

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicao, 18.7. - 21.7.2013

Prova 45	Femin., 1500m Livres					Open
21-07-2013 - 16:30						Resultados
Rec Nac Absoluto	16:46.57	Angelica Maria Andre	LSC	Famalicao		07-07-2013
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	Florabela Cavaco Machado	ASSSCC	Coimbra		07-04-2012
Rec Nac Sen	16:46.57	Angelica Maria Andre	LSC	Famalicao		07-07-2013
TAC Jun2 Fem 16: 18:40.00 / TAC Jun1 Fem 15: 19:00.00 / TAC JUV Fem Juv: 18:40.00						

Pontos: FINA 2013

Lugar	Nome			Ano	Clube		Tempo Final			TReac	Pts FINA	Pts
1.	Ana Goncalves Neto			95	Porto		17:08.31				770	
	50m:	30.66	30.66	450m:	5:03.86	34.51	850m:	9:40.32	34.14	1250m:	14:15.99	34.84
	100m:	1:04.27	33.61	500m:	5:38.36	34.50	900m:	10:14.65	34.33	1300m:	14:50.94	34.95
	150m:	1:38.46	34.19	550m:	6:12.91	34.55	950m:	10:49.17	34.52	1350m:	15:25.46	34.52
	200m:	2:12.63	34.17	600m:	6:47.82	34.91	1000m:	11:23.81	34.64	1400m:	16:00.32	34.86
	250m:	2:46.68	34.05	650m:	7:22.54	34.72	1050m:	11:57.98	34.17	1450m:	16:34.74	34.42
	300m:	3:20.88	34.20	700m:	7:57.16	34.62	1100m:	12:32.56	34.58	1500m:	17:08.31	33.57
	350m:	3:55.05	34.17	750m:	8:32.05	34.89	1150m:	13:06.96	34.40			
	400m:	4:29.35	34.30	800m:	9:06.18	34.13	1200m:	13:41.15	34.19			
2.	Filipa Vilas Ruivo			97	Nautico da Marinha Grande		17:12.92			+0,91	759	
	50m:	31.50	31.50	450m:	5:06.97	34.68	850m:	9:43.08	34.59	1250m:	14:20.48	34.77
	100m:	1:05.15	33.65	500m:	5:41.76	34.79	900m:	10:17.36	34.28	1300m:	14:55.19	34.71
	150m:	1:39.58	34.43	550m:	6:16.29	34.53	950m:	10:52.12	34.76	1350m:	15:29.80	34.61
	200m:	2:14.11	34.53	600m:	6:51.18	34.89	1000m:	11:26.72	34.60	1400m:	16:04.69	34.89
	250m:	2:48.63	34.52	650m:	7:25.51	34.33	1050m:	12:01.55	34.83	1450m:	16:39.20	34.51
	300m:	3:23.07	34.44	700m:	7:59.88	34.37	1100m:	12:36.21	34.66	1500m:	17:12.92	33.72
	350m:	3:57.70	34.63	750m:	8:34.26	34.38	1150m:	13:11.02	34.81			
	400m:	4:32.29	34.59	800m:	9:08.49	34.23	1200m:	13:45.71	34.69			
3.	Vania Soares Neves			90	Viana Natacao		17:25.33			+0,80	733	
	50m:	31.57	31.57	450m:	5:07.06	34.89	850m:	9:45.68	34.90	1250m:	14:28.59	35.25
	100m:	1:05.16	33.59	500m:	5:41.98	34.92	900m:	10:20.89	35.21	1300m:	15:04.38	35.79
	150m:	1:39.66	34.50	550m:	6:16.49	34.51	950m:	10:56.20	35.31	1350m:	15:39.93	35.55
	200m:	2:14.01	34.35	600m:	6:51.56	35.07	1000m:	11:31.58	35.38	1400m:	16:15.48	35.55
	250m:	2:48.37	34.36	650m:	7:26.29	34.73	1050m:	12:06.78	35.20	1450m:	16:50.85	35.37
	300m:	3:22.74	34.37	700m:	8:01.06	34.77	1100m:	12:42.18	35.40	1500m:	17:25.33	34.48
	350m:	3:57.46	34.72	750m:	8:35.78	34.72	1150m:	13:17.86	35.68			
	400m:	4:32.17	34.71	800m:	9:10.78	35.00	1200m:	13:53.34	35.48			
4.	Barbara Marques Rodrigues			97	Alges		17:46.70			+0,98	689	
	50m:	32.05	32.05	450m:	5:14.94	35.63	850m:	10:01.20	35.84	1250m:	14:48.74	35.86
	100m:	1:06.65	34.60	500m:	5:50.59	35.65	900m:	10:36.93	35.73	1300m:	15:24.64	35.90
	150m:	1:41.99	35.34	550m:	6:25.88	35.29	950m:	11:12.98	36.05	1350m:	15:59.99	35.35
	200m:	2:17.44	35.45	600m:	7:01.81	35.93	1000m:	11:49.04	36.06	1400m:	16:35.82	35.83
	250m:	2:52.71	35.27	650m:	7:37.46	35.65	1050m:	12:25.01	35.97	1450m:	17:11.56	35.74
	300m:	3:28.11	35.40	700m:	8:13.35	35.89	1100m:	13:00.90	35.89	1500m:	17:46.70	35.14
	350m:	4:03.66	35.55	750m:	8:49.26	35.91	1150m:	13:36.99	36.09			
	400m:	4:39.31	35.65	800m:	9:25.36	36.10	1200m:	14:12.88	35.89			
5.	Leonor Mourinho Neves			95	Sporting		17:49.33			+0,88	684	
	50m:	32.84	32.84	450m:	5:16.81	35.93	850m:	10:04.82	36.06	1250m:	14:51.36	35.94
	100m:	1:07.70	34.86	500m:	5:52.37	35.56	900m:	10:40.63	35.81	1300m:	15:27.26	35.90
	150m:	1:43.13	35.43	550m:	6:28.34	35.97	950m:	11:16.83	36.20	1350m:	16:03.15	35.89
	200m:	2:18.48	35.35	600m:	7:04.18	35.84	1000m:	11:52.56	35.73	1400m:	16:39.09	35.94
	250m:	2:53.97	35.49	650m:	7:40.27	36.09	1050m:	12:28.58	36.02	1450m:	17:14.71	35.62
	300m:	3:29.36	35.39	700m:	8:16.68	36.41	1100m:	13:04.12	35.54	1500m:	17:49.33	34.62
	350m:	4:05.21	35.85	750m:	8:53.30	36.62	1150m:	13:39.94	35.82			
	400m:	4:40.88	35.67	800m:	9:28.76	35.46	1200m:	14:15.42	35.48			

Campeonato Nacional de Juvenis
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Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	17:51.01	+0,74	681	
	50m: 31.79 31.79	450m: 5:14.84 35.70	850m: 10:01.53 36.05	1250m: 14:52.22 36.26			
	100m: 1:05.99 34.20	500m: 5:50.82 35.98	900m: 10:37.80 36.27	1300m: 15:28.15 35.93			
	150m: 1:40.84 34.85	550m: 6:26.62 35.80	950m: 11:14.07 36.27	1350m: 16:04.19 36.04			
	200m: 2:16.56 35.72	600m: 7:02.53 35.91	1000m: 11:50.50 36.43	1400m: 16:40.58 36.39			
	250m: 2:52.03 35.47	650m: 7:38.17 35.64	1050m: 12:26.94 36.44	1450m: 17:16.71 36.13			
	300m: 3:27.66 35.63	700m: 8:13.80 35.63	1100m: 13:03.34 36.40	1500m: 17:51.01 34.30			
	350m: 4:03.44 35.78	750m: 8:49.59 35.79	1150m: 13:39.82 36.48				
	400m: 4:39.14 35.70	800m: 9:25.48 35.89	1200m: 14:15.96 36.14				
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	17:55.91		672	
	50m: 32.72 32.72	450m: 5:16.17 35.41	850m: 10:02.78 36.04	1250m: 14:52.78 36.46			
	100m: 1:07.34 34.62	500m: 5:51.82 35.65	900m: 10:38.69 35.91	1300m: 15:29.34 36.56			
	150m: 1:43.06 35.72	550m: 6:27.54 35.72	950m: 11:14.89 36.20	1350m: 16:05.88 36.54			
	200m: 2:18.46 35.40	600m: 7:03.03 35.49	1000m: 11:50.76 35.87	1400m: 16:43.04 37.16			
	250m: 2:54.05 35.59	650m: 7:39.00 35.97	1050m: 12:27.11 36.35	1450m: 17:19.70 36.66			
	300m: 3:29.51 35.46	700m: 8:14.70 35.70	1100m: 13:03.56 36.45	1500m: 17:55.91 36.21			
	350m: 4:05.14 35.63	750m: 8:50.99 36.29	1150m: 13:39.76 36.20				
	400m: 4:40.76 35.62	800m: 9:26.74 35.75	1200m: 14:16.32 36.56				
8.	Carolina Mantua Guedes	98	Sporting	17:59.56	+0,78	665	
	50m: 32.86 32.86	450m: 5:23.20 36.73	850m: 10:13.60 36.49	1250m: 15:02.59 36.53			
	100m: 1:08.68 35.82	500m: 5:59.63 36.43	900m: 10:49.75 36.15	1300m: 15:38.37 35.78			
	150m: 1:44.70 36.02	550m: 6:36.22 36.59	950m: 11:25.75 36.00	1350m: 16:14.82 36.45			
	200m: 2:20.83 36.13	600m: 7:12.22 36.00	1000m: 12:01.53 35.78	1400m: 16:50.16 35.34			
	250m: 2:57.15 36.32	650m: 7:48.24 36.02	1050m: 12:37.78 36.25	1450m: 17:25.37 35.21			
	300m: 3:33.88 36.73	700m: 8:24.56 36.32	1100m: 13:13.71 35.93	1500m: 17:59.56 34.19			
	350m: 4:10.21 36.33	750m: 9:01.11 36.55	1150m: 13:50.10 36.39				
	400m: 4:46.47 36.26	800m: 9:37.11 36.00	1200m: 14:26.06 35.96				
9.	Federica Vaccaro	97	Pol Lib Invicta - Potenza	18:02.35	+0,78	660	
	50m: 32.67 32.67	450m: 5:16.29 35.62	850m: 10:07.17 36.46	1250m: 15:01.18 36.92			
	100m: 1:07.65 34.98	500m: 5:52.57 36.28	900m: 10:43.74 36.57	1300m: 15:38.25 37.07			
	150m: 1:42.45 34.80	550m: 6:28.50 35.93	950m: 11:19.88 36.14	1350m: 16:14.57 36.32			
	200m: 2:18.03 35.58	600m: 7:05.18 36.68	1000m: 11:56.88 37.00	1400m: 16:51.10 36.53			
	250m: 2:53.05 35.02	650m: 7:41.12 35.94	1050m: 12:33.47 36.59	1450m: 17:26.87 35.77			
	300m: 3:29.31 36.26	700m: 8:17.58 36.46	1100m: 13:10.66 37.19	1500m: 18:02.35 35.48			
	350m: 4:04.58 35.27	750m: 8:53.70 36.12	1150m: 13:47.06 36.40				
	400m: 4:40.67 36.09	800m: 9:30.71 37.01	1200m: 14:24.26 37.20				
10.	Julia Matos Lopes	94	Viver Santarem	18:04.78	+0,82	655	
	50m: 32.23 32.23	450m: 5:17.71 35.85	850m: 10:05.69 36.15	1250m: 14:59.65 36.75			
	100m: 1:07.26 35.03	500m: 5:53.71 36.00	900m: 10:42.18 36.49	1300m: 15:36.93 37.28			
	150m: 1:42.64 35.38	550m: 6:29.45 35.74	950m: 11:18.91 36.73	1350m: 16:13.81 36.88			
	200m: 2:18.78 36.14	600m: 7:05.44 35.99	1000m: 11:55.66 36.75	1400m: 16:51.01 37.20			
	250m: 2:54.27 35.49	650m: 7:41.37 35.93	1050m: 12:32.58 36.92	1450m: 17:28.04 37.03			
	300m: 3:30.28 36.01	700m: 8:17.46 36.09	1100m: 13:09.39 36.81	1500m: 18:04.78 36.74			
	350m: 4:05.96 35.68	750m: 8:53.55 36.09	1150m: 13:45.93 36.54				
	400m: 4:41.86 35.90	800m: 9:29.54 35.99	1200m: 14:22.90 36.97				
11.	Marta Alexandra Saraiva	93	Uniao Piedense	18:05.35	+0,87	654	
	50m: 33.22 33.22	450m: 5:24.07 36.62	850m: 10:14.59 36.56	1250m: 15:07.58 36.88			
	100m: 1:08.62 35.40	500m: 6:00.36 36.29	900m: 10:51.35 36.76	1300m: 15:44.32 36.74			
	150m: 1:44.93 36.31	550m: 6:36.97 36.61	950m: 11:27.92 36.57	1350m: 16:20.47 36.15			
	200m: 2:21.04 36.11	600m: 7:13.01 36.04	1000m: 12:04.12 36.20	1400m: 16:56.31 35.84			
	250m: 2:57.76 36.72	650m: 7:49.16 36.15	1050m: 12:40.46 36.34	1450m: 17:32.00 35.69			
	300m: 3:34.19 36.43	700m: 8:25.05 35.89	1100m: 13:16.97 36.51	1500m: 18:05.35 33.35			
	350m: 4:11.02 36.83	750m: 9:01.60 36.55	1150m: 13:53.59 36.62				
	400m: 4:47.45 36.43	800m: 9:38.03 36.43	1200m: 14:30.70 37.11				

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Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Ana Silva Costa	98	Famalicão	18:05.35	+0,76	654	
	50m: 33.37 33.37	450m: 5:23.44	36.68	850m: 10:14.15	36.56	1250m: 15:06.72	37.14
	100m: 1:08.76 35.39	500m: 5:59.40	35.96	900m: 10:50.52	36.37	1300m: 15:43.34	36.62
	150m: 1:45.35 36.59	550m: 6:36.12	36.72	950m: 11:27.15	36.63	1350m: 16:19.84	36.50
	200m: 2:21.27 35.92	600m: 7:12.41	36.29	1000m: 12:03.20	36.05	1400m: 16:55.78	35.94
	250m: 2:57.55 36.28	650m: 7:48.76	36.35	1050m: 12:39.38	36.18	1450m: 17:31.67	35.89
	300m: 3:33.84 36.29	700m: 8:24.83	36.07	1100m: 13:15.96	36.58	1500m: 18:05.35	33.68
	350m: 4:10.50 36.66	750m: 9:01.33	36.50	1150m: 13:52.71	36.75		
	400m: 4:46.76 36.26	800m: 9:37.59	36.26	1200m: 14:29.58	36.87		
13.	Maria Joao Fernandes	97	Vilacondense	18:18.43	+0,65	631	
	50m: 32.99 32.99	450m: 5:24.11	36.50	850m: 10:14.41	36.24	1250m: 15:12.80	37.79
	100m: 1:08.69 35.70	500m: 6:00.17	36.06	900m: 10:51.55	37.14	1300m: 15:50.30	37.50
	150m: 1:45.02 36.33	550m: 6:36.67	36.50	950m: 11:28.30	36.75	1350m: 16:28.10	37.80
	200m: 2:20.89 35.87	600m: 7:12.95	36.28	1000m: 12:05.31	37.01	1400m: 17:05.26	37.16
	250m: 2:57.18 36.29	650m: 7:48.91	35.96	1050m: 12:42.81	37.50	1450m: 17:42.41	37.15
	300m: 3:34.14 36.96	700m: 8:25.38	36.47	1100m: 13:20.15	37.34	1500m: 18:18.43	36.02
	350m: 4:11.00 36.86	750m: 9:01.67	36.29	1150m: 13:57.70	37.55		
	400m: 4:47.61 36.61	800m: 9:38.17	36.50	1200m: 14:35.01	37.31		
14.	Helena Paula Carvalho	95	Uniao Piedense	18:20.34	+0,75	628	
	50m: 32.00 32.00	450m: 5:21.02	36.69	850m: 10:18.25	37.04	1250m: 15:16.28	36.72
	100m: 1:07.24 35.24	500m: 5:58.18	37.16	900m: 10:56.19	37.94	1300m: 15:54.17	37.89
	150m: 1:42.70 35.46	550m: 6:34.95	36.77	950m: 11:33.74	37.55	1350m: 16:30.93	36.76
	200m: 2:18.61 35.91	600m: 7:12.44	37.49	1000m: 12:10.93	37.19	1400m: 17:08.79	37.86
	250m: 2:54.70 36.09	650m: 7:49.01	36.57	1050m: 12:47.56	36.63	1450m: 17:44.86	36.07
	300m: 3:31.20 36.50	700m: 8:26.54	37.53	1100m: 13:25.15	37.59	1500m: 18:20.34	35.48
	350m: 4:07.58 36.38	750m: 9:03.85	37.31	1150m: 14:02.02	36.87		
	400m: 4:44.33 36.75	800m: 9:41.21	37.36	1200m: 14:39.56	37.54		
15.	Raquel Bartolo Vitor	93	Academica de Coimbra	18:28.97	+0,80	613	
	50m: 33.49 33.49	450m: 5:27.25	37.55	850m: 10:26.37	37.54	1250m: 15:25.59	37.29
	100m: 1:08.95 35.46	500m: 6:04.48	37.23	900m: 11:03.80	37.43	1300m: 16:02.89	37.30
	150m: 1:45.28 36.33	550m: 6:42.00	37.52	950m: 11:41.72	37.92	1350m: 16:40.34	37.45
	200m: 2:21.68 36.40	600m: 7:19.33	37.33	1000m: 12:19.44	37.72	1400m: 17:17.30	36.96
	250m: 2:58.65 36.97	650m: 7:56.87	37.54	1050m: 12:56.94	37.50	1450m: 17:53.84	36.54
	300m: 3:35.38 36.73	700m: 8:34.26	37.39	1100m: 13:34.25	37.31	1500m: 18:28.97	35.13
	350m: 4:12.77 37.39	750m: 9:11.64	37.38	1150m: 14:11.70	37.45		
	400m: 4:49.70 36.93	800m: 9:48.83	37.19	1200m: 14:48.30	36.60		
16.	Julia Rodrigues Mallen	96	Alges	18:29.93	+0,81	612	
	50m: 32.59 32.59	450m: 5:29.42	37.26	850m: 10:28.87	37.37	1250m: 15:27.18	36.79
	100m: 1:08.81 36.22	500m: 6:07.11	37.69	900m: 11:06.45	37.58	1300m: 16:04.49	37.31
	150m: 1:45.79 36.98	550m: 6:44.53	37.42	950m: 11:43.53	37.08	1350m: 16:41.04	36.55
	200m: 2:23.19 37.40	600m: 7:21.85	37.32	1000m: 12:21.08	37.55	1400m: 17:18.21	37.17
	250m: 3:00.31 37.12	650m: 7:59.10	37.25	1050m: 12:58.27	37.19	1450m: 17:54.59	36.38
	300m: 3:37.86 37.55	700m: 8:36.49	37.39	1100m: 13:35.81	37.54	1500m: 18:29.93	35.34
	350m: 4:14.85 36.99	750m: 9:13.90	37.41	1150m: 14:12.71	36.90		
	400m: 4:52.16 37.31	800m: 9:51.50	37.60	1200m: 14:50.39	37.68		
17.	Catarina Alexandra Jardim	98	Famalicão	18:38.44	+0,80	598	
	50m: 34.00 34.00	450m: 5:32.36	37.40	850m: 10:30.98	37.44	1250m: 15:31.73	38.08
	100m: 1:10.59 36.59	500m: 6:09.43	37.07	900m: 11:08.22	37.24	1300m: 16:09.59	37.86
	150m: 1:47.93 37.34	550m: 6:46.77	37.34	950m: 11:45.39	37.17	1350m: 16:47.58	37.99
	200m: 2:25.25 37.32	600m: 7:24.05	37.28	1000m: 12:22.75	37.36	1400m: 17:25.26	37.68
	250m: 3:02.77 37.52	650m: 8:01.51	37.46	1050m: 13:00.67	37.92	1450m: 18:02.49	37.23
	300m: 3:40.15 37.38	700m: 8:39.01	37.50	1100m: 13:37.79	37.12	1500m: 18:38.44	35.95
	350m: 4:17.75 37.60	750m: 9:16.25	37.24	1150m: 14:15.84	38.05		
	400m: 4:54.96 37.21	800m: 9:53.54	37.29	1200m: 14:53.65	37.81		

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Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Marina Micaela Sequeira	98	Uniao Piedense	18:41.30	+1,00	593	
	50m: 34.35 34.35	450m: 5:31.80 37.08	850m: 10:31.49 37.31	1250m: 15:35.47 37.43			
	100m: 1:10.64 36.29	500m: 6:09.72 37.92	900m: 11:09.14 37.65	1300m: 16:13.59 38.12			
	150m: 1:47.75 37.11	550m: 6:46.72 37.00	950m: 11:46.54 37.40	1350m: 16:51.64 38.05			
	200m: 2:24.85 37.10	600m: 7:24.21 37.49	1000m: 12:24.72 38.18	1400m: 17:29.29 37.65			
	250m: 3:02.48 37.63	650m: 8:01.63 37.42	1050m: 13:02.91 38.19	1450m: 18:05.63 36.34			
	300m: 3:39.91 37.43	700m: 8:39.36 37.73	1100m: 13:41.26 38.35	1500m: 18:41.30 35.67			
	350m: 4:17.22 37.31	750m: 9:16.80 37.44	1150m: 14:19.65 38.39				
	400m: 4:54.72 37.50	800m: 9:54.18 37.38	1200m: 14:58.04 38.39				
19.	Cecilia Branco Almeida	97	Geslours	18:43.17	+0,89	590	
	<i>FTL</i>						
	50m: 33.52 33.52	450m: 5:29.54 37.49	850m: 10:31.03 38.04	1250m: 15:35.44 38.08			
	100m: 1:09.79 36.27	500m: 6:07.04 37.50	900m: 11:09.13 38.10	1300m: 16:13.35 37.91			
	150m: 1:46.37 36.58	550m: 6:44.86 37.82	950m: 11:47.44 38.31	1350m: 16:51.78 38.43			
	200m: 2:23.06 36.69	600m: 7:22.56 37.70	1000m: 12:25.76 38.32	1400m: 17:30.06 38.28			
	250m: 3:00.05 36.99	650m: 8:00.31 37.75	1050m: 13:04.07 38.31	1450m: 18:07.45 37.39			
	300m: 3:37.22 37.17	700m: 8:37.75 37.44	1100m: 13:41.74 37.67	1500m: 18:43.17 35.72			
	350m: 4:14.60 37.38	750m: 9:15.35 37.60	1150m: 14:19.83 38.09				
	400m: 4:52.05 37.45	800m: 9:52.99 37.64	1200m: 14:57.36 37.53				
20.	Tatiana Ladeiro Santos	92	Geslours	18:43.95	+0,84	589	
	50m: 33.17 33.17	450m: 5:32.88 37.75	850m: 10:34.51 37.73	1250m: 15:37.77 37.96			
	100m: 1:09.91 36.74	500m: 6:10.71 37.83	900m: 11:12.57 38.06	1300m: 16:15.83 38.06			
	150m: 1:46.68 36.77	550m: 6:48.23 37.52	950m: 11:50.25 37.68	1350m: 16:53.70 37.87			
	200m: 2:24.36 37.68	600m: 7:26.22 37.99	1000m: 12:28.28 38.03	1400m: 17:31.50 37.80			
	250m: 3:02.00 37.64	650m: 8:03.99 37.77	1050m: 13:06.12 37.84	1450m: 18:08.78 37.28			
	300m: 3:39.83 37.83	700m: 8:41.51 37.52	1100m: 13:44.13 38.01	1500m: 18:43.95 35.17			
	350m: 4:17.35 37.52	750m: 9:19.07 37.56	1150m: 14:21.73 37.60				
	400m: 4:55.13 37.78	800m: 9:56.78 37.71	1200m: 14:59.81 38.08				
21.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:44.66	+0,93	588	
	50m: 32.95 32.95	450m: 5:29.84 37.38	850m: 10:31.55 37.79	1250m: 15:36.41 38.16			
	100m: 1:09.02 36.07	500m: 6:07.53 37.69	900m: 11:09.64 38.09	1300m: 16:14.89 38.48			
	150m: 1:45.47 36.45	550m: 6:44.98 37.45	950m: 11:47.45 37.81	1350m: 16:53.10 38.21			
	200m: 2:22.70 37.23	600m: 7:22.58 37.60	1000m: 12:25.60 38.15	1400m: 17:31.20 38.10			
	250m: 2:59.63 36.93	650m: 8:00.20 37.62	1050m: 13:04.03 38.43	1450m: 18:08.14 36.94			
	300m: 3:37.19 37.56	700m: 8:37.83 37.63	1100m: 13:42.24 38.21	1500m: 18:44.66 36.52			
	350m: 4:14.53 37.34	750m: 9:15.57 37.74	1150m: 14:20.29 38.05				
	400m: 4:52.46 37.93	800m: 9:53.76 38.19	1200m: 14:58.25 37.96				
22.	Ines Sofia Sampaio	94	Academico Viseu	18:50.83	+1,04	579	
	50m: 32.81 32.81	450m: 5:28.62 37.16	850m: 10:34.32 38.47	1250m: 15:43.45 38.52			
	100m: 1:09.29 36.48	500m: 6:06.50 37.88	900m: 11:12.85 38.53	1300m: 16:22.19 38.74			
	150m: 1:45.74 36.45	550m: 6:43.92 37.42	950m: 11:51.76 38.91	1350m: 17:00.85 38.66			
	200m: 2:22.82 37.08	600m: 7:22.43 38.51	1000m: 12:30.95 39.19	1400m: 17:39.20 38.35			
	250m: 2:59.34 36.52	650m: 8:00.92 38.49	1050m: 13:09.76 38.81	1450m: 18:15.85 36.65			
	300m: 3:36.71 37.37	700m: 8:39.25 38.33	1100m: 13:48.02 38.26	1500m: 18:50.83 34.98			
	350m: 4:13.81 37.10	750m: 9:17.15 37.90	1150m: 14:26.33 38.31				
	400m: 4:51.46 37.65	800m: 9:55.85 38.70	1200m: 15:04.93 38.60				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Luana Raquel Alves <i>FTL</i>	97	Viana Natacao	18:52.24	+0,89	576	
	50m: 33.52 33.52	450m: 5:32.44 37.67	850m: 10:32.90 37.94	1250m: 15:43.01 38.41			
	100m: 1:09.81 36.29	500m: 6:10.21 37.77	900m: 11:11.38 38.48	1300m: 16:21.51 38.50			
	150m: 1:46.96 37.15	550m: 6:47.24 37.03	950m: 11:49.90 38.52	1350m: 17:00.09 38.58			
	200m: 2:24.31 37.35	600m: 7:24.49 37.25	1000m: 12:28.45 38.55	1400m: 17:38.98 38.89			
	250m: 3:01.60 37.29	650m: 8:01.82 37.33	1050m: 13:07.46 39.01	1450m: 18:17.21 38.23			
	300m: 3:39.40 37.80	700m: 8:39.32 37.50	1100m: 13:46.57 39.11	1500m: 18:52.24 35.03			
	350m: 4:16.88 37.48	750m: 9:16.85 37.53	1150m: 14:25.74 39.17				
	400m: 4:54.77 37.89	800m: 9:54.96 38.11	1200m: 15:04.60 38.86				
24.	Catarina Martins Ribeiro <i>FTL</i>	98	Nautico da Marinha Grande	19:13.00	+1,05	546	
	50m: 33.86 33.86	450m: 5:35.65 37.92	850m: 10:43.92 38.49	1250m: 15:57.15 39.33			
	100m: 1:10.94 37.08	500m: 6:14.30 38.65	900m: 11:23.25 39.33	1300m: 16:36.57 39.42			
	150m: 1:48.63 37.69	550m: 6:52.41 38.11	950m: 12:01.95 38.70	1350m: 17:16.38 39.81			
	200m: 2:26.08 37.45	600m: 7:31.05 38.64	1000m: 12:41.52 39.57	1400m: 17:55.88 39.50			
	250m: 3:03.68 37.60	650m: 8:09.52 38.47	1050m: 13:20.16 38.64	1450m: 18:34.97 39.09			
	300m: 3:41.81 38.13	700m: 8:48.21 38.69	1100m: 13:59.41 39.25	1500m: 19:13.00 38.03			
	350m: 4:19.60 37.79	750m: 9:26.65 38.44	1150m: 14:38.82 39.41				
	400m: 4:57.73 38.13	800m: 10:05.43 38.78	1200m: 15:17.82 39.00				
25.	Vanessa Branco Machado <i>FTL</i>	98	Columbofila Cantanhedense	19:48.97	+1,01	498	
	50m: 34.07 34.07	450m: 5:48.78 39.69	850m: 11:09.57 39.68	1250m: 16:30.82 39.96			
	100m: 1:12.70 38.63	500m: 6:28.95 40.17	900m: 11:49.59 40.02	1300m: 17:10.97 40.15			
	150m: 1:51.79 39.09	550m: 7:08.98 40.03	950m: 12:29.38 39.79	1350m: 17:51.38 40.41			
	200m: 2:30.88 39.09	600m: 7:49.16 40.18	1000m: 13:09.73 40.35	1400m: 18:31.13 39.75			
	250m: 3:09.71 38.83	650m: 8:29.20 40.04	1050m: 13:49.69 39.96	1450m: 19:10.90 39.77			
	300m: 3:49.35 39.64	700m: 9:09.91 40.71	1100m: 14:30.30 40.61	1500m: 19:48.97 38.07			
	350m: 4:28.89 39.54	750m: 9:49.46 39.55	1150m: 15:10.30 40.00				
	400m: 5:09.09 40.20	800m: 10:29.89 40.43	1200m: 15:50.86 40.56				

Prova 45
21-07-2013 - 16:30

Femin., 1500m Livres

Absolutos
Resultados

Rec Nac Absoluto	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013
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	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013

TAC Jun2 Fem 16: 18:40.00 / TAC Jun1 Fem 15: 19:00.00 / TAC JUV Fem Juv: 18:40.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Goncalves Neto	95	Porto	17:08.31		770	
	50m: 30.66 30.66	450m: 5:03.86 34.51	850m: 9:40.32 34.14	1250m: 14:15.99 34.84			
	100m: 1:04.27 33.61	500m: 5:38.36 34.50	900m: 10:14.65 34.33	1300m: 14:50.94 34.95			
	150m: 1:38.46 34.19	550m: 6:12.91 34.55	950m: 10:49.17 34.52	1350m: 15:25.46 34.52			
	200m: 2:12.63 34.17	600m: 6:47.82 34.91	1000m: 11:23.81 34.64	1400m: 16:00.32 34.86			
	250m: 2:46.68 34.05	650m: 7:22.54 34.72	1050m: 11:57.98 34.17	1450m: 16:34.74 34.42			
	300m: 3:20.88 34.20	700m: 7:57.16 34.62	1100m: 12:32.56 34.58	1500m: 17:08.31 33.57			
	350m: 3:55.05 34.17	750m: 8:32.05 34.89	1150m: 13:06.96 34.40				
	400m: 4:29.35 34.30	800m: 9:06.18 34.13	1200m: 13:41.15 34.19				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	17:12.92	+0,91	759	
	50m: 31.50 31.50	450m: 5:06.97 34.68	850m: 9:43.08 34.59	1250m: 14:20.48 34.77			
	100m: 1:05.15 33.65	500m: 5:41.76 34.79	900m: 10:17.36 34.28	1300m: 14:55.19 34.71			
	150m: 1:39.58 34.43	550m: 6:16.29 34.53	950m: 10:52.12 34.76	1350m: 15:29.80 34.61			
	200m: 2:14.11 34.53	600m: 6:51.18 34.89	1000m: 11:26.72 34.60	1400m: 16:04.69 34.89			
	250m: 2:48.63 34.52	650m: 7:25.51 34.33	1050m: 12:01.55 34.83	1450m: 16:39.20 34.51			
	300m: 3:23.07 34.44	700m: 7:59.88 34.37	1100m: 12:36.21 34.66	1500m: 17:12.92 33.72			
	350m: 3:57.70 34.63	750m: 8:34.26 34.38	1150m: 13:11.02 34.81				
	400m: 4:32.29 34.59	800m: 9:08.49 34.23	1200m: 13:45.71 34.69				
3.	Vania Soares Neves	90	Viana Natacao	17:25.33	+0,80	733	
	50m: 31.57 31.57	450m: 5:07.06 34.89	850m: 9:45.68 34.90	1250m: 14:28.59 35.25			
	100m: 1:05.16 33.59	500m: 5:41.98 34.92	900m: 10:20.89 35.21	1300m: 15:04.38 35.79			
	150m: 1:39.66 34.50	550m: 6:16.49 34.51	950m: 10:56.20 35.31	1350m: 15:39.93 35.55			
	200m: 2:14.01 34.35	600m: 6:51.56 35.07	1000m: 11:31.58 35.38	1400m: 16:15.48 35.55			
	250m: 2:48.37 34.36	650m: 7:26.29 34.73	1050m: 12:06.78 35.20	1450m: 16:50.85 35.37			
	300m: 3:22.74 34.37	700m: 8:01.06 34.77	1100m: 12:42.18 35.40	1500m: 17:25.33 34.48			
	350m: 3:57.46 34.72	750m: 8:35.78 34.72	1150m: 13:17.86 35.68				
	400m: 4:32.17 34.71	800m: 9:10.78 35.00	1200m: 13:53.34 35.48				
4.	Barbara Marques Rodrigues	97	Alges	17:46.70	+0,98	689	
	50m: 32.05 32.05	450m: 5:14.94 35.63	850m: 10:01.20 35.84	1250m: 14:48.74 35.86			
	100m: 1:06.65 34.60	500m: 5:50.59 35.65	900m: 10:36.93 35.73	1300m: 15:24.64 35.90			
	150m: 1:41.99 35.34	550m: 6:25.88 35.29	950m: 11:12.98 36.05	1350m: 15:59.99 35.35			
	200m: 2:17.44 35.45	600m: 7:01.81 35.93	1000m: 11:49.04 36.06	1400m: 16:35.82 35.83			
	250m: 2:52.71 35.27	650m: 7:37.46 35.65	1050m: 12:25.01 35.97	1450m: 17:11.56 35.74			
	300m: 3:28.11 35.40	700m: 8:13.35 35.89	1100m: 13:00.90 35.89	1500m: 17:46.70 35.14			
	350m: 4:03.66 35.55	750m: 8:49.26 35.91	1150m: 13:36.99 36.09				
	400m: 4:39.31 35.65	800m: 9:25.36 36.10	1200m: 14:12.88 35.89				
5.	Leonor Mourinho Neves	95	Sporting	17:49.33	+0,88	684	
	50m: 32.84 32.84	450m: 5:16.81 35.93	850m: 10:04.82 36.06	1250m: 14:51.36 35.94			
	100m: 1:07.70 34.86	500m: 5:52.37 35.56	900m: 10:40.63 35.81	1300m: 15:27.26 35.90			
	150m: 1:43.13 35.43	550m: 6:28.34 35.97	950m: 11:16.83 36.20	1350m: 16:03.15 35.89			
	200m: 2:18.48 35.35	600m: 7:04.18 35.84	1000m: 11:52.56 35.73	1400m: 16:39.09 35.94			
	250m: 2:53.97 35.49	650m: 7:40.27 36.09	1050m: 12:28.58 36.02	1450m: 17:14.71 35.62			
	300m: 3:29.36 35.39	700m: 8:16.68 36.41	1100m: 13:04.12 35.54	1500m: 17:49.33 34.62			
	350m: 4:05.21 35.85	750m: 8:53.30 36.62	1150m: 13:39.94 35.82				
	400m: 4:40.88 35.67	800m: 9:28.76 35.46	1200m: 14:15.42 35.48				
6.	Mariana Cunha Guerra	98	Columbofila Cantanhedense	17:51.01	+0,74	681	
	50m: 31.79 31.79	450m: 5:14.84 35.70	850m: 10:01.53 36.05	1250m: 14:52.22 36.26			
	100m: 1:05.99 34.20	500m: 5:50.82 35.98	900m: 10:37.80 36.27	1300m: 15:28.15 35.93			
	150m: 1:40.84 34.85	550m: 6:26.62 35.80	950m: 11:14.07 36.27	1350m: 16:04.19 36.04			
	200m: 2:16.56 35.72	600m: 7:02.53 35.91	1000m: 11:50.50 36.43	1400m: 16:40.58 36.39			
	250m: 2:52.03 35.47	650m: 7:38.17 35.64	1050m: 12:26.94 36.44	1450m: 17:16.71 36.13			
	300m: 3:27.66 35.63	700m: 8:13.80 35.63	1100m: 13:03.34 36.40	1500m: 17:51.01 34.30			
	350m: 4:03.44 35.78	750m: 8:49.59 35.79	1150m: 13:39.82 36.48				
	400m: 4:39.14 35.70	800m: 9:25.48 35.89	1200m: 14:15.96 36.14				
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	17:55.91		672	
	50m: 32.72 32.72	450m: 5:16.17 35.41	850m: 10:02.78 36.04	1250m: 14:52.78 36.46			
	100m: 1:07.34 34.62	500m: 5:51.82 35.65	900m: 10:38.69 35.91	1300m: 15:29.34 36.56			
	150m: 1:43.06 35.72	550m: 6:27.54 35.72	950m: 11:14.89 36.20	1350m: 16:05.88 36.54			
	200m: 2:18.46 35.40	600m: 7:03.03 35.49	1000m: 11:50.76 35.87	1400m: 16:43.04 37.16			
	250m: 2:54.05 35.59	650m: 7:39.00 35.97	1050m: 12:27.11 36.35	1450m: 17:19.70 36.66			
	300m: 3:29.51 35.46	700m: 8:14.70 35.70	1100m: 13:03.56 36.45	1500m: 17:55.91 36.21			
	350m: 4:05.14 35.63	750m: 8:50.99 36.29	1150m: 13:39.76 36.20				
	400m: 4:40.76 35.62	800m: 9:26.74 35.75	1200m: 14:16.32 36.56				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Carolina Mantua Guedes	98	Sporting	17:59.56	+0,78	665	
	50m: 32.86 32.86	450m: 5:23.20 36.73	850m: 10:13.60 36.49	1250m: 15:02.59 36.53			
	100m: 1:08.68 35.82	500m: 5:59.63 36.43	900m: 10:49.75 36.15	1300m: 15:38.37 35.78			
	150m: 1:44.70 36.02	550m: 6:36.22 36.59	950m: 11:25.75 36.00	1350m: 16:14.82 36.45			
	200m: 2:20.83 36.13	600m: 7:12.22 36.00	1000m: 12:01.53 35.78	1400m: 16:50.16 35.34			
	250m: 2:57.15 36.32	650m: 7:48.24 36.02	1050m: 12:37.78 36.25	1450m: 17:25.37 35.21			
	300m: 3:33.88 36.73	700m: 8:24.56 36.32	1100m: 13:13.71 35.93	1500m: 17:59.56 34.19			
	350m: 4:10.21 36.33	750m: 9:01.11 36.55	1150m: 13:50.10 36.39				
	400m: 4:46.47 36.26	800m: 9:37.11 36.00	1200m: 14:26.06 35.96				
9.	Julia Matos Lopes	94	Viver Santarem	18:04.78	+0,82	655	
	50m: 32.23 32.23	450m: 5:17.71 35.85	850m: 10:05.69 36.15	1250m: 14:59.65 36.75			
	100m: 1:07.26 35.03	500m: 5:53.71 36.00	900m: 10:42.18 36.49	1300m: 15:36.93 37.28			
	150m: 1:42.64 35.38	550m: 6:29.45 35.74	950m: 11:18.91 36.73	1350m: 16:13.81 36.88			
	200m: 2:18.78 36.14	600m: 7:05.44 35.99	1000m: 11:55.66 36.75	1400m: 16:51.01 37.20			
	250m: 2:54.27 35.49	650m: 7:41.37 35.93	1050m: 12:32.58 36.92	1450m: 17:28.04 37.03			
	300m: 3:30.28 36.01	700m: 8:17.46 36.09	1100m: 13:09.39 36.81	1500m: 18:04.78 36.74			
	350m: 4:05.96 35.68	750m: 8:53.55 36.09	1150m: 13:45.93 36.54				
	400m: 4:41.86 35.90	800m: 9:29.54 35.99	1200m: 14:22.90 36.97				
10.	Marta Alexandra Saraiva	93	Uniao Piedense	18:05.35	+0,87	654	
	50m: 33.22 33.22	450m: 5:24.07 36.62	850m: 10:14.59 36.56	1250m: 15:07.58 36.88			
	100m: 1:08.62 35.40	500m: 6:00.36 36.29	900m: 10:51.35 36.76	1300m: 15:44.32 36.74			
	150m: 1:44.93 36.31	550m: 6:36.97 36.61	950m: 11:27.92 36.57	1350m: 16:20.47 36.15			
	200m: 2:21.04 36.11	600m: 7:13.01 36.04	1000m: 12:04.12 36.20	1400m: 16:56.31 35.84			
	250m: 2:57.76 36.72	650m: 7:49.16 36.15	1050m: 12:40.46 36.34	1450m: 17:32.00 35.69			
	300m: 3:34.19 36.43	700m: 8:25.05 35.89	1100m: 13:16.97 36.51	1500m: 18:05.35 33.35			
	350m: 4:11.02 36.83	750m: 9:01.60 36.55	1150m: 13:53.59 36.62				
	400m: 4:47.45 36.43	800m: 9:38.03 36.43	1200m: 14:30.70 37.11				
	Ana Silva Costa	98	Famalicao	18:05.35	+0,76	654	
	50m: 33.37 33.37	450m: 5:23.44 36.68	850m: 10:14.15 36.56	1250m: 15:06.72 37.14			
	100m: 1:08.76 35.39	500m: 5:59.40 35.96	900m: 10:50.52 36.37	1300m: 15:43.34 36.62			
	150m: 1:45.35 36.59	550m: 6:36.12 36.72	950m: 11:27.15 36.63	1350m: 16:19.84 36.50			
	200m: 2:21.27 35.92	600m: 7:12.41 36.29	1000m: 12:03.20 36.05	1400m: 16:55.78 35.94			
	250m: 2:57.55 36.28	650m: 7:48.76 36.35	1050m: 12:39.38 36.18	1450m: 17:31.67 35.89			
	300m: 3:33.84 36.29	700m: 8:24.83 36.07	1100m: 13:15.96 36.58	1500m: 18:05.35 33.68			
	350m: 4:10.50 36.66	750m: 9:01.33 36.50	1150m: 13:52.71 36.75				
	400m: 4:46.76 36.26	800m: 9:37.59 36.26	1200m: 14:29.58 36.87				
12.	Maria Joao Fernandes	97	Vilacondense	18:18.43	+0,65	631	
	50m: 32.99 32.99	450m: 5:24.11 36.50	850m: 10:14.41 36.24	1250m: 15:12.80 37.79			
	100m: 1:08.69 35.70	500m: 6:00.17 36.06	900m: 10:51.55 37.14	1300m: 15:50.30 37.50			
	150m: 1:45.02 36.33	550m: 6:36.67 36.50	950m: 11:28.30 36.75	1350m: 16:28.10 37.80			
	200m: 2:20.89 35.87	600m: 7:12.95 36.28	1000m: 12:05.31 37.01	1400m: 17:05.26 37.16			
	250m: 2:57.18 36.29	650m: 7:48.91 35.96	1050m: 12:42.81 37.50	1450m: 17:42.41 37.15			
	300m: 3:34.14 36.96	700m: 8:25.38 36.47	1100m: 13:20.15 37.34	1500m: 18:18.43 36.02			
	350m: 4:11.00 36.86	750m: 9:01.67 36.29	1150m: 13:57.70 37.55				
	400m: 4:47.61 36.61	800m: 9:38.17 36.50	1200m: 14:35.01 37.31				
13.	Helena Paula Carvalho	95	Uniao Piedense	18:20.34	+0,75	628	
	50m: 32.00 32.00	450m: 5:21.02 36.69	850m: 10:18.25 37.04	1250m: 15:16.28 36.72			
	100m: 1:07.24 35.24	500m: 5:58.18 37.16	900m: 10:56.19 37.94	1300m: 15:54.17 37.89			
	150m: 1:42.70 35.46	550m: 6:34.95 36.77	950m: 11:33.74 37.55	1350m: 16:30.93 36.76			
	200m: 2:18.61 35.91	600m: 7:12.44 37.49	1000m: 12:10.93 37.19	1400m: 17:08.79 37.86			
	250m: 2:54.70 36.09	650m: 7:49.01 36.57	1050m: 12:47.56 36.63	1450m: 17:44.86 36.07			
	300m: 3:31.20 36.50	700m: 8:26.54 37.53	1100m: 13:25.15 37.59	1500m: 18:20.34 35.48			
	350m: 4:07.58 36.38	750m: 9:03.85 37.31	1150m: 14:02.02 36.87				
	400m: 4:44.33 36.75	800m: 9:41.21 37.36	1200m: 14:39.56 37.54				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Raquel Bartolo Vitor	93	Academica de Coimbra	18:28.97	+0,80	613	
	50m: 33.49 33.49	450m: 5:27.25 37.55	850m: 10:26.37 37.54	1250m: 15:25.59 37.29			
	100m: 1:08.95 35.46	500m: 6:04.48 37.23	900m: 11:03.80 37.43	1300m: 16:02.89 37.30			
	150m: 1:45.28 36.33	550m: 6:42.00 37.52	950m: 11:41.72 37.92	1350m: 16:40.34 37.45			
	200m: 2:21.68 36.40	600m: 7:19.33 37.33	1000m: 12:19.44 37.72	1400m: 17:17.30 36.96			
	250m: 2:58.65 36.97	650m: 7:56.87 37.54	1050m: 12:56.94 37.50	1450m: 17:53.84 36.54			
	300m: 3:35.38 36.73	700m: 8:34.26 37.39	1100m: 13:34.25 37.31	1500m: 18:28.97 35.13			
	350m: 4:12.77 37.39	750m: 9:11.64 37.38	1150m: 14:11.70 37.45				
	400m: 4:49.70 36.93	800m: 9:48.83 37.19	1200m: 14:48.30 36.60				
15.	Julia Rodrigues Mallen	96	Alges	18:29.93	+0,81	612	
	50m: 32.59 32.59	450m: 5:29.42 37.26	850m: 10:28.87 37.37	1250m: 15:27.18 36.79			
	100m: 1:08.81 36.22	500m: 6:07.11 37.69	900m: 11:06.45 37.58	1300m: 16:04.49 37.31			
	150m: 1:45.79 36.98	550m: 6:44.53 37.42	950m: 11:43.53 37.08	1350m: 16:41.04 36.55			
	200m: 2:23.19 37.40	600m: 7:21.85 37.32	1000m: 12:21.08 37.55	1400m: 17:18.21 37.17			
	250m: 3:00.31 37.12	650m: 7:59.10 37.25	1050m: 12:58.27 37.19	1450m: 17:54.59 36.38			
	300m: 3:37.86 37.55	700m: 8:36.49 37.39	1100m: 13:35.81 37.54	1500m: 18:29.93 35.34			
	350m: 4:14.85 36.99	750m: 9:13.90 37.41	1150m: 14:12.71 36.90				
	400m: 4:52.16 37.31	800m: 9:51.50 37.60	1200m: 14:50.39 37.68				
16.	Catarina Alexandra Jardim	98	Famalicão	18:38.44	+0,80	598	
	50m: 34.00 34.00	450m: 5:32.36 37.40	850m: 10:30.98 37.44	1250m: 15:31.73 38.08			
	100m: 1:10.59 36.59	500m: 6:09.43 37.07	900m: 11:08.22 37.24	1300m: 16:09.59 37.86			
	150m: 1:47.93 37.34	550m: 6:46.77 37.34	950m: 11:45.39 37.17	1350m: 16:47.58 37.99			
	200m: 2:25.25 37.32	600m: 7:24.05 37.28	1000m: 12:22.75 37.36	1400m: 17:25.26 37.68			
	250m: 3:02.77 37.52	650m: 8:01.51 37.46	1050m: 13:00.67 37.92	1450m: 18:02.49 37.23			
	300m: 3:40.15 37.38	700m: 8:39.01 37.50	1100m: 13:37.79 37.12	1500m: 18:38.44 35.95			
	350m: 4:17.75 37.60	750m: 9:16.25 37.24	1150m: 14:15.84 38.05				
	400m: 4:54.96 37.21	800m: 9:53.54 37.29	1200m: 14:53.65 37.81				
17.	Marina Micaela Sequeira	98	Uniao Piedense	18:41.30	+1,00	593	
	50m: 34.35 34.35	450m: 5:31.80 37.08	850m: 10:31.49 37.31	1250m: 15:35.47 37.43			
	100m: 1:10.64 36.29	500m: 6:09.72 37.92	900m: 11:09.14 37.65	1300m: 16:13.59 38.12			
	150m: 1:47.75 37.11	550m: 6:46.72 37.00	950m: 11:46.54 37.40	1350m: 16:51.64 38.05			
	200m: 2:24.85 37.10	600m: 7:24.21 37.49	1000m: 12:24.72 38.18	1400m: 17:29.29 37.65			
	250m: 3:02.48 37.63	650m: 8:01.63 37.42	1050m: 13:02.91 38.19	1450m: 18:05.63 36.34			
	300m: 3:39.91 37.43	700m: 8:39.36 37.73	1100m: 13:41.26 38.35	1500m: 18:41.30 35.67			
	350m: 4:17.22 37.31	750m: 9:16.80 37.44	1150m: 14:19.65 38.39				
	400m: 4:54.72 37.50	800m: 9:54.18 37.38	1200m: 14:58.04 38.39				
18.	Cecilia Branco Almeida	97	Geslours	18:43.17	+0,89	590	
	FTL						
	50m: 33.52 33.52	450m: 5:29.54 37.49	850m: 10:31.03 38.04	1250m: 15:35.44 38.08			
	100m: 1:09.79 36.27	500m: 6:07.04 37.50	900m: 11:09.13 38.10	1300m: 16:13.35 37.91			
	150m: 1:46.37 36.58	550m: 6:44.86 37.82	950m: 11:47.44 38.31	1350m: 16:51.78 38.43			
	200m: 2:23.06 36.69	600m: 7:22.56 37.70	1000m: 12:25.76 38.32	1400m: 17:30.06 38.28			
	250m: 3:00.05 36.99	650m: 8:00.31 37.75	1050m: 13:04.07 38.31	1450m: 18:07.45 37.39			
	300m: 3:37.22 37.17	700m: 8:37.75 37.44	1100m: 13:41.74 37.67	1500m: 18:43.17 35.72			
	350m: 4:14.60 37.38	750m: 9:15.35 37.60	1150m: 14:19.83 38.09				
	400m: 4:52.05 37.45	800m: 9:52.99 37.64	1200m: 14:57.36 37.53				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Tatiana Ladeiro Santos	92	Geslours	18:43.95	+0,84	589	
	50m: 33.17 33.17	450m: 5:32.88 37.75	850m: 10:34.51 37.73	1250m: 15:37.77 37.96			
	100m: 1:09.91 36.74	500m: 6:10.71 37.83	900m: 11:12.57 38.06	1300m: 16:15.83 38.06			
	150m: 1:46.68 36.77	550m: 6:48.23 37.52	950m: 11:50.25 37.68	1350m: 16:53.70 37.87			
	200m: 2:24.36 37.68	600m: 7:26.22 37.99	1000m: 12:28.28 38.03	1400m: 17:31.50 37.80			
	250m: 3:02.00 37.64	650m: 8:03.99 37.77	1050m: 13:06.12 37.84	1450m: 18:08.78 37.28			
	300m: 3:39.83 37.83	700m: 8:41.51 37.52	1100m: 13:44.13 38.01	1500m: 18:43.95 35.17			
	350m: 4:17.35 37.52	750m: 9:19.07 37.56	1150m: 14:21.73 37.60				
	400m: 4:55.13 37.78	800m: 9:56.78 37.71	1200m: 14:59.81 38.08				
20.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:44.66	+0,93	588	
	50m: 32.95 32.95	450m: 5:29.84 37.38	850m: 10:31.55 37.79	1250m: 15:36.41 38.16			
	100m: 1:09.02 36.07	500m: 6:07.53 37.69	900m: 11:09.64 38.09	1300m: 16:14.89 38.48			
	150m: 1:45.47 36.45	550m: 6:44.98 37.45	950m: 11:47.45 37.81	1350m: 16:53.10 38.21			
	200m: 2:22.70 37.23	600m: 7:22.58 37.60	1000m: 12:25.60 38.15	1400m: 17:31.20 38.10			
	250m: 2:59.63 36.93	650m: 8:00.20 37.62	1050m: 13:04.03 38.43	1450m: 18:08.14 36.94			
	300m: 3:37.19 37.56	700m: 8:37.83 37.63	1100m: 13:42.24 38.21	1500m: 18:44.66 36.52			
	350m: 4:14.53 37.34	750m: 9:15.57 37.74	1150m: 14:20.29 38.05				
	400m: 4:52.46 37.93	800m: 9:53.76 38.19	1200m: 14:58.25 37.96				
21.	Ines Sofia Sampaio	94	Academico Viseu	18:50.83	+1,04	579	
	50m: 32.81 32.81	450m: 5:28.62 37.16	850m: 10:34.32 38.47	1250m: 15:43.45 38.52			
	100m: 1:09.29 36.48	500m: 6:06.50 37.88	900m: 11:12.85 38.53	1300m: 16:22.19 38.74			
	150m: 1:45.74 36.45	550m: 6:43.92 37.42	950m: 11:51.76 38.91	1350m: 17:00.85 38.66			
	200m: 2:22.82 37.08	600m: 7:22.43 38.51	1000m: 12:30.95 39.19	1400m: 17:39.20 38.35			
	250m: 2:59.34 36.52	650m: 8:00.92 38.49	1050m: 13:09.76 38.81	1450m: 18:15.85 36.65			
	300m: 3:36.71 37.37	700m: 8:39.25 38.33	1100m: 13:48.02 38.26	1500m: 18:50.83 34.98			
	350m: 4:13.81 37.10	750m: 9:17.15 37.90	1150m: 14:26.33 38.31				
	400m: 4:51.46 37.65	800m: 9:55.85 38.70	1200m: 15:04.93 38.60				
22.	Luana Raquel Alves	97	Viana Natacao	18:52.24	+0,89	576	
	<i>FTL</i>						
	50m: 33.52 33.52	450m: 5:32.44 37.67	850m: 10:32.90 37.94	1250m: 15:43.01 38.41			
	100m: 1:09.81 36.29	500m: 6:10.21 37.77	900m: 11:11.38 38.48	1300m: 16:21.51 38.50			
	150m: 1:46.96 37.15	550m: 6:47.24 37.03	950m: 11:49.90 38.52	1350m: 17:00.09 38.58			
	200m: 2:24.31 37.35	600m: 7:24.49 37.25	1000m: 12:28.45 38.55	1400m: 17:38.98 38.89			
	250m: 3:01.60 37.29	650m: 8:01.82 37.33	1050m: 13:07.46 39.01	1450m: 18:17.21 38.23			
	300m: 3:39.40 37.80	700m: 8:39.32 37.50	1100m: 13:46.57 39.11	1500m: 18:52.24 35.03			
	350m: 4:16.88 37.48	750m: 9:16.85 37.53	1150m: 14:25.74 39.17				
	400m: 4:54.77 37.89	800m: 9:54.96 38.11	1200m: 15:04.60 38.86				
23.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	19:13.00	+1,05	546	
	<i>FTL</i>						
	50m: 33.86 33.86	450m: 5:35.65 37.92	850m: 10:43.92 38.49	1250m: 15:57.15 39.33			
	100m: 1:10.94 37.08	500m: 6:14.30 38.65	900m: 11:23.25 39.33	1300m: 16:36.57 39.42			
	150m: 1:48.63 37.69	550m: 6:52.41 38.11	950m: 12:01.95 38.70	1350m: 17:16.38 39.81			
	200m: 2:26.08 37.45	600m: 7:31.05 38.64	1000m: 12:41.52 39.57	1400m: 17:55.88 39.50			
	250m: 3:03.68 37.60	650m: 8:09.52 38.47	1050m: 13:20.16 38.64	1450m: 18:34.97 39.09			
	300m: 3:41.81 38.13	700m: 8:48.21 38.69	1100m: 13:59.41 39.25	1500m: 19:13.00 38.03			
	350m: 4:19.60 37.79	750m: 9:26.65 38.44	1150m: 14:38.82 39.41				
	400m: 4:57.73 38.13	800m: 10:05.43 38.78	1200m: 15:17.82 39.00				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome			Ano	Clube		Tempo Final		TReac		Pts FINA	Pts
24.	Vanessa Branco Machado			98	Columbofila Cantanhedense		19:48.97		+1,01	498		
	FTL											
	50m:	34.07	34.07	450m:	5:48.78	39.69	850m:	11:09.57	39.68	1250m:	16:30.82	39.96
	100m:	1:12.70	38.63	500m:	6:28.95	40.17	900m:	11:49.59	40.02	1300m:	17:10.97	40.15
	150m:	1:51.79	39.09	550m:	7:08.98	40.03	950m:	12:29.38	39.79	1350m:	17:51.38	40.41
	200m:	2:30.88	39.09	600m:	7:49.16	40.18	1000m:	13:09.73	40.35	1400m:	18:31.13	39.75
	250m:	3:09.71	38.83	650m:	8:29.20	40.04	1050m:	13:49.69	39.96	1450m:	19:10.90	39.77
	300m:	3:49.35	39.64	700m:	9:09.91	40.71	1100m:	14:30.30	40.61	1500m:	19:48.97	38.07
	350m:	4:28.89	39.54	750m:	9:49.46	39.55	1150m:	15:10.30	40.00			
	400m:	5:09.09	40.20	800m:	10:29.89	40.43	1200m:	15:50.86	40.56			

Prova 45 Femin., 1500m Livres

21-07-2013 - 16:30

Jun1

Resultados

Rec Nac Absoluto	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013
Rec Nac Jun	17:02.46	Florbela Cavaco Machado	ASSSCC	Coimbra	07-04-2012

TAC Jun1 Fem : 19:00.00

Pontos: FINA 2013

Lugar	Nome			Ano	Clube	Tempo Final		TReac	Pts FINA	Pts		
1.	Mariana Cunha Guerra			98	Columbofila Cantanhedense	17:51.01		+0,74	681			
	50m:	31.79	31.79	450m:	5:14.84	35.70	850m:	10:01.53	36.05	1250m:	14:52.22	36.26
	100m:	1:05.99	34.20	500m:	5:50.82	35.98	900m:	10:37.80	36.27	1300m:	15:28.15	35.93
	150m:	1:40.84	34.85	550m:	6:26.62	35.80	950m:	11:14.07	36.27	1350m:	16:04.19	36.04
	200m:	2:16.56	35.72	600m:	7:02.53	35.91	1000m:	11:50.50	36.43	1400m:	16:40.58	36.39
	250m:	2:52.03	35.47	650m:	7:38.17	35.64	1050m:	12:26.94	36.44	1450m:	17:16.71	36.13
	300m:	3:27.66	35.63	700m:	8:13.80	35.63	1100m:	13:03.34	36.40	1500m:	17:51.01	34.30
	350m:	4:03.44	35.78	750m:	8:49.59	35.79	1150m:	13:39.82	36.48			
	400m:	4:39.14	35.70	800m:	9:25.48	35.89	1200m:	14:15.96	36.14			
2.	Carolina Mantua Guedes			98	Sporting	17:59.56		+0,78	665			
	50m:	32.86	32.86	450m:	5:23.20	36.73	850m:	10:13.60	36.49	1250m:	15:02.59	36.53
	100m:	1:08.68	35.82	500m:	5:59.63	36.43	900m:	10:49.75	36.15	1300m:	15:38.37	35.78
	150m:	1:44.70	36.02	550m:	6:36.22	36.59	950m:	11:25.75	36.00	1350m:	16:14.82	36.45
	200m:	2:20.83	36.13	600m:	7:12.22	36.00	1000m:	12:01.53	35.78	1400m:	16:50.16	35.34
	250m:	2:57.15	36.32	650m:	7:48.24	36.02	1050m:	12:37.78	36.25	1450m:	17:25.37	35.21
	300m:	3:33.88	36.73	700m:	8:24.56	36.32	1100m:	13:13.71	35.93	1500m:	17:59.56	34.19
	350m:	4:10.21	36.33	750m:	9:01.11	36.55	1150m:	13:50.10	36.39			
	400m:	4:46.47	36.26	800m:	9:37.11	36.00	1200m:	14:26.06	35.96			
3.	Ana Silva Costa			98	Famalicao	18:05.35		+0,76	654			
	50m:	33.37	33.37	450m:	5:23.44	36.68	850m:	10:14.15	36.56	1250m:	15:06.72	37.14
	100m:	1:08.76	35.39	500m:	5:59.40	35.96	900m:	10:50.52	36.37	1300m:	15:43.34	36.62
	150m:	1:45.35	36.59	550m:	6:36.12	36.72	950m:	11:27.15	36.63	1350m:	16:19.84	36.50
	200m:	2:21.27	35.92	600m:	7:12.41	36.29	1000m:	12:03.20	36.05	1400m:	16:55.78	35.94
	250m:	2:57.55	36.28	650m:	7:48.76	36.35	1050m:	12:39.38	36.18	1450m:	17:31.67	35.89
	300m:	3:33.84	36.29	700m:	8:24.83	36.07	1100m:	13:15.96	36.58	1500m:	18:05.35	33.68
	350m:	4:10.50	36.66	750m:	9:01.33	36.50	1150m:	13:52.71	36.75			
	400m:	4:46.76	36.26	800m:	9:37.59	36.26	1200m:	14:29.58	36.87			

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Jun1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Catarina Alexandra Jardim	98	Famalicao	18:38.44	+0,80	598	
	50m: 34.00 34.00	450m: 5:32.36 37.40	850m: 10:30.98 37.44	1250m: 15:31.73 38.08			
	100m: 1:10.59 36.59	500m: 6:09.43 37.07	900m: 11:08.22 37.24	1300m: 16:09.59 37.86			
	150m: 1:47.93 37.34	550m: 6:46.77 37.34	950m: 11:45.39 37.17	1350m: 16:47.58 37.99			
	200m: 2:25.25 37.32	600m: 7:24.05 37.28	1000m: 12:22.75 37.36	1400m: 17:25.26 37.68			
	250m: 3:02.77 37.52	650m: 8:01.51 37.46	1050m: 13:00.67 37.92	1450m: 18:02.49 37.23			
	300m: 3:40.15 37.38	700m: 8:39.01 37.50	1100m: 13:37.79 37.12	1500m: 18:38.44 35.95			
	350m: 4:17.75 37.60	750m: 9:16.25 37.24	1150m: 14:15.84 38.05				
	400m: 4:54.96 37.21	800m: 9:53.54 37.29	1200m: 14:53.65 37.81				
5.	Marina Micaela Sequeira	98	Uniao Piedense	18:41.30	+1,00	593	
	50m: 34.35 34.35	450m: 5:31.80 37.08	850m: 10:31.49 37.31	1250m: 15:35.47 37.43			
	100m: 1:10.64 36.29	500m: 6:09.72 37.92	900m: 11:09.14 37.65	1300m: 16:13.59 38.12			
	150m: 1:47.75 37.11	550m: 6:46.72 37.00	950m: 11:46.54 37.40	1350m: 16:51.64 38.05			
	200m: 2:24.85 37.10	600m: 7:24.21 37.49	1000m: 12:24.72 38.18	1400m: 17:29.29 37.65			
	250m: 3:02.48 37.63	650m: 8:01.63 37.42	1050m: 13:02.91 38.19	1450m: 18:05.63 36.34			
	300m: 3:39.91 37.43	700m: 8:39.36 37.73	1100m: 13:41.26 38.35	1500m: 18:41.30 35.67			
	350m: 4:17.22 37.31	750m: 9:16.80 37.44	1150m: 14:19.65 38.39				
	400m: 4:54.72 37.50	800m: 9:54.18 37.38	1200m: 14:58.04 38.39				
6.	Catarina Martins Ribeiro	98	Nautico da Marinha Grande	19:13.00	+1,05	546	
	<i>FTL</i>						
	50m: 33.86 33.86	450m: 5:35.65 37.92	850m: 10:43.92 38.49	1250m: 15:57.15 39.33			
	100m: 1:10.94 37.08	500m: 6:14.30 38.65	900m: 11:23.25 39.33	1300m: 16:36.57 39.42			
	150m: 1:48.63 37.69	550m: 6:52.41 38.11	950m: 12:01.95 38.70	1350m: 17:16.38 39.81			
	200m: 2:26.08 37.45	600m: 7:31.05 38.64	1000m: 12:41.52 39.57	1400m: 17:55.88 39.50			
	250m: 3:03.68 37.60	650m: 8:09.52 38.47	1050m: 13:20.16 38.64	1450m: 18:34.97 39.09			
	300m: 3:41.81 38.13	700m: 8:48.21 38.69	1100m: 13:59.41 39.25	1500m: 19:13.00 38.03			
	350m: 4:19.60 37.79	750m: 9:26.65 38.44	1150m: 14:38.82 39.41				
	400m: 4:57.73 38.13	800m: 10:05.43 38.78	1200m: 15:17.82 39.00				
7.	Vanessa Branco Machado	98	Columbofila Cantanhedense	19:48.97	+1,01	498	
	<i>FTL</i>						
	50m: 34.07 34.07	450m: 5:48.78 39.69	850m: 11:09.57 39.68	1250m: 16:30.82 39.96			
	100m: 1:12.70 38.63	500m: 6:28.95 40.17	900m: 11:49.59 40.02	1300m: 17:10.97 40.15			
	150m: 1:51.79 39.09	550m: 7:08.98 40.03	950m: 12:29.38 39.79	1350m: 17:51.38 40.41			
	200m: 2:30.88 39.09	600m: 7:49.16 40.18	1000m: 13:09.73 40.35	1400m: 18:31.13 39.75			
	250m: 3:09.71 38.83	650m: 8:29.20 40.04	1050m: 13:49.69 39.96	1450m: 19:10.90 39.77			
	300m: 3:49.35 39.64	700m: 9:09.91 40.71	1100m: 14:30.30 40.61	1500m: 19:48.97 38.07			
	350m: 4:28.89 39.54	750m: 9:49.46 39.55	1150m: 15:10.30 40.00				
	400m: 5:09.09 40.20	800m: 10:29.89 40.43	1200m: 15:50.86 40.56				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres

Prova 45
21-07-2013 - 16:30

Femin., 1500m Livres

Jun2
Resultados

Rec Nac Absoluto	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013
Rec Nac Jun	17:02.46	Florbela Cavaco Machado	ASSSCC	Coimbra	07-04-2012

TAC Jun2 Fem : 18:40.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	17:12.92	+0,91	759	
	50m: 31.50 31.50	450m: 5:06.97 34.68	850m: 9:43.08 34.59	1250m: 14:20.48 34.77			
	100m: 1:05.15 33.65	500m: 5:41.76 34.79	900m: 10:17.36 34.28	1300m: 14:55.19 34.71			
	150m: 1:39.58 34.43	550m: 6:16.29 34.53	950m: 10:52.12 34.76	1350m: 15:29.80 34.61			
	200m: 2:14.11 34.53	600m: 6:51.18 34.89	1000m: 11:26.72 34.60	1400m: 16:04.69 34.89			
	250m: 2:48.63 34.52	650m: 7:25.51 34.33	1050m: 12:01.55 34.83	1450m: 16:39.20 34.51			
	300m: 3:23.07 34.44	700m: 7:59.88 34.37	1100m: 12:36.21 34.66	1500m: 17:12.92 33.72			
	350m: 3:57.70 34.63	750m: 8:34.26 34.38	1150m: 13:11.02 34.81				
	400m: 4:32.29 34.59	800m: 9:08.49 34.23	1200m: 13:45.71 34.69				
2.	Barbara Marques Rodrigues	97	Alges	17:46.70	+0,98	689	
	50m: 32.05 32.05	450m: 5:14.94 35.63	850m: 10:01.20 35.84	1250m: 14:48.74 35.86			
	100m: 1:06.65 34.60	500m: 5:50.59 35.65	900m: 10:36.93 35.73	1300m: 15:24.64 35.90			
	150m: 1:41.99 35.34	550m: 6:25.88 35.29	950m: 11:12.98 36.05	1350m: 15:59.99 35.35			
	200m: 2:17.44 35.45	600m: 7:01.81 35.93	1000m: 11:49.04 36.06	1400m: 16:35.82 35.83			
	250m: 2:52.71 35.27	650m: 7:37.46 35.65	1050m: 12:25.01 35.97	1450m: 17:11.56 35.74			
	300m: 3:28.11 35.40	700m: 8:13.35 35.89	1100m: 13:00.90 35.89	1500m: 17:46.70 35.14			
	350m: 4:03.66 35.55	750m: 8:49.26 35.91	1150m: 13:36.99 36.09				
	400m: 4:39.31 35.65	800m: 9:25.36 36.10	1200m: 14:12.88 35.89				
3.	Maria Joao Fernandes	97	Vilacondense	18:18.43	+0,65	631	
	50m: 32.99 32.99	450m: 5:24.11 36.50	850m: 10:14.41 36.24	1250m: 15:12.80 37.79			
	100m: 1:08.69 35.70	500m: 6:00.17 36.06	900m: 10:51.55 37.14	1300m: 15:50.30 37.50			
	150m: 1:45.02 36.33	550m: 6:36.67 36.50	950m: 11:28.30 36.75	1350m: 16:28.10 37.80			
	200m: 2:20.89 35.87	600m: 7:12.95 36.28	1000m: 12:05.31 37.01	1400m: 17:05.26 37.16			
	250m: 2:57.18 36.29	650m: 7:48.91 35.96	1050m: 12:42.81 37.50	1450m: 17:42.41 37.15			
	300m: 3:34.14 36.96	700m: 8:25.38 36.47	1100m: 13:20.15 37.34	1500m: 18:18.43 36.02			
	350m: 4:11.00 36.86	750m: 9:01.67 36.29	1150m: 13:57.70 37.55				
	400m: 4:47.61 36.61	800m: 9:38.17 36.50	1200m: 14:35.01 37.31				
4.	Cecilia Branco Almeida	97	Geslourses	18:43.17	+0,89	590	
	<i>FTL</i>						
	50m: 33.52 33.52	450m: 5:29.54 37.49	850m: 10:31.03 38.04	1250m: 15:35.44 38.08			
	100m: 1:09.79 36.27	500m: 6:07.04 37.50	900m: 11:09.13 38.10	1300m: 16:13.35 37.91			
	150m: 1:46.37 36.58	550m: 6:44.86 37.82	950m: 11:47.44 38.31	1350m: 16:51.78 38.43			
	200m: 2:23.06 36.69	600m: 7:22.56 37.70	1000m: 12:25.76 38.32	1400m: 17:30.06 38.28			
	250m: 3:00.05 36.99	650m: 8:00.31 37.75	1050m: 13:04.07 38.31	1450m: 18:07.45 37.39			
	300m: 3:37.22 37.17	700m: 8:37.75 37.44	1100m: 13:41.74 37.67	1500m: 18:43.17 35.72			
	350m: 4:14.60 37.38	750m: 9:15.35 37.60	1150m: 14:19.83 38.09				
	400m: 4:52.05 37.45	800m: 9:52.99 37.64	1200m: 14:57.36 37.53				
5.	Luana Raquel Alves	97	Viana Natacao	18:52.24	+0,89	576	
	<i>FTL</i>						
	50m: 33.52 33.52	450m: 5:32.44 37.67	850m: 10:32.90 37.94	1250m: 15:43.01 38.41			
	100m: 1:09.81 36.29	500m: 6:10.21 37.77	900m: 11:11.38 38.48	1300m: 16:21.51 38.50			
	150m: 1:46.96 37.15	550m: 6:47.24 37.03	950m: 11:49.90 38.52	1350m: 17:00.09 38.58			
	200m: 2:24.31 37.35	600m: 7:24.49 37.25	1000m: 12:28.45 38.55	1400m: 17:38.98 38.89			
	250m: 3:01.60 37.29	650m: 8:01.82 37.33	1050m: 13:07.46 39.01	1450m: 18:17.21 38.23			
	300m: 3:39.40 37.80	700m: 8:39.32 37.50	1100m: 13:46.57 39.11	1500m: 18:52.24 35.03			
	350m: 4:16.88 37.48	750m: 9:16.85 37.53	1150m: 14:25.74 39.17				
	400m: 4:54.77 37.89	800m: 9:54.96 38.11	1200m: 15:04.60 38.86				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres

Prova 45
21-07-2013 - 16:30

Femin., 1500m Livres

Seniores
Resultados

Rec Nac Absoluto	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013
Rec Nac Sen	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Goncalves Neto	95	Porto	17:08.31		770	
	50m: 30.66 30.66	450m: 5:03.86 34.51	850m: 9:40.32 34.14	1250m: 14:15.99 34.84			
	100m: 1:04.27 33.61	500m: 5:38.36 34.50	900m: 10:14.65 34.33	1300m: 14:50.94 34.95			
	150m: 1:38.46 34.19	550m: 6:12.91 34.55	950m: 10:49.17 34.52	1350m: 15:25.46 34.52			
	200m: 2:12.63 34.17	600m: 6:47.82 34.91	1000m: 11:23.81 34.64	1400m: 16:00.32 34.86			
	250m: 2:46.68 34.05	650m: 7:22.54 34.72	1050m: 11:57.98 34.17	1450m: 16:34.74 34.42			
	300m: 3:20.88 34.20	700m: 7:57.16 34.62	1100m: 12:32.56 34.58	1500m: 17:08.31 33.57			
	350m: 3:55.05 34.17	750m: 8:32.05 34.89	1150m: 13:06.96 34.40				
	400m: 4:29.35 34.30	800m: 9:06.18 34.13	1200m: 13:41.15 34.19				
2.	Vania Soares Neves	90	Viana Natacao	17:25.33	+0,80	733	
	50m: 31.57 31.57	450m: 5:07.06 34.89	850m: 9:45.68 34.90	1250m: 14:28.59 35.25			
	100m: 1:05.16 33.59	500m: 5:41.98 34.92	900m: 10:20.89 35.21	1300m: 15:04.38 35.79			
	150m: 1:39.66 34.50	550m: 6:16.49 34.51	950m: 10:56.20 35.31	1350m: 15:39.93 35.55			
	200m: 2:14.01 34.35	600m: 6:51.56 35.07	1000m: 11:31.58 35.38	1400m: 16:15.48 35.55			
	250m: 2:48.37 34.36	650m: 7:26.29 34.73	1050m: 12:06.78 35.20	1450m: 16:50.85 35.37			
	300m: 3:22.74 34.37	700m: 8:01.06 34.77	1100m: 12:42.18 35.40	1500m: 17:25.33 34.48			
	350m: 3:57.46 34.72	750m: 8:35.78 34.72	1150m: 13:17.86 35.68				
	400m: 4:32.17 34.71	800m: 9:10.78 35.00	1200m: 13:53.34 35.48				
3.	Leonor Mourinho Neves	95	Sporting	17:49.33	+0,88	684	
	50m: 32.84 32.84	450m: 5:16.81 35.93	850m: 10:04.82 36.06	1250m: 14:51.36 35.94			
	100m: 1:07.70 34.86	500m: 5:52.37 35.56	900m: 10:40.63 35.81	1300m: 15:27.26 35.90			
	150m: 1:43.13 35.43	550m: 6:28.34 35.97	950m: 11:16.83 36.20	1350m: 16:03.15 35.89			
	200m: 2:18.48 35.35	600m: 7:04.18 35.84	1000m: 11:52.56 35.73	1400m: 16:39.09 35.94			
	250m: 2:53.97 35.49	650m: 7:40.27 36.09	1050m: 12:28.58 36.02	1450m: 17:14.71 35.62			
	300m: 3:29.36 35.39	700m: 8:16.68 36.41	1100m: 13:04.12 35.54	1500m: 17:49.33 34.62			
	350m: 4:05.21 35.85	750m: 8:53.30 36.62	1150m: 13:39.94 35.82				
	400m: 4:40.88 35.67	800m: 9:28.76 35.46	1200m: 14:15.42 35.48				
4.	Ana Monica Eloi	96	Nautico da Marinha Grande	17:55.91		672	
	50m: 32.72 32.72	450m: 5:16.17 35.41	850m: 10:02.78 36.04	1250m: 14:52.78 36.46			
	100m: 1:07.34 34.62	500m: 5:51.82 35.65	900m: 10:38.69 35.91	1300m: 15:29.34 36.56			
	150m: 1:43.06 35.72	550m: 6:27.54 35.72	950m: 11:14.89 36.20	1350m: 16:05.88 36.54			
	200m: 2:18.46 35.40	600m: 7:03.03 35.49	1000m: 11:50.76 35.87	1400m: 16:43.04 37.16			
	250m: 2:54.05 35.59	650m: 7:39.00 35.97	1050m: 12:27.11 36.35	1450m: 17:19.70 36.66			
	300m: 3:29.51 35.46	700m: 8:14.70 35.70	1100m: 13:03.56 36.45	1500m: 17:55.91 36.21			
	350m: 4:05.14 35.63	750m: 8:50.99 36.29	1150m: 13:39.76 36.20				
	400m: 4:40.76 35.62	800m: 9:26.74 35.75	1200m: 14:16.32 36.56				
5.	Julia Matos Lopes	94	Viver Santarem	18:04.78	+0,82	655	
	50m: 32.23 32.23	450m: 5:17.71 35.85	850m: 10:05.69 36.15	1250m: 14:59.65 36.75			
	100m: 1:07.26 35.03	500m: 5:53.71 36.00	900m: 10:42.18 36.49	1300m: 15:36.93 37.28			
	150m: 1:42.64 35.38	550m: 6:29.45 35.74	950m: 11:18.91 36.73	1350m: 16:13.81 36.88			
	200m: 2:18.78 36.14	600m: 7:05.44 35.99	1000m: 11:55.66 36.75	1400m: 16:51.01 37.20			
	250m: 2:54.27 35.49	650m: 7:41.37 35.93	1050m: 12:32.58 36.92	1450m: 17:28.04 37.03			
	300m: 3:30.28 36.01	700m: 8:17.46 36.09	1100m: 13:09.39 36.81	1500m: 18:04.78 36.74			
	350m: 4:05.96 35.68	750m: 8:53.55 36.09	1150m: 13:45.93 36.54				
	400m: 4:41.86 35.90	800m: 9:29.54 35.99	1200m: 14:22.90 36.97				

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Marta Alexandra Saraiva	93	Uniao Piedense	18:05.35	+0,87	654	
	50m: 33.22 33.22	450m: 5:24.07	36.62	850m: 10:14.59	36.56	1250m: 15:07.58	36.88
	100m: 1:08.62 35.40	500m: 6:00.36	36.29	900m: 10:51.35	36.76	1300m: 15:44.32	36.74
	150m: 1:44.93 36.31	550m: 6:36.97	36.61	950m: 11:27.92	36.57	1350m: 16:20.47	36.15
	200m: 2:21.04 36.11	600m: 7:13.01	36.04	1000m: 12:04.12	36.20	1400m: 16:56.31	35.84
	250m: 2:57.76 36.72	650m: 7:49.16	36.15	1050m: 12:40.46	36.34	1450m: 17:32.00	35.69
	300m: 3:34.19 36.43	700m: 8:25.05	35.89	1100m: 13:16.97	36.51	1500m: 18:05.35	33.35
	350m: 4:11.02 36.83	750m: 9:01.60	36.55	1150m: 13:53.59	36.62		
	400m: 4:47.45 36.43	800m: 9:38.03	36.43	1200m: 14:30.70	37.11		
7.	Helena Paula Carvalho	95	Uniao Piedense	18:20.34	+0,75	628	
	50m: 32.00 32.00	450m: 5:21.02	36.69	850m: 10:18.25	37.04	1250m: 15:16.28	36.72
	100m: 1:07.24 35.24	500m: 5:58.18	37.16	900m: 10:56.19	37.94	1300m: 15:54.17	37.89
	150m: 1:42.70 35.46	550m: 6:34.95	36.77	950m: 11:33.74	37.55	1350m: 16:30.93	36.76
	200m: 2:18.61 35.91	600m: 7:12.44	37.49	1000m: 12:10.93	37.19	1400m: 17:08.79	37.86
	250m: 2:54.70 36.09	650m: 7:49.01	36.57	1050m: 12:47.56	36.63	1450m: 17:44.86	36.07
	300m: 3:31.20 36.50	700m: 8:26.54	37.53	1100m: 13:25.15	37.59	1500m: 18:20.34	35.48
	350m: 4:07.58 36.38	750m: 9:03.85	37.31	1150m: 14:02.02	36.87		
	400m: 4:44.33 36.75	800m: 9:41.21	37.36	1200m: 14:39.56	37.54		
8.	Raquel Bartolo Vitor	93	Academica de Coimbra	18:28.97	+0,80	613	
	50m: 33.49 33.49	450m: 5:27.25	37.55	850m: 10:26.37	37.54	1250m: 15:25.59	37.29
	100m: 1:08.95 35.46	500m: 6:04.48	37.23	900m: 11:03.80	37.43	1300m: 16:02.89	37.30
	150m: 1:45.28 36.33	550m: 6:42.00	37.52	950m: 11:41.72	37.92	1350m: 16:40.34	37.45
	200m: 2:21.68 36.40	600m: 7:19.33	37.33	1000m: 12:19.44	37.72	1400m: 17:17.30	36.96
	250m: 2:58.65 36.97	650m: 7:56.87	37.54	1050m: 12:56.94	37.50	1450m: 17:53.84	36.54
	300m: 3:35.38 36.73	700m: 8:34.26	37.39	1100m: 13:34.25	37.31	1500m: 18:28.97	35.13
	350m: 4:12.77 37.39	750m: 9:11.64	37.38	1150m: 14:11.70	37.45		
	400m: 4:49.70 36.93	800m: 9:48.83	37.19	1200m: 14:48.30	36.60		
9.	Julia Rodrigues Mallen	96	Alges	18:29.93	+0,81	612	
	50m: 32.59 32.59	450m: 5:29.42	37.26	850m: 10:28.87	37.37	1250m: 15:27.18	36.79
	100m: 1:08.81 36.22	500m: 6:07.11	37.69	900m: 11:06.45	37.58	1300m: 16:04.49	37.31
	150m: 1:45.79 36.98	550m: 6:44.53	37.42	950m: 11:43.53	37.08	1350m: 16:41.04	36.55
	200m: 2:23.19 37.40	600m: 7:21.85	37.32	1000m: 12:21.08	37.55	1400m: 17:18.21	37.17
	250m: 3:00.31 37.12	650m: 7:59.10	37.25	1050m: 12:58.27	37.19	1450m: 17:54.59	36.38
	300m: 3:37.86 37.55	700m: 8:36.49	37.39	1100m: 13:35.81	37.54	1500m: 18:29.93	35.34
	350m: 4:14.85 36.99	750m: 9:13.90	37.41	1150m: 14:12.71	36.90		
	400m: 4:52.16 37.31	800m: 9:51.50	37.60	1200m: 14:50.39	37.68		
10.	Tatiana Ladeiro Santos	92	Geslourses	18:43.95	+0,84	589	
	50m: 33.17 33.17	450m: 5:32.88	37.75	850m: 10:34.51	37.73	1250m: 15:37.77	37.96
	100m: 1:09.91 36.74	500m: 6:10.71	37.83	900m: 11:12.57	38.06	1300m: 16:15.83	38.06
	150m: 1:46.68 36.77	550m: 6:48.23	37.52	950m: 11:50.25	37.68	1350m: 16:53.70	37.87
	200m: 2:24.36 37.68	600m: 7:26.22	37.99	1000m: 12:28.28	38.03	1400m: 17:31.50	37.80
	250m: 3:02.00 37.64	650m: 8:03.99	37.77	1050m: 13:06.12	37.84	1450m: 18:08.78	37.28
	300m: 3:39.83 37.83	700m: 8:41.51	37.52	1100m: 13:44.13	38.01	1500m: 18:43.95	35.17
	350m: 4:17.35 37.52	750m: 9:19.07	37.56	1150m: 14:21.73	37.60		
	400m: 4:55.13 37.78	800m: 9:56.78	37.71	1200m: 14:59.81	38.08		
11.	Catia Andreia Clara	95	Nautico da Marinha Grande	18:44.66	+0,93	588	
	50m: 32.95 32.95	450m: 5:29.84	37.38	850m: 10:31.55	37.79	1250m: 15:36.41	38.16
	100m: 1:09.02 36.07	500m: 6:07.53	37.69	900m: 11:09.64	38.09	1300m: 16:14.89	38.48
	150m: 1:45.47 36.45	550m: 6:44.98	37.45	950m: 11:47.45	37.81	1350m: 16:53.10	38.21
	200m: 2:22.70 37.23	600m: 7:22.58	37.60	1000m: 12:25.60	38.15	1400m: 17:31.20	38.10
	250m: 2:59.63 36.93	650m: 8:00.20	37.62	1050m: 13:04.03	38.43	1450m: 18:08.14	36.94
	300m: 3:37.19 37.56	700m: 8:37.83	37.63	1100m: 13:42.24	38.21	1500m: 18:44.66	36.52
	350m: 4:14.53 37.34	750m: 9:15.57	37.74	1150m: 14:20.29	38.05		
	400m: 4:52.46 37.93	800m: 9:53.76	38.19	1200m: 14:58.25	37.96		

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Famalicão, 18.7. - 21.7.2013

Prova 45, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Ines Sofia Sampaio	94	Academico Viseu	18:50.83	+1,04	579	
	50m: 32.81 32.81	450m: 5:28.62 37.16	850m: 10:34.32 38.47	1250m: 15:43.45 38.52			
	100m: 1:09.29 36.48	500m: 6:06.50 37.88	900m: 11:12.85 38.53	1300m: 16:22.19 38.74			
	150m: 1:45.74 36.45	550m: 6:43.92 37.42	950m: 11:51.76 38.91	1350m: 17:00.85 38.66			
	200m: 2:22.82 37.08	600m: 7:22.43 38.51	1000m: 12:30.95 39.19	1400m: 17:39.20 38.35			
	250m: 2:59.34 36.52	650m: 8:00.92 38.49	1050m: 13:09.76 38.81	1450m: 18:15.85 36.65			
	300m: 3:36.71 37.37	700m: 8:39.25 38.33	1100m: 13:48.02 38.26	1500m: 18:50.83 34.98			
	350m: 4:13.81 37.10	750m: 9:17.15 37.90	1150m: 14:26.33 38.31				
	400m: 4:51.46 37.65	800m: 9:55.85 38.70	1200m: 15:04.93 38.60				