

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

Prova 45 Femin., 1500m Livres Open
01-08-2010 - 11:15 Resultados

Rec Nac Open	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Rec Nac Inf B	18:11.07	Filipa Vilas Ruivo	DNMG	Coimbra	05-07-2009
Rec Nac Inf A	18:08.64	Filipa Vilas Ruivo	DNMG	Coimbra	17-07-2010
Rec Nac Juv	17:34.28	Maria Miguel Veloso	CNAC	Coimbra	08-07-2007
Rec Nac Jun	17:06.28	Maria Miguel Veloso	CNAC	Faro	21-07-2009
Rec Nac Sen	17:13.93	Teresa Manuela Ferreira	FCP	Famalicao	31-07-2005

TAC SEN/JUN2 Fem 16 +: 18:55.00 / TAC JUN1 Fem 15: 19:05.00 / TAC JUV Fem Juv: 18:55.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:25.39	+0.91	732	
	100m: 1:06.90 1:06.90		500m: 5:43.67 1:09.19	900m: 10:23.54 1:10.64	1300m: 15:07.29 1:11.11		
	200m: 2:16.50 1:09.60		600m: 6:53.00 1:09.33	1000m: 11:34.44 1:10.90	1400m: 16:17.60 1:10.31		
	300m: 3:25.40 1:08.90		700m: 8:02.94 1:09.94	1100m: 12:45.48 1:11.04	1500m: 17:25.39 1:07.79		
	400m: 4:34.48 1:09.08		800m: 9:12.90 1:09.96	1200m: 13:56.18 1:10.70			
2.	Maria Miguel Veloso	93	Nautico/Matobra	17:31.80	+1.00	719	
	100m: 1:06.88 1:06.88		500m: 5:42.58 1:09.63	900m: 10:26.63 1:11.86	1300m: 15:11.40 1:10.75		
	200m: 2:15.54 1:08.66		600m: 6:52.55 1:09.97	1000m: 11:38.19 1:11.56	1400m: 16:22.30 1:10.90		
	300m: 3:23.86 1:08.32		700m: 8:03.37 1:10.82	1100m: 12:49.59 1:11.40	1500m: 17:31.80 1:09.50		
	400m: 4:32.95 1:09.09		800m: 9:14.77 1:11.40	1200m: 14:00.65 1:11.06			
3.	Angelica Maria Andre	94	Leixoes	17:39.45	+0.84	704	
	100m: 1:05.75 1:05.75		500m: 5:44.16 1:10.85	900m: 10:33.18 1:12.44	1300m: 15:18.22 1:10.81		
	200m: 2:13.93 1:08.18		600m: 6:56.03 1:11.87	1000m: 11:44.65 1:11.47	1400m: 16:29.57 1:11.35		
	300m: 3:23.16 1:09.23		700m: 8:08.43 1:12.40	1100m: 12:56.25 1:11.60	1500m: 17:39.45 1:09.88		
	400m: 4:33.31 1:10.15		800m: 9:20.74 1:12.31	1200m: 14:07.41 1:11.16			
4.	Patricia Garcia Marinho	94	Sporting	17:45.28	+0.83	692	
	100m: 1:06.93 1:06.93		500m: 5:50.82 1:12.03	900m: 10:35.66 1:10.69	1300m: 15:21.60 1:11.98		
	200m: 2:16.05 1:09.12		600m: 7:02.43 1:11.61	1000m: 11:47.14 1:11.48	1400m: 16:33.93 1:12.33		
	300m: 3:26.79 1:10.74		700m: 8:13.79 1:11.36	1100m: 12:58.27 1:11.13	1500m: 17:45.28 1:11.35		
	400m: 4:38.79 1:12.00		800m: 9:24.97 1:11.18	1200m: 14:09.62 1:11.35			
5.	Joana Filipa Santos	93	Vitoria de Guimaraes	17:55.71	+0.89	672	
	100m: 1:07.20 1:07.20		500m: 5:53.24 1:12.08	900m: 10:42.85 1:12.45	1300m: 15:34.32 1:13.03		
	200m: 2:18.03 1:10.83		600m: 7:05.28 1:12.04	1000m: 11:55.71 1:12.86	1400m: 16:47.08 1:12.76		
	300m: 3:29.27 1:11.24		700m: 8:17.78 1:12.50	1100m: 13:08.67 1:12.96	1500m: 17:55.71 1:08.63		
	400m: 4:41.16 1:11.89		800m: 9:30.40 1:12.62	1200m: 14:21.29 1:12.62			
6.	Carolina Cunha Martins	95	Nautico/Matobra	17:57.63	+0.99	669	
	100m: 1:07.14 1:07.14		500m: 5:53.12 1:12.50	900m: 10:42.77 1:12.24	1300m: 15:34.42 1:12.93		
	200m: 2:17.53 1:10.39		600m: 7:05.48 1:12.36	1000m: 11:55.70 1:12.93	1400m: 16:46.83 1:12.41		
	300m: 3:29.03 1:11.50		700m: 8:18.09 1:12.61	1100m: 13:08.56 1:12.86	1500m: 17:57.63 1:10.80		
	400m: 4:40.62 1:11.59		800m: 9:30.53 1:12.44	1200m: 14:21.49 1:12.93			
7.	Leonor Mourinho Neves	95	Sporting	18:01.74	+0.95	661	
	100m: 1:08.86 1:08.86		500m: 5:57.28 1:12.18	900m: 10:47.57 1:12.75	1300m: 15:37.81 1:12.51		
	200m: 2:20.65 1:11.79		600m: 7:09.79 1:12.51	1000m: 11:59.85 1:12.28	1400m: 16:50.39 1:12.58		
	300m: 3:33.04 1:12.39		700m: 8:22.23 1:12.44	1100m: 13:12.61 1:12.76	1500m: 18:01.74 1:11.35		
	400m: 4:45.10 1:12.06		800m: 9:34.82 1:12.59	1200m: 14:25.30 1:12.69			
8.	Marta Alexandra Saraiva	93	Uniao Piedense	18:12.96	+0.88	641	
	100m: 1:07.96 1:07.96		500m: 5:56.68 1:12.73	900m: 10:48.87 1:13.11	1300m: 15:45.11 1:14.53		
	200m: 2:19.72 1:11.76		600m: 7:09.59 1:12.91	1000m: 12:02.32 1:13.45	1400m: 16:59.56 1:14.45		
	300m: 3:31.81 1:12.09		700m: 8:22.17 1:12.58	1100m: 13:16.38 1:14.06	1500m: 18:12.96 1:13.40		
	400m: 4:43.95 1:12.14		800m: 9:35.76 1:13.59	1200m: 14:30.58 1:14.20			

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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Lara Santana Pinheiro	92	Belenenses	18:24.19	+1.00	621	
	100m: 1:08.58 1:08.58	500m: 5:58.81 1:12.92	900m: 10:53.60 1:14.28	1300m: 15:54.19 1:15.44			
	200m: 2:20.41 1:11.83	600m: 7:11.91 1:13.10	1000m: 12:08.11 1:14.51	1400m: 17:09.69 1:15.50			
	300m: 3:32.84 1:12.43	700m: 8:25.43 1:13.52	1100m: 13:22.95 1:14.84	1500m: 18:24.19 1:14.50			
	400m: 4:45.89 1:13.05	800m: 9:39.32 1:13.89	1200m: 14:38.75 1:15.80				
10.	Ines Sofia Sampaio	94	Academico Viseu	18:25.14	+0.93	620	
	100m: 1:08.16 1:08.16	500m: 5:59.29 1:13.06	900m: 10:58.18 1:15.65	1300m: 16:00.63 1:16.01			
	200m: 2:21.82 1:13.66	600m: 7:13.44 1:14.15	1000m: 12:13.22 1:15.04	1400m: 17:15.32 1:14.69			
	300m: 3:33.93 1:12.11	700m: 8:27.98 1:14.54	1100m: 13:27.84 1:14.62	1500m: 18:25.14 1:09.82			
	400m: 4:46.23 1:12.30	800m: 9:42.53 1:14.55	1200m: 14:44.62 1:16.78				
11.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:25.71	+0.88	619	
	100m: 1:08.45 1:08.45	500m: 6:01.52 1:13.70	900m: 10:58.02 1:14.34	1300m: 15:57.70 1:15.60			
	200m: 2:21.44 1:12.99	600m: 7:15.44 1:13.92	1000m: 12:12.39 1:14.37	1400m: 17:13.29 1:15.59			
	300m: 3:34.58 1:13.14	700m: 8:29.62 1:14.18	1100m: 13:26.97 1:14.58	1500m: 18:25.71 1:12.42			
	400m: 4:47.82 1:13.24	800m: 9:43.68 1:14.06	1200m: 14:42.10 1:15.13				
12.	Maria Ana Magalhaes	93	Desportiva Limiana	18:30.81	+0.80	610	
	100m: 1:07.96 1:07.96	500m: 6:02.57 1:13.34	900m: 10:58.94 1:14.37	1300m: 15:59.78 1:15.99			
	200m: 2:21.61 1:13.65	600m: 7:16.34 1:13.77	1000m: 12:13.71 1:14.77	1400m: 17:15.78 1:16.00			
	300m: 3:35.57 1:13.96	700m: 8:30.60 1:14.26	1100m: 13:28.71 1:15.00	1500m: 18:30.81 1:15.03			
	400m: 4:49.23 1:13.66	800m: 9:44.57 1:13.97	1200m: 14:43.79 1:15.08				
13.	Raquel Paulo Ranito	94	Sporting	18:39.06	+0.86	597	
	100m: 1:08.87 1:08.87	500m: 6:05.30 1:14.62	900m: 11:06.07 1:15.28	1300m: 16:10.73 1:16.20			
	200m: 2:22.74 1:13.87	600m: 7:20.38 1:15.08	1000m: 12:22.41 1:16.34	1400m: 17:26.36 1:15.63			
	300m: 3:36.33 1:13.59	700m: 8:35.48 1:15.10	1100m: 13:38.57 1:16.16	1500m: 18:39.06 1:12.70			
	400m: 4:50.68 1:14.35	800m: 9:50.79 1:15.31	1200m: 14:54.53 1:15.96				
14.	Mariana Rocha Valente	95	Nautico/Matobra	18:49.53	+0.81	581	
	100m: 1:09.22 1:09.22	500m: 6:06.06 1:15.25	900m: 11:10.96 1:16.03	1300m: 16:17.33 1:16.81			
	200m: 2:23.20 1:13.98	600m: 7:22.59 1:16.53	1000m: 12:27.11 1:16.15	1400m: 17:34.13 1:16.80			
	300m: 3:36.29 1:13.09	700m: 8:38.95 1:16.36	1100m: 13:43.96 1:16.85	1500m: 18:49.53 1:15.40			
	400m: 4:50.81 1:14.52	800m: 9:54.93 1:15.98	1200m: 15:00.52 1:16.56				
15.	Raquel Bartolo Vitor	93	Academica de Coimbra	18:52.63	+0.65	576	
	100m: 1:09.30 1:09.30	500m: 6:06.87 1:15.25	900m: 11:13.15 1:17.23	1300m: 16:21.90 1:16.73			
	200m: 2:22.78 1:13.48	600m: 7:23.03 1:16.16	1000m: 12:30.34 1:17.19	1400m: 17:38.04 1:16.14			
	300m: 3:37.15 1:14.37	700m: 8:39.15 1:16.12	1100m: 13:47.54 1:17.20	1500m: 18:52.63 1:14.59			
	400m: 4:51.62 1:14.47	800m: 9:55.92 1:16.77	1200m: 15:05.17 1:17.63				
16.	Tatiana Ladeiro Santos	92	GesLoures	18:56.83	+0.78	569	
	<i>FTL</i>						
	100m: 1:09.33 1:09.33	500m: 6:14.67 1:17.31	900m: 11:21.26 1:16.32	1300m: 16:27.42 1:16.20			
	200m: 2:24.32 1:14.99	600m: 7:31.93 1:17.26	1000m: 12:38.36 1:17.10	1400m: 17:43.21 1:15.79			
	300m: 3:40.43 1:16.11	700m: 8:48.65 1:16.72	1100m: 13:54.81 1:16.45	1500m: 18:56.83 1:13.62			
	400m: 4:57.36 1:16.93	800m: 10:04.94 1:16.29	1200m: 15:11.22 1:16.41				
17.	Ana Sofia Costa	95	Alcobaca	18:58.36	+0.88	567	
	100m: 1:09.65 1:09.65	500m: 6:08.08 1:15.17	900m: 11:11.75 1:16.27	1300m: 16:21.69 1:18.56			
	200m: 2:23.44 1:13.79	600m: 7:23.55 1:15.47	1000m: 12:28.15 1:16.40	1400m: 17:40.09 1:18.40			
	300m: 3:37.99 1:14.55	700m: 8:38.89 1:15.34	1100m: 13:45.03 1:16.88	1500m: 18:58.36 1:18.27			
	400m: 4:52.91 1:14.92	800m: 9:55.48 1:16.59	1200m: 15:03.13 1:18.10				
18.	Diana Patricia Silva	95	Paredes/Rota dos Moveis	19:01.92	+0.84	562	
	100m: 1:08.44 1:08.44	500m: 6:11.12 1:16.68	900m: 11:20.57 1:17.89	1300m: 16:31.15 1:17.38			
	200m: 2:23.00 1:14.56	600m: 7:27.97 1:16.85	1000m: 12:38.27 1:17.70	1400m: 17:48.40 1:17.25			
	300m: 3:38.35 1:15.35	700m: 8:45.19 1:17.22	1100m: 13:56.03 1:17.76	1500m: 19:01.92 1:13.52			
	400m: 4:54.44 1:16.09	800m: 10:02.68 1:17.49	1200m: 15:13.77 1:17.74				

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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Raquel Raimundo Ferreira FTL	95	Nautico/Matobra	19:38.94	+0.87	511	
	100m: 1:09.10 1:09.10	500m: 6:22.46 1:19.90	900m: 11:42.07 1:19.84	1300m: 17:01.85 1:20.55			
	200m: 2:24.28 1:15.18	600m: 7:41.86 1:19.40	1000m: 13:02.45 1:20.38	1400m: 18:20.95 1:19.10			
	300m: 3:42.70 1:18.42	700m: 9:01.87 1:20.01	1100m: 14:22.30 1:19.85	1500m: 19:38.94 1:17.99			
	400m: 5:02.56 1:19.86	800m: 10:22.23 1:20.36	1200m: 15:41.30 1:19.00				

Absolutos

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:25.39	+0.91	732	
	100m: 1:06.90 1:06.90	500m: 5:43.67 1:09.19	900m: 10:23.54 1:10.64	1300m: 15:07.29 1:11.11			
	200m: 2:16.50 1:09.60	600m: 6:53.00 1:09.33	1000m: 11:34.44 1:10.90	1400m: 16:17.60 1:10.31			
	300m: 3:25.40 1:08.90	700m: 8:02.94 1:09.94	1100m: 12:45.48 1:11.04	1500m: 17:25.39 1:07.79			
	400m: 4:34.48 1:09.08	800m: 9:12.90 1:09.96	1200m: 13:56.18 1:10.70				
2.	Maria Miguel Veloso	93	Nautico/Matobra	17:31.80	+1.00	719	
	100m: 1:06.88 1:06.88	500m: 5:42.58 1:09.63	900m: 10:26.63 1:11.86	1300m: 15:11.40 1:10.75			
	200m: 2:15.54 1:08.66	600m: 6:52.55 1:09.97	1000m: 11:38.19 1:11.56	1400m: 16:22.30 1:10.90			
	300m: 3:23.86 1:08.32	700m: 8:03.37 1:10.82	1100m: 12:49.59 1:11.40	1500m: 17:31.80 1:09.50			
	400m: 4:32.95 1:09.09	800m: 9:14.77 1:11.40	1200m: 14:00.65 1:11.06				
3.	Angelica Maria Andre	94	Leixoes	17:39.45	+0.84	704	
	100m: 1:05.75 1:05.75	500m: 5:44.16 1:10.85	900m: 10:33.18 1:12.44	1300m: 15:18.22 1:10.81			
	200m: 2:13.93 1:08.18	600m: 6:56.03 1:11.87	1000m: 11:44.65 1:11.47	1400m: 16:29.57 1:11.35			
	300m: 3:23.16 1:09.23	700m: 8:08.43 1:12.40	1100m: 12:56.25 1:11.60	1500m: 17:39.45 1:09.88			
	400m: 4:33.31 1:10.15	800m: 9:20.74 1:12.31	1200m: 14:07.41 1:11.16				
4.	Patricia Garcia Marinho	94	Sporting	17:45.28	+0.83	692	
	100m: 1:06.93 1:06.93	500m: 5:50.82 1:12.03	900m: 10:35.66 1:10.69	1300m: 15:21.60 1:11.98			
	200m: 2:16.05 1:09.12	600m: 7:02.43 1:11.61	1000m: 11:47.14 1:11.48	1400m: 16:33.93 1:12.33			
	300m: 3:26.79 1:10.74	700m: 8:13.79 1:11.36	1100m: 12:58.27 1:11.13	1500m: 17:45.28 1:11.35			
	400m: 4:38.79 1:12.00	800m: 9:24.97 1:11.18	1200m: 14:09.62 1:11.35				
5.	Joana Filipa Santos	93	Vitoria de Guimaraes	17:55.71	+0.89	672	
	100m: 1:07.20 1:07.20	500m: 5:53.24 1:12.08	900m: 10:42.85 1:12.45	1300m: 15:34.32 1:13.03			
	200m: 2:18.03 1:10.83	600m: 7:05.28 1:12.04	1000m: 11:55.71 1:12.86	1400m: 16:47.08 1:12.76			
	300m: 3:29.27 1:11.24	700m: 8:17.78 1:12.50	1100m: 13:08.67 1:12.96	1500m: 17:55.71 1:08.63			
	400m: 4:41.16 1:11.89	800m: 9:30.40 1:12.62	1200m: 14:21.29 1:12.62				
6.	Carolina Cunha Martins	95	Nautico/Matobra	17:57.63	+0.99	669	
	100m: 1:07.14 1:07.14	500m: 5:53.12 1:12.50	900m: 10:42.77 1:12.24	1300m: 15:34.42 1:12.93			
	200m: 2:17.53 1:10.39	600m: 7:05.48 1:12.36	1000m: 11:55.70 1:12.93	1400m: 16:46.83 1:12.41			
	300m: 3:29.03 1:11.50	700m: 8:18.09 1:12.61	1100m: 13:08.56 1:12.86	1500m: 17:57.63 1:10.80			
	400m: 4:40.62 1:11.59	800m: 9:30.53 1:12.44	1200m: 14:21.49 1:12.93				
7.	Leonor Mourinho Neves	95	Sporting	18:01.74	+0.95	661	
	100m: 1:08.86 1:08.86	500m: 5:57.28 1:12.18	900m: 10:47.57 1:12.75	1300m: 15:37.81 1:12.51			
	200m: 2:20.65 1:11.79	600m: 7:09.79 1:12.51	1000m: 11:59.85 1:12.28	1400m: 16:50.39 1:12.58			
	300m: 3:33.04 1:12.39	700m: 8:22.23 1:12.44	1100m: 13:12.61 1:12.76	1500m: 18:01.74 1:11.35			
	400m: 4:45.10 1:12.06	800m: 9:34.82 1:12.59	1200m: 14:25.30 1:12.69				
8.	Marta Alexandra Saraiva	93	Uniao Piedense	18:12.96	+0.88	641	
	100m: 1:07.96 1:07.96	500m: 5:56.68 1:12.73	900m: 10:48.87 1:13.11	1300m: 15:45.11 1:14.53			
	200m: 2:19.72 1:11.76	600m: 7:09.59 1:12.91	1000m: 12:02.32 1:13.45	1400m: 16:59.56 1:14.45			
	300m: 3:31.81 1:12.09	700m: 8:22.17 1:12.58	1100m: 13:16.38 1:14.06	1500m: 18:12.96 1:13.40			
	400m: 4:43.95 1:12.14	800m: 9:35.76 1:13.59	1200m: 14:30.58 1:14.20				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Lara Santana Pinheiro	92	Belenenses	18:24.19	+1.00	621	
	100m: 1:08.58 1:08.58	500m: 5:58.81 1:12.92	900m: 10:53.60 1:14.28	1300m: 15:54.19 1:15.44			
	200m: 2:20.41 1:11.83	600m: 7:11.91 1:13.10	1000m: 12:08.11 1:14.51	1400m: 17:09.69 1:15.50			
	300m: 3:32.84 1:12.43	700m: 8:25.43 1:13.52	1100m: 13:22.95 1:14.84	1500m: 18:24.19 1:14.50			
	400m: 4:45.89 1:13.05	800m: 9:39.32 1:13.89	1200m: 14:38.75 1:15.80				
10.	Ines Sofia Sampaio	94	Academico Viseu	18:25.14	+0.93	620	
	100m: 1:08.16 1:08.16	500m: 5:59.29 1:13.06	900m: 10:58.18 1:15.65	1300m: 16:00.63 1:16.01			
	200m: 2:21.82 1:13.66	600m: 7:13.44 1:14.15	1000m: 12:13.22 1:15.04	1400m: 17:15.32 1:14.69			
	300m: 3:33.93 1:12.11	700m: 8:27.98 1:14.54	1100m: 13:27.84 1:14.62	1500m: 18:25.14 1:09.82			
	400m: 4:46.23 1:12.30	800m: 9:42.53 1:14.55	1200m: 14:44.62 1:16.78				
11.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:25.71	+0.88	619	
	100m: 1:08.45 1:08.45	500m: 6:01.52 1:13.70	900m: 10:58.02 1:14.34	1300m: 15:57.70 1:15.60			
	200m: 2:21.44 1:12.99	600m: 7:15.44 1:13.92	1000m: 12:12.39 1:14.37	1400m: 17:13.29 1:15.59			
	300m: 3:34.58 1:13.14	700m: 8:29.62 1:14.18	1100m: 13:26.97 1:14.58	1500m: 18:25.71 1:12.42			
	400m: 4:47.82 1:13.24	800m: 9:43.68 1:14.06	1200m: 14:42.10 1:15.13				
12.	Maria Ana Magalhaes	93	Desportiva Limiana	18:30.81	+0.80	610	
	100m: 1:07.96 1:07.96	500m: 6:02.57 1:13.34	900m: 10:58.94 1:14.37	1300m: 15:59.78 1:15.99			
	200m: 2:21.61 1:13.65	600m: 7:16.34 1:13.77	1000m: 12:13.71 1:14.77	1400m: 17:15.78 1:16.00			
	300m: 3:35.57 1:13.96	700m: 8:30.60 1:14.26	1100m: 13:28.71 1:15.00	1500m: 18:30.81 1:15.03			
	400m: 4:49.23 1:13.66	800m: 9:44.57 1:13.97	1200m: 14:43.79 1:15.08				
13.	Raquel Paulo Ranito	94	Sporting	18:39.06	+0.86	597	
	100m: 1:08.87 1:08.87	500m: 6:05.30 1:14.62	900m: 11:06.07 1:15.28	1300m: 16:10.73 1:16.20			
	200m: 2:22.74 1:13.87	600m: 7:20.38 1:15.08	1000m: 12:22.41 1:16.34	1400m: 17:26.36 1:15.63			
	300m: 3:36.33 1:13.59	700m: 8:35.48 1:15.10	1100m: 13:38.57 1:16.16	1500m: 18:39.06 1:12.70			
	400m: 4:50.68 1:14.35	800m: 9:50.79 1:15.31	1200m: 14:54.53 1:15.96				
14.	Mariana Rocha Valente	95	Nautico/Matobra	18:49.53	+0.81	581	
	100m: 1:09.22 1:09.22	500m: 6:06.06 1:15.25	900m: 11:10.96 1:16.03	1300m: 16:17.33 1:16.81			
	200m: 2:23.20 1:13.98	600m: 7:22.59 1:16.53	1000m: 12:27.11 1:16.15	1400m: 17:34.13 1:16.80			
	300m: 3:36.29 1:13.09	700m: 8:38.95 1:16.36	1100m: 13:43.96 1:16.85	1500m: 18:49.53 1:15.40			
	400m: 4:50.81 1:14.52	800m: 9:54.93 1:15.98	1200m: 15:00.52 1:16.56				
15.	Raquel Bartolo Vitor	93	Academica de Coimbra	18:52.63	+0.65	576	
	100m: 1:09.30 1:09.30	500m: 6:06.87 1:15.25	900m: 11:13.15 1:17.23	1300m: 16:21.90 1:16.73			
	200m: 2:22.78 1:13.48	600m: 7:23.03 1:16.16	1000m: 12:30.34 1:17.19	1400m: 17:38.04 1:16.14			
	300m: 3:37.15 1:14.37	700m: 8:39.15 1:16.12	1100m: 13:47.54 1:17.20	1500m: 18:52.63 1:14.59			
	400m: 4:51.62 1:14.47	800m: 9:55.92 1:16.77	1200m: 15:05.17 1:17.63				
16.	Tatiana Ladeiro Santos	92	GesLoures	18:56.83	+0.78	569	
	<i>FTL</i>						
	100m: 1:09.33 1:09.33	500m: 6:14.67 1:17.31	900m: 11:21.26 1:16.32	1300m: 16:27.42 1:16.20			
	200m: 2:24.32 1:14.99	600m: 7:31.93 1:17.26	1000m: 12:38.36 1:17.10	1400m: 17:43.21 1:15.79			
	300m: 3:40.43 1:16.11	700m: 8:48.65 1:16.72	1100m: 13:54.81 1:16.45	1500m: 18:56.83 1:13.62			
	400m: 4:57.36 1:16.93	800m: 10:04.94 1:16.29	1200m: 15:11.22 1:16.41				
17.	Ana Sofia Costa	95	Alcobaca	18:58.36	+0.88	567	
	100m: 1:09.65 1:09.65	500m: 6:08.08 1:15.17	900m: 11:11.75 1:16.27	1300m: 16:21.69 1:18.56			
	200m: 2:23.44 1:13.79	600m: 7:23.55 1:15.47	1000m: 12:28.15 1:16.40	1400m: 17:40.09 1:18.40			
	300m: 3:37.99 1:14.55	700m: 8:38.89 1:15.34	1100m: 13:45.03 1:16.88	1500m: 18:58.36 1:18.27			
	400m: 4:52.91 1:14.92	800m: 9:55.48 1:16.59	1200m: 15:03.13 1:18.10				
18.	Diana Patricia Silva	95	Paredes/Rota dos Moveis	19:01.92	+0.84	562	
	100m: 1:08.44 1:08.44	500m: 6:11.12 1:16.68	900m: 11:20.57 1:17.89	1300m: 16:31.15 1:17.38			
	200m: 2:23.00 1:14.56	600m: 7:27.97 1:16.85	1000m: 12:38.27 1:17.70	1400m: 17:48.40 1:17.25			
	300m: 3:38.35 1:15.35	700m: 8:45.19 1:17.22	1100m: 13:56.03 1:17.76	1500m: 19:01.92 1:13.52			
	400m: 4:54.44 1:16.09	800m: 10:02.68 1:17.49	1200m: 15:13.77 1:17.74				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Raquel Raimundo Ferreira FTL	95	Nautico/Matobra	19:38.94	+0.87	511	
	100m: 1:09.10 1:09.10	500m: 6:22.46 1:19.90	900m: 11:42.07 1:19.84	1300m: 17:01.85 1:20.55			
	200m: 2:24.28 1:15.18	600m: 7:41.86 1:19.40	1000m: 13:02.45 1:20.38	1400m: 18:20.95 1:19.10			
	300m: 3:42.70 1:18.42	700m: 9:01.87 1:20.01	1100m: 14:22.30 1:19.85	1500m: 19:38.94 1:17.99			
	400m: 5:02.56 1:19.86	800m: 10:22.23 1:20.36	1200m: 15:41.30 1:19.00				

Juniores2

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:25.39	+0.91	732	
	100m: 1:06.90 1:06.90	500m: 5:43.67 1:09.19	900m: 10:23.54 1:10.64	1300m: 15:07.29 1:11.11			
	200m: 2:16.50 1:09.60	600m: 6:53.00 1:09.33	1000m: 11:34.44 1:10.90	1400m: 16:17.60 1:10.31			
	300m: 3:25.40 1:08.90	700m: 8:02.94 1:09.94	1100m: 12:45.48 1:11.04	1500m: 17:25.39 1:07.79			
	400m: 4:34.48 1:09.08	800m: 9:12.90 1:09.96	1200m: 13:56.18 1:10.70				
2.	Angelica Maria Andre	94	Leixoes	17:39.45	+0.84	704	
	100m: 1:05.75 1:05.75	500m: 5:44.16 1:10.85	900m: 10:33.18 1:12.44	1300m: 15:18.22 1:10.81			
	200m: 2:13.93 1:08.18	600m: 6:56.03 1:11.87	1000m: 11:44.65 1:11.47	1400m: 16:29.57 1:11.35			
	300m: 3:23.16 1:09.23	700m: 8:08.43 1:12.40	1100m: 12:56.25 1:11.60	1500m: 17:39.45 1:09.88			
	400m: 4:33.31 1:10.15	800m: 9:20.74 1:12.31	1200m: 14:07.41 1:11.16				
3.	Patricia Garcia Marinho	94	Sporting	17:45.28	+0.83	692	
	100m: 1:06.93 1:06.93	500m: 5:50.82 1:12.03	900m: 10:35.66 1:10.69	1300m: 15:21.60 1:11.98			
	200m: 2:16.05 1:09.12	600m: 7:02.43 1:11.61	1000m: 11:47.14 1:11.48	1400m: 16:33.93 1:12.33			
	300m: 3:26.79 1:10.74	700m: 8:13.79 1:11.36	1100m: 12:58.27 1:11.13	1500m: 17:45.28 1:11.35			
	400m: 4:38.79 1:12.00	800m: 9:24.97 1:11.18	1200m: 14:09.62 1:11.35				
4.	Ines Sofia Sampaio	94	Academico Viseu	18:25.14	+0.93	620	
	100m: 1:08.16 1:08.16	500m: 5:59.29 1:13.06	900m: 10:58.18 1:15.65	1300m: 16:00.63 1:16.01			
	200m: 2:21.82 1:13.66	600m: 7:13.44 1:14.15	1000m: 12:13.22 1:15.04	1400m: 17:15.32 1:14.69			
	300m: 3:33.93 1:12.11	700m: 8:27.98 1:14.54	1100m: 13:27.84 1:14.62	1500m: 18:25.14 1:09.82			
	400m: 4:46.23 1:12.30	800m: 9:42.53 1:14.55	1200m: 14:44.62 1:16.78				
5.	Raquel Paulo Ranito	94	Sporting	18:39.06	+0.86	597	
	100m: 1:08.87 1:08.87	500m: 6:05.30 1:14.62	900m: 11:06.07 1:15.28	1300m: 16:10.73 1:16.20			
	200m: 2:22.74 1:13.87	600m: 7:20.38 1:15.08	1000m: 12:22.41 1:16.34	1400m: 17:26.36 1:15.63			
	300m: 3:36.33 1:13.59	700m: 8:35.48 1:15.10	1100m: 13:38.57 1:16.16	1500m: 18:39.06 1:12.70			
	400m: 4:50.68 1:14.35	800m: 9:50.79 1:15.31	1200m: 14:54.53 1:15.96				

Juniores1

1.	Carolina Cunha Martins	95	Nautico/Matobra	17:57.63	+0.99	669	
	100m: 1:07.14 1:07.14	500m: 5:53.12 1:12.50	900m: 10:42.77 1:12.24	1300m: 15:34.42 1:12.93			
	200m: 2:17.53 1:10.39	600m: 7:05.48 1:12.36	1000m: 11:55.70 1:12.93	1400m: 16:46.83 1:12.41			
	300m: 3:29.03 1:11.50	700m: 8:18.09 1:12.61	1100m: 13:08.56 1:12.86	1500m: 17:57.63 1:10.80			
	400m: 4:40.62 1:11.59	800m: 9:30.53 1:12.44	1200m: 14:21.49 1:12.93				
2.	Leonor Mourinho Neves	95	Sporting	18:01.74	+0.95	661	
	100m: 1:08.86 1:08.86	500m: 5:57.28 1:12.18	900m: 10:47.57 1:12.75	1300m: 15:37.81 1:12.51			
	200m: 2:20.65 1:11.79	600m: 7:09.79 1:12.51	1000m: 11:59.85 1:12.28	1400m: 16:50.39 1:12.58			
	300m: 3:33.04 1:12.39	700m: 8:22.23 1:12.44	1100m: 13:12.61 1:12.76	1500m: 18:01.74 1:11.35			
	400m: 4:45.10 1:12.06	800m: 9:34.82 1:12.59	1200m: 14:25.30 1:12.69				
3.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:25.71	+0.88	619	
	100m: 1:08.45 1:08.45	500m: 6:01.52 1:13.70	900m: 10:58.02 1:14.34	1300m: 15:57.70 1:15.60			
	200m: 2:21.44 1:12.99	600m: 7:15.44 1:13.92	1000m: 12:12.39 1:14.37	1400m: 17:13.29 1:15.59			
	300m: 3:34.58 1:13.14	700m: 8:29.62 1:14.18	1100m: 13:26.97 1:14.58	1500m: 18:25.71 1:12.42			
	400m: 4:47.82 1:13.24	800m: 9:43.68 1:14.06	1200m: 14:42.10 1:15.13				

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Prova 45, Femin., 1500m Livres, Júniores1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Mariana Rocha Valente	95	Nautico/Matobra	18:49.53	+0.81	581	
	100m: 1:09.22 1:09.22	500m: 6:06.06 1:15.25	900m: 11:10.96 1:16.03	1300m: 16:17.33 1:16.81			
	200m: 2:23.20 1:13.98	600m: 7:22.59 1:16.53	1000m: 12:27.11 1:16.15	1400m: 17:34.13 1:16.80			
	300m: 3:36.29 1:13.09	700m: 8:38.95 1:16.36	1100m: 13:43.96 1:16.85	1500m: 18:49.53 1:15.40			
	400m: 4:50.81 1:14.52	800m: 9:54.93 1:15.98	1200m: 15:00.52 1:16.56				
5.	Ana Sofia Costa	95	Alcobaca	18:58.36	+0.88	567	
	100m: 1:09.65 1:09.65	500m: 6:08.08 1:15.17	900m: 11:11.75 1:16.27	1300m: 16:21.69 1:18.56			
	200m: 2:23.44 1:13.79	600m: 7:23.55 1:15.47	1000m: 12:28.15 1:16.40	1400m: 17:40.09 1:18.40			
	300m: 3:37.99 1:14.55	700m: 8:38.89 1:15.34	1100m: 13:45.03 1:16.88	1500m: 18:58.36 1:18.27			
	400m: 4:52.91 1:14.92	800m: 9:55.48 1:16.59	1200m: 15:03.13 1:18.10				
6.	Diana Patricia Silva	95	Paredes/Rota dos Moveis	19:01.92	+0.84	562	
	100m: 1:08.44 1:08.44	500m: 6:11.12 1:16.68	900m: 11:20.57 1:17.89	1300m: 16:31.15 1:17.38			
	200m: 2:23.00 1:14.56	600m: 7:27.97 1:16.85	1000m: 12:38.27 1:17.70	1400m: 17:48.40 1:17.25			
	300m: 3:38.35 1:15.35	700m: 8:45.19 1:17.22	1100m: 13:56.03 1:17.76	1500m: 19:01.92 1:13.52			
	400m: 4:54.44 1:16.09	800m: 10:02.68 1:17.49	1200m: 15:13.77 1:17.74				
7.	Raquel Raimundo Ferreira	95	Nautico/Matobra	19:38.94	+0.87	511	
	<i>FTL</i>						
	100m: 1:09.10 1:09.10	500m: 6:22.46 1:19.90	900m: 11:42.07 1:19.84	1300m: 17:01.85 1:20.55			
	200m: 2:24.28 1:15.18	600m: 7:41.86 1:19.40	1000m: 13:02.45 1:20.38	1400m: 18:20.95 1:19.10			
	300m: 3:42.70 1:18.42	700m: 9:01.87 1:20.01	1100m: 14:22.30 1:19.85	1500m: 19:38.94 1:17.99			
	400m: 5:02.56 1:19.86	800m: 10:22.23 1:20.36	1200m: 15:41.30 1:19.00				