

| 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.    | Carolina Madeira Santos    | 96                  | 104254              | Naval Amorense          | <b>9:15.66</b> | +0,90 | 641      | 25,0(-) |
|       | 50m: 30.58 30.58           | 250m: 2:49.14 35.11 | 450m: 5:10.13 35.18 | 650m: 7:31.33 35.45     |                |       |          |         |
|       | 100m: 1:04.39 33.81        | 300m: 3:24.56 35.42 | 500m: 5:45.58 35.45 | 700m: 8:06.41 35.08     |                |       |          |         |
|       | 150m: 1:38.87 34.48        | 350m: 3:59.79 35.23 | 550m: 6:20.84 35.26 | 750m: 8:41.79 35.38     |                |       |          |         |
|       | 200m: 2:14.03 35.16        | 400m: 4:34.95 35.16 | 600m: 6:55.88 35.04 | 800m: 9:15.66 33.87     |                |       |          |         |
| 2.    | Joana Beatriz Bernardo     | 99                  | 112387              | Fundacao Beatriz Santos | <b>9:15.84</b> | +0,96 | 641      | 23,0(-) |
|       | 50m: 31.49 31.49           | 250m: 2:51.60 35.20 | 450m: 5:11.98 35.09 | 650m: 7:32.10 35.04     |                |       |          |         |
|       | 100m: 1:06.16 34.67        | 300m: 3:26.67 35.07 | 500m: 5:46.96 34.98 | 700m: 8:07.65 35.55     |                |       |          |         |
|       | 150m: 1:41.18 35.02        | 350m: 4:01.80 35.13 | 550m: 6:21.98 35.02 | 750m: 8:43.12 35.47     |                |       |          |         |
|       | 200m: 2:16.40 35.22        | 400m: 4:36.89 35.09 | 600m: 6:57.06 35.08 | 800m: 9:15.84 32.72     |                |       |          |         |
| 3.    | Mariana Amaral Mendes      | 02                  | 123959              | Colegio Monte Maior     | <b>9:18.70</b> | +0,87 | 631      | 22,0(-) |
|       | 50m: 31.65 31.65           | 250m: 2:52.43 35.38 | 450m: 5:14.09 35.82 | 650m: 7:35.68 35.34     |                |       |          |         |
|       | 100m: 1:06.46 34.81        | 300m: 3:28.04 35.61 | 500m: 5:49.15 35.06 | 700m: 8:10.57 34.89     |                |       |          |         |
|       | 150m: 1:41.83 35.37        | 350m: 4:03.02 34.98 | 550m: 6:24.92 35.77 | 750m: 8:45.43 34.86     |                |       |          |         |
|       | 200m: 2:17.05 35.22        | 400m: 4:38.27 35.25 | 600m: 7:00.34 35.42 | 800m: 9:18.70 33.27     |                |       |          |         |
| 4.    | Ana Catarina Oliveira      | 99                  | 112314              | Geslours                | <b>9:42.25</b> | +0,79 | 557      | 21,0(-) |
|       | 50m: 32.56 32.56           | 250m: 2:59.13 36.99 | 450m: 5:25.96 36.34 | 650m: 7:52.60 36.82     |                |       |          |         |
|       | 100m: 1:08.75 36.19        | 300m: 3:35.75 36.62 | 500m: 6:02.22 36.26 | 700m: 8:29.82 37.22     |                |       |          |         |
|       | 150m: 1:45.49 36.74        | 350m: 4:12.64 36.89 | 550m: 6:38.96 36.74 | 750m: 9:06.61 36.79     |                |       |          |         |
|       | 200m: 2:22.14 36.65        | 400m: 4:49.62 36.98 | 600m: 7:15.78 36.82 | 800m: 9:42.25 35.64     |                |       |          |         |
| 5.    | Carla Laranjeira Marques   | 00                  | 109363              | Sporting de Aveiro      | <b>9:47.97</b> | +0,76 | 541      | 20,0(-) |
|       | 50m: 31.84 31.84           | 250m: 2:58.26 37.05 | 450m: 5:26.25 36.88 | 650m: 7:57.39 37.86     |                |       |          |         |
|       | 100m: 1:08.21 36.37        | 300m: 3:35.27 37.01 | 500m: 6:03.96 37.71 | 700m: 8:35.05 37.66     |                |       |          |         |
|       | 150m: 1:44.42 36.21        | 350m: 4:12.19 36.92 | 550m: 6:41.60 37.64 | 750m: 9:12.07 37.02     |                |       |          |         |
|       | 200m: 2:21.21 36.79        | 400m: 4:49.37 37.18 | 600m: 7:19.53 37.93 | 800m: 9:47.97 35.90     |                |       |          |         |
| 6.    | Joana Daniela Jacinto      | 01                  | 111230              | Natacao da Maia         | <b>9:49.34</b> | +0,76 | 538      | 19,0(-) |
|       | 50m: 32.07 32.07           | 250m: 3:00.83 37.63 | 450m: 5:32.03 37.85 | 650m: 8:01.71 36.83     |                |       |          |         |
|       | 100m: 1:08.42 36.35        | 300m: 3:38.46 37.63 | 500m: 6:09.97 37.94 | 700m: 8:39.17 37.46     |                |       |          |         |
|       | 150m: 1:45.48 37.06        | 350m: 4:16.33 37.87 | 550m: 6:47.42 37.45 | 750m: 9:15.86 36.69     |                |       |          |         |
|       | 200m: 2:23.20 37.72        | 400m: 4:54.18 37.85 | 600m: 7:24.88 37.46 | 800m: 9:49.34 33.48     |                |       |          |         |
| 7.    | Rafaela Ferreira Rodrigues | 98                  | 117752              | Academico Viseu         | <b>9:49.71</b> | +0,91 | 537      | 18,0(-) |
|       | 50m: 32.59 32.59           | 250m: 2:57.80 36.71 | 450m: 5:27.29 37.60 | 650m: 7:58.50 37.56     |                |       |          |         |
|       | 100m: 1:08.15 35.56        | 300m: 3:35.03 37.23 | 500m: 6:05.21 37.92 | 700m: 8:36.48 37.98     |                |       |          |         |
|       | 150m: 1:44.50 36.35        | 350m: 4:12.09 37.06 | 550m: 6:43.01 37.80 | 750m: 9:13.88 37.40     |                |       |          |         |
|       | 200m: 2:21.09 36.59        | 400m: 4:49.69 37.60 | 600m: 7:20.94 37.93 | 800m: 9:49.71 35.83     |                |       |          |         |
| 8.    | Ana Sofia Filipe           | 95                  | 26887               | Nacional de Natacao     | <b>9:53.32</b> | +0,88 | 527      | 17,0(-) |
|       | 50m: 33.62 33.62           | 250m: 2:59.79 36.81 | 450m: 5:29.61 37.55 | 650m: 8:01.50 38.12     |                |       |          |         |
|       | 100m: 1:09.68 36.06        | 300m: 3:37.11 37.32 | 500m: 6:07.27 37.66 | 700m: 8:39.69 38.19     |                |       |          |         |
|       | 150m: 1:46.38 36.70        | 350m: 4:14.47 37.36 | 550m: 6:45.15 37.88 | 750m: 9:17.17 37.48     |                |       |          |         |
|       | 200m: 2:22.98 36.60        | 400m: 4:52.06 37.59 | 600m: 7:23.38 38.23 | 800m: 9:53.32 36.15     |                |       |          |         |
| 9.    | Alice Carmo Lourenco       | 02                  | 122236              | Viana Natacao           | <b>9:56.54</b> | +0,83 | 518      | 16,0(-) |
|       | 50m: 33.20 33.20           | 250m: 3:01.13 37.79 | 450m: 5:32.70 37.61 | 650m: 8:03.65 38.00     |                |       |          |         |
|       | 100m: 1:09.23 36.03        | 300m: 3:39.05 37.92 | 500m: 6:10.10 37.40 | 700m: 8:41.56 37.91     |                |       |          |         |
|       | 150m: 1:46.22 36.99        | 350m: 4:16.84 37.79 | 550m: 6:47.64 37.54 | 750m: 9:20.20 38.64     |                |       |          |         |
|       | 200m: 2:23.34 37.12        | 400m: 4:55.09 38.25 | 600m: 7:25.65 38.01 | 800m: 9:56.54 36.34     |                |       |          |         |

Prova 1, Femin., 800m Livres, Absolutos

| Lugar | Nome                       | Ano | NFed                | Clube               | Tempo Final     | TReac                | Pts FINA | Pts     |
|-------|----------------------------|-----|---------------------|---------------------|-----------------|----------------------|----------|---------|
| 10.   | Andreia Rodrigues Castro   | 01  | 126665              | Estarreja           | <b>9:57.02</b>  | +0,90                | 517      | 15,0(-) |
|       | 50m: 32.91 32.91           |     | 250m: 3:01.40 38.06 | 450m: 5:32.75 38.02 |                 | 650m: 8:04.74 38.47  |          |         |
|       | 100m: 1:08.78 35.87        |     | 300m: 3:39.31 37.91 | 500m: 6:10.99 38.24 |                 | 700m: 8:42.85 38.11  |          |         |
|       | 150m: 1:45.63 36.85        |     | 350m: 4:16.96 37.65 | 550m: 6:48.43 37.44 |                 | 750m: 9:22.39 39.54  |          |         |
|       | 200m: 2:23.34 37.71        |     | 400m: 4:54.73 37.77 | 600m: 7:26.27 37.84 |                 | 800m: 9:57.02 34.63  |          |         |
| 11.   | Catarina Miguel Silva      | 01  | 120341              | Natacao de Faro     | <b>9:57.04</b>  | +0,84                | 517      | 14,0(-) |
|       | 50m: 33.10 33.10           |     | 250m: 3:02.05 37.54 | 450m: 5:32.69 37.75 |                 | 650m: 8:04.20 38.19  |          |         |
|       | 100m: 1:09.81 36.71        |     | 300m: 3:39.56 37.51 | 500m: 6:10.40 37.71 |                 | 700m: 8:43.14 38.94  |          |         |
|       | 150m: 1:47.01 37.20        |     | 350m: 4:17.24 37.68 | 550m: 6:48.48 38.08 |                 | 750m: 9:21.41 38.27  |          |         |
|       | 200m: 2:24.51 37.50        |     | 400m: 4:54.94 37.70 | 600m: 7:26.01 37.53 |                 | 800m: 9:57.04 35.63  |          |         |
| 12.   | Ana Margarida Leite        | 02  | 123141              | Fafe                | <b>9:58.97</b>  | +0,95                | 512      | 13,0(-) |
|       | 50m: 31.31 31.31           |     | 250m: 3:00.26 37.98 | 450m: 5:33.41 38.30 |                 | 650m: 8:06.84 38.14  |          |         |
|       | 100m: 1:07.08 35.77        |     | 300m: 3:38.26 38.00 | 500m: 6:11.93 38.52 |                 | 700m: 8:44.97 38.13  |          |         |
|       | 150m: 1:44.35 37.27        |     | 350m: 4:16.67 38.41 | 550m: 6:50.34 38.41 |                 | 750m: 9:22.45 37.48  |          |         |
|       | 200m: 2:22.28 37.93        |     | 400m: 4:55.11 38.44 | 600m: 7:28.70 38.36 |                 | 800m: 9:58.97 36.52  |          |         |
| 13.   | Constanca Filipa Rodrigues | 02  | 118480              | Benedita            | <b>10:00.24</b> | +0,78                | 509      | 12,0(-) |
|       | 50m: 32.81 32.81           |     | 250m: 3:02.29 38.17 | 450m: 5:35.31 38.41 |                 | 650m: 8:08.11 38.03  |          |         |
|       | 100m: 1:09.16 36.35        |     | 300m: 3:40.41 38.12 | 500m: 6:13.48 38.17 |                 | 700m: 8:46.17 38.06  |          |         |
|       | 150m: 1:46.50 37.34        |     | 350m: 4:18.64 38.23 | 550m: 6:51.72 38.24 |                 | 750m: 9:24.08 37.91  |          |         |
|       | 200m: 2:24.12 37.62        |     | 400m: 4:56.90 38.26 | 600m: 7:30.08 38.36 |                 | 800m: 10:00.24 36.16 |          |         |
| 14.   | Elisa Sauval Goncalves     | 02  | 124069              | Natacao Olhao       | <b>10:00.88</b> | +0,85                | 507      | 11,0(-) |
|       | 50m: 32.39 32.39           |     | 250m: 2:59.99 37.77 | 450m: 5:32.87 38.28 |                 | 650m: 8:05.79 38.22  |          |         |
|       | 100m: 1:07.93 35.54        |     | 300m: 3:38.31 38.32 | 500m: 6:10.96 38.09 |                 | 700m: 8:44.12 38.33  |          |         |
|       | 150m: 1:44.62 36.69        |     | 350m: 4:16.30 37.99 | 550m: 6:49.21 38.25 |                 | 750m: 9:22.70 38.58  |          |         |
|       | 200m: 2:22.22 37.60        |     | 400m: 4:54.59 38.29 | 600m: 7:27.57 38.36 |                 | 800m: 10:00.88 38.18 |          |         |
| 15.   | Mariana Filipa Moreira     | 02  | 125777              | Natacao de Valongo  | <b>10:00.94</b> | +0,96                | 507      | 10,0(-) |
|       | 50m: 32.24 32.24           |     | 250m: 3:00.99 37.83 | 450m: 5:33.62 38.37 |                 | 650m: 8:07.42 38.32  |          |         |
|       | 100m: 1:08.51 36.27        |     | 300m: 3:39.21 38.22 | 500m: 6:12.24 38.62 |                 | 700m: 8:46.12 38.70  |          |         |
|       | 150m: 1:45.73 37.22        |     | 350m: 4:17.22 38.01 | 550m: 6:50.63 38.39 |                 | 750m: 9:21.73 35.61  |          |         |
|       | 200m: 2:23.16 37.43        |     | 400m: 4:55.25 38.03 | 600m: 7:29.10 38.47 |                 | 800m: 10:00.94 39.21 |          |         |
| 16.   | Ana Margarida Salgueiro    | 99  | 116616              | Nautico Abrantes    | <b>10:05.27</b> | +0,97                | 496      | 9,0(-)  |
|       | 50m: 33.16 33.16           |     | 250m: 3:03.73 38.17 | 450m: 5:37.50 39.03 |                 | 650m: 8:12.01 38.35  |          |         |
|       | 100m: 1:09.70 36.54        |     | 300m: 3:42.10 38.37 | 500m: 6:15.91 38.41 |                 | 700m: 8:50.52 38.51  |          |         |
|       | 150m: 1:47.55 37.85        |     | 350m: 4:20.38 38.28 | 550m: 6:54.42 38.51 |                 | 750m: 9:28.63 38.11  |          |         |
|       | 200m: 2:25.56 38.01        |     | 400m: 4:58.47 38.09 | 600m: 7:33.66 39.24 |                 | 800m: 10:05.27 36.64 |          |         |
| 17.   | Francisca Andrade Brito    | 00  | 120857              | Estamos Juntos      | <b>10:13.97</b> | +0,89                | 475      | 8,0(-)  |
|       | 50m: 34.53 34.53           |     | 250m: 3:05.01 38.17 | 450m: 5:40.90 39.07 |                 | 650m: 8:18.03 38.91  |          |         |
|       | 100m: 1:11.47 36.94        |     | 300m: 3:43.47 38.46 | 500m: 6:20.41 39.51 |                 | 700m: 8:57.37 39.34  |          |         |
|       | 150m: 1:49.04 37.57        |     | 350m: 4:22.41 38.94 | 550m: 6:59.71 39.30 |                 | 750m: 9:36.25 38.88  |          |         |
|       | 200m: 2:26.84 37.80        |     | 400m: 5:01.83 39.42 | 600m: 7:39.12 39.41 |                 | 800m: 10:13.97 37.72 |          |         |
| 18.   | Joana Silva Ulpiano        | 00  | 119425              | Laranjeiro          | <b>10:14.15</b> | +0,97                | 475      | 7,0(-)  |
|       | 50m: 33.42 33.42           |     | 250m: 3:04.23 38.43 | 450m: 5:41.26 38.84 |                 | 650m: 8:17.69 39.03  |          |         |
|       | 100m: 1:10.37 36.95        |     | 300m: 3:43.03 38.80 | 500m: 6:20.55 39.29 |                 | 700m: 8:56.84 39.15  |          |         |
|       | 150m: 1:47.91 37.54        |     | 350m: 4:22.76 39.73 | 550m: 6:59.65 39.10 |                 | 750m: 9:36.37 39.53  |          |         |
|       | 200m: 2:25.80 37.89        |     | 400m: 5:02.42 39.66 | 600m: 7:38.66 39.01 |                 | 800m: 10:14.15 37.78 |          |         |
| 19.   | Maria Joao Carvalho        | 02  | 123679              | Portinado           | <b>10:22.27</b> | +0,76                | 457      | 6,0(-)  |
|       | 50m: 32.24 32.24           |     | 250m: 3:03.25 38.17 | 450m: 5:41.35 39.71 |                 | 650m: 8:22.01 41.11  |          |         |
|       | 100m: 1:09.71 37.47        |     | 300m: 3:42.18 38.93 | 500m: 6:20.80 39.45 |                 | 700m: 9:02.80 40.79  |          |         |
|       | 150m: 1:47.16 37.45        |     | 350m: 4:22.23 40.05 | 550m: 7:00.62 39.82 |                 | 750m: 9:42.97 40.17  |          |         |
|       | 200m: 2:25.08 37.92        |     | 400m: 5:01.64 39.41 | 600m: 7:40.90 40.28 |                 | 800m: 10:22.27 39.30 |          |         |
| 20.   | Ana Margarida Teles        | 01  | 124273              | Aminata             | <b>10:31.05</b> | +0,93                | 438      | 5,0(-)  |
|       | 50m: 34.22 34.22           |     | 250m: 3:10.43 39.70 | 450m: 5:52.31 40.78 |                 | 650m: 8:34.12 40.69  |          |         |
|       | 100m: 1:12.08 37.86        |     | 300m: 3:50.89 40.46 | 500m: 6:32.73 40.42 |                 | 700m: 9:13.91 39.79  |          |         |
|       | 150m: 1:50.96 38.88        |     | 350m: 4:31.11 40.22 | 550m: 7:13.12 40.39 |                 | 750m: 9:53.35 39.44  |          |         |
|       | 200m: 2:30.73 39.77        |     | 400m: 5:11.53 40.42 | 600m: 7:53.43 40.31 |                 | 800m: 10:31.05 37.70 |          |         |

Prova 1, Femin., 800m Livres, Absolutos

| Lugar | Nome                         | Ano | NFed   | Clube                   | Tempo Final         | TReac                | Pts FINA | Pts    |
|-------|------------------------------|-----|--------|-------------------------|---------------------|----------------------|----------|--------|
| 21.   | Salome Pinto Monteiro        | 98  | 109388 | Sporting de Espinho     | <b>10:32.79</b>     | +0,85                | 434      | 4,0(-) |
|       | 50m: 33.57 33.57             |     |        | 250m: 3:06.92 39.48     | 450m: 5:48.76 40.68 | 650m: 8:32.68 40.49  |          |        |
|       | 100m: 1:10.33 36.76          |     |        | 300m: 3:47.30 40.38     | 500m: 6:29.40 40.64 | 700m: 9:12.68 40.00  |          |        |
|       | 150m: 1:48.37 38.04          |     |        | 350m: 4:27.79 40.49     | 550m: 7:11.14 41.74 | 750m: 9:53.09 40.41  |          |        |
|       | 200m: 2:27.44 39.07          |     |        | 400m: 5:08.08 40.29     | 600m: 7:52.19 41.05 | 800m: 10:32.79 39.70 |          |        |
| 22.   | Margarida Mota Silva         | 03  | 122224 | Natacao do Montijo      | <b>10:40.70</b>     | +0,85                | 418      | 3,0(-) |
|       | 50m: 33.25 33.25             |     |        | 250m: 3:12.17 40.74     | 450m: 5:56.87 41.56 | 650m: 8:41.81 41.40  |          |        |
|       | 100m: 1:11.35 38.10          |     |        | 300m: 3:52.93 40.76     | 500m: 6:38.18 41.31 | 700m: 9:23.16 41.35  |          |        |
|       | 150m: 1:51.15 39.80          |     |        | 350m: 4:33.96 41.03     | 550m: 7:19.53 41.35 | 750m: 10:03.11 39.95 |          |        |
|       | 200m: 2:31.43 40.28          |     |        | 400m: 5:15.31 41.35     | 600m: 8:00.41 40.88 | 800m: 10:40.70 37.59 |          |        |
| 23.   | Leonor Rodrigues Carvalho    | 02  | 130402 | Bombeiros Ponta Delgada | <b>10:56.05</b>     | +1,09                | 390      | 2,0(-) |
|       | 50m: 36.75 36.75             |     |        | 250m: 3:18.56 41.15     | 450m: 6:04.78 42.32 | 650m: 8:53.81 42.19  |          |        |
|       | 100m: 1:16.03 39.28          |     |        | 300m: 3:59.99 41.43     | 500m: 6:47.64 42.86 | 700m: 9:36.20 42.39  |          |        |
|       | 150m: 1:56.73 40.70          |     |        | 350m: 4:40.51 40.52     | 550m: 7:29.90 42.26 | 750m: 10:17.16 40.96 |          |        |
|       | 200m: 2:37.41 40.68          |     |        | 400m: 5:22.46 41.95     | 600m: 8:11.62 41.72 | 800m: 10:56.05 38.89 |          |        |
| DSQ   | Joana Cunha Sousa            | 98  | 103054 | Foca                    |                     |                      |          | -      |
|       | 403 - Falsa partida - SW 4.4 |     |        |                         |                     |                      |          |        |