

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

8 - 4ª Jornada - 2ª Sessão (Finais-Finals)

29-07-2012 - 16:00

Prova 45

Femin., 1500m Livres

Open

29-07-2012 - 16:00

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	17:02.46	Florbela Cavaco Machado	ASSSCC	Coimbra	07-04-2012
Rec Nac Sen	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011

TAC JUN2 Fem 16: 18:40.00 / TAC JUN1 Fem 15: 19:00.00 / TAC JUV Fem Juv: 18:40.00

Pontos: FINA 2012

Lugar	Nome			Ano	Clube	Tempo Final			TReac	Pts FINA	Pts	
1.	Angelica Maria Andre			94	Leixoes			16:48.11	+0,83	817		
	Recorde Nacional, Senior e Absoluto											
	50m:	31.27	31.27	450m:	5:01.35	33.95	850m:	9:31.66	33.70	1250m:	14:02.01	34.06
	100m:	1:04.42	33.15	500m:	5:35.07	33.72	900m:	10:05.33	33.67	1300m:	14:35.80	33.79
	150m:	1:38.14	33.72	550m:	6:08.93	33.86	950m:	10:39.23	33.90	1350m:	15:09.35	33.55
	200m:	2:11.99	33.85	600m:	6:42.82	33.89	1000m:	11:13.08	33.85	1400m:	15:42.88	33.53
	250m:	2:45.97	33.98	650m:	7:16.73	33.91	1050m:	11:46.79	33.71	1450m:	16:15.66	32.78
	300m:	3:19.78	33.81	700m:	7:50.52	33.79	1100m:	12:20.48	33.69	1500m:	16:48.11	32.45
	350m:	3:53.67	33.89	750m:	8:24.30	33.78	1150m:	12:54.09	33.61			
	400m:	4:27.40	33.73	800m:	8:57.96	33.66	1200m:	13:27.95	33.86			
2.	Florbela Cavaco Machado			96	SCC/Oryzon Energias			17:17.22	+0,78	750		
	50m:	31.75	31.75	450m:	5:07.80	34.76	850m:	9:47.56	35.44	1250m:	14:25.74	34.78
	100m:	1:05.68	33.93	500m:	5:42.79	34.99	900m:	10:22.21	34.65	1300m:	15:00.56	34.82
	150m:	1:40.15	34.47	550m:	6:17.59	34.80	950m:	10:57.75	35.54	1350m:	15:35.41	34.85
	200m:	2:14.71	34.56	600m:	6:52.25	34.66	1000m:	11:32.38	34.63	1400m:	16:09.94	34.53
	250m:	2:49.22	34.51	650m:	7:27.41	35.16	1050m:	12:06.77	34.39	1450m:	16:44.35	34.41
	300m:	3:23.79	34.57	700m:	8:02.72	35.31	1100m:	12:41.54	34.77	1500m:	17:17.22	32.87
	350m:	3:58.42	34.63	750m:	8:37.29	34.57	1150m:	13:16.44	34.90			
	400m:	4:33.04	34.62	800m:	9:12.12	34.83	1200m:	13:50.96	34.52			
3.	Vania Soares Neves			90	Viana Natacao			17:23.79	+0,80	736		
	50m:	31.68	31.68	450m:	5:11.01	35.04	850m:	9:50.92	34.91	1250m:	14:30.16	35.26
	100m:	1:05.80	34.12	500m:	5:46.07	35.06	900m:	10:25.59	34.67	1300m:	15:05.13	34.97
	150m:	1:40.76	34.96	550m:	6:20.97	34.90	950m:	11:00.37	34.78	1350m:	15:40.22	35.09
	200m:	2:15.73	34.97	600m:	6:56.10	35.13	1000m:	11:35.32	34.95	1400m:	16:15.12	34.90
	250m:	2:50.85	35.12	650m:	7:31.00	34.90	1050m:	12:10.32	35.00	1450m:	16:49.79	34.67
	300m:	3:26.08	35.23	700m:	8:06.03	35.03	1100m:	12:45.21	34.89	1500m:	17:23.79	34.00
	350m:	4:00.94	34.86	750m:	8:41.01	34.98	1150m:	13:20.09	34.88			
	400m:	4:35.97	35.03	800m:	9:16.01	35.00	1200m:	13:54.90	34.81			
4.	Filipa Vilas Ruivo			97	Nautico da Marinha Grande			17:27.11	+0,78	729		
	50m:	31.56	31.56	450m:	5:10.27	35.11	850m:	9:51.32	35.17	1250m:	14:32.57	35.22
	100m:	1:05.77	34.21	500m:	5:45.34	35.07	900m:	10:26.33	35.01	1300m:	15:07.73	35.16
	150m:	1:40.35	34.58	550m:	6:20.30	34.96	950m:	11:01.41	35.08	1350m:	15:42.80	35.07
	200m:	2:15.35	35.00	600m:	6:55.64	35.34	1000m:	11:36.58	35.17	1400m:	16:17.81	35.01
	250m:	2:50.13	34.78	650m:	7:30.75	35.11	1050m:	12:11.80	35.22	1450m:	16:52.82	35.01
	300m:	3:24.99	34.86	700m:	8:05.75	35.00	1100m:	12:46.99	35.19	1500m:	17:27.11	34.29
	350m:	3:59.91	34.92	750m:	8:41.02	35.27	1150m:	13:22.26	35.27			
	400m:	4:35.16	35.25	800m:	9:16.15	35.13	1200m:	13:57.35	35.09			

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Oeiras, 26.7. - 29.7.2012

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Elsa Ericsson	95	Sweden	17:40.39	+0,83	702	
	50m: 31.81 31.81	450m: 5:15.22 35.87	850m: 10:00.64 35.74	1250m: 14:46.13 35.48			
	100m: 1:06.53 34.72	500m: 5:51.17 35.95	900m: 10:36.26 35.62	1300m: 15:22.15 36.02			
	150m: 1:41.53 35.00	550m: 6:27.07 35.90	950m: 11:12.08 35.82	1350m: 15:57.73 35.58			
	200m: 2:16.70 35.17	600m: 7:02.79 35.72	1000m: 11:47.60 35.52	1400m: 16:32.97 35.24			
	250m: 2:52.14 35.44	650m: 7:38.43 35.64	1050m: 12:23.29 35.69	1450m: 17:07.78 34.81			
	300m: 3:27.72 35.58	700m: 8:13.94 35.51	1100m: 12:58.96 35.67	1500m: 17:40.39 32.61			
	350m: 4:03.51 35.79	750m: 8:49.58 35.64	1150m: 13:34.84 35.88				
	400m: 4:39.35 35.84	800m: 9:24.90 35.32	1200m: 14:10.65 35.81				
6.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	17:44.30	+0,72	694	
	50m: 32.49 32.49	450m: 5:13.12 35.21	850m: 9:57.45 35.79	1250m: 14:46.63 36.21			
	100m: 1:06.76 34.27	500m: 5:48.47 35.35	900m: 10:33.54 36.09	1300m: 15:22.87 36.24			
	150m: 1:41.72 34.96	550m: 6:23.87 35.40	950m: 11:09.60 36.06	1350m: 15:59.01 36.14			
	200m: 2:16.79 35.07	600m: 6:59.34 35.47	1000m: 11:45.77 36.17	1400m: 16:34.73 35.72			
	250m: 2:52.09 35.30	650m: 7:34.77 35.43	1050m: 12:21.62 35.85	1450m: 17:10.21 35.48			
	300m: 3:27.30 35.21	700m: 8:10.43 35.66	1100m: 12:57.74 36.12	1500m: 17:44.30 34.09			
	350m: 4:02.47 35.17	750m: 8:46.06 35.63	1150m: 13:34.11 36.37				
	400m: 4:37.91 35.44	800m: 9:21.66 35.60	1200m: 14:10.42 36.31				
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	17:53.17	+0,82	677	
	50m: 32.07 32.07	450m: 5:14.54 35.49	850m: 10:01.92 35.76	1250m: 14:52.49 36.11			
	100m: 1:06.75 34.68	500m: 5:50.59 36.05	900m: 10:38.33 36.41	1300m: 15:29.18 36.69			
	150m: 1:41.76 35.01	550m: 6:26.19 35.60	950m: 11:14.20 35.87	1350m: 16:05.15 35.97			
	200m: 2:17.25 35.49	600m: 7:02.29 36.10	1000m: 11:50.78 36.58	1400m: 16:41.53 36.38			
	250m: 2:52.44 35.19	650m: 7:38.04 35.75	1050m: 12:27.02 36.24	1450m: 17:17.45 35.92			
	300m: 3:27.98 35.54	700m: 8:14.03 35.99	1100m: 13:03.57 36.55	1500m: 17:53.17 35.72			
	350m: 4:03.35 35.37	750m: 8:49.89 35.86	1150m: 13:39.70 36.13				
	400m: 4:39.05 35.70	800m: 9:26.16 36.27	1200m: 14:16.38 36.68				
8.	Barbara Marques Rodrigues	97	Alges	17:55.73	+0,83	672	
	50m: 31.94 31.94	450m: 5:17.96 35.52	850m: 10:06.65 36.07	1250m: 14:56.04 36.27			
	100m: 1:07.20 35.26	500m: 5:54.28 36.32	900m: 10:42.76 36.11	1300m: 15:32.36 36.32			
	150m: 1:43.09 35.89	550m: 6:30.02 35.74	950m: 11:18.79 36.03	1350m: 16:08.78 36.42			
	200m: 2:18.84 35.75	600m: 7:06.06 36.04	1000m: 11:54.84 36.05	1400m: 16:44.61 35.83			
	250m: 2:54.58 35.74	650m: 7:42.27 36.21	1050m: 12:31.21 36.37	1450m: 17:20.91 36.30			
	300m: 3:30.60 36.02	700m: 8:18.43 36.16	1100m: 13:07.45 36.24	1500m: 17:55.73 34.82			
	350m: 4:06.30 35.70	750m: 8:54.42 35.99	1150m: 13:43.70 36.25				
	400m: 4:42.44 36.14	800m: 9:30.58 36.16	1200m: 14:19.77 36.07				
9.	Leonor Mourinho Neves	95	Sporting	17:56.05	+0,81	672	
	50m: 32.09 32.09	450m: 5:15.25 35.89	850m: 10:03.70 36.56	1250m: 14:55.02 36.65			
	100m: 1:06.82 34.73	500m: 5:51.25 36.00	900m: 10:39.78 36.08	1300m: 15:31.35 36.33			
	150m: 1:41.85 35.03	550m: 6:27.32 36.07	950m: 11:16.30 36.52	1350m: 16:08.06 36.71			
	200m: 2:17.00 35.15	600m: 7:03.34 36.02	1000m: 11:52.60 36.30	1400m: 16:44.28 36.22			
	250m: 2:52.29 35.29	650m: 7:39.26 35.92	1050m: 12:29.27 36.67	1450m: 17:20.67 36.39			
	300m: 3:27.82 35.53	700m: 8:14.96 35.70	1100m: 13:05.59 36.32	1500m: 17:56.05 35.38			
	350m: 4:03.56 35.74	750m: 8:51.12 36.16	1150m: 13:42.26 36.67				
	400m: 4:39.36 35.80	800m: 9:27.14 36.02	1200m: 14:18.37 36.11				

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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Ginevra Taddeucci	97	Team N.Tos Empoli	17:57.13		670	
	50m: 31.92 31.92	450m: 5:16.81 36.42	850m: 10:06.23 36.21	1250m: 14:57.48 36.85			
	100m: 1:06.12 34.20	500m: 5:52.73 35.92	900m: 10:42.57 36.34	1300m: 15:34.23 36.75			
	150m: 1:41.29 35.17	550m: 6:28.83 36.10	950m: 11:19.41 36.84	1350m: 16:11.27 37.04			
	200m: 2:16.65 35.36	600m: 7:04.67 35.84	1000m: 11:55.91 36.50	1400m: 16:47.97 36.70			
	250m: 2:52.60 35.95	650m: 7:41.17 36.50	1050m: 12:30.90 34.99	1450m: 17:23.51 35.54			
	300m: 3:28.33 35.73	700m: 8:17.22 36.05	1100m: 13:07.17 36.27	1500m: 17:57.13 33.62			
	350m: 4:04.36 36.03	750m: 8:53.62 36.40	1150m: 13:44.01 36.84				
	400m: 4:40.39 36.03	800m: 9:30.02 36.40	1200m: 14:20.63 36.62				
11.	Julia Matos Lopes	94	Scalabisport	18:06.67	+0,89	652	
	50m: 33.44 33.44	450m: 5:23.18 36.26	850m: 10:12.61 36.33	1250m: 15:05.07 36.70			
	100m: 1:09.09 35.65	500m: 5:59.35 36.17	900m: 10:49.00 36.39	1300m: 15:41.93 36.86			
	150m: 1:45.54 36.45	550m: 6:35.46 36.11	950m: 11:25.36 36.36	1350m: 16:18.35 36.42			
	200m: 2:21.69 36.15	600m: 7:11.63 36.17	1000m: 12:02.04 36.68	1400m: 16:55.06 36.71			
	250m: 2:57.85 36.16	650m: 7:47.86 36.23	1050m: 12:38.68 36.64	1450m: 17:31.44 36.38			
	300m: 3:34.29 36.44	700m: 8:24.02 36.16	1100m: 13:15.09 36.41	1500m: 18:06.67 35.23			
	350m: 4:10.75 36.46	750m: 9:00.16 36.14	1150m: 13:51.71 36.62				
	400m: 4:46.92 36.17	800m: 9:36.28 36.12	1200m: 14:28.37 36.66				
12.	Raquel Paulo Ranito	94	Sporting	18:10.41	+0,74	645	
	50m: 32.32 32.32	450m: 5:22.06 37.02	850m: 10:16.60 37.01	1250m: 15:10.24 36.45			
	100m: 1:07.77 35.45	500m: 5:58.82 36.76	900m: 10:53.22 36.62	1300m: 15:46.34 36.10			
	150m: 1:44.13 36.36	550m: 6:35.30 36.48	950m: 11:30.61 37.39	1350m: 16:22.69 36.35			
	200m: 2:19.85 35.72	600m: 7:12.08 36.78	1000m: 12:07.43 36.82	1400m: 16:58.76 36.07			
	250m: 2:56.12 36.27	650m: 7:49.65 37.57	1050m: 12:44.18 36.75	1450m: 17:35.00 36.24			
	300m: 3:32.24 36.12	700m: 8:26.35 36.70	1100m: 13:20.83 36.65	1500m: 18:10.41 35.41			
	350m: 4:08.67 36.43	750m: 9:03.05 36.70	1150m: 13:57.76 36.93				
	400m: 4:45.04 36.37	800m: 9:39.59 36.54	1200m: 14:33.79 36.03				
13.	Joana Filipa Santos	93	Vitoria de Guimaraes	18:15.65	+0,82	636	
	50m: 31.53 31.53	450m: 5:14.24 36.61	850m: 10:12.03 37.40	1250m: 15:10.44 37.56			
	100m: 1:05.65 34.12	500m: 5:51.11 36.87	900m: 10:49.11 37.08	1300m: 15:48.13 37.69			
	150m: 1:40.90 35.25	550m: 6:28.43 37.32	950m: 11:26.47 37.36	1350m: 16:25.99 37.86			
	200m: 2:15.95 35.05	600m: 7:05.43 37.00	1000m: 12:03.73 37.26	1400m: 17:03.46 37.47			
	250m: 2:51.47 35.52	650m: 7:43.00 37.57	1050m: 12:41.09 37.36	1450m: 17:40.68 37.22			
	300m: 3:26.69 35.22	700m: 8:20.23 37.23	1100m: 13:18.26 37.17	1500m: 18:15.65 34.97			
	350m: 4:02.07 35.38	750m: 8:57.60 37.37	1150m: 13:55.96 37.70				
	400m: 4:37.63 35.56	800m: 9:34.63 37.03	1200m: 14:32.88 36.92				
14.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:19.35	+0,87	630	
	50m: 32.63 32.63	450m: 5:21.17 36.76	850m: 10:16.05 37.26	1250m: 15:14.28 37.51			
	100m: 1:07.57 34.94	500m: 5:57.63 36.46	900m: 10:53.06 37.01	1300m: 15:51.26 36.98			
	150m: 1:43.64 36.07	550m: 6:34.51 36.88	950m: 11:30.34 37.28	1350m: 16:28.59 37.33			
	200m: 2:19.48 35.84	600m: 7:11.41 36.90	1000m: 12:07.32 36.98	1400m: 17:05.73 37.14			
	250m: 2:55.78 36.30	650m: 7:48.36 36.95	1050m: 12:44.88 37.56	1450m: 17:43.10 37.37			
	300m: 3:31.85 36.07	700m: 8:25.09 36.73	1100m: 13:22.17 37.29	1500m: 18:19.35 36.25			
	350m: 4:08.09 36.24	750m: 9:02.18 37.09	1150m: 13:59.68 37.51				
	400m: 4:44.41 36.32	800m: 9:38.79 36.61	1200m: 14:36.77 37.09				

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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Marta Alexandra Saraiva	93	Uniao Piedense	18:21.97	+0,93	625	
	50m: 32.90 32.90	450m: 5:24.47 37.03	850m: 10:19.86 37.43	1250m: 15:17.39 37.19			
	100m: 1:08.02 35.12	500m: 6:00.90 36.43	900m: 10:56.77 36.91	1300m: 15:54.67 37.28			
	150m: 1:44.50 36.48	550m: 6:37.73 36.83	950m: 11:34.30 37.53	1350m: 16:31.96 37.29			
	200m: 2:20.70 36.20	600m: 7:14.52 36.79	1000m: 12:11.44 37.14	1400m: 17:08.93 36.97			
	250m: 2:57.41 36.71	650m: 7:51.63 37.11	1050m: 12:48.83 37.39	1450m: 17:45.82 36.89			
	300m: 3:33.85 36.44	700m: 8:28.27 36.64	1100m: 13:26.03 37.20	1500m: 18:21.97 36.15			
	350m: 4:10.77 36.92	750m: 9:05.47 37.20	1150m: 14:03.28 37.25				
	400m: 4:47.44 36.67	800m: 9:42.43 36.96	1200m: 14:40.20 36.92				
16.	Tatiana Ladeiro Santos	92	Geslours	18:29.18	+0,84	613	
	50m: 32.85 32.85	450m: 5:27.88 37.00	850m: 10:25.72 37.21	1250m: 15:23.29 36.95			
	100m: 1:08.83 35.98	500m: 6:05.08 37.20	900m: 11:03.14 37.42	1300m: 16:00.93 37.64			
	150m: 1:45.38 36.55	550m: 6:42.06 36.98	950m: 11:40.04 36.90	1350m: 16:37.79 36.86			
	200m: 2:22.66 37.28	600m: 7:19.55 37.49	1000m: 12:17.59 37.55	1400m: 17:15.39 37.60			
	250m: 2:59.78 37.12	650m: 7:56.49 36.94	1050m: 12:54.47 36.88	1450m: 17:52.76 37.37			
	300m: 3:36.85 37.07	700m: 8:34.27 37.78	1100m: 13:31.89 37.42	1500m: 18:29.18 36.42			
	350m: 4:13.74 36.89	750m: 9:11.10 36.83	1150m: 14:08.73 36.84				
	400m: 4:50.88 37.14	800m: 9:48.51 37.41	1200m: 14:46.34 37.61				
17.	Beatriz Filipa Matos	97	Nautico de Coimbra	18:32.65	+0,84	607	
	50m: 33.20 33.20	450m: 5:26.49 36.99	850m: 10:24.45 37.42	1250m: 15:27.06 37.67			
	100m: 1:09.07 35.87	500m: 6:03.26 36.77	900m: 11:02.29 37.84	1300m: 16:04.95 37.89			
	150m: 1:45.58 36.51	550m: 6:40.16 36.90	950m: 11:39.83 37.54	1350m: 16:42.74 37.79			
	200m: 2:22.15 36.57	600m: 7:17.37 37.21	1000m: 12:17.60 37.77	1400m: 17:19.88 37.14			
	250m: 2:58.69 36.54	650m: 7:54.55 37.18	1050m: 12:55.42 37.82	1450m: 17:56.88 37.00			
	300m: 3:35.61 36.92	700m: 8:31.84 37.29	1100m: 13:33.36 37.94	1500m: 18:32.65 35.77			
	350m: 4:12.62 37.01	750m: 9:09.33 37.49	1150m: 14:11.16 37.80				
	400m: 4:49.50 36.88	800m: 9:47.03 37.70	1200m: 14:49.39 38.23				
18.	Cecilia Branco Almeida	97	Geslours	18:35.76	+0,87	602	
	50m: 34.53 34.53	450m: 5:32.06 37.40	850m: 10:31.46 38.10	1250m: 15:32.67 38.09			
	100m: 1:11.36 36.83	500m: 6:09.50 37.44	900m: 11:09.47 38.01	1300m: 16:10.60 37.93			
	150m: 1:48.96 37.60	550m: 6:47.19 37.69	950m: 11:46.97 37.50	1350m: 16:48.34 37.74			
	200m: 2:25.98 37.02	600m: 7:24.63 37.44	1000m: 12:24.52 37.55	1400m: 17:25.49 37.15			
	250m: 3:03.17 37.19	650m: 8:01.83 37.20	1050m: 13:01.81 37.29	1450m: 18:01.51 36.02			
	300m: 3:40.10 36.93	700m: 8:39.01 37.18	1100m: 13:39.17 37.36	1500m: 18:35.76 34.25			
	350m: 4:17.38 37.28	750m: 9:16.04 37.03	1150m: 14:16.70 37.53				
	400m: 4:54.66 37.28	800m: 9:53.36 37.32	1200m: 14:54.58 37.88				
19.	Maria Joao Fernandes	97	Vilacondense	18:35.87	+0,84	602	
	50m: 32.87 32.87	450m: 5:29.65 36.82	850m: 10:29.64 37.35	1250m: 15:30.97 37.89			
	100m: 1:09.41 36.54	500m: 6:06.91 37.26	900m: 11:07.54 37.90	1300m: 16:08.57 37.60			
	150m: 1:46.47 37.06	550m: 6:44.56 37.65	950m: 11:45.35 37.81	1350m: 16:46.41 37.84			
	200m: 2:24.09 37.62	600m: 7:22.46 37.90	1000m: 12:23.01 37.66	1400m: 17:24.03 37.62			
	250m: 3:01.14 37.05	650m: 8:00.19 37.73	1050m: 13:00.51 37.50	1450m: 18:00.55 36.52			
	300m: 3:37.61 36.47	700m: 8:37.29 37.10	1100m: 13:37.96 37.45	1500m: 18:35.87 35.32			
	350m: 4:15.21 37.60	750m: 9:14.70 37.41	1150m: 14:15.57 37.61				
	400m: 4:52.83 37.62	800m: 9:52.29 37.59	1200m: 14:53.08 37.51				

Campeonato Nacional de Juvenis
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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Ana Sofia Fernandes	93	Braga	18:37.15	+0,95	600	
	50m: 33.74 33.74	450m: 5:25.87 36.80	850m: 10:27.37 38.07	1250m: 15:31.71 38.52			
	100m: 1:09.52 35.78	500m: 6:02.78 36.91	900m: 11:05.12 37.75	1300m: 16:09.71 38.00			
	150m: 1:47.17 37.65	550m: 6:40.45 37.67	950m: 11:43.06 37.94	1350m: 16:47.36 37.65			
	200m: 2:24.50 37.33	600m: 7:18.38 37.93	1000m: 12:20.82 37.76	1400m: 17:25.01 37.65			
	250m: 3:00.74 36.24	650m: 7:56.87 38.49	1050m: 12:58.92 38.10	1450m: 18:02.41 37.40			
	300m: 3:36.44 35.70	700m: 8:35.47 38.60	1100m: 13:36.64 37.72	1500m: 18:37.15 34.74			
	350m: 4:12.59 36.15	750m: 9:12.26 36.79	1150m: 14:14.99 38.35				
	400m: 4:49.07 36.48	800m: 9:49.30 37.04	1200m: 14:53.19 38.20				
21.	Vera Patricia Fernandes	96	Braga	18:40.25	+0,86	595	
	<i>FTL</i>						
	50m: 33.60 33.60	450m: 5:28.99 37.06	850m: 10:31.09 37.71	1250m: 15:33.74 37.49			
	100m: 1:09.55 35.95	500m: 6:06.58 37.59	900m: 11:09.54 38.45	1300m: 16:11.67 37.93			
	150m: 1:46.20 36.65	550m: 6:43.99 37.41	950m: 11:47.11 37.57	1350m: 16:49.27 37.60			
	200m: 2:22.82 36.62	600m: 7:22.20 38.21	1000m: 12:25.70 38.59	1400m: 17:27.22 37.95			
	250m: 2:59.54 36.72	650m: 7:59.65 37.45	1050m: 13:02.47 36.77	1450m: 18:04.12 36.90			
	300m: 3:36.72 37.18	700m: 8:38.00 38.35	1100m: 13:40.57 38.10	1500m: 18:40.25 36.13			
	350m: 4:14.23 37.51	750m: 9:15.04 37.04	1150m: 14:17.76 37.19				
	400m: 4:51.93 37.70	800m: 9:53.38 38.34	1200m: 14:56.25 38.49				
22.	Helena Paula Carvalho	95	Uniao Piedense	18:43.28	+0,79	590	
	<i>FTL</i>						
	50m: 32.11 32.11	450m: 5:29.47 37.39	850m: 10:30.95 37.62	1250m: 15:36.92 38.62			
	100m: 1:08.27 36.16	500m: 6:07.36 37.89	900m: 11:08.51 37.56	1300m: 16:14.70 37.78			
	150m: 1:45.01 36.74	550m: 6:45.03 37.67	950m: 11:46.76 38.25	1350m: 16:52.78 38.08			
	200m: 2:21.89 36.88	600m: 7:22.85 37.82	1000m: 12:24.84 38.08	1400m: 17:30.89 38.11			
	250m: 2:59.07 37.18	650m: 8:00.34 37.49	1050m: 13:03.13 38.29	1450m: 18:07.93 37.04			
	300m: 3:36.58 37.51	700m: 8:37.94 37.60	1100m: 13:41.34 38.21	1500m: 18:43.28 35.35			
	350m: 4:14.26 37.68	750m: 9:15.62 37.68	1150m: 14:20.00 38.66				
	400m: 4:52.08 37.82	800m: 9:53.33 37.71	1200m: 14:58.30 38.30				
23.	Jessica Goncalves Sequeira	95	Geslours	18:44.60	+0,82	588	
	<i>FTL</i>						
	50m: 33.85 33.85	450m: 5:29.15 37.53	850m: 10:31.36 38.25	1250m: 15:37.21 38.68			
	100m: 1:09.92 36.07	500m: 6:06.60 37.45	900m: 11:09.43 38.07	1300m: 16:15.09 37.88			
	150m: 1:46.41 36.49	550m: 6:44.24 37.64	950m: 11:47.52 38.09	1350m: 16:52.99 37.90			
	200m: 2:23.77 37.36	600m: 7:22.15 37.91	1000m: 12:25.40 37.88	1400m: 17:30.91 37.92			
	250m: 3:00.69 36.92	650m: 8:00.02 37.87	1050m: 13:03.76 38.36	1450m: 18:08.64 37.73			
	300m: 3:37.53 36.84	700m: 8:37.52 37.50	1100m: 13:41.87 38.11	1500m: 18:44.60 35.96			
	350m: 4:14.69 37.16	750m: 9:15.61 38.09	1150m: 14:20.29 38.42				
	400m: 4:51.62 36.93	800m: 9:53.11 37.50	1200m: 14:58.53 38.24				
24.	Ines Sofia Sampaio	94	Academico Viseu	18:54.99	+1,11	572	
	<i>FTL</i>						
	50m: 33.16 33.16	450m: 5:29.69 38.24	850m: 10:37.94 38.67	1250m: 15:47.30 38.60			
	100m: 1:09.13 35.97	500m: 6:07.99 38.30	900m: 11:16.79 38.85	1300m: 16:25.58 38.28			
	150m: 1:45.54 36.41	550m: 6:46.35 38.36	950m: 11:55.52 38.73	1350m: 17:04.09 38.51			
	200m: 2:21.64 36.10	600m: 7:24.91 38.56	1000m: 12:34.31 38.79	1400m: 17:42.00 37.91			
	250m: 2:58.38 36.74	650m: 8:03.31 38.40	1050m: 13:13.33 39.02	1450m: 18:19.40 37.40			
	300m: 3:35.47 37.09	700m: 8:41.77 38.46	1100m: 13:52.14 38.81	1500m: 18:54.99 35.59			
	350m: 4:13.12 37.65	750m: 9:20.60 38.83	1150m: 14:30.12 37.98				
	400m: 4:51.45 38.33	800m: 9:59.27 38.67	1200m: 15:08.70 38.58				

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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	Patricia Daniela Machado <i>FTL</i>	97	Braga	19:15.94	+0,94	542	
	50m: 34.64 34.64	450m: 5:36.77 38.61	850m: 10:44.39 38.36	1250m: 16:00.43 38.84			
	100m: 1:11.40 36.76	500m: 6:16.01 39.24	900m: 11:23.64 39.25	1300m: 16:40.69 40.26			
	150m: 1:49.12 37.72	550m: 6:54.12 38.11	950m: 12:02.31 38.67	1350m: 17:19.88 39.19			
	200m: 2:27.04 37.92	600m: 7:32.42 38.30	1000m: 12:42.72 40.41	1400m: 17:59.25 39.37			
	250m: 3:04.40 37.36	650m: 8:10.55 38.13	1050m: 13:22.16 39.44	1450m: 18:37.87 38.62			
	300m: 3:41.88 37.48	700m: 8:49.07 38.52	1100m: 14:01.74 39.58	1500m: 19:15.94 38.07			
	350m: 4:19.91 38.03	750m: 9:27.43 38.36	1150m: 14:41.61 39.87				
	400m: 4:58.16 38.25	800m: 10:06.03 38.60	1200m: 15:21.59 39.98				

Prova 45
29-07-2012 - 16:00

Femin., 1500m Livres

Absolutos
Resultados

Rec Nac Absoluto	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011
Rec Nac Juv	17:34.28	Maria Miguel Veloso	CNAC	Coimbra	08-07-2007
Rec Nac Jun	17:02.46	Floribela Cavaco Machado	ASSSCC	Coimbra	07-04-2012
Rec Nac Sen	17:00.95	Angelica Maria Andre	LSC	Coimbra	29-05-2011

TAC JUN2 Fem 16: 18:40.00 / TAC JUN1 Fem 15: 19:00.00 / TAC JUV Fem Juv: 18:40.00

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	16:48.11	+0,83	817	
	50m: 31.27 31.27	450m: 5:01.35 33.95	850m: 9:31.66 33.70	1250m: 14:02.01 34.06			
	100m: 1:04.42 33.15	500m: 5:35.07 33.72	900m: 10:05.33 33.67	1300m: 14:35.80 33.79			
	150m: 1:38.14 33.72	550m: 6:08.93 33.86	950m: 10:39.23 33.90	1350m: 15:09.35 33.55			
	200m: 2:11.99 33.85	600m: 6:42.82 33.89	1000m: 11:13.08 33.85	1400m: 15:42.88 33.53			
	250m: 2:45.97 33.98	650m: 7:16.73 33.91	1050m: 11:46.79 33.71	1450m: 16:15.66 32.78			
	300m: 3:19.78 33.81	700m: 7:50.52 33.79	1100m: 12:20.48 33.69	1500m: 16:48.11 32.45			
	350m: 3:53.67 33.89	750m: 8:24.30 33.78	1150m: 12:54.09 33.61				
	400m: 4:27.40 33.73	800m: 8:57.96 33.66	1200m: 13:27.95 33.86				
2.	Floribela Cavaco Machado	96	SCC/Oryzon Energias	17:17.22	+0,78	750	
	50m: 31.75 31.75	450m: 5:07.80 34.76	850m: 9:47.56 35.44	1250m: 14:25.74 34.78			
	100m: 1:05.68 33.93	500m: 5:42.79 34.99	900m: 10:22.21 34.65	1300m: 15:00.56 34.82			
	150m: 1:40.15 34.47	550m: 6:17.59 34.80	950m: 10:57.75 35.54	1350m: 15:35.41 34.85			
	200m: 2:14.71 34.56	600m: 6:52.25 34.66	1000m: 11:32.38 34.63	1400m: 16:09.94 34.53			
	250m: 2:49.22 34.51	650m: 7:27.41 35.16	1050m: 12:06.77 34.39	1450m: 16:44.35 34.41			
	300m: 3:23.79 34.57	700m: 8:02.72 35.31	1100m: 12:41.54 34.77	1500m: 17:17.22 32.87			
	350m: 3:58.42 34.63	750m: 8:37.29 34.57	1150m: 13:16.44 34.90				
	400m: 4:33.04 34.62	800m: 9:12.12 34.83	1200m: 13:50.96 34.52				
3.	Vania Soares Neves	90	Viana Natacao	17:23.79	+0,80	736	
	50m: 31.68 31.68	450m: 5:11.01 35.04	850m: 9:50.92 34.91	1250m: 14:30.16 35.26			
	100m: 1:05.80 34.12	500m: 5:46.07 35.06	900m: 10:25.59 34.67	1300m: 15:05.13 34.97			
	150m: 1:40.76 34.96	550m: 6:20.97 34.90	950m: 11:00.37 34.78	1350m: 15:40.22 35.09			
	200m: 2:15.73 34.97	600m: 6:56.10 35.13	1000m: 11:35.32 34.95	1400m: 16:15.12 34.90			
	250m: 2:50.85 35.12	650m: 7:31.00 34.90	1050m: 12:10.32 35.00	1450m: 16:49.79 34.67			
	300m: 3:26.08 35.23	700m: 8:06.03 35.03	1100m: 12:45.21 34.89	1500m: 17:23.79 34.00			
	350m: 4:00.94 34.86	750m: 8:41.01 34.98	1150m: 13:20.09 34.88				
	400m: 4:35.97 35.03	800m: 9:16.01 35.00	1200m: 13:54.90 34.81				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	17:27.11	+0,78	729	
	50m: 31.56 31.56	450m: 5:10.27 35.11	850m: 9:51.32 35.17	1250m: 14:32.57 35.22			
	100m: 1:05.77 34.21	500m: 5:45.34 35.07	900m: 10:26.33 35.01	1300m: 15:07.73 35.16			
	150m: 1:40.35 34.58	550m: 6:20.30 34.96	950m: 11:01.41 35.08	1350m: 15:42.80 35.07			
	200m: 2:15.35 35.00	600m: 6:55.64 35.34	1000m: 11:36.58 35.17	1400m: 16:17.81 35.01			
	250m: 2:50.13 34.78	650m: 7:30.75 35.11	1050m: 12:11.80 35.22	1450m: 16:52.82 35.01			
	300m: 3:24.99 34.86	700m: 8:05.75 35.00	1100m: 12:46.99 35.19	1500m: 17:27.11 34.29			
	350m: 3:59.91 34.92	750m: 8:41.02 35.27	1150m: 13:22.26 35.27				
	400m: 4:35.16 35.25	800m: 9:16.15 35.13	1200m: 13:57.35 35.09				
5.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	17:44.30	+0,72	694	
	50m: 32.49 32.49	450m: 5:13.12 35.21	850m: 9:57.45 35.79	1250m: 14:46.63 36.21			
	100m: 1:06.76 34.27	500m: 5:48.47 35.35	900m: 10:33.54 36.09	1300m: 15:22.87 36.24			
	150m: 1:41.72 34.96	550m: 6:23.87 35.40	950m: 11:09.60 36.06	1350m: 15:59.01 36.14			
	200m: 2:16.79 35.07	600m: 6:59.34 35.47	1000m: 11:45.77 36.17	1400m: 16:34.73 35.72			
	250m: 2:52.09 35.30	650m: 7:34.77 35.43	1050m: 12:21.62 35.85	1450m: 17:10.21 35.48			
	300m: 3:27.30 35.21	700m: 8:10.43 35.66	1100m: 12:57.74 36.12	1500m: 17:44.30 34.09			
	350m: 4:02.47 35.17	750m: 8:46.06 35.63	1150m: 13:34.11 36.37				
	400m: 4:37.91 35.44	800m: 9:21.66 35.60	1200m: 14:10.42 36.31				
6.	Ana Monica Eloi	96	Nautico da Marinha Grande	17:53.17	+0,82	677	
	50m: 32.07 32.07	450m: 5:14.54 35.49	850m: 10:01.92 35.76	1250m: 14:52.49 36.11			
	100m: 1:06.75 34.68	500m: 5:50.59 36.05	900m: 10:38.33 36.41	1300m: 15:29.18 36.69			
	150m: 1:41.76 35.01	550m: 6:26.19 35.60	950m: 11:14.20 35.87	1350m: 16:05.15 35.97			
	200m: 2:17.25 35.49	600m: 7:02.29 36.10	1000m: 11:50.78 36.58	1400m: 16:41.53 36.38			
	250m: 2:52.44 35.19	650m: 7:38.04 35.75	1050m: 12:27.02 36.24	1450m: 17:17.45 35.92			
	300m: 3:27.98 35.54	700m: 8:14.03 35.99	1100m: 13:03.57 36.55	1500m: 17:53.17 35.72			
	350m: 4:03.35 35.37	750m: 8:49.89 35.86	1150m: 13:39.70 36.13				
	400m: 4:39.05 35.70	800m: 9:26.16 36.27	1200m: 14:16.38 36.68				
7.	Barbara Marques Rodrigues	97	Alges	17:55.73	+0,83	672	
	50m: 31.94 31.94	450m: 5:17.96 35.52	850m: 10:06.65 36.07	1250m: 14:56.04 36.27			
	100m: 1:07.20 35.26	500m: 5:54.28 36.32	900m: 10:42.76 36.11	1300m: 15:32.36 36.32			
	150m: 1:43.09 35.89	550m: 6:30.02 35.74	950m: 11:18.79 36.03	1350m: 16:08.78 36.42			
	200m: 2:18.84 35.75	600m: 7:06.06 36.04	1000m: 11:54.84 36.05	1400m: 16:44.61 35.83			
	250m: 2:54.58 35.74	650m: 7:42.27 36.21	1050m: 12:31.21 36.37	1450m: 17:20.91 36.30			
	300m: 3:30.60 36.02	700m: 8:18.43 36.16	1100m: 13:07.45 36.24	1500m: 17:55.73 34.82			
	350m: 4:06.30 35.70	750m: 8:54.42 35.99	1150m: 13:43.70 36.25				
	400m: 4:42.44 36.14	800m: 9:30.58 36.16	1200m: 14:19.77 36.07				
8.	Leonor Mourinho Neves	95	Sporting	17:56.05	+0,81	672	
	50m: 32.09 32.09	450m: 5:15.25 35.89	850m: 10:03.70 36.56	1250m: 14:55.02 36.65			
	100m: 1:06.82 34.73	500m: 5:51.25 36.00	900m: 10:39.78 36.08	1300m: 15:31.35 36.33			
	150m: 1:41.85 35.03	550m: 6:27.32 36.07	950m: 11:16.30 36.52	1350m: 16:08.06 36.71			
	200m: 2:17.00 35.15	600m: 7:03.34 36.02	1000m: 11:52.60 36.30	1400m: 16:44.28 36.22			
	250m: 2:52.29 35.29	650m: 7:39.26 35.92	1050m: 12:29.27 36.67	1450m: 17:20.67 36.39			
	300m: 3:27.82 35.53	700m: 8:14.96 35.70	1100m: 13:05.59 36.32	1500m: 17:56.05 35.38			
	350m: 4:03.56 35.74	750m: 8:51.12 36.16	1150m: 13:42.26 36.67				
	400m: 4:39.36 35.80	800m: 9:27.14 36.02	1200m: 14:18.37 36.11				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Julia Matos Lopes	94	Scalabisport	18:06.67	+0,89	652	
	50m: 33.44	450m: 5:23.18	36.26	850m: 10:12.61	36.33	1250m: 15:05.07	36.70
	100m: 1:09.09	500m: 5:59.35	36.17	900m: 10:49.00	36.39	1300m: 15:41.93	36.86
	150m: 1:45.54	550m: 6:35.46	36.11	950m: 11:25.36	36.36	1350m: 16:18.35	36.42
	200m: 2:21.69	600m: 7:11.63	36.17	1000m: 12:02.04	36.68	1400m: 16:55.06	36.71
	250m: 2:57.85	650m: 7:47.86	36.23	1050m: 12:38.68	36.64	1450m: 17:31.44	36.38
	300m: 3:34.29	700m: 8:24.02	36.16	1100m: 13:15.09	36.41	1500m: 18:06.67	35.23
	350m: 4:10.75	750m: 9:00.16	36.14	1150m: 13:51.71	36.62		
	400m: 4:46.92	800m: 9:36.28	36.12	1200m: 14:28.37	36.66		
10.	Raquel Paulo Ranito	94	Sporting	18:10.41	+0,74	645	
	50m: 32.32	450m: 5:22.06	37.02	850m: 10:16.60	37.01	1250m: 15:10.24	36.45
	100m: 1:07.77	500m: 5:58.82	36.76	900m: 10:53.22	36.62	1300m: 15:46.34	36.10
	150m: 1:44.13	550m: 6:35.30	36.48	950m: 11:30.61	37.39	1350m: 16:22.69	36.35
	200m: 2:19.85	600m: 7:12.08	36.78	1000m: 12:07.43	36.82	1400m: 16:58.76	36.07
	250m: 2:56.12	650m: 7:49.65	37.57	1050m: 12:44.18	36.75	1450m: 17:35.00	36.24
	300m: 3:32.24	700m: 8:26.35	36.70	1100m: 13:20.83	36.65	1500m: 18:10.41	35.41
	350m: 4:08.67	750m: 9:03.05	36.70	1150m: 13:57.76	36.93		
	400m: 4:45.04	800m: 9:39.59	36.54	1200m: 14:33.79	36.03		
11.	Joana Filipa Santos	93	Vitoria de Guimaraes	18:15.65	+0,82	636	
	50m: 31.53	450m: 5:14.24	36.61	850m: 10:12.03	37.40	1250m: 15:10.44	37.56
	100m: 1:05.65	500m: 5:51.11	36.87	900m: 10:49.11	37.08	1300m: 15:48.13	37.69
	150m: 1:40.90	550m: 6:28.43	37.32	950m: 11:26.47	37.36	1350m: 16:25.99	37.86
	200m: 2:15.95	600m: 7:05.43	37.00	1000m: 12:03.73	37.26	1400m: 17:03.46	37.47
	250m: 2:51.47	650m: 7:43.00	37.57	1050m: 12:41.09	37.36	1450m: 17:40.68	37.22
	300m: 3:26.69	700m: 8:20.23	37.23	1100m: 13:18.26	37.17	1500m: 18:15.65	34.97
	350m: 4:02.07	750m: 8:57.60	37.37	1150m: 13:55.96	37.70		
	400m: 4:37.63	800m: 9:34.63	37.03	1200m: 14:32.88	36.92		
12.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:19.35	+0,87	630	
	50m: 32.63	450m: 5:21.17	36.76	850m: 10:16.05	37.26	1250m: 15:14.28	37.51
	100m: 1:07.57	500m: 5:57.63	36.46	900m: 10:53.06	37.01	1300m: 15:51.26	36.98
	150m: 1:43.64	550m: 6:34.51	36.88	950m: 11:30.34	37.28	1350m: 16:28.59	37.33
	200m: 2:19.48	600m: 7:11.41	36.90	1000m: 12:07.32	36.98	1400m: 17:05.73	37.14
	250m: 2:55.78	650m: 7:48.36	36.95	1050m: 12:44.88	37.56	1450m: 17:43.10	37.37
	300m: 3:31.85	700m: 8:25.09	36.73	1100m: 13:22.17	37.29	1500m: 18:19.35	36.25
	350m: 4:08.09	750m: 9:02.18	37.09	1150m: 13:59.68	37.51		
	400m: 4:44.41	800m: 9:38.79	36.61	1200m: 14:36.77	37.09		
13.	Marta Alexandra Saraiva	93	Uniao Piedense	18:21.97	+0,93	625	
	50m: 32.90	450m: 5:24.47	37.03	850m: 10:19.86	37.43	1250m: 15:17.39	37.19
	100m: 1:08.02	500m: 6:00.90	36.43	900m: 10:56.77	36.91	1300m: 15:54.67	37.28
	150m: 1:44.50	550m: 6:37.73	36.83	950m: 11:34.30	37.53	1350m: 16:31.96	37.29
	200m: 2:20.70	600m: 7:14.52	36.79	1000m: 12:11.44	37.14	1400m: 17:08.93	36.97
	250m: 2:57.41	650m: 7:51.63	37.11	1050m: 12:48.83	37.39	1450m: 17:45.82	36.89
	300m: 3:33.85	700m: 8:28.27	36.64	1100m: 13:26.03	37.20	1500m: 18:21.97	36.15
	350m: 4:10.77	750m: 9:05.47	37.20	1150m: 14:03.28	37.25		
	400m: 4:47.44	800m: 9:42.43	36.96	1200m: 14:40.20	36.92		

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Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Tatiana Ladeiro Santos	92	Geslours	18:29.18	+0,84	613	
	50m: 32.85 32.85	450m: 5:27.88 37.00	850m: 10:25.72 37.21	1250m: 15:23.29 36.95			
	100m: 1:08.83 35.98	500m: 6:05.08 37.20	900m: 11:03.14 37.42	1300m: 16:00.93 37.64			
	150m: 1:45.38 36.55	550m: 6:42.06 36.98	950m: 11:40.04 36.90	1350m: 16:37.79 36.86			
	200m: 2:22.66 37.28	600m: 7:19.55 37.49	1000m: 12:17.59 37.55	1400m: 17:15.39 37.60			
	250m: 2:59.78 37.12	650m: 7:56.49 36.94	1050m: 12:54.47 36.88	1450m: 17:52.76 37.37			
	300m: 3:36.85 37.07	700m: 8:34.27 37.78	1100m: 13:31.89 37.42	1500m: 18:29.18 36.42			
	350m: 4:13.74 36.89	750m: 9:11.10 36.83	1150m: 14:08.73 36.84				
	400m: 4:50.88 37.14	800m: 9:48.51 37.41	1200m: 14:46.34 37.61				
15.	Beatriz Filipa Matos	97	Nautico de Coimbra	18:32.65	+0,84	607	
	50m: 33.20 33.20	450m: 5:26.49 36.99	850m: 10:24.45 37.42	1250m: 15:27.06 37.67			
	100m: 1:09.07 35.87	500m: 6:03.26 36.77	900m: 11:02.29 37.84	1300m: 16:04.95 37.89			
	150m: 1:45.58 36.51	550m: 6:40.16 36.90	950m: 11:39.83 37.54	1350m: 16:42.74 37.79			
	200m: 2:22.15 36.57	600m: 7:17.37 37.21	1000m: 12:17.60 37.77	1400m: 17:19.88 37.14			
	250m: 2:58.69 36.54	650m: 7:54.55 37.18	1050m: 12:55.42 37.82	1450m: 17:56.88 37.00			
	300m: 3:35.61 36.92	700m: 8:31.84 37.29	1100m: 13:33.36 37.94	1500m: 18:32.65 35.77			
	350m: 4:12.62 37.01	750m: 9:09.33 37.49	1150m: 14:11.16 37.80				
	400m: 4:49.50 36.88	800m: 9:47.03 37.70	1200m: 14:49.39 38.23				
16.	Cecilia Branco Almeida	97	Geslours	18:35.76	+0,87	602	
	50m: 34.53 34.53	450m: 5:32.06 37.40	850m: 10:31.46 38.10	1250m: 15:32.67 38.09			
	100m: 1:11.36 36.83	500m: 6:09.50 37.44	900m: 11:09.47 38.01	1300m: 16:10.60 37.93			
	150m: 1:48.96 37.60	550m: 6:47.19 37.69	950m: 11:46.97 37.50	1350m: 16:48.34 37.74			
	200m: 2:25.98 37.02	600m: 7:24.63 37.44	1000m: 12:24.52 37.55	1400m: 17:25.49 37.15			
	250m: 3:03.17 37.19	650m: 8:01.83 37.20	1050m: 13:01.81 37.29	1450m: 18:01.51 36.02			
	300m: 3:40.10 36.93	700m: 8:39.01 37.18	1100m: 13:39.17 37.36	1500m: 18:35.76 34.25			
	350m: 4:17.38 37.28	750m: 9:16.04 37.03	1150m: 14:16.70 37.53				
	400m: 4:54.66 37.28	800m: 9:53.36 37.32	1200m: 14:54.58 37.88				
17.	Maria Joao Fernandes	97	Vilacondense	18:35.87	+0,84	602	
	50m: 32.87 32.87	450m: 5:29.65 36.82	850m: 10:29.64 37.35	1250m: 15:30.97 37.89			
	100m: 1:09.41 36.54	500m: 6:06.91 37.26	900m: 11:07.54 37.90	1300m: 16:08.57 37.60			
	150m: 1:46.47 37.06	550m: 6:44.56 37.65	950m: 11:45.35 37.81	1350m: 16:46.41 37.84			
	200m: 2:24.09 37.62	600m: 7:22.46 37.90	1000m: 12:23.01 37.66	1400m: 17:24.03 37.62			
	250m: 3:01.14 37.05	650m: 8:00.19 37.73	1050m: 13:00.51 37.50	1450m: 18:00.55 36.52			
	300m: 3:37.61 36.47	700m: 8:37.29 37.10	1100m: 13:37.96 37.45	1500m: 18:35.87 35.32			
	350m: 4:15.21 37.60	750m: 9:14.70 37.41	1150m: 14:15.57 37.61				
	400m: 4:52.83 37.62	800m: 9:52.29 37.59	1200m: 14:53.08 37.51				
18.	Ana Sofia Fernandes	93	Braga	18:37.15	+0,95	600	
	50m: 33.74 33.74	450m: 5:25.87 36.80	850m: 10:27.37 38.07	1250m: 15:31.71 38.52			
	100m: 1:09.52 35.78	500m: 6:02.78 36.91	900m: 11:05.12 37.75	1300m: 16:09.71 38.00			
	150m: 1:47.17 37.65	550m: 6:40.45 37.67	950m: 11:43.06 37.94	1350m: 16:47.36 37.65			
	200m: 2:24.50 37.33	600m: 7:18.38 37.93	1000m: 12:20.82 37.76	1400m: 17:25.01 37.65			
	250m: 3:00.74 36.24	650m: 7:56.87 38.49	1050m: 12:58.92 38.10	1450m: 18:02.41 37.40			
	300m: 3:36.44 35.70	700m: 8:35.47 38.60	1100m: 13:36.64 37.72	1500m: 18:37.15 34.74			
	350m: 4:12.59 36.15	750m: 9:12.26 36.79	1150m: 14:14.99 38.35				
	400m: 4:49.07 36.48	800m: 9:49.30 37.04	1200m: 14:53.19 38.20				

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

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Vera Patricia Fernandes <i>FTL</i>	96	Braga	18:40.25	+0,86	595	
	50m: 33.60 33.60	450m: 5:28.99 37.06	850m: 10:31.09 37.71	1250m: 15:33.74 37.49			
	100m: 1:09.55 35.95	500m: 6:06.58 37.59	900m: 11:09.54 38.45	1300m: 16:11.67 37.93			
	150m: 1:46.20 36.65	550m: 6:43.99 37.41	950m: 11:47.11 37.57	1350m: 16:49.27 37.60			
	200m: 2:22.82 36.62	600m: 7:22.20 38.21	1000m: 12:25.70 38.59	1400m: 17:27.22 37.95			
	250m: 2:59.54 36.72	650m: 7:59.65 37.45	1050m: 13:02.47 36.77	1450m: 18:04.12 36.90			
	300m: 3:36.72 37.18	700m: 8:38.00 38.35	1100m: 13:40.57 38.10	1500m: 18:40.25 36.13			
	350m: 4:14.23 37.51	750m: 9:15.04 37.04	1150m: 14:17.76 37.19				
	400m: 4:51.93 37.70	800m: 9:53.38 38.34	1200m: 14:56.25 38.49				
20.	Helena Paula Carvalho <i>FTL</i>	95	Uniao Piedense	18:43.28	+0,79	590	
	50m: 32.11 32.11	450m: 5:29.47 37.39	850m: 10:30.95 37.62	1250m: 15:36.92 38.62			
	100m: 1:08.27 36.16	500m: 6:07.36 37.89	900m: 11:08.51 37.56	1300m: 16:14.70 37.78			
	150m: 1:45.01 36.74	550m: 6:45.03 37.67	950m: 11:46.76 38.25	1350m: 16:52.78 38.08			
	200m: 2:21.89 36.88	600m: 7:22.85 37.82	1000m: 12:24.84 38.08	1400m: 17:30.89 38.11			
	250m: 2:59.07 37.18	650m: 8:00.34 37.49	1050m: 13:03.13 38.29	1450m: 18:07.93 37.04			
	300m: 3:36.58 37.51	700m: 8:37.94 37.60	1100m: 13:41.34 38.21	1500m: 18:43.28 35.35			
	350m: 4:14.26 37.68	750m: 9:15.62 37.68	1150m: 14:20.00 38.66				
	400m: 4:52.08 37.82	800m: 9:53.33 37.71	1200m: 14:58.30 38.30				
21.	Jessica Goncalves Sequeira <i>FTL</i>	95	Geslours	18:44.60	+0,82	588	
	50m: 33.85 33.85	450m: 5:29.15 37.53	850m: 10:31.36 38.25	1250m: 15:37.21 38.68			
	100m: 1:09.92 36.07	500m: 6:06.60 37.45	900m: 11:09.43 38.07	1300m: 16:15.09 37.88			
	150m: 1:46.41 36.49	550m: 6:44.24 37.64	950m: 11:47.52 38.09	1350m: 16:52.99 37.90			
	200m: 2:23.77 37.36	600m: 7:22.15 37.91	1000m: 12:25.40 37.88	1400m: 17:30.91 37.92			
	250m: 3:00.69 36.92	650m: 8:00.02 37.87	1050m: 13:03.76 38.36	1450m: 18:08.64 37.73			
	300m: 3:37.53 36.84	700m: 8:37.52 37.50	1100m: 13:41.87 38.11	1500m: 18:44.60 35.96			
	350m: 4:14.69 37.16	750m: 9:15.61 38.09	1150m: 14:20.29 38.42				
	400m: 4:51.62 36.93	800m: 9:53.11 37.50	1200m: 14:58.53 38.24				
22.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	18:54.99	+1,11	572	
	50m: 33.16 33.16	450m: 5:29.69 38.24	850m: 10:37.94 38.67	1250m: 15:47.30 38.60			
	100m: 1:09.13 35.97	500m: 6:07.99 38.30	900m: 11:16.79 38.85	1300m: 16:25.58 38.28			
	150m: 1:45.54 36.41	550m: 6:46.35 38.36	950m: 11:55.52 38.73	1350m: 17:04.09 38.51			
	200m: 2:21.64 36.10	600m: 7:24.91 38.56	1000m: 12:34.31 38.79	1400m: 17:42.00 37.91			
	250m: 2:58.38 36.74	650m: 8:03.31 38.40	1050m: 13:13.33 39.02	1450m: 18:19.40 37.40			
	300m: 3:35.47 37.09	700m: 8:41.77 38.46	1100m: 13:52.14 38.81	1500m: 18:54.99 35.59			
	350m: 4:13.12 37.65	750m: 9:20.60 38.83	1150m: 14:30.12 37.98				
	400m: 4:51.45 38.33	800m: 9:59.27 38.67	1200m: 15:08.70 38.58				
23.	Patricia Daniela Machado <i>FTL</i>	97	Braga	19:15.94	+0,94	542	
	50m: 34.64 34.64	450m: 5:36.77 38.61	850m: 10:44.39 38.36	1250m: 16:00.43 38.84			
	100m: 1:11.40 36.76	500m: 6:16.01 39.24	900m: 11:23.64 39.25	1300m: 16:40.69 40.26			
	150m: 1:49.12 37.72	550m: 6:54.12 38.11	950m: 12:02.31 38.67	1350m: 17:19.88 39.19			
	200m: 2:27.04 37.92	600m: 7:32.42 38.30	1000m: 12:42.72 40.41	1400m: 17:59.25 39.37			
	250m: 3:04.40 37.36	650m: 8:10.55 38.13	1050m: 13:22.16 39.44	1450m: 18:37.87 38.62			
	300m: 3:41.88 37.48	700m: 8:49.07 38.52	1100m: 14:01.74 39.58	1500m: 19:15.94 38.07			
	350m: 4:19.91 38.03	750m: 9:27.43 38.36	1150m: 14:41.61 39.87				
	400m: 4:58.16 38.25	800m: 10:06.03 38.60	1200m: 15:21.59 39.98				