

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

Prova 45 Femin., 1500m Livres Open
21.7.09 - 10:55 Resultados

Recorde Nacional Absoluto	17:13.93	Teresa Manuela Ferreira	FCP	Famalicão	31.7.05
Recorde Nacional Sénior	17:13.93	Teresa Manuela Ferreira	FCP	Famalicão	31.7.05
Recorde Nacional Junior	17:15.20	Maria Miguel Veloso	CNAC	Coimbra	30.3.08
Recorde Nacional Juvenis	17:34.28	Maria Miguel Veloso	CNAC	Coimbra	8.7.07

TAC JUN/SEN Fem 15 +: 18:55.00 / TAC JUV Fem Juv: 18:55.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Open			
1. Trine Gudnitz	87 Denmark	16:56.50	834
100m: 1:05.96 1:05.96	500m: 5:36.82 1:07.42	900m: 10:07.72 1:08.00	1300m: 14:41.17 1:08.61
200m: 2:13.59 1:07.63	600m: 6:44.33 1:07.51	1000m: 11:16.23 1:08.51	1400m: 15:49.81 1:08.64
300m: 3:21.58 1:07.99	700m: 7:52.09 1:07.76	1100m: 12:24.11 1:07.88	1500m: 16:56.50 1:06.69
400m: 4:29.40 1:07.82	800m: 8:59.72 1:07.63	1200m: 13:32.56 1:08.45	
2. Maria Miguel Veloso	93 Náutico/Matobra	17:06.28	810
<i>Rec Nac Absoluto, MAC, e Rec Nac Junior</i>			
100m: 1:06.37 1:06.37	500m: 5:40.42 1:08.61	900m: 10:14.71 1:08.54	1300m: 14:51.38 1:09.17
200m: 2:14.66 1:08.29	600m: 6:48.97 1:08.55	1000m: 11:23.57 1:08.86	1400m: 16:00.26 1:08.88
300m: 3:23.06 1:08.40	700m: 7:57.66 1:08.69	1100m: 12:32.78 1:09.21	1500m: 17:06.28 1:06.02
400m: 4:31.81 1:08.75	800m: 9:06.17 1:08.51	1200m: 13:42.21 1:09.43	
3. Mathilde Riis Sorensen	88 Denmark	17:07.67	807
100m: 1:05.92 1:05.92	500m: 5:39.71 1:08.36	900m: 10:13.68 1:08.84	1300m: 14:51.65 1:09.65
200m: 2:14.25 1:08.33	600m: 6:48.01 1:08.30	1000m: 11:22.79 1:09.11	1400m: 16:00.42 1:08.77
300m: 3:22.78 1:08.53	700m: 7:56.39 1:08.38	1100m: 12:32.35 1:09.56	1500m: 17:07.67 1:07.25
400m: 4:31.35 1:08.57	800m: 9:04.84 1:08.45	1200m: 13:42.00 1:09.65	
4. Patricia Garcia Marinho	94 Sporting	17:27.63	762
<i>MAC</i>			
100m: 1:07.15 1:07.15	500m: 5:47.08 1:10.07	900m: 10:28.48 1:10.52	1300m: 15:09.42 1:10.49
200m: 2:16.65 1:09.50	600m: 6:57.35 1:10.27	1000m: 11:38.63 1:10.15	1400m: 16:19.53 1:10.11
300m: 3:26.65 1:10.00	700m: 8:07.63 1:10.28	1100m: 12:48.78 1:10.15	1500m: 17:27.63 1:08.10
400m: 4:37.01 1:10.36	800m: 9:17.96 1:10.33	1200m: 13:58.93 1:10.15	
5. Joana Filipa Santos	93 Vitória de Guimarães	17:38.05	739
<i>MAC</i>			
100m: 1:08.43 1:08.43	500m: 5:53.03 1:10.99	900m: 10:35.97 1:10.56	1300m: 15:18.91 1:10.59
200m: 2:19.86 1:11.43	600m: 7:04.01 1:10.98	1000m: 11:46.89 1:10.92	1400m: 16:30.18 1:11.27
300m: 3:31.09 1:11.23	700m: 8:14.80 1:10.79	1100m: 12:57.75 1:10.86	1500m: 17:38.05 1:07.87
400m: 4:42.04 1:10.95	800m: 9:25.41 1:10.61	1200m: 14:08.32 1:10.57	
6. Lara Santana Pinheiro	92 Os Belenenses	17:44.83	725
<i>MAC</i>			
100m: 1:07.03 1:07.03	500m: 5:48.02 1:10.90	900m: 10:32.14 1:11.20	1300m: 15:19.76 1:11.91
200m: 2:16.31 1:09.28	600m: 6:58.75 1:10.73	1000m: 11:43.86 1:11.72	1400m: 16:33.09 1:13.33
300m: 3:26.62 1:10.31	700m: 8:10.13 1:11.38	1100m: 12:55.62 1:11.76	1500m: 17:44.83 1:11.74
400m: 4:37.12 1:10.50	800m: 9:20.94 1:10.81	1200m: 14:07.85 1:12.23	
7. Marta Alexandra Saraiva	93 Uniao Piedense	17:57.47	700
<i>MAC</i>			
100m: 1:08.43 1:08.43	500m: 5:56.40 1:11.85	900m: 10:45.30 1:11.89	1300m: 15:34.68 1:12.42
200m: 2:20.28 1:11.85	600m: 7:08.67 1:12.27	1000m: 11:57.26 1:11.96	1400m: 16:47.19 1:12.51
300m: 3:32.48 1:12.20	700m: 8:21.15 1:12.48	1100m: 13:09.58 1:12.32	1500m: 17:57.47 1:10.28
400m: 4:44.55 1:12.07	800m: 9:33.41 1:12.26	1200m: 14:22.26 1:12.68	

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Faro, 18. - 21.7.2009

Prova 45, Femin., 1500m Livres, Open

Lugar			Ano			Tempo final	Pts	
8.	Andreia Catarina Gomes		94	Vitória de Guimarães		18:00.70	694	
	100m: 1:09.26	1:09.26	500m: 5:58.81	1:13.16	900m: 10:47.98	1:13.17	1300m: 15:39.81	1:12.50
	200m: 2:21.51	1:12.25	600m: 7:10.97	1:12.16	1000m: 12:01.47	1:13.49	1400m: 16:51.54	1:11.73
	300m: 3:32.66	1:11.15	700m: 8:22.31	1:11.34	1100m: 13:14.18	1:12.71	1500m: 18:00.70	1:09.16
	400m: 4:45.65	1:12.99	800m: 9:34.81	1:12.50	1200m: 14:27.31	1:13.13		
9.	Ana Catarina Gomes		91	Uniao Piedense		18:03.43	689	
	100m: 1:08.83	1:08.83	500m: 5:58.65	1:12.79	900m: 10:48.68	1:12.67	1300m: 15:40.78	1:13.14
	200m: 2:21.48	1:12.65	600m: 7:11.37	1:12.72	1000m: 12:01.76	1:13.08	1400m: 16:53.77	1:12.99
	300m: 3:33.73	1:12.25	700m: 8:23.67	1:12.30	1100m: 13:14.34	1:12.58	1500m: 18:03.43	1:09.66
	400m: 4:45.86	1:12.13	800m: 9:36.01	1:12.34	1200m: 14:27.64	1:13.30		
10.	Alexandra Ribeiro Paula		93	Sporting		18:04.44	687	
	100m: 1:08.38	1:08.38	500m: 5:58.19	1:12.80	900m: 10:48.35	1:12.92	1300m: 15:41.19	1:13.03
	200m: 2:20.75	1:12.37	600m: 7:10.56	1:12.37	1000m: 12:01.67	1:13.32	1400m: 16:53.89	1:12.70
	300m: 3:33.34	1:12.59	700m: 8:22.88	1:12.32	1100m: 13:14.68	1:13.01	1500m: 18:04.44	1:10.55
	400m: 4:45.39	1:12.05	800m: 9:35.43	1:12.55	1200m: 14:28.16	1:13.48		
11.	Gilberta Cristina Barbosa		93	Foca		18:07.97	680	
	100m: 1:08.26	1:08.26	500m: 5:56.67	1:12.11	900m: 10:46.68	1:12.76	1300m: 15:41.45	1:14.08
	200m: 2:19.94	1:11.68	600m: 7:09.02	1:12.35	1000m: 12:00.08	1:13.40	1400m: 16:54.82	1:13.37
	300m: 3:32.56	1:12.62	700m: 8:21.25	1:12.23	1100m: 13:13.62	1:13.54	1500m: 18:07.97	1:13.15
	400m: 4:44.56	1:12.00	800m: 9:33.92	1:12.67	1200m: 14:27.37	1:13.75		
12.	Daniela Filipa Pinto		91	Vitória de Guimarães		18:19.30	659	
	100m: 1:09.07	1:09.07	500m: 5:56.04	1:12.37	900m: 10:50.44	1:13.63	1300m: 15:49.07	1:15.71
	200m: 2:20.54	1:11.47	600m: 7:09.14	1:13.10	1000m: 12:04.48	1:14.04	1400m: 17:05.20	1:16.13
	300m: 3:32.09	1:11.55	700m: 8:23.14	1:14.00	1100m: 13:18.24	1:13.76	1500m: 18:19.30	1:14.10
	400m: 4:43.67	1:11.58	800m: 9:36.81	1:13.67	1200m: 14:33.36	1:15.12		
13.	Maria Ana Magalhaes		93	Desportiva Limiana		18:22.76	653	
	100m: 1:08.11	1:08.11	500m: 6:04.33	1:14.24	900m: 11:01.39	1:14.13	1300m: 15:58.02	1:14.23
	200m: 2:21.61	1:13.50	600m: 7:18.65	1:14.32	1000m: 12:15.47	1:14.08	1400m: 17:11.82	1:13.80
	300m: 3:35.52	1:13.91	700m: 8:33.04	1:14.39	1100m: 13:29.81	1:14.34	1500m: 18:22.76	1:10.94
	400m: 4:50.09	1:14.57	800m: 9:47.26	1:14.22	1200m: 14:43.79	1:13.98		
14.	Angelica Maria Andre		94	Leixões		18:23.81	651	
	100m: 1:07.48	1:07.48	500m: 5:58.93	1:13.46	900m: 10:55.18	1:14.49	1300m: 15:55.89	1:15.25
	200m: 2:19.26	1:11.78	600m: 7:12.51	1:13.58	1000m: 12:10.47	1:15.29	1400m: 17:10.73	1:14.84
	300m: 3:32.43	1:13.17	700m: 8:26.17	1:13.66	1100m: 13:25.16	1:14.69	1500m: 18:23.81	1:13.08
	400m: 4:45.47	1:13.04	800m: 9:40.69	1:14.52	1200m: 14:40.64	1:15.48		
15.	Tatiana Ladeiro Santos		92	Geslours		18:26.54	646	
	100m: 1:08.37	1:08.37	500m: 6:00.37	1:13.71	900m: 10:58.21	1:15.07	1300m: 15:59.19	1:15.34
	200m: 2:20.88	1:12.51	600m: 7:14.24	1:13.87	1000m: 12:13.30	1:15.09	1400m: 17:13.98	1:14.79
	300m: 3:33.55	1:12.67	700m: 8:28.63	1:14.39	1100m: 13:28.66	1:15.36	1500m: 18:26.54	1:12.56
	400m: 4:46.66	1:13.11	800m: 9:43.14	1:14.51	1200m: 14:43.85	1:15.19		
16.	Ana Sofia Fernandes		93	Braga		18:27.49	645	
	100m: 1:08.94	1:08.94	500m: 6:00.69	1:13.51	900m: 10:59.33	1:15.61	1300m: 16:00.02	1:14.63
	200m: 2:21.63	1:12.69	600m: 7:14.64	1:13.95	1000m: 12:14.79	1:15.46	1400m: 17:14.92	1:14.90
	300m: 3:34.31	1:12.68	700m: 8:28.91	1:14.27	1100m: 13:30.15	1:15.36	1500m: 18:27.49	1:12.57
	400m: 4:47.18	1:12.87	800m: 9:43.72	1:14.81	1200m: 14:45.39	1:15.24		
17.	Tania Martins Garcia		92	Ginásio Figueirense		18:34.90	632	
	100m: 1:10.06	1:10.06	500m: 6:02.51	1:13.79	900m: 11:02.26	1:15.68	1300m: 16:04.27	1:15.97
	200m: 2:22.55	1:12.49	600m: 7:16.86	1:14.35	1000m: 12:17.51	1:15.25	1400m: 17:20.61	1:16.34
	300m: 3:35.34	1:12.79	700m: 8:31.40	1:14.54	1100m: 13:32.68	1:15.17	1500m: 18:34.90	1:14.29
	400m: 4:48.72	1:13.38	800m: 9:46.58	1:15.18	1200m: 14:48.30	1:15.62		

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Lugar	Ano		Tempo final								Pts
18. Marta Isabel Jordao	91 Famalicão		18:49.22								608
100m:	1:09.90	1:09.90	500m:	6:06.58	1:15.37	900m:	11:08.71	1:15.72	1300m:	16:16.63	1:17.41
200m:	2:22.53	1:12.63	600m:	7:22.43	1:15.85	1000m:	12:24.90	1:16.19	1400m:	17:33.18	1:16.55
300m:	3:36.36	1:13.83	700m:	8:37.93	1:15.50	1100m:	13:42.25	1:17.35	1500m:	18:49.22	1:16.04
400m:	4:51.21	1:14.85	800m:	9:52.99	1:15.06	1200m:	14:59.22	1:16.97			
19. Matilde Goncalves Gracio	91 Galitos		18:54.91								599
100m:	1:10.35	1:10.35	500m:	6:06.80	1:15.10	900m:	11:13.10	1:17.42	1300m:	16:21.98	1:16.15
200m:	2:23.30	1:12.95	600m:	7:22.92	1:16.12	1000m:	12:31.40	1:18.30	1400m:	17:38.75	1:16.77
300m:	3:36.78	1:13.48	700m:	8:39.10	1:16.18	1100m:	13:49.94	1:18.54	1500m:	18:54.91	1:16.16
400m:	4:51.70	1:14.92	800m:	9:55.68	1:16.58	1200m:	15:05.83	1:15.89			
20. Ana Rita Oliveira	92 Pimpões/Cimai		19:04.13								585
<i>FTL</i>											
100m:	1:10.78	1:10.78	500m:	6:13.87	1:15.84	900m:	11:17.18	1:16.64	1300m:	16:26.82	1:18.83
200m:	2:25.97	1:15.19	600m:	7:28.72	1:14.85	1000m:	12:33.38	1:16.20	1400m:	17:46.33	1:19.51
300m:	3:41.88	1:15.91	700m:	8:44.59	1:15.87	1100m:	13:50.21	1:16.83	1500m:	19:04.13	1:17.80
400m:	4:58.03	1:16.15	800m:	10:00.54	1:15.95	1200m:	15:07.99	1:17.78			
21. Raquel Bartolo Vitor	93 Académica de Coimbra		19:08.29								578
<i>FTL</i>											
100m:	1:10.82	1:10.82	500m:	6:13.91	1:15.85	900m:	11:21.05	1:16.82	1300m:	16:36.15	1:19.34
200m:	2:26.36	1:15.54	600m:	7:29.90	1:15.99	1000m:	12:39.22	1:18.17	1400m:	17:53.24	1:17.09
300m:	3:41.88	1:15.52	700m:	8:46.91	1:17.01	1100m:	13:58.20	1:18.98	1500m:	19:08.29	1:15.05
400m:	4:58.06	1:16.18	800m:	10:04.23	1:17.32	1200m:	15:16.81	1:18.61			

Absoluto

1. Maria Miguel Veloso	93 Náutico/Matobra		17:06.28								810
<i>Rec Nac Absoluto, MAC, e Rec Nac Junior</i>											
100m:	1:06.37	1:06.37	500m:	5:40.42	1:08.61	900m:	10:14.71	1:08.54	1300m:	14:51.38	1:09.17
200m:	2:14.66	1:08.29	600m:	6:48.97	1:08.55	1000m:	11:23.57	1:08.86	1400m:	16:00.26	1:08.88
300m:	3:23.06	1:08.40	700m:	7:57.66	1:08.69	1100m:	12:32.78	1:09.21	1500m:	17:06.28	1:06.02
400m:	4:31.81	1:08.75	800m:	9:06.17	1:08.51	1200m:	13:42.21	1:09.43			
2. Patricia Garcia Marinho	94 Sporting		17:27.63								762
<i>MAC</i>											
100m:	1:07.15	1:07.15	500m:	5:47.08	1:10.07	900m:	10:28.48	1:10.52	1300m:	15:09.42	1:10.49
200m:	2:16.65	1:09.50	600m:	6:57.35	1:10.27	1000m:	11:38.63	1:10.15	1400m:	16:19.53	1:10.11
300m:	3:26.65	1:10.00	700m:	8:07.63	1:10.28	1100m:	12:48.78	1:10.15	1500m:	17:27.63	1:08.10
400m:	4:37.01	1:10.36	800m:	9:17.96	1:10.33	1200m:	13:58.93	1:10.15			
3. Joana Filipa Santos	93 Vitória de Guimarães		17:38.05								739
<i>MAC</i>											
100m:	1:08.43	1:08.43	500m:	5:53.03	1:10.99	900m:	10:35.97	1:10.56	1300m:	15:18.91	1:10.59
200m:	2:19.86	1:11.43	600m:	7:04.01	1:10.98	1000m:	11:46.89	1:10.92	1400m:	16:30.18	1:11.27
300m:	3:31.09	1:11.23	700m:	8:14.80	1:10.79	1100m:	12:57.75	1:10.86	1500m:	17:38.05	1:07.87
400m:	4:42.04	1:10.95	800m:	9:25.41	1:10.61	1200m:	14:08.32	1:10.57			
4. Lara Santana Pinheiro	92 Os Belenenses		17:44.83								725
<i>MAC</i>											
100m:	1:07.03	1:07.03	500m:	5:48.02	1:10.90	900m:	10:32.14	1:11.20	1300m:	15:19.76	1:11.91
200m:	2:16.31	1:09.28	600m:	6:58.75	1:10.73	1000m:	11:43.86	1:11.72	1400m:	16:33.09	1:13.33
300m:	3:26.62	1:10.31	700m:	8:10.13	1:11.38	1100m:	12:55.62	1:11.76	1500m:	17:44.83	1:11.74
400m:	4:37.12	1:10.50	800m:	9:20.94	1:10.81	1200m:	14:07.85	1:12.23			

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Prova 45, Femin., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
5.	Marta Alexandra Saraiva MAC		93	Uniao Piedense		17:57.47	700	
	100m:	1:08.43 1:08.43	500m:	5:56.40 1:11.85	900m:	10:45.30 1:11.89	1300m:	15:34.68 1:12.42
	200m:	2:20.28 1:11.85	600m:	7:08.67 1:12.27	1000m:	11:57.26 1:11.96	1400m:	16:47.19 1:12.51
	300m:	3:32.48 1:12.20	700m:	8:21.15 1:12.48	1100m:	13:09.58 1:12.32	1500m:	17:57.47 1:10.28
	400m:	4:44.55 1:12.07	800m:	9:33.41 1:12.26	1200m:	14:22.26 1:12.68		
6.	Andreia Catarina Gomes		94	Vitória de Guimarães		18:00.70	694	
	100m:	1:09.26 1:09.26	500m:	5:58.81 1:13.16	900m:	10:47.98 1:13.17	1300m:	15:39.81 1:12.50
	200m:	2:21.51 1:12.25	600m:	7:10.97 1:12.16	1000m:	12:01.47 1:13.49	1400m:	16:51.54 1:11.73
	300m:	3:32.66 1:11.15	700m:	8:22.31 1:11.34	1100m:	13:14.18 1:12.71	1500m:	18:00.70 1:09.16
	400m:	4:45.65 1:12.99	800m:	9:34.81 1:12.50	1200m:	14:27.31 1:13.13		
7.	Ana Catarina Gomes		91	Uniao Piedense		18:03.43	689	
	100m:	1:08.83 1:08.83	500m:	5:58.65 1:12.79	900m:	10:48.68 1:12.67	1300m:	15:40.78 1:13.14
	200m:	2:21.48 1:12.65	600m:	7:11.37 1:12.72	1000m:	12:01.76 1:13.08	1400m:	16:53.77 1:12.99
	300m:	3:33.73 1:12.25	700m:	8:23.67 1:12.30	1100m:	13:14.34 1:12.58	1500m:	18:03.43 1:09.66
	400m:	4:45.86 1:12.13	800m:	9:36.01 1:12.34	1200m:	14:27.64 1:13.30		
8.	Alexandra Ribeiro Paula		93	Sporting		18:04.44	687	
	100m:	1:08.38 1:08.38	500m:	5:58.19 1:12.80	900m:	10:48.35 1:12.92	1300m:	15:41.19 1:13.03
	200m:	2:20.75 1:12.37	600m:	7:10.56 1:12.37	1000m:	12:01.67 1:13.32	1400m:	16:53.89 1:12.70
	300m:	3:33.34 1:12.59	700m:	8:22.88 1:12.32	1100m:	13:14.68 1:13.01	1500m:	18:04.44 1:10.55
	400m:	4:45.39 1:12.05	800m:	9:35.43 1:12.55	1200m:	14:28.16 1:13.48		
9.	Gilberta Cristina Barbosa		93	Foca		18:07.97	680	
	100m:	1:08.26 1:08.26	500m:	5:56.67 1:12.11	900m:	10:46.68 1:12.76	1300m:	15:41.45 1:14.08
	200m:	2:19.94 1:11.68	600m:	7:09.02 1:12.35	1000m:	12:00.08 1:13.40	1400m:	16:54.82 1:13.37
	300m:	3:32.56 1:12.62	700m:	8:21.25 1:12.23	1100m:	13:13.62 1:13.54	1500m:	18:07.97 1:13.15
	400m:	4:44.56 1:12.00	800m:	9:33.92 1:12.67	1200m:	14:27.37 1:13.75		
10.	Daniela Filipa Pinto		91	Vitória de Guimarães		18:19.30	659	
	100m:	1:09.07 1:09.07	500m:	5:56.04 1:12.37	900m:	10:50.44 1:13.63	1300m:	15:49.07 1:15.71
	200m:	2:20.54 1:11.47	600m:	7:09.14 1:13.10	1000m:	12:04.48 1:14.04	1400m:	17:05.20 1:16.13
	300m:	3:32.09 1:11.55	700m:	8:23.14 1:14.00	1100m:	13:18.24 1:13.76	1500m:	18:19.30 1:14.10
	400m:	4:43.67 1:11.58	800m:	9:36.81 1:13.67	1200m:	14:33.36 1:15.12		
11.	Maria Ana Magalhaes		93	Desportiva Limiana		18:22.76	653	
	100m:	1:08.11 1:08.11	500m:	6:04.33 1:14.24	900m:	11:01.39 1:14.13	1300m:	15:58.02 1:14.23
	200m:	2:21.61 1:13.50	600m:	7:18.65 1:14.32	1000m:	12:15.47 1:14.08	1400m:	17:11.82 1:13.80
	300m:	3:35.52 1:13.91	700m:	8:33.04 1:14.39	1100m:	13:29.81 1:14.34	1500m:	18:22.76 1:10.94
	400m:	4:50.09 1:14.57	800m:	9:47.26 1:14.22	1200m:	14:43.79 1:13.98		
12.	Angelica Maria Andre		94	Leixões		18:23.81	651	
	100m:	1:07.48 1:07.48	500m:	5:58.93 1:13.46	900m:	10:55.18 1:14.49	1300m:	15:55.89 1:15.25
	200m:	2:19.26 1:11.78	600m:	7:12.51 1:13.58	1000m:	12:10.47 1:15.29	1400m:	17:10.73 1:14.84
	300m:	3:32.43 1:13.17	700m:	8:26.17 1:13.66	1100m:	13:25.16 1:14.69	1500m:	18:23.81 1:13.08
	400m:	4:45.47 1:13.04	800m:	9:40.69 1:14.52	1200m:	14:40.64 1:15.48		
13.	Tatiana Ladeiro Santos		92	Gesloures		18:26.54	646	
	100m:	1:08.37 1:08.37	500m:	6:00.37 1:13.71	900m:	10:58.21 1:15.07	1300m:	15:59.19 1:15.34
	200m:	2:20.88 1:12.51	600m:	7:14.24 1:13.87	1000m:	12:13.30 1:15.09	1400m:	17:13.98 1:14.79
	300m:	3:33.55 1:12.67	700m:	8:28.63 1:14.39	1100m:	13:28.66 1:15.36	1500m:	18:26.54 1:12.56
	400m:	4:46.66 1:13.11	800m:	9:43.14 1:14.51	1200m:	14:43.85 1:15.19		
14.	Ana Sofia Fernandes		93	Braga		18:27.49	645	
	100m:	1:08.94 1:08.94	500m:	6:00.69 1:13.51	900m:	10:59.33 1:15.61	1300m:	16:00.02 1:14.63
	200m:	2:21.63 1:12.69	600m:	7:14.64 1:13.95	1000m:	12:14.79 1:15.46	1400m:	17:14.92 1:14.90
	300m:	3:34.31 1:12.68	700m:	8:28.91 1:14.27	1100m:	13:30.15 1:15.36	1500m:	18:27.49 1:12.57
	400m:	4:47.18 1:12.87	800m:	9:43.72 1:14.81	1200m:	14:45.39 1:15.24		

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

Prova 45, Femin., 1500m Livres, Absoluto

Lugar	Ano		Tempo final		Pts
15.	Tania Martins Garcia	92	Ginásio Figueirense	18:34.90	632
	100m: 1:10.06 1:10.06	500m: 6:02.51 1:13.79	900m: 11:02.26 1:15.68	1300m: 16:04.27 1:15.97	
	200m: 2:22.55 1:12.49	600m: 7:16.86 1:14.35	1000m: 12:17.51 1:15.25	1400m: 17:20.61 1:16.34	
	300m: 3:35.34 1:12.79	700m: 8:31.40 1:14.54	1100m: 13:32.68 1:15.17	1500m: 18:34.90 1:14.29	
	400m: 4:48.72 1:13.38	800m: 9:46.58 1:15.18	1200m: 14:48.30 1:15.62		
16.	Marta Isabel Jordao	91	Famalicao	18:49.22	608
	100m: 1:09.90 1:09.90	500m: 6:06.58 1:15.37	900m: 11:08.71 1:15.72	1300m: 16:16.63 1:17.41	
	200m: 2:22.53 1:12.63	600m: 7:22.43 1:15.85	1000m: 12:24.90 1:16.19	1400m: 17:33.18 1:16.55	
	300m: 3:36.36 1:13.83	700m: 8:37.93 1:15.50	1100m: 13:42.25 1:17.35	1500m: 18:49.22 1:16.04	
	400m: 4:51.21 1:14.85	800m: 9:52.99 1:15.06	1200m: 14:59.22 1:16.97		
17.	Matilde Goncalves Gracio	91	Galitos	18:54.91	599
	100m: 1:10.35 1:10.35	500m: 6:06.80 1:15.10	900m: 11:13.10 1:17.42	1300m: 16:21.98 1:16.15	
	200m: 2:23.30 1:12.95	600m: 7:22.92 1:16.12	1000m: 12:31.40 1:18.30	1400m: 17:38.75 1:16.77	
	300m: 3:36.78 1:13.48	700m: 8:39.10 1:16.18	1100m: 13:49.94 1:18.54	1500m: 18:54.91 1:16.16	
	400m: 4:51.70 1:14.92	800m: 9:55.68 1:16.58	1200m: 15:05.83 1:15.89		
18.	Ana Rita Oliveira	92	Pimpões/Cimai	19:04.13	585
	<i>FTL</i>				
	100m: 1:10.78 1:10.78	500m: 6:13.87 1:15.84	900m: 11:17.18 1:16.64	1300m: 16:26.82 1:18.83	
	200m: 2:25.97 1:15.19	600m: 7:28.72 1:14.85	1000m: 12:33.38 1:16.20	1400m: 17:46.33 1:19.51	
	300m: 3:41.88 1:15.91	700m: 8:44.59 1:15.87	1100m: 13:50.21 1:16.83	1500m: 19:04.13 1:17.80	
	400m: 4:58.03 1:16.15	800m: 10:00.54 1:15.95	1200m: 15:07.99 1:17.78		
19.	Raquel Bartolo Vitor	93	Académica de Coimbra	19:08.29	578
	<i>FTL</i>				
	100m: 1:10.82 1:10.82	500m: 6:13.91 1:15.85	900m: 11:21.05 1:16.82	1300m: 16:36.15 1:19.34	
	200m: 2:26.36 1:15.54	600m: 7:29.90 1:15.99	1000m: 12:39.22 1:18.17	1400m: 17:53.24 1:17.09	
	300m: 3:41.88 1:15.52	700m: 8:46.91 1:17.01	1100m: 13:58.20 1:18.98	1500m: 19:08.29 1:15.05	
	400m: 4:58.06 1:16.18	800m: 10:04.23 1:17.32	1200m: 15:16.81 1:18.61		