

Campeonato Nacional de Juvenis  
Campeonato Absolutos de Portugal-OPEN  
Oeiras, 26.7. - 29.7.2012

2 - 1ª Jornada - 2ª Sessão (Finais-Finals)

26-07-2012 - 17:00

Prova 2 Femin., 800m Livres Open Resultados  
26-07-2012 - 17:30

Rec Nac Absoluto	8:54.86	Angelica Maria Andre	LSC	Porto	04-06-2011
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	8:54.86	Angelica Maria Andre	LSC	Porto	04-06-2011

TAC JUN2 Fem 16: 9:35.00 / TAC JUN1 Fem 15: 9:42.50 / TAC JUV Fem Juv: 10:05.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martina de Memme	91	Centro Sportivo Esercito	<b>8:43.12</b>	+0,78	842	
	50m: 30.52 30.52	250m: 2:41.86 32.92	450m: 4:53.75 32.92	650m: 7:05.39 33.03			
	100m: 1:02.94 32.42	300m: 3:14.82 32.96	500m: 5:26.68 32.93	700m: 7:38.54 33.15			
	150m: 1:36.10 33.16	350m: 3:47.83 33.01	550m: 5:59.46 32.78	750m: 8:11.06 32.52			
	200m: 2:08.94 32.84	400m: 4:20.83 33.00	600m: 6:32.36 32.90	800m: 8:43.12 32.06			
2.	Angelica Maria Andre	94	Leixoes	<b>8:54.41</b>	+0,74	790	
	<i>Recorde Nacional, Senior e Absoluto</i>						
	50m: 30.44 30.44	250m: 2:43.47 33.54	450m: 4:58.43 33.89	650m: 7:14.49 34.25			
	100m: 1:03.16 32.72	300m: 3:17.20 33.73	500m: 5:32.20 33.77	700m: 7:48.80 34.31			
	150m: 1:36.43 33.27	350m: 3:51.01 33.81	550m: 6:06.23 34.03	750m: 8:22.31 33.51			
	200m: 2:09.93 33.50	400m: 4:24.54 33.53	600m: 6:40.24 34.01	800m: 8:54.41 32.10			
3.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	<b>9:05.70</b>	+0,83	742	
	50m: 31.48 31.48	250m: 2:48.26 34.24	450m: 5:06.27 34.36	650m: 7:24.72 34.65			
	100m: 1:05.13 33.65	300m: 3:22.65 34.39	500m: 5:40.66 34.39	700m: 7:58.97 34.25			
	150m: 1:39.70 34.57	350m: 3:57.35 34.70	550m: 6:15.49 34.83	750m: 8:33.34 34.37			
	200m: 2:14.02 34.32	400m: 4:31.91 34.56	600m: 6:50.07 34.58	800m: 9:05.70 32.36			
4.	Elsa Ericsson	95	Sweden	<b>9:09.54</b>	+0,80	726	
	50m: 31.18 31.18	250m: 2:48.37 34.23	450m: 5:06.83 34.62	650m: 7:27.16 34.97			
	100m: 1:05.11 33.93	300m: 3:22.84 34.47	500m: 5:41.65 34.82	700m: 8:02.59 35.43			
	150m: 1:39.66 34.55	350m: 3:57.47 34.63	550m: 6:16.75 35.10	750m: 8:37.22 34.63			
	200m: 2:14.14 34.48	400m: 4:32.21 34.74	600m: 6:52.19 35.44	800m: 9:09.54 32.32			
5.	Ana Goncalves Neto	95	Porto	<b>9:10.15</b>	+1,02	724	
	50m: 32.03 32.03	250m: 2:49.79 34.76	450m: 5:08.52 33.75	650m: 7:27.90 34.96			
	100m: 1:06.22 34.19	300m: 3:24.67 34.88	500m: 5:43.02 34.50	700m: 8:02.93 35.03			
	150m: 1:40.43 34.21	350m: 3:59.54 34.87	550m: 6:17.67 34.65	750m: 8:37.32 34.39			
	200m: 2:15.03 34.60	400m: 4:34.77 35.23	600m: 6:52.94 35.27	800m: 9:10.15 32.83			
6.	Joana Aguiar Rodrigues	93	Porto	<b>9:10.36</b>	+0,98	723	
	50m: 31.09 31.09	250m: 2:48.67 34.23	450m: 5:06.94 34.26	650m: 7:26.68 34.79			
	100m: 1:05.16 34.07	300m: 3:23.45 34.78	500m: 5:41.71 34.77	700m: 8:01.71 35.03			
	150m: 1:39.72 34.56	350m: 3:57.82 34.37	550m: 6:16.66 34.95	750m: 8:36.63 34.92			
	200m: 2:14.44 34.72	400m: 4:32.68 34.86	600m: 6:51.89 35.23	800m: 9:10.36 33.73			
7.	Maria Luis Amorim	95	Porto	<b>9:12.64</b>		714	
	50m: 31.79 31.79	250m: 2:50.26 34.94	450m: 5:09.98 34.17	650m: 7:29.34 34.66			
	100m: 1:05.81 34.02	300m: 3:25.16 34.90	500m: 5:44.67 34.69	700m: 8:04.37 35.03			
	150m: 1:40.50 34.69	350m: 4:00.31 35.15	550m: 6:19.45 34.78	750m: 8:38.57 34.20			
	200m: 2:15.32 34.82	400m: 4:35.81 35.50	600m: 6:54.68 35.23	800m: 9:12.64 34.07			

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Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	<b>9:13.36</b>	<b>+0,86</b>	711	
	50m: 31.47 31.47	250m: 2:49.35 34.99	450m: 5:09.56 35.05	650m: 7:29.86 35.03			
	100m: 1:05.25 33.78	300m: 3:24.13 34.78	500m: 5:44.53 34.97	700m: 8:04.86 35.00			
	150m: 1:39.76 34.51	350m: 3:59.35 35.22	550m: 6:19.77 35.24	750m: 8:39.49 34.63			
	200m: 2:14.36 34.60	400m: 4:34.51 35.16	600m: 6:54.83 35.06	800m: 9:13.36 33.87			
9.	Ines Alexandra Paiva	96	Alges	<b>9:14.14</b>	<b>+0,86</b>	708	
	50m: 31.91 31.91	250m: 2:51.49 35.40	450m: 5:12.68 35.13	650m: 7:31.85 34.57			
	100m: 1:06.16 34.25	300m: 3:26.70 35.21	500m: 5:47.58 34.90	700m: 8:06.14 34.29			
	150m: 1:41.20 35.04	350m: 4:02.27 35.57	550m: 6:22.51 34.93	750m: 8:40.54 34.40			
	200m: 2:16.09 34.89	400m: 4:37.55 35.28	600m: 6:57.28 34.77	800m: 9:14.14 33.60			
10.	Vania Soares Neves	90	Viana Natacao	<b>9:15.94</b>	<b>+0,77</b>	702	
	50m: 31.98 31.98	250m: 2:52.11 35.34	450m: 5:13.17 35.07	650m: 7:32.80 34.76			
	100m: 1:06.38 34.40	300m: 3:27.45 35.34	500m: 5:48.25 35.08	700m: 8:08.05 35.25			
	150m: 1:41.64 35.26	350m: 4:02.78 35.33	550m: 6:23.16 34.91	750m: 8:42.34 34.29			
	200m: 2:16.77 35.13	400m: 4:38.10 35.32	600m: 6:58.04 34.88	800m: 9:15.94 33.60			
11.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	<b>9:16.17</b>	<b>+0,85</b>	701	
	50m: 32.59 32.59	250m: 2:52.27 34.83	450m: 5:12.26 35.16	650m: 7:33.54 35.51			
	100m: 1:07.16 34.57	300m: 3:27.20 34.93	500m: 5:47.41 35.15	700m: 8:08.69 35.15			
	150m: 1:42.46 35.30	350m: 4:02.10 34.90	550m: 6:22.69 35.28	750m: 8:43.56 34.87			
	200m: 2:17.44 34.98	400m: 4:37.10 35.00	600m: 6:58.03 35.34	800m: 9:16.17 32.61			
12.	Ginevra Taddeucci	97	Team N.Tos Empoli	<b>9:20.33</b>	<b>+0,77</b>	685	
	50m: 31.56 31.56	250m: 2:49.67 35.09	450m: 5:11.49 35.60	650m: 7:35.05 36.11			
	100m: 1:05.55 33.99	300m: 3:25.21 35.54	500m: 5:47.26 35.77	700m: 8:10.98 35.93			
	150m: 1:39.81 34.26	350m: 4:00.34 35.13	550m: 6:22.90 35.64	750m: 8:46.56 35.58			
	200m: 2:14.58 34.77	400m: 4:35.89 35.55	600m: 6:58.94 36.04	800m: 9:20.33 33.77			
13.	Leonor Mourinho Neves	95	Sporting	<b>9:23.30</b>	<b>+0,81</b>	674	
	50m: 31.76 31.76	250m: 2:49.77 34.86	450m: 5:11.17 35.83	650m: 7:35.56 36.13			
	100m: 1:05.75 33.99	300m: 3:24.79 35.02	500m: 5:47.25 36.08	700m: 8:11.67 36.11			
	150m: 1:40.52 34.77	350m: 3:59.88 35.09	550m: 6:23.59 36.34	750m: 8:47.77 36.10			
	200m: 2:14.91 34.39	400m: 4:35.34 35.46	600m: 6:59.43 35.84	800m: 9:23.30 35.53			
14.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>9:25.56</b>		666	
	50m: 32.19 32.19	250m: 2:52.44 35.69	450m: 5:15.00 35.51	650m: 7:38.07 35.71			
	100m: 1:06.68 34.49	300m: 3:28.07 35.63	500m: 5:50.87 35.87	700m: 8:14.15 36.08			
	150m: 1:41.50 34.82	350m: 4:03.58 35.51	550m: 6:26.56 35.69	750m: 8:49.76 35.61			
	200m: 2:16.75 35.25	400m: 4:39.49 35.91	600m: 7:02.36 35.80	800m: 9:25.56 35.80			
15.	Maria Teresa Amorim	97	Porto	<b>9:25.92</b>		665	
	50m: 32.32 32.32	250m: 2:53.34 35.32	450m: 5:15.46 35.56	650m: 7:39.04 36.13			
	100m: 1:07.20 34.88	300m: 3:28.80 35.46	500m: 5:50.88 35.42	700m: 8:15.15 36.11			
	150m: 1:42.62 35.42	350m: 4:04.19 35.39	550m: 6:26.82 35.94	750m: 8:51.02 35.87			
	200m: 2:18.02 35.40	400m: 4:39.90 35.71	600m: 7:02.91 36.09	800m: 9:25.92 34.90			
16.	Barbara Marques Rodrigues	97	Alges	<b>9:27.76</b>	<b>+0,82</b>	659	
	50m: 32.29 32.29	250m: 2:54.43 35.91	450m: 5:18.10 35.87	650m: 7:41.08 35.78			
	100m: 1:07.09 34.80	300m: 3:30.63 36.20	500m: 5:53.91 35.81	700m: 8:16.89 35.81			
	150m: 1:42.57 35.48	350m: 4:06.53 35.90	550m: 6:29.58 35.67	750m: 8:52.64 35.75			
	200m: 2:18.52 35.95	400m: 4:42.23 35.70	600m: 7:05.30 35.72	800m: 9:27.76 35.12			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Nadia Morais Vieira	90	Gesloures	<b>9:29.48</b>	+0,68	653	
	50m: 31.52 31.52	250m: 2:51.67 35.42	450m: 5:14.07 35.53	650m: 7:39.55 36.74			
	100m: 1:05.98 34.46	300m: 3:27.11 35.44	500m: 5:49.88 35.81	700m: 8:16.50 36.95			
	150m: 1:41.24 35.26	350m: 4:02.78 35.67	550m: 6:26.14 36.26	750m: 8:53.22 36.72			
	200m: 2:16.25 35.01	400m: 4:38.54 35.76	600m: 7:02.81 36.67	800m: 9:29.48 36.26			
18.	Adriana Daniela Castro	97	Porto	<b>9:32.82</b>		641	
	50m: 32.92 32.92	250m: 2:56.35 36.27	450m: 5:20.56 36.20	650m: 7:46.33 36.46			
	100m: 1:08.16 35.24	300m: 3:32.31 35.96	500m: 5:57.02 36.46	700m: 8:22.58 36.25			
	150m: 1:44.15 35.99	350m: 4:08.32 36.01	550m: 6:33.77 36.75	750m: 8:58.40 35.82			
	200m: 2:20.08 35.93	400m: 4:44.36 36.04	600m: 7:09.87 36.10	800m: 9:32.82 34.42			
19.	Raquel Paulo Ranito	94	Sporting	<b>9:35.89</b>	+0,77	631	
	<i>FTL</i>						
	50m: 32.50 32.50	250m: 2:55.86 36.32	450m: 5:21.30 36.47	650m: 7:48.98 37.54			
	100m: 1:07.65 35.15	300m: 3:32.19 36.33	500m: 5:58.26 36.96	700m: 8:25.13 36.15			
	150m: 1:43.25 35.60	350m: 4:08.23 36.04	550m: 6:34.96 36.70	750m: 9:00.82 35.69			
	200m: 2:19.54 36.29	400m: 4:44.83 36.60	600m: 7:11.44 36.48	800m: 9:35.89 35.07			
20.	Ana Silva Costa	98	Famalicao	<b>9:36.90</b>		628	
	50m: 32.69 32.69	250m: 2:54.91 36.14	450m: 5:19.94 36.59	650m: 7:47.69 37.05			
	100m: 1:07.61 34.92	300m: 3:30.93 36.02	500m: 5:56.67 36.73	700m: 8:24.85 37.16			
	150m: 1:43.06 35.45	350m: 4:07.11 36.18	550m: 6:33.28 36.61	750m: 9:02.02 37.17			
	200m: 2:18.77 35.71	400m: 4:43.35 36.24	600m: 7:10.64 37.36	800m: 9:36.90 34.88			
21.	Marta Alexandra Saraiva	93	Uniao Piedense	<b>9:37.66</b>		625	
	<i>FTL</i>						
	50m: 32.27 32.27	250m: 2:56.08 36.41	450m: 5:22.21 36.34	650m: 7:49.05 36.50			
	100m: 1:07.42 35.15	300m: 3:32.39 36.31	500m: 5:59.07 36.86	700m: 8:25.79 36.74			
	150m: 1:43.34 35.92	350m: 4:09.06 36.67	550m: 6:35.75 36.68	750m: 9:02.17 36.38			
	200m: 2:19.67 36.33	400m: 4:45.87 36.81	600m: 7:12.55 36.80	800m: 9:37.66 35.49			
22.	Catarina Alexandra Jardim	98	Famalicao	<b>9:40.45</b>	+0,88	616	
	50m: 32.54 32.54	250m: 2:56.63 36.76	450m: 5:23.27 36.78	650m: 7:50.58 37.14			
	100m: 1:08.09 35.55	300m: 3:33.22 36.59	500m: 5:59.99 36.72	700m: 8:27.81 37.23			
	150m: 1:43.59 35.50	350m: 4:09.85 36.63	550m: 6:36.91 36.92	750m: 9:04.61 36.80			
	200m: 2:19.87 36.28	400m: 4:46.49 36.64	600m: 7:13.44 36.53	800m: 9:40.45 35.84			
23.	Joana Filipa Santos	93	Vitoria de Guimaraes	<b>9:42.44</b>	+0,67	610	
	<i>FTL</i>						
	50m: 31.08 31.08	250m: 2:51.50 35.93	450m: 5:18.72 36.88	650m: 7:50.23 37.95			
	100m: 1:05.05 33.97	300m: 3:27.85 36.35	500m: 5:55.88 37.16	700m: 8:28.06 37.83			
	150m: 1:40.22 35.17	350m: 4:04.77 36.92	550m: 6:34.18 38.30	750m: 9:05.87 37.81			
	200m: 2:15.57 35.35	400m: 4:41.84 37.07	600m: 7:12.28 38.10	800m: 9:42.44 36.57			
24.	Maria Malaguerra Costa	98	SCC/Oryzon Energias	<b>9:42.56</b>		610	
	50m: 31.65 31.65	250m: 2:54.76 35.94	450m: 5:21.89 37.11	650m: 7:51.85 37.19			
	100m: 1:07.17 35.52	300m: 3:31.17 36.41	500m: 5:59.68 37.79	700m: 8:29.41 37.56			
	150m: 1:42.70 35.53	350m: 4:07.50 36.33	550m: 6:37.18 37.50	750m: 9:06.38 36.97			
	200m: 2:18.82 36.12	400m: 4:44.78 37.28	600m: 7:14.66 37.48	800m: 9:42.56 36.18			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	Federica Vaccaro <i>FTL</i>	97	Pol Lib Invicta - Potenza	<b>9:43.06</b>	+0,81	608	
	50m: 33.07 33.07	250m: 2:57.94 36.73	450m: 5:24.94 36.81	650m: 7:54.00 37.29			
	100m: 1:08.26 35.19	300m: 3:34.56 36.62	500m: 6:02.52 37.58	700m: 8:31.08 37.08			
	150m: 1:44.54 36.28	350m: 4:11.51 36.95	550m: 6:39.93 37.41	750m: 9:07.45 36.37			
	200m: 2:21.21 36.67	400m: 4:48.13 36.62	600m: 7:16.71 36.78	800m: 9:43.06 35.61			
26.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	<b>9:45.06</b>	+0,98	602	
	50m: 32.39 32.39	250m: 2:56.84 36.45	450m: 5:23.45 36.96	650m: 7:52.72 37.37			
	100m: 1:07.62 35.23	300m: 3:33.17 36.33	500m: 6:00.62 37.17	700m: 8:30.13 37.41			
	150m: 1:43.90 36.28	350m: 4:09.76 36.59	550m: 6:37.94 37.32	750m: 9:07.66 37.53			
	200m: 2:20.39 36.49	400m: 4:46.49 36.73	600m: 7:15.35 37.41	800m: 9:45.06 37.40			
27.	Catia Andreia Clara <i>FTL</i>	95	Nautico da Marinha Grande	<b>9:46.01</b>	+0,93	599	
	50m: 32.37 32.37	250m: 2:58.27 37.16	450m: 5:27.11 37.32	650m: 7:55.34 37.14			
	100m: 1:07.99 35.62	300m: 3:35.23 36.96	500m: 6:03.95 36.84	700m: 8:32.61 37.27			
	150m: 1:44.46 36.47	350m: 4:12.42 37.19	550m: 6:41.08 37.13	750m: 9:09.89 37.28			
	200m: 2:21.11 36.65	400m: 4:49.79 37.37	600m: 7:18.20 37.12	800m: 9:46.01 36.12			
28.	Ana Filipa Martins <i>FTL</i>	97	Foca	<b>9:46.29</b>	+0,85	598	
	50m: 32.28 32.28	250m: 2:56.28 36.75	450m: 5:25.19 37.56	650m: 7:55.55 37.18			
	100m: 1:07.75 35.47	300m: 3:33.30 37.02	500m: 6:02.87 37.68	700m: 8:33.41 37.86			
	150m: 1:43.39 35.64	350m: 4:10.26 36.96	550m: 6:40.42 37.55	750m: 9:10.16 36.75			
	200m: 2:19.53 36.14	400m: 4:47.63 37.37	600m: 7:18.37 37.95	800m: 9:46.29 36.13			
29.	Sara Monteiro Meireles <i>FTL</i>	97	Gespacos	<b>9:46.58</b>	+0,96	597	
	50m: 33.12 33.12	250m: 2:59.25 36.89	450m: 5:28.04 36.92	650m: 7:57.90 37.41			
	100m: 1:08.93 35.81	300m: 3:36.67 37.42	500m: 6:05.52 37.48	700m: 8:34.58 36.68			
	150m: 1:45.56 36.63	350m: 4:13.70 37.03	550m: 6:42.79 37.27	750m: 9:11.14 36.56			
	200m: 2:22.36 36.80	400m: 4:51.12 37.42	600m: 7:20.49 37.70	800m: 9:46.58 35.44			
30.	Helena Paula Carvalho <i>FTL</i>	95	Uniao Piedense	<b>9:47.07</b>	+0,76	596	
	50m: 32.21 32.21	250m: 2:58.21 37.18	450m: 5:28.15 37.86	650m: 7:58.85 37.93			
	100m: 1:08.13 35.92	300m: 3:35.33 37.12	500m: 6:05.61 37.46	700m: 8:36.03 37.18			
	150m: 1:44.49 36.36	350m: 4:12.83 37.50	550m: 6:43.43 37.82	750m: 9:12.28 36.25			
	200m: 2:21.03 36.54	400m: 4:50.29 37.46	600m: 7:20.92 37.49	800m: 9:47.07 34.79			
31.	Maria Carolina Ribeiro	98	Porto	<b>9:47.93</b>	+0,80	593	
	50m: 32.30 32.30	250m: 2:58.56 36.91	450m: 5:28.29 36.72	650m: 7:58.33 36.91			
	100m: 1:08.57 36.27	300m: 3:35.74 37.18	500m: 6:06.27 37.98	700m: 8:36.04 37.71			
	150m: 1:45.47 36.90	350m: 4:13.63 37.89	550m: 6:43.56 37.29	750m: 9:12.08 36.04			
	200m: 2:21.65 36.18	400m: 4:51.57 37.94	600m: 7:21.42 37.86	800m: 9:47.93 35.85			
32.	Sofia Alexandra Branco	98	Sporting	<b>9:48.66</b>	+0,76	591	
	50m: 32.77 32.77	250m: 3:00.15 37.21	450m: 5:29.02 37.05	650m: 7:59.48 37.59			
	100m: 1:09.12 36.35	300m: 3:37.43 37.28	500m: 6:06.59 37.57	700m: 8:36.83 37.35			
	150m: 1:46.06 36.94	350m: 4:14.77 37.34	550m: 6:44.25 37.66	750m: 9:13.25 36.42			
	200m: 2:22.94 36.88	400m: 4:51.97 37.20	600m: 7:21.89 37.64	800m: 9:48.66 35.41			

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Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	Clarisse Matos Lopes	98	Scalabisport	<b>9:49.13</b>		589	
	50m: 33.73 33.73	250m: 3:00.05 36.96	450m: 5:28.91 37.24	650m: 7:59.02 37.57			
	100m: 1:09.99 36.26	300m: 3:37.29 37.24	500m: 6:06.39 37.48	700m: 8:36.06 37.04			
	150m: 1:46.26 36.27	350m: 4:14.28 36.99	550m: 6:43.98 37.59	750m: 9:13.05 36.99			
	200m: 2:23.09 36.83	400m: 4:51.67 37.39	600m: 7:21.45 37.47	800m: 9:49.13 36.08			
34.	Beatriz Filipa Matos	97	Nautico de Coimbra	<b>9:50.09</b>	+0,65	587	
	<i>FTL</i>						
	50m: 32.94 32.94	250m: 2:57.98 36.63	450m: 5:26.80 37.48	650m: 7:58.22 37.93			
	100m: 1:08.53 35.59	300m: 3:34.96 36.98	500m: 6:04.54 37.74	700m: 8:36.19 37.97			
	150m: 1:44.78 36.25	350m: 4:12.12 37.16	550m: 6:42.48 37.94	750m: 9:13.48 37.29			
	200m: 2:21.35 36.57	400m: 4:49.32 37.20	600m: 7:20.29 37.81	800m: 9:50.09 36.61			
35.	Marina Micaela Sequeira	98	Uniao Piedense	<b>9:52.19</b>	+0,83	580	
	50m: 33.56 33.56	250m: 3:03.45 37.52	450m: 5:32.89 37.06	650m: 8:02.49 37.22			
	100m: 1:10.49 36.93	300m: 3:40.96 37.51	500m: 6:10.50 37.61	700m: 8:40.49 38.00			
	150m: 1:48.04 37.55	350m: 4:18.42 37.46	550m: 6:48.55 38.05	750m: 9:16.21 35.72			
	200m: 2:25.93 37.89	400m: 4:55.83 37.41	600m: 7:25.27 36.72	800m: 9:52.19 35.98			
36.	Joana Filipa Capela	89	Benfica	<b>9:52.68</b>	+0,76	579	
	<i>FTL</i>						
	50m: 33.21 33.21	250m: 2:58.87 36.99	450m: 5:28.28 37.72	650m: 7:59.84 37.83			
	100m: 1:08.65 35.44	300m: 3:35.63 36.76	500m: 6:05.90 37.62	700m: 8:38.26 38.42			
	150m: 1:45.21 36.56	350m: 4:12.84 37.21	550m: 6:43.67 37.77	750m: 9:16.33 38.07			
	200m: 2:21.88 36.67	400m: 4:50.56 37.72	600m: 7:22.01 38.34	800m: 9:52.68 36.35			
37.	Ana Raquel Ferreira	98	Ginasio Figueirense	<b>9:54.54</b>	+0,90	573	
	50m: 32.23 32.23	250m: 2:58.94 36.82	450m: 5:29.94 37.87	650m: 8:02.77 38.56			
	100m: 1:08.84 36.61	300m: 3:36.29 37.35	500m: 6:08.00 38.06	700m: 8:40.88 38.11			
	150m: 1:45.80 36.96	350m: 4:13.89 37.60	550m: 6:46.34 38.34	750m: 9:18.92 38.04			
	200m: 2:22.12 36.32	400m: 4:52.07 38.18	600m: 7:24.21 37.87	800m: 9:54.54 35.62			
38.	Sofia Alexandra Rolao	98	Naval Amorense	<b>10:07.68</b>	+0,88	537	
	<i>FTL</i>						
	50m: 32.90 32.90	250m: 3:03.84 37.75	450m: 5:36.40 38.21	650m: 8:12.24 38.27			
	100m: 1:10.10 37.20	300m: 3:41.71 37.87	500m: 6:15.39 38.99	700m: 8:51.36 39.12			
	150m: 1:47.81 37.71	350m: 4:19.89 38.18	550m: 6:54.40 39.01	750m: 9:29.79 38.43			
	200m: 2:26.09 38.28	400m: 4:58.19 38.30	600m: 7:33.97 39.57	800m: 10:07.68 37.89			
39.	Beatriz Rodrigues Conde	98	Sporting	<b>10:12.80</b>	+0,73	524	
	<i>FTL</i>						
	50m: 34.06 34.06	250m: 3:04.65 38.37	450m: 5:36.10 38.20	650m: 8:14.65 39.82			
	100m: 1:10.70 36.64	300m: 3:41.14 36.49	500m: 6:15.49 39.39	700m: 8:54.34 39.69			
	150m: 1:48.72 38.02	350m: 4:19.94 38.80	550m: 6:54.94 39.45	750m: 9:34.09 39.75			
	200m: 2:26.28 37.56	400m: 4:57.90 37.96	600m: 7:34.83 39.89	800m: 10:12.80 38.71			
40.	Vanessa Branco Machado	98	SCC/Oryzon Energias	<b>10:15.17</b>	+0,95	518	
	<i>FTL</i>						
	50m: 32.13 32.13	250m: 3:00.89 38.23	450m: 5:38.37 39.83	650m: 8:16.98 40.12			
	100m: 1:07.81 35.68	300m: 3:39.68 38.79	500m: 6:17.64 39.27	700m: 8:56.65 39.67			
	150m: 1:44.62 36.81	350m: 4:19.40 39.72	550m: 6:57.43 39.79	750m: 9:37.20 40.55			
	200m: 2:22.66 38.04	400m: 4:58.54 39.14	600m: 7:36.86 39.43	800m: 10:15.17 37.97			

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Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	Diana Filipa Portela <i>FTL</i>	98	Vitoria de Guimaraes	<b>10:34.12</b>	+0,71	473	
	50m: 33.34 33.34	250m: 3:07.37 39.62	450m: 5:49.28 40.95	650m: 8:34.03 41.89			
	100m: 1:10.24 36.90	300m: 3:47.52 40.15	500m: 6:29.99 40.71	700m: 9:14.16 40.13			
	150m: 1:48.90 38.66	350m: 4:27.98 40.46	550m: 7:11.06 41.07	750m: 9:53.92 39.76			
	200m: 2:27.75 38.85	400m: 5:08.33 40.35	600m: 7:52.14 41.08	800m: 10:34.12 40.20			

Prova 2  
26-07-2012 - 17:30

Femin., 800m Livres

Absolutos Resultados

Rec Nac Absoluto	8:54.86	Angelica Maria Andre	LSC	Porto	04-06-2011
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	8:54.86	Angelica Maria Andre	LSC	Porto	04-06-2011

TAC JUN2 Fem 16: 9:35.00 / TAC JUN1 Fem 15: 9:42.50 / TAC JUV Fem Juv: 10:05.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre <i>Recorde Nacional, Senior e Absoluto</i>	94	Leixoes	<b>8:54.41</b>	+0,74	790	
	50m: 30.44 30.44	250m: 2:43.47 33.54	450m: 4:58.43 33.89	650m: 7:14.49 34.25			
	100m: 1:03.16 32.72	300m: 3:17.20 33.73	500m: 5:32.20 33.77	700m: 7:48.80 34.31			
	150m: 1:36.43 33.27	350m: 3:51.01 33.81	550m: 6:06.23 34.03	750m: 8:22.31 33.51			
	200m: 2:09.93 33.50	400m: 4:24.54 33.53	600m: 6:40.24 34.01	800m: 8:54.41 32.10			
2.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	<b>9:05.70</b>	+0,83	742	
	50m: 31.48 31.48	250m: 2:48.26 34.24	450m: 5:06.27 34.36	650m: 7:24.72 34.65			
	100m: 1:05.13 33.65	300m: 3:22.65 34.39	500m: 5:40.66 34.39	700m: 7:58.97 34.25			
	150m: 1:39.70 34.57	350m: 3:57.35 34.70	550m: 6:15.49 34.83	750m: 8:33.34 34.37			
	200m: 2:14.02 34.32	400m: 4:31.91 34.56	600m: 6:50.07 34.58	800m: 9:05.70 32.36			
3.	Ana Goncalves Neto	95	Porto	<b>9:10.15</b>	+1,02	724	
	50m: 32.03 32.03	250m: 2:49.79 34.76	450m: 5:08.52 33.75	650m: 7:27.90 34.96			
	100m: 1:06.22 34.19	300m: 3:24.67 34.88	500m: 5:43.02 34.50	700m: 8:02.93 35.03			
	150m: 1:40.43 34.21	350m: 3:59.54 34.87	550m: 6:17.67 34.65	750m: 8:37.32 34.39			
	200m: 2:15.03 34.60	400m: 4:34.77 35.23	600m: 6:52.94 35.27	800m: 9:10.15 32.83			
4.	Joana Aguiar Rodrigues	93	Porto	<b>9:10.36</b>	+0,98	723	
	50m: 31.09 31.09	250m: 2:48.67 34.23	450m: 5:06.94 34.26	650m: 7:26.68 34.79			
	100m: 1:05.16 34.07	300m: 3:23.45 34.78	500m: 5:41.71 34.77	700m: 8:01.71 35.03			
	150m: 1:39.72 34.56	350m: 3:57.82 34.37	550m: 6:16.66 34.95	750m: 8:36.63 34.92			
	200m: 2:14.44 34.72	400m: 4:32.68 34.86	600m: 6:51.89 35.23	800m: 9:10.36 33.73			
5.	Maria Luis Amorim	95	Porto	<b>9:12.64</b>		714	
	50m: 31.79 31.79	250m: 2:50.26 34.94	450m: 5:09.98 34.17	650m: 7:29.34 34.66			
	100m: 1:05.81 34.02	300m: 3:25.16 34.90	500m: 5:44.67 34.69	700m: 8:04.37 35.03			
	150m: 1:40.50 34.69	350m: 4:00.31 35.15	550m: 6:19.45 34.78	750m: 8:38.57 34.20			
	200m: 2:15.32 34.82	400m: 4:35.81 35.50	600m: 6:54.68 35.23	800m: 9:12.64 34.07			
6.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	<b>9:13.36</b>	+0,86	711	
	50m: 31.47 31.47	250m: 2:49.35 34.99	450m: 5:09.56 35.05	650m: 7:29.86 35.03			
	100m: 1:05.25 33.78	300m: 3:24.13 34.78	500m: 5:44.53 34.97	700m: 8:04.86 35.00			
	150m: 1:39.76 34.51	350m: 3:59.35 35.22	550m: 6:19.77 35.24	750m: 8:39.49 34.63			
	200m: 2:14.36 34.60	400m: 4:34.51 35.16	600m: 6:54.83 35.06	800m: 9:13.36 33.87			

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Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Ines Alexandra Paiva	96	Alges	<b>9:14.14</b>	<b>+0,86</b>	<b>708</b>	
	50m: 31.91 31.91	250m: 2:51.49	35.40	450m: 5:12.68	35.13	650m: 7:31.85	34.57
	100m: 1:06.16 34.25	300m: 3:26.70	35.21	500m: 5:47.58	34.90	700m: 8:06.14	34.29
	150m: 1:41.20 35.04	350m: 4:02.27	35.57	550m: 6:22.51	34.93	750m: 8:40.54	34.40
	200m: 2:16.09 34.89	400m: 4:37.55	35.28	600m: 6:57.28	34.77	800m: 9:14.14	33.60
8.	Vania Soares Neves	90	Viana Natacao	<b>9:15.94</b>	<b>+0,77</b>	<b>702</b>	
	50m: 31.98 31.98	250m: 2:52.11	35.34	450m: 5:13.17	35.07	650m: 7:32.80	34.76
	100m: 1:06.38 34.40	300m: 3:27.45	35.34	500m: 5:48.25	35.08	700m: 8:08.05	35.25
	150m: 1:41.64 35.26	350m: 4:02.78	35.33	550m: 6:23.16	34.91	750m: 8:42.34	34.29
	200m: 2:16.77 35.13	400m: 4:38.10	35.32	600m: 6:58.04	34.88	800m: 9:15.94	33.60
9.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	<b>9:16.17</b>	<b>+0,85</b>	<b>701</b>	
	50m: 32.59 32.59	250m: 2:52.27	34.83	450m: 5:12.26	35.16	650m: 7:33.54	35.51
	100m: 1:07.16 34.57	300m: 3:27.20	34.93	500m: 5:47.41	35.15	700m: 8:08.69	35.15
	150m: 1:42.46 35.30	350m: 4:02.10	34.90	550m: 6:22.69	35.28	750m: 8:43.56	34.87
	200m: 2:17.44 34.98	400m: 4:37.10	35.00	600m: 6:58.03	35.34	800m: 9:16.17	32.61
10.	Leonor Mourinho Neves	95	Sporting	<b>9:23.30</b>	<b>+0,81</b>	<b>674</b>	
	50m: 31.76 31.76	250m: 2:49.77	34.86	450m: 5:11.17	35.83	650m: 7:35.56	36.13
	100m: 1:05.75 33.99	300m: 3:24.79	35.02	500m: 5:47.25	36.08	700m: 8:11.67	36.11
	150m: 1:40.52 34.77	350m: 3:59.88	35.09	550m: 6:23.59	36.34	750m: 8:47.77	36.10
	200m: 2:14.91 34.39	400m: 4:35.34	35.46	600m: 6:59.43	35.84	800m: 9:23.30	35.53
11.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>9:25.56</b>		<b>666</b>	
	50m: 32.19 32.19	250m: 2:52.44	35.69	450m: 5:15.00	35.51	650m: 7:38.07	35.71
	100m: 1:06.68 34.49	300m: 3:28.07	35.63	500m: 5:50.87	35.87	700m: 8:14.15	36.08
	150m: 1:41.50 34.82	350m: 4:03.58	35.51	550m: 6:26.56	35.69	750m: 8:49.76	35.61
	200m: 2:16.75 35.25	400m: 4:39.49	35.91	600m: 7:02.36	35.80	800m: 9:25.56	35.80
12.	Maria Teresa Amorim	97	Porto	<b>9:25.92</b>		<b>665</b>	
	50m: 32.32 32.32	250m: 2:53.34	35.32	450m: 5:15.46	35.56	650m: 7:39.04	36.13
	100m: 1:07.20 34.88	300m: 3:28.80	35.46	500m: 5:50.88	35.42	700m: 8:15.15	36.11
	150m: 1:42.62 35.42	350m: 4:04.19	35.39	550m: 6:26.82	35.94	750m: 8:51.02	35.87
	200m: 2:18.02 35.40	400m: 4:39.90	35.71	600m: 7:02.91	36.09	800m: 9:25.92	34.90
13.	Barbara Marques Rodrigues	97	Alges	<b>9:27.76</b>	<b>+0,82</b>	<b>659</b>	
	50m: 32.29 32.29	250m: 2:54.43	35.91	450m: 5:18.10	35.87	650m: 7:41.08	35.78
	100m: 1:07.09 34.80	300m: 3:30.63	36.20	500m: 5:53.91	35.81	700m: 8:16.89	35.81
	150m: 1:42.57 35.48	350m: 4:06.53	35.90	550m: 6:29.58	35.67	750m: 8:52.64	35.75
	200m: 2:18.52 35.95	400m: 4:42.23	35.70	600m: 7:05.30	35.72	800m: 9:27.76	35.12
14.	Nadia Morais Vieira	90	Geslours	<b>9:29.48</b>	<b>+0,68</b>	<b>653</b>	
	50m: 31.52 31.52	250m: 2:51.67	35.42	450m: 5:14.07	35.53	650m: 7:39.55	36.74
	100m: 1:05.98 34.46	300m: 3:27.11	35.44	500m: 5:49.88	35.81	700m: 8:16.50	36.95
	150m: 1:41.24 35.26	350m: 4:02.78	35.67	550m: 6:26.14	36.26	750m: 8:53.22	36.72
	200m: 2:16.25 35.01	400m: 4:38.54	35.76	600m: 7:02.81	36.67	800m: 9:29.48	36.26
15.	Adriana Daniela Castro	97	Porto	<b>9:32.82</b>		<b>641</b>	
	50m: 32.92 32.92	250m: 2:56.35	36.27	450m: 5:20.56	36.20	650m: 7:46.33	36.46
	100m: 1:08.16 35.24	300m: 3:32.31	35.96	500m: 5:57.02	36.46	700m: 8:22.58	36.25
	150m: 1:44.15 35.99	350m: 4:08.32	36.01	550m: 6:33.77	36.75	750m: 8:58.40	35.82
	200m: 2:20.08 35.93	400m: 4:44.36	36.04	600m: 7:09.87	36.10	800m: 9:32.82	34.42

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Raquel Paulo Ranito <i>FTL</i>	94	Sporting	<b>9:35.89</b>	+0,77	631	
	50m: 32.50 32.50	250m: 2:55.86 36.32	450m: 5:21.30 36.47	650m: 7:48.98 37.54			
	100m: 1:07.65 35.15	300m: 3:32.19 36.33	500m: 5:58.26 36.96	700m: 8:25.13 36.15			
	150m: 1:43.25 35.60	350m: 4:08.23 36.04	550m: 6:34.96 36.70	750m: 9:00.82 35.69			
	200m: 2:19.54 36.29	400m: 4:44.83 36.60	600m: 7:11.44 36.48	800m: 9:35.89 35.07			
17.	Ana Silva Costa	98	Famalicao	<b>9:36.90</b>		628	
	50m: 32.69 32.69	250m: 2:54.91 36.14	450m: 5:19.94 36.59	650m: 7:47.69 37.05			
	100m: 1:07.61 34.92	300m: 3:30.93 36.02	500m: 5:56.67 36.73	700m: 8:24.85 37.16			
	150m: 1:43.06 35.45	350m: 4:07.11 36.18	550m: 6:33.28 36.61	750m: 9:02.02 37.17			
	200m: 2:18.77 35.71	400m: 4:43.35 36.24	600m: 7:10.64 37.36	800m: 9:36.90 34.88			
18.	Marta Alexandra Saraiva <i>FTL</i>	93	Uniao Piedense	<b>9:37.66</b>		625	
	50m: 32.27 32.27	250m: 2:56.08 36.41	450m: 5:22.21 36.34	650m: 7:49.05 36.50			
	100m: 1:07.42 35.15	300m: 3:32.39 36.31	500m: 5:59.07 36.86	700m: 8:25.79 36.74			
	150m: 1:43.34 35.92	350m: 4:09.06 36.67	550m: 6:35.75 36.68	750m: 9:02.17 36.38			
	200m: 2:19.67 36.33	400m: 4:45.87 36.81	600m: 7:12.55 36.80	800m: 9:37.66 35.49			
19.	Catarina Alexandra Jardim	98	Famalicao	<b>9:40.45</b>	+0,88	616	
	50m: 32.54 32.54	250m: 2:56.63 36.76	450m: 5:23.27 36.78	650m: 7:50.58 37.14			
	100m: 1:08.09 35.55	300m: 3:33.22 36.59	500m: 5:59.99 36.72	700m: 8:27.81 37.23			
	150m: 1:43.59 35.50	350m: 4:09.85 36.63	550m: 6:36.91 36.92	750m: 9:04.61 36.80			
	200m: 2:19.87 36.28	400m: 4:46.49 36.64	600m: 7:13.44 36.53	800m: 9:40.45 35.84			
20.	Joana Filipa Santos <i>FTL</i>	93	Vitoria de Guimaraes	<b>9:42.44</b>	+0,67	610	
	50m: 31.08 31.08	250m: 2:51.50 35.93	450m: 5:18.72 36.88	650m: 7:50.23 37.95			
	100m: 1:05.05 33.97	300m: 3:27.85 36.35	500m: 5:55.88 37.16	700m: 8:28.06 37.83			
	150m: 1:40.22 35.17	350m: 4:04.77 36.92	550m: 6:34.18 38.30	750m: 9:05.87 37.81			
	200m: 2:15.57 35.35	400m: 4:41.84 37.07	600m: 7:12.28 38.10	800m: 9:42.44 36.57			
21.	Maria Malaguerra Costa	98	SCC/Oryzon Energias	<b>9:42.56</b>		610	
	50m: 31.65 31.65	250m: 2:54.76 35.94	450m: 5:21.89 37.11	650m: 7:51.85 37.19			
	100m: 1:07.17 35.52	300m: 3:31.17 36.41	500m: 5:59.68 37.79	700m: 8:29.41 37.56			
	150m: 1:42.70 35.53	350m: 4:07.50 36.33	550m: 6:37.18 37.50	750m: 9:06.38 36.97			
	200m: 2:18.82 36.12	400m: 4:44.78 37.28	600m: 7:14.66 37.48	800m: 9:42.56 36.18			
22.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	<b>9:45.06</b>	+0,98	602	
	50m: 32.39 32.39	250m: 2:56.84 36.45	450m: 5:23.45 36.96	650m: 7:52.72 37.37			
	100m: 1:07.62 35.23	300m: 3:33.17 36.33	500m: 6:00.62 37.17	700m: 8:30.13 37.41			
	150m: 1:43.90 36.28	350m: 4:09.76 36.59	550m: 6:37.94 37.32	750m: 9:07.66 37.53			
	200m: 2:20.39 36.49	400m: 4:46.49 36.73	600m: 7:15.35 37.41	800m: 9:45.06 37.40			
23.	Catia Andreia Clara <i>FTL</i>	95	Nautico da Marinha Grande	<b>9:46.01</b>	+0,93	599	
	50m: 32.37 32.37	250m: 2:58.27 37.16	450m: 5:27.11 37.32	650m: 7:55.34 37.14			
	100m: 1:07.99 35.62	300m: 3:35.23 36.96	500m: 6:03.95 36.84	700m: 8:32.61 37.27			
	150m: 1:44.46 36.47	350m: 4:12.42 37.19	550m: 6:41.08 37.13	750m: 9:09.89 37.28			
	200m: 2:21.11 36.65	400m: 4:49.79 37.37	600m: 7:18.20 37.12	800m: 9:46.01 36.12			



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Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	Ana Filipa Martins <i>FTL</i>	97	Foca	<b>9:46.29</b>	+0,85	598	
	50m: 32.28 32.28	250m: 2:56.28	36.75	450m: 5:25.19	37.56	650m: 7:55.55	37.18
	100m: 1:07.75 35.47	300m: 3:33.30	37.02	500m: 6:02.87	37.68	700m: 8:33.41	37.86
	150m: 1:43.39 35.64	350m: 4:10.26	36.96	550m: 6:40.42	37.55	750m: 9:10.16	36.75
	200m: 2:19.53 36.14	400m: 4:47.63	37.37	600m: 7:18.37	37.95	800m: 9:46.29	36.13
25.	Sara Monteiro Meireles <i>FTL</i>	97	Gespacos	<b>9:46.58</b>	+0,96	597	
	50m: 33.12 33.12	250m: 2:59.25	36.89	450m: 5:28.04	36.92	650m: 7:57.90	37.41
	100m: 1:08.93 35.81	300m: 3:36.67	37.42	500m: 6:05.52	37.48	700m: 8:34.58	36.68
	150m: 1:45.56 36.63	350m: 4:13.70	37.03	550m: 6:42.79	37.27	750m: 9:11.14	36.56
	200m: 2:22.36 36.80	400m: 4:51.12	37.42	600m: 7:20.49	37.70	800m: 9:46.58	35.44
26.	Helena Paula Carvalho <i>FTL</i>	95	Uniao Piedense	<b>9:47.07</b>	+0,76	596	
	50m: 32.21 32.21	250m: 2:58.21	37.18	450m: 5:28.15	37.86	650m: 7:58.85	37.93
	100m: 1:08.13 35.92	300m: 3:35.33	37.12	500m: 6:05.61	37.46	700m: 8:36.03	37.18
	150m: 1:44.49 36.36	350m: 4:12.83	37.50	550m: 6:43.43	37.82	750m: 9:12.28	36.25
	200m: 2:21.03 36.54	400m: 4:50.29	37.46	600m: 7:20.92	37.49	800m: 9:47.07	34.79
27.	Maria Carolina Ribeiro	98	Porto	<b>9:47.93</b>	+0,80	593	
	50m: 32.30 32.30	250m: 2:58.56	36.91	450m: 5:28.29	36.72	650m: 7:58.33	36.91
	100m: 1:08.57 36.27	300m: 3:35.74	37.18	500m: 6:06.27	37.98	700m: 8:36.04	37.71
	150m: 1:45.47 36.90	350m: 4:13.63	37.89	550m: 6:43.56	37.29	750m: 9:12.08	36.04
	200m: 2:21.65 36.18	400m: 4:51.57	37.94	600m: 7:21.42	37.86	800m: 9:47.93	35.85
28.	Sofia Alexandra Branco	98	Sporting	<b>9:48.66</b>	+0,76	591	
	50m: 32.77 32.77	250m: 3:00.15	37.21	450m: 5:29.02	37.05	650m: 7:59.48	37.59
	100m: 1:09.12 36.35	300m: 3:37.43	37.28	500m: 6:06.59	37.57	700m: 8:36.83	37.35
	150m: 1:46.06 36.94	350m: 4:14.77	37.34	550m: 6:44.25	37.66	750m: 9:13.25	36.42
	200m: 2:22.94 36.88	400m: 4:51.97	37.20	600m: 7:21.89	37.64	800m: 9:48.66	35.41
29.	Clarisse Matos Lopes	98	Scalabisport	<b>9:49.13</b>		589	
	50m: 33.73 33.73	250m: 3:00.05	36.96	450m: 5:28.91	37.24	650m: 7:59.02	37.57
	100m: 1:09.99 36.26	300m: 3:37.29	37.24	500m: 6:06.39	37.48	700m: 8:36.06	37.04
	150m: 1:46.26 36.27	350m: 4:14.28	36.99	550m: 6:43.98	37.59	750m: 9:13.05	36.99
	200m: 2:23.09 36.83	400m: 4:51.67	37.39	600m: 7:21.45	37.47	800m: 9:49.13	36.08
30.	Beatriz Filipa Matos <i>FTL</i>	97	Nautico de Coimbra	<b>9:50.09</b>	+0,65	587	
	50m: 32.94 32.94	250m: 2:57.98	36.63	450m: 5:26.80	37.48	650m: 7:58.22	37.93
	100m: 1:08.53 35.59	300m: 3:34.96	36.98	500m: 6:04.54	37.74	700m: 8:36.19	37.97
	150m: 1:44.78 36.25	350m: 4:12.12	37.16	550m: 6:42.48	37.94	750m: 9:13.48	37.29
	200m: 2:21.35 36.57	400m: 4:49.32	37.20	600m: 7:20.29	37.81	800m: 9:50.09	36.61
31.	Marina Micaela Sequeira	98	Uniao Piedense	<b>9:52.19</b>	+0,83	580	
	50m: 33.56 33.56	250m: 3:03.45	37.52	450m: 5:32.89	37.06	650m: 8:02.49	37.22
	100m: 1:10.49 36.93	300m: 3:40.96	37.51	500m: 6:10.50	37.61	700m: 8:40.49	38.00
	150m: 1:48.04 37.55	350m: 4:18.42	37.46	550m: 6:48.55	38.05	750m: 9:16.21	35.72
	200m: 2:25.93 37.89	400m: 4:55.83	37.41	600m: 7:25.27	36.72	800m: 9:52.19	35.98

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Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	Joana Filipa Capela <i>FTL</i>	89	Benfica	<b>9:52.68</b>	+0,76	579	
	50m: 33.21 33.21	250m: 2:58.87	36.99	450m: 5:28.28	37.72	650m: 7:59.84	37.83
	100m: 1:08.65 35.44	300m: 3:35.63	36.76	500m: 6:05.90	37.62	700m: 8:38.26	38.42
	150m: 1:45.21 36.56	350m: 4:12.84	37.21	550m: 6:43.67	37.77	750m: 9:16.33	38.07
	200m: 2:21.88 36.67	400m: 4:50.56	37.72	600m: 7:22.01	38.34	800m: 9:52.68	36.35
33.	Ana Raquel Ferreira	98	Ginasio Figueirense	<b>9:54.54</b>	+0,90	573	
	50m: 32.23 32.23	250m: 2:58.94	36.82	450m: 5:29.94	37.87	650m: 8:02.77	38.56
	100m: 1:08.84 36.61	300m: 3:36.29	37.35	500m: 6:08.00	38.06	700m: 8:40.88	38.11
	150m: 1:45.80 36.96	350m: 4:13.89	37.60	550m: 6:46.34	38.34	750m: 9:18.92	38.04
	200m: 2:22.12 36.32	400m: 4:52.07	38.18	600m: 7:24.21	37.87	800m: 9:54.54	35.62
34.	Sofia Alexandra Rolao <i>FTL</i>	98	Naval Amorense	<b>10:07.68</b>	+0,88	537	
	50m: 32.90 32.90	250m: 3:03.84	37.75	450m: 5:36.40	38.21	650m: 8:12.24	38.27
	100m: 1:10.10 37.20	300m: 3:41.71	37.87	500m: 6:15.39	38.99	700m: 8:51.36	39.12
	150m: 1:47.81 37.71	350m: 4:19.89	38.18	550m: 6:54.40	39.01	750m: 9:29.79	38.43
	200m: 2:26.09 38.28	400m: 4:58.19	38.30	600m: 7:33.97	39.57	800m: 10:07.68	37.89
35.	Beatriz Rodrigues Conde <i>FTL</i>	98	Sporting	<b>10:12.80</b>	+0,73	524	
	50m: 34.06 34.06	250m: 3:04.65	38.37	450m: 5:36.10	38.20	650m: 8:14.65	39.82
	100m: 1:10.70 36.64	300m: 3:41.14	36.49	500m: 6:15.49	39.39	700m: 8:54.34	39.69
	150m: 1:48.72 38.02	350m: 4:19.94	38.80	550m: 6:54.94	39.45	750m: 9:34.09	39.75
	200m: 2:26.28 37.56	400m: 4:57.90	37.96	600m: 7:34.83	39.89	800m: 10:12.80	38.71
36.	Vanessa Branco Machado <i>FTL</i>	98	SCC/Oryzon Energias	<b>10:15.17</b>	+0,95	518	
	50m: 32.13 32.13	250m: 3:00.89	38.23	450m: 5:38.37	39.83	650m: 8:16.98	40.12
	100m: 1:07.81 35.68	300m: 3:39.68	38.79	500m: 6:17.64	39.27	700m: 8:56.65	39.67
	150m: 1:44.62 36.81	350m: 4:19.40	39.72	550m: 6:57.43	39.79	750m: 9:37.20	40.55
	200m: 2:22.66 38.04	400m: 4:58.54	39.14	600m: 7:36.86	39.43	800m: 10:15.17	37.97
37.	Diana Filipa Portela <i>FTL</i>	98	Vitoria de Guimaraes	<b>10:34.12</b>	+0,71	473	
	50m: 33.34 33.34	250m: 3:07.37	39.62	450m: 5:49.28	40.95	650m: 8:34.03	41.89
	100m: 1:10.24 36.90	300m: 3:47.52	40.15	500m: 6:29.99	40.71	700m: 9:14.16	40.13
	150m: 1:48.90 38.66	350m: 4:27.98	40.46	550m: 7:11.06	41.07	750m: 9:53.92	39.76
	200m: 2:27.75 38.85	400m: 5:08.33	40.35	600m: 7:52.14	41.08	800m: 10:34.12	40.20

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Prova 2, Femin., 800m Livres

Prova 2 Femin., 800m Livres Juvenis  
26-07-2012 - 17:30 Resultados

Rec Nac Absoluto 8:54.86 Angelica Maria Andre LSC Porto 04-06-2011  
Rec Nac Juv 9:07.70 tempo limite

TAC JUV Fem : 10:05.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Silva Costa	98	Famalicao	<b>9:36.90</b>		628	
	50m: 32.69 32.69	250m: 2:54.91 36.14	450m: 5:19.94 36.59	650m: 7:47.69 37.05			
	100m: 1:07.61 34.92	300m: 3:30.93 36.02	500m: 5:56.67 36.73	700m: 8:24.85 37.16			
	150m: 1:43.06 35.45	350m: 4:07.11 36.18	550m: 6:33.28 36.61	750m: 9:02.02 37.17			
	200m: 2:18.77 35.71	400m: 4:43.35 36.24	600m: 7:10.64 37.36	800m: 9:36.90 34.88			
2.	Catarina Alexandra Jardim	98	Famalicao	<b>9:40.45</b>	+0,88	616	
	50m: 32.54 32.54	250m: 2:56.63 36.76	450m: 5:23.27 36.78	650m: 7:50.58 37.14			
	100m: 1:08.09 35.55	300m: 3:33.22 36.59	500m: 5:59.99 36.72	700m: 8:27.81 37.23			
	150m: 1:43.59 35.50	350m: 4:09.85 36.63	550m: 6:36.91 36.92	750m: 9:04.61 36.80			
	200m: 2:19.87 36.28	400m: 4:46.49 36.64	600m: 7:13.44 36.53	800m: 9:40.45 35.84			
3.	Maria Malaguerra Costa	98	SCC/Oryzon Energias	<b>9:42.56</b>		610	
	50m: 31.65 31.65	250m: 2:54.76 35.94	450m: 5:21.89 37.11	650m: 7:51.85 37.19			
	100m: 1:07.17 35.52	300m: 3:31.17 36.41	500m: 5:59.68 37.79	700m: 8:29.41 37.56			
	150m: 1:42.70 35.53	350m: 4:07.50 36.33	550m: 6:37.18 37.50	750m: 9:06.38 36.97			
	200m: 2:18.82 36.12	400m: 4:44.78 37.28	600m: 7:14.66 37.48	800m: 9:42.56 36.18			
4.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	<b>9:45.06</b>	+0,98	602	
	50m: 32.39 32.39	250m: 2:56.84 36.45	450m: 5:23.45 36.96	650m: 7:52.72 37.37			
	100m: 1:07.62 35.23	300m: 3:33.17 36.33	500m: 6:00.62 37.17	700m: 8:30.13 37.41			
	150m: 1:43.90 36.28	350m: 4:09.76 36.59	550m: 6:37.94 37.32	750m: 9:07.66 37.53			
	200m: 2:20.39 36.49	400m: 4:46.49 36.73	600m: 7:15.35 37.41	800m: 9:45.06 37.40			
5.	Maria Carolina Ribeiro	98	Porto	<b>9:47.93</b>	+0,80	593	
	50m: 32.30 32.30	250m: 2:58.56 36.91	450m: 5:28.29 36.72	650m: 7:58.33 36.91			
	100m: 1:08.57 36.27	300m: 3:35.74 37.18	500m: 6:06.27 37.98	700m: 8:36.04 37.71			
	150m: 1:45.47 36.90	350m: 4:13.63 37.89	550m: 6:43.56 37.29	750m: 9:12.08 36.04			
	200m: 2:21.65 36.18	400m: 4:51.57 37.94	600m: 7:21.42 37.86	800m: 9:47.93 35.85			
6.	Sofia Alexandra Branco	98	Sporting	<b>9:48.66</b>	+0,76	591	
	50m: 32.77 32.77	250m: 3:00.15 37.21	450m: 5:29.02 37.05	650m: 7:59.48 37.59			
	100m: 1:09.12 36.35	300m: 3:37.43 37.28	500m: 6:06.59 37.57	700m: 8:36.83 37.35			
	150m: 1:46.06 36.94	350m: 4:14.77 37.34	550m: 6:44.25 37.66	750m: 9:13.25 36.42			
	200m: 2:22.94 36.88	400m: 4:51.97 37.20	600m: 7:21.89 37.64	800m: 9:48.66 35.41			
7.	Clarisse Matos Lopes	98	Scalabisport	<b>9:49.13</b>		589	
	50m: 33.73 33.73	250m: 3:00.05 36.96	450m: 5:28.91 37.24	650m: 7:59.02 37.57			
	100m: 1:09.99 36.26	300m: 3:37.29 37.24	500m: 6:06.39 37.48	700m: 8:36.06 37.04			
	150m: 1:46.26 36.27	350m: 4:14.28 36.99	550m: 6:43.98 37.59	750m: 9:13.05 36.99			
	200m: 2:23.09 36.83	400m: 4:51.67 37.39	600m: 7:21.45 37.47	800m: 9:49.13 36.08			
8.	Marina Micaela Sequeira	98	Uniao Piedense	<b>9:52.19</b>	+0,83	580	
	50m: 33.56 33.56	250m: 3:03.45 37.52	450m: 5:32.89 37.06	650m: 8:02.49 37.22			
	100m: 1:10.49 36.93	300m: 3:40.96 37.51	500m: 6:10.50 37.61	700m: 8:40.49 38.00			
	150m: 1:48.04 37.55	350m: 4:18.42 37.46	550m: 6:48.55 38.05	750m: 9:16.21 35.72			
	200m: 2:25.93 37.89	400m: 4:55.83 37.41	600m: 7:25.27 36.72	800m: 9:52.19 35.98			

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Oeiras, 26.7. - 29.7.2012

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Ana Raquel Ferreira	98	Ginasio Figueirense	<b>9:54.54</b>	<b>+0,90</b>	<b>573</b>	
	50m: 32.23 32.23	250m: 2:58.94 36.82	450m: 5:29.94 37.87	650m: 8:02.77 38.56			
	100m: 1:08.84 36.61	300m: 3:36.29 37.35	500m: 6:08.00 38.06	700m: 8:40.88 38.11			
	150m: 1:45.80 36.96	350m: 4:13.89 37.60	550m: 6:46.34 38.34	750m: 9:18.92 38.04			
	200m: 2:22.12 36.32	400m: 4:52.07 38.18	600m: 7:24.21 37.87	800m: 9:54.54 35.62			
10.	Sofia Alexandra Rolao	98	Naval Amorense	<b>10:07.68</b>	<b>+0,88</b>	<b>537</b>	
	<i>FTL</i>						
	50m: 32.90 32.90	250m: 3:03.84 37.75	450m: 5:36.40 38.21	650m: 8:12.24 38.27			
	100m: 1:10.10 37.20	300m: 3:41.71 37.87	500m: 6:15.39 38.99	700m: 8:51.36 39.12			
	150m: 1:47.81 37.71	350m: 4:19.89 38.18	550m: 6:54.40 39.01	750m: 9:29.79 38.43			
	200m: 2:26.09 38.28	400m: 4:58.19 38.30	600m: 7:33.97 39.57	800m: 10:07.68 37.89			
11.	Beatriz Rodrigues Conde	98	Sporting	<b>10:12.80</b>	<b>+0,73</b>	<b>524</b>	
	<i>FTL</i>						
	50m: 34.06 34.06	250m: 3:04.65 38.37	450m: 5:36.10 38.20	650m: 8:14.65 39.82			
	100m: 1:10.70 36.64	300m: 3:41.14 36.49	500m: 6:15.49 39.39	700m: 8:54.34 39.69			
	150m: 1:48.72 38.02	350m: 4:19.94 38.80	550m: 6:54.94 39.45	750m: 9:34.09 39.75			
	200m: 2:26.28 37.56	400m: 4:57.90 37.96	600m: 7:34.83 39.89	800m: 10:12.80 38.71			
12.	Vanessa Branco Machado	98	SCC/Oryzon Energias	<b>10:15.17</b>	<b>+0,95</b>	<b>518</b>	
	<i>FTL</i>						
	50m: 32.13 32.13	250m: 3:00.89 38.23	450m: 5:38.37 39.83	650m: 8:16.98 40.12			
	100m: 1:07.81 35.68	300m: 3:39.68 38.79	500m: 6:17.64 39.27	700m: 8:56.65 39.67			
	150m: 1:44.62 36.81	350m: 4:19.40 39.72	550m: 6:57.43 39.79	750m: 9:37.20 40.55			
	200m: 2:22.66 38.04	400m: 4:58.54 39.14	600m: 7:36.86 39.43	800m: 10:15.17 37.97			
13.	Diana Filipa Portela	98	Vitoria de Guimaraes	<b>10:34.12</b>	<b>+0,71</b>	<b>473</b>	
	<i>FTL</i>						
	50m: 33.34 33.34	250m: 3:07.37 39.62	450m: 5:49.28 40.95	650m: 8:34.03 41.89			
	100m: 1:10.24 36.90	300m: 3:47.52 40.15	500m: 6:29.99 40.71	700m: 9:14.16 40.13			
	150m: 1:48.90 38.66	350m: 4:27.98 40.46	550m: 7:11.06 41.07	750m: 9:53.92 39.76			
	200m: 2:27.75 38.85	400m: 5:08.33 40.35	600m: 7:52.14 41.08	800m: 10:34.12 40.20			