

Prova 1	Femin., 800m Livres				Absolutos
28-11-2015					Resultados
Rec Nac Absoluto	8:36.75	Tamila Hryhorivna Holub	SCB	Felgueiras	14-11-2015
Rec Nac Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Rec Nac Inf A	9:03.90	Alexandra Maria Silva	FCP	Porto	13-07-1980
Rec Nac Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibbes (FRA)	20-12-1980
Rec Nac Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004
Rec Nac Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Rec Nac Jun17	8:36.75	Tamila Hryhorivna Holub	SCB	Felgueiras	14-11-2015
Rec Nac Sen	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012

Pontos: FINA 2015

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Beatriz Dias	99	108045	Scalabiswim	9:32.81	+0,83	586	25,0(-)
	50m: 32.09 32.09	250m: 2:52.98 35.46	450m: 5:15.42 35.97	650m: 7:42.03 36.83				
	100m: 1:07.08 34.99	300m: 3:28.41 35.43	500m: 5:51.83 36.41	700m: 8:19.02 36.99				
	150m: 1:42.21 35.13	350m: 4:03.73 35.32	550m: 6:28.10 36.27	750m: 8:56.36 37.34				
	200m: 2:17.52 35.31	400m: 4:39.45 35.72	600m: 7:05.20 37.10	800m: 9:32.81 36.45				
2.	Ana Reis Sousa	02	122440	Litoral Alentejano	9:37.43	+0,78	572	23,0(-)
	50m: 32.02 32.02	250m: 2:56.13 36.80	450m: 5:24.49 36.49	650m: 7:51.23 36.33				
	100m: 1:07.18 35.16	300m: 3:33.60 37.47	500m: 6:01.48 36.99	700m: 8:27.04 35.81				
	150m: 1:42.99 35.81	350m: 4:11.27 37.67	550m: 6:37.98 36.50	750m: 9:02.97 35.93				
	200m: 2:19.33 36.34	400m: 4:48.00 36.73	600m: 7:14.90 36.92	800m: 9:37.43 34.46				
3.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	9:40.30	+0,97	563	22,0(-)
	50m: 32.50 32.50	250m: 2:56.71 36.50	450m: 5:24.55 37.19	650m: 7:52.12 36.54				
	100m: 1:08.09 35.59	300m: 3:33.41 36.70	500m: 6:01.15 36.60	700m: 8:28.79 36.67				
	150m: 1:44.07 35.98	350m: 4:10.61 37.20	550m: 6:38.45 37.30	750m: 9:05.04 36.25				
	200m: 2:20.21 36.14	400m: 4:47.36 36.75	600m: 7:15.58 37.13	800m: 9:40.30 35.26				
4.	Beatriz Marques Ferreira	00	122579	Campinho	9:47.31	+0,80	543	21,0(-)
	50m: 32.12 32.12	250m: 2:58.63 37.08	450m: 5:27.99 37.38	650m: 7:57.27 37.57				
	100m: 1:07.83 35.71	300m: 3:36.11 37.48	500m: 6:04.84 36.85	700m: 8:34.84 37.57				
	150m: 1:44.66 36.83	350m: 4:13.40 37.29	550m: 6:42.21 37.37	750m: 9:11.94 37.10				
	200m: 2:21.55 36.89	400m: 4:50.61 37.21	600m: 7:19.70 37.49	800m: 9:47.31 35.37				
5.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	10:00.03	+0,95	509	20,0(-)
	50m: 32.97 32.97	250m: 2:58.69 37.17	450m: 5:29.89 38.20	650m: 8:04.27 38.64				
	100m: 1:08.52 35.55	300m: 3:36.02 37.33	500m: 6:08.38 38.49	700m: 8:43.12 38.85				
	150m: 1:44.70 36.18	350m: 4:13.88 37.86	550m: 6:47.06 38.68	750m: 9:21.79 38.67				
	200m: 2:21.52 36.82	400m: 4:51.69 37.81	600m: 7:25.63 38.57	800m: 10:00.03 38.24				
6.	Patricia Goncalves Leal	01	123436	Ba/Bomcar	10:00.34	+0,81	509	19,0(-)
	50m: 32.61 32.61	250m: 3:03.13 37.94	450m: 5:34.78 37.92	650m: 8:08.05 38.14				
	100m: 1:08.98 36.37	300m: 3:41.10 37.97	500m: 6:13.13 38.35	700m: 8:46.11 38.06				
	150m: 1:46.93 37.95	350m: 4:18.99 37.89	550m: 6:51.54 38.41	750m: 9:24.01 37.90				
	200m: 2:25.19 38.26	400m: 4:56.86 37.87	600m: 7:29.91 38.37	800m: 10:00.34 36.33				
7.	Carolina Isabel Machado	00	111445	Vitoria/ Olicargo	10:06.48	+0,93	493	18,0(-)
	50m: 34.35 34.35	250m: 3:05.75 38.28	450m: 5:39.05 38.58	650m: 8:12.84 38.59				
	100m: 1:11.79 37.44	300m: 3:43.66 37.91	500m: 6:17.10 38.05	700m: 8:51.44 38.60				
	150m: 1:49.46 37.67	350m: 4:22.25 38.59	550m: 6:55.65 38.55	750m: 9:29.81 38.37				
	200m: 2:27.47 38.01	400m: 5:00.47 38.22	600m: 7:34.25 38.60	800m: 10:06.48 36.67				
8.	Joana Filipa Silva	98	125636	O Crasto	10:07.76	+0,82	490	17,0(-)
	50m: 33.01 33.01	250m: 3:02.97 38.46	450m: 5:37.91 38.51	650m: 8:12.34 38.96				
	100m: 1:09.19 36.18	300m: 3:41.75 38.78	500m: 6:16.39 38.48	700m: 8:51.11 38.77				
	150m: 1:46.29 37.10	350m: 4:20.66 38.91	550m: 6:55.11 38.72	750m: 9:29.83 38.72				
	200m: 2:24.51 38.22	400m: 4:59.40 38.74	600m: 7:33.38 38.27	800m: 10:07.76 37.93				
9.	Joana Santos Pereira	00	116524	Gafanha da Encarnacao	10:12.48	+0,84	479	16,0(-)
	50m: 34.56 34.56	250m: 3:10.18 39.62	450m: 5:47.03 39.18	650m: 8:21.09 37.84				
	100m: 1:12.61 38.05	300m: 3:49.47 39.29	500m: 6:26.10 39.07	700m: 8:58.80 37.71				
	150m: 1:51.73 39.12	350m: 4:28.83 39.36	550m: 7:04.69 38.59	750m: 9:37.11 38.31				
	200m: 2:30.56 38.83	400m: 5:07.85 39.02	600m: 7:43.25 38.56	800m: 10:12.48 35.37				

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Daniela Silva Barcelos	98	106525	Nucleo Sportinguista Terceira	10:18.70	+0,88	465	15,0(-)
	50m: 34.53 34.53		250m: 3:07.90	39.00	450m: 5:43.82	39.12	650m: 8:21.36	38.70
	100m: 1:12.32 37.79		300m: 3:46.50	38.60	500m: 6:23.68	39.86	700m: 9:00.88	39.52
	150m: 1:50.44 38.12		350m: 4:25.32	38.82	550m: 7:03.30	39.62	750m: 9:40.40	39.52
	200m: 2:28.90 38.46		400m: 5:04.70	39.38	600m: 7:42.66	39.36	800m: 10:18.70	38.30
11.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	10:20.33	+0,81	461	14,0(-)
	50m: 33.29 33.29		250m: 3:07.80	39.23	450m: 5:46.07	39.36	650m: 8:24.44	39.14
	100m: 1:11.04 37.75		300m: 3:47.28	39.48	500m: 6:26.26	40.19	700m: 9:03.61	39.17
	150m: 1:49.41 38.37		350m: 4:27.28	40.00	550m: 7:05.61	39.35	750m: 9:42.66	39.05
	200m: 2:28.57 39.16		400m: 5:06.71	39.43	600m: 7:45.30	39.69	800m: 10:20.33	37.67
12.	Ines Manaia Correia	02	125614	Condeixa Clube	10:21.57	+0,83	458	13,0(-)
	50m: 33.22 33.22		250m: 3:09.13	39.50	450m: 5:47.22	39.25	650m: 8:26.35	40.43
	100m: 1:11.16 37.94		300m: 3:48.96	39.83	500m: 6:26.41	39.19	700m: 9:05.50	39.15
	150m: 1:50.12 38.96		350m: 4:28.72	39.76	550m: 7:06.51	40.10	750m: 9:44.26	38.76
	200m: 2:29.63 39.51		400m: 5:07.97	39.25	600m: 7:45.92	39.41	800m: 10:21.57	37.31
13.	Andreia Avila Jesus	00	125366	Natacao de Vagos	10:25.18	+0,88	450	12,0(-)
	50m: 33.32 33.32		250m: 3:09.72	39.66	450m: 5:49.13	39.05	650m: 8:26.71	39.49
	100m: 1:11.14 37.82		300m: 3:49.46	39.74	500m: 6:28.19	39.06	700m: 9:06.41	39.70
	150m: 1:50.44 39.30		350m: 4:29.40	39.94	550m: 7:07.53	39.34	750m: 9:45.62	39.21
	200m: 2:30.06 39.62		400m: 5:10.08	40.68	600m: 7:47.22	39.69	800m: 10:25.18	39.56
14.	Beatriz Santos Reis	01	120776	Torres Novas	10:25.42	+0,95	450	11,0(-)
	50m: 35.37 35.37		250m: 3:12.03	39.01	450m: 5:49.69	39.13	650m: 8:28.19	39.34
	100m: 1:14.04 38.67		300m: 3:51.17	39.14	500m: 6:29.07	39.38	700m: 9:08.07	39.88
	150m: 1:53.46 39.42		350m: 4:30.85	39.68	550m: 7:08.95	39.88	750m: 9:47.17	39.10
	200m: 2:33.02 39.56		400m: 5:10.56	39.71	600m: 7:48.85	39.90	800m: 10:25.42	38.25
15.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	10:25.45		450	10,0(-)
	50m: 33.98 33.98		250m: 3:12.52	39.24	450m: 5:50.98	39.59	650m: 8:29.75	40.34
	100m: 1:13.12 39.14		300m: 3:51.92	39.40	500m: 6:30.64	39.66	700m: 9:09.68	39.93
	150m: 1:53.24 40.12		350m: 4:32.08	40.16	550m: 7:09.77	39.13	750m: 9:48.76	39.08
	200m: 2:33.28 40.04		400m: 5:11.39	39.31	600m: 7:49.41	39.64	800m: 10:25.45	36.69
16.	Catarina Pinho Estevez	02	124325	Naval Setubalense	10:26.47		447	9,0(-)
	50m: 34.30 34.30		250m: 3:10.24	39.15	450m: 5:49.57	39.79	650m: 8:29.82	39.67
	100m: 1:12.71 38.41		300m: 3:49.90	39.66	500m: 6:29.92	40.35	700m: 9:09.44	39.62
	150m: 1:52.01 39.30		350m: 4:30.05	40.15	550m: 7:10.60	40.68	750m: 9:49.00	39.56
	200m: 2:31.09 39.08		400m: 5:09.78	39.73	600m: 7:50.15	39.55	800m: 10:26.47	37.47
17.	Marta Alexandra Saraiva	93	14641	Nautica do Seixal	10:34.78		430	8,0(-)
	50m: 34.52 34.52		250m: 3:10.14	39.74	450m: 5:51.20	40.25	650m: 8:34.16	40.88
	100m: 1:12.16 37.64		300m: 3:50.23	40.09	500m: 6:31.91	40.71	700m: 9:15.03	40.87
	150m: 1:50.85 38.69		350m: 4:30.54	40.31	550m: 7:12.70	40.79	750m: 9:55.60	40.57
	200m: 2:30.40 39.55		400m: 5:10.95	40.41	600m: 7:53.28	40.58	800m: 10:34.78	39.18
18.	Laura da Luz Fonseca	03	122825	Naval de Ponta Delgada	10:34.86	+0,93	430	7,0(-)
	50m: 36.41 36.41		250m: 3:15.53	40.20	450m: 5:57.32	40.50	650m: 8:37.25	39.83
	100m: 1:15.44 39.03		300m: 3:56.23	40.70	500m: 6:37.27	39.95	700m: 9:17.31	40.06
	150m: 1:55.10 39.66		350m: 4:36.45	40.22	550m: 7:17.22	39.95	750m: 9:57.70	40.39
	200m: 2:35.33 40.23		400m: 5:16.82	40.37	600m: 7:57.42	40.20	800m: 10:34.86	37.16
19.	Carolina Pereira Pedrosa	02	126677	Vieirense	10:34.96	+0,85	430	6,0(-)
	50m: 34.63 34.63		250m: 3:11.25	39.27	450m: 5:53.13	40.89	650m: 8:36.05	40.74
	100m: 1:13.13 38.50		300m: 3:51.34	40.09	500m: 6:33.59	40.46	700m: 9:16.78	40.73
	150m: 1:52.76 39.63		350m: 4:31.63	40.29	550m: 7:14.48	40.89	750m: 9:56.55	39.77
	200m: 2:31.98 39.22		400m: 5:12.24	40.61	600m: 7:55.31	40.83	800m: 10:34.96	38.41
20.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	10:38.58	+0,94	422	5,0(-)
	50m: 34.16 34.16		250m: 3:11.53	39.71	450m: 5:54.41	40.99	650m: 8:37.59	40.46
	100m: 1:12.46 38.30		300m: 3:52.08	40.55	500m: 6:35.10	40.69	700m: 9:18.18	40.59
	150m: 1:51.77 39.31		350m: 4:32.78	40.70	550m: 7:15.78	40.68	750m: 9:58.80	40.62
	200m: 2:31.82 40.05		400m: 5:13.42	40.64	600m: 7:57.13	41.35	800m: 10:38.58	39.78

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Rita Daniela Lopes	01	123412	Gualdim Pais	10:42.92	+0,89	414	4,00-
	50m: 34.46 34.46		250m: 3:15.07 40.95	450m: 5:58.79 40.73		650m: 8:42.76 40.94		
	100m: 1:13.28 38.82		300m: 3:56.22 41.15	500m: 6:39.46 40.67		700m: 9:23.50 40.74		
	150m: 1:53.52 40.24		350m: 4:37.14 40.92	550m: 7:20.65 41.19		750m: 10:04.12 40.62		
	200m: 2:34.12 40.60		400m: 5:18.06 40.92	600m: 8:01.82 41.17		800m: 10:42.92 38.80		
22.	Rita Oliveira Noritake	98	107643	Bombeiros Estoris	10:45.17	+0,81	410	3,00-
	50m: 34.58 34.58		250m: 3:14.50 40.92	450m: 5:59.07 41.28		650m: 8:44.42 41.72		
	100m: 1:13.33 38.75		300m: 3:55.47 40.97	500m: 6:40.03 40.96		700m: 9:25.39 40.97		
	150m: 1:53.27 39.94		350m: 4:36.55 41.08	550m: 7:21.50 41.47		750m: 10:06.08 40.69		
	200m: 2:33.58 40.31		400m: 5:17.79 41.24	600m: 8:02.70 41.20		800m: 10:45.17 39.09		
23.	Sara Tavares Baptista	00	123942	Feirense	10:47.74	+0,89	405	2,00-
	50m: 34.86 34.86		250m: 3:18.65 41.27	450m: 6:04.73 41.77		650m: 8:49.44 40.78		
	100m: 1:14.80 39.94		300m: 3:59.91 41.26	500m: 6:46.37 41.64		700m: 9:30.54 41.10		
	150m: 1:55.82 41.02		350m: 4:41.28 41.37	550m: 7:27.84 41.47		750m: 10:10.67 40.13		
	200m: 2:37.38 41.56		400m: 5:22.96 41.68	600m: 8:08.66 40.82		800m: 10:47.74 37.07		
24.	Melissa Sousa Vilarinho	03	124377	FC Ferreiras	11:45.45	+0,84	313	1,00-
	50m: 35.17 35.17		250m: 3:28.82 43.95	450m: 6:30.76 45.49		650m: 9:33.01 44.97		
	100m: 1:16.71 41.54		300m: 4:14.73 45.91	500m: 7:16.12 45.36		700m: 10:19.04 46.03		
	150m: 2:00.65 43.94		350m: 4:59.92 45.19	550m: 8:01.81 45.69		750m: 11:02.41 43.37		
	200m: 2:44.87 44.22		400m: 5:45.27 45.35	600m: 8:48.04 46.23		800m: 11:45.45 43.04		