

Prova 33 Femin., 800m Livres Absolutos
21-12-2014 - 16:00 Resultados

Recordes Nacionais 25m Absoluto	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012
Recordes Nacionais 25m Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Recordes Nacionais 25m Inf A	9:03.90	Alexandra Maria Silva	FCP	Porto	13-07-1980
Recordes Nacionais 25m Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibes (FRA)	20-12-1980
Recordes Nacionais 25m Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004
Recordes Nacionais 25m Jun16	8:45.98	Tamila Hryhorivna Holub	SCB	Felgueiras	16-11-2014
Recordes Nacionais 25m Jun17	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	12-12-2002
Recordes Nacionais 25m Sen	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012

TAC-JUN98F Jun17: 9:23.26 / TAC-JUN99F Jun16: 9:28.79 / TAC-SEN95+VF Sen20+: 9:12.22 / TAC-SEN96F Sen19: 9:17.74 / TAC-SEN97F Sen18: 9:20.50

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Absolutos						
1.	Angelica Maria Andre	94	Fluvial Portuense	8:43.25	+0,75	768
	50m: 30.15 30.15	250m: 2:40.50 32.86	450m: 4:52.48 33.06	650m: 7:05.31 33.00		
	100m: 1:02.34 32.19	300m: 3:13.46 32.96	500m: 5:25.40 32.92	700m: 7:37.99 32.68		
	150m: 1:34.89 32.55	350m: 3:46.46 33.00	550m: 5:58.90 33.50	750m: 8:10.97 32.98		
	200m: 2:07.64 32.75	400m: 4:19.42 32.96	600m: 6:32.31 33.41	800m: 8:43.25 32.28		
2.	Tamila Hryhorivna Holub	99	Braga	8:45.41		759
	<i>Recorde Nacional, Jun16</i>					
	50m: 31.19 31.19	250m: 2:43.86 33.09	450m: 4:55.76 32.67	650m: 7:07.82 32.77		
	100m: 1:04.48 33.29	300m: 3:16.93 33.07	500m: 5:28.76 33.00	700m: 7:40.76 32.94		
	150m: 1:37.45 32.97	350m: 3:49.93 33.00	550m: 6:01.76 33.00	750m: 8:13.74 32.98		
	200m: 2:10.77 33.32	400m: 4:23.09 33.16	600m: 6:35.05 33.29	800m: 8:45.41 31.67		
3.	Vania Soares Neves	90	Leixoes	8:47.90	+0,79	748
	50m: 30.88 30.88	250m: 2:44.10 33.32	450m: 4:56.89 32.96	650m: 7:09.46 33.13		
	100m: 1:03.84 32.96	300m: 3:17.47 33.37	500m: 5:29.97 33.08	700m: 7:42.55 33.09		
	150m: 1:37.26 33.42	350m: 3:50.80 33.33	550m: 6:03.12 33.15	750m: 8:15.66 33.11		
	200m: 2:10.78 33.52	400m: 4:23.93 33.13	600m: 6:36.33 33.21	800m: 8:47.90 32.24		
4.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	8:54.27	+0,76	722
	50m: 31.28 31.28	250m: 2:44.65 33.55	450m: 4:59.35 33.38	650m: 7:14.04 33.90		
	100m: 1:04.25 32.97	300m: 3:18.53 33.88	500m: 5:32.76 33.41	700m: 7:48.01 33.97		
	150m: 1:37.58 33.33	350m: 3:52.07 33.54	550m: 6:06.44 33.68	750m: 8:21.96 33.95		
	200m: 2:11.10 33.52	400m: 4:25.97 33.90	600m: 6:40.14 33.70	800m: 8:54.27 32.31		
5.	Ana Catarina Monteiro	93	Vilacondense	8:55.87	+0,79	715
	50m: 30.87 30.87	250m: 2:45.74 33.95	450m: 5:00.69 33.40	650m: 7:16.94 33.91		
	100m: 1:04.19 33.32	300m: 3:19.89 34.15	500m: 5:34.87 34.18	700m: 7:50.89 33.95		
	150m: 1:37.85 33.66	350m: 3:53.58 33.69	550m: 6:09.01 34.14	750m: 8:24.51 33.62		
	200m: 2:11.79 33.94	400m: 4:27.29 33.71	600m: 6:43.03 34.02	800m: 8:55.87 31.36		
6.	Filipa Vilas Ruivo	97	Ba/Bomcar	8:56.22	+0,82	714
	50m: 30.91 30.91	250m: 2:44.18 33.39	450m: 4:58.20 33.55	650m: 7:14.68 34.22		
	100m: 1:03.80 32.89	300m: 3:17.62 33.44	500m: 5:32.04 33.84	700m: 7:48.74 34.06		
	150m: 1:37.26 33.46	350m: 3:51.02 33.40	550m: 6:06.06 34.02	750m: 8:22.62 33.88		
	200m: 2:10.79 33.53	400m: 4:24.65 33.63	600m: 6:40.46 34.40	800m: 8:56.22 33.60		
7.	Beatriz Paulo Ranito	99	Sporting	8:59.78	+0,78	700
	50m: 31.03 31.03	250m: 2:46.37 33.98	450m: 5:02.04 33.46	650m: 7:19.20 34.30		
	100m: 1:04.61 33.58	300m: 3:20.42 34.05	500m: 5:36.02 33.98	700m: 7:53.62 34.42		
	150m: 1:38.39 33.78	350m: 3:54.56 34.14	550m: 6:10.46 34.44	750m: 8:27.71 34.09		
	200m: 2:12.39 34.00	400m: 4:28.58 34.02	600m: 6:44.90 34.44	800m: 8:59.78 32.07		

Prova 33, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final		TReac	Pts
8.	Maria Teresa Amorim	97	Porto	9:02.20		+0,83	690
	50m: 31.30 31.30	250m: 2:46.06	34.00	450m: 5:02.97	34.32	650m: 7:19.61	34.33
	100m: 1:04.38 33.08	300m: 3:20.23	34.17	500m: 5:37.04	34.07	700m: 7:53.98	34.37
	150m: 1:37.99 33.61	350m: 3:54.35	34.12	550m: 6:11.07	34.03	750m: 8:28.62	34.64
	200m: 2:12.06 34.07	400m: 4:28.65	34.30	600m: 6:45.28	34.21	800m: 9:02.20	33.58
9.	Ana Goncalves Neto	95	Fluvial Portuense	9:08.07		+1,04	668
	50m: 30.95 30.95	250m: 2:48.21	34.97	450m: 5:06.81	34.18	650m: 7:25.00	34.92
	100m: 1:04.54 33.59	300m: 3:23.17	34.96	500m: 5:41.24	34.43	700m: 7:59.37	34.37
	150m: 1:38.69 34.15	350m: 3:58.17	35.00	550m: 6:15.64	34.40	750m: 8:33.68	34.31
	200m: 2:13.24 34.55	400m: 4:32.63	34.46	600m: 6:50.08	34.44	800m: 9:08.07	34.39
10.	Helena Paula Carvalho	95	Uniao Piedense	9:09.48		+0,64	663
	50m: 31.34 31.34	250m: 2:48.40	34.44	450m: 5:07.13	34.84	650m: 7:27.41	35.13
	100m: 1:05.15 33.81	300m: 3:22.91	34.51	500m: 5:42.06	34.93	700m: 8:02.44	35.03
	150m: 1:39.56 34.41	350m: 3:57.59	34.68	550m: 6:17.14	35.08	750m: 8:36.60	34.16
	200m: 2:13.96 34.40	400m: 4:32.29	34.70	600m: 6:52.28	35.14	800m: 9:09.48	32.88
11.	Maria Joao Fernandes	97	Vilacondense	9:10.70		+0,74	659
	50m: 31.21 31.21	250m: 2:49.34	34.76	450m: 5:08.58	34.45	650m: 7:28.07	34.90
	100m: 1:05.26 34.05	300m: 3:24.38	35.04	500m: 5:43.48	34.90	700m: 8:02.91	34.84
	150m: 1:39.76 34.50	350m: 3:59.19	34.81	550m: 6:18.37	34.89	750m: 8:37.18	34.27
	200m: 2:14.58 34.82	400m: 4:34.13	34.94	600m: 6:53.17	34.80	800m: 9:10.70	33.52
12.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	9:11.05		+0,97	658
	50m: 31.48 31.48	250m: 2:49.17	34.83	450m: 5:08.66	34.79	650m: 7:27.66	34.53
	100m: 1:05.25 33.77	300m: 3:24.01	34.84	500m: 5:43.58	34.92	700m: 8:02.57	34.91
	150m: 1:39.63 34.38	350m: 3:58.99	34.98	550m: 6:18.23	34.65	750m: 8:36.93	34.36
	200m: 2:14.34 34.71	400m: 4:33.87	34.88	600m: 6:53.13	34.90	800m: 9:11.05	34.12
13.	Carolina Mantua Guedes	98	Sporting	9:14.73		+0,76	645
	50m: 30.67 30.67	250m: 2:45.23	34.36	450m: 5:05.92	35.36	650m: 7:28.46	35.86
	100m: 1:03.71 33.04	300m: 3:20.22	34.99	500m: 5:41.45	35.53	700m: 8:04.16	35.70
	150m: 1:36.99 33.28	350m: 3:55.29	35.07	550m: 6:17.03	35.58	750m: 8:40.07	35.91
	200m: 2:10.87 33.88	400m: 4:30.56	35.27	600m: 6:52.60	35.57	800m: 9:14.73	34.66
14.	Ana Silva Costa	98	Famalicao	9:16.65		+0,70	638
	50m: 31.93 31.93	250m: 2:51.16	35.23	450m: 5:11.97	35.08	650m: 7:33.05	35.24
	100m: 1:06.09 34.16	300m: 3:26.52	35.36	500m: 5:47.34	35.37	700m: 8:08.23	35.18
	150m: 1:40.93 34.84	350m: 4:01.77	35.25	550m: 6:22.61	35.27	750m: 8:43.27	35.04
	200m: 2:15.93 35.00	400m: 4:36.89	35.12	600m: 6:57.81	35.20	800m: 9:16.65	33.38
15.	Barbara Marques Rodrigues	97	Alges	9:17.02		+0,85	637
	50m: 31.58 31.58	250m: 2:50.32	35.02	450m: 5:10.96	35.22	650m: 7:32.18	35.13
	100m: 1:05.56 33.98	300m: 3:25.37	35.05	500m: 5:46.31	35.35	700m: 8:07.33	35.15
	150m: 1:40.40 34.84	350m: 4:00.80	35.43	550m: 6:21.53	35.22	750m: 8:42.04	34.71
	200m: 2:15.30 34.90	400m: 4:35.74	34.94	600m: 6:57.05	35.52	800m: 9:17.02	34.98
16.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	9:18.04		+0,70	633
	50m: 31.73 31.73	250m: 2:51.49	35.17	450m: 5:12.85	35.12	650m: 7:33.96	35.07
	100m: 1:06.20 34.47	300m: 3:27.02	35.53	500m: 5:48.14	35.29	700m: 8:09.11	35.15
	150m: 1:41.36 35.16	350m: 4:02.36	35.34	550m: 6:23.66	35.52	750m: 8:44.11	35.00
	200m: 2:16.32 34.96	400m: 4:37.73	35.37	600m: 6:58.89	35.23	800m: 9:18.04	33.93
17.	Rita Costa Amador	99	Galitos	9:18.90		+0,73	630
	50m: 31.98 31.98	250m: 2:51.47	35.13	450m: 5:12.10	35.12	650m: 7:33.78	35.71
	100m: 1:06.52 34.54	300m: 3:26.47	35.00	500m: 5:47.28	35.18	700m: 8:09.09	35.31
	150m: 1:41.19 34.67	350m: 4:01.78	35.31	550m: 6:22.94	35.66	750m: 8:44.44	35.35
	200m: 2:16.34 35.15	400m: 4:36.98	35.20	600m: 6:58.07	35.13	800m: 9:18.90	34.46

Prova 33, Femin., 800m Livres, Absoluto

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
18.	Eva Guerreiro Carvalho			99	Uniao Piedense			9:28.23		+0,98	600	
	50m:	31.67	31.67	250m:	2:53.73	36.06	450m:	5:16.79	35.77	650m:	7:40.62	35.99
	100m:	1:06.40	34.73	300m:	3:29.40	35.67	500m:	5:52.54	35.75	700m:	8:16.59	35.97
	150m:	1:41.71	35.31	350m:	4:05.23	35.83	550m:	6:28.49	35.95	750m:	8:52.86	36.27
	200m:	2:17.67	35.96	400m:	4:41.02	35.79	600m:	7:04.63	36.14	800m:	9:28.23	35.37
19.	Marina Micaela Sequeira			98	Uniao Piedense			9:35.28		+0,76	578	
	FTL											
	50m:	32.34	32.34	250m:	2:53.36	36.10	450m:	5:20.38	36.80	650m:	7:47.69	36.80
	100m:	1:06.91	34.57	300m:	3:29.95	36.59	500m:	5:57.37	36.99	700m:	8:24.28	36.59
	150m:	1:41.67	34.76	350m:	4:06.41	36.46	550m:	6:34.19	36.82	750m:	9:00.61	36.33
	200m:	2:17.26	35.59	400m:	4:43.58	37.17	600m:	7:10.89	36.70	800m:	9:35.28	34.67

Senior 95+V

1.	Angelica Maria Andre			94	Fluvial Portuense			8:43.25		+0,75	768	
	50m:	30.15	30.15	250m:	2:40.50	32.86	450m:	4:52.48	33.06	650m:	7:05.31	33.00
	100m:	1:02.34	32.19	300m:	3:13.46	32.96	500m:	5:25.40	32.92	700m:	7:37.99	32.68
	150m:	1:34.89	32.55	350m:	3:46.46	33.00	550m:	5:58.90	33.50	750m:	8:10.97	32.98
	200m:	2:07.64	32.75	400m:	4:19.42	32.96	600m:	6:32.31	33.41	800m:	8:43.25	32.28
2.	Vania Soares Neves			90	Leixoes			8:47.90		+0,79	748	
	50m:	30.88	30.88	250m:	2:44.10	33.32	450m:	4:56.89	32.96	650m:	7:09.46	33.13
	100m:	1:03.84	32.96	300m:	3:17.47	33.37	500m:	5:29.97	33.08	700m:	7:42.55	33.09
	150m:	1:37.26	33.42	350m:	3:50.80	33.33	550m:	6:03.12	33.15	750m:	8:15.66	33.11
	200m:	2:10.78	33.52	400m:	4:23.93	33.13	600m:	6:36.33	33.21	800m:	8:47.90	32.24
3.	Ana Catarina Monteiro			93	Vilacondense			8:55.87		+0,79	715	
	50m:	30.87	30.87	250m:	2:45.74	33.95	450m:	5:00.69	33.40	650m:	7:16.94	33.91
	100m:	1:04.19	33.32	300m:	3:19.89	34.15	500m:	5:34.87	34.18	700m:	7:50.89	33.95
	150m:	1:37.85	33.66	350m:	3:53.58	33.69	550m:	6:09.01	34.14	750m:	8:24.51	33.62
	200m:	2:11.79	33.94	400m:	4:27.29	33.71	600m:	6:43.03	34.02	800m:	8:55.87	31.36
4.	Ana Goncalves Neto			95	Fluvial Portuense			9:08.07		+1,04	668	
	50m:	30.95	30.95	250m:	2:48.21	34.97	450m:	5:06.81	34.18	650m:	7:25.00	34.92
	100m:	1:04.54	33.59	300m:	3:23.17	34.96	500m:	5:41.24	34.43	700m:	7:59.37	34.37
	150m:	1:38.69	34.15	350m:	3:58.17	35.00	550m:	6:15.64	34.40	750m:	8:33.68	34.31
	200m:	2:13.24	34.55	400m:	4:32.63	34.46	600m:	6:50.08	34.44	800m:	9:08.07	34.39
5.	Helena Paula Carvalho			95	Uniao Piedense			9:09.48		+0,64	663	
	50m:	31.34	31.34	250m:	2:48.40	34.44	450m:	5:07.13	34.84	650m:	7:27.41	35.13
	100m:	1:05.15	33.81	300m:	3:22.91	34.51	500m:	5:42.06	34.93	700m:	8:02.44	35.03
	150m:	1:39.56	34.41	350m:	3:57.59	34.68	550m:	6:17.14	35.08	750m:	8:36.60	34.16
	200m:	2:13.96	34.40	400m:	4:32.29	34.70	600m:	6:52.28	35.14	800m:	9:09.48	32.88

Senior 96

1.	Florbela Cavaco Machado			96	Columbofila Cantanhedense			8:54.27	+0,76	722		
	50m:	31.28	31.28	250m:	2:44.65	33.55	450m:	4:59.35	33.38	650m:	7:14.04	33.90
	100m:	1:04.25	32.97	300m:	3:18.53	33.88	500m:	5:32.76	33.41	700m:	7:48.01	33.97
	150m:	1:37.58	33.33	350m:	3:52.07	33.54	550m:	6:06.44	33.68	750m:	8:21.96	33.95
	200m:	2:11.10	33.52	400m:	4:25.97	33.90	600m:	6:40.14	33.70	800m:	8:54.27	32.31

Prova 33, Femin., 800m Livres

Senior 97

1. Filipa Vilas Ruivo	97	Ba/Bomcar	8:56.22	+0,82	714
50m: 30.91 30.91	250m: 2:44.18 33.39	450m: 4:58.20 33.55	650m: 7:14.68 34.22		
100m: 1:03.80 32.89	300m: 3:17.62 33.44	500m: 5:32.04 33.84	700m: 7:48.74 34.06		
150m: 1:37.26 33.46	350m: 3:51.02 33.40	550m: 6:06.06 34.02	750m: 8:22.62 33.88		
200m: 2:10.79 33.53	400m: 4:24.65 33.63	600m: 6:40.46 34.40	800m: 8:56.22 33.60		
2. Maria Teresa Amorim	97	Porto	9:02.20	+0,83	690
50m: 31.30 31.30	250m: 2:46.06 34.00	450m: 5:02.97 34.32	650m: 7:19.61 34.33		
100m: 1:04.38 33.08	300m: 3:20.23 34.17	500m: 5:37.04 34.07	700m: 7:53.98 34.37		
150m: 1:37.99 33.61	350m: 3:54.35 34.12	550m: 6:11.07 34.03	750m: 8:28.62 34.64		
200m: 2:12.06 34.07	400m: 4:28.65 34.30	600m: 6:45.28 34.21	800m: 9:02.20 33.58		
3. Maria Joao Fernandes	97	Vilacondense	9:10.70	+0,74	659
50m: 31.21 31.21	250m: 2:49.34 34.76	450m: 5:08.58 34.45	650m: 7:28.07 34.90		
100m: 1:05.26 34.05	300m: 3:24.38 35.04	500m: 5:43.48 34.90	700m: 8:02.91 34.84		
150m: 1:39.76 34.50	350m: 3:59.19 34.81	550m: 6:18.37 34.89	750m: 8:37.18 34.27		
200m: 2:14.58 34.82	400m: 4:34.13 34.94	600m: 6:53.17 34.80	800m: 9:10.70 33.52		
4. Barbara Marques Rodrigues	97	Alges	9:17.02	+0,85	637
50m: 31.58 31.58	250m: 2:50.32 35.02	450m: 5:10.96 35.22	650m: 7:32.18 35.13		
100m: 1:05.56 33.98	300m: 3:25.37 35.05	500m: 5:46.31 35.35	700m: 8:07.33 35.15		
150m: 1:40.40 34.84	350m: 4:00.80 35.43	550m: 6:21.53 35.22	750m: 8:42.04 34.71		
200m: 2:15.30 34.90	400m: 4:35.74 34.94	600m: 6:57.05 35.52	800m: 9:17.02 34.98		

Junior 98

1. Carolina Mantua Guedes	98	Sporting	9:14.73	+0,76	645
50m: 30.67 30.67	250m: 2:45.23 34.36	450m: 5:05.92 35.36	650m: 7:28.46 35.86		
100m: 1:03.71 33.04	300m: 3:20.22 34.99	500m: 5:41.45 35.53	700m: 8:04.16 35.70		
150m: 1:36.99 33.28	350m: 3:55.29 35.07	550m: 6:17.03 35.58	750m: 8:40.07 35.91		
200m: 2:10.87 33.88	400m: 4:30.56 35.27	600m: 6:52.60 35.57	800m: 9:14.73 34.66		
2. Ana Silva Costa	98	Famalicao	9:16.65	+0,70	638
50m: 31.93 31.93	250m: 2:51.16 35.23	450m: 5:11.97 35.08	650m: 7:33.05 35.24		
100m: 1:06.09 34.16	300m: 3:26.52 35.36	500m: 5:47.34 35.37	700m: 8:08.23 35.18		
150m: 1:40.93 34.84	350m: 4:01.77 35.25	550m: 6:22.61 35.27	750m: 8:43.27 35.04		
200m: 2:15.93 35.00	400m: 4:36.89 35.12	600m: 6:57.81 35.20	800m: 9:16.65 33.38		
3. Marina Micaela Sequeira FTL	98	Uniao Piedense	9:35.28	+0,76	578
50m: 32.34 32.34	250m: 2:53.36 36.10	450m: 5:20.38 36.80	650m: 7:47.69 36.80		
100m: 1:06.91 34.57	300m: 3:29.95 36.59	500m: 5:57.37 36.99	700m: 8:24.28 36.59		
150m: 1:41.67 34.76	350m: 4:06.41 36.46	550m: 6:34.19 36.82	750m: 9:00.61 36.33		
200m: 2:17.26 35.59	400m: 4:43.58 37.17	600m: 7:10.89 36.70	800m: 9:35.28 34.67		

Junior 99

1. Tamila Hryhorivna Holub <i>Recorde Nacional, Jun16</i>	99	Braga	8:45.41		759
50m: 31.19 31.19	250m: 2:43.86 33.09	450m: 4:55.76 32.67	650m: 7:07.82 32.77		
100m: 1:04.48 33.29	300m: 3:16.93 33.07	500m: 5:28.76 33.00	700m: 7:40.76 32.94		
150m: 1:37.45 32.97	350m: 3:49.93 33.00	550m: 6:01.76 33.00	750m: 8:13.74 32.98		
200m: 2:10.77 33.32	400m: 4:23.09 33.16	600m: 6:35.05 33.29	800m: 8:45.41 31.67		

Prova 33, Femin., 800m Livres, Junior 99

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
2.	Beatriz Paulo Ranito	99	Sporting	8:59.78	+0,78	700
	50m: 31.03 31.03	250m: 2:46.37 33.98	450m: 5:02.04 33.46	650m: 7:19.20 34.30		
	100m: 1:04.61 33.58	300m: 3:20.42 34.05	500m: 5:36.02 33.98	700m: 7:53.62 34.42		
	150m: 1:38.39 33.78	350m: 3:54.56 34.14	550m: 6:10.46 34.44	750m: 8:27.71 34.09		
	200m: 2:12.39 34.00	400m: 4:28.58 34.02	600m: 6:44.90 34.44	800m: 8:59.78 32.07		
3.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	9:11.05	+0,97	658
	50m: 31.48 31.48	250m: 2:49.17 34.83	450m: 5:08.66 34.79	650m: 7:27.66 34.53		
	100m: 1:05.25 33.77	300m: 3:24.01 34.84	500m: 5:43.58 34.92	700m: 8:02.57 34.91		
	150m: 1:39.63 34.38	350m: 3:58.99 34.98	550m: 6:18.23 34.65	750m: 8:36.93 34.36		
	200m: 2:14.34 34.71	400m: 4:33.87 34.88	600m: 6:53.13 34.90	800m: 9:11.05 34.12		
4.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	9:18.04	+0,70	633
	50m: 31.73 31.73	250m: 2:51.49 35.17	450m: 5:12.85 35.12	650m: 7:33.96 35.07		
	100m: 1:06.20 34.47	300m: 3:27.02 35.53	500m: 5:48.14 35.29	700m: 8:09.11 35.15		
	150m: 1:41.36 35.16	350m: 4:02.36 35.34	550m: 6:23.66 35.52	750m: 8:44.11 35.00		
	200m: 2:16.32 34.96	400m: 4:37.73 35.37	600m: 6:58.89 35.23	800m: 9:18.04 33.93		
5.	Rita Costa Amador	99	Galitos	9:18.90	+0,73	630
	50m: 31.98 31.98	250m: 2:51.47 35.13	450m: 5:12.10 35.12	650m: 7:33.78 35.71		
	100m: 1:06.52 34.54	300m: 3:26.47 35.00	500m: 5:47.28 35.18	700m: 8:09.09 35.31		
	150m: 1:41.19 34.67	350m: 4:01.78 35.31	550m: 6:22.94 35.66	750m: 8:44.44 35.35		
	200m: 2:16.34 35.15	400m: 4:36.98 35.20	600m: 6:58.07 35.13	800m: 9:18.90 34.46		
6.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:28.23	+0,98	600
	50m: 31.67 31.67	250m: 2:53.73 36.06	450m: 5:16.79 35.77	650m: 7:40.62 35.99		
	100m: 1:06.40 34.73	300m: 3:29.40 35.67	500m: 5:52.54 35.75	700m: 8:16.59 35.97		
	150m: 1:41.71 35.31	350m: 4:05.23 35.83	550m: 6:28.49 35.95	750m: 8:52.86 36.27		
	200m: 2:17.67 35.96	400m: 4:41.02 35.79	600m: 7:04.63 36.14	800m: 9:28.23 35.37		