Naval Amorense	<b>13:03.70</b>	228
100m: 1:31.33 1:31.33	300m: 4:45.70 1:37.42 500m: 8:06.53 1:40.99	700m: 11:29.94 1:40.83	
200m: 3:08.28 1:36.95	400m: 6:25.54 1:39.84 600m: 9:49.11 1:42.58	800m: 13:03.70 1:33.76	
3. SOEIRO, Ana Beatriz	18 Masters Natacao Ahbvac	<b>13:15.82</b>	218
100m: 1:29.51 1:29.51	300m: 4:44.05 1:36.90 500m: 7:53.45 1:32.72	700m: 10:59.85 1:32.32	
200m: 3:07.15 1:37.64	400m: 6:20.73 1:36.68 600m: 9:27.53 1:34.08	800m: 13:15.82 2:15.97	
<b>20 - 24 anos</b>			
1. MARTINS, Silvia Coelho	21 Ccd Avancado Eulx	<b>13:12.53</b>	221
100m:	300m:	500m:	700m:
200m:	400m:	600m:	800m: 13:12.53
2. SILVEIRA, Barbara Maria	21 Masters Almada	<b>13:26.75</b>	209
100m: 1:34.53 1:34.53	300m: 5:00.38 51.66 500m:	700m: 11:52.04	
200m: 4:08.72 2:34.19	400m: 6:43.77 1:43.39 600m:	800m: 13:26.75 1:34.71	
DNS DUARTE, Carolina Dominguez	21 Associacao Naval Amorense		
<b>35 - 39 anos</b>			
1. CORREIA, Rita Matosa	37 Masters Almada	<b>12:50.21</b>	241
100m: 1:30.61 1:30.61	300m: 4:43.15 1:36.28 500m: 7:56.31 1:36.14	700m: 11:10.82 1:37.97	
200m: 3:06.87 1:36.26	400m: 6:20.17 1:37.02 600m: 9:32.85 1:36.54	800m: 12:50.21 1:39.39	
2. SANTOS, Sandra Goncalves	37 Fundacao Salesianos	<b>14:44.97</b>	158
100m: 1:41.70 1:41.70	300m: 6:21.70 2:48.26 500m: 9:09.33	700m: 12:57.34 1:53.43	
200m: 3:33.44 1:51.74	400m:	600m: 11:03.91 1:54.58	800m: 14:44.97 1:47.63
DNS FERREIRA, Marta Martins	37 Sindicato T.F.Publica		
<b>40 - 44 anos</b>			
1. SANTINHA, Fernanda Maria	44 Masters Almada	<b>14:17.89</b>	174
100m: 1:40.08 1:40.08	300m: 5:16.28 1:48.18 500m: 8:54.97 1:48.65	700m: 12:31.62 1:48.09	
200m: 3:28.10 1:48.02	400m: 7:06.32 1:50.04 600m: 10:43.53 1:48.56	800m: 14:17.89 1:46.27	
2. SEQUEIRA, Carla Sofia	41 Colegio Integrado Monte Maior	<b>14:43.31</b>	159
100m: 1:43.23 1:43.23	300m: 5:26.66 1:52.40 500m: 9:11.38 1:51.68	700m: 12:54.24 1:51.08	
200m: 3:34.26 1:51.03	400m: 7:19.70 1:53.04 600m: 11:03.16 1:51.78	800m: 14:43.31 1:49.07	
DNS OLIVEIRA, Sara Rocha	41 Fundacao Salesianos		

TORNEIO FUNDO FUNDAÇÃO INATEL 2015\_2016  
LISBOA, 27/ - 28/2/2016

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Prova 14, Femin., 800m Livres

45 - 49 anos

1.	DIAS, Carmem Maria		46	Fundacao Salesianos		<b>17:10.71</b>	100	
	100m: 1:57.01	1:57.01	300m: 6:16.70	2:11.33	500m: 10:40.82	2:11.72	700m: 15:02.82	2:10.70
	200m: 4:05.37	2:08.36	400m: 8:29.10	2:12.40	600m: 12:52.12	2:11.30	800m: 17:10.71	2:07.89

50 - 54 anos

1.	CANINAS, Maria Madalena		53	Masters Almada		<b>14:36.70</b>	163	
	100m: 1:37.93	1:37.93	300m: 5:20.11	1:50.90	500m: 9:04.90	1:51.63	700m: 12:49.50	1:52.29
	200m: 3:29.21	1:51.28	400m: 7:13.27	1:53.16	600m: 10:57.21	1:52.31	800m: 14:36.70	1:47.20