

Prova 12 Femin., 1500m Livres 16 anos e mais velhos
11-12-2015 - 17:10 Resultados

Recordes Nacionais 25m Absoluto	16:31.25	Angelica Maria Andre	CFP	Porto	19-12-2014
Recordes Nacionais 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19-12-2014
Recordes Nacionais 25m Jun17	16:55.80	Alexandra Maria Silva	FCP	Porto	14-04-1984
Recordes Nacionais 25m Sen	16:31.25	Angelica Maria Andre	CFP	Porto	19-12-2014

TAC_B-JUNF Jun: 20:08.73 / TAC_B-SENF Sen: 19:34.97

Pontos: FINA 2015

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
Seniores												
1.	Angelica Maria Andre			94	Fluvial Portuense			16:22.79		+0,74	819	
	Rec Nacional, Sen e RN Sen aos 800m											
	50m:	30.36	30.36	450m:	4:50.12	32.34	850m:	9:11.52	32.51	1250m:	13:37.80	33.63
	100m:	1:02.78	32.42	500m:	5:22.67	32.55	900m:	9:44.56	33.04	1300m:	14:11.14	33.34
	150m:	1:34.97	32.19	550m:	5:55.43	32.76	950m:	10:17.72	33.16	1350m:	14:44.69	33.55
	200m:	2:07.12	32.15	600m:	6:28.11	32.68	1000m:	10:50.77	33.05	1400m:	15:18.06	33.37
	250m:	2:39.48	32.36	650m:	7:00.73	32.62	1050m:	11:24.03	33.26	1450m:	15:50.82	32.76
	300m:	3:12.05	32.57	700m:	7:33.49	32.76	1100m:	11:57.34	33.31	1500m:	16:22.79	31.97
	350m:	3:44.83	32.78	750m:	8:06.20	32.71	1150m:	12:30.78	33.44			
	400m:	4:17.78	32.95	800m:	8:39.01	32.81	1200m:	13:04.17	33.39			
2.	Vania Soares Neves			90	Fluvial Portuense			16:39.66		+0,80	778	
	50m:	30.78	30.78	450m:	4:54.52	33.08	850m:	9:21.05	33.48	1250m:	13:51.05	34.21
	100m:	1:03.35	32.57	500m:	5:27.82	33.30	900m:	9:54.74	33.69	1300m:	14:25.14	34.09
	150m:	1:36.08	32.73	550m:	6:00.80	32.98	950m:	10:28.22	33.48	1350m:	14:59.43	34.29
	200m:	2:08.98	32.90	600m:	6:34.07	33.27	1000m:	11:01.57	33.35	1400m:	15:33.33	33.90
	250m:	2:41.92	32.94	650m:	7:07.40	33.33	1050m:	11:35.55	33.98	1450m:	16:07.20	33.87
	300m:	3:15.12	33.20	700m:	7:40.65	33.25	1100m:	12:09.06	33.51	1500m:	16:39.66	32.46
	350m:	3:48.23	33.11	750m:	8:13.97	33.32	1150m:	12:43.03	33.97			
	400m:	4:21.44	33.21	800m:	8:47.57	33.60	1200m:	13:16.84	33.81			
3.	Barbara Marques Rodrigues			97	Alges			17:26.35		+0,87	679	
	50m:	31.40	31.40	450m:	5:08.67	34.81	850m:	9:48.79	34.86	1250m:	14:30.52	35.32
	100m:	1:05.26	33.86	500m:	5:43.54	34.87	900m:	10:23.93	35.14	1300m:	15:06.02	35.50
	150m:	1:39.81	34.55	550m:	6:18.59	35.05	950m:	10:58.86	34.93	1350m:	15:41.60	35.58
	200m:	2:14.43	34.62	600m:	6:53.72	35.13	1000m:	11:34.00	35.14	1400m:	16:16.75	35.15
	250m:	2:49.09	34.66	650m:	7:28.76	35.04	1050m:	12:09.11	35.11	1450m:	16:51.85	35.10
	300m:	3:23.90	34.81	700m:	8:03.81	35.05	1100m:	12:44.65	35.54	1500m:	17:26.35	34.50
	350m:	3:58.79	34.89	750m:	8:38.79	34.98	1150m:	13:19.80	35.15			
	400m:	4:33.86	35.07	800m:	9:13.93	35.14	1200m:	13:55.20	35.40			
4.	Raquel Paulo Ranito			94	Sporting			17:32.91		+0,78	666	
	50m:	31.54	31.54	450m:	5:11.99	35.14	850m:	9:54.83	35.26	1250m:	14:38.83	35.59
	100m:	1:05.88	34.34	500m:	5:47.15	35.16	900m:	10:30.07	35.24	1300m:	15:14.11	35.28
	150m:	1:40.86	34.98	550m:	6:22.26	35.11	950m:	11:05.50	35.43	1350m:	15:49.45	35.34
	200m:	2:16.16	35.30	600m:	6:57.76	35.50	1000m:	11:41.10	35.60	1400m:	16:24.70	35.25
	250m:	2:51.51	35.35	650m:	7:33.05	35.29	1050m:	12:16.68	35.58	1450m:	16:59.82	35.12
	300m:	3:26.65	35.14	700m:	8:08.72	35.67	1100m:	12:52.40	35.72	1500m:	17:32.91	33.09
	350m:	4:01.82	35.17	750m:	8:44.01	35.29	1150m:	13:27.66	35.26			
	400m:	4:36.85	35.03	800m:	9:19.57	35.56	1200m:	14:03.24	35.58			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Maria Joao Fernandes	97	Vilacondense	17:36.47	+0.82	659
	50m: 31.47 31.47	450m: 5:08.06 34.92	850m: 9:49.58 35.30	1250m: 14:35.40 36.35		
	100m: 1:05.44 33.97	500m: 5:43.14 35.08	900m: 10:24.72 35.14	1300m: 15:11.50 36.10		
	150m: 1:39.81 34.37	550m: 6:18.45 35.31	950m: 11:00.06 35.34	1350m: 15:48.26 36.76		
	200m: 2:14.42 34.61	600m: 6:53.66 35.21	1000m: 11:35.53 35.47	1400m: 16:24.89 36.63		
	250m: 2:48.96 34.54	650m: 7:28.75 35.09	1050m: 12:11.05 35.52	1450m: 17:00.99 36.10		
	300m: 3:23.78 34.82	700m: 8:04.01 35.26	1100m: 12:47.05 36.00	1500m: 17:36.47 35.48		
	350m: 3:58.60 34.82	750m: 8:39.30 35.29	1150m: 13:23.00 35.95			
	400m: 4:33.14 34.54	800m: 9:14.28 34.98	1200m: 13:59.05 36.05			
6.	Carolina Madeira Santos	96	Naval Amorense	17:54.09	+0.90	627
	50m: 30.88 30.88	450m: 5:13.43 35.76	850m: 10:01.16 36.38	1250m: 14:53.55 36.63		
	100m: 1:04.88 34.00	500m: 5:49.34 35.91	900m: 10:37.29 36.13	1300m: 15:30.26 36.71		
	150m: 1:39.93 35.05	550m: 6:25.47 36.13	950m: 11:13.57 36.28	1350m: 16:06.25 35.99		
	200m: 2:15.11 35.18	600m: 7:01.05 35.58	1000m: 11:50.16 36.59	1400m: 16:42.48 36.23		
	250m: 2:50.77 35.66	650m: 7:37.23 36.18	1050m: 12:26.71 36.55	1450m: 17:19.19 36.71		
	300m: 3:26.18 35.41	700m: 8:13.15 35.92	1100m: 13:03.42 36.71	1500m: 17:54.09 34.90		
	350m: 4:01.66 35.48	750m: 8:49.15 36.00	1150m: 13:40.21 36.79			
	400m: 4:37.67 36.01	800m: 9:24.78 35.63	1200m: 14:16.92 36.71			
7.	Ana Silva Costa	98	Famalicao	17:55.92	+0.83	624
	50m: 31.88 31.88	450m: 5:15.15 35.98	850m: 10:04.38 35.93	1250m: 14:55.43 36.63		
	100m: 1:05.94 34.06	500m: 5:51.33 36.18	900m: 10:40.59 36.21	1300m: 15:32.57 37.14		
	150m: 1:40.99 35.05	550m: 6:27.00 35.67	950m: 11:16.18 35.59	1350m: 16:09.19 36.62		
	200m: 2:16.12 35.13	600m: 7:03.31 36.31	1000m: 11:52.93 36.75	1400m: 16:45.24 36.05		
	250m: 2:51.73 35.61	650m: 7:39.47 36.16	1050m: 12:29.06 36.13	1450m: 17:20.95 35.71		
	300m: 3:27.58 35.85	700m: 8:15.83 36.36	1100m: 13:05.36 36.30	1500m: 17:55.92 34.97		
	350m: 4:03.23 35.65	750m: 8:52.07 36.24	1150m: 13:41.91 36.55			
	400m: 4:39.17 35.94	800m: 9:28.45 36.38	1200m: 14:18.80 36.89			
8.	Daniela Teixeira Moreira	97	Belenenses	17:58.77	+0.73	619
	50m: 32.12 32.12	450m: 5:14.72 35.95	850m: 10:05.96 36.54	1250m: 14:57.46 36.39		
	100m: 1:06.21 34.09	500m: 5:50.75 36.03	900m: 10:42.66 36.70	1300m: 15:33.93 36.47		
	150m: 1:41.20 34.99	550m: 6:26.95 36.20	950m: 11:18.96 36.30	1350m: 16:10.17 36.24		
	200m: 2:16.68 35.48	600m: 7:03.33 36.38	1000m: 11:55.25 36.29	1400m: 16:46.70 36.53		
	250m: 2:52.27 35.59	650m: 7:39.99 36.66	1050m: 12:31.73 36.48	1450m: 17:23.18 36.48		
	300m: 3:27.50 35.23	700m: 8:16.41 36.42	1100m: 13:08.50 36.77	1500m: 17:58.77 35.59		
	350m: 4:03.02 35.52	750m: 8:53.12 36.71	1150m: 13:44.68 36.18			
	400m: 4:38.77 35.75	800m: 9:29.42 36.30	1200m: 14:21.07 36.39			
9.	Madalena Amaro Machado	98	Academico Viseu	18:11.40	+0.88	598
	50m: 31.33 31.33	450m: 5:15.42 36.49	850m: 10:06.90 36.41	1250m: 15:04.74 37.90		
	100m: 1:05.23 33.90	500m: 5:51.56 36.14	900m: 10:43.94 37.04	1300m: 15:42.46 37.72		
	150m: 1:40.45 35.22	550m: 6:27.77 36.21	950m: 11:20.75 36.81	1350m: 16:20.30 37.84		
	200m: 2:15.86 35.41	600m: 7:04.03 36.26	1000m: 11:58.10 37.35	1400m: 16:57.95 37.65		
	250m: 2:51.44 35.58	650m: 7:40.78 36.75	1050m: 12:35.03 36.93	1450m: 17:35.27 37.32		
	300m: 3:27.43 35.99	700m: 8:17.49 36.71	1100m: 13:12.30 37.27	1500m: 18:11.40 36.13		
	350m: 4:03.05 35.62	750m: 8:53.96 36.47	1150m: 13:49.60 37.30			
	400m: 4:38.93 35.88	800m: 9:30.49 36.53	1200m: 14:26.84 37.24			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Helena Paula Carvalho	95	Uniao Piedense	18:11.47	+0.83	598
	50m: 32.35 32.35	450m: 5:18.55 36.26	850m: 10:13.53 36.91	1250m: 15:08.77 36.87		
	100m: 1:06.81 34.46	500m: 5:55.33 36.78	900m: 10:49.46 35.93	1300m: 15:45.57 36.80		
	150m: 1:42.35 35.54	550m: 6:32.41 37.08	950m: 11:26.25 36.79	1350m: 16:22.55 36.98		
	200m: 2:17.98 35.63	600m: 7:08.94 36.53	1000m: 12:03.31 37.06	1400m: 16:59.42 36.87		
	250m: 2:53.71 35.73	650m: 7:45.75 36.81	1050m: 12:40.46 37.15	1450m: 17:35.76 36.34		
	300m: 3:29.93 36.22	700m: 8:22.74 36.99	1100m: 13:17.88 37.42	1500m: 18:11.47 35.71		
	350m: 4:06.07 36.14	750m: 8:59.48 36.74	1150m: 13:54.92 37.04			
	400m: 4:42.29 36.22	800m: 9:36.62 37.14	1200m: 14:31.90 36.98			
11.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	18:31.40	+0.92	566
	50m: 32.55 32.55	450m: 5:21.96 36.55	850m: 10:19.98 37.31	1250m: 15:21.36 38.36		
	100m: 1:07.92 35.37	500m: 5:59.02 37.06	900m: 10:57.55 37.57	1300m: 15:59.47 38.11		
	150m: 1:43.78 35.86	550m: 6:36.05 37.03	950m: 11:34.87 37.32	1350m: 16:37.86 38.39		
	200m: 2:19.77 35.99	600m: 7:13.28 37.23	1000m: 12:12.41 37.54	1400m: 17:16.56 38.70		
	250m: 2:55.84 36.07	650m: 7:50.54 37.26	1050m: 12:49.63 37.22	1450m: 17:54.44 37.88		
	300m: 3:32.34 36.50	700m: 8:28.00 37.46	1100m: 13:27.09 37.46	1500m: 18:31.40 36.96		
	350m: 4:08.93 36.59	750m: 9:05.12 37.12	1150m: 14:04.84 37.75			
	400m: 4:45.41 36.48	800m: 9:42.67 37.55	1200m: 14:43.00 38.16			

Juniores

1.	Tamila Hryhorivna Holub	99	Braga	16:11.67	+0.87	848
	<i>Rec Nacional, Abs e Jun17</i>					
	50m: 30.49 30.49	450m: 4:47.84 32.52	850m: 9:08.26 32.51	1250m: 13:29.40 32.90		
	100m: 1:02.87 32.38	500m: 5:20.40 32.56	900m: 9:40.78 32.52	1300m: 14:02.04 32.64		
	150m: 1:34.89 32.02	550m: 5:52.96 32.56	950m: 10:13.24 32.46	1350m: 14:34.73 32.69		
	200m: 2:06.73 31.84	600m: 6:25.73 32.77	1000m: 10:45.86 32.62	1400m: 15:07.46 32.73		
	250m: 2:38.71 31.98	650m: 6:58.25 32.52	1050m: 11:18.40 32.54	1450m: 15:40.14 32.68		
	300m: 3:10.91 32.20	700m: 7:30.87 32.62	1100m: 11:50.96 32.56	1500m: 16:11.67 31.53		
	350m: 3:43.10 32.19	750m: 8:03.43 32.56	1150m: 12:23.77 32.81			
	400m: 4:15.32 32.22	800m: 8:35.75 32.32	1200m: 12:56.50 32.73			
2.	Beatriz Paulo Ranito	99	Sporting	17:14.50	+0.80	702
	50m: 30.96 30.96	450m: 5:02.87 33.95	850m: 9:38.40 34.64	1250m: 14:19.24 34.92		
	100m: 1:04.20 33.24	500m: 5:37.21 34.34	900m: 10:13.33 34.93	1300m: 14:54.63 35.39		
	150m: 1:38.17 33.97	550m: 6:11.63 34.42	950m: 10:48.05 34.72	1350m: 15:30.00 35.37		
	200m: 2:12.14 33.97	600m: 6:45.96 34.33	1000m: 11:23.18 35.13	1400m: 16:05.24 35.24		
	250m: 2:46.21 34.07	650m: 7:20.39 34.43	1050m: 11:58.26 35.08	1450m: 16:40.30 35.06		
	300m: 3:20.24 34.03	700m: 7:54.66 34.27	1100m: 12:33.42 35.16	1500m: 17:14.50 34.20		
	350m: 3:54.67 34.43	750m: 8:29.02 34.36	1150m: 13:08.84 35.42			
	400m: 4:28.92 34.25	800m: 9:03.76 34.74	1200m: 13:44.32 35.48			
3.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:35.43	+0.99	661
	50m: 31.81 31.81	450m: 5:09.35 35.26	850m: 9:52.71 35.97	1250m: 14:37.44 35.95		
	100m: 1:05.84 34.03	500m: 5:44.85 35.50	900m: 10:28.69 35.98	1300m: 15:13.17 35.73		
	150m: 1:40.05 34.21	550m: 6:20.60 35.75	950m: 11:03.77 35.08	1350m: 15:49.20 36.03		
	200m: 2:14.38 34.33	600m: 6:55.77 35.17	1000m: 11:39.55 35.78	1400m: 16:25.26 36.06		
	250m: 2:49.14 34.76	650m: 7:30.97 35.20	1050m: 12:15.01 35.46	1450m: 17:00.85 35.59		
	300m: 3:23.96 34.82	700m: 8:06.36 35.39	1100m: 12:50.82 35.81	1500m: 17:35.43 34.58		
	350m: 3:59.33 35.37	750m: 8:41.76 35.40	1150m: 13:26.47 35.65			
	400m: 4:34.09 34.76	800m: 9:16.74 34.98	1200m: 14:01.49 35.02			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:43.16	+0,96	647
	50m: 32.41 32.41	450m: 5:15.99 35.42	850m: 9:58.50 35.30	1250m: 14:44.31 36.02		
	100m: 1:07.06 34.65	500m: 5:51.41 35.42	900m: 10:33.92 35.42	1300m: 15:20.43 36.12		
	150m: 1:42.31 35.25	550m: 6:26.84 35.43	950m: 11:09.43 35.51	1350m: 15:56.39 35.96		
	200m: 2:17.99 35.68	600m: 7:02.00 35.16	1000m: 11:45.14 35.71	1400m: 16:32.28 35.89		
	250m: 2:53.66 35.67	650m: 7:37.28 35.28	1050m: 12:20.78 35.64	1450m: 17:07.87 35.59		
	300m: 3:29.24 35.58	700m: 8:12.42 35.14	1100m: 12:56.63 35.85	1500m: 17:43.16 35.29		
	350m: 4:04.96 35.72	750m: 8:47.74 35.32	1150m: 13:32.31 35.68			
	400m: 4:40.57 35.61	800m: 9:23.20 35.46	1200m: 14:08.29 35.98			
5.	Rafaela Araujo Silva	00	Famalicao	17:49.03	+0,90	636
	50m: 31.55 31.55	450m: 5:14.93 35.83	850m: 9:59.64 35.36	1250m: 14:47.75 36.55		
	100m: 1:05.94 34.39	500m: 5:50.63 35.70	900m: 10:35.25 35.61	1300m: 15:23.97 36.22		
	150m: 1:41.34 35.40	550m: 6:26.35 35.72	950m: 11:10.97 35.72	1350m: 16:00.54 36.57		
	200m: 2:16.68 35.34	600m: 7:01.94 35.59	1000m: 11:46.60 35.63	1400m: 16:36.92 36.38		
	250m: 2:52.17 35.49	650m: 7:38.01 36.07	1050m: 12:22.67 36.07	1450m: 17:13.29 36.37		
	300m: 3:27.50 35.33	700m: 8:13.82 35.81	1100m: 12:58.76 36.09	1500m: 17:49.03 35.74		
	350m: 4:03.30 35.80	750m: 8:49.15 35.33	1150m: 13:35.03 36.27			
	400m: 4:39.10 35.80	800m: 9:24.28 35.13	1200m: 14:11.20 36.17			
6.	Maria Beatriz Dias	99	Scalabiswim	17:51.39	+0,78	632
	50m: 32.15 32.15	450m: 5:14.43 35.78	850m: 10:01.14 35.80	1250m: 14:50.69 36.54		
	100m: 1:06.54 34.39	500m: 5:50.11 35.68	900m: 10:36.84 35.70	1300m: 15:27.50 36.81		
	150m: 1:41.46 34.92	550m: 6:25.75 35.64	950m: 11:12.95 36.11	1350m: 16:03.72 36.22		
	200m: 2:16.70 35.24	600m: 7:01.45 35.70	1000m: 11:49.02 36.07	1400m: 16:39.99 36.27		
	250m: 2:52.22 35.52	650m: 7:37.67 36.22	1050m: 12:25.41 36.39	1450m: 17:16.14 36.15		
	300m: 3:27.64 35.42	700m: 8:13.73 36.06	1100m: 13:01.71 36.30	1500m: 17:51.39 35.25		
	350m: 4:03.24 35.60	750m: 8:49.73 36.00	1150m: 13:38.04 36.33			
	400m: 4:38.65 35.41	800m: 9:25.34 35.61	1200m: 14:14.15 36.11			
7.	Ines Figueira Santos	00	Uniao Piedense	17:57.21	+0,93	622
	50m: 32.96 32.96	450m: 5:20.76 36.15	850m: 10:09.70 36.23	1250m: 14:59.19 36.01		
	100m: 1:08.60 35.64	500m: 5:56.74 35.98	900m: 10:46.09 36.39	1300m: 15:35.49 36.30		
	150m: 1:44.46 35.86	550m: 6:32.96 36.22	950m: 11:22.05 35.96	1350m: 16:11.52 36.03		
	200m: 2:20.73 36.27	600m: 7:08.89 35.93	1000m: 11:58.28 36.23	1400m: 16:47.47 35.95		
	250m: 2:56.88 36.15	650m: 7:44.99 36.10	1050m: 12:34.33 36.05	1450m: 17:23.14 35.67		
	300m: 3:32.82 35.94	700m: 8:21.10 36.11	1100m: 13:10.56 36.23	1500m: 17:57.21 34.07		
	350m: 4:08.66 35.84	750m: 8:57.24 36.14	1150m: 13:46.91 36.35			
	400m: 4:44.61 35.95	800m: 9:33.47 36.23	1200m: 14:23.18 36.27			
8.	Eliana Dirce Lourenco	00	Galitos/Bresimar	18:00.09	+0,81	617
	50m: 32.31 32.31	450m: 5:20.45 36.15	850m: 10:08.48 36.63	1250m: 15:00.91 36.86		
	100m: 1:07.59 35.28	500m: 5:56.57 36.12	900m: 10:44.73 36.25	1300m: 15:37.62 36.71		
	150m: 1:43.63 36.04	550m: 6:32.40 35.83	950m: 11:21.10 36.37	1350m: 16:13.64 36.02		
	200m: 2:19.88 36.25	600m: 7:08.29 35.89	1000m: 11:57.31 36.21	1400m: 16:49.60 35.96		
	250m: 2:56.04 36.16	650m: 7:44.08 35.79	1050m: 12:34.26 36.95	1450m: 17:26.19 36.59		
	300m: 3:32.42 36.38	700m: 8:20.04 35.96	1100m: 13:10.55 36.29	1500m: 18:00.09 33.90		
	350m: 4:08.57 36.15	750m: 8:56.05 36.01	1150m: 13:47.39 36.84			
	400m: 4:44.30 35.73	800m: 9:31.85 35.80	1200m: 14:24.05 36.66			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Beatriz Barros Carmo	99	Alges	18:03.34	+0,78	611
	50m: 31.65 31.65	450m: 5:18.29 36.03	850m: 10:05.79 36.18	1250m: 14:58.31 36.87		
	100m: 1:06.63 34.98	500m: 5:54.24 35.95	900m: 10:41.91 36.12	1300m: 15:35.27 36.96		
	150m: 1:42.18 35.55	550m: 6:29.77 35.53	950m: 11:18.34 36.43	1350m: 16:12.20 36.93		
	200m: 2:18.07 35.89	600m: 7:05.86 36.09	1000m: 11:54.92 36.58	1400m: 16:49.52 37.32		
	250m: 2:53.74 35.67	650m: 7:41.73 35.87	1050m: 12:31.40 36.48	1450m: 17:26.55 37.03		
	300m: 3:30.12 36.38	700m: 8:17.92 36.19	1100m: 13:08.18 36.78	1500m: 18:03.34 36.79		
	350m: 4:06.16 36.04	750m: 8:53.55 35.63	1150m: 13:44.61 36.43			
	400m: 4:42.26 36.10	800m: 9:29.61 36.06	1200m: 14:21.44 36.83			
10.	Mariana Pinto Angelo	99	Academica de Coimbra	18:11.44	+0,73	598
	50m: 32.74 32.74	450m: 5:20.08 36.22	850m: 10:12.04 36.57	1250m: 15:07.18 36.67		
	100m: 1:07.86 35.12	500m: 5:56.30 36.22	900m: 10:48.74 36.70	1300m: 15:44.27 37.09		
	150m: 1:43.68 35.82	550m: 6:32.63 36.33	950m: 11:25.61 36.87	1350m: 16:21.66 37.39		
	200m: 2:19.75 36.07	600m: 7:09.13 36.50	1000m: 12:02.64 37.03	1400m: 16:58.67 37.01		
	250m: 2:55.75 36.00	650m: 7:45.59 36.46	1050m: 12:39.27 36.63	1450m: 17:35.68 37.01		
	300m: 3:31.84 36.09	700m: 8:22.37 36.78	1100m: 13:16.09 36.82	1500m: 18:11.44 35.76		
	350m: 4:07.99 36.15	750m: 8:59.13 36.76	1150m: 13:53.39 37.30			
	400m: 4:43.86 35.87	800m: 9:35.47 36.34	1200m: 14:30.51 37.12			

Absolutos

1.	Tamila Hryhorivna Holub	99	Braga	16:11.67	+0,87	848
	<i>Rec Nacional, Abs e Jun17</i>					
	50m: 30.49 30.49	450m: 4:47.84 32.52	850m: 9:08.26 32.51	1250m: 13:29.40 32.90		
	100m: 1:02.87 32.38	500m: 5:20.40 32.56	900m: 9:40.78 32.52	1300m: 14:02.04 32.64		
	150m: 1:34.89 32.02	550m: 5:52.96 32.56	950m: 10:13.24 32.46	1350m: 14:34.73 32.69		
	200m: 2:06.73 31.84	600m: 6:25.73 32.77	1000m: 10:45.86 32.62	1400m: 15:07.46 32.73		
	250m: 2:38.71 31.98	650m: 6:58.25 32.52	1050m: 11:18.40 32.54	1450m: 15:40.14 32.68		
	300m: 3:10.91 32.20	700m: 7:30.87 32.62	1100m: 11:50.96 32.56	1500m: 16:11.67 31.53		
	350m: 3:43.10 32.19	750m: 8:03.43 32.56	1150m: 12:23.77 32.81			
	400m: 4:15.32 32.22	800m: 8:35.75 32.32	1200m: 12:56.50 32.73			
2.	Angelica Maria Andre	94	Fluvial Portuense	16:22.79	+0,74	819
	<i>Rec Nacional, Sen e RN Sen aos 800m</i>					
	50m: 30.36 30.36	450m: 4:50.12 32.34	850m: 9:11.52 32.51	1250m: 13:37.80 33.63		
	100m: 1:02.78 32.42	500m: 5:22.67 32.55	900m: 9:44.56 33.04	1300m: 14:11.14 33.34		
	150m: 1:34.97 32.19	550m: 5:55.43 32.76	950m: 10:17.72 33.16	1350m: 14:44.69 33.55		
	200m: 2:07.12 32.15	600m: 6:28.11 32.68	1000m: 10:50.77 33.05	1400m: 15:18.06 33.37		
	250m: 2:39.48 32.36	650m: 7:00.73 32.62	1050m: 11:24.03 33.26	1450m: 15:50.82 32.76		
	300m: 3:12.05 32.57	700m: 7:33.49 32.76	1100m: 11:57.34 33.31	1500m: 16:22.79 31.97		
	350m: 3:44.83 32.78	750m: 8:06.20 32.71	1150m: 12:30.78 33.44			
	400m: 4:17.78 32.95	800m: 8:39.01 32.81	1200m: 13:04.17 33.39			
3.	Vania Soares Neves	90	Fluvial Portuense	16:39.66	+0,80	778
	50m: 30.78 30.78	450m: 4:54.52 33.08	850m: 9:21.05 33.48	1250m: 13:51.05 34.21		
	100m: 1:03.35 32.57	500m: 5:27.82 33.30	900m: 9:54.74 33.69	1300m: 14:25.14 34.09		
	150m: 1:36.08 32.73	550m: 6:00.80 32.98	950m: 10:28.22 33.48	1350m: 14:59.43 34.29		
	200m: 2:08.98 32.90	600m: 6:34.07 33.27	1000m: 11:01.57 33.35	1400m: 15:33.33 33.90		
	250m: 2:41.92 32.94	650m: 7:07.40 33.33	1050m: 11:35.55 33.98	1450m: 16:07.20 33.87		
	300m: 3:15.12 33.20	700m: 7:40.65 33.25	1100m: 12:09.06 33.51	1500m: 16:39.66 32.46		
	350m: 3:48.23 33.11	750m: 8:13.97 33.32	1150m: 12:43.03 33.97			
	400m: 4:21.44 33.21	800m: 8:47.57 33.60	1200m: 13:16.84 33.81			

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Beatriz Paulo Ranito	99	Sporting	17:14.50	+0,80	702
	50m: 30.96 30.96	450m: 5:02.87 33.95	850m: 9:38.40 34.64	1250m: 14:19.24 34.92		
	100m: 1:04.20 33.24	500m: 5:37.21 34.34	900m: 10:13.33 34.93	1300m: 14:54.63 35.39		
	150m: 1:38.17 33.97	550m: 6:11.63 34.42	950m: 10:48.05 34.72	1350m: 15:30.00 35.37		
	200m: 2:12.14 33.97	600m: 6:45.96 34.33	1000m: 11:23.18 35.13	1400m: 16:05.24 35.24		
	250m: 2:46.21 34.07	650m: 7:20.39 34.43	1050m: 11:58.26 35.08	1450m: 16:40.30 35.06		
	300m: 3:20.24 34.03	700m: 7:54.66 34.27	1100m: 12:33.42 35.16	1500m: 17:14.50 34.20		
	350m: 3:54.67 34.43	750m: 8:29.02 34.36	1150m: 13:08.84 35.42			
	400m: 4:28.92 34.25	800m: 9:03.76 34.74	1200m: 13:44.32 35.48			
5.	Barbara Marques Rodrigues	97	Alges	17:26.35	+0,87	679
	50m: 31.40 31.40	450m: 5:08.67 34.81	850m: 9:48.79 34.86	1250m: 14:30.52 35.32		
	100m: 1:05.26 33.86	500m: 5:43.54 34.87	900m: 10:23.93 35.14	1300m: 15:06.02 35.50		
	150m: 1:39.81 34.55	550m: 6:18.59 35.05	950m: 10:58.86 34.93	1350m: 15:41.60 35.58		
	200m: 2:14.43 34.62	600m: 6:53.72 35.13	1000m: 11:34.00 35.14	1400m: 16:16.75 35.15		
	250m: 2:49.09 34.66	650m: 7:28.76 35.04	1050m: 12:09.11 35.11	1450m: 16:51.85 35.10		
	300m: 3:23.90 34.81	700m: 8:03.81 35.05	1100m: 12:44.65 35.54	1500m: 17:26.35 34.50		
	350m: 3:58.79 34.89	750m: 8:38.79 34.98	1150m: 13:19.80 35.15			
	400m: 4:33.86 35.07	800m: 9:13.93 35.14	1200m: 13:55.20 35.40			
6.	Raquel Paulo Ranito	94	Sporting	17:32.91	+0,78	666
	50m: 31.54 31.54	450m: 5:11.99 35.14	850m: 9:54.83 35.26	1250m: 14:38.83 35.59		
	100m: 1:05.88 34.34	500m: 5:47.15 35.16	900m: 10:30.07 35.24	1300m: 15:14.11 35.28		
	150m: 1:40.86 34.98	550m: 6:22.26 35.11	950m: 11:05.50 35.43	1350m: 15:49.45 35.34		
	200m: 2:16.16 35.30	600m: 6:57.76 35.50	1000m: 11:41.10 35.60	1400m: 16:24.70 35.25		
	250m: 2:51.51 35.35	650m: 7:33.05 35.29	1050m: 12:16.68 35.58	1450m: 16:59.82 35.12		
	300m: 3:26.65 35.14	700m: 8:08.72 35.67	1100m: 12:52.40 35.72	1500m: 17:32.91 33.09		
	350m: 4:01.82 35.17	750m: 8:44.01 35.29	1150m: 13:27.66 35.26			
	400m: 4:36.85 35.03	800m: 9:19.57 35.56	1200m: 14:03.24 35.58			
7.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:35.43	+0,99	661
	50m: 31.81 31.81	450m: 5:09.35 35.26	850m: 9:52.71 35.97	1250m: 14:37.44 35.95		
	100m: 1:05.84 34.03	500m: 5:44.85 35.50	900m: 10:28.69 35.98	1300m: 15:13.17 35.73		
	150m: 1:40.05 34.21	550m: 6:20.60 35.75	950m: 11:03.77 35.08	1350m: 15:49.20 36.03		
	200m: 2:14.38 34.33	600m: 6:55.77 35.17	1000m: 11:39.55 35.78	1400m: 16:25.26 36.06		
	250m: 2:49.14 34.76	650m: 7:30.97 35.20	1050m: 12:15.01 35.46	1450m: 17:00.85 35.59		
	300m: 3:23.96 34.82	700m: 8:06.36 35.39	1100m: 12:50.82 35.81	1500m: 17:35.43 34.58		
	350m: 3:59.33 35.37	750m: 8:41.76 35.40	1150m: 13:26.47 35.65			
	400m: 4:34.09 34.76	800m: 9:16.74 34.98	1200m: 14:01.49 35.02			
8.	Maria Joao Fernandes	97	Vilacondense	17:36.47	+0,82	659
	50m: 31.47 31.47	450m: 5:08.06 34.92	850m: 9:49.58 35.30	1250m: 14:35.40 36.35		
	100m: 1:05.44 33.97	500m: 5:43.14 35.08	900m: 10:24.72 35.14	1300m: 15:11.50 36.10		
	150m: 1:39.81 34.37	550m: 6:18.45 35.31	950m: 11:00.06 35.34	1350m: 15:48.26 36.76		
	200m: 2:14.42 34.61	600m: 6:53.66 35.21	1000m: 11:35.53 35.47	1400m: 16:24.89 36.63		
	250m: 2:48.96 34.54	650m: 7:28.75 35.09	1050m: 12:11.05 35.52	1450m: 17:00.99 36.10		
	300m: 3:23.78 34.82	700m: 8:04.01 35.26	1100m: 12:47.05 36.00	1500m: 17:36.47 35.48		
	350m: 3:58.60 34.82	750m: 8:39.30 35.29	1150m: 13:23.00 35.95			
	400m: 4:33.14 34.54	800m: 9:14.28 34.98	1200m: 13:59.05 36.05			

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:43.16	+0,96	647
	50m: 32.41 32.41	450m: 5:15.99 35.42	850m: 9:58.50 35.30	1250m: 14:44.31 36.02		
	100m: 1:07.06 34.65	500m: 5:51.41 35.42	900m: 10:33.92 35.42	1300m: 15:20.43 36.12		
	150m: 1:42.31 35.25	550m: 6:26.84 35.43	950m: 11:09.43 35.51	1350m: 15:56.39 35.96		
	200m: 2:17.99 35.68	600m: 7:02.00 35.16	1000m: 11:45.14 35.71	1400m: 16:32.28 35.89		
	250m: 2:53.66 35.67	650m: 7:37.28 35.28	1050m: 12:20.78 35.64	1450m: 17:07.87 35.59		
	300m: 3:29.24 35.58	700m: 8:12.42 35.14	1100m: 12:56.63 35.85	1500m: 17:43.16 35.29		
	350m: 4:04.96 35.72	750m: 8:47.74 35.32	1150m: 13:32.31 35.68			
	400m: 4:40.57 35.61	800m: 9:23.20 35.46	1200m: 14:08.29 35.98			
10.	Rafaela Araujo Silva	00	Famalicao	17:49.03	+0,90	636
	50m: 31.55 31.55	450m: 5:14.93 35.83	850m: 9:59.64 35.36	1250m: 14:47.75 36.55		
	100m: 1:05.94 34.39	500m: 5:50.63 35.70	900m: 10:35.25 35.61	1300m: 15:23.97 36.22		
	150m: 1:41.34 35.40	550m: 6:26.35 35.72	950m: 11:10.97 35.72	1350m: 16:00.54 36.57		
	200m: 2:16.68 35.34	600m: 7:01.94 35.59	1000m: 11:46.60 35.63	1400m: 16:36.92 36.38		
	250m: 2:52.17 35.49	650m: 7:38.01 36.07	1050m: 12:22.67 36.07	1450m: 17:13.29 36.37		
	300m: 3:27.50 35.33	700m: 8:13.82 35.81	1100m: 12:58.76 36.09	1500m: 17:49.03 35.74		
	350m: 4:03.30 35.80	750m: 8:49.15 35.33	1150m: 13:35.03 36.27			
	400m: 4:39.10 35.80	800m: 9:24.28 35.13	1200m: 14:11.20 36.17			
11.	Maria Beatriz Dias	99	Scalabiswim	17:51.39	+0,78	632
	50m: 32.15 32.15	450m: 5:14.43 35.78	850m: 10:01.14 35.80	1250m: 14:50.69 36.54		
	100m: 1:06.54 34.39	500m: 5:50.11 35.68	900m: 10:36.84 35.70	1300m: 15:27.50 36.81		
	150m: 1:41.46 34.92	550m: 6:25.75 35.64	950m: 11:12.95 36.11	1350m: 16:03.72 36.22		
	200m: 2:16.70 35.24	600m: 7:01.45 35.70	1000m: 11:49.02 36.07	1400m: 16:39.99 36.27		
	250m: 2:52.22 35.52	650m: 7:37.67 36.22	1050m: 12:25.41 36.39	1450m: 17:16.14 36.15		
	300m: 3:27.64 35.42	700m: 8:13.73 36.06	1100m: 13:01.71 36.30	1500m: 17:51.39 35.25		
	350m: 4:03.24 35.60	750m: 8:49.73 36.00	1150m: 13:38.04 36.33			
	400m: 4:38.65 35.41	800m: 9:25.34 35.61	1200m: 14:14.15 36.11			
12.	Carolina Madeira Santos	96	Naval Amorense	17:54.09	+0,90	627
	50m: 30.88 30.88	450m: 5:13.43 35.76	850m: 10:01.16 36.38	1250m: 14:53.55 36.63		
	100m: 1:04.88 34.00	500m: 5:49.34 35.91	900m: 10:37.29 36.13	1300m: 15:30.26 36.71		
	150m: 1:39.93 35.05	550m: 6:25.47 36.13	950m: 11:13.57 36.28	1350m: 16:06.25 35.99		
	200m: 2:15.11 35.18	600m: 7:01.05 35.58	1000m: 11:50.16 36.59	1400m: 16:42.48 36.23		
	250m: 2:50.77 35.66	650m: 7:37.23 36.18	1050m: 12:26.71 36.55	1450m: 17:19.19 36.71		
	300m: 3:26.18 35.41	700m: 8:13.15 35.92	1100m: 13:03.42 36.71	1500m: 17:54.09 34.90		
	350m: 4:01.66 35.48	750m: 8:49.15 36.00	1150m: 13:40.21 36.79			
	400m: 4:37.67 36.01	800m: 9:24.78 35.63	1200m: 14:16.92 36.71			
13.	Ana Silva Costa	98	Famalicao	17:55.92	+0,83	624
	50m: 31.88 31.88	450m: 5:15.15 35.98	850m: 10:04.38 35.93	1250m: 14:55.43 36.63		
	100m: 1:05.94 34.06	500m: 5:51.33 36.18	900m: 10:40.59 36.21	1300m: 15:32.57 37.14		
	150m: 1:40.99 35.05	550m: 6:27.00 35.67	950m: 11:16.18 35.59	1350m: 16:09.19 36.62		
	200m: 2:16.12 35.13	600m: 7:03.31 36.31	1000m: 11:52.93 36.75	1400m: 16:45.24 36.05		
	250m: 2:51.73 35.61	650m: 7:39.47 36.16	1050m: 12:29.06 36.13	1450m: 17:20.95 35.71		
	300m: 3:27.58 35.85	700m: 8:15.83 36.36	1100m: 13:05.36 36.30	1500m: 17:55.92 34.97		
	350m: 4:03.23 35.65	750m: 8:52.07 36.24	1150m: 13:41.91 36.55			
	400m: 4:39.17 35.94	800m: 9:28.45 36.38	1200m: 14:18.80 36.89			

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Ines Figueira Santos	00	Uniao Piedense	17:57.21	+0.93	622
	50m: 32.96 32.96	450m: 5:20.76 36.15	850m: 10:09.70 36.23	1250m: 14:59.19 36.01		
	100m: 1:08.60 35.64	500m: 5:56.74 35.98	900m: 10:46.09 36.39	1300m: 15:35.49 36.30		
	150m: 1:44.46 35.86	550m: 6:32.96 36.22	950m: 11:22.05 35.96	1350m: 16:11.52 36.03		
	200m: 2:20.73 36.27	600m: 7:08.89 35.93	1000m: 11:58.28 36.23	1400m: 16:47.47 35.95		
	250m: 2:56.88 36.15	650m: 7:44.99 36.10	1050m: 12:34.33 36.05	1450m: 17:23.14 35.67		
	300m: 3:32.82 35.94	700m: 8:21.10 36.11	1100m: 13:10.56 36.23	1500m: 17:57.21 34.07		
	350m: 4:08.66 35.84	750m: 8:57.24 36.14	1150m: 13:46.91 36.35			
	400m: 4:44.61 35.95	800m: 9:33.47 36.23	1200m: 14:23.18 36.27			
15.	Daniela Teixeira Moreira	97	Belenenses	17:58.77	+0.73	619
	50m: 32.12 32.12	450m: 5:14.72 35.95	850m: 10:05.96 36.54	1250m: 14:57.46 36.39		
	100m: 1:06.21 34.09	500m: 5:50.75 36.03	900m: 10:42.66 36.70	1300m: 15:33.93 36.47		
	150m: 1:41.20 34.99	550m: 6:26.95 36.20	950m: 11:18.96 36.30	1350m: 16:10.17 36.24		
	200m: 2:16.68 35.48	600m: 7:03.33 36.38	1000m: 11:55.25 36.29	1400m: 16:46.70 36.53		
	250m: 2:52.27 35.59	650m: 7:39.99 36.66	1050m: 12:31.73 36.48	1450m: 17:23.18 36.48		
	300m: 3:27.50 35.23	700m: 8:16.41 36.42	1100m: 13:08.50 36.77	1500m: 17:58.77 35.59		
	350m: 4:03.02 35.52	750m: 8:53.12 36.71	1150m: 13:44.68 36.18			
	400m: 4:38.77 35.75	800m: 9:29.42 36.30	1200m: 14:21.07 36.39			
16.	Eliana Dirce Lourenco	00	Galitos/Bresimar	18:00.09	+0.81	617
	50m: 32.31 32.31	450m: 5:20.45 36.15	850m: 10:08.48 36.63	1250m: 15:00.91 36.86		
	100m: 1:07.59 35.28	500m: 5:56.57 36.12	900m: 10:44.73 36.25	1300m: 15:37.62 36.71		
	150m: 1:43.63 36.04	550m: 6:32.40 35.83	950m: 11:21.10 36.37	1350m: 16:13.64 36.02		
	200m: 2:19.88 36.25	600m: 7:08.29 35.89	1000m: 11:57.31 36.21	1400m: 16:49.60 35.96		
	250m: 2:56.04 36.16	650m: 7:44.08 35.79	1050m: 12:34.26 36.95	1450m: 17:26.19 36.59		
	300m: 3:32.42 36.38	700m: 8:20.04 35.96	1100m: 13:10.55 36.29	1500m: 18:00.09 33.90		
	350m: 4:08.57 36.15	750m: 8:56.05 36.01	1150m: 13:47.39 36.84			
	400m: 4:44.30 35.73	800m: 9:31.85 35.80	1200m: 14:24.05 36.66			
17.	Beatriz Barros Carmo	99	Alges	18:03.34	+0.78	611
	50m: 31.65 31.65	450m: 5:18.29 36.03	850m: 10:05.79 36.18	1250m: 14:58.31 36.87		
	100m: 1:06.63 34.98	500m: 5:54.24 35.95	900m: 10:41.91 36.12	1300m: 15:35.27 36.96		
	150m: 1:42.18 35.55	550m: 6:29.77 35.53	950m: 11:18.34 36.43	1350m: 16:12.20 36.93		
	200m: 2:18.07 35.89	600m: 7:05.86 36.09	1000m: 11:54.92 36.58	1400m: 16:49.52 37.32		
	250m: 2:53.74 35.67	650m: 7:41.73 35.87	1050m: 12:31.40 36.48	1450m: 17:26.55 37.03		
	300m: 3:30.12 36.38	700m: 8:17.92 36.19	1100m: 13:08.18 36.78	1500m: 18:03.34 36.79		
	350m: 4:06.16 36.04	750m: 8:53.55 35.63	1150m: 13:44.61 36.43			
	400m: 4:42.26 36.10	800m: 9:29.61 36.06	1200m: 14:21.44 36.83			
18.	Madalena Amaro Machado	98	Academico Viseu	18:11.40	+0.88	598
	50m: 31.33 31.33	450m: 5:15.42 36.49	850m: 10:06.90 36.41	1250m: 15:04.74 37.90		
	100m: 1:05.23 33.90	500m: 5:51.56 36.14	900m: 10:43.94 37.04	1300m: 15:42.46 37.72		
	150m: 1:40.45 35.22	550m: 6:27.77 36.21	950m: 11:20.75 36.81	1350m: 16:20.30 37.84		
	200m: 2:15.86 35.41	600m: 7:04.03 36.26	1000m: 11:58.10 37.35	1400m: 16:57.95 37.65		
	250m: 2:51.44 35.58	650m: 7:40.78 36.75	1050m: 12:35.03 36.93	1450m: 17:35.27 37.32		
	300m: 3:27.43 35.99	700m: 8:17.49 36.71	1100m: 13:12.30 37.27	1500m: 18:11.40 36.13		
	350m: 4:03.05 35.62	750m: 8:53.96 36.47	1150m: 13:49.60 37.30			
	400m: 4:38.93 35.88	800m: 9:30.49 36.53	1200m: 14:26.84 37.24			

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
19.	Mariana Pinto Angelo			99	Academica de Coimbra			18:11.44		+0,73	598	
	50m:	32.74	32.74	450m:	5:20.08	36.22	850m:	10:12.04	36.57	1250m:	15:07.18	36.67
	100m:	1:07.86	35.12	500m:	5:56.30	36.22	900m:	10:48.74	36.70	1300m:	15:44.27	37.09
	150m:	1:43.68	35.82	550m:	6:32.63	36.33	950m:	11:25.61	36.87	1350m:	16:21.66	37.39
	200m:	2:19.75	36.07	600m:	7:09.13	36.50	1000m:	12:02.64	37.03	1400m:	16:58.67	37.01
	250m:	2:55.75	36.00	650m:	7:45.59	36.46	1050m:	12:39.27	36.63	1450m:	17:35.68	37.01
	300m:	3:31.84	36.09	700m:	8:22.37	36.78	1100m:	13:16.09	36.82	1500m:	18:11.44	35.76
	350m:	4:07.99	36.15	750m:	8:59.13	36.76	1150m:	13:53.39	37.30			
	400m:	4:43.86	35.87	800m:	9:35.47	36.34	1200m:	14:30.51	37.12			
20.	Helena Paula Carvalho			95	Uniao Piedense			18:11.47		+0,83	598	
	50m:	32.35	32.35	450m:	5:18.55	36.26	850m:	10:13.53	36.91	1250m:	15:08.77	36.87
	100m:	1:06.81	34.46	500m:	5:55.33	36.78	900m:	10:49.46	35.93	1300m:	15:45.57	36.80
	150m:	1:42.35	35.54	550m:	6:32.41	37.08	950m:	11:26.25	36.79	1350m:	16:22.55	36.98
	200m:	2:17.98	35.63	600m:	7:08.94	36.53	1000m:	12:03.31	37.06	1400m:	16:59.42	36.87
	250m:	2:53.71	35.73	650m:	7:45.75	36.81	1050m:	12:40.46	37.15	1450m:	17:35.76	36.34
	300m:	3:29.93	36.22	700m:	8:22.74	36.99	1100m:	13:17.88	37.42	1500m:	18:11.47	35.71
	350m:	4:06.07	36.14	750m:	8:59.48	36.74	1150m:	13:54.92	37.04			
	400m:	4:42.29	36.22	800m:	9:36.62	37.14	1200m:	14:31.90	36.98			
21.	Rita Verissimo Damasceno			98	Nautico /Urgicentro-Sanfil			18:31.40		+0,92	566	
	50m:	32.55	32.55	450m:	5:21.96	36.55	850m:	10:19.98	37.31	1250m:	15:21.36	38.36
	100m:	1:07.92	35.37	500m:	5:59.02	37.06	900m:	10:57.55	37.57	1300m:	15:59.47	38.11
	150m:	1:43.78	35.86	550m:	6:36.05	37.03	950m:	11:34.87	37.32	1350m:	16:37.86	38.39
	200m:	2:19.77	35.99	600m:	7:13.28	37.23	1000m:	12:12.41	37.54	1400m:	17:16.56	38.70
	250m:	2:55.84	36.07	650m:	7:50.54	37.26	1050m:	12:49.63	37.22	1450m:	17:54.44	37.88
	300m:	3:32.34	36.50	700m:	8:28.00	37.46	1100m:	13:27.09	37.46	1500m:	18:31.40	36.96
	350m:	4:08.93	36.59	750m:	9:05.12	37.12	1150m:	14:04.84	37.75			
	400m:	4:45.41	36.48	800m:	9:42.67	37.55	1200m:	14:43.00	38.16			