

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 2 Femin., 800m Livres Open
29-07-2010 - 10:15 Resultados

Rec Nac Open	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31-07-2002
Rec Nac Inf B	9:30.42	Filipa Vilas Ruivo	DNMG	S. João da Madeira	25-07-2009
Rec Nac Inf A	9:14.85	tempo limite			
Rec Nac Juv	9:07.70	tempo limite			
Rec Nac Jun	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31-07-2002
Rec Nac Sen	8:58.41	Marta Andreia Ferreira	FPN	Barcelona (ESP)	25-07-2003

TAC SEN/JUN2 Fem 16 +: 9:40.00 / TAC JUN1 Fem 15: 9:43.50 / TAC JUV Fem Juv: 10:05.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	9:02.39	+0.85	755	
	100m: 1:04.39 1:04.39	300m: 3:20.68 1:08.40	500m: 5:36.25 1:07.17	700m: 7:53.77 1:09.33			
	200m: 2:12.28 1:07.89	400m: 4:29.08 1:08.40	600m: 6:44.44 1:08.19	800m: 9:02.39 1:08.62			
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	9:06.66	+0.91	738	
	100m: 1:04.64 1:04.64	300m: 3:20.66 1:08.37	500m: 5:38.53 1:09.06	700m: 8:00.57 1:10.99			
	200m: 2:12.29 1:07.65	400m: 4:29.47 1:08.81	600m: 6:49.58 1:11.05	800m: 9:06.66 1:06.09			
3.	Maria Miguel Veloso	93	Nautico/Matobra	9:07.30	+0.98	735	
	100m: 1:04.84 1:04.84	300m: 3:20.85 1:08.47	500m: 5:38.12 1:08.48	700m: 7:57.72 1:10.09			
	200m: 2:12.38 1:07.54	400m: 4:29.64 1:08.79	600m: 6:47.63 1:09.51	800m: 9:07.30 1:09.58			
4.	Joana Filipa Santos	93	Vitoria de Guimaraes	9:13.97	+0.88	709	
	100m: 1:04.73 1:04.73	300m: 3:21.30 1:08.61	500m: 5:41.61 1:10.51	700m: 8:04.71 1:11.46			
	200m: 2:12.69 1:07.96	400m: 4:31.10 1:09.80	600m: 6:53.25 1:11.64	800m: 9:13.97 1:09.26			
5.	Angelica Maria Andre	94	Leixoes	9:14.38	+0.90	707	
	100m: 1:06.30 1:06.30	300m: 3:25.22 1:09.73	500m: 5:46.13 1:10.75	700m: 8:07.22 1:10.58			
	200m: 2:15.49 1:09.19	400m: 4:35.38 1:10.16	600m: 6:56.64 1:10.51	800m: 9:14.38 1:07.16			
6.	Patricia Garcia Marinho	94	Sporting	9:19.50	+0.94	688	
	100m: 1:06.42 1:06.42	300m: 3:24.74 1:09.34	500m: 5:46.02 1:10.62	700m: 8:09.22 1:11.80			
	200m: 2:15.40 1:08.98	400m: 4:35.40 1:10.66	600m: 6:57.42 1:11.40	800m: 9:19.50 1:10.28			
7.	Ana Goncalves Neto	95	Porto/Dolce Vita	9:21.03	+0.96	683	
	100m: 1:06.65 1:06.65	300m: 3:29.48 1:11.23	500m: 5:50.73 1:09.93	700m: 8:11.52 1:10.53			
	200m: 2:18.25 1:11.60	400m: 4:40.80 1:11.32	600m: 7:00.99 1:10.26	800m: 9:21.03 1:09.51			
8.	Diana Margarida Duraes	96	Foca	9:25.44	+0.79	667	
	100m: 1:06.42 1:06.42	300m: 3:29.67 1:11.51	500m: 5:51.96 1:10.98	700m: 8:14.81 1:11.20			
	200m: 2:18.16 1:11.74	400m: 4:40.98 1:11.31	600m: 7:03.61 1:11.65	800m: 9:25.44 1:10.63			
9.	Marisa Alexandra Lage	94	Viana Natacao	9:27.96	+1.16	658	
	100m: 1:06.50 1:06.50	300m: 3:28.45 1:11.16	500m: 5:52.12 1:11.48	700m: 8:16.91 1:12.64			
	200m: 2:17.29 1:10.79	400m: 4:40.64 1:12.19	600m: 7:04.27 1:12.15	800m: 9:27.96 1:11.05			
10.	Marta Alexandra Saraiva	93	Uniao Piedense	9:29.37	+0.87	653	
	100m: 1:06.54 1:06.54	300m: 3:29.81 1:11.92	500m: 5:54.21 1:12.31	700m: 8:18.86 1:12.52			
	200m: 2:17.89 1:11.35	400m: 4:41.90 1:12.09	600m: 7:06.34 1:12.13	800m: 9:29.37 1:10.51			
11.	Maria Luis Amorim	95	Porto/Dolce Vita	9:29.88	+0.97	651	
	100m: 1:07.37 1:07.37	300m: 3:32.45 1:12.73	500m: 5:55.73 1:10.72	700m: 8:19.70 1:12.28			
	200m: 2:19.72 1:12.35	400m: 4:45.01 1:12.56	600m: 7:07.42 1:11.69	800m: 9:29.88 1:10.18			
12.	Leonor Mourinho Neves	95	Sporting	9:30.70	+0.88	648	
	100m: 1:05.82 1:05.82	300m: 3:28.12 1:11.67	500m: 5:52.79 1:12.39	700m: 8:19.12 1:13.36			
	200m: 2:16.45 1:10.63	400m: 4:40.40 1:12.28	600m: 7:05.76 1:12.97	800m: 9:30.70 1:11.58			

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Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Maria Ana Magalhaes	93	Desportiva Limiana	9:30.99	+0.69	647	
	100m: 1:06.84 1:06.84	300m: 3:29.20 1:11.82	500m: 5:53.85 1:12.52	700m: 8:19.14 1:12.69			
	200m: 2:17.38 1:10.54	400m: 4:41.33 1:12.13	600m: 7:06.45 1:12.60	800m: 9:30.99 1:11.85			
14.	Ana Marta Miranda	96	Uniao Piedense	9:31.24	+0.80	647	
	100m: 1:06.86 1:06.86	300m: 3:32.04 1:12.90	500m: 5:56.85 1:12.10	700m: 8:20.92 1:11.98			
	200m: 2:19.14 1:12.28	400m: 4:44.75 1:12.71	600m: 7:08.94 1:12.09	800m: 9:31.24 1:10.32			
15.	Florbela Cavaco Machado	96	Columbofila/Cantanhedense	9:33.04	+0.90	641	
	100m: 1:06.88 1:06.88	300m: 3:30.58 1:11.64	500m: 5:56.07 1:12.95	700m: 8:23.09 1:13.58			
	200m: 2:18.94 1:12.06	400m: 4:43.12 1:12.54	600m: 7:09.51 1:13.44	800m: 9:33.04 1:09.95			
16.	Carolina Cunha Martins	95	Nautico/Matobra	9:34.22	+0.94	637	
	100m: 1:07.13 1:07.13	300m: 3:30.04 1:11.70	500m: 5:54.93 1:12.23	700m: 8:21.79 1:13.20			
	200m: 2:18.34 1:11.21	400m: 4:42.70 1:12.66	600m: 7:08.59 1:13.66	800m: 9:34.22 1:12.43			
17.	Ines Sofia Sampaio	94	Academico Viseu	9:34.40	+0.89	636	
	100m: 1:07.66 1:07.66	300m: 3:30.48 1:11.53	500m: 5:57.12 1:13.48	700m: 8:23.75 1:13.62			
	200m: 2:18.95 1:11.29	400m: 4:43.64 1:13.16	600m: 7:10.13 1:13.01	800m: 9:34.40 1:10.65			
18.	Alexandra Ribeiro Paula	93	Sporting	9:35.25	+0.83	633	
	100m: 1:07.33 1:07.33	300m: 3:32.53 1:12.98	500m: 5:57.88 1:12.39	700m: 8:24.31 1:12.90			
	200m: 2:19.55 1:12.22	400m: 4:45.49 1:12.96	600m: 7:11.41 1:13.53	800m: 9:35.25 1:10.94			
19.	Ana Isabel Neves	96	Pimpoes/Cimai	9:39.04	+0.87	621	
	100m: 1:09.22 1:09.22	300m: 3:33.93 1:11.50	500m: 6:00.24 1:13.54	700m: 8:27.36 1:13.64			
	200m: 2:22.43 1:13.21	400m: 4:46.70 1:12.77	600m: 7:13.72 1:13.48	800m: 9:39.04 1:11.68			
20.	Ana Rita Ismael	92	Louletano/Loule Concelho	9:41.73	+0.86	612	
	<i>FTL</i>						
	100m: 1:08.71 1:08.71	300m: 3:35.93 1:13.95	500m: 6:01.92 1:12.88	700m: 8:29.32 1:13.97			
	200m: 2:21.98 1:13.27	400m: 4:49.04 1:13.11	600m: 7:15.35 1:13.43	800m: 9:41.73 1:12.41			
21.	Ines Alexandra Paiva	96	Alges	9:43.57	+0.86	606	
	100m: 1:07.52 1:07.52	300m: 3:32.58 1:12.81	500m: 5:59.43 1:13.76	700m: 8:29.14 1:14.71			
	200m: 2:19.77 1:12.25	400m: 4:45.67 1:13.09	600m: 7:14.43 1:15.00	800m: 9:43.57 1:14.43			
22.	Sara Cristiana Valente	96	Alcobaca	9:44.02	+0.75	605	
	100m: 1:09.06 1:09.06	300m: 3:35.29 1:13.30	500m: 6:03.16 1:14.01	700m: 8:32.51 1:14.87			
	200m: 2:21.99 1:12.93	400m: 4:49.15 1:13.86	600m: 7:17.64 1:14.48	800m: 9:44.02 1:11.51			
23.	Catia Andreia Clara	95	Nautico da Marinha Grande	9:44.06	+0.91	605	
	<i>FTL</i>						
	100m: 1:08.03 1:08.03	300m: 3:34.24 1:13.36	500m: 6:01.78 1:13.75	700m: 8:30.28 1:14.18			
	200m: 2:20.88 1:12.85	400m: 4:48.03 1:13.79	600m: 7:16.10 1:14.32	800m: 9:44.06 1:13.78			
24.	Carla Rosario Palma	96	Alcobaca	9:44.26	+0.84	604	
	100m: 1:10.16 1:10.16	300m: 3:36.29 1:13.63	500m: 6:03.56 1:13.60	700m: 8:32.78 1:14.48			
	200m: 2:22.66 1:12.50	400m: 4:49.96 1:13.67	600m: 7:18.30 1:14.74	800m: 9:44.26 1:11.48			
25.	Lara Santana Pinheiro	92	Belenenses	9:45.31	+0.95	601	
	<i>FTL</i>						
	100m: 1:07.47 1:07.47	300m: 3:33.77 1:13.62	500m: 6:02.18 1:14.31	700m: 8:31.71 1:14.88			
	200m: 2:20.15 1:12.68	400m: 4:47.87 1:14.10	600m: 7:16.83 1:14.65	800m: 9:45.31 1:13.60			
26.	Joana Filipa Capela	89	Benfica	9:45.36	+0.82	601	
	<i>FTL</i>						
	100m: 1:07.29 1:07.29	300m: 3:33.17 1:13.13	500m: 6:00.37 1:13.75	700m: 8:31.96 1:15.94			
	200m: 2:20.04 1:12.75	400m: 4:46.62 1:13.45	600m: 7:16.02 1:15.65	800m: 9:45.36 1:13.40			

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Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Bruna Leal Dantas	96	Sporting	9:48.19	+0.90	592	
	100m: 1:08.89 1:08.89	300m: 3:37.28 1:13.99	500m: 6:05.99 1:14.20	700m: 8:35.50 1:14.49	800m: 9:48.19 1:12.69		
	200m: 2:23.29 1:14.40	400m: 4:51.79 1:14.51	600m: 7:21.01 1:15.02				
28.	Ana Catarina Azevedo	96	Famalicao	9:48.45	+0.73	591	
	100m: 1:08.90 1:08.90	300m: 3:36.87 1:14.75	500m: 6:06.32 1:14.79	700m: 8:35.36 1:14.50	800m: 9:48.45 1:13.09		
	200m: 2:22.12 1:13.22	400m: 4:51.53 1:14.66	600m: 7:20.86 1:14.54				
29.	Tatiana Ladeiro Santos	92	GesLoures	9:51.63	+0.78	582	
	<i>FTL</i>						
	100m: 1:08.75 1:08.75	300m: 3:36.69 1:14.42	500m: 6:07.34 1:15.09	700m: 8:38.33 1:15.31	800m: 9:51.63 1:13.30		
	200m: 2:22.27 1:13.52	400m: 4:52.25 1:15.56	600m: 7:23.02 1:15.68				
30.	Maria Amelia Gaspar	96	Nautico/Matobra	9:53.52	+0.89	576	
	100m: 1:09.92 1:09.92	300m: 3:38.47 1:14.67	500m: 6:08.44 1:14.74	700m: 8:39.12 1:15.92	800m: 9:53.52 1:14.40		
	200m: 2:23.80 1:13.88	400m: 4:53.70 1:15.23	600m: 7:23.20 1:14.76				
31.	Sofia Cunha Sousa	96	Foca	9:54.17	+1.07	575	
	100m: 1:09.05 1:09.05	300m: 3:36.94 1:14.23	500m: 6:07.25 1:15.41	700m: 8:39.39 1:16.22	800m: 9:54.17 1:14.78		
	200m: 2:22.71 1:13.66	400m: 4:51.84 1:14.90	600m: 7:23.17 1:15.92				
32.	Ana Monica Eloi	96	Nautico da Marinha Grande	9:58.52	+0.95	562	
	100m: 1:09.30 1:09.30	300m: 3:38.88 1:14.94	500m: 6:11.17 1:15.74	700m: 8:44.10 1:16.44	800m: 9:58.52 1:14.42		
	200m: 2:23.94 1:14.64	400m: 4:55.43 1:16.55	600m: 7:27.66 1:16.49				
33.	Vera Patricia Fernandes	96	Braga	9:59.94	+0.94	558	
	100m: 1:07.85 1:07.85	300m: 3:40.81 1:17.02	500m: 6:13.04 1:15.28	700m: 8:46.56 1:16.28	800m: 9:59.94 1:13.38		
	200m: 2:23.79 1:15.94	400m: 4:57.76 1:16.95	600m: 7:30.28 1:17.24				
34.	Maria Julia Cunha	96	Braga	10:07.47	+0.86	538	
	<i>FTL</i>						
	100m: 1:10.01 1:10.01	300m: 3:40.99 1:15.99	500m: 6:15.70 1:17.57	700m: 8:52.68 1:18.22	800m: 10:07.47 1:14.79		
	200m: 2:25.00 1:14.99	400m: 4:58.13 1:17.14	600m: 7:34.46 1:18.76				
35.	Rita Silva Fernandes	96	Colegio Vasco da Gama	10:07.72	+0.91	537	
	<i>FTL</i>						
	100m: 1:11.19 1:11.19	300m: 3:44.25 1:16.80	500m: 6:18.63 1:17.05	700m: 8:52.17 1:17.36	800m: 10:07.72 1:15.55		
	200m: 2:27.45 1:16.26	400m: 5:01.58 1:17.33	600m: 7:34.81 1:16.18				
36.	Ana Luisa Carvalho	96	Nautico/Matobra	10:09.19	+1.00	533	
	<i>FTL</i>						
	100m: 1:07.29 1:07.29	300m: 3:40.24 1:17.14	500m: 6:16.61 1:18.22	700m: 8:52.68 1:17.77	800m: 10:09.19 1:16.51		
	200m: 2:23.10 1:15.81	400m: 4:58.39 1:18.15	600m: 7:34.91 1:18.30				

Juvenis

1.	Diana Margarida Duraes	96	Foca	9:25.44	+0.79	667	
	100m: 1:06.42 1:06.42	300m: 3:29.67 1:11.51	500m: 5:51.96 1:10.98	700m: 8:14.81 1:11.20	800m: 9:25.44 1:10.63		
	200m: 2:18.16 1:11.74	400m: 4:40.98 1:11.31	600m: 7:03.61 1:11.65				
2.	Ana Marta Miranda	96	Uniao Piedense	9:31.24	+0.80	647	
	100m: 1:06.86 1:06.86	300m: 3:32.04 1:12.90	500m: 5:56.85 1:12.10	700m: 8:20.92 1:11.98	800m: 9:31.24 1:10.32		
	200m: 2:19.14 1:12.28	400m: 4:44.75 1:12.71	600m: 7:08.94 1:12.09				
3.	Florbela Cavaco Machado	96	Columbofila/Cantanhedense	9:33.04	+0.90	641	
	100m: 1:06.88 1:06.88	300m: 3:30.58 1:11.64	500m: 5:56.07 1:12.95	700m: 8:23.09 1:13.58	800m: 9:33.04 1:09.95		
	200m: 2:18.94 1:12.06	400m: 4:43.12 1:12.54	600m: 7:09.51 1:13.44				

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Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Ana Isabel Neves	96	Pimpoes/Cimai	9:39.04	+0.87	621	
	100m: 1:09.22 1:09.22	300m: 3:33.93 1:11.50	500m: 6:00.24 1:13.54	700m: 8:27.36 1:13.64	800m: 9:39.04 1:11.68		
	200m: 2:22.43 1:13.21	400m: 4:46.70 1:12.77	600m: 7:13.72 1:13.48				
5.	Ines Alexandra Paiva	96	Alges	9:43.57	+0.86	606	
	100m: 1:07.52 1:07.52	300m: 3:32.58 1:12.81	500m: 5:59.43 1:13.76	700m: 8:29.14 1:14.71	800m: 9:43.57 1:14.43		
	200m: 2:19.77 1:12.25	400m: 4:45.67 1:13.09	600m: 7:14.43 1:15.00				
6.	Sara Cristiana Valente	96	Alcobaca	9:44.02	+0.75	605	
	100m: 1:09.06 1:09.06	300m: 3:35.29 1:13.30	500m: 6:03.16 1:14.01	700m: 8:32.51 1:14.87	800m: 9:44.02 1:11.51		
	200m: 2:21.99 1:12.93	400m: 4:49.15 1:13.86	600m: 7:17.64 1:14.48				
7.	Carla Rosario Palma	96	Alcobaca	9:44.26	+0.84	604	
	100m: 1:10.16 1:10.16	300m: 3:36.29 1:13.63	500m: 6:03.56 1:13.60	700m: 8:32.78 1:14.48	800m: 9:44.26 1:11.48		
	200m: 2:22.66 1:12.50	400m: 4:49.96 1:13.67	600m: 7:18.30 1:14.74				
8.	Bruna Leal Dantas	96	Sporting	9:48.19	+0.90	592	
	100m: 1:08.89 1:08.89	300m: 3:37.28 1:13.99	500m: 6:05.99 1:14.20	700m: 8:35.50 1:14.49	800m: 9:48.19 1:12.69		
	200m: 2:23.29 1:14.40	400m: 4:51.79 1:14.51	600m: 7:21.01 1:15.02				
9.	Ana Catarina Azevedo	96	Famalicao	9:48.45	+0.73	591	
	100m: 1:08.90 1:08.90	300m: 3:36.87 1:14.75	500m: 6:06.32 1:14.79	700m: 8:35.36 1:14.50	800m: 9:48.45 1:13.09		
	200m: 2:22.12 1:13.22	400m: 4:51.53 1:14.66	600m: 7:20.86 1:14.54				
10.	Maria Amelia Gaspar	96	Nautico/Matobra	9:53.52	+0.89	576	
	100m: 1:09.92 1:09.92	300m: 3:38.47 1:14.67	500m: 6:08.44 1:14.74	700m: 8:39.12 1:15.92	800m: 9:53.52 1:14.40		
	200m: 2:23.80 1:13.88	400m: 4:53.70 1:15.23	600m: 7:23.20 1:14.76				
11.	Sofia Cunha Sousa	96	Foca	9:54.17	+1.07	575	
	100m: 1:09.05 1:09.05	300m: 3:36.94 1:14.23	500m: 6:07.25 1:15.41	700m: 8:39.39 1:16.22	800m: 9:54.17 1:14.78		
	200m: 2:22.71 1:13.66	400m: 4:51.84 1:14.90	600m: 7:23.17 1:15.92				
12.	Ana Monica Eloi	96	Nautico da Marinha Grande	9:58.52	+0.95	562	
	100m: 1:09.30 1:09.30	300m: 3:38.88 1:14.94	500m: 6:11.17 1:15.74	700m: 8:44.10 1:16.44	800m: 9:58.52 1:14.42		
	200m: 2:23.94 1:14.64	400m: 4:55.43 1:16.55	600m: 7:27.66 1:16.49				
13.	Vera Patricia Fernandes	96	Braga	9:59.94	+0.94	558	
	100m: 1:07.85 1:07.85	300m: 3:40.81 1:17.02	500m: 6:13.04 1:15.28	700m: 8:46.56 1:16.28	800m: 9:59.94 1:13.38		
	200m: 2:23.79 1:15.94	400m: 4:57.76 1:16.95	600m: 7:30.28 1:17.24				
14.	Maria Julia Cunha	96	Braga	10:07.47	+0.86	538	
	<i>FTL</i>						
	100m: 1:10.01 1:10.01	300m: 3:40.99 1:15.99	500m: 6:15.70 1:17.57	700m: 8:52.68 1:18.22	800m: 10:07.47 1:14.79		
	200m: 2:25.00 1:14.99	400m: 4:58.13 1:17.14	600m: 7:34.46 1:18.76				
15.	Rita Silva Fernandes	96	Colegio Vasco da Gama	10:07.72	+0.91	537	
	<i>FTL</i>						
	100m: 1:11.19 1:11.19	300m: 3:44.25 1:16.80	500m: 6:18.63 1:17.05	700m: 8:52.17 1:17.36	800m: 10:07.72 1:15.55		
	200m: 2:27.45 1:16.26	400m: 5:01.58 1:17.33	600m: 7:34.81 1:16.18				
16.	Ana Luisa Carvalho	96	Nautico/Matobra	10:09.19	+1.00	533	
	<i>FTL</i>						
	100m: 1:07.29 1:07.29	300m: 3:40.24 1:17.14	500m: 6:16.61 1:18.22	700m: 8:52.68 1:17.77	800m: 10:09.19 1:16.51		
	200m: 2:23.10 1:15.81	400m: 4:58.39 1:18.15	600m: 7:34.91 1:18.30				

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Prova 2, Femin., 800m Livres

Absolutos

1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	9:02.39	+0.85	755
	100m: 1:04.39	1:04.39	300m: 3:20.68	1:08.40	500m: 5:36.25	1:07.17
	200m: 2:12.28	1:07.89	400m: 4:29.08	1:08.40	600m: 6:44.44	1:08.19
					700m: 7:53.77	1:09.33
					800m: 9:02.39	1:08.62
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	9:06.66	+0.91	738
	100m: 1:04.64	1:04.64	300m: 3:20.66	1:08.37	500m: 5:38.53	1:09.06
	200m: 2:12.29	1:07.65	400m: 4:29.47	1:08.81	600m: 6:49.58	1:11.05
					700m: 8:00.57	1:10.99
					800m: 9:06.66	1:06.09
3.	Maria Miguel Veloso	93	Nautico/Matobra	9:07.30	+0.98	735
	100m: 1:04.84	1:04.84	300m: 3:20.85	1:08.47	500m: 5:38.12	1:08.48
	200m: 2:12.38	1:07.54	400m: 4:29.64	1:08.79	600m: 6:47.63	1:09.51
					700m: 7:57.72	1:10.09
					800m: 9:07.30	1:09.58
4.	Joana Filipa Santos	93	Vitoria de Guimaraes	9:13.97	+0.88	709
	100m: 1:04.73	1:04.73	300m: 3:21.30	1:08.61	500m: 5:41.61	1:10.51
	200m: 2:12.69	1:07.96	400m: 4:31.10	1:09.80	600m: 6:53.25	1:11.64
					700m: 8:04.71	1:11.46
					800m: 9:13.97	1:09.26
5.	Angelica Maria Andre	94	Leixoes	9:14.38	+0.90	707
	100m: 1:06.30	1:06.30	300m: 3:25.22	1:09.73	500m: 5:46.13	1:10.75
	200m: 2:15.49	1:09.19	400m: 4:35.38	1:10.16	600m: 6:56.64	1:10.51
					700m: 8:07.22	1:10.58
					800m: 9:14.38	1:07.16
6.	Patricia Garcia Marinho	94	Sporting	9:19.50	+0.94	688
	100m: 1:06.42	1:06.42	300m: 3:24.74	1:09.34	500m: 5:46.02	1:10.62
	200m: 2:15.40	1:08.98	400m: 4:35.40	1:10.66	600m: 6:57.42	1:11.40
					700m: 8:09.22	1:11.80
					800m: 9:19.50	1:10.28
7.	Ana Goncalves Neto	95	Porto/Dolce Vita	9:21.03	+0.96	683
	100m: 1:06.65	1:06.65	300m: 3:29.48	1:11.23	500m: 5:50.73	1:09.93
	200m: 2:18.25	1:11.60	400m: 4:40.80	1:11.32	600m: 7:00.99	1:10.26
					700m: 8:11.52	1:10.53
					800m: 9:21.03	1:09.51
8.	Diana Margarida Duraes	96	Foca	9:25.44	+0.79	667
	100m: 1:06.42	1:06.42	300m: 3:29.67	1:11.51	500m: 5:51.96	1:10.98
	200m: 2:18.16	1:11.74	400m: 4:40.98	1:11.31	600m: 7:03.61	1:11.65
					700m: 8:14.81	1:11.20
					800m: 9:25.44	1:10.63
9.	Marisa Alexandra Lage	94	Viana Natacao	9:27.96	+1.16	658
	100m: 1:06.50	1:06.50	300m: 3:28.45	1:11.16	500m: 5:52.12	1:11.48
	200m: 2:17.29	1:10.79	400m: 4:40.64	1:12.19	600m: 7:04.27	1:12.15
					700m: 8:16.91	1:12.64
					800m: 9:27.96	1:11.05
10.	Marta Alexandra Saraiva	93	Uniao Piedense	9:29.37	+0.87	653
	100m: 1:06.54	1:06.54	300m: 3:29.81	1:11.92	500m: 5:54.21	1:12.31
	200m: 2:17.89	1:11.35	400m: 4:41.90	1:12.09	600m: 7:06.34	1:12.13
					700m: 8:18.86	1:12.52
					800m: 9:29.37	1:10.51
11.	Maria Luis Amorim	95	Porto/Dolce Vita	9:29.88	+0.97	651
	100m: 1:07.37	1:07.37	300m: 3:32.45	1:12.73	500m: 5:55.73	1:10.72
	200m: 2:19.72	1:12.35	400m: 4:45.01	1:12.56	600m: 7:07.42	1:11.69
					700m: 8:19.70	1:12.28
					800m: 9:29.88	1:10.18
12.	Leonor Mourinho Neves	95	Sporting	9:30.70	+0.88	648
	100m: 1:05.82	1:05.82	300m: 3:28.12	1:11.67	500m: 5:52.79	1:12.39
	200m: 2:16.45	1:10.63	400m: 4:40.40	1:12.28	600m: 7:05.76	1:12.97
					700m: 8:19.12	1:13.36
					800m: 9:30.70	1:11.58
13.	Maria Ana Magalhaes	93	Desportiva Limiana	9:30.99	+0.69	647
	100m: 1:06.84	1:06.84	300m: 3:29.20	1:11.82	500m: 5:53.85	1:12.52
	200m: 2:17.38	1:10.54	400m: 4:41.33	1:12.13	600m: 7:06.45	1:12.60
					700m: 8:19.14	1:12.69
					800m: 9:30.99	1:11.85
14.	Ana Marta Miranda	96	Uniao Piedense	9:31.24	+0.80	647
	100m: 1:06.86	1:06.86	300m: 3:32.04	1:12.90	500m: 5:56.85	1:12.10
	200m: 2:19.14	1:12.28	400m: 4:44.75	1:12.71	600m: 7:08.94	1:12.09
					700m: 8:20.92	1:11.98
					800m: 9:31.24	1:10.32
15.	Florbela Cavaco Machado	96	Columbofila/Cantanhedense	9:33.04	+0.90	641
	100m: 1:06.88	1:06.88	300m: 3:30.58	1:11.64	500m: 5:56.07	1:12.95
	200m: 2:18.94	1:12.06	400m: 4:43.12	1:12.54	600m: 7:09.51	1:13.44
					700m: 8:23.09	1:13.58
					800m: 9:33.04	1:09.95

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Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Carolina Cunha Martins	95	Nautico/Matobra	9:34.22	+0.94	637	
	100m: 1:07.13 1:07.13	300m: 3:30.04 1:11.70	500m: 5:54.93 1:12.23	700m: 8:21.79 1:13.20	800m: 9:34.22 1:12.43		
	200m: 2:18.34 1:11.21	400m: 4:42.70 1:12.66	600m: 7:08.59 1:13.66				
17.	Ines Sofia Sampaio	94	Academico Viseu	9:34.40	+0.89	636	
	100m: 1:07.66 1:07.66	300m: 3:30.48 1:11.53	500m: 5:57.12 1:13.48	700m: 8:23.75 1:13.62	800m: 9:34.40 1:10.65		
	200m: 2:18.95 1:11.29	400m: 4:43.64 1:13.16	600m: 7:10.13 1:13.01				
18.	Alexandra Ribeiro Paula	93	Sporting	9:35.25	+0.83	633	
	100m: 1:07.33 1:07.33	300m: 3:32.53 1:12.98	500m: 5:57.88 1:12.39	700m: 8:24.31 1:12.90	800m: 9:35.25 1:10.94		
	200m: 2:19.55 1:12.22	400m: 4:45.49 1:12.96	600m: 7:11.41 1:13.53				
19.	Ana Isabel Neves	96	Pimpoes/Cimai	9:39.04	+0.87	621	
	100m: 1:09.22 1:09.22	300m: 3:33.93 1:11.50	500m: 6:00.24 1:13.54	700m: 8:27.36 1:13.64	800m: 9:39.04 1:11.68		
	200m: 2:22.43 1:13.21	400m: 4:46.70 1:12.77	600m: 7:13.72 1:13.48				
20.	Ana Rita Ismael	92	Louletano/Loule Concelho	9:41.73	+0.86	612	
	<i>FTL</i>						
	100m: 1:08.71 1:08.71	300m: 3:35.93 1:13.95	500m: 6:01.92 1:12.88	700m: 8:29.32 1:13.97	800m: 9:41.73 1:12.41		
	200m: 2:21.98 1:13.27	400m: 4:49.04 1:13.11	600m: 7:15.35 1:13.43				
21.	Ines Alexandra Paiva	96	Alges	9:43.57	+0.86	606	
	100m: 1:07.52 1:07.52	300m: 3:32.58 1:12.81	500m: 5:59.43 1:13.76	700m: 8:29.14 1:14.71	800m: 9:43.57 1:14.43		
	200m: 2:19.77 1:12.25	400m: 4:45.67 1:13.09	600m: 7:14.43 1:15.00				
22.	Sara Cristiana Valente	96	Alcobaca	9:44.02	+0.75	605	
	100m: 1:09.06 1:09.06	300m: 3:35.29 1:13.30	500m: 6:03.16 1:14.01	700m: 8:32.51 1:14.87	800m: 9:44.02 1:11.51		
	200m: 2:21.99 1:12.93	400m: 4:49.15 1:13.86	600m: 7:17.64 1:14.48				
23.	Catia Andreia Clara	95	Nautico da Marinha Grande	9:44.06	+0.91	605	
	<i>FTL</i>						
	100m: 1:08.03 1:08.03	300m: 3:34.24 1:13.36	500m: 6:01.78 1:13.75	700m: 8:30.28 1:14.18	800m: 9:44.06 1:13.78		
	200m: 2:20.88 1:12.85	400m: 4:48.03 1:13.79	600m: 7:16.10 1:14.32				
24.	Carla Rosario Palma	96	Alcobaca	9:44.26	+0.84	604	
	100m: 1:10.16 1:10.16	300m: 3:36.29 1:13.63	500m: 6:03.56 1:13.60	700m: 8:32.78 1:14.48	800m: 9:44.26 1:11.48		
	200m: 2:22.66 1:12.50	400m: 4:49.96 1:13.67	600m: 7:18.30 1:14.74				
25.	Lara Santana Pinheiro	92	Belenenses	9:45.31	+0.95	601	
	<i>FTL</i>						
	100m: 1:07.47 1:07.47	300m: 3:33.77 1:13.62	500m: 6:02.18 1:14.31	700m: 8:31.71 1:14.88	800m: 9:45.31 1:13.60		
	200m: 2:20.15 1:12.68	400m: 4:47.87 1:14.10	600m: 7:16.83 1:14.65				
26.	Joana Filipa Capela	89	Benfica	9:45.36	+0.82	601	
	<i>FTL</i>						
	100m: 1:07.29 1:07.29	300m: 3:33.17 1:13.13	500m: 6:00.37 1:13.75	700m: 8:31.96 1:15.94	800m: 9:45.36 1:13.40		
	200m: 2:20.04 1:12.75	400m: 4:46.62 1:13.45	600m: 7:16.02 1:15.65				
27.	Bruna Leal Dantas	96	Sporting	9:48.19	+0.90	592	
	100m: 1:08.89 1:08.89	300m: 3:37.28 1:13.99	500m: 6:05.99 1:14.20	700m: 8:35.50 1:14.49	800m: 9:48.19 1:12.69		
	200m: 2:23.29 1:14.40	400m: 4:51.79 1:14.51	600m: 7:21.01 1:15.02				
28.	Ana Catarina Azevedo	96	Famalicao	9:48.45	+0.73	591	
	100m: 1:08.90 1:08.90	300m: 3:36.87 1:14.75	500m: 6:06.32 1:14.79	700m: 8:35.36 1:14.50	800m: 9:48.45 1:13.09		
	200m: 2:22.12 1:13.22	400m: 4:51.53 1:14.66	600m: 7:20.86 1:14.54				
29.	Tatiana Ladeiro Santos	92	GesLoures	9:51.63	+0.78	582	
	<i>FTL</i>						
	100m: 1:08.75 1:08.75	300m: 3:36.69 1:14.42	500m: 6:07.34 1:15.09	700m: 8:38.33 1:15.31	800m: 9:51.63 1:13.30		
	200m: 2:22.27 1:13.52	400m: 4:52.25 1:15.56	600m: 7:23.02 1:15.68				

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Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	Maria Amelia Gaspar	96	Nautico/Matobra	9:53.52	+0.89	576	
	100m: 1:09.92 1:09.92	300m: 3:38.47 1:14.67	500m: 6:08.44 1:14.74	700m: 8:39.12 1:15.92	800m: 9:53.52 1:14.40		
	200m: 2:23.80 1:13.88	400m: 4:53.70 1:15.23	600m: 7:23.20 1:14.76				
31.	Sofia Cunha Sousa	96	Foca	9:54.17	+1.07	575	
	100m: 1:09.05 1:09.05	300m: 3:36.94 1:14.23	500m: 6:07.25 1:15.41	700m: 8:39.39 1:16.22	800m: 9:54.17 1:14.78		
	200m: 2:22.71 1:13.66	400m: 4:51.84 1:14.90	600m: 7:23.17 1:15.92				
32.	Ana Monica Eloi	96	Nautico da Marinha Grande	9:58.52	+0.95	562	
	100m: 1:09.30 1:09.30	300m: 3:38.88 1:14.94	500m: 6:11.17 1:15.74	700m: 8:44.10 1:16.44	800m: 9:58.52 1:14.42		
	200m: 2:23.94 1:14.64	400m: 4:55.43 1:16.55	600m: 7:27.66 1:16.49				
33.	Vera Patricia Fernandes	96	Braga	9:59.94	+0.94	558	
	100m: 1:07.85 1:07.85	300m: 3:40.81 1:17.02	500m: 6:13.04 1:15.28	700m: 8:46.56 1:16.28	800m: 9:59.94 1:13.38		
	200m: 2:23.79 1:15.94	400m: 4:57.76 1:16.95	600m: 7:30.28 1:17.24				
34.	Maria Julia Cunha	96	Braga	10:07.47	+0.86	538	
	<i>FTL</i>						
	100m: 1:10.01 1:10.01	300m: 3:40.99 1:15.99	500m: 6:15.70 1:17.57	700m: 8:52.68 1:18.22	800m: 10:07.47 1:14.79		
	200m: 2:25.00 1:14.99	400m: 4:58.13 1:17.14	600m: 7:34.46 1:18.76				
35.	Rita Silva Fernandes	96	Colegio Vasco da Gama	10:07.72	+0.91	537	
	<i>FTL</i>						
	100m: 1:11.19 1:11.19	300m: 3:44.25 1:16.80	500m: 6:18.63 1:17.05	700m: 8:52.17 1:17.36	800m: 10:07.72 1:15.55		
	200m: 2:27.45 1:16.26	400m: 5:01.58 1:17.33	600m: 7:34.81 1:16.18				
36.	Ana Luisa Carvalho	96	Nautico/Matobra	10:09.19	+1.00	533	
	<i>FTL</i>						
	100m: 1:07.29 1:07.29	300m: 3:40.24 1:17.14	500m: 6:16.61 1:18.22	700m: 8:52.68 1:17.77	800m: 10:09.19 1:16.51		
	200m: 2:23.10 1:15.81	400m: 4:58.39 1:18.15	600m: 7:34.91 1:18.30				

Seniores

1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	9:02.39	+0.85	755	
	100m: 1:04.39 1:04.39	300m: 3:20.68 1:08.40	500m: 5:36.25 1:07.17	700m: 7:53.77 1:09.33	800m: 9:02.39 1:08.62		
	200m: 2:12.28 1:07.89	400m: 4:29.08 1:08.40	600m: 6:44.44 1:08.19				
2.	Maria Miguel Veloso	93	Nautico/Matobra	9:07.30	+0.98	735	
	100m: 1:04.84 1:04.84	300m: 3:20.85 1:08.47	500m: 5:38.12 1:08.48	700m: 7:57.72 1:10.09	800m: 9:07.30 1:09.58		
	200m: 2:12.38 1:07.54	400m: 4:29.64 1:08.79	600m: 6:47.63 1:09.51				
3.	Joana Filipa Santos	93	Vitoria de Guimaraes	9:13.97	+0.88	709	
	100m: 1:04.73 1:04.73	300m: 3:21.30 1:08.61	500m: 5:41.61 1:10.51	700m: 8:04.71 1:11.46	800m: 9:13.97 1:09.26		
	200m: 2:12.69 1:07.96	400m: 4:31.10 1:09.80	600m: 6:53.25 1:11.64				
4.	Marta Alexandra Saraiva	93	Uniao Piedense	9:29.37	+0.87	653	
	100m: 1:06.54 1:06.54	300m: 3:29.81 1:11.92	500m: 5:54.21 1:12.31	700m: 8:18.86 1:12.52	800m: 9:29.37 1:10.51		
	200m: 2:17.89 1:11.35	400m: 4:41.90 1:12.09	600m: 7:06.34 1:12.13				
5.	Maria Ana Magalhaes	93	Desportiva Limiana	9:30.99	+0.69	647	
	100m: 1:06.84 1:06.84	300m: 3:29.20 1:11.82	500m: 5:53.85 1:12.52	700m: 8:19.14 1:12.69	800m: 9:30.99 1:11.85		
	200m: 2:17.38 1:10.54	400m: 4:41.33 1:12.13	600m: 7:06.45 1:12.60				
6.	Alexandra Ribeiro Paula	93	Sporting	9:35.25	+0.83	633	
	100m: 1:07.33 1:07.33	300m: 3:32.53 1:12.98	500m: 5:57.88 1:12.39	700m: 8:24.31 1:12.90	800m: 9:35.25 1:10.94		
	200m: 2:19.55 1:12.22	400m: 4:45.49 1:12.96	600m: 7:11.41 1:13.53				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Ana Rita Ismael <i>FTL</i>	92	Louletano/Loule Concelho	9:41.73	+0.86	612	
	100m: 1:08.71 1:08.71	300m: 3:35.93 1:13.95	500m: 6:01.92 1:12.88	700m: 8:29.32 1:13.97			
	200m: 2:21.98 1:13.27	400m: 4:49.04 1:13.11	600m: 7:15.35 1:13.43	800m: 9:41.73 1:12.41			
8.	Lara Santana Pinheiro <i>FTL</i>	92	Belenenses	9:45.31	+0.95	601	
	100m: 1:07.47 1:07.47	300m: 3:33.77 1:13.62	500m: 6:02.18 1:14.31	700m: 8:31.71 1:14.88			
	200m: 2:20.15 1:12.68	400m: 4:47.87 1:14.10	600m: 7:16.83 1:14.65	800m: 9:45.31 1:13.60			
9.	Joana Filipa Capela <i>FTL</i>	89	Benfica	9:45.36	+0.82	601	
	100m: 1:07.29 1:07.29	300m: 3:33.17 1:13.13	500m: 6:00.37 1:13.75	700m: 8:31.96 1:15.94			
	200m: 2:20.04 1:12.75	400m: 4:46.62 1:13.45	600m: 7:16.02 1:15.65	800m: 9:45.36 1:13.40			
10.	Tatiana Ladeiro Santos <i>FTL</i>	92	GesLoures	9:51.63	+0.78	582	
	100m: 1:08.75 1:08.75	300m: 3:36.69 1:14.42	500m: 6:07.34 1:15.09	700m: 8:38.33 1:15.31			
	200m: 2:22.27 1:13.52	400m: 4:52.25 1:15.56	600m: 7:23.02 1:15.68	800m: 9:51.63 1:13.30			

Juniores2

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	9:06.66	+0.91	738	
	100m: 1:04.64 1:04.64	300m: 3:20.66 1:08.37	500m: 5:38.53 1:09.06	700m: 8:00.57 1:10.99			
	200m: 2:12.29 1:07.65	400m: 4:29.47 1:08.81	600m: 6:49.58 1:11.05	800m: 9:06.66 1:06.09			
2.	Angelica Maria Andre	94	Leixoes	9:14.38	+0.90	707	
	100m: 1:06.30 1:06.30	300m: 3:25.22 1:09.73	500m: 5:46.13 1:10.75	700m: 8:07.22 1:10.58			
	200m: 2:15.49 1:09.19	400m: 4:35.38 1:10.16	600m: 6:56.64 1:10.51	800m: 9:14.38 1:07.16			
3.	Patricia Garcia Marinho	94	Sporting	9:19.50	+0.94	688	
	100m: 1:06.42 1:06.42	300m: 3:24.74 1:09.34	500m: 5:46.02 1:10.62	700m: 8:09.22 1:11.80			
	200m: 2:15.40 1:08.98	400m: 4:35.40 1:10.66	600m: 6:57.42 1:11.40	800m: 9:19.50 1:10.28			
4.	Marisa Alexandra Lage	94	Viana Natacao	9:27.96	+1.16	658	
	100m: 1:06.50 1:06.50	300m: 3:28.45 1:11.16	500m: 5:52.12 1:11.48	700m: 8:16.91 1:12.64			
	200m: 2:17.29 1:10.79	400m: 4:40.64 1:12.19	600m: 7:04.27 1:12.15	800m: 9:27.96 1:11.05			
5.	Ines Sofia Sampaio	94	Academico Viseu	9:34.40	+0.89	636	
	100m: 1:07.66 1:07.66	300m: 3:30.48 1:11.53	500m: 5:57.12 1:13.48	700m: 8:23.75 1:13.62			
	200m: 2:18.95 1:11.29	400m: 4:43.64 1:13.16	600m: 7:10.13 1:13.01	800m: 9:34.40 1:10.65			

Juniores1

1.	Ana Goncalves Neto	95	Porto/Dolce Vita	9:21.03	+0.96	683	
	100m: 1:06.65 1:06.65	300m: 3:29.48 1:11.23	500m: 5:50.73 1:09.93	700m: 8:11.52 1:10.53			
	200m: 2:18.25 1:11.60	400m: 4:40.80 1:11.32	600m: 7:00.99 1:10.26	800m: 9:21.03 1:09.51			
2.	Maria Luis Amorim	95	Porto/Dolce Vita	9:29.88	+0.97	651	
	100m: 1:07.37 1:07.37	300m: 3:32.45 1:12.73	500m: 5:55.73 1:10.72	700m: 8:19.70 1:12.28			
	200m: 2:19.72 1:12.35	400m: 4:45.01 1:12.56	600m: 7:07.42 1:11.69	800m: 9:29.88 1:10.18			
3.	Leonor Mourinho Neves	95	Sporting	9:30.70	+0.88	648	
	100m: 1:05.82 1:05.82	300m: 3:28.12 1:11.67	500m: 5:52.79 1:12.39	700m: 8:19.12 1:13.36			
	200m: 2:16.45 1:10.63	400m: 4:40.40 1:12.28	600m: 7:05.76 1:12.97	800m: 9:30.70 1:11.58			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 2, Femin., 800m Livres, Juniores1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Carolina Cunha Martins	95	Nautico/Matobra	9:34.22	+0.94	637	
	100m: 1:07.13 1:07.13	300m: 3:30.04 1:11.70	500m: 5:54.93 1:12.23	700m: 8:21.79 1:13.20			
	200m: 2:18.34 1:11.21	400m: 4:42.70 1:12.66	600m: 7:08.59 1:13.66	800m: 9:34.22 1:12.43			
5.	Catia Andreia Clara	95	Nautico da Marinha Grande	9:44.06	+0.91	605	
	<i>FTL</i>						
	100m: 1:08.03 1:08.03	300m: 3:34.24 1:13.36	500m: 6:01.78 1:13.75	700m: 8:30.28 1:14.18			
	200m: 2:20.88 1:12.85	400m: 4:48.03 1:13.79	600m: 7:16.10 1:14.32	800m: 9:44.06 1:13.78			