

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 45 Femin., 1500m Livres Absoluto
07-08-2011 - 11:25 Resultados

Rec Nac Absoluto	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011
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	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011

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

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Angelica Maria Andre	94	Leixoes	17:02.89	+0,82	782	
	100m: 1:05.47 1:05.47		500m: 5:36.63 1:07.92	900m: 10:11.50 1:08.92	1300m: 14:48.10 1:09.30		
	200m: 2:12.97 1:07.50		600m: 6:44.87 1:08.24	1000m: 11:20.79 1:09.29	1400m: 15:57.08 1:08.98		
	300m: 3:20.59 1:07.62		700m: 7:53.63 1:08.76	1100m: 12:29.91 1:09.12	1500m: 17:02.89 1:05.81		
	400m: 4:28.71 1:08.12		800m: 9:02.58 1:08.95	1200m: 13:38.80 1:08.89			
2.	Sarah Mommers	94	Vilacondense	17:23.24	+0,86	737	
	100m: 1:07.13 1:07.13		500m: 5:46.93 1:09.39	900m: 10:24.80 1:09.40	1300m: 15:04.82 1:10.27		
	200m: 2:17.15 1:10.02		600m: 6:56.19 1:09.26	1000m: 11:34.46 1:09.66	1400m: 16:15.38 1:10.56		
	300m: 3:27.65 1:10.50		700m: 8:05.61 1:09.42	1100m: 12:44.25 1:09.79	1500m: 17:23.24 1:07.86		
	400m: 4:37.54 1:09.89		800m: 9:15.40 1:09.79	1200m: 13:54.55 1:10.30			
3.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:26.09	+0,94	731	
	100m: 1:05.59 1:05.59		500m: 5:44.58 1:10.25	900m: 10:24.86 1:09.56	1300m: 15:08.89 1:12.08		
	200m: 2:14.28 1:08.69		600m: 6:54.65 1:10.07	1000m: 11:35.36 1:10.50	1400m: 16:17.25 1:08.36		
	300m: 3:24.27 1:09.99		700m: 8:04.98 1:10.33	1100m: 12:46.17 1:10.81	1500m: 17:26.09 1:08.84		
	400m: 4:34.33 1:10.06		800m: 9:15.30 1:10.32	1200m: 13:56.81 1:10.64			
4.	Vania Soares Neves	90	Viana Natacao	17:38.12	+0,86	706	
	100m: 1:07.23 1:07.23		500m: 5:50.72 1:11.10	900m: 10:32.92 1:10.87	1300m: 15:17.52 1:11.38		
	200m: 2:17.90 1:10.67		600m: 7:01.11 1:10.39	1000m: 11:43.64 1:10.72	1400m: 16:28.73 1:11.21		
	300m: 3:28.83 1:10.93		700m: 8:11.52 1:10.41	1100m: 12:54.66 1:11.02	1500m: 17:38.12 1:09.39		
	400m: 4:39.62 1:10.79		800m: 9:22.05 1:10.53	1200m: 14:06.14 1:11.48			
5.	Joana Filipa Santos	93	Vitoria de Guimaraes	17:39.94	+1,00	703	
	100m: 1:07.40 1:07.40		500m: 5:49.65 1:10.69	900m: 10:35.19 1:11.23	1300m: 15:20.39 1:11.37		
	200m: 2:17.57 1:10.17		600m: 7:01.54 1:11.89	1000m: 11:46.43 1:11.24	1400m: 16:30.85 1:10.46		
	300m: 3:28.16 1:10.59		700m: 8:12.81 1:11.27	1100m: 12:57.52 1:11.09	1500m: 17:39.94 1:09.09		
	400m: 4:38.96 1:10.80		800m: 9:23.96 1:11.15	1200m: 14:09.02 1:11.50			
6.	Leonor Mourinho Neves	95	Sporting	17:42.45	+0,93	698	
	100m: 1:07.88 1:07.88		500m: 5:50.42 1:10.78	900m: 10:34.28 1:11.27	1300m: 15:20.85 1:11.35		
	200m: 2:17.79 1:09.91		600m: 7:01.36 1:10.94	1000m: 11:45.94 1:11.66	1400m: 16:32.37 1:11.52		
	300m: 3:28.44 1:10.65		700m: 8:11.84 1:10.48	1100m: 12:57.65 1:11.71	1500m: 17:42.45 1:10.08		
	400m: 4:39.64 1:11.20		800m: 9:23.01 1:11.17	1200m: 14:09.50 1:11.85			
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	18:01.91	+0,93	661	
	100m: 1:06.93 1:06.93		500m: 5:51.84 1:11.85	900m: 10:43.26 1:13.26	1300m: 15:36.58 1:13.48		
	200m: 2:17.46 1:10.53		600m: 7:04.28 1:12.44	1000m: 11:56.65 1:13.39	1400m: 16:49.98 1:13.40		
	300m: 3:28.41 1:10.95		700m: 8:17.03 1:12.75	1100m: 13:10.11 1:13.46	1500m: 18:01.91 1:11.93		
	400m: 4:39.99 1:11.58		800m: 9:30.00 1:12.97	1200m: 14:23.10 1:12.99			
8.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:03.18	+0,97	658	
	100m: 1:07.16 1:07.16		500m: 5:53.57 1:12.72	900m: 10:45.97 1:13.09	1300m: 15:37.61 1:12.33		
	200m: 2:17.74 1:10.58		600m: 7:06.67 1:13.10	1000m: 11:58.81 1:12.84	1400m: 16:50.84 1:13.23		
	300m: 3:28.99 1:11.25		700m: 8:19.98 1:13.31	1100m: 13:11.86 1:13.05	1500m: 18:03.18 1:12.34		
	400m: 4:40.85 1:11.86		800m: 9:32.88 1:12.90	1200m: 14:25.28 1:13.42			

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	18:03.20	+0,88	658	
	100m: 1:06.91 1:06.91	500m: 5:51.86 1:11.70	900m: 10:43.46 1:13.00	1300m: 15:38.85 1:13.93			
	200m: 2:17.55 1:10.64	600m: 7:04.27 1:12.41	1000m: 11:57.10 1:13.64	1400m: 16:53.36 1:14.51			
	300m: 3:28.97 1:11.42	700m: 8:17.43 1:13.16	1100m: 13:10.82 1:13.72	1500m: 18:03.20 1:09.84			
	400m: 4:40.16 1:11.19	800m: 9:30.46 1:13.03	1200m: 14:24.92 1:14.10				
10.	Raquel Paulo Ranito	94	Sporting	18:05.98	+0,85	653	
	100m: 1:07.94 1:07.94	500m: 5:58.88 1:12.82	900m: 10:50.83 1:13.04	1300m: 15:42.66 1:13.10			
	200m: 2:20.73 1:12.79	600m: 7:11.47 1:12.59	1000m: 12:03.92 1:13.09	1400m: 16:55.64 1:12.98			
	300m: 3:33.80 1:13.07	700m: 8:24.50 1:13.03	1100m: 13:17.19 1:13.27	1500m: 18:05.98 1:10.34			
	400m: 4:46.06 1:12.26	800m: 9:37.79 1:13.29	1200m: 14:29.56 1:12.37				
11.	Marta Alexandra Saraiva	93	Uniao Piedense	18:12.19	+0,90	642	
	100m: 1:08.90 1:08.90	500m: 5:59.18 1:12.94	900m: 10:51.00 1:13.06	1300m: 15:45.78 1:13.87			
	200m: 2:21.64 1:12.74	600m: 7:11.70 1:12.52	1000m: 12:04.48 1:13.48	1400m: 16:59.52 1:13.74			
	300m: 3:33.92 1:12.28	700m: 8:24.73 1:13.03	1100m: 13:18.23 1:13.75	1500m: 18:12.19 1:12.67			
	400m: 4:46.24 1:12.32	800m: 9:37.94 1:13.21	1200m: 14:31.91 1:13.68				
12.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	18:21.97	+0,91	625	
	100m: 1:07.79 1:07.79	500m: 5:58.78 1:13.54	900m: 10:52.42 1:13.94	1300m: 15:52.66 1:16.01			
	200m: 2:19.37 1:11.58	600m: 7:12.22 1:13.44	1000m: 12:06.34 1:13.92	1400m: 17:07.46 1:14.80			
	300m: 3:31.97 1:12.60	700m: 8:25.45 1:13.23	1100m: 13:21.03 1:14.69	1500m: 18:21.97 1:14.51			
	400m: 4:45.24 1:13.27	800m: 9:38.48 1:13.03	1200m: 14:36.65 1:15.62				
13.	Ines Sofia Sampaio	94	Academico Viseu	18:26.92	+1,10	617	
	100m: 1:07.51 1:07.51	500m: 6:00.62 1:14.64	900m: 10:59.01 1:14.71	1300m: 16:01.53 1:15.50			
	200m: 2:19.52 1:12.01	600m: 7:15.22 1:14.60	1000m: 12:14.56 1:15.55	1400m: 17:15.75 1:14.22			
	300m: 3:32.17 1:12.65	700m: 8:29.63 1:14.41	1100m: 13:30.34 1:15.78	1500m: 18:26.92 1:11.17			
	400m: 4:45.98 1:13.81	800m: 9:44.30 1:14.67	1200m: 14:46.03 1:15.69				
14.	Helena Paula Carvalho	95	Uniao Piedense	18:34.54	+0,79	604	
	100m: 1:09.48 1:09.48	500m: 6:08.35 1:14.46	900m: 11:07.94 1:14.68	1300m: 16:08.52 1:15.71			
	200m: 2:23.45 1:13.97	600m: 7:23.05 1:14.70	1000m: 12:22.80 1:14.86	1400m: 17:23.54 1:15.02			
	300m: 3:38.31 1:14.86	700m: 8:38.07 1:15.02	1100m: 13:37.48 1:14.68	1500m: 18:34.54 1:11.00			
	400m: 4:53.89 1:15.58	800m: 9:53.26 1:15.19	1200m: 14:52.81 1:15.33				
15.	Cassandra Pedro Oliveira	95	Vilacondense	18:35.03	+0,92	604	
	100m: 1:07.94 1:07.94	500m: 6:04.27 1:14.78	900m: 11:04.47 1:14.68	1300m: 16:04.63 1:15.15			
	200m: 2:21.16 1:13.22	600m: 7:19.62 1:15.35	1000m: 12:19.31 1:14.84	1400m: 17:20.57 1:15.94			
	300m: 3:34.95 1:13.79	700m: 8:35.19 1:15.57	1100m: 13:34.38 1:15.07	1500m: 18:35.03 1:14.46			
	400m: 4:49.49 1:14.54	800m: 9:49.79 1:14.60	1200m: 14:49.48 1:15.10				
16.	Marta Sofia Cunha	95	Geslours	18:49.00	+0,82	581	
	100m: 1:09.19 1:09.19	500m: 6:04.04 1:14.42	900m: 11:09.86 1:17.18	1300m: 16:19.07 1:17.84			
	200m: 2:21.85 1:12.66	600m: 7:19.50 1:15.46	1000m: 12:26.70 1:16.84	1400m: 17:35.66 1:16.59			
	300m: 3:35.35 1:13.50	700m: 8:36.02 1:16.52	1100m: 13:43.06 1:16.36	1500m: 18:49.00 1:13.34			
	400m: 4:49.62 1:14.27	800m: 9:52.68 1:16.66	1200m: 15:01.23 1:18.17				
17.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	18:50.17	+0,78	580	
	100m: 1:10.42 1:10.42	500m: 6:13.42 1:16.18	900m: 11:17.65 1:15.68	1300m: 16:22.21 1:16.25			
	200m: 2:25.98 1:15.56	600m: 7:29.79 1:16.37	1000m: 12:33.68 1:16.03	1400m: 17:38.10 1:15.89			
	300m: 3:40.84 1:14.86	700m: 8:46.03 1:16.24	1100m: 13:49.77 1:16.09	1500m: 18:50.17 1:12.07			
	400m: 4:57.24 1:16.40	800m: 10:01.97 1:15.94	1200m: 15:05.96 1:16.19				
18.	Ana Isabel Neves	96	Pimpoes/Cimai	18:50.88	+0,78	578	
	100m: 1:09.28 1:09.28	500m: 6:10.28 1:15.95	900m: 11:13.94 1:16.10	1300m: 16:20.40 1:16.58			
	200m: 2:23.37 1:14.09	600m: 7:26.16 1:15.88	1000m: 12:29.88 1:15.94	1400m: 17:36.83 1:16.43			
	300m: 3:38.36 1:14.99	700m: 8:42.29 1:16.13	1100m: 13:46.45 1:16.57	1500m: 18:50.88 1:14.05			
	400m: 4:54.33 1:15.97	800m: 9:57.84 1:15.55	1200m: 15:03.82 1:17.37				

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Povoa de Varzim, 4- 7-8-2011

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Julia Matos Lopes	94	Scalabisport	18:52.64	+0,92	576	
	100m: 1:13.07 1:13.07	500m: 6:18.38 1:16.07	900m: 11:20.13 1:15.75	1300m: 16:24.26 1:15.88			
	200m: 2:29.18 1:16.11	600m: 7:33.36 1:14.98	1000m: 12:36.27 1:16.14	1400m: 17:40.15 1:15.89			
	300m: 3:45.85 1:16.67	700m: 8:48.76 1:15.40	1100m: 13:52.22 1:15.95	1500m: 18:52.64 1:12.49			
	400m: 5:02.31 1:16.46	800m: 10:04.38 1:15.62	1200m: 15:08.38 1:16.16				
20.	Vera Patricia Fernandes	96	Braga	19:26.14	+1,05	528	
	<i>FTL</i>						
	100m: 1:11.02 1:11.02	500m: 6:16.53 1:17.55	900m: 11:30.81 1:18.91	1300m: 16:49.31 1:19.66			
	200m: 2:26.36 1:15.34	600m: 7:34.50 1:17.97	1000m: 12:50.36 1:19.55	1400m: 18:08.15 1:18.84			
	300m: 2:30.83 4.47	700m: 8:53.23 1:18.73	1100m: 14:10.10 1:19.74	1500m: 19:26.14 1:17.99			
	400m: 4:58.98 2:28.15	800m: 10:11.90 1:18.67	1200m: 15:29.65 1:19.55				
DNF	Ana Sofia Fernandes	93	Braga		+1,06		
	100m: 1:07.12 1:07.12	500m: 6:09.17 1:17.04	900m: 11:26.44 1:19.10	1300m:			
	200m: 2:19.70 1:12.58	600m: 7:28.18 1:19.01	1000m: 12:45.78 1:19.34	1400m:			
	300m: 3:35.01 1:15.31	700m: 8:47.63 1:19.45	1100m:	1500m:			
	400m: 4:52.13 1:17.12	800m: 10:07.34 1:19.71	1200m:				

Absolutos

1.	Angelica Maria Andre	94	Leixoes	17:02.89	+0,82	782	
	100m: 1:05.47 1:05.47	500m: 5:36.63 1:07.92	900m: 10:11.50 1:08.92	1300m: 14:48.10 1:09.30			
	200m: 2:12.97 1:07.50	600m: 6:44.87 1:08.24	1000m: 11:20.79 1:09.29	1400m: 15:57.08 1:08.98			
	300m: 3:20.59 1:07.62	700m: 7:53.63 1:08.76	1100m: 12:29.91 1:09.12	1500m: 17:02.89 1:05.81			
	400m: 4:28.71 1:08.12	800m: 9:02.58 1:08.95	1200m: 13:38.80 1:08.89				
2.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:26.09	+0,94	731	
	100m: 1:05.59 1:05.59	500m: 5:44.58 1:10.25	900m: 10:24.86 1:09.56	1300m: 15:08.89 1:12.08			
	200m: 2:14.28 1:08.69	600m: 6:54.65 1:10.07	1000m: 11:35.36 1:10.50	1400m: 16:17.25 1:08.36			
	300m: 3:24.27 1:09.99	700m: 8:04.98 1:10.33	1100m: 12:46.17 1:10.81	1500m: 17:26.09 1:08.84			
	400m: 4:34.33 1:10.06	800m: 9:15.30 1:10.32	1200m: 13:56.81 1:10.64				
3.	Vania Soares Neves	90	Viana Natacao	17:38.12	+0,86	706	
	100m: 1:07.23 1:07.23	500m: 5:50.72 1:11.10	900m: 10:32.92 1:10.87	1300m: 15:17.52 1:11.38			
	200m: 2:17.90 1:10.67	600m: 7:01.11 1:10.39	1000m: 11:43.64 1:10.72	1400m: 16:28.73 1:11.21			
	300m: 3:28.83 1:10.93	700m: 8:11.52 1:10.41	1100m: 12:54.66 1:11.02	1500m: 17:38.12 1:09.39			
	400m: 4:39.62 1:10.79	800m: 9:22.05 1:10.53	1200m: 14:06.14 1:11.48				
4.	Joana Filipa Santos	93	Vitoria de Guimaraes	17:39.94	+1,00	703	
	100m: 1:07.40 1:07.40	500m: 5:49.65 1:10.69	900m: 10:35.19 1:11.23	1300m: 15:20.39 1:11.37			
	200m: 2:17.57 1:10.17	600m: 7:01.54 1:11.89	1000m: 11:46.43 1:11.24	1400m: 16:30.85 1:10.46			
	300m: 3:28.16 1:10.59	700m: 8:12.81 1:11.27	1100m: 12:57.52 1:11.09	1500m: 17:39.94 1:09.09			
	400m: 4:38.96 1:10.80	800m: 9:23.96 1:11.15	1200m: 14:09.02 1:11.50				
5.	Leonor Mourinho Neves	95	Sporting	17:42.45	+0,93	698	
	100m: 1:07.88 1:07.88	500m: 5:50.42 1:10.78	900m: 10:34.28 1:11.27	1300m: 15:20.85 1:11.35			
	200m: 2:17.79 1:09.91	600m: 7:01.36 1:10.94	1000m: 11:45.94 1:11.66	1400m: 16:32.37 1:11.52			
	300m: 3:28.44 1:10.65	700m: 8:11.84 1:10.48	1100m: 12:57.65 1:11.71	1500m: 17:42.45 1:10.08			
	400m: 4:39.64 1:11.20	800m: 9:23.01 1:11.17	1200m: 14:09.50 1:11.85				
6.	Ana Monica Eloí	96	Nautico da Marinha Grande	18:01.91	+0,93	661	
	100m: 1:06.93 1:06.93	500m: 5:51.84 1:11.85	900m: 10:43.26 1:13.26	1300m: 15:36.58 1:13.48			
	200m: 2:17.46 1:10.53	600m: 7:04.28 1:12.44	1000m: 11:56.65 1:13.39	1400m: 16:49.98 1:13.40			
	300m: 3:28.41 1:10.95	700m: 8:17.03 1:12.75	1100m: 13:10.11 1:13.46	1500m: 18:01.91 1:11.93			
	400m: 4:39.99 1:11.58	800m: 9:30.00 1:12.97	1200m: 14:23.10 1:12.99				

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Pova de Varzim, 4- - 7-8-2011

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:03.18	+0,97	658	
	100m: 1:07.16 1:07.16	500m: 5:53.57 1:12.72	900m: 10:45.97 1:13.09	1300m: 15:37.61 1:12.33			
	200m: 2:17.74 1:10.58	600m: 7:06.67 1:13.10	1000m: 11:58.81 1:12.84	1400m: 16:50.84 1:13.23			
	300m: 3:28.99 1:11.25	700m: 8:19.98 1:13.31	1100m: 13:11.86 1:13.05	1500m: 18:03.18 1:12.34			
	400m: 4:40.85 1:11.86	800m: 9:32.88 1:12.90	1200m: 14:25.28 1:13.42				
8.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	18:03.20	+0,88	658	
	100m: 1:06.91 1:06.91	500m: 5:51.86 1:11.70	900m: 10:43.46 1:13.00	1300m: 15:38.85 1:13.93			
	200m: 2:17.55 1:10.64	600m: 7:04.27 1:12.41	1000m: 11:57.10 1:13.64	1400m: 16:53.36 1:14.51			
	300m: 3:28.97 1:11.42	700m: 8:17.43 1:13.16	1100m: 13:10.82 1:13.72	1500m: 18:03.20 1:09.84			
	400m: 4:40.16 1:11.19	800m: 9:30.46 1:13.03	1200m: 14:24.92 1:14.10				
9.	Raquel Paulo Ranito	94	Sporting	18:05.98	+0,85	653	
	100m: 1:07.94 1:07.94	500m: 5:58.88 1:12.82	900m: 10:50.83 1:13.04	1300m: 15:42.66 1:13.10			
	200m: 2:20.73 1:12.79	600m: 7:11.47 1:12.59	1000m: 12:03.92 1:13.09	1400m: 16:55.64 1:12.98			
	300m: 3:33.80 1:13.07	700m: 8:24.50 1:13.03	1100m: 13:17.19 1:13.27	1500m: 18:05.98 1:10.34			
	400m: 4:46.06 1:12.26	800m: 9:37.79 1:13.29	1200m: 14:29.56 1:12.37				
10.	Marta Alexandra Saraiva	93	Uniao Piedense	18:12.19	+0,90	642	
	100m: 1:08.90 1:08.90	500m: 5:59.18 1:12.94	900m: 10:51.00 1:13.06	1300m: 15:45.78 1:13.87			
	200m: 2:21.64 1:12.74	600m: 7:11.70 1:12.52	1000m: 12:04.48 1:13.48	1400m: 16:59.52 1:13.74			
	300m: 3:33.92 1:12.28	700m: 8:24.73 1:13.03	1100m: 13:18.23 1:13.75	1500m: 18:12.19 1:12.67			
	400m: 4:46.24 1:12.32	800m: 9:37.94 1:13.21	1200m: 14:31.91 1:13.68				
11.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	18:21.97	+0,91	625	
	100m: 1:07.79 1:07.79	500m: 5:58.78 1:13.54	900m: 10:52.42 1:13.94	1300m: 15:52.66 1:16.01			
	200m: 2:19.37 1:11.58	600m: 7:12.22 1:13.44	1000m: 12:06.34 1:13.92	1400m: 17:07.46 1:14.80			
	300m: 3:31.97 1:12.60	700m: 8:25.45 1:13.23	1100m: 13:21.03 1:14.69	1500m: 18:21.97 1:14.51			
	400m: 4:45.24 1:13.27	800m: 9:38.48 1:13.03	1200m: 14:36.65 1:15.62				
12.	Ines Sofia Sampaio	94	Academico Viseu	18:26.92	+1,10	617	
	100m: 1:07.51 1:07.51	500m: 6:00.62 1:14.64	900m: 10:59.01 1:14.71	1300m: 16:01.53 1:15.50			
	200m: 2:19.52 1:12.01	600m: 7:15.22 1:14.60	1000m: 12:14.56 1:15.55	1400m: 17:15.75 1:14.22			
	300m: 3:32.17 1:12.65	700m: 8:29.63 1:14.41	1100m: 13:30.34 1:15.78	1500m: 18:26.92 1:11.17			
	400m: 4:45.98 1:13.81	800m: 9:44.30 1:14.67	1200m: 14:46.03 1:15.69				
13.	Helena Paula Carvalho	95	Uniao Piedense	18:34.54	+0,79	604	
	100m: 1:09.48 1:09.48	500m: 6:08.35 1:14.46	900m: 11:07.94 1:14.68	1300m: 16:08.52 1:15.71			
	200m: 2:23.45 1:13.97	600m: 7:23.05 1:14.70	1000m: 12:22.80 1:14.86	1400m: 17:23.54 1:15.02			
	300m: 3:38.31 1:14.86	700m: 8:38.07 1:15.02	1100m: 13:37.48 1:14.68	1500m: 18:34.54 1:11.00			
	400m: 4:53.89 1:15.58	800m: 9:53.26 1:15.19	1200m: 14:52.81 1:15.33				
14.	Cassandra Pedro Oliveira	95	Vilacondense	18:35.03	+0,92	604	
	100m: 1:07.94 1:07.94	500m: 6:04.27 1:14.78	900m: 11:04.47 1:14.68	1300m: 16:04.63 1:15.15			
	200m: 2:21.16 1:13.22	600m: 7:19.62 1:15.35	1000m: 12:19.31 1:14.84	1400m: 17:20.57 1:15.94			
	300m: 3:34.95 1:13.79	700m: 8:35.19 1:15.57	1100m: 13:34.38 1:15.07	1500m: 18:35.03 1:14.46			
	400m: 4:49.49 1:14.54	800m: 9:49.79 1:14.60	1200m: 14:49.48 1:15.10				
15.	Marta Sofia Cunha	95	Geslours	18:49.00	+0,82	581	
	100m: 1:09.19 1:09.19	500m: 6:04.04 1:14.42	900m: 11:09.86 1:17.18	1300m: 16:19.07 1:17.84			
	200m: 2:21.85 1:12.66	600m: 7:19.50 1:15.46	1000m: 12:26.70 1:16.84	1400m: 17:35.66 1:16.59			
	300m: 3:35.35 1:13.50	700m: 8:36.02 1:16.52	1100m: 13:43.06 1:16.36	1500m: 18:49.00 1:13.34			
	400m: 4:49.62 1:14.27	800m: 9:52.68 1:16.66	1200m: 15:01.23 1:18.17				
16.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	18:50.17	+0,78	580	
	100m: 1:10.42 1:10.42	500m: 6:13.42 1:16.18	900m: 11:17.65 1:15.68	1300m: 16:22.21 1:16.25			
	200m: 2:25.98 1:15.56	600m: 7:29.79 1:16.37	1000m: 12:33.68 1:16.03	1400m: 17:38.10 1:15.89			
	300m: 3:40.84 1:14.86	700m: 8:46.03 1:16.24	1100m: 13:49.77 1:16.09	1500m: 18:50.17 1:12.07			
	400m: 4:57.24 1:16.40	800m: 10:01.97 1:15.94	1200m: 15:05.96 1:16.19				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Ana Isabel Neves	96	Pimpoes/Cimai	18:50.88	+0,78	578	
	100m: 1:09.28 1:09.28	500m: 6:10.28 1:15.95	900m: 11:13.94 1:16.10	1300m: 16:20.40 1:16.58			
	200m: 2:23.37 1:14.09	600m: 7:26.16 1:15.88	1000m: 12:29.88 1:15.94	1400m: 17:36.83 1:16.43			
	300m: 3:38.36 1:14.99	700m: 8:42.29 1:16.13	1100m: 13:46.45 1:16.57	1500m: 18:50.88 1:14.05			
	400m: 4:54.33 1:15.97	800m: 9:57.84 1:15.55	1200m: 15:03.82 1:17.37				
18.	Julia Matos Lopes	94	Scalabisport	18:52.64	+0,92	576	
	100m: 1:13.07 1:13.07	500m: 6:18.38 1:16.07	900m: 11:20.13 1:15.75	1300m: 16:24.26 1:15.88			
	200m: 2:29.18 1:16.11	600m: 7:33.36 1:14.98	1000m: 12:36.27 1:16.14	1400m: 17:40.15 1:15.89			
	300m: 3:45.85 1:16.67	700m: 8:48.76 1:15.40	1100m: 13:52.22 1:15.95	1500m: 18:52.64 1:12.49			
	400m: 5:02.31 1:16.46	800m: 10:04.38 1:15.62	1200m: 15:08.38 1:16.16				
19.	Vera Patricia Fernandes	96	Braga	19:26.14	+1,05	528	
	<i>FTL</i>						
	100m: 1:11.02 1:11.02	500m: 6:16.53 1:17.55	900m: 11:30.81 1:18.91	1300m: 16:49.31 1:19.66			
	200m: 2:26.36 1:15.34	600m: 7:34.50 1:17.97	1000m: 12:50.36 1:19.55	1400m: 18:08.15 1:18.84			
	300m: 2:30.83 4.47	700m: 8:53.23 1:18.73	1100m: 14:10.10 1:19.74	1500m: 19:26.14 1:17.99			
	400m: 4:58.98 2:28.15	800m: 10:11.90 1:18.67	1200m: 15:29.65 1:19.55				
DNF	Ana Sofia Fernandes	93	Braga		+1,06		
	100m: 1:07.12 1:07.12	500m: 6:09.17 1:17.04	900m: 11:26.44 1:19.10	1300m:			
	200m: 2:19.70 1:12.58	600m: 7:28.18 1:19.01	1000m: 12:45.78 1:19.34	1400m:			
	300m: 3:35.01 1:15.31	700m: 8:47.63 1:19.45	1100m:	1500m:			
	400m: 4:52.13 1:17.12	800m: 10:07.34 1:19.71	1200m:				

Jun1

1.	Ana Monica Eloi	96	Nautico da Marinha Grande	18:01.91	+0,93	661	
	100m: 1:06.93 1:06.93	500m: 5:51.84 1:11.85	900m: 10:43.26 1:13.26	1300m: 15:36.58 1:13.48			
	200m: 2:17.46 1:10.53	600m: 7:04.28 1:12.44	1000m: 11:56.65 1:13.39	1400m: 16:49.98 1:13.40			
	300m: 3:28.41 1:10.95	700m: 8:17.03 1:12.75	1100m: 13:10.11 1:13.46	1500m: 18:01.91 1:11.93			
	400m: 4:39.99 1:11.58	800m: 9:30.00 1:12.97	1200m: 14:23.10 1:12.99				
2.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	18:03.20	+0,88	658	
	100m: 1:06.91 1:06.91	500m: 5:51.86 1:11.70	900m: 10:43.46 1:13.00	1300m: 15:38.85 1:13.93			
	200m: 2:17.55 1:10.64	600m: 7:04.27 1:12.41	1000m: 11:57.10 1:13.64	1400m: 16:53.36 1:14.51			
	300m: 3:28.97 1:11.42	700m: 8:17.43 1:13.16	1100m: 13:10.82 1:13.72	1500m: 18:03.20 1:09.84			
	400m: 4:40.16 1:11.19	800m: 9:30.46 1:13.03	1200m: 14:24.92 1:14.10				
3.	Julia Rodrigues Mallen	96	Colegio Vasco da Gama	18:50.17	+0,78	580	
	100m: 1:10.42 1:10.42	500m: 6:13.42 1:16.18	900m: 11:17.65 1:15.68	1300m: 16:22.21 1:16.25			
	200m: 2:25.98 1:15.56	600m: 7:29.79 1:16.37	1000m: 12:33.68 1:16.03	1400m: 17:38.10 1:15.89			
	300m: 3:40.84 1:14.86	700m: 8:46.03 1:16.24	1100m: 13:49.77 1:16.09	1500m: 18:50.17 1:12.07			
	400m: 4:57.24 1:16.40	800m: 10:01.97 1:15.94	1200m: 15:05.96 1:16.19				
4.	Ana Isabel Neves	96	Pimpoes/Cimai	18:50.88	+0,78	578	
	100m: 1:09.28 1:09.28	500m: 6:10.28 1:15.95	900m: 11:13.94 1:16.10	1300m: 16:20.40 1:16.58			
	200m: 2:23.37 1:14.09	600m: 7:26.16 1:15.88	1000m: 12:29.88 1:15.94	1400m: 17:36.83 1:16.43			
	300m: 3:38.36 1:14.99	700m: 8:42.29 1:16.13	1100m: 13:46.45 1:16.57	1500m: 18:50.88 1:14.05			
	400m: 4:54.33 1:15.97	800m: 9:57.84 1:15.55	1200m: 15:03.82 1:17.37				
5.	Vera Patricia Fernandes	96	Braga	19:26.14	+1,05	528	
	<i>FTL</i>						
	100m: 1:11.02 1:11.02	500m: 6:16.53 1:17.55	900m: 11:30.81 1:18.91	1300m: 16:49.31 1:19.66			
	200m: 2:26.36 1:15.34	600m: 7:34.50 1:17.97	1000m: 12:50.36 1:19.55	1400m: 18:08.15 1:18.84			
	300m: 2:30.83 4.47	700m: 8:53.23 1:18.73	1100m: 14:10.10 1:19.74	1500m: 19:26.14 1:17.99			
	400m: 4:58.98 2:28.15	800m: 10:11.90 1:18.67	1200m: 15:29.65 1:19.55				

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Sen/Jun2

1. Angelica Maria Andre	94	Leixoes	17:02.89	+0,82	782
100m: 1:05.47 1:05.47	500m: 5:36.63 1:07.92	900m: 10:11.50 1:08.92	1300m: 14:48.10 1:09.30		
200m: 2:12.97 1:07.50	600m: 6:44.87 1:08.24	1000m: 11:20.79 1:09.29	1400m: 15:57.08 1:08.98		
300m: 3:20.59 1:07.62	700m: 7:53.63 1:08.76	1100m: 12:29.91 1:09.12	1500m: 17:02.89 1:05.81		
400m: 4:28.71 1:08.12	800m: 9:02.58 1:08.95	1200m: 13:38.80 1:08.89			
2. Andreia Catarina Gomes	94	Vitoria de Guimaraes	17:26.09	+0,94	731
100m: 1:05.59 1:05.59	500m: 5:44.58 1:10.25	900m: 10:24.86 1:09.56	1300m: 15:08.89 1:12.08		
200m: 2:14.28 1:08.69	600m: 6:54.65 1:10.07	1000m: 11:35.36 1:10.50	1400m: 16:17.25 1:08.36		
300m: 3:24.27 1:09.99	700m: 8:04.98 1:10.33	1100m: 12:46.17 1:10.81	1500m: 17:26.09 1:08.84		
400m: 4:34.33 1:10.06	800m: 9:15.30 1:10.32	1200m: 13:56.81 1:10.64			
3. Vania Soares Neves	90	Viana Natacao	17:38.12	+0,86	706
100m: 1:07.23 1:07.23	500m: 5:50.72 1:11.10	900m: 10:32.92 1:10.87	1300m: 15:17.52 1:11.38		
200m: 2:17.90 1:10.67	600m: 7:01.11 1:10.39	1000m: 11:43.64 1:10.72	1400m: 16:28.73 1:11.21		
300m: 3:28.83 1:10.93	700m: 8:11.52 1:10.41	1100m: 12:54.66 1:11.02	1500m: 17:38.12 1:09.39		
400m: 4:39.62 1:10.79	800m: 9:22.05 1:10.53	1200m: 14:06.14 1:11.48			
4. Joana Filipa Santos	93	Vitoria de Guimaraes	17:39.94	+1,00	703
100m: 1:07.40 1:07.40	500m: 5:49.65 1:10.69	900m: 10:35.19 1:11.23	1300m: 15:20.39 1:11.37		
200m: 2:17.57 1:10.17	600m: 7:01.54 1:11.89	1000m: 11:46.43 1:11.24	1400m: 16:30.85 1:10.46		
300m: 3:28.16 1:10.59	700m: 8:12.81 1:11.27	1100m: 12:57.52 1:11.09	1500m: 17:39.94 1:09.09		
400m: 4:38.96 1:10.80	800m: 9:23.96 1:11.15	1200m: 14:09.02 1:11.50			
5. Leonor Mourinho Neves	95	Sporting	17:42.45	+0,93	698
100m: 1:07.88 1:07.88	500m: 5:50.42 1:10.78	900m: 10:34.28 1:11.27	1300m: 15:20.85 1:11.35		
200m: 2:17.79 1:09.91	600m: 7:01.36 1:10.94	1000m: 11:45.94 1:11.66	1400m: 16:32.37 1:11.52		
300m: 3:28.44 1:10.65	700m: 8:11.84 1:10.48	1100m: 12:57.65 1:11.71	1500m: 17:42.45 1:10.08		
400m: 4:39.64 1:11.20	800m: 9:23.01 1:11.17	1200m: 14:09.50 1:11.85			
6. Catia Andreia Clara	95	Nautico da Marinha Grande	18:03.18	+0,97	658
100m: 1:07.16 1:07.16	500m: 5:53.57 1:12.72	900m: 10:45.97 1:13.09	1300m: 15:37.61 1:12.33		
200m: 2:17.74 1:10.58	600m: 7:06.67 1:13.10	1000m: 11:58.81 1:12.84	1400m: 16:50.84 1:13.23		
300m: 3:28.99 1:11.25	700m: 8:19.98 1:13.31	1100m: 13:11.86 1:13.05	1500m: 18:03.18 1:12.34		
400m: 4:40.85 1:11.86	800m: 9:32.88 1:12.90	1200m: 14:25.28 1:13.42			
7. Raquel Paulo Ranito	94	Sporting	18:05.98	+0,85	653
100m: 1:07.94 1:07.94	500m: 5:58.88 1:12.82	900m: 10:50.83 1:13.04	1300m: 15:42.66 1:13.10		
200m: 2:20.73 1:12.79	600m: 7:11.47 1:12.59	1000m: 12:03.92 1:13.09	1400m: 16:55.64 1:12.98		
300m: 3:33.80 1:13.07	700m: 8:24.50 1:13.03	1100m: 13:17.19 1:13.27	1500m: 18:05.98 1:10.34		
400m: 4:46.06 1:12.26	800m: 9:37.79 1:13.29	1200m: 14:29.56 1:12.37			
8. Marta Alexandra Saraiva	93	Uniao Piedense	18:12.19	+0,90	642
100m: 1:08.90 1:08.90	500m: 5:59.18 1:12.94	900m: 10:51.00 1:13.06	1300m: 15:45.78 1:13.87		
200m: 2:21.64 1:12.74	600m: 7:11.70 1:12.52	1000m: 12:04.48 1:13.48	1400m: 16:59.52 1:13.74		
300m: 3:33.92 1:12.28	700m: 8:24.73 1:13.03	1100m: 13:18.23 1:13.75	1500m: 18:12.19 1:12.67		
400m: 4:46.24 1:12.32	800m: 9:37.94 1:13.21	1200m: 14:31.91 1:13.68			
9. Daniela Filipa Pinto	91	Vitoria de Guimaraes	18:21.97	+0,91	625
100m: 1:07.79 1:07.79	500m: 5:58.78 1:13.54	900m: 10:52.42 1:13.94	1300m: 15:52.66 1:16.01		
200m: 2:19.37 1:11.58	600m: 7:12.22 1:13.44	1000m: 12:06.34 1:13.92	1400m: 17:07.46 1:14.80		
300m: 3:31.97 1:12.60	700m: 8:25.45 1:13.23	1100m: 13:21.03 1:14.69	1500m: 18:21.97 1:14.51		
400m: 4:45.24 1:13.27	800m: 9:38.48 1:13.03	1200m: 14:36.65 1:15.62			
10. Ines Sofia Sampaio	94	Academico Viseu	18:26.92	+1,10	617
100m: 1:07.51 1:07.51	500m: 6:00.62 1:14.64	900m: 10:59.01 1:14.71	1300m: 16:01.53 1:15.50		
200m: 2:19.52 1:12.01	600m: 7:15.22 1:14.60	1000m: 12:14.56 1:15.55	1400m: 17:15.75 1:14.22		
300m: 3:32.17 1:12.65	700m: 8:29.63 1:14.41	1100m: 13:30.34 1:15.78	1500m: 18:26.92 1:11.17		
400m: 4:45.98 1:13.81	800m: 9:44.30 1:14.67	1200m: 14:46.03 1:15.69			

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Prova 45, Femin., 1500m Livres, Sen/Jun2

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Helena Paula Carvalho	95	Uniao Piedense	18:34.54	+0,79	604	
	100m: 1:09.48 1:09.48	500m: 6:08.35 1:14.46	900m: 11:07.94 1:14.68	1300m: 16:08.52 1:15.71			
	200m: 2:23.45 1:13.97	600m: 7:23.05 1:14.70	1000m: 12:22.80 1:14.86	1400m: 17:23.54 1:15.02			
	300m: 3:38.31 1:14.86	700m: 8:38.07 1:15.02	1100m: 13:37.48 1:14.68	1500m: 18:34.54 1:11.00			
	400m: 4:53.89 1:15.58	800m: 9:53.26 1:15.19	1200m: 14:52.81 1:15.33				
12.	Cassandra Pedro Oliveira	95	Vilacondense	18:35.03	+0,92	604	
	100m: 1:07.94 1:07.94	500m: 6:04.27 1:14.78	900m: 11:04.47 1:14.68	1300m: 16:04.63 1:15.15			
	200m: 2:21.16 1:13.22	600m: 7:19.62 1:15.35	1000m: 12:19.31 1:14.84	1400m: 17:20.57 1:15.94			
	300m: 3:34.95 1:13.79	700m: 8:35.19 1:15.57	1100m: 13:34.38 1:15.07	1500m: 18:35.03 1:14.46			
	400m: 4:49.49 1:14.54	800m: 9:49.79 1:14.60	1200m: 14:49.48 1:15.10				
13.	Marta Sofia Cunha	95	Geslours	18:49.00	+0,82	581	
	100m: 1:09.19 1:09.19	500m: 6:04.04 1:14.42	900m: 11:09.86 1:17.18	1300m: 16:19.07 1:17.84			
	200m: 2:21.85 1:12.66	600m: 7:19.50 1:15.46	1000m: 12:26.70 1:16.84	1400m: 17:35.66 1:16.59			
	300m: 3:35.35 1:13.50	700m: 8:36.02 1:16.52	1100m: 13:43.06 1:16.36	1500m: 18:49.00 1:13.34			
	400m: 4:49.62 1:14.27	800m: 9:52.68 1:16.66	1200m: 15:01.23 1:18.17				
14.	Julia Matos Lopes	94	Scalabisport	18:52.64	+0,92	576	
	100m: 1:13.07 1:13.07	500m: 6:18.38 1:16.07	900m: 11:20.13 1:15.75	1300m: 16:24.26 1:15.88			
	200m: 2:29.18 1:16.11	600m: 7:33.36 1:14.98	1000m: 12:36.27 1:16.14	1400m: 17:40.15 1:15.89			
	300m: 3:45.85 1:16.67	700m: 8:48.76 1:15.40	1100m: 13:52.22 1:15.95	1500m: 18:52.64 1:12.49			
	400m: 5:02.31 1:16.46	800m: 10:04.38 1:15.62	1200m: 15:08.38 1:16.16				
DNF	Ana Sofia Fernandes	93	Braga		+1,06		
	100m: 1:07.12 1:07.12	500m: 6:09.17 1:17.04	900m: 11:26.44 1:19.10	1300m:			
	200m: 2:19.70 1:12.58	600m: 7:28.18 1:19.01	1000m: 12:45.78 1:19.34	1400m:			
	300m: 3:35.01 1:15.31	700m: 8:47.63 1:19.45	1100m:	1500m:			
	400m: 4:52.13 1:17.12	800m: 10:07.34 1:19.71	1200m:				