

Prova 36 Femin., 1500m Livres 15 anos e mais velhos  
30-03-2013 - 10:15 Resultados

Rec Nac Absoluto	16:48.11	Angelica Maria Andre	LSC	Oeiras	29-07-2012
Rec Nac Jun	17:02.46	Florabela Cavaco Machado	ASSSCC	Coimbra	07-04-2012
Rec Nac Sen	16:48.11	Angelica Maria Andre	LSC	Oeiras	29-07-2012

TAC-SENF Sen: 18:40.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juniores</b>						
1.	<b>Filipa Vilas Ruivo</b>	97	<b>Nautico da Marinha Grande</b>	<b>17:47.12</b>	<b>+0,79</b>	<b>689</b>
	50m: 31.81 31.81	450m: 5:16.46 35.49	850m: 10:01.06 35.52	1250m: 14:48.29 35.69		
	100m: 1:06.86 35.05	500m: 5:52.29 35.83	900m: 10:37.22 36.16	1300m: 15:24.43 36.14		
	150m: 1:42.54 35.68	550m: 6:27.75 35.46	950m: 11:12.84 35.62	1350m: 16:00.39 35.96		
	200m: 2:18.35 35.81	600m: 7:03.21 35.46	1000m: 11:49.19 36.35	1400m: 16:36.52 36.13		
	250m: 2:53.76 35.41	650m: 7:38.44 35.23	1050m: 12:25.26 36.07	1450m: 17:12.04 35.52		
	300m: 3:29.59 35.83	700m: 8:13.92 35.48	1100m: 13:00.97 35.71	1500m: 17:47.12 35.08		
	350m: 4:05.30 35.71	750m: 8:49.44 35.52	1150m: 13:36.97 36.00			
	400m: 4:40.97 35.67	800m: 9:25.54 36.10	1200m: 14:12.60 35.63			
2.	<b>Barbara Marques Rodrigues</b>	97	<b>Alges</b>	<b>17:54.78</b>	<b>+0,83</b>	<b>674</b>
	50m: 32.11 32.11	450m: 5:16.67 35.49	850m: 10:05.40 36.32	1250m: 14:54.89 36.29		
	100m: 1:06.92 34.81	500m: 5:52.56 35.89	900m: 10:42.13 36.73	1300m: 15:30.95 36.06		
	150m: 1:42.45 35.53	550m: 6:28.07 35.51	950m: 11:18.62 36.49	1350m: 16:07.23 36.28		
	200m: 2:18.35 35.90	600m: 7:03.95 35.88	1000m: 11:54.57 35.95	1400m: 16:43.43 36.20		
	250m: 2:53.90 35.55	650m: 7:39.95 36.00	1050m: 12:30.55 35.98	1450m: 17:19.43 36.00		
	300m: 3:29.64 35.74	700m: 8:16.24 36.29	1100m: 13:06.51 35.96	1500m: 17:54.78 35.35		
	350m: 4:05.17 35.53	750m: 8:52.52 36.28	1150m: 13:42.37 35.86			
	400m: 4:41.18 36.01	800m: 9:29.08 36.56	1200m: 14:18.60 36.23			
3.	<b>Ana Silva Costa</b>	98	<b>Famalicao</b>	<b>18:14.29</b>	<b>+0,80</b>	<b>639</b>
	50m: 33.08 33.08	450m: 5:24.40 36.40	850m: 10:15.74 36.17	1250m: 15:09.46 36.73		
	100m: 1:08.69 35.61	500m: 6:01.16 36.76	900m: 10:52.49 36.75	1300m: 15:47.10 37.64		
	150m: 1:45.08 36.39	550m: 6:37.14 35.98	950m: 11:28.71 36.22	1350m: 16:23.88 36.78		
	200m: 2:22.26 37.18	600m: 7:13.80 36.66	1000m: 12:05.67 36.96	1400m: 17:01.14 37.26		
	250m: 2:58.53 36.27	650m: 7:50.07 36.27	1050m: 12:41.96 36.29	1450m: 17:37.57 36.43		
	300m: 3:35.27 36.74	700m: 8:26.98 36.91	1100m: 13:19.11 37.15	1500m: 18:14.29 36.72		
	350m: 4:11.43 36.16	750m: 9:02.93 35.95	1150m: 13:55.17 36.06			
	400m: 4:48.00 36.57	800m: 9:39.57 36.64	1200m: 14:32.73 37.56			
4.	<b>Maria Joao Fernandes</b>	97	<b>Vilacondense</b>	<b>18:20.74</b>	<b>+0,82</b>	<b>627</b>
	50m: 31.90 31.90	450m: 5:22.39 35.70	850m: 10:16.03 36.31	1250m: 15:16.00 37.29		
	100m: 1:07.95 36.05	500m: 5:59.05 36.66	900m: 10:53.77 37.74	1300m: 15:53.81 37.81		
	150m: 1:43.55 35.60	550m: 6:35.37 36.32	950m: 11:30.25 36.48	1350m: 16:30.35 36.54		
	200m: 2:20.53 36.98	600m: 7:12.73 37.36	1000m: 12:08.17 37.92	1400m: 17:08.29 37.94		
	250m: 2:56.49 35.96	650m: 7:48.67 35.94	1050m: 12:45.18 37.01	1450m: 17:45.25 36.96		
	300m: 3:33.58 37.09	700m: 8:26.04 37.37	1100m: 13:23.06 37.88	1500m: 18:20.74 35.49		
	350m: 4:09.48 35.90	750m: 9:02.26 36.22	1150m: 14:00.67 37.61			
	400m: 4:46.69 37.21	800m: 9:39.72 37.46	1200m: 14:38.71 38.04			
5.	<b>Clarisse Matos Lopes</b>	98	<b>Viver Santarem</b>	<b>18:35.89</b>	<b>+0,89</b>	<b>602</b>
	50m: 34.61 34.61	450m: 5:29.27 37.18	850m: 10:26.96 37.62	1250m: 15:27.79 38.33		
	100m: 1:10.92 36.31	500m: 6:05.94 36.67	900m: 11:04.04 37.08	1300m: 16:05.88 38.09		
	150m: 1:47.76 36.84	550m: 6:43.17 37.23	950m: 11:41.57 37.53	1350m: 16:44.16 38.28		
	200m: 2:24.20 36.44	600m: 7:20.17 37.00	1000m: 12:18.85 37.28	1400m: 17:22.13 37.97		
	250m: 3:01.44 37.24	650m: 7:57.47 37.30	1050m: 12:56.53 37.68	1450m: 17:59.72 37.59		
	300m: 3:38.43 36.99	700m: 8:34.72 37.25	1100m: 13:33.94 37.41	1500m: 18:35.89 36.17		
	350m: 4:15.47 37.04	750m: 9:12.11 37.39	1150m: 14:11.74 37.80			
	400m: 4:52.09 36.62	800m: 9:49.34 37.23	1200m: 14:49.46 37.72			

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
6.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	<b>18:50.59</b>	<b>+0,97</b>	<b>579</b>	
	50m: 33.55 33.55	450m: 5:32.25	37.70	850m: 10:36.09	37.93	1250m: 15:41.87	38.13
	100m: 1:09.97 36.42	500m: 6:10.28	38.03	900m: 11:14.65	38.56	1300m: 16:20.29	38.42
	150m: 1:46.85 36.88	550m: 6:48.21	37.93	950m: 11:52.74	38.09	1350m: 16:58.35	38.06
	200m: 2:24.32 37.47	600m: 7:26.24	38.03	1000m: 12:30.98	38.24	1400m: 17:36.29	37.94
	250m: 3:01.58 37.26	650m: 8:04.09	37.85	1050m: 13:09.14	38.16	1450m: 18:13.78	37.49
	300m: 3:39.36 37.78	700m: 8:42.08	37.99	1100m: 13:47.11	37.97	1500m: 18:50.59	36.81
	350m: 4:16.65 37.29	750m: 9:20.25	38.17	1150m: 14:25.17	38.06		
	400m: 4:54.55 37.90	800m: 9:58.16	37.91	1200m: 15:03.74	38.57		
7.	Marina Micaela Sequeira	98	Uniao Piedense	<b>18:50.73</b>	<b>+0,88</b>	<b>579</b>	
	50m: 33.43 33.43	450m: 5:28.27	37.26	850m: 10:30.78	38.24	1250m: 15:40.61	39.18
	100m: 1:09.26 35.83	500m: 6:05.62	37.35	900m: 11:09.02	38.24	1300m: 16:19.31	38.70
	150m: 1:45.97 36.71	550m: 6:42.83	37.21	950m: 11:47.79	38.77	1350m: 16:58.11	38.80
	200m: 2:22.67 36.70	600m: 7:20.48	37.65	1000m: 12:26.06	38.27	1400m: 17:36.56	38.45
	250m: 2:59.73 37.06	650m: 7:58.13	37.65	1050m: 13:04.63	38.57	1450m: 18:14.68	38.12
	300m: 3:36.81 37.08	700m: 8:35.98	37.85	1100m: 13:43.73	39.10	1500m: 18:50.73	36.05
	350m: 4:14.04 37.23	750m: 9:14.08	38.10	1150m: 14:22.95	39.22		
	400m: 4:51.01 36.97	800m: 9:52.54	38.46	1200m: 15:01.43	38.48		
8.	Cecilia Branco Almeida	97	GesLoures	<b>19:05.99</b>	<b>+0,86</b>	<b>556</b>	
	50m: 34.29 34.29	450m: 5:36.01	38.41	850m: 10:43.28	37.95	1250m: 15:53.35	39.16
	100m: 1:10.66 36.37	500m: 6:14.43	38.42	900m: 11:21.50	38.22	1300m: 16:32.88	39.53
	150m: 1:47.73 37.07	550m: 6:53.33	38.90	950m: 11:59.78	38.28	1350m: 17:11.81	38.93
	200m: 2:25.42 37.69	600m: 7:32.16	38.83	1000m: 12:38.62	38.84	1400m: 17:50.63	38.82
	250m: 3:03.00 37.58	650m: 8:10.56	38.40	1050m: 13:17.50	38.88	1450m: 18:28.42	37.79
	300m: 3:40.72 37.72	700m: 8:48.86	38.30	1100m: 13:56.55	39.05	1500m: 19:05.99	37.57
	350m: 4:19.00 38.28	750m: 9:26.99	38.13	1150m: 14:35.39	38.84		
	400m: 4:57.60 38.60	800m: 10:05.33	38.34	1200m: 15:14.19	38.80		
9.	Luana Raquel Alves	97	Viana Natacao	<b>19:07.55</b>	<b>+0,92</b>	<b>554</b>	
	50m: 34.84 34.84	450m: 5:36.00	38.26	850m: 10:42.43	38.97	1250m: 15:54.08	39.75
	100m: 1:11.58 36.74	500m: 6:13.80	37.80	900m: 11:20.90	38.47	1300m: 16:33.34	39.26
	150m: 1:49.43 37.85	550m: 6:51.82	38.02	950m: 11:59.77	38.87	1350m: 17:12.67	39.33
	200m: 2:26.87 37.44	600m: 7:29.73	37.91	1000m: 12:38.17	38.40	1400m: 17:51.57	38.90
	250m: 3:04.92 38.05	650m: 8:08.19	38.46	1050m: 13:17.23	39.06	1450m: 18:30.73	39.16
	300m: 3:42.50 37.58	700m: 8:46.15	37.96	1100m: 13:56.07	38.84	1500m: 19:07.55	36.82
	350m: 4:20.23 37.73	750m: 9:24.99	38.84	1150m: 14:35.29	39.22		
	400m: 4:57.74 37.51	800m: 10:03.46	38.47	1200m: 15:14.33	39.04		
10.	Vanessa Branco Machado	98	Columbofila Cantanhedense	<b>19:12.40</b>	<b>+0,89</b>	<b>547</b>	
	50m: 32.59 32.59	450m: 5:34.05	38.35	850m: 10:45.25	39.30	1250m: 15:58.56	39.52
	100m: 1:08.73 36.14	500m: 6:12.50	38.45	900m: 11:23.99	38.74	1300m: 16:37.62	39.06
	150m: 1:45.97 37.24	550m: 6:51.76	39.26	950m: 12:03.32	39.33	1350m: 17:16.97	39.35
	200m: 2:23.27 37.30	600m: 7:30.36	38.60	1000m: 12:42.44	39.12	1400m: 17:55.79	38.82
	250m: 3:01.28 38.01	650m: 8:09.28	38.92	1050m: 13:21.47	39.03	1450m: 18:35.05	39.26
	300m: 3:39.32 38.04	700m: 8:48.00	38.72	1100m: 14:00.75	39.28	1500m: 19:12.40	37.35
	350m: 4:17.67 38.35	750m: 9:26.85	38.85	1150m: 14:40.19	39.44		
	400m: 4:55.70 38.03	800m: 10:05.95	39.10	1200m: 15:19.04	38.85		
11.	Beatriz Filipa Matos	97	Nautico de Coimbra	<b>19:28.24</b>	<b>+0,85</b>	<b>525</b>	
	<i>FTL</i>						
	50m: 33.16 33.16	450m: 5:40.34	38.88	850m: 10:56.24	39.43	1250m: 16:13.39	39.66
	100m: 1:09.71 36.55	500m: 6:19.24	38.90	900m: 11:35.93	39.69	1300m: 16:52.63	39.24
	150m: 1:47.52 37.81	550m: 6:58.67	39.43	950m: 12:15.39	39.46	1350m: 17:31.73	39.10
	200m: 2:25.64 38.12	600m: 7:38.24	39.57	1000m: 12:55.10	39.71	1400m: 18:10.92	39.19
	250m: 3:04.38 38.74	650m: 8:17.77	39.53	1050m: 13:34.98	39.88	1450m: 18:49.75	38.83
	300m: 3:43.52 39.14	700m: 8:57.39	39.62	1100m: 14:14.54	39.56	1500m: 19:28.24	38.49
	350m: 4:22.36 38.84	750m: 9:37.04	39.65	1150m: 14:54.13	39.59		
	400m: 5:01.46 39.10	800m: 10:16.81	39.77	1200m: 15:33.73	39.60		

Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Sofia Cristina Grilo	97	Aminata	<b>19:37.10</b>	+0,85	513
	<i>FTL</i>					
	50m: 34.20	34.20	450m: 5:39.25	39.19	850m: 10:54.50	39.40
	100m: 1:11.27	37.07	500m: 6:18.25	39.00	900m: 11:34.52	40.02
	150m: 1:48.96	37.69	550m: 6:58.14	39.89	950m: 12:14.45	39.93
	200m: 2:26.55	37.59	600m: 7:36.83	38.69	1000m: 12:54.61	40.16
	250m: 3:04.81	38.26	650m: 8:16.17	39.34	1050m: 13:34.98	40.37
	300m: 3:43.09	38.28	700m: 8:55.34	39.17	1100m: 14:14.64	39.66
	350m: 4:21.15	38.06	750m: 9:35.37	40.03	1150m: 14:54.68	40.04
	400m: 5:00.06	38.91	800m: 10:15.10	39.73	1200m: 15:35.07	40.39
13.	Violante Pascoal Fontoura	97	Viana Natacao	<b>20:04.78</b>	+0,87	478
	<i>FTL</i>					
	50m: 34.53	34.53	450m: 5:53.62	40.23	850m: 11:16.72	40.29
	100m: 1:12.86	38.33	500m: 6:33.61	39.99	900m: 11:57.29	40.57
	150m: 1:51.98	39.12	550m: 7:13.78	40.17	950m: 12:37.94	40.65
	200m: 2:31.70	39.72	600m: 7:54.06	40.28	1000m: 13:18.65	40.71
	250m: 3:11.63	39.93	650m: 8:34.59	40.53	1050m: 13:59.38	40.73
	300m: 3:51.88	40.25	700m: 9:15.06	40.47	1100m: 14:40.35	40.97
	350m: 4:32.43	40.55	750m: 9:55.92	40.86	1150m: 15:21.01	40.66
	400m: 5:13.39	40.96	800m: 10:36.43	40.51	1200m: 16:01.38	40.37

Seniores

1.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	<b>16:56.22</b>	+0,83	797
	50m: 31.79	31.79	450m: 4:59.88	34.11	850m: 9:34.07	34.22
	100m: 1:04.35	32.56	500m: 5:33.51	33.63	900m: 10:08.20	34.13
	150m: 1:37.45	33.10	550m: 6:08.13	34.62	950m: 10:42.65	34.45
	200m: 2:10.67	33.22	600m: 6:42.45	34.32	1000m: 11:16.61	33.96
	250m: 2:44.14	33.47	650m: 7:16.73	34.28	1050m: 11:50.97	34.36
	300m: 3:17.82	33.68	700m: 7:51.39	34.66	1100m: 12:25.04	34.07
	350m: 3:51.88	34.06	750m: 8:25.69	34.30	1150m: 12:59.17	34.13
	400m: 4:25.77	33.89	800m: 8:59.85	34.16	1200m: 13:33.48	34.31
2.	Angelica Maria Andre	94	Leixoes	<b>17:03.46</b>	+0,79	781
	50m: 31.59	31.59	450m: 5:05.84	34.64	850m: 9:39.12	34.17
	100m: 1:04.75	33.16	500m: 5:40.35	34.51	900m: 10:12.99	33.87
	150m: 1:38.47	33.72	550m: 6:14.65	34.30	950m: 10:47.13	34.14
	200m: 2:12.63	34.16	600m: 6:48.96	34.31	1000m: 11:21.52	34.39
	250m: 2:47.15	34.52	650m: 7:22.99	34.03	1050m: 11:56.06	34.54
	300m: 3:21.60	34.45	700m: 7:57.00	34.01	1100m: 12:30.47	34.41
	350m: 3:56.08	34.48	750m: 8:31.02	34.02	1150m: 13:05.39	34.92
	400m: 4:31.20	35.12	800m: 9:04.95	33.93	1200m: 13:40.05	34.66
3.	Vania Soares Neves	90	Viana Natacao	<b>17:32.53</b>	+0,82	718
	50m: 31.85	31.85	450m: 5:09.55	34.94	850m: 9:50.98	35.38
	100m: 1:05.70	33.85	500m: 5:44.62	35.07	900m: 10:26.34	35.36
	150m: 1:40.21	34.51	550m: 6:19.49	34.87	950m: 11:01.79	35.45
	200m: 2:14.91	34.70	600m: 6:54.50	35.01	1000m: 11:37.42	35.63
	250m: 2:49.64	34.73	650m: 7:29.78	35.28	1050m: 12:12.87	35.45
	300m: 3:24.70	35.06	700m: 8:05.14	35.36	1100m: 12:48.38	35.51
	350m: 3:59.63	34.93	750m: 8:40.39	35.25	1150m: 13:23.89	35.51
	400m: 4:34.61	34.98	800m: 9:15.60	35.21	1200m: 13:59.67	35.78

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Ana Catarina Monteiro	93	Vilacondense	<b>18:00.82</b>	<b>+0,82</b>	<b>663</b>
	50m: 31.42 31.42	450m: 5:19.65 36.30	850m: 10:12.58 36.54	1250m: 15:06.05 35.64		
	100m: 1:05.95 34.53	500m: 5:56.22 36.57	900m: 10:49.67 37.09	1300m: 15:41.97 35.92		
	150m: 1:41.45 35.50	550m: 6:32.80 36.58	950m: 11:26.51 36.84	1350m: 16:17.59 35.62		
	200m: 2:17.80 36.35	600m: 7:09.55 36.75	1000m: 12:03.46 36.95	1400m: 16:53.04 35.45		
	250m: 2:54.07 36.27	650m: 7:46.04 36.49	1050m: 12:40.10 36.64	1450m: 17:27.72 34.68		
	300m: 3:30.37 36.30	700m: 8:22.63 36.59	1100m: 13:17.63 37.53	1500m: 18:00.82 33.10		
	350m: 4:06.77 36.40	750m: 8:59.24 36.61	1150m: 13:54.04 36.41			
	400m: 4:43.35 36.58	800m: 9:36.04 36.80	1200m: 14:30.41 36.37			
5.	Helena Paula Carvalho	95	Uniao Piedense	<b>18:02.29</b>	<b>+0,72</b>	<b>660</b>
	50m: 31.55 31.55	450m: 5:19.27 36.09	850m: 10:10.11 36.12	1250m: 15:03.10 36.44		
	100m: 1:06.79 35.24	500m: 5:55.89 36.62	900m: 10:46.84 36.73	1300m: 15:39.71 36.61		
	150m: 1:42.29 35.50	550m: 6:31.95 36.06	950m: 11:23.05 36.21	1350m: 16:16.03 36.32		
	200m: 2:18.33 36.04	600m: 7:08.58 36.63	1000m: 11:59.63 36.58	1400m: 16:52.78 36.75		
	250m: 2:54.21 35.88	650m: 7:44.73 36.15	1050m: 12:36.05 36.42	1450m: 17:28.24 35.46		
	300m: 3:30.71 36.50	700m: 8:21.25 36.52	1100m: 13:13.14 37.09	1500m: 18:02.29 34.05		
	350m: 4:06.77 36.06	750m: 8:57.21 35.96	1150m: 13:49.51 36.37			
	400m: 4:43.18 36.41	800m: 9:33.99 36.78	1200m: 14:26.66 37.15			
6.	Marta Alexandra Saraiva	93	Uniao Piedense	<b>18:03.12</b>		<b>658</b>
	50m: 32.73 32.73	450m: 5:20.06 36.31	850m: 10:11.77 36.80	1250m: 15:04.64 36.48		
	100m: 1:07.43 34.70	500m: 5:56.07 36.01	900m: 10:48.51 36.74	1300m: 15:40.74 36.10		
	150m: 1:43.80 36.37	550m: 6:32.55 36.48	950m: 11:25.49 36.98	1350m: 16:17.27 36.53		
	200m: 2:19.68 35.88	600m: 7:08.55 36.00	1000m: 12:02.27 36.78	1400m: 16:53.17 35.90		
	250m: 2:55.75 36.07	650m: 7:45.05 36.50	1050m: 12:39.07 36.80	1450m: 17:28.92 35.75		
	300m: 3:31.62 35.87	700m: 8:21.27 36.22	1100m: 13:15.32 36.25	1500m: 18:03.12 34.20		
	350m: 4:07.95 36.33	750m: 8:58.18 36.91	1150m: 13:52.10 36.78			
	400m: 4:43.75 35.80	800m: 9:34.97 36.79	1200m: 14:28.16 36.06			
7.	Raquel Paulo Ranito	94	Sporting	<b>18:03.91</b>	<b>+0,77</b>	<b>657</b>
	50m: 32.51 32.51	450m: 5:22.84 36.26	850m: 10:13.66 36.59	1250m: 15:04.93 36.13		
	100m: 1:08.51 36.00	500m: 5:59.43 36.59	900m: 10:50.16 36.50	1300m: 15:41.46 36.53		
	150m: 1:45.08 36.57	550m: 6:35.34 35.91	950m: 11:26.49 36.33	1350m: 16:17.74 36.28		
	200m: 2:21.25 36.17	600m: 7:11.43 36.09	1000m: 12:03.28 36.79	1400m: 16:53.78 36.04		
	250m: 2:57.55 36.30	650m: 7:47.60 36.17	1050m: 12:39.53 36.25	1450m: 17:29.46 35.68		
	300m: 3:33.94 36.39	700m: 8:24.05 36.45	1100m: 13:15.85 36.32	1500m: 18:03.91 34.45		
	350m: 4:10.39 36.45	750m: 9:00.46 36.41	1150m: 13:52.04 36.19			
	400m: 4:46.58 36.19	800m: 9:37.07 36.61	1200m: 14:28.80 36.76			
8.	Leonor Mourinho Neves	95	Sporting	<b>18:05.16</b>	<b>+0,78</b>	<b>655</b>
	50m: 32.30 32.30	450m: 5:18.19 36.07	850m: 10:09.99 36.61	1250m: 15:03.87 36.93		
	100m: 1:07.27 34.97	500m: 5:54.55 36.36	900m: 10:46.61 36.62	1300m: 15:40.41 36.54		
	150m: 1:42.49 35.22	550m: 6:30.90 36.35	950m: 11:23.19 36.58	1350m: 16:16.80 36.39		
	200m: 2:18.12 35.63	600m: 7:07.45 36.55	1000m: 11:59.92 36.73	1400m: 16:53.68 36.88		
	250m: 2:54.04 35.92	650m: 7:43.98 36.53	1050m: 12:36.52 36.60	1450m: 17:29.74 36.06		
	300m: 3:30.14 36.10	700m: 8:20.68 36.70	1100m: 13:13.25 36.73	1500m: 18:05.16 35.42		
	350m: 4:06.03 35.89	750m: 8:56.96 36.28	1150m: 13:49.99 36.74			
	400m: 4:42.12 36.09	800m: 9:33.38 36.42	1200m: 14:26.94 36.95			
9.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>18:06.14</b>	<b>+0,87</b>	<b>653</b>
	50m: 32.41 32.41	450m: 5:19.46 36.28	850m: 10:10.57 36.61	1250m: 15:03.69 37.05		
	100m: 1:07.11 34.70	500m: 5:56.32 36.86	900m: 10:47.21 36.64	1300m: 15:40.62 36.93		
	150m: 1:42.91 35.80	550m: 6:32.45 36.13	950m: 11:23.51 36.30	1350m: 16:17.53 36.91		
	200m: 2:18.80 35.89	600m: 7:08.85 36.40	1000m: 11:59.81 36.30	1400m: 16:54.38 36.85		
	250m: 2:54.95 36.15	650m: 7:45.08 36.23	1050m: 12:36.52 36.71	1450m: 17:30.48 36.10		
	300m: 3:30.84 35.89	700m: 8:21.24 36.16	1100m: 13:13.03 36.51	1500m: 18:06.14 35.66		
	350m: 4:07.10 36.26	750m: 8:57.68 36.44	1150m: 13:49.92 36.89			
	400m: 4:43.18 36.08	800m: 9:33.96 36.28	1200m: 14:26.64 36.72			

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
10.	Daniela Filipa Pinto	91	Vitoria de Guimaraes	<b>18:27.45</b>	<b>+0,80</b>	<b>616</b>	
	50m: 32.49 32.49	450m: 5:22.76	37.65	850m: 10:19.51	37.60	1250m: 15:20.93	37.29
	100m: 1:07.54 35.05	500m: 5:59.60	36.84	900m: 10:56.84	37.33	1300m: 15:58.61	37.68
	150m: 1:43.48 35.94	550m: 6:36.58	36.98	950m: 11:34.99	38.15	1350m: 16:35.85	37.24
	200m: 2:19.09 35.61	600m: 7:13.57	36.99	1000m: 12:12.18	37.19	1400m: 17:13.23	37.38
	250m: 2:55.64 36.55	650m: 7:50.79	37.22	1050m: 12:50.37	38.19	1450m: 17:51.07	37.84
	300m: 3:31.51 35.87	700m: 8:27.34	36.55	1100m: 13:27.65	37.28	1500m: 18:27.45	36.38
	350m: 4:08.59 37.08	750m: 9:05.16	37.82	1150m: 14:06.29	38.64		
	400m: 4:45.11 36.52	800m: 9:41.91	36.75	1200m: 14:43.64	37.35		
11.	Julia Rodrigues Mallen	96	Alges	<b>18:39.44</b>	<b>+0,77</b>	<b>596</b>	
	50m: 32.34 32.34	450m: 5:28.88	36.97	850m: 10:30.27	37.71	1250m: 15:33.09	37.63
	100m: 1:09.07 36.73	500m: 6:06.58	37.70	900m: 11:08.98	38.71	1300m: 16:11.20	38.11
	150m: 1:45.97 36.90	550m: 6:43.44	36.86	950m: 11:46.37	37.39	1350m: 16:48.87	37.67
	200m: 2:22.93 36.96	600m: 7:21.20	37.76	1000m: 12:24.42	38.05	1400m: 17:26.54	37.67
	250m: 2:59.54 36.61	650m: 7:58.79	37.59	1050m: 13:02.02	37.60	1450m: 18:03.60	37.06
	300m: 3:36.87 37.33	700m: 8:36.78	37.99	1100m: 13:39.94	37.92	1500m: 18:39.44	35.84
	350m: 4:14.25 37.38	750m: 9:14.58	37.80	1150m: 14:17.51	37.57		
	400m: 4:51.91 37.66	800m: 9:52.56	37.98	1200m: 14:55.46	37.95		
12.	Tatiana Ladeiro Santos	92	GesLoures	<b>18:44.70</b>	<b>+0,83</b>	<b>588</b>	
	<i>FTL</i>						
	50m: 32.57 32.57	450m: 5:31.42	37.87	850m: 10:33.00	38.09	1250m: 15:36.91	38.10
	100m: 1:08.86 36.29	500m: 6:08.56	37.14	900m: 11:10.90	37.90	1300m: 16:14.66	37.75
	150m: 1:45.81 36.95	550m: 6:46.37	37.81	950m: 11:48.94	38.04	1350m: 16:53.11	38.45
	200m: 2:23.11 37.30	600m: 7:23.64	37.27	1000m: 12:26.82	37.88	1400m: 17:31.09	37.98
	250m: 3:00.66 37.55	650m: 8:01.66	38.02	1050m: 13:05.01	38.19	1450m: 18:08.40	37.31
	300m: 3:38.25 37.59	700m: 8:39.12	37.46	1100m: 13:43.01	38.00	1500m: 18:44.70	36.30
	350m: 4:16.07 37.82	750m: 9:17.16	38.04	1150m: 14:21.08	38.07		
	400m: 4:53.55 37.48	800m: 9:54.91	37.75	1200m: 14:58.81	37.73		
13.	Ana Sofia Fernandes	93	Braga	<b>18:49.96</b>	<b>+0,97</b>	<b>580</b>	
	<i>FTL</i>						
	50m: 32.43 32.43	450m: 5:30.78	38.23	850m: 10:35.97	38.14	1250m: 15:42.59	38.30
	100m: 1:08.82 36.39	500m: 6:08.96	38.18	900m: 11:14.54	38.57	1300m: 16:21.12	38.53
	150m: 1:45.46 36.64	550m: 6:46.79	37.83	950m: 11:52.76	38.22	1350m: 16:59.28	38.16
	200m: 2:22.47 37.01	600m: 7:25.16	38.37	1000m: 12:31.11	38.35	1400m: 17:36.30	37.02
	250m: 2:59.58 37.11	650m: 8:03.33	38.17	1050m: 13:09.34	38.23	1450m: 18:13.68	37.38
	300m: 3:36.91 37.33	700m: 8:41.28	37.95	1100m: 13:47.60	38.26	1500m: 18:49.96	36.28
	350m: 4:14.45 37.54	750m: 9:19.25	37.97	1150m: 14:25.96	38.36		
	400m: 4:52.55 38.10	800m: 9:57.83	38.58	1200m: 15:04.29	38.33		
14.	Ines Sofia Sampaio	94	Academico Viseu	<b>18:55.77</b>	<b>+1,00</b>	<b>571</b>	
	<i>FTL</i>						
	50m: 31.56 31.56	450m: 5:29.89	38.22	850m: 10:40.21	38.67	1250m: 15:48.78	38.64
	100m: 1:06.16 34.60	500m: 6:08.53	38.64	900m: 11:18.97	38.76	1300m: 16:26.34	37.56
	150m: 1:42.07 35.91	550m: 6:46.70	38.17	950m: 11:57.55	38.58	1350m: 17:04.63	38.29
	200m: 2:19.05 36.98	600m: 7:26.29	39.59	1000m: 12:36.22	38.67	1400m: 17:43.83	39.20
	250m: 2:56.43 37.38	650m: 8:04.49	38.20	1050m: 13:14.45	38.23	1450m: 18:21.14	37.31
	300m: 3:35.02 38.59	700m: 8:43.56	39.07	1100m: 13:53.31	38.86	1500m: 18:55.77	34.63
	350m: 4:13.53 38.51	750m: 9:22.66	39.10	1150m: 14:31.72	38.41		
	400m: 4:51.67 38.14	800m: 10:01.54	38.88	1200m: 15:10.14	38.42		

Prova 36, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Catia Andreia Clara	95	Nautico da Marinha Grande	<b>18:59.05</b>	+0,90	566
	<i>FTL</i>					
	50m: 33.01 33.01	450m: 5:33.91 37.87	850m: 10:37.88 38.55	1250m: 15:46.04 38.68		
	100m: 1:09.41 36.40	500m: 6:11.84 37.93	900m: 11:16.26 38.38	1300m: 16:24.91 38.87		
	150m: 1:46.70 37.29	550m: 6:49.64 37.80	950m: 11:54.43 38.17	1350m: 17:03.51 38.60		
	200m: 2:24.36 37.66	600m: 7:27.41 37.77	1000m: 12:32.97 38.54	1400m: 17:42.34 38.83		
	250m: 3:01.88 37.52	650m: 8:05.21 37.80	1050m: 13:11.47 38.50	1450m: 18:20.89 38.55		
	300m: 3:39.95 38.07	700m: 8:43.17 37.96	1100m: 13:50.15 38.68	1500m: 18:59.05 38.16		
	350m: 4:17.88 37.93	750m: 9:20.98 37.81	1150m: 14:28.43 38.28			
	400m: 4:56.04 38.16	800m: 9:59.33 38.35	1200m: 15:07.36 38.93			
16.	Jessica Goncalves Sequeira	95	GesLoures	<b>19:14.89</b>	+0,87	543
	<i>FTL</i>					
	50m: 34.40 34.40	450m: 5:33.75 38.20	850m: 10:42.85 39.50	1250m: 15:57.09 39.57		
	100m: 1:10.46 36.06	500m: 6:11.81 38.06	900m: 11:22.35 39.50	1300m: 16:36.71 39.62		
	150m: 1:47.23 36.77	550m: 6:50.27 38.46	950m: 12:02.02 39.67	1350m: 17:16.76 40.05		
	200m: 2:24.44 37.21	600m: 7:28.51 38.24	1000m: 12:41.18 39.16	1400m: 17:56.48 39.72		
	250m: 3:02.17 37.73	650m: 8:07.21 38.70	1050m: 13:20.33 39.15	1450m: 18:36.28 39.80		
	300m: 3:39.65 37.48	700m: 8:46.16 38.95	1100m: 13:59.40 39.07	1500m: 19:14.89 38.61		
	350m: 4:17.58 37.93	750m: 9:25.01 38.85	1150m: 14:38.05 38.65			
	400m: 4:55.55 37.97	800m: 10:03.35 38.34	1200m: 15:17.52 39.47			
DSQ	Julia Matos Lopes	94	Viver Santarem			
	<i>403 - Falsa partida - SW 4.4</i>					