

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 2 Femin., 800m Livres Open
18.7.09 - 10:30 Resultados

Recorde Nacional Absoluto	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31.7.02
Recorde Nacional Sénior	8:58.41	Marta Andreia Ferreira	FPN	Barcelona (ESP)	25.7.03
Recorde Nacional Junior	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31.7.02
Recorde Nacional Juvenis	9:07.70	tempo limite			

TAC JUN/SEN Fem 15 +: 9:40.00 / TAC JUV Fem Juv: 10:10.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Open			
1. Trine Gudnitz	87 Denmark	8:55.62	808
100m: 1:05.46 1:05.46	300m: 3:18.11 1:06.21	500m: 5:32.26 1:07.29	700m: 7:48.54 1:08.51
200m: 2:11.90 1:06.44	400m: 4:24.97 1:06.86	600m: 6:40.03 1:07.77	800m: 8:55.62 1:07.08
2. Mathilde Riis Sorensen	88 Denmark	8:56.67	803
100m: 1:05.98 1:05.98	300m: 3:20.53 1:07.00	500m: 5:35.43 1:07.50	700m: 7:50.64 1:07.69
200m: 2:13.53 1:07.55	400m: 4:27.93 1:07.40	600m: 6:42.95 1:07.52	800m: 8:56.67 1:06.03
3. Maria Miguel Veloso	93 Náutico/Matobra	8:58.92	793
MAC			
100m: 1:05.06 1:05.06	300m: 3:19.64 1:07.23	500m: 5:35.88 1:08.26	700m: 7:52.04 1:08.02
200m: 2:12.41 1:07.35	400m: 4:27.62 1:07.98	600m: 6:44.02 1:08.14	800m: 8:58.92 1:06.88
4. Patricia Garcia Marinho	94 Sporting	9:08.48	752
MAC			
100m: 1:05.74 1:05.74	300m: 3:23.53 1:08.68	500m: 5:41.76 1:09.02	700m: 8:00.69 1:09.62
200m: 2:14.85 1:09.11	400m: 4:32.74 1:09.21	600m: 6:51.07 1:09.31	800m: 9:08.48 1:07.79
5. Lara Santana Pinheiro	92 Os Belenenses	9:10.46	744
MAC			
100m: 1:05.76 1:05.76	300m: 3:24.21 1:09.42	500m: 5:42.90 1:09.39	700m: 8:02.55 1:09.75
200m: 2:14.79 1:09.03	400m: 4:33.51 1:09.30	600m: 6:52.80 1:09.90	800m: 9:10.46 1:07.91
6. Joana Filipa Santos	93 Vitória de Guimarães	9:10.55	744
MAC			
100m: 1:05.39 1:05.39	300m: 3:23.45 1:09.35	500m: 5:43.50 1:10.40	700m: 8:04.85 1:10.84
200m: 2:14.10 1:08.71	400m: 4:33.10 1:09.65	600m: 6:54.01 1:10.51	800m: 9:10.55 1:05.70
7. Michelle B. Strandkov	91 Denmark	9:11.00	742
100m: 1:07.21 1:07.21	300m: 3:25.89 1:09.31	500m: 5:43.97 1:09.13	700m: 8:03.11 1:09.44
200m: 2:16.58 1:09.37	400m: 4:34.84 1:08.95	600m: 6:53.67 1:09.70	800m: 9:11.00 1:07.89
8. Randi F. Nielsen	89 Denmark	9:19.40	709
100m: 1:07.57 1:07.57	300m: 3:28.84 1:11.13	500m: 5:50.33 1:10.90	700m: 8:10.93 1:10.11
200m: 2:17.71 1:10.14	400m: 4:39.43 1:10.59	600m: 7:00.82 1:10.49	800m: 9:19.40 1:08.47
9. Marta Alexandra Saraiva	93 Uniao Piedense	9:21.65	701
100m: 1:05.76 1:05.76	300m: 3:25.63 1:10.49	500m: 5:47.38 1:10.89	700m: 8:10.95 1:12.07
200m: 2:15.14 1:09.38	400m: 4:36.49 1:10.86	600m: 6:58.88 1:11.50	800m: 9:21.65 1:10.70
10. Andreia Catarina Gomes	94 Vitória de Guimarães	9:25.72	686
100m: 1:06.40 1:06.40	300m: 3:29.50 1:12.21	500m: 5:54.36 1:12.47	700m: 8:20.03 1:13.13
200m: 2:17.29 1:10.89	400m: 4:41.89 1:12.39	600m: 7:06.90 1:12.54	800m: 9:25.72 1:05.69
11. Ana Catarina Gomes	91 Uniao Piedense	9:25.94	685
100m: 1:06.50 1:06.50	300m: 3:29.59 1:12.07	500m: 5:53.66 1:12.01	700m: 8:17.88 1:11.97
200m: 2:17.52 1:11.02	400m: 4:41.65 1:12.06	600m: 7:05.91 1:12.25	800m: 9:25.94 1:08.06

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Lugar			Ano					Tempo final	Pts
12.	Ana Sofia Fernandes		93	Braga			9:30.19	670	
	100m: 1:06.52	1:06.52	300m: 3:27.83	1:11.36	500m: 5:53.34	1:13.16	700m: 8:19.12	1:12.84	
	200m: 2:16.47	1:09.95	400m: 4:40.18	1:12.35	600m: 7:06.28	1:12.94	800m: 9:30.19	1:11.07	
13.	Alexandra Ribeiro Paula		93	Sporting			9:32.31	662	
	100m: 1:06.38	1:06.38	300m: 3:29.55	1:11.76	500m: 5:54.70	1:12.45	700m: 8:21.57	1:14.02	
	200m: 2:17.79	1:11.41	400m: 4:42.25	1:12.70	600m: 7:07.55	1:12.85	800m: 9:32.31	1:10.74	
14.	Tania Martins Garcia		92	Ginásio Figueirense			9:32.80	660	
	100m: 1:07.81	1:07.81	300m: 3:30.51	1:11.49	500m: 5:55.16	1:12.45	700m: 8:20.82	1:13.02	
	200m: 2:19.02	1:11.21	400m: 4:42.71	1:12.20	600m: 7:07.80	1:12.64	800m: 9:32.80	1:11.98	
15.	Daniela Filipa Pinto		91	Vitória de Guimarães			9:35.23	652	
	100m: 1:06.69	1:06.69	300m: 3:30.06	1:12.24	500m: 5:56.12	1:13.48	700m: 8:23.09	1:13.12	
	200m: 2:17.82	1:11.13	400m: 4:42.64	1:12.58	600m: 7:09.97	1:13.85	800m: 9:35.23	1:12.14	
16.	Gilberta Cristina Barbosa		93	Foca			9:37.23	645	
	100m: 1:06.06	1:06.06	300m: 3:29.48	1:12.50	500m: 5:56.66	1:13.60	700m: 8:24.11	1:13.92	
	200m: 2:16.98	1:10.92	400m: 4:43.06	1:13.58	600m: 7:10.19	1:13.53	800m: 9:37.23	1:13.12	
17.	Tatiana Ladeiro Santos		92	Geslours			9:43.51	625	
	<i>FTL</i>								
	100m: 1:06.73	1:06.73	300m: 3:33.05	1:13.95	500m: 6:01.96	1:14.71	700m: 8:31.14	1:14.11	
	200m: 2:19.10	1:12.37	400m: 4:47.25	1:14.20	600m: 7:17.03	1:15.07	800m: 9:43.51	1:12.37	
18.	Angelica Maria Andre		94	Leixões			9:45.60	618	
	<i>FTL</i>								
	100m: 1:07.97	1:07.97	300m: 3:34.46	1:13.64	500m: 6:02.86	1:14.40	700m: 8:31.82	1:13.64	
	200m: 2:20.82	1:12.85	400m: 4:48.46	1:14.00	600m: 7:18.18	1:15.32	800m: 9:45.60	1:13.78	
19.	Leonor Mourinho Neves		95	Sporting			9:46.59	615	
	100m: 1:06.25	1:06.25	300m: 3:33.69	1:14.29	500m: 6:03.53	1:15.04	700m: 8:34.10	1:15.15	
	200m: 2:19.40	1:13.15	400m: 4:48.49	1:14.80	600m: 7:18.95	1:15.42	800m: 9:46.59	1:12.49	
20.	Carolina Cunha Martins		95	Náutico/Matobra			9:47.37	612	
	100m: 1:08.06	1:08.06	300m: 3:35.92	1:14.41	500m: 6:05.31	1:14.56	700m: 8:34.50	1:14.52	
	200m: 2:21.51	1:13.45	400m: 4:50.75	1:14.83	600m: 7:19.98	1:14.67	800m: 9:47.37	1:12.87	
21.	Marta Sofia Cunha		95	Sporting			9:52.45	597	
	100m: 1:08.17	1:08.17	300m: 3:36.07	1:13.92	500m: 6:06.51	1:15.33	700m: 8:38.64	1:16.14	
	200m: 2:22.15	1:13.98	400m: 4:51.18	1:15.11	600m: 7:22.50	1:15.99	800m: 9:52.45	1:13.81	
22.	Joana Isabel Miranda		95	Vitória de Guimarães			9:52.81	596	
	100m: 1:08.68	1:08.68	300m: 3:37.80	1:15.08	500m: 6:09.16	1:15.73	700m: 8:40.93	1:15.98	
	200m: 2:22.72	1:14.04	400m: 4:53.43	1:15.63	600m: 7:24.95	1:15.79	800m: 9:52.81	1:11.88	
23.	Maria Luis Amorim		95	Porto/Império Bonança			9:53.28	594	
	100m: 1:08.42	1:08.42	300m: 3:39.01	1:16.07	500m: 6:08.42	1:14.36	700m: 8:39.24	1:15.76	
	200m: 2:22.94	1:14.52	400m: 4:54.06	1:15.05	600m: 7:23.48	1:15.06	800m: 9:53.28	1:14.04	
24.	Catarina Correia Simoes		93	Natação de Olhão			9:53.35	594	
	<i>FTL</i>								
	100m: 1:07.61	1:07.61	300m: 3:36.21	1:14.21	500m: 6:05.41	1:15.43	700m: 8:38.89	1:16.40	
	200m: 2:22.00	1:14.39	400m: 4:49.98	1:13.77	600m: 7:22.49	1:17.08	800m: 9:53.35	1:14.46	
25.	Helena Paula Carvalho		95	Desporto de Setúbal			9:54.82	590	
	100m: 1:10.38	1:10.38	300m: 3:40.58	1:15.46	500m: 6:12.11	1:16.08	700m: 8:43.78	1:15.89	
	200m: 2:25.12	1:14.74	400m: 4:56.03	1:15.45	600m: 7:27.89	1:15.78	800m: 9:54.82	1:11.04	

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Lugar			Ano					Tempo final	Pts
26.	Adriana Correia Lopes		95	Náutico/Matobra				9:56.52	585
	100m:	1:07.23 1:07.23	300m:	3:35.40 1:15.03	500m:	6:07.39 1:16.15	700m:	8:41.67 1:17.10	
	200m:	2:20.37 1:13.14	400m:	4:51.24 1:15.84	600m:	7:24.57 1:17.18	800m:	9:56.52 1:14.85	
27.	Ana Sofia Costa		95	Alcobaça				9:59.43	576
	100m:	1:11.60 1:11.60	300m:	3:42.97 1:15.97	500m:	6:14.40 1:15.85	700m:	8:45.58 1:15.39	
	200m:	2:27.00 1:15.40	400m:	4:58.55 1:15.58	600m:	7:30.19 1:15.79	800m:	9:59.43 1:13.85	
28.	Mariana Rocha Valente		95	Académica de Coimbra				9:59.72	575
	100m:	1:11.92 1:11.92	300m:	3:41.39 1:15.45	500m:	6:13.09 1:16.02	700m:	8:46.51 1:16.69	
	200m:	2:25.94 1:14.02	400m:	4:57.07 1:15.68	600m:	7:29.82 1:16.73	800m:	9:59.72 1:13.21	
29.	Marta Filipa Vinagre		95	Torres Novas				10:00.40	573
	100m:	1:09.85 1:09.85	300m:	3:40.62 1:15.77	500m:	6:14.53 1:17.62	700m:	8:49.71 1:17.35	
	200m:	2:24.85 1:15.00	400m:	4:56.91 1:16.29	600m:	7:32.36 1:17.83	800m:	10:00.40 1:10.69	
30.	Ana Catarina Costa		95	Feirense				10:07.24	554
	100m:	1:09.76 1:09.76	300m:	3:43.05 1:17.00	500m:	6:17.75 1:17.70	700m:	8:52.18 1:16.95	
	200m:	2:26.05 1:16.29	400m:	5:00.05 1:17.00	600m:	7:35.23 1:17.48	800m:	10:07.24 1:15.06	
31.	Ana Joaquina Goncalves		95	Braga				10:07.89	553
	100m:	1:11.35 1:11.35	300m:	3:44.39 1:16.92	500m:	6:17.35 1:16.64	700m:	8:51.70 1:17.41	
	200m:	2:27.47 1:16.12	400m:	5:00.71 1:16.32	600m:	7:34.29 1:16.94	800m:	10:07.89 1:16.19	
32.	Ines Jesus Ribeiro		95	Braga				10:08.46	551
	100m:	1:10.48 1:10.48	300m:	3:43.74 1:16.97	500m:	6:17.68 1:16.97	700m:	8:53.09 1:17.75	
	200m:	2:26.77 1:16.29	400m:	5:00.71 1:16.97	600m:	7:35.34 1:17.66	800m:	10:08.46 1:15.37	
33.	Laura Oliveira Ferreira		95	Amadora				10:10.38	546
	<i>FTL</i>								
	100m:	1:09.73 1:09.73	300m:	3:43.75 1:17.12	500m:	6:19.65 1:18.16	700m:	8:54.69 1:17.12	
	200m:	2:26.63 1:16.90	400m:	5:01.49 1:17.74	600m:	7:37.57 1:17.92	800m:	10:10.38 1:15.69	
34.	Cassandra Pedro Oliveira		95	Vilacondense				10:10.94	544
	<i>FTL</i>								
	100m:	1:10.19 1:10.19	300m:	3:42.31 1:16.81	500m:	6:18.29 1:18.05	700m:	8:54.40 1:18.26	
	200m:	2:25.50 1:15.31	400m:	5:00.24 1:17.93	600m:	7:36.14 1:17.85	800m:	10:10.94 1:16.54	
35.	Ines Maria Mota		95	Fluvial Portuense				10:12.27	541
	<i>FTL</i>								
	100m:	1:10.83 1:10.83	300m:	3:44.49 1:16.64	500m:	6:20.11 1:18.48	700m:	8:58.59 1:20.00	
	200m:	2:27.85 1:17.02	400m:	5:01.63 1:17.14	600m:	7:38.59 1:18.48	800m:	10:12.27 1:13.68	
36.	Beatriz Magalhaes Sampaio		95	Fafe				10:13.25	538
	<i>FTL</i>								
	100m:	1:12.15 1:12.15	300m:	3:46.61 1:17.48	500m:	6:21.65 1:17.28	700m:	8:57.59 1:17.75	
	200m:	2:29.13 1:16.98	400m:	5:04.37 1:17.76	600m:	7:39.84 1:18.19	800m:	10:13.25 1:15.66	
37.	Ana Filipa Branco		90	Naval do Funchal				10:14.67	534
	<i>FTL</i>								
	100m:	1:11.28 1:11.28	300m:	3:45.61 1:17.38	500m:	6:21.47 1:18.01	700m:	8:57.47 1:18.09	
	200m:	2:28.23 1:16.95	400m:	5:03.46 1:17.85	600m:	7:39.38 1:17.91	800m:	10:14.67 1:17.20	
38.	Diana Patricia Silva		95	Paredes/Rota dos Móveis				10:16.49	530
	<i>FTL</i>								
	100m:	1:09.51 1:09.51	300m:	3:44.50 1:17.65	500m:	6:21.82 1:19.15	700m:	9:00.37 1:19.43	
	200m:	2:26.85 1:17.34	400m:	5:02.67 1:18.17	600m:	7:40.94 1:19.12	800m:	10:16.49 1:16.12	

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Lugar	Ano	Tempo final	Pts
39. Ana Margarida Costa <i>FTL</i>	95 Leixões	10:16.95	529
100m: 1:13.20 1:13.20	300m: 3:49.30 1:18.00	500m: 6:23.50 1:16.91	700m: 8:59.48 1:18.48
200m: 2:31.30 1:18.10	400m: 5:06.59 1:17.29	600m: 7:41.00 1:17.50	800m: 10:16.95 1:17.47
40. Carolina Francisco Gomes <i>FTL</i>	95 Naval da Nazaré	10:19.00	523
100m: 1:13.81 1:13.81	300m: 3:48.27 1:17.62	500m: 6:25.58 1:19.01	700m: 9:03.41 1:18.75
200m: 2:30.65 1:16.84	400m: 5:06.57 1:18.30	600m: 7:44.66 1:19.08	800m: 10:19.00 1:15.59
41. Joana Filipa Rosas <i>FTL</i>	95 Porto/Império Bonança	10:24.53	510
100m: 1:10.77 1:10.77	300m: 3:44.22 1:17.61	500m: 6:24.48 1:20.84	700m: 9:05.81 1:20.47
200m: 2:26.61 1:15.84	400m: 5:03.64 1:19.42	600m: 7:45.34 1:20.86	800m: 10:24.53 1:18.72

Absoluto

1. Maria Miguel Veloso <i>MAC</i>	93 Náutico/Matobra	8:58.92	793
100m: 1:05.06 1:05.06	300m: 3:19.64 1:07.23	500m: 5:35.88 1:08.26	700m: 7:52.04 1:08.02
200m: 2:12.41 1:07.35	400m: 4:27.62 1:07.98	600m: 6:44.02 1:08.14	800m: 8:58.92 1:06.88
2. Patricia Garcia Marinho <i>MAC</i>	94 Sporting	9:08.48	752
100m: 1:05.74 1:05.74	300m: 3:23.53 1:08.68	500m: 5:41.76 1:09.02	700m: 8:00.69 1:09.62
200m: 2:14.85 1:09.11	400m: 4:32.74 1:09.21	600m: 6:51.07 1:09.31	800m: 9:08.48 1:07.79
3. Lara Santana Pinheiro <i>MAC</i>	92 Os Belenenses	9:10.46	744
100m: 1:05.76 1:05.76	300m: 3:24.21 1:09.42	500m: 5:42.90 1:09.39	700m: 8:02.55 1:09.75
200m: 2:14.79 1:09.03	400m: 4:33.51 1:09.30	600m: 6:52.80 1:09.90	800m: 9:10.46 1:07.91
4. Joana Filipa Santos <i>MAC</i>	93 Vitória de Guimarães	9:10.55	744
100m: 1:05.39 1:05.39	300m: 3:23.45 1:09.35	500m: 5:43.50 1:10.40	700m: 8:04.85 1:10.84
200m: 2:14.10 1:08.71	400m: 4:33.10 1:09.65	600m: 6:54.01 1:10.51	800m: 9:10.55 1:05.70
5. Marta Alexandra Saraiva	93 Uniao Piedense	9:21.65	701
100m: 1:05.76 1:05.76	300m: 3:25.63 1:10.49	500m: 5:47.38 1:10.89	700m: 8:10.95 1:12.07
200m: 2:15.14 1:09.38	400m: 4:36.49 1:10.86	600m: 6:58.88 1:11.50	800m: 9:21.65 1:10.70
6. Andreia Catarina Gomes	94 Vitória de Guimarães	9:25.72	686
100m: 1:06.40 1:06.40	300m: 3:29.50 1:12.21	500m: 5:54.36 1:12.47	700m: 8:20.03 1:13.13
200m: 2:17.29 1:10.89	400m: 4:41.89 1:12.39	600m: 7:06.90 1:12.54	800m: 9:25.72 1:05.69
7. Ana Catarina Gomes	91 Uniao Piedense	9:25.94	685
100m: 1:06.50 1:06.50	300m: 3:29.59 1:12.07	500m: 5:53.66 1:12.01	700m: 8:17.88 1:11.97
200m: 2:17.52 1:11.02	400m: 4:41.65 1:12.06	600m: 7:05.91 1:12.25	800m: 9:25.94 1:08.06
8. Ana Sofia Fernandes	93 Braga	9:30.19	670
100m: 1:06.52 1:06.52	300m: 3:27.83 1:11.36	500m: 5:53.34 1:13.16	700m: 8:19.12 1:12.84
200m: 2:16.47 1:09.95	400m: 4:40.18 1:12.35	600m: 7:06.28 1:12.94	800m: 9:30.19 1:11.07
9. Alexandra Ribeiro Paula	93 Sporting	9:32.31	662
100m: 1:06.38 1:06.38	300m: 3:29.55 1:11.76	500m: 5:54.70 1:12.45	700m: 8:21.57 1:14.02
200m: 2:17.79 1:11.41	400m: 4:42.25 1:12.70	600m: 7:07.55 1:12.85	800m: 9:32.31 1:10.74

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Lugar			Ano			Tempo final	Pts
10.	Tania Martins Garcia	92	Ginásio Figueirense	9:32.80	660		
	100m: 1:07.81 1:07.81	300m: 3:30.51 1:11.49	500m: 5:55.16 1:12.45	700m: 8:20.82 1:13.02	800m: 9:32.80 1:11.98		
	200m: 2:19.02 1:11.21	400m: 4:42.71 1:12.20	600m: 7:07.80 1:12.64				
11.	Daniela Filipa Pinto	91	Vitória de Guimarães	9:35.23	652		
	100m: 1:06.69 1:06.69	300m: 3:30.06 1:12.24	500m: 5:56.12 1:13.48	700m: 8:23.09 1:13.12	800m: 9:35.23 1:12.14		
	200m: 2:17.82 1:11.13	400m: 4:42.64 1:12.58	600m: 7:09.97 1:13.85				
12.	Gilberta Cristina Barbosa	93	Foca	9:37.23	645		
	100m: 1:06.06 1:06.06	300m: 3:29.48 1:12.50	500m: 5:56.66 1:13.60	700m: 8:24.11 1:13.92	800m: 9:37.23 1:13.12		
	200m: 2:16.98 1:10.92	400m: 4:43.06 1:13.58	600m: 7:10.19 1:13.53				
13.	Tatiana Ladeiro Santos	92	Geslours	9:43.51	625		
	<i>FTL</i>						
	100m: 1:06.73 1:06.73	300m: 3:33.05 1:13.95	500m: 6:01.96 1:14.71	700m: 8:31.14 1:14.11	800m: 9:43.51 1:12.37		
	200m: 2:19.10 1:12.37	400m: 4:47.25 1:14.20	600m: 7:17.03 1:15.07				
14.	Angelica Maria Andre	94	Leixões	9:45.60	618		
	<i>FTL</i>						
	100m: 1:07.97 1:07.97	300m: 3:34.46 1:13.64	500m: 6:02.86 1:14.40	700m: 8:31.82 1:13.64	800m: 9:45.60 1:13.78		
	200m: 2:20.82 1:12.85	400m: 4:48.46 1:14.00	600m: 7:18.18 1:15.32				
15.	Leonor Mourinho Neves	95	Sporting	9:46.59	615		
	100m: 1:06.25 1:06.25	300m: 3:33.69 1:14.29	500m: 6:03.53 1:15.04	700m: 8:34.10 1:15.15	800m: 9:46.59 1:12.49		
	200m: 2:19.40 1:13.15	400m: 4:48.49 1:14.80	600m: 7:18.95 1:15.42				
16.	Carolina Cunha Martins	95	Náutico/Matobra	9:47.37	612		
	100m: 1:08.06 1:08.06	300m: 3:35.92 1:14.41	500m: 6:05.31 1:14.56	700m: 8:34.50 1:14.52	800m: 9:47.37 1:12.87		
	200m: 2:21.51 1:13.45	400m: 4:50.75 1:14.83	600m: 7:19.98 1:14.67				
17.	Marta Sofia Cunha	95	Sporting	9:52.45	597		
	100m: 1:08.17 1:08.17	300m: 3:36.07 1:13.92	500m: 6:06.51 1:15.33	700m: 8:38.64 1:16.14	800m: 9:52.45 1:13.81		
	200m: 2:22.15 1:13.98	400m: 4:51.18 1:15.11	600m: 7:22.50 1:15.99				
18.	Joana Isabel Miranda	95	Vitória de Guimarães	9:52.81	596		
	100m: 1:08.68 1:08.68	300m: 3:37.80 1:15.08	500m: 6:09.16 1:15.73	700m: 8:40.93 1:15.98	800m: 9:52.81 1:11.88		
	200m: 2:22.72 1:14.04	400m: 4:53.43 1:15.63	600m: 7:24.95 1:15.79				
19.	Maria Luis Amorim	95	Porto/Império Bonança	9:53.28	594		
	100m: 1:08.42 1:08.42	300m: 3:39.01 1:16.07	500m: 6:08.42 1:14.36	700m: 8:39.24 1:15.76	800m: 9:53.28 1:14.04		
	200m: 2:22.94 1:14.52	400m: 4:54.06 1:15.05	600m: 7:23.48 1:15.06				
20.	Catarina Correia Simoes	93	Natação de Olhão	9:53.35	594		
	<i>FTL</i>						
	100m: 1:07.61 1:07.61	300m: 3:36.21 1:14.21	500m: 6:05.41 1:15.43	700m: 8:38.89 1:16.40	800m: 9:53.35 1:14.46		
	200m: 2:22.00 1:14.39	400m: 4:49.98 1:13.77	600m: 7:22.49 1:17.08				
21.	Helena Paula Carvalho	95	Desporto de Setúbal	9:54.82	590		
	100m: 1:10.38 1:10.38	300m: 3:40.58 1:15.46	500m: 6:12.11 1:16.08	700m: 8:43.78 1:15.89	800m: 9:54.82 1:11.04		
	200m: 2:25.12 1:14.74	400m: 4:56.03 1:15.45	600m: 7:27.89 1:15.78				
22.	Adriana Correia Lopes	95	Náutico/Matobra	9:56.52	585		
	100m: 1:07.23 1:07.23	300m: 3:35.40 1:15.03	500m: 6:07.39 1:16.15	700m: 8:41.67 1:17.10	800m: 9:56.52 1:14.85		
	200m: 2:20.37 1:13.14	400m: 4:51.24 1:15.84	600m: 7:24.57 1:17.18				
23.	Ana Sofia Costa	95	Alcoçaba	9:59.43	576		
	100m: 1:11.60 1:11.60	300m: 3:42.97 1:15.97	500m: 6:14.40 1:15.85	700m: 8:45.58 1:15.39	800m: 9:59.43 1:13.85		
	200m: 2:27.00 1:15.40	400m: 4:58.55 1:15.58	600m: 7:30.19 1:15.79				

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Lugar			Ano					Tempo final	Pts
24.	Mariana Rocha Valente		95	Académica de Coimbra				9:59.72	575
	100m:	1:11.92 1:11.92	300m:	3:41.39 1:15.45	500m:	6:13.09 1:16.02	700m:	8:46.51 1:16.69	
	200m:	2:25.94 1:14.02	400m:	4:57.07 1:15.68	600m:	7:29.82 1:16.73	800m:	9:59.72 1:13.21	
25.	Marta Filipa Vinagre		95	Torres Novas				10:00.40	573
	100m:	1:09.85 1:09.85	300m:	3:40.62 1:15.77	500m:	6:14.53 1:17.62	700m:	8:49.71 1:17.35	
	200m:	2:24.85 1:15.00	400m:	4:56.91 1:16.29	600m:	7:32.36 1:17.83	800m:	10:00.40 1:10.69	
26.	Ana Catarina Costa		95	Feirense				10:07.24	554
	100m:	1:09.76 1:09.76	300m:	3:43.05 1:17.00	500m:	6:17.75 1:17.70	700m:	8:52.18 1:16.95	
	200m:	2:26.05 1:16.29	400m:	5:00.05 1:17.00	600m:	7:35.23 1:17.48	800m:	10:07.24 1:15.06	
27.	Ana Joaquina Goncalves		95	Braga				10:07.89	553
	100m:	1:11.35 1:11.35	300m:	3:44.39 1:16.92	500m:	6:17.35 1:16.64	700m:	8:51.70 1:17.41	
	200m:	2:27.47 1:16.12	400m:	5:00.71 1:16.32	600m:	7:34.29 1:16.94	800m:	10:07.89 1:16.19	
28.	Ines Jesus Ribeiro		95	Braga				10:08.46	551
	100m:	1:10.48 1:10.48	300m:	3:43.74 1:16.97	500m:	6:17.68 1:16.97	700m:	8:53.09 1:17.75	
	200m:	2:26.77 1:16.29	400m:	5:00.71 1:16.97	600m:	7:35.34 1:17.66	800m:	10:08.46 1:15.37	
29.	Laura Oliveira Ferreira		95	Amadora				10:10.38	546
	<i>FTL</i>								
	100m:	1:09.73 1:09.73	300m:	3:43.75 1:17.12	500m:	6:19.65 1:18.16	700m:	8:54.69 1:17.12	
	200m:	2:26.63 1:16.90	400m:	5:01.49 1:17.74	600m:	7:37.57 1:17.92	800m:	10:10.38 1:15.69	
30.	Cassandra Pedro Oliveira		95	Vilacondense				10:10.94	544
	<i>FTL</i>								
	100m:	1:10.19 1:10.19	300m:	3:42.31 1:16.81	500m:	6:18.29 1:18.05	700m:	8:54.40 1:18.26	
	200m:	2:25.50 1:15.31	400m:	5:00.24 1:17.93	600m:	7:36.14 1:17.85	800m:	10:10.94 1:16.54	
31.	Ines Maria Mota		95	Fluvial Portuense				10:12.27	541
	<i>FTL</i>								
	100m:	1:10.83 1:10.83	300m:	3:44.49 1:16.64	500m:	6:20.11 1:18.48	700m:	8:58.59 1:20.00	
	200m:	2:27.85 1:17.02	400m:	5:01.63 1:17.14	600m:	7:38.59 1:18.48	800m:	10:12.27 1:13.68	
32.	Beatriz Magalhaes Sampaio		95	Fafe				10:13.25	538
	<i>FTL</i>								
	100m:	1:12.15 1:12.15	300m:	3:46.61 1:17.48	500m:	6:21.65 1:17.28	700m:	8:57.59 1:17.75	
	200m:	2:29.13 1:16.98	400m:	5:04.37 1:17.76	600m:	7:39.84 1:18.19	800m:	10:13.25 1:15.66	
33.	Ana Filipa Branco		90	Naval do Funchal				10:14.67	534
	<i>FTL</i>								
	100m:	1:11.28 1:11.28	300m:	3:45.61 1:17.38	500m:	6:21.47 1:18.01	700m:	8:57.47 1:18.09	
	200m:	2:28.23 1:16.95	400m:	5:03.46 1:17.85	600m:	7:39.38 1:17.91	800m:	10:14.67 1:17.20	
34.	Diana Patricia Silva		95	Paredes/Rota dos Móveis				10:16.49	530
	<i>FTL</i>								
	100m:	1:09.51 1:09.51	300m:	3:44.50 1:17.65	500m:	6:21.82 1:19.15	700m:	9:00.37 1:19.43	
	200m:	2:26.85 1:17.34	400m:	5:02.67 1:18.17	600m:	7:40.94 1:19.12	800m:	10:16.49 1:16.12	
35.	Ana Margarida Costa		95	Leixões				10:16.95	529
	<i>FTL</i>								
	100m:	1:13.20 1:13.20	300m:	3:49.30 1:18.00	500m:	6:23.50 1:16.91	700m:	8:59.48 1:18.48	
	200m:	2:31.30 1:18.10	400m:	5:06.59 1:17.29	600m:	7:41.00 1:17.50	800m:	10:16.95 1:17.47	
36.	Carolina Francisco Gomes		95	Naval da Nazaré				10:19.00	523
	<i>FTL</i>								
	100m:	1:13.81 1:13.81	300m:	3:48.27 1:17.62	500m:	6:25.58 1:19.01	700m:	9:03.41 1:18.75	
	200m:	2:30.65 1:16.84	400m:	5:06.57 1:18.30	600m:	7:44.66 1:19.08	800m:	10:19.00 1:15.59	

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Lugar	Ano	Tempo final	Pts
37. Joana Filipa Rosas <i>FTL</i>	95 Porto/Império Bonança	10:24.53	510
100m: 1:10.77 1:10.77	300m: 3:44.22 1:17.61	500m: 6:24.48 1:20.84	700m: 9:05.81 1:20.47
200m: 2:26.61 1:15.84	400m: 5:03.64 1:19.42	600m: 7:45.34 1:20.86	800m: 10:24.53 1:18.72

Juvenis

1. Leonor Mourinho Neves	95 Sporting	9:46.59	615
100m: 1:06.25 1:06.25	300m: 3:33.69 1:14.29	500m: 6:03.53 1:15.04	700m: 8:34.10 1:15.15
200m: 2:19.40 1:13.15	400m: 4:48.49 1:14.80	600m: 7:18.95 1:15.42	800m: 9:46.59 1:12.49
2. Carolina Cunha Martins	95 Náutico/Matobra	9:47.37	612
100m: 1:08.06 1:08.06	300m: 3:35.92 1:14.41	500m: 6:05.31 1:14.56	700m: 8:34.50 1:14.52
200m: 2:21.51 1:13.45	400m: 4:50.75 1:14.83	600m: 7:19.98 1:14.67	800m: 9:47.37 1:12.87
3. Marta Sofia Cunha	95 Sporting	9:52.45	597
100m: 1:08.17 1:08.17	300m: 3:36.07 1:13.92	500m: 6:06.51 1:15.33	700m: 8:38.64 1:16.14
200m: 2:22.15 1:13.98	400m: 4:51.18 1:15.11	600m: 7:22.50 1:15.99	800m: 9:52.45 1:13.81
4. Joana Isabel Miranda	95 Vitória de Guimarães	9:52.81	596
100m: 1:08.68 1:08.68	300m: 3:37.80 1:15.08	500m: 6:09.16 1:15.73	700m: 8:40.93 1:15.98
200m: 2:22.72 1:14.04	400m: 4:53.43 1:15.63	600m: 7:24.95 1:15.79	800m: 9:52.81 1:11.88
5. Maria Luis Amorim	95 Porto/Império Bonança	9:53.28	594
100m: 1:08.42 1:08.42	300m: 3:39.01 1:16.07	500m: 6:08.42 1:14.36	700m: 8:39.24 1:15.76
200m: 2:22.94 1:14.52	400m: 4:54.06 1:15.05	600m: 7:23.48 1:15.06	800m: 9:53.28 1:14.04
6. Helena Paula Carvalho	95 Desporto de Setúbal	9:54.82	590
100m: 1:10.38 1:10.38	300m: 3:40.58 1:15.46	500m: 6:12.11 1:16.08	700m: 8:43.78 1:15.89
200m: 2:25.12 1:14.74	400m: 4:56.03 1:15.45	600m: 7:27.89 1:15.78	800m: 9:54.82 1:11.04
7. Adriana Correia Lopes	95 Náutico/Matobra	9:56.52	585
100m: 1:07.23 1:07.23	300m: 3:35.40 1:15.03	500m: 6:07.39 1:16.15	700m: 8:41.67 1:17.10
200m: 2:20.37 1:13.14	400m: 4:51.24 1:15.84	600m: 7:24.57 1:17.18	800m: 9:56.52 1:14.85
8. Ana Sofia Costa	95 Alcobaca	9:59.43	576
100m: 1:11.60 1:11.60	300m: 3:42.97 1:15.97	500m: 6:14.40 1:15.85	700m: 8:45.58 1:15.39
200m: 2:27.00 1:15.40	400m: 4:58.55 1:15.58	600m: 7:30.19 1:15.79	800m: 9:59.43 1:13.85
9. Mariana Rocha Valente	95 Académica de Coimbra	9:59.72	575
100m: 1:11.92 1:11.92	300m: 3:41.39 1:15.45	500m: 6:13.09 1:16.02	700m: 8:46.51 1:16.69
200m: 2:25.94 1:14.02	400m: 4:57.07 1:15.68	600m: 7:29.82 1:16.73	800m: 9:59.72 1:13.21
10. Marta Filipa Vinagre	95 Torres Novas	10:00.40	573
100m: 1:09.85 1:09.85	300m: 3:40.62 1:15.77	500m: 6:14.53 1:17.62	700m: 8:49.71 1:17.35
200m: 2:24.85 1:15.00	400m: 4:56.91 1:16.29	600m: 7:32.36 1:17.83	800m: 10:00.40 1:10.69
11. Ana Catarina Costa	95 Feirense	10:07.24	554
100m: 1:09.76 1:09.76	300m: 3:43.05 1:17.00	500m: 6:17.75 1:17.70	700m: 8:52.18 1:16.95
200m: 2:26.05 1:16.29	400m: 5:00.05 1:17.00	600m: 7:35.23 1:17.48	800m: 10:07.24 1:15.06
12. Ana Joaquina Goncalves	95 Braga	10:07.89	553
100m: 1:11.35 1:11.35	300m: 3:44.39 1:16.92	500m: 6:17.35 1:16.64	700m: 8:51.70 1:17.41
200m: 2:27.47 1:16.12	400m: 5:00.71 1:16.32	600m: 7:34.29 1:16.94	800m: 10:07.89 1:16.19
13. Ines Jesus Ribeiro	95 Braga	10:08.46	551
100m: 1:10.48 1:10.48	300m: 3:43.74 1:16.97	500m: 6:17.68 1:16.97	700m: 8:53.09 1:17.75
200m: 2:26.77 1:16.29	400m: 5:00.71 1:16.97	600m: 7:35.34 1:17.66	800m: 10:08.46 1:15.37

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Lugar			Ano			Tempo final	Pts	
14.	Laura Oliveira Ferreira		95	Amadora		10:10.38	546	
	<i>FTL</i>							
	100m:	1:09.73 1:09.73	300m:	3:43.75 1:17.12	500m:	6:19.65 1:18.16	700m:	8:54.69 1:17.12
	200m:	2:26.63 1:16.90	400m:	5:01.49 1:17.74	600m:	7:37.57 1:17.92	800m:	10:10.38 1:15.69
15.	Cassandra Pedro Oliveira		95	Vilacondense		10:10.94	544	
	<i>FTL</i>							
	100m:	1:10.19 1:10.19	300m:	3:42.31 1:16.81	500m:	6:18.29 1:18.05	700m:	8:54.40 1:18.26
	200m:	2:25.50 1:15.31	400m:	5:00.24 1:17.93	600m:	7:36.14 1:17.85	800m:	10:10.94 1:16.54
16.	Ines Maria Mota		95	Fluvial Portuense		10:12.27	541	
	<i>FTL</i>							
	100m:	1:10.83 1:10.83	300m:	3:44.49 1:16.64	500m:	6:20.11 1:18.48	700m:	8:58.59 1:20.00
	200m:	2:27.85 1:17.02	400m:	5:01.63 1:17.14	600m:	7:38.59 1:18.48	800m:	10:12.27 1:13.68
17.	Beatriz Magalhaes Sampaio		95	Fafe		10:13.25	538	
	<i>FTL</i>							
	100m:	1:12.15 1:12.15	300m:	3:46.61 1:17.48	500m:	6:21.65 1:17.28	700m:	8:57.59 1:17.75
	200m:	2:29.13 1:16.98	400m:	5:04.37 1:17.76	600m:	7:39.84 1:18.19	800m:	10:13.25 1:15.66
18.	Diana Patricia Silva		95	Paredes/Rota dos Móveis		10:16.49	530	
	<i>FTL</i>							
	100m:	1:09.51 1:09.51	300m:	3:44.50 1:17.65	500m:	6:21.82 1:19.15	700m:	9:00.37 1:19.43
	200m:	2:26.85 1:17.34	400m:	5:02.67 1:18.17	600m:	7:40.94 1:19.12	800m:	10:16.49 1:16.12
19.	Ana Margarida Costa		95	Leixões		10:16.95	529	
	<i>FTL</i>							
	100m:	1:13.20 1:13.20	300m:	3:49.30 1:18.00	500m:	6:23.50 1:16.91	700m:	8:59.48 1:18.48
	200m:	2:31.30 1:18.10	400m:	5:06.59 1:17.29	600m:	7:41.00 1:17.50	800m:	10:16.95 1:17.47
20.	Carolina Francisco Gomes		95	Naval da Nazaré		10:19.00	523	
	<i>FTL</i>							
	100m:	1:13.81 1:13.81	300m:	3:48.27 1:17.62	500m:	6:25.58 1:19.01	700m:	9:03.41 1:18.75
	200m:	2:30.65 1:16.84	400m:	5:06.57 1:18.30	600m:	7:44.66 1:19.08	800m:	10:19.00 1:15.59
21.	Joana Filipa Rosas		95	Porto/Império Bonança		10:24.53	510	
	<i>FTL</i>							
	100m:	1:10.77 1:10.77	300m:	3:44.22 1:17.61	500m:	6:24.48 1:20.84	700m:	9:05.81 1:20.47
	200m:	2:26.61 1:15.84	400m:	5:03.64 1:19.42	600m:	7:45.34 1:20.86	800m:	10:24.53 1:18.72