

Dados Pessoais					Natação							Corrida						Tempo
Nome	Idade	Categoria	Sexo		100	200	300	400	Tempo Final	Rank	Média	1k	2k	3k	Tempo Final	Rank	Média	Acumulado
Femininos																		
Mariana Costa	04-01-1991	14	Juvenis	F	01:24	01:35	01:39	01:37	06:15	11	01:34	03:37	03:49	04:02	11:28	1	03:49	17:43
Joana Marques	10-01-1989	16	Juniores	F	01:19	01:17	01:38	01:30	06:10	8	01:33	03:39	04:05	04:05	11:49	2	03:56	17:59
Ana Ferreira	22-03-1990	14	Juvenis	F	01:24	01:35	01:39	01:36	06:14	9	01:34	03:40	04:04	04:08	11:52	3	03:57	18:06
Nadine Almeida	12-06-1992	12	Juvenis	F	01:20	01:28	01:30	01:24	05:43	3	01:26	03:58	04:16	04:20	12:34	6	04:11	18:17
Inês Jorge	17-07-1991	13	Juvenis	F	01:17	01:27	01:28	01:25	05:39	1	01:25	03:53	04:28	04:21	12:42	7	04:14	18:21
Marina Pedro	04-11-1988	16	Juniores	F	01:24	01:35	01:36	01:34	06:08	7	01:32	03:41	04:13	04:25	12:19	5	04:06	18:27
Ana Oliveira	09-03-1991	14	Juvenis	F	01:21	01:31	01:33	01:30	05:55	6	01:29	03:59	04:19	04:27	12:45	8	04:15	18:40
Ana Filipa Sampaio	25-08-1989	15	Juniores	F	01:23	01:31	01:32	01:27	05:53	5	01:28	04:00	04:18	04:36	12:54	9	04:18	18:47
Ana Sofia Sampaio	14-07-1989	15	Juniores	F	01:23	01:37	01:40	01:38	06:17	12	01:34	04:05	04:28	04:31	13:04	11	04:21	19:21
Carolina Gregório	29-05-1991	13	Juvenis	F	01:32	01:47	01:49	01:44	06:51	13	01:43	03:52	04:29	04:36	12:57	10	04:19	19:48
Andreia Lopes	05-04-1991	13	Juvenis	F	01:35	01:49	01:48	01:40	06:52	14	01:43	04:06	04:17	04:47	13:10	12	04:23	20:02
Ana Carrasco	10-03-1989	16	Juniores	F	01:16	01:26	01:29	01:28	05:39	2	01:25	04:11	04:54	05:20	14:25	14	04:48	20:04
Filipa Coutinho	28-02-1990	15	Juvenis	F	01:27	01:36	01:37	01:34	06:14	10	01:34	04:04	04:31	05:30	14:05	13	04:42	20:19
Tânia Boleta	28-07-1989	15	Juniores	F	02:03	02:24	02:25	02:19	09:11	15	02:18	03:34	04:08	04:12	11:54	4	03:58	21:05
Lia Carvaho	08-05-1990	14	Juvenis	F	01:19	01:27	01:29	01:28	05:43	4	01:26	04:14	05:24	06:00	15:38	15	05:13	21:21
Masculinos																		
João Silva	15-05-1989	15	Juniores	M	01:03	01:15	01:19	01:17	04:55	2	01:14	03:10	03:18	03:13	09:41	1	03:14	14:36
Ruben Costa	31-05-1990	14	Juvenis	M	01:10	01:18	01:19	01:18	05:04	5	01:16	03:19	03:24	03:01	09:44	2	03:15	14:48
Miguel Arraiolos	12-07-1988	16	Juniores	M	01:11	01:18	01:22	01:21	05:12	8	01:18	03:08	03:19	03:19	09:46	3	03:15	14:58
Miguel Henriques	23-02-1990	15	Juvenis	M	01:09	01:18	01:22	01:21	05:10	7	01:18	03:03	03:24	03:26	09:53	4	03:18	15:03
Vasco Pessoa	04-01-1989	16	Juniores	M	01:07	01:15	01:17	01:17	04:57	3	01:14	03:11	03:32	03:35	10:18	5	03:26	15:15
Diogo Calado	28-02-1990	15	Juvenis	M	01:04	01:14	01:17	01:15	04:49	1	01:12	03:22	03:52	03:33	10:47	8	03:36	15:36
Pedro Leitão	11-03-1989	16	Juniores	M	01:13	01:26	01:29	01:28	05:37	18	01:24	03:11	03:34	03:33	10:18	6	03:26	15:55
Miguel Medeiros	09-11-1989	15	Juniores	M	01:14	01:21	01:22	01:18	05:16	9	01:19	03:18	03:40	03:55	10:53	9	03:38	16:09
Fabrizio Tomás	13-09-1991	13	Juvenis	M	01:12	01:19	01:21	01:17	05:09	6	01:17	03:30	04:03	03:39	11:12	15	03:44	16:21
João Amorim	06-03-1991	14	Juvenis	M	01:16	01:26	01:26	01:20	05:27	12	01:22	03:36	03:39	03:44	10:59	11	03:40	16:26
Hugo Pestana	21-02-1988	17	Juniores	M	01:08	01:17	01:18	01:18	05:00	4	01:15	03:32	04:05	03:50	11:27	17	03:49	16:27
Luís Courinha	25-11-1987	17	Juniores	M	01:13	01:22	01:23	01:21	05:18	10	01:19	03:33	03:48	03:53	11:14	16	03:45	16:32
Marcos Duro	11-08-1988	16	Juniores	M	01:14	01:26	01:29	01:27	05:36	17	01:24	03:35	03:41	03:46	11:02	14	03:41	16:38
Pedro Pereira	29-06-1989	15	Juniores	M	01:09	01:23	01:28	01:25	05:25	11	01:21	03:21	04:00	04:11	11:32	19	03:51	16:57
João Serrano	22-02-1991	14	Juvenis	M	01:16	01:25	01:26	01:22	05:29	13	01:22	03:31	04:16	03:50	11:37	20	03:52	17:06
Tiago Pinto	04-09-1987	17	Juniores	M	01:18	01:20	01:27	01:27	05:31	14	01:23	03:44	03:58	03:59	11:41	21	03:54	17:12
Francisco Reis	24-09-1989	15	Juniores	M	01:16	01:25	01:27	01:26	05:33	15	01:23	03:43	04:03	03:57	11:43	22	03:54	17:16
Pedro Antão	05-04-1990	14	Juvenis	M	01:12	01:25	01:30	01:26	05:33	16	01:23	03:43	04:04	04:13	12:00	24	04:00	17:33
Diogo Custódio	16-06-1989	15	Juniores	M	01:19	01:41	01:47	01:45	06:32	23	01:38	03:22	04:07	03:58	11:27	18	03:49	17:59
João Amaral	20-09-1989	15	Juniores	M	01:23	01:36	01:34	01:32	06:05	20	01:31	03:47	04:03	04:06	11:56	23	03:59	18:01
André Toucinho	03-08-1991	13	Juvenis	M	01:31	01:54	01:56	01:47	07:08	25	01:47	03:32	03:45	03:43	11:00	12	03:40	18:08
Pedro Duarte	20-03-1991	13	Juvenis	M	01:31	01:57	02:00	02:00	07:39	28	01:55	03:21	03:42	03:43	10:46	7	03:35	18:25
André Simas	17-05-1991	13	Juvenis	M	01:19	01:34	01:36	01:35	06:04	19	01:31	03:44	04:06	04:40	12:30	26	04:10	18:34
Bruno Portela	29-05-1988	16	Juniores	M	01:34	02:01	02:04	02:03	07:42	29	01:56	03:19	03:49	03:53	11:01	13	03:40	18:43
Joaquim Guerreiro	20-10-1988	16	Juniores	M	01:39	01:59	02:10	02:01	07:50	30	01:58	03:33	03:42	03:42	10:57	10	03:39	18:47
Gonçalo Ruivo	02-12-1990	14	Juvenis	M	01:22	01:38	01:44	01:42	06:26	22	01:37	03:23	04:15	04:45	12:23	25	04:08	18:49
João Inácio	22-04-1989	15	Juniores	M	01:27	01:35	01:37	01:33	06:13	21	01:33	04:12	03:51	04:44	12:47	29	04:16	19:00
João Pica	17-10-1990	14	Juvenis	M	01:37	01:54	01:54	01:52	07:17	26	01:49	03:58	04:19	04:20	12:37	27	04:12	19:54
Luís Ribeiro	27-07-1991	13	Juvenis	M	01:30	01:47	01:51	01:49	06:57	24	01:44	04:04	04:17	04:40	13:01	30	04:20	19:58
Eduardo Mendonça	11-11-1990	14	Juvenis	M	01:35	01:56	02:03	01:56	07:30	27	01:52	04:03	04:21	04:21	12:45	28	04:15	20:15
Rui Santos	12-10-1990	14	Juvenis	M	01:52	02:01	02:07	02:02	08:03	31	02:01	04:00	04:27	04:48	13:15	31	04:25	21:18
Não Terminaram																		
Miguel Caetano	27-03-1988	16		M					DNF	DNF	DNF				10:38	DNF	03:33	
Bernardo Pestana	23-05-1990	14		M					DNF	DNF	DNF				11:06	DNF	03:42	
Sara Dinis	04-02-1990	15	Juvenis F	F	01:19	01:29	01:30	01:24	05:44	0	01:26				DNF	0	DNF	