

Prova 2  
13-04-2013 - 10:40

Femin., 5000m Livres

Absoluto  
Resultados

Camp Nac Longa Distancia Absoluto	58:10.00	Florbela Cavaco Machado	ASSSCC	Coimbra	23-02-2013
Camp Nac Longa Distancia Jun	59:30.20	Florbela Cavaco Machado	ASSSCC	Rio Maior	14-04-2012
Camp Nac Longa Distancia Sen	58:10.00	Florbela Cavaco Machado	ASSSCC	Coimbra	23-02-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juniores

<b>1. Mariana Cunha Guerra</b>	<b>98</b>	<b>Columbofila Cantanhedense</b>	<b>1:03:46.24</b>	<b>553</b>			
100m: 1:10.67	1:10.67	1400m: 17:11.02	1:16.37	2700m: 34:01.15	1:18.38	4000m: 51:01.74	1:19.03
200m: 2:24.07	1:13.40	1500m: 18:27.71	1:16.69	2800m: 35:19.57	1:18.42	4100m: 52:20.20	1:18.46
300m: 3:37.74	1:13.67	1600m: 19:44.99	1:17.28	2900m: 36:38.50	1:18.93	4200m: 53:38.19	1:17.99
400m: 4:51.09	1:13.35	1700m: 21:03.07	1:18.08	3000m: 37:57.00	1:18.50	4300m: 54:55.39	1:17.20
500m: 6:04.75	1:13.66	1800m: 22:20.79	1:17.72	3100m: 39:15.14	1:18.14	4400m: 56:13.25	1:17.86
600m: 7:18.01	1:13.26	1900m: 23:38.73	1:17.94	3200m: 40:33.55	1:18.41	4500m: 57:29.42	1:16.17
700m: 8:31.37	1:13.36	2000m: 24:55.08	1:16.35	3300m: 41:52.15	1:18.60	4600m: 58:45.75	1:16.33
800m: 9:44.67	1:13.30	2100m: 26:13.38	1:18.30	3400m: 43:10.87	1:18.72	4700m: 1:00:02.03	1:16.28
900m: 10:58.38	1:13.71	2200m: 27:30.76	1:17.38	3500m: 44:30.52	1:19.65	4800m: 1:01:17.78	1:15.75
1000m: 12:12.11	1:13.73	2300m: 28:48.54	1:17.78	3600m: 45:48.48	1:17.96	4900m: 1:02:32.56	1:14.78
1100m: 13:26.25	1:14.14	2400m: 30:06.65	1:18.11	3700m: 47:06.22	1:17.74	5000m: 1:03:46.24	1:13.68
1200m: 14:40.11	1:13.86	2500m: 31:24.93	1:18.28	3800m: 48:24.45	1:18.23		
1300m: 15:54.65	1:14.54	2600m: 32:42.77	1:17.84	3900m: 49:42.71	1:18.26		
<b>2. Cecilia Branco Almeida</b>	<b>97</b>	<b>GesLoures</b>	<b>1:04:31.81</b>	<b>534</b>			
100m: 1:15.46	1:15.46	1400m: 17:53.36	1:17.02	2700m: 34:35.27	1:16.77	4000m: 51:27.71	1:18.88
200m: 2:32.36	1:16.90	1500m: 19:10.10	1:16.74	2800m: 35:51.91	1:16.64	4100m: 52:45.65	1:17.94
300m: 3:48.82	1:16.46	1600m: 20:27.47	1:17.37	2900m: 37:09.50	1:17.59	4200m: 54:04.17	1:18.52
400m: 5:05.47	1:16.65	1700m: 21:44.41	1:16.94	3000m: 38:26.96	1:17.46	4300m: 55:23.32	1:19.15
500m: 6:22.70	1:17.23	1800m: 23:01.18	1:16.77	3100m: 39:43.98	1:17.02	4400m: 56:42.49	1:19.17
600m: 7:40.17	1:17.47	1900m: 24:18.18	1:17.00	3200m: 41:01.53	1:17.55	4500m: 58:02.22	1:19.73
700m: 8:57.31	1:17.14	2000m: 25:35.31	1:17.13	3300m: 42:19.21	1:17.68	4600m: 59:20.99	1:18.77
800m: 10:14.50	1:17.19	2100m: 26:52.85	1:17.54	3400m: 43:36.84	1:17.63	4700m: 1:00:40.22	1:19.23
900m: 11:31.24	1:16.74	2200m: 28:10.15	1:17.30	3500m: 44:55.02	1:18.18	4800m: 1:01:58.88	1:18.66
1000m: 12:47.00	1:15.76	2300m: 29:26.80	1:16.65	3600m: 46:13.56	1:18.54	4900m: 1:03:16.98	1:18.10
1100m: 14:03.32	1:16.32	2400m: 30:44.33	1:17.53	3700m: 47:31.79	1:18.23	5000m: 1:04:31.81	1:14.83
1200m: 15:19.61	1:16.29	2500m: 32:01.58	1:17.25	3800m: 48:50.38	1:18.59		
1300m: 16:36.34	1:16.73	2600m: 33:18.50	1:16.92	3900m: 50:08.83	1:18.45		
<b>3. Clarisse Matos Lopes</b>	<b>98</b>	<b>Viver Santarem</b>	<b>1:05:19.78</b>	<b>514</b>			
100m: 1:15.25	1:15.25	1400m: 18:01.62	1:18.36	2700m: 35:12.81	1:19.98	4000m: 52:26.55	1:18.23
200m: 2:32.35	1:17.10	1500m: 19:20.14	1:18.52	2800m: 36:32.92	1:20.11	4100m: 53:45.26	1:18.71
300m: 3:48.96	1:16.61	1600m: 20:38.93	1:18.79	2900m: 37:54.48	1:21.56	4200m: 55:04.11	1:18.85
400m: 5:05.50	1:16.54	1700m: 21:58.04	1:19.11	3000m: 39:14.63	1:20.15	4300m: 56:23.41	1:19.30
500m: 6:22.54	1:17.04	1800m: 23:16.72	1:18.68	3100m: 40:34.99	1:20.36	4400m: 57:42.50	1:19.09
600m: 7:40.18	1:17.64	1900m: 24:35.92	1:19.20	3200m: 41:54.28	1:19.29	4500m: 59:02.15	1:19.65
700m: 8:57.37	1:17.19	2000m: 25:54.50	1:18.58	3300m: 43:13.46	1:19.18	4600m: 1:00:17.47	1:15.32
800m: 10:14.65	1:17.28	2100m: 27:13.72	1:19.22	3400m: 44:32.67	1:19.21	4700m: 1:01:33.09	1:15.62
900m: 11:31.99	1:17.34	2200m: 28:33.28	1:19.56	3500m: 45:52.32	1:19.65	4800m: 1:02:48.76	1:15.67
1000m: 12:48.74	1:16.75	2300m: 29:53.21	1:19.93	3600m: 47:11.86	1:19.54	4900m: 1:04:04.74	1:15.98
1100m: 14:05.99	1:17.25	2400m: 31:12.89	1:19.68	3700m: 48:31.87	1:20.01	5000m: 1:05:19.78	1:15.04
1200m: 15:25.03	1:19.04	2500m: 32:32.69	1:19.80	3800m: 49:49.98	1:18.11		
1300m: 16:43.26	1:18.23	2600m: 33:52.83	1:20.14	3900m: 51:08.32	1:18.34		



Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4500m: 55:42.71 1:15.45	4700m: 58:13.74 1:15.25	4900m: 1:00:43.81 1:14.75				
	4600m: 56:58.49 1:15.78	4800m: 59:29.06 1:15.32	5000m: 1:01:55.89 1:12.08				
<b>4.</b>	<b>Vania Soares Neves</b>	<b>90</b>	<b>Viana Natacao</b>	<b>1:02:17.78</b>		<b>593</b>	
	100m: 1:11.88 1:11.88	1400m: 17:08.05 1:14.30	2700m: 33:15.88 1:15.11	4000m: 49:36.71 1:16.48			
	200m: 2:25.31 1:13.43	1500m: 18:22.11 1:14.06	2800m: 34:30.86 1:14.98	4100m: 50:53.32 1:16.61			
	300m: 3:38.88 1:13.57	1600m: 19:35.92 1:13.81	2900m: 35:45.04 1:14.18	4200m: 52:09.66 1:16.34			
	400m: 4:52.43 1:13.55	1700m: 20:50.24 1:14.32	3000m: 36:59.55 1:14.51	4300m: 53:26.10 1:16.44			
	500m: 6:05.81 1:13.38	1800m: 22:04.66 1:14.42	3100m: 38:14.31 1:14.76	4400m: 54:42.72 1:16.62			
	600m: 7:18.78 1:12.97	1900m: 23:19.48 1:14.82	3200m: 39:28.73 1:14.42	4500m: 55:59.79 1:17.07			
	700m: 8:31.75 1:12.97	2000m: 24:33.94 1:14.46	3300m: 40:44.73 1:16.00	4600m: 57:15.96 1:16.17			
	800m: 9:44.98 1:13.23	2100m: 25:48.26 1:14.32	3400m: 41:59.89 1:15.16	4700m: 58:32.08 1:16.12			
	900m: 10:58.34 1:13.36	2200m: 27:02.55 1:14.29	3500m: 43:15.30 1:15.41	4800m: 59:48.04 1:15.96			
	1000m: 12:12.00 1:13.66	2300m: 28:16.66 1:14.11	3600m: 44:31.50 1:16.20	4900m: 1:01:03.68 1:15.64			
	1100m: 13:26.05 1:14.05	2400m: 29:31.18 1:14.52	3700m: 45:47.48 1:15.98	5000m: 1:02:17.78 1:14.10			
	1200m: 14:39.87 1:13.82	2500m: 30:46.03 1:14.85	3800m: 47:04.05 1:16.57				
	1300m: 15:53.75 1:13.88	2600m: 32:00.77 1:14.74	3900m: 48:20.23 1:16.18				
<b>5.</b>	<b>Helena Paula Carvalho</b>	<b>95</b>	<b>Uniao Piedense</b>	<b>1:02:32.01</b>		<b>587</b>	
	100m: 1:08.98 1:08.98	1400m: 17:05.93 1:14.58	2700m: 33:21.19 1:15.94	4000m: 49:54.10 1:16.62			
	200m: 2:21.00 1:12.02	1500m: 18:20.45 1:14.52	2800m: 34:37.51 1:16.32	4100m: 51:11.12 1:17.02			
	300m: 3:33.79 1:12.79	1600m: 19:35.28 1:14.83	2900m: 35:53.86 1:16.35	4200m: 52:28.51 1:17.39			
	400m: 4:46.48 1:12.69	1700m: 20:50.00 1:14.72	3000m: 37:10.30 1:16.44	4300m: 53:43.82 1:15.31			
	500m: 5:59.79 1:13.31	1800m: 22:04.65 1:14.65	3100m: 38:26.72 1:16.42	4400m: 55:00.46 1:16.64			
	600m: 7:13.43 1:13.64	1900m: 23:19.51 1:14.86	3200m: 39:43.32 1:16.60	4500m: 56:16.53 1:16.07			
	700m: 8:27.03 1:13.60	2000m: 24:34.37 1:14.86	3300m: 41:00.10 1:16.78	4600m: 57:32.81 1:16.28			
	800m: 9:40.98 1:13.95	2100m: 25:49.05 1:14.68	3400m: 42:16.21 1:16.11	4700m: 58:48.43 1:15.62			
	900m: 10:54.63 1:13.65	2200m: 27:03.66 1:14.61	3500m: 43:32.65 1:16.44	4800m: 1:00:03.94 1:15.51			
	1000m: 12:08.95 1:14.32	2300m: 28:19.12 1:15.46	3600m: 44:49.30 1:16.65	4900m: 1:01:19.48 1:15.54			
	1100m: 13:22.91 1:13.96	2400m: 29:34.48 1:15.36	3700m: 46:05.29 1:15.99	5000m: 1:02:32.01 1:12.53			
	1200m: 14:37.04 1:14.13	2500m: 30:49.77 1:15.29	3800m: 47:21.26 1:15.97				
	1300m: 15:51.35 1:14.31	2600m: 32:05.25 1:15.48	3900m: 48:37.48 1:16.22				
<b>6.</b>	<b>Leonor Mourinho Neves</b>	<b>95</b>	<b>Sporting</b>	<b>1:04:05.78</b>		<b>545</b>	
	100m: 1:12.41 1:12.41	1400m: 17:35.45 1:16.82	2700m: 34:17.91 1:17.67	4000m: 51:07.89 1:18.15			
	200m: 2:26.78 1:14.37	1500m: 18:52.19 1:16.74	2800m: 35:35.29 1:17.38	4100m: 52:26.11 1:18.22			
	300m: 3:41.21 1:14.43	1600m: 20:08.97 1:16.78	2900m: 36:53.20 1:17.91	4200m: 53:44.76 1:18.65			
	400m: 4:55.56 1:14.35	1700m: 21:25.90 1:16.93	3000m: 38:10.55 1:17.35	4300m: 55:02.31 1:17.55			
	500m: 6:10.54 1:14.98	1800m: 22:42.60 1:16.70	3100m: 39:27.90 1:17.35	4400m: 56:20.48 1:18.17			
	600m: 7:25.54 1:15.00	1900m: 23:59.69 1:17.09	3200m: 40:45.36 1:17.46	4500m: 57:38.69 1:18.21			
	700m: 8:41.25 1:15.71	2000m: 25:16.92 1:17.23	3300m: 42:02.86 1:17.50	4600m: 58:57.06 1:18.37			
	800m: 9:56.98 1:15.73	2100m: 26:33.73 1:16.81	3400m: 43:20.28 1:17.42	4700m: 1:00:14.40 1:17.34			
	900m: 11:12.92 1:15.94	2200m: 27:50.63 1:16.90	3500m: 44:37.94 1:17.66	4800m: 1:01:32.22 1:17.82			
	1000m: 12:28.89 1:15.97	2300m: 29:07.92 1:17.29	3600m: 45:55.44 1:17.50	4900m: 1:02:49.71 1:17.49			
	1100m: 13:45.36 1:16.47	2400m: 30:25.67 1:17.75	3700m: 47:13.34 1:17.90	5000m: 1:04:05.78 1:16.07			
	1200m: 15:01.65 1:16.29	2500m: 31:43.05 1:17.38	3800m: 48:31.63 1:18.29				
	1300m: 16:18.63 1:16.98	2600m: 33:00.24 1:17.19	3900m: 49:49.74 1:18.11				

Absoluto





Prova 2, Femin., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Clarisse Matos Lopes	98	Viver Santarem	<b>1:05:19.78</b>		514	
	100m: 1:15.25 1:15.25	1400m: 18:01.62 1:18.36	2700m: 35:12.81 1:19.98	4000m: 52:26.55 1:18.23			
	200m: 2:32.35 1:17.10	1500m: 19:20.14 1:18.52	2800m: 36:32.92 1:20.11	4100m: 53:45.26 1:18.71			
	300m: 3:48.96 1:16.61	1600m: 20:38.93 1:18.79	2900m: 37:54.48 1:21.56	4200m: 55:04.11 1:18.85			
	400m: 5:05.50 1:16.54	1700m: 21:58.04 1:19.11	3000m: 39:14.63 1:20.15	4300m: 56:23.41 1:19.30			
	500m: 6:22.54 1:17.04	1800m: 23:16.72 1:18.68	3100m: 40:34.99 1:20.36	4400m: 57:42.50 1:19.09			
	600m: 7:40.18 1:17.64	1900m: 24:35.92 1:19.20	3200m: 41:54.28 1:19.29	4500m: 59:02.15 1:19.65			
	700m: 8:57.37 1:17.19	2000m: 25:54.50 1:18.58	3300m: 43:13.46 1:19.18	4600m: 1:00:17.47 1:15.32			
	800m: 10:14.65 1:17.28	2100m: 27:13.72 1:19.22	3400m: 44:32.67 1:19.21	4700m: 1:01:33.09 1:15.62			
	900m: 11:31.99 1:17.34	2200m: 28:33.28 1:19.56	3500m: 45:52.32 1:19.65	4800m: 1:02:48.76 1:15.67			
	1000m: 12:48.74 1:16.75	2300m: 29:53.21 1:19.93	3600m: 47:11.86 1:19.54	4900m: 1:04:04.74 1:15.98			
	1100m: 14:05.99 1:17.25	2400m: 31:12.89 1:19.68	3700m: 48:31.87 1:20.01	5000m: 1:05:19.78 1:15.04			
	1200m: 15:25.03 1:19.04	2500m: 32:32.69 1:19.80	3800m: 49:49.98 1:18.11				
	1300m: 16:43.26 1:18.23	2600m: 33:52.83 1:20.14	3900m: 51:08.32 1:18.34				
10.	Maria Joao Fernandes	97	Vilacondense	<b>1:05:31.48</b>		510	
	100m: 1:11.52 1:11.52	1400m: 17:44.99 1:17.68	2700m: 34:48.78 1:19.49	4000m: 52:09.19 1:21.56			
	200m: 2:26.08 1:14.56	1500m: 19:03.00 1:18.01	2800m: 36:07.52 1:18.74	4100m: 53:30.08 1:20.89			
	300m: 3:41.13 1:15.05	1600m: 20:21.19 1:18.19	2900m: 37:26.80 1:19.28	4200m: 54:51.11 1:21.03			
	400m: 4:56.59 1:15.46	1700m: 21:39.59 1:18.40	3000m: 38:45.19 1:18.39	4300m: 56:12.31 1:21.20			
	500m: 6:12.21 1:15.62	1800m: 22:58.39 1:18.80	3100m: 40:05.27 1:20.08	4400m: 57:33.48 1:21.17			
	600m: 7:28.15 1:15.94	1900m: 24:16.67 1:18.28	3200m: 41:25.26 1:19.99	4500m: 58:54.59 1:21.11			
	700m: 8:44.41 1:16.26	2000m: 25:35.05 1:18.38	3300m: 42:45.42 1:20.16	4600m: 1:00:15.24 1:20.65			
	800m: 10:00.65 1:16.24	2100m: 26:54.31 1:19.26	3400m: 44:05.92 1:20.50	4700m: 1:01:35.85 1:20.61			
	900m: 11:17.44 1:16.79	2200m: 28:13.19 1:18.88	3500m: 45:25.66 1:19.74	4800m: 1:02:56.25 1:20.40			
	1000m: 12:34.56 1:17.12	2300m: 29:33.14 1:19.95	3600m: 46:46.32 1:20.66	4900m: 1:04:14.99 1:18.74			
	1100m: 13:51.92 1:17.36	2400m: 30:51.42 1:18.28	3700m: 48:06.54 1:20.22	5000m: 1:05:31.48 1:16.49			
	1200m: 15:09.10 1:17.18	2500m: 32:10.49 1:19.07	3800m: 49:26.95 1:20.41				
	1300m: 16:27.31 1:18.21	2600m: 33:29.29 1:18.80	3900m: 50:47.63 1:20.68				