

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 2
14-04-2012

Femin., 5000m Livres

Absoluto
Resultados

Rec Camp Nac Longa Distancia Absoluto	59:34.14	Florbela Cavaco Machado	ASSSCC	Coimbra	03-03-2012
Rec Camp Nac Longa Distancia Jun	59:34.14	Florbela Cavaco Machado	ASSSCC	Coimbra	03-03-2012
Rec Camp Nac Longa Distancia Sen	59:58.91	Daniela Guerra Inacio	CFB	Rio Maior	09-02-2008

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Absoluto

1.	Florbela Cavaco Machado	96	SCC/Orizon Energias	59:30.20		681	
<i>Recorde dos Campeonatos, Junior e Absoluto</i>							
100m:	1:06.44	1:06.44	1400m:	16:20.74	1:11.21	2700m:	31:46.54
200m:	2:15.39	1:08.95	1500m:	17:31.64	1:10.90	2800m:	32:58.26
300m:	3:24.97	1:09.58	1600m:	18:42.82	1:11.18	2900m:	34:10.47
400m:	4:34.54	1:09.57	1700m:	19:53.93	1:11.11	3000m:	35:21.98
500m:	5:44.98	1:10.44	1800m:	21:04.13	1:10.20	3100m:	36:33.46
600m:	6:54.67	1:09.69	1900m:	22:15.07	1:10.94	3200m:	37:44.69
700m:	8:04.96	1:10.29	2000m:	23:27.12	1:12.05	3300m:	38:56.15
800m:	9:15.27	1:10.31	2100m:	24:38.94	1:11.82	3400m:	40:08.34
900m:	10:25.92	1:10.65	2200m:	25:50.16	1:11.22	3500m:	41:19.99
1000m:	11:36.60	1:10.68	2300m:	27:01.07	1:10.91	3600m:	42:32.05
1100m:	12:47.42	1:10.82	2400m:	28:12.06	1:10.99	3700m:	43:43.95
1200m:	13:57.92	1:10.50	2500m:	29:23.10	1:11.04	3800m:	44:56.67
1300m:	15:09.53	1:11.61	2600m:	30:34.72	1:11.62	3900m:	46:09.28
2.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	1:01:21.22		621	
100m:	1:10.79	1:10.79	1400m:	16:43.85	1:13.21	2700m:	32:43.53
200m:	2:22.56	1:11.77	1500m:	17:57.35	1:13.50	2800m:	33:56.69
300m:	3:34.13	1:11.57	1600m:	19:10.92	1:13.57	2900m:	35:10.63
400m:	4:45.30	1:11.17	1700m:	20:24.13	1:13.21	3000m:	36:24.23
500m:	5:56.17	1:10.87	1800m:	21:37.49	1:13.36	3100m:	37:38.04
600m:	7:07.20	1:11.03	1900m:	22:51.34	1:13.85	3200m:	38:52.11
700m:	8:18.30	1:11.10	2000m:	24:05.58	1:14.24	3300m:	40:05.89
800m:	9:29.12	1:10.82	2100m:	25:19.17	1:13.59	3400m:	41:20.01
900m:	10:40.82	1:11.70	2200m:	26:33.00	1:13.83	3500m:	42:32.20
1000m:	11:52.82	1:12.00	2300m:	27:47.06	1:14.06	3600m:	43:46.48
1100m:	13:05.18	1:12.36	2400m:	29:01.47	1:14.41	3700m:	45:02.26
1200m:	14:17.64	1:12.46	2500m:	30:15.91	1:14.44	3800m:	46:18.16
1300m:	15:30.64	1:13.00	2600m:	31:29.63	1:13.72	3900m:	47:33.98
3.	Leonor Mourinho Neves	95	Sporting	1:02:13.81		595	
100m:	1:11.93	1:11.93	1400m:	17:09.55	1:14.34	2700m:	33:16.23
200m:	2:25.79	1:13.86	1500m:	18:24.44	1:14.89	2800m:	34:29.72
300m:	3:39.54	1:13.75	1600m:	19:38.18	1:13.74	2900m:	35:44.65
400m:	4:53.02	1:13.48	1700m:	20:52.67	1:14.49	3000m:	36:59.38
500m:	6:06.31	1:13.29	1800m:	22:06.46	1:13.79	3100m:	38:14.52
600m:	7:19.64	1:13.33	1900m:	23:20.11	1:13.65	3200m:	39:30.27
700m:	8:32.99	1:13.35	2000m:	24:34.14	1:14.03	3300m:	40:45.57
800m:	9:46.57	1:13.58	2100m:	25:48.66	1:14.52	3400m:	42:01.23
900m:	11:00.23	1:13.66	2200m:	27:02.96	1:14.30	3500m:	43:16.71
1000m:	12:14.32	1:14.09	2300m:	28:17.63	1:14.67	3600m:	44:32.06
1100m:	13:27.79	1:13.47	2400m:	29:33.17	1:15.54	3700m:	45:47.15
1200m:	14:41.38	1:13.59	2500m:	30:48.10	1:14.93	3800m:	47:03.08
1300m:	15:55.21	1:13.83	2600m:	32:02.40	1:14.30	3900m:	48:18.69

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 2, Femin., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Raquel Paulo Ranito	94	Sporting	1:02:26.58		589	
	100m: 1:12.76 1:12.76	1400m: 17:15.02 1:14.60	2700m: 33:25.39 1:15.17	4000m: 49:52.94 1:16.75			
	200m: 2:26.97 1:14.21	1500m: 18:29.73 1:14.71	2800m: 34:40.97 1:15.58	4100m: 51:08.91 1:15.97			
	300m: 3:41.32 1:14.35	1600m: 19:43.85 1:14.12	2900m: 35:56.38 1:15.41	4200m: 52:25.13 1:16.22			
	400m: 4:55.24 1:13.92	1700m: 20:57.40 1:13.55	3000m: 37:12.25 1:15.87	4300m: 53:39.77 1:14.64			
	500m: 6:08.83 1:13.59	1800m: 22:11.57 1:14.17	3100m: 38:27.92 1:15.67	4400m: 54:55.29 1:15.52			
	600m: 7:22.72 1:13.89	1900m: 23:26.29 1:14.72	3200m: 39:43.26 1:15.34	4500m: 56:10.89 1:15.60			
	700m: 8:36.45 1:13.73	2000m: 24:40.97 1:14.68	3300m: 40:58.90 1:15.64	4600m: 57:26.69 1:15.80			
	800m: 9:50.81 1:14.36	2100m: 25:55.59 1:14.62	3400m: 42:14.77 1:15.87	4700m: 58:42.01 1:15.32			
	900m: 11:04.27 1:13.46	2200m: 27:11.12 1:15.53	3500m: 43:30.95 1:16.18	4800m: 59:57.69 1:15.68			
	1000m: 12:18.09 1:13.82	2300m: 28:26.11 1:14.99	3600m: 44:47.17 1:16.22	4900m: 1:01:12.72 1:15.03			
	1100m: 13:32.28 1:14.19	2400m: 29:40.97 1:14.86	3700m: 46:03.47 1:16.30	5000m: 1:02:26.58 1:13.86			
	1200m: 14:46.15 1:13.87	2500m: 30:56.23 1:15.26	3800m: 47:19.63 1:16.16				
	1300m: 16:00.42 1:14.27	2600m: 32:10.22 1:13.99	3900m: 48:36.19 1:16.56				
5.	Julia Matos Lopes	94	Scalabisport	1:03:11.34		569	
	100m: 1:12.47 1:12.47	1400m: 17:18.42 1:15.78	2700m: 33:48.81 1:15.56	4000m: 50:29.11 1:17.30			
	200m: 2:26.53 1:14.06	1500m: 18:34.33 1:15.91	2800m: 35:04.94 1:16.13	4100m: 51:45.93 1:16.82			
	300m: 3:40.52 1:13.99	1600m: 19:50.55 1:16.22	2900m: 36:21.40 1:16.46	4200m: 53:02.98 1:17.05			
	400m: 4:54.53 1:14.01	1700m: 21:07.14 1:16.59	3000m: 37:38.19 1:16.79	4300m: 54:19.94 1:16.96			
	500m: 6:08.30 1:13.77	1800m: 22:23.45 1:16.31	3100m: 38:55.04 1:16.85	4400m: 55:36.33 1:16.39			
	600m: 7:22.30 1:14.00	1900m: 23:40.17 1:16.72	3200m: 40:11.48 1:16.44	4500m: 56:52.80 1:16.47			
	700m: 8:36.45 1:14.15	2000m: 24:56.82 1:16.65	3300m: 41:28.08 1:16.60	4600m: 58:09.58 1:16.78			
	800m: 9:50.27 1:13.82	2100m: 26:12.99 1:16.17	3400m: 42:44.93 1:16.85	4700m: 59:26.01 1:16.43			
	900m: 11:04.04 1:13.77	2200m: 27:29.38 1:16.39	3500m: 44:02.09 1:17.16	4800m: 1:00:41.67 1:15.66			
	1000m: 12:18.03 1:13.99	2300m: 28:45.05 1:15.67	3600m: 45:19.32 1:17.23	4900m: 1:01:57.24 1:15.57			
	1100m: 13:32.54 1:14.51	2400m: 30:01.03 1:15.98	3700m: 46:36.72 1:17.40	5000m: 1:03:11.34 1:14.10			
	1200m: 14:47.47 1:14.93	2500m: 31:17.11 1:16.08	3800m: 47:54.34 1:17.62				
	1300m: 16:02.64 1:15.17	2600m: 32:33.25 1:16.14	3900m: 49:11.81 1:17.47				
6.	Helena Paula Carvalho	95	Uniao Piedense	1:03:50.78		551	
	100m: 1:11.64 1:11.64	1400m: 17:25.80 1:16.99	2700m: 34:08.41 1:16.89	4000m: 50:59.84 1:17.95			
	200m: 2:25.19 1:13.55	1500m: 18:42.92 1:17.12	2800m: 35:26.35 1:17.94	4100m: 52:17.47 1:17.63			
	300m: 3:38.93 1:13.74	1600m: 20:00.23 1:17.31	2900m: 36:44.49 1:18.14	4200m: 53:35.28 1:17.81			
	400m: 4:52.76 1:13.83	1700m: 21:17.05 1:16.82	3000m: 38:02.98 1:18.49	4300m: 54:52.79 1:17.51			
	500m: 6:06.82 1:14.06	1800m: 22:34.24 1:17.19	3100m: 39:20.57 1:17.59	4400m: 56:10.34 1:17.55			
	600m: 7:21.17 1:14.35	1900m: 23:52.30 1:18.06	3200m: 40:37.85 1:17.28	4500m: 57:27.91 1:17.57			
	700m: 8:35.72 1:14.55	2000m: 25:09.04 1:16.74	3300m: 41:55.83 1:17.98	4600m: 58:45.84 1:17.93			
	800m: 9:50.70 1:14.98	2100m: 26:25.47 1:16.43	3400m: 43:14.22 1:18.39	4700m: 1:00:03.50 1:17.66			
	900m: 11:05.80 1:15.10	2200m: 27:42.28 1:16.81	3500m: 44:32.44 1:18.22	4800m: 1:01:20.29 1:16.79			
	1000m: 12:21.03 1:15.23	2300m: 28:59.38 1:17.10	3600m: 45:49.08 1:16.64	4900m: 1:02:36.91 1:16.62			
	1100m: 13:36.31 1:15.28	2400m: 30:16.82 1:17.44	3700m: 47:07.25 1:18.17	5000m: 1:03:50.78 1:13.87			
	1200m: 14:52.89 1:16.58	2500m: 31:34.51 1:17.69	3800m: 48:24.44 1:17.19				
	1300m: 16:08.81 1:15.92	2600m: 32:51.52 1:17.01	3900m: 49:41.89 1:17.45				
7.	Ana Isabel Neves	96	Pimpoes/Cimai	1:04:22.81		538	
	100m: 1:14.48 1:14.48	1400m: 17:51.42 1:17.41	2700m: 34:45.07 1:18.08	4000m: 51:32.99 1:17.93			
	200m: 2:31.26 1:16.78	1500m: 19:08.80 1:17.38	2800m: 36:02.68 1:17.61	4100m: 52:50.33 1:17.34			
	300m: 3:47.51 1:16.25	1600m: 20:26.46 1:17.66	2900m: 37:19.78 1:17.10	4200m: 54:07.71 1:17.38			
	400m: 5:04.95 1:17.44	1700m: 21:44.15 1:17.69	3000m: 38:36.72 1:16.94	4300m: 55:25.09 1:17.38			
	500m: 6:21.92 1:16.97	1800m: 23:02.26 1:18.11	3100m: 39:53.89 1:17.17	4400m: 56:42.26 1:17.17			
	600m: 7:38.34 1:16.42	1900m: 24:20.53 1:18.27	3200m: 41:11.00 1:17.11	4500m: 57:59.00 1:16.74			
	700m: 8:54.94 1:16.60	2000m: 25:38.15 1:17.62	3300m: 42:28.70 1:17.70	4600m: 59:16.46 1:17.46			
	800m: 10:11.11 1:16.17	2100m: 26:55.78 1:17.63	3400m: 43:45.85 1:17.15	4700m: 1:00:34.08 1:17.62			
	900m: 11:27.43 1:16.32	2200m: 28:13.84 1:18.06	3500m: 45:03.54 1:17.69	4800m: 1:01:51.87 1:17.79			
	1000m: 12:43.73 1:16.30	2300m: 29:32.42 1:18.58	3600m: 46:21.19 1:17.65	4900m: 1:03:08.34 1:16.47			
	1100m: 14:00.28 1:16.55	2400m: 30:51.07 1:18.65	3700m: 47:39.19 1:18.00	5000m: 1:04:22.81 1:14.47			
	1200m: 15:17.12 1:16.84	2500m: 32:09.03 1:17.96	3800m: 48:57.25 1:18.06				
	1300m: 16:34.01 1:16.89	2600m: 33:26.99 1:17.96	3900m: 50:15.06 1:17.81				

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 2, Femin., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Maria Joao Fernandes	97	Vilacondense	1:06:40.18		484	
	100m: 1:14.70 1:14.70	1400m: 18:08.77 1:18.05	2700m: 35:40.65 1:21.12	4000m: 53:12.57 1:21.81			
	200m: 2:31.40 1:16.70	1500m: 19:28.60 1:19.83	2800m: 37:01.80 1:21.15	4100m: 54:34.36 1:21.79			
	300m: 3:47.78 1:16.38	1600m: 20:49.19 1:20.59	2900m: 38:23.16 1:21.36	4200m: 55:56.82 1:22.46			
	400m: 5:05.16 1:17.38	1700m: 22:09.93 1:20.74	3000m: 39:44.15 1:20.99	4300m: 57:18.63 1:21.81			
	500m: 6:21.96 1:16.80	1800m: 23:30.94 1:21.01	3100m: 41:04.20 1:20.05	4400m: 58:40.62 1:21.99			
	600m: 7:38.56 1:16.60	1900m: 24:52.56 1:21.62	3200m: 42:24.85 1:20.65	4500m: 1:00:01.69 1:21.07			
	700m: 8:55.48 1:16.92	2000m: 26:13.94 1:21.38	3300m: 43:45.04 1:20.19	4600m: 1:01:22.62 1:20.93			
	800m: 10:13.16 1:17.68	2100m: 27:34.90 1:20.96	3400m: 45:03.98 1:18.94	4700m: 1:02:43.21 1:20.59			
	900m: 11:31.81 1:18.65	2200m: 28:56.36 1:21.46	3500m: 46:24.72 1:20.74	4800m: 1:04:03.13 1:19.92			
	1000m: 12:51.05 1:19.24	2300m: 30:17.33 1:20.97	3600m: 47:46.43 1:21.71	4900m: 1:05:22.39 1:19.26			
	1100m: 14:10.95 1:19.90	2400m: 31:39.39 1:22.06	3700m: 49:07.46 1:21.03	5000m: 1:06:40.18 1:17.79			
	1200m: 15:30.98 1:20.03	2500m: 32:59.69 1:20.30	3800m: 50:30.07 1:22.61				
	1300m: 16:50.72 1:19.74	2600m: 34:19.53 1:19.84	3900m: 51:50.76 1:20.69				
9.	Soraia Vanessa Ribeiro	92	Gespacos	1:06:56.16		478	
	100m: 1:10.61 1:10.61	1400m: 18:02.83 1:19.55	2700m: 35:25.57 1:22.06	4000m: 53:14.25 1:22.89			
	200m: 2:23.67 1:13.06	1500m: 19:23.06 1:20.23	2800m: 36:46.18 1:20.61	4100m: 54:37.39 1:23.14			
	300m: 3:37.62 1:13.95	1600m: 20:43.10 1:20.04	2900m: 38:09.13 1:22.95	4200m: 55:59.71 1:22.32			
	400m: 4:53.18 1:15.56	1700m: 22:03.64 1:20.54	3000m: 39:31.21 1:22.08	4300m: 57:22.41 1:22.70			
	500m: 6:08.86 1:15.68	1800m: 23:24.43 1:20.79	3100m: 40:52.91 1:21.70	4400m: 58:44.86 1:22.45			
	600m: 7:26.72 1:17.86	1900m: 24:44.45 1:20.02	3200m: 42:14.62 1:21.71	4500m: 1:00:07.66 1:22.80			
	700m: 8:45.38 1:18.66	2000m: 26:04.05 1:19.60	3300m: 43:36.30 1:21.68	4600m: 1:01:30.70 1:23.04			
	800m: 10:04.02 1:18.64	2100m: 27:23.05 1:19.00	3400m: 44:58.25 1:21.95	4700m: 1:02:53.25 1:22.55			
	900m: 11:23.76 1:19.74	2200m: 28:42.40 1:19.35	3500m: 46:20.57 1:22.32	4800m: 1:04:14.66 1:21.41			
	1000m: 12:43.78 1:20.02	2300m: 30:01.81 1:19.41	3600m: 47:43.78 1:23.21	4900m: 1:05:35.48 1:20.82			
	1100m: 14:03.36 1:19.58	2400m: 31:21.83 1:20.02	3700m: 49:06.23 1:22.45	5000m: 1:06:56.16 1:20.68			
	1200m: 15:23.48 1:20.12	2500m: 32:42.35 1:20.52	3800m: 50:28.83 1:22.60				
	1300m: 16:43.28 1:19.80	2600m: 34:03.51 1:21.16	3900m: 51:51.36 1:22.53				
DNF	Angelica Maria Andre	94	Leixoes				
	100m: 1:08.28 1:08.28	1400m: 16:52.77 1:14.70	2700m:	4000m:			
	200m: 2:18.69 1:10.41	1500m: 18:07.62 1:14.85	2800m:	4100m:			
	300m: 3:29.52 1:10.83	1600m: 19:22.36 1:14.74	2900m:	4200m:			
	400m: 4:40.93 1:11.41	1700m: 20:38.63 1:16.27	3000m:	4300m:			
	500m: 5:52.70 1:11.77	1800m: 21:56.00 1:17.37	3100m:	4400m:			
	600m: 7:04.94 1:12.24	1900m: 23:13.81 1:17.81	3200m:	4500m:			
	700m: 8:17.92 1:12.98	2000m: 24:32.29 1:18.48	3300m:	4600m:			
	800m: 9:30.31 1:12.39	2100m: 25:51.65 1:19.36	3400m:	4700m:			
	900m: 10:43.85 1:13.54	2200m: 27:13.60 1:21.95	3500m:	4800m:			
	1000m: 11:56.99 1:13.14	2300m: 28:36.10 1:22.50	3600m:	4900m:			
	1100m: 13:12.22 1:15.23	2400m: 29:59.42 1:23.32	3700m:	5000m:			
	1200m: 14:25.09 1:12.87	2500m: 31:23.57 1:24.15	3800m:				
	1300m: 15:38.07 1:12.98	2600m: 32:49.53 1:25.96	3900m:				

Juniores

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	Florbela Cavaco Machado	96	SCC/Orizon Energias	59:30.20		681						
Recorde dos Campeonatos, Junior e Absoluto												
	100m:	1:06.44	1:06.44	1400m:	16:20.74	1:11.21	2700m:	31:46.54	1:11.82	4000m:	47:22.65	1:13.37
	200m:	2:15.39	1:08.95	1500m:	17:31.64	1:10.90	2800m:	32:58.26	1:11.72	4100m:	48:36.04	1:13.39
	300m:	3:24.97	1:09.58	1600m:	18:42.82	1:11.18	2900m:	34:10.47	1:12.21	4200m:	49:48.88	1:12.84
	400m:	4:34.54	1:09.57	1700m:	19:53.93	1:11.11	3000m:	35:21.98	1:11.51	4300m:	51:02.38	1:13.50
	500m:	5:44.98	1:10.44	1800m:	21:04.13	1:10.20	3100m:	36:33.46	1:11.48	4400m:	52:16.06	1:13.68
	600m:	6:54.67	1:09.69	1900m:	22:15.07	1:10.94	3200m:	37:44.69	1:11.23	4500m:	53:29.57	1:13.51
	700m:	8:04.96	1:10.29	2000m:	23:27.12	1:12.05	3300m:	38:56.15	1:11.46	4600m:	54:42.52	1:12.95
	800m:	9:15.27	1:10.31	2100m:	24:38.94	1:11.82	3400m:	40:08.34	1:12.19	4700m:	55:55.78	1:13.26
	900m:	10:25.92	1:10.65	2200m:	25:50.16	1:11.22	3500m:	41:19.99	1:11.65	4800m:	57:09.33	1:13.55
	1000m:	11:36.60	1:10.68	2300m:	27:01.07	1:10.91	3600m:	42:32.05	1:12.06	4900m:	58:22.46	1:13.13
	1100m:	12:47.42	1:10.82	2400m:	28:12.06	1:10.99	3700m:	43:43.95	1:11.90	5000m:	59:30.20	1:07.74
	1200m:	13:57.92	1:10.50	2500m:	29:23.10	1:11.04	3800m:	44:56.67	1:12.72			
	1300m:	15:09.53	1:11.61	2600m:	30:34.72	1:11.62	3900m:	46:09.28	1:12.61			
2.	Ana Isabel Neves	96	Pimpoes/Cimai	1:04:22.81		538						
	100m:	1:14.48	1:14.48	1400m:	17:51.42	1:17.41	2700m:	34:45.07	1:18.08	4000m:	51:32.99	1:17.93
	200m:	2:31.26	1:16.78	1500m:	19:08.80	1:17.38	2800m:	36:02.68	1:17.61	4100m:	52:50.33	1:17.34
	300m:	3:47.51	1:16.25	1600m:	20:26.46	1:17.66	2900m:	37:19.78	1:17.10	4200m:	54:07.71	1:17.38
	400m:	5:04.95	1:17.44	1700m:	21:44.15	1:17.69	3000m:	38:36.72	1:16.94	4300m:	55:25.09	1:17.38
	500m:	6:21.92	1:16.97	1800m:	23:02.26	1:18.11	3100m:	39:53.89	1:17.17	4400m:	56:42.26	1:17.17
	600m:	7:38.34	1:16.42	1900m:	24:20.53	1:18.27	3200m:	41:11.00	1:17.11	4500m:	57:59.00	1:16.74
	700m:	8:54.94	1:16.60	2000m:	25:38.15	1:17.62	3300m:	42:28.70	1:17.70	4600m:	59:16.46	1:17.46
	800m:	10:11.11	1:16.17	2100m:	26:55.78	1:17.63	3400m:	43:45.85	1:17.15	4700m:	1:00:34.08	1:17.62
	900m:	11:27.43	1:16.32	2200m:	28:13.84	1:18.06	3500m:	45:03.54	1:17.69	4800m:	1:01:51.87	1:17.79
	1000m:	12:43.73	1:16.30	2300m:	29:32.42	1:18.58	3600m:	46:21.19	1:17.65	4900m:	1:03:08.34	1:16.47
	1100m:	14:00.28	1:16.55	2400m:	30:51.07	1:18.65	3700m:	47:39.19	1:18.00	5000m:	1:04:22.81	1:14.47
	1200m:	15:17.12	1:16.84	2500m:	32:09.03	1:17.96	3800m:	48:57.25	1:18.06			
	1300m:	16:34.01	1:16.89	2600m:	33:26.99	1:17.96	3900m:	50:15.06	1:17.81			
3.	Maria Joao Fernandes	97	Vilacondense	1:06:40.18		484						
	100m:	1:14.70	1:14.70	1400m:	18:08.77	1:18.05	2700m:	35:40.65	1:21.12	4000m:	53:12.57	1:21.81
	200m:	2:31.40	1:16.70	1500m:	19:28.60	1:19.83	2800m:	37:01.80	1:21.15	4100m:	54:34.36	1:21.79
	300m:	3:47.78	1:16.38	1600m:	20:49.19	1:20.59	2900m:	38:23.16	1:21.36	4200m:	55:56.82	1:22.46
	400m:	5:05.16	1:17.38	1700m:	22:09.93	1:20.74	3000m:	39:44.15	1:20.99	4300m:	57:18.63	1:21.81
	500m:	6:21.96	1:16.80	1800m:	23:30.94	1:21.01	3100m:	41:04.20	1:20.05	4400m:	58:40.62	1:21.99
	600m:	7:38.56	1:16.60	1900m:	24:52.56	1:21.62	3200m:	42:24.85	1:20.65	4500m:	1:00:01.69	1:21.07
	700m:	8:55.48	1:16.92	2000m:	26:13.94	1:21.38	3300m:	43:45.04	1:20.19	4600m:	1:01:22.62	1:20.93
	800m:	10:13.16	1:17.68	2100m:	27:34.90	1:20.96	3400m:	45:03.98	1:18.94	4700m:	1:02:43.21	1:20.59
	900m:	11:31.81	1:18.65	2200m:	28:56.36	1:21.46	3500m:	46:24.72	1:20.74	4800m:	1:04:03.13	1:19.92
	1000m:	12:51.05	1:19.24	2300m:	30:17.33	1:20.97	3600m:	47:46.43	1:21.71	4900m:	1:05:22.39	1:19.26
	1100m:	14:10.95	1:19.90	2400m:	31:39.39	1:22.06	3700m:	49:07.46	1:21.03	5000m:	1:06:40.18	1:17.79
	1200m:	15:30.98	1:20.03	2500m:	32:59.69	1:20.30	3800m:	50:30.07	1:22.61			
	1300m:	16:50.72	1:19.74	2600m:	34:19.53	1:19.84	3900m:	51:50.76	1:20.69			

Seniores

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	1:01:21.22		621	
	100m: 1:10.79 1:10.79	1400m: 16:43.85 1:13.21	2700m: 32:43.53 1:13.90	4000m: 48:49.68 1:15.70			
	200m: 2:22.56 1:11.77	1500m: 17:57.35 1:13.50	2800m: 33:56.69 1:13.16	4100m: 50:04.85 1:15.17			
	300m: 3:34.13 1:11.57	1600m: 19:10.92 1:13.57	2900m: 35:10.63 1:13.94	4200m: 51:19.96 1:15.11			
	400m: 4:45.30 1:11.17	1700m: 20:24.13 1:13.21	3000m: 36:24.23 1:13.60	4300m: 52:35.03 1:15.07			
	500m: 5:56.17 1:10.87	1800m: 21:37.49 1:13.36	3100m: 37:38.04 1:13.81	4400m: 53:50.55 1:15.52			
	600m: 7:07.20 1:11.03	1900m: 22:51.34 1:13.85	3200m: 38:52.11 1:14.07	4500m: 55:05.89 1:15.34			
	700m: 8:18.30 1:11.10	2000m: 24:05.58 1:14.24	3300m: 40:05.89 1:13.78	4600m: 56:21.63 1:15.74			
	800m: 9:29.12 1:10.82	2100m: 25:19.17 1:13.59	3400m: 41:20.01 1:14.12	4700m: 57:37.53 1:15.90			
	900m: 10:40.82 1:11.70	2200m: 26:33.00 1:13.83	3500m: 42:32.20 1:12.19	4800m: 58:52.97 1:15.44			
	1000m: 11:52.82 1:12.00	2300m: 27:47.06 1:14.06	3600m: 43:46.48 1:14.28	4900m: 1:00:08.14 1:15.17			
	1100m: 13:05.18 1:12.36	2400m: 29:01.47 1:14.41	3700m: 45:02.26 1:15.78	5000m: 1:01:21.22 1:13.08			
	1200m: 14:17.64 1:12.46	2500m: 30:15.91 1:14.44	3800m: 46:18.16 1:15.90				
	1300m: 15:30.64 1:13.00	2600m: 31:29.63 1:13.72	3900m: 47:33.98 1:15.82				
2.	Leonor Mourinho Neves	95	Sporting	1:02:13.81		595	
	100m: 1:11.93 1:11.93	1400m: 17:09.55 1:14.34	2700m: 33:16.23 1:13.83	4000m: 49:34.88 1:16.19			
	200m: 2:25.79 1:13.86	1500m: 18:24.44 1:14.89	2800m: 34:29.72 1:13.49	4100m: 50:50.83 1:15.95			
	300m: 3:39.54 1:13.75	1600m: 19:38.18 1:13.74	2900m: 35:44.65 1:14.93	4200m: 52:07.24 1:16.41			
	400m: 4:53.02 1:13.48	1700m: 20:52.67 1:14.49	3000m: 36:59.38 1:14.73	4300m: 53:23.13 1:15.89			
	500m: 6:06.31 1:13.29	1800m: 22:06.46 1:13.79	3100m: 38:14.52 1:15.14	4400m: 54:38.94 1:15.81			
	600m: 7:19.64 1:13.33	1900m: 23:20.11 1:13.65	3200m: 39:30.27 1:15.75	4500m: 55:55.25 1:16.31			
	700m: 8:32.99 1:13.35	2000m: 24:34.14 1:14.03	3300m: 40:45.57 1:15.30	4600m: 57:11.57 1:16.32			
	800m: 9:46.57 1:13.58	2100m: 25:48.66 1:14.52	3400m: 42:01.23 1:15.66	4700m: 58:27.48 1:15.91			
	900m: 11:00.23 1:13.66	2200m: 27:02.96 1:14.30	3500m: 43:16.71 1:15.48	4800m: 59:43.21 1:15.73			
	1000m: 12:14.32 1:14.09	2300m: 28:17.63 1:14.67	3600m: 44:32.06 1:15.35	4900m: 1:00:59.15 1:15.94			
	1100m: 13:27.79 1:13.47	2400m: 29:33.17 1:15.54	3700m: 45:47.15 1:15.09	5000m: 1:02:13.81 1:14.66			
	1200m: 14:41.38 1:13.59	2500m: 30:48.10 1:14.93	3800m: 47:03.08 1:15.93				
	1300m: 15:55.21 1:13.83	2600m: 32:02.40 1:14.30	3900m: 48:18.69 1:15.61				
3.	Raquel Paulo Ranito	94	Sporting	1:02:26.58		589	
	100m: 1:12.76 1:12.76	1400m: 17:15.02 1:14.60	2700m: 33:25.39 1:15.17	4000m: 49:52.94 1:16.75			
	200m: 2:26.97 1:14.21	1500m: 18:29.73 1:14.71	2800m: 34:40.97 1:15.58	4100m: 51:08.91 1:15.97			
	300m: 3:41.32 1:14.35	1600m: 19:43.85 1:14.12	2900m: 35:56.38 1:15.41	4200m: 52:25.13 1:16.22			
	400m: 4:55.24 1:13.92	1700m: 20:57.40 1:13.55	3000m: 37:12.25 1:15.87	4300m: 53:39.77 1:14.64			
	500m: 6:08.83 1:13.59	1800m: 22:11.57 1:14.17	3100m: 38:27.92 1:15.67	4400m: 54:55.29 1:15.52			
	600m: 7:22.72 1:13.89	1900m: 23:26.29 1:14.72	3200m: 39:43.26 1:15.34	4500m: 56:10.89 1:15.60			
	700m: 8:36.45 1:13.73	2000m: 24:40.97 1:14.68	3300m: 40:58.90 1:15.64	4600m: 57:26.69 1:15.80			
	800m: 9:50.81 1:14.36	2100m: 25:55.59 1:14.62	3400m: 42:14.77 1:15.87	4700m: 58:42.01 1:15.32			
	900m: 11:04.27 1:13.46	2200m: 27:11.12 1:15.53	3500m: 43:30.95 1:16.18	4800m: 59:57.69 1:15.68			
	1000m: 12:18.09 1:13.82	2300m: 28:26.11 1:14.99	3600m: 44:47.17 1:16.22	4900m: 1:01:12.72 1:15.03			
	1100m: 13:32.28 1:14.19	2400m: 29:40.97 1:14.86	3700m: 46:03.47 1:16.30	5000m: 1:02:26.58 1:13.86			
	1200m: 14:46.15 1:13.87	2500m: 30:56.23 1:15.26	3800m: 47:19.63 1:16.16				
	1300m: 16:00.42 1:14.27	2600m: 32:10.22 1:13.99	3900m: 48:36.19 1:16.56				
4.	Julia Matos Lopes	94	Scalabisport	1:03:11.34		569	
	100m: 1:12.47 1:12.47	1400m: 17:18.42 1:15.78	2700m: 33:48.81 1:15.56	4000m: 50:29.11 1:17.30			
	200m: 2:26.53 1:14.06	1500m: 18:34.33 1:15.91	2800m: 35:04.94 1:16.13	4100m: 51:45.93 1:16.82			
	300m: 3:40.52 1:13.99	1600m: 19:50.55 1:16.22	2900m: 36:21.40 1:16.46	4200m: 53:02.98 1:17.05			
	400m: 4:54.53 1:14.01	1700m: 21:07.14 1:16.59	3000m: 37:38.19 1:16.79	4300m: 54:19.94 1:16.96			
	500m: 6:08.30 1:13.77	1800m: 22:23.45 1:16.31	3100m: 38:55.04 1:16.85	4400m: 55:36.33 1:16.39			
	600m: 7:22.30 1:14.00	1900m: 23:40.17 1:16.72	3200m: 40:11.48 1:16.44	4500m: 56:52.80 1:16.47			
	700m: 8:36.45 1:14.15	2000m: 24:56.82 1:16.65	3300m: 41:28.08 1:16.60	4600m: 58:09.58 1:16.78			
	800m: 9:50.27 1:13.82	2100m: 26:12.99 1:16.17	3400m: 42:44.93 1:16.85	4700m: 59:26.01 1:16.43			
	900m: 11:04.04 1:13.77	2200m: 27:29.38 1:16.39	3500m: 44:02.09 1:17.16	4800m: 1:00:41.67 1:15.66			
	1000m: 12:18.03 1:13.99	2300m: 28:45.05 1:15.67	3600m: 45:19.32 1:17.23	4900m: 1:01:57.24 1:15.57			
	1100m: 13:32.54 1:14.51	2400m: 30:01.03 1:15.98	3700m: 46:36.72 1:17.40	5000m: 1:03:11.34 1:14.10			
	1200m: 14:47.47 1:14.93	2500m: 31:17.11 1:16.08	3800m: 47:54.34 1:17.62				
	1300m: 16:02.64 1:15.17	2600m: 32:33.25 1:16.14	3900m: 49:11.81 1:17.47				

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Helena Paula Carvalho	95	Uniao Piedense	1:03:50.78		551	
	100m: 1:11.64 1:11.64	1400m: 17:25.80 1:16.99	2700m: 34:08.41 1:16.89	4000m: 50:59.84 1:17.95			
	200m: 2:25.19 1:13.55	1500m: 18:42.92 1:17.12	2800m: 35:26.35 1:17.94	4100m: 52:17.47 1:17.63			
	300m: 3:38.93 1:13.74	1600m: 20:00.23 1:17.31	2900m: 36:44.49 1:18.14	4200m: 53:35.28 1:17.81			
	400m: 4:52.76 1:13.83	1700m: 21:17.05 1:16.82	3000m: 38:02.98 1:18.49	4300m: 54:52.79 1:17.51			
	500m: 6:06.82 1:14.06	1800m: 22:34.24 1:17.19	3100m: 39:20.57 1:17.59	4400m: 56:10.34 1:17.55			
	600m: 7:21.17 1:14.35	1900m: 23:52.30 1:18.06	3200m: 40:37.85 1:17.28	4500m: 57:27.91 1:17.57			
	700m: 8:35.72 1:14.55	2000m: 25:09.04 1:16.74	3300m: 41:55.83 1:17.98	4600m: 58:45.84 1:17.93			
	800m: 9:50.70 1:14.98	2100m: 26:25.47 1:16.43	3400m: 43:14.22 1:18.39	4700m: 1:00:03.50 1:17.66			
	900m: 11:05.80 1:15.10	2200m: 27:42.28 1:16.81	3500m: 44:32.44 1:18.22	4800m: 1:01:20.29 1:16.79			
	1000m: 12:21.03 1:15.23	2300m: 28:59.38 1:17.10	3600m: 45:49.08 1:16.64	4900m: 1:02:36.91 1:16.62			
	1100m: 13:36.31 1:15.28	2400m: 30:16.82 1:17.44	3700m: 47:07.25 1:18.17	5000m: 1:03:50.78 1:13.87			
	1200m: 14:52.89 1:16.58	2500m: 31:34.51 1:17.69	3800m: 48:24.44 1:17.19				
	1300m: 16:08.81 1:15.92	2600m: 32:51.52 1:17.01	3900m: 49:41.89 1:17.45				
6.	Soraia Vanessa Ribeiro	92	Gespacos	1:06:56.16		478	
	100m: 1:10.61 1:10.61	1400m: 18:02.83 1:19.55	2700m: 35:25.57 1:22.06	4000m: 53:14.25 1:22.89			
	200m: 2:23.67 1:13.06	1500m: 19:23.06 1:20.23	2800m: 36:46.18 1:20.61	4100m: 54:37.39 1:23.14			
	300m: 3:37.62 1:13.95	1600m: 20:43.10 1:20.04	2900m: 38:09.13 1:22.95	4200m: 55:59.71 1:22.32			
	400m: 4:53.18 1:15.56	1700m: 22:03.64 1:20.54	3000m: 39:31.21 1:22.08	4300m: 57:22.41 1:22.70			
	500m: 6:08.86 1:15.68	1800m: 23:24.43 1:20.79	3100m: 40:52.91 1:21.70	4400m: 58:44.86 1:22.45			
	600m: 7:26.72 1:17.86	1900m: 24:44.45 1:20.02	3200m: 42:14.62 1:21.71	4500m: 1:00:07.66 1:22.80			
	700m: 8:45.38 1:18.66	2000m: 26:04.05 1:19.60	3300m: 43:36.30 1:21.68	4600m: 1:01:30.70 1:23.04			
	800m: 10:04.02 1:18.64	2100m: 27:23.05 1:19.00	3400m: 44:58.25 1:21.95	4700m: 1:02:53.25 1:22.55			
	900m: 11:23.76 1:19.74	2200m: 28:42.40 1:19.35	3500m: 46:20.57 1:22.32	4800m: 1:04:14.66 1:21.41			
	1000m: 12:43.78 1:20.02	2300m: 30:01.81 1:19.41	3600m: 47:43.78 1:23.21	4900m: 1:05:35.48 1:20.82			
	1100m: 14:03.36 1:19.58	2400m: 31:21.83 1:20.02	3700m: 49:06.23 1:22.45	5000m: 1:06:56.16 1:20.68			
	1200m: 15:23.48 1:20.12	2500m: 32:42.35 1:20.52	3800m: 50:28.83 1:22.60				
	1300m: 16:43.28 1:19.80	2600m: 34:03.51 1:21.16	3900m: 51:51.36 1:22.53				
DNF	Angelica Maria Andre	94	Leixoes				
	100m: 1:08.28 1:08.28	1400m: 16:52.77 1:14.70	2700m:	4000m:			
	200m: 2:18.69 1:10.41	1500m: 18:07.62 1:14.85	2800m:	4100m:			
	300m: 3:29.52 1:10.83	1600m: 19:22.36 1:14.74	2900m:	4200m:			
	400m: 4:40.93 1:11.41	1700m: 20:38.63 1:16.27	3000m:	4300m:			
	500m: 5:52.70 1:11.77	1800m: 21:56.00 1:17.37	3100m:	4400m:			
	600m: 7:04.94 1:12.24	1900m: 23:13.81 1:17.81	3200m:	4500m:			
	700m: 8:17.92 1:12.98	2000m: 24:32.29 1:18.48	3300m:	4600m:			
	800m: 9:30.31 1:12.39	2100m: 25:51.65 1:19.36	3400m:	4700m:			
	900m: 10:43.85 1:13.54	2200m: 27:13.60 1:21.95	3500m:	4800m:			
	1000m: 11:56.99 1:13.14	2300m: 28:36.10 1:22.50	3600m:	4900m:			
	1100m: 13:12.22 1:15.23	2400m: 29:59.42 1:23.32	3700m:	5000m:			
	1200m: 14:25.09 1:12.87	2500m: 31:23.57 1:24.15	3800m:				
	1300m: 15:38.07 1:12.98	2600m: 32:49.53 1:25.96	3900m:				