

Prova 33 Femin., 800m Livres 16 anos e mais velhos
13-12-2015 - 9:00 Resultados

Recordes Nacionais 25m Absoluto	8:33.66	Tamila Hryhorivna Holub	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Jun16	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	21-12-2014
Recordes Nacionais 25m Jun17	8:33.66	Tamila Hryhorivna Holub	POR	Netanya (ISR)	02-12-2015
Recordes Nacionais 25m Sen	8:39.01	Angelica Maria Andre	CFP	Porto	11-12-2015

TAC_B-JUNF Jun: 10:02.72 / TAC_B-SENF Sen: 9:59.17

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Diana Margarida Duraes	96	Porto	8:36.74	+0,75	798
	<i>Rec Nacional, Sen</i>					
	50m: 30.38 30.38	250m: 2:39.33 32.10	450m: 4:48.07 32.22	650m: 6:58.50 32.66		
	100m: 1:02.71 32.33	300m: 3:11.49 32.16	500m: 5:20.61 32.54	700m: 7:31.09 32.59		
	150m: 1:35.11 32.40	350m: 3:43.62 32.13	550m: 5:53.24 32.63	750m: 8:04.03 32.94		
	200m: 2:07.23 32.12	400m: 4:15.85 32.23	600m: 6:25.84 32.60	800m: 8:36.74 32.71		
2.	Angelica Maria Andre	94	Fluvial Portuense	8:50.23	+0,72	738
	50m: 30.54 30.54	250m: 2:42.90 33.63	450m: 4:57.44 33.60	650m: 7:11.94 33.92		
	100m: 1:02.70 32.16	300m: 3:16.41 33.51	500m: 5:30.88 33.44	700m: 7:45.50 33.56		
	150m: 1:35.92 33.22	350m: 3:50.21 33.80	550m: 6:04.42 33.54	750m: 8:18.53 33.03		
	200m: 2:09.27 33.35	400m: 4:23.84 33.63	600m: 6:38.02 33.60	800m: 8:50.23 31.70		
3.	Vania Soares Neves	90	Fluvial Portuense	8:50.30	+0,77	738
	50m: 30.94 30.94	250m: 2:42.73 33.27	450m: 4:57.40 33.52	650m: 7:12.00 33.79		
	100m: 1:03.23 32.29	300m: 3:16.27 33.54	500m: 5:30.79 33.39	700m: 7:45.62 33.62		
	150m: 1:36.28 33.05	350m: 3:50.00 33.73	550m: 6:04.35 33.56	750m: 8:18.95 33.33		
	200m: 2:09.46 33.18	400m: 4:23.88 33.88	600m: 6:38.21 33.86	800m: 8:50.30 31.35		
4.	Maria Joao Fernandes	97	Vilacondense	9:04.40	+0,84	682
	50m: 31.53 31.53	250m: 2:46.91 34.05	450m: 5:03.83 33.84	650m: 7:21.37 34.60		
	100m: 1:05.23 33.70	300m: 3:21.07 34.16	500m: 5:38.14 34.31	700m: 7:56.05 34.68		
	150m: 1:39.11 33.88	350m: 3:55.46 34.39	550m: 6:12.36 34.22	750m: 8:30.68 34.63		
	200m: 2:12.86 33.75	400m: 4:29.99 34.53	600m: 6:46.77 34.41	800m: 9:04.40 33.72		
5.	Barbara Marques Rodrigues	97	Alges	9:09.42	+0,85	664
	50m: 31.35 31.35	250m: 2:48.57 34.66	450m: 5:07.84 34.79	650m: 7:26.29 34.48		
	100m: 1:05.29 33.94	300m: 3:23.23 34.66	500m: 5:42.40 34.56	700m: 8:00.92 34.63		
	150m: 1:39.52 34.23	350m: 3:58.04 34.81	550m: 6:17.10 34.70	750m: 8:35.29 34.37		
	200m: 2:13.91 34.39	400m: 4:33.05 35.01	600m: 6:51.81 34.71	800m: 9:09.42 34.13		
6.	Maria Teresa Amorim	97	Porto	9:09.95	+0,89	662
	50m: 31.20 31.20	250m: 2:46.92 34.14	450m: 5:05.27 34.97	650m: 7:25.97 35.00		
	100m: 1:04.77 33.57	300m: 3:21.26 34.34	500m: 5:40.39 35.12	700m: 8:01.22 35.25		
	150m: 1:38.78 34.01	350m: 3:55.63 34.37	550m: 6:15.47 35.08	750m: 8:36.03 34.81		
	200m: 2:12.78 34.00	400m: 4:30.30 34.67	600m: 6:50.97 35.50	800m: 9:09.95 33.92		
7.	Raquel Paulo Ranito	94	Sporting	9:18.68	+0,82	631
	50m: 31.54 31.54	250m: 2:51.29 35.53	450m: 5:13.90 35.74	650m: 7:34.82 34.86		
	100m: 1:05.48 33.94	300m: 3:27.00 35.71	500m: 5:49.35 35.45	700m: 8:10.04 35.22		
	150m: 1:40.29 34.81	350m: 4:02.47 35.47	550m: 6:24.74 35.39	750m: 8:45.12 35.08		
	200m: 2:15.76 35.47	400m: 4:38.16 35.69	600m: 6:59.96 35.22	800m: 9:18.68 33.56		

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Daniela Teixeira Moreira	97	Belenenses	9:24.52	+0,80	612
	50m: 32.23 32.23	250m: 2:53.75 35.92	450m: 5:17.20 35.70	650m: 7:40.13 35.96		
	100m: 1:06.87 34.64	300m: 3:29.62 35.87	500m: 5:52.85 35.65	700m: 8:15.78 35.65		
	150m: 1:42.17 35.30	350m: 4:05.69 36.07	550m: 6:28.42 35.57	750m: 8:51.40 35.62		
	200m: 2:17.83 35.66	400m: 4:41.50 35.81	600m: 7:04.17 35.75	800m: 9:24.52 33.12		
9.	Ana Silva Costa	98	Famalicao	9:28.81	+0,78	598
	50m: 32.14 32.14	250m: 2:53.72 35.99	450m: 5:17.56 35.96	650m: 7:41.22 35.70		
	100m: 1:06.53 34.39	300m: 3:29.72 36.00	500m: 5:53.57 36.01	700m: 8:17.36 36.14		
	150m: 1:41.93 35.40	350m: 4:05.70 35.98	550m: 6:29.46 35.89	750m: 8:53.42 36.06		
	200m: 2:17.73 35.80	400m: 4:41.60 35.90	600m: 7:05.52 36.06	800m: 9:28.81 35.39		
10.	Helena Paula Carvalho	95	Uniao Piedense	9:30.76	+0,81	592
	50m: 31.60 31.60	250m: 2:53.18 35.99	450m: 5:18.79 36.25	650m: 7:44.19 36.51		
	100m: 1:06.15 34.55	300m: 3:29.43 36.25	500m: 5:54.81 36.02	700m: 8:20.34 36.15		
	150m: 1:41.39 35.24	350m: 4:05.68 36.25	550m: 6:31.12 36.31	750m: 8:56.72 36.38		
	200m: 2:17.19 35.80	400m: 4:42.54 36.86	600m: 7:07.68 36.56	800m: 9:30.76 34.04		
11.	Catarina Alexandra Jardim	98	Famalicao	9:32.31	+0,80	587
	50m: 32.98 32.98	250m: 2:56.94 36.31	450m: 5:21.11 35.88	650m: 7:45.63 36.12		
	100m: 1:08.33 35.35	300m: 3:32.90 35.96	500m: 5:57.23 36.12	700m: 8:21.62 35.99		
	150m: 1:44.18 35.85	350m: 4:09.30 36.40	550m: 6:33.39 36.16	750m: 8:57.71 36.09		
	200m: 2:20.63 36.45	400m: 4:45.23 35.93	600m: 7:09.51 36.12	800m: 9:32.31 34.60		
12.	Ana Luisa Santo	95	Benfica	9:34.76	+0,85	580
	50m: 32.63 32.63	250m: 2:55.01 35.81	450m: 5:19.95 36.24	650m: 7:46.26 36.61		
	100m: 1:07.73 35.10	300m: 3:31.42 36.41	500m: 5:56.38 36.43	700m: 8:22.62 36.36		
	150m: 1:43.32 35.59	350m: 4:07.43 36.01	550m: 6:33.15 36.77	750m: 8:59.26 36.64		
	200m: 2:19.20 35.88	400m: 4:43.71 36.28	600m: 7:09.65 36.50	800m: 9:34.76 35.50		
13.	Carolina Madeira Santos	96	Naval Amorense	9:36.69	+0,86	574
	50m: 31.20 31.20	250m: 2:54.28 35.96	450m: 5:20.50 36.78	650m: 7:47.87 36.99		
	100m: 1:06.29 35.09	300m: 3:30.64 36.36	500m: 5:57.46 36.96	700m: 8:24.79 36.92		
	150m: 1:42.24 35.95	350m: 4:07.34 36.70	550m: 6:34.07 36.61	750m: 9:01.37 36.58		
	200m: 2:18.32 36.08	400m: 4:43.72 36.38	600m: 7:10.88 36.81	800m: 9:36.69 35.32		
14.	Rute Santos Ferreira	97	Porto	9:37.71	+0,75	571
	50m: 31.88 31.88	250m: 2:55.82 36.23	450m: 5:21.16 36.58	650m: 7:50.22 37.02		
	100m: 1:07.36 35.48	300m: 3:31.80 35.98	500m: 5:58.20 37.04	700m: 8:26.99 36.77		
	150m: 1:43.46 36.10	350m: 4:08.28 36.48	550m: 6:35.74 37.54	750m: 9:03.74 36.75		
	200m: 2:19.59 36.13	400m: 4:44.58 36.30	600m: 7:13.20 37.46	800m: 9:37.71 33.97		
15.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	9:38.39	+0,69	569
	50m: 31.63 31.63	250m: 2:56.20 36.91	450m: 5:22.88 36.30	650m: 7:49.60 36.62		
	100m: 1:06.60 34.97	300m: 3:33.23 37.03	500m: 5:59.51 36.63	700m: 8:26.86 37.26		
	150m: 1:42.84 36.24	350m: 4:10.17 36.94	550m: 6:36.34 36.83	750m: 9:03.85 36.99		
	200m: 2:19.29 36.45	400m: 4:46.58 36.41	600m: 7:12.98 36.64	800m: 9:38.39 34.54		
16.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	9:46.83	+0,91	544
	50m: 32.68 32.68	250m: 2:57.96 36.69	450m: 5:25.73 36.76	650m: 7:55.29 37.37		
	100m: 1:08.17 35.49	300m: 3:34.98 37.02	500m: 6:02.90 37.17	700m: 8:32.68 37.39		
	150m: 1:44.65 36.48	350m: 4:12.15 37.17	550m: 6:40.28 37.38	750m: 9:10.02 37.34		
	200m: 2:21.27 36.62	400m: 4:48.97 36.82	600m: 7:17.92 37.64	800m: 9:46.83 36.81		

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Beatriz Neves Cardoso	98	Colegio SMLamas	9:47.54	+0,83	543
	50m: 32.39 32.39	250m: 2:56.65 36.44	450m: 5:23.98 37.04	650m: 7:54.56 37.84		
	100m: 1:07.72 35.33	300m: 3:33.39 36.74	500m: 6:01.19 37.21	700m: 8:32.69 38.13		
	150m: 1:43.90 36.18	350m: 4:10.18 36.79	550m: 6:38.83 37.64	750m: 9:10.62 37.93		
	200m: 2:20.21 36.31	400m: 4:46.94 36.76	600m: 7:16.72 37.89	800m: 9:47.54 36.92		
18.	Marina Micaela Sequeira	98	Uniao Piedense	9:54.34	+0,80	524
	50m: 32.79 32.79	250m: 2:57.88 36.86	450m: 5:28.72 38.22	650m: 8:02.32 38.18		
	100m: 1:08.02 35.23	300m: 3:35.17 37.29	500m: 6:07.06 38.34	700m: 8:40.34 38.02		
	150m: 1:44.12 36.10	350m: 4:12.86 37.69	550m: 6:45.57 38.51	750m: 9:18.52 38.18		
	200m: 2:21.02 36.90	400m: 4:50.50 37.64	600m: 7:24.14 38.57	800m: 9:54.34 35.82		
19.	Ana Sofia Filipe	95	Nacional de Natacao	10:07.22	+0,94	491
	<i>FTL</i>					
	50m: 34.25 34.25	250m: 3:05.32 38.23	450m: 5:39.60 38.60	650m: 8:13.98 38.74		
	100m: 1:11.20 36.95	300m: 3:43.73 38.41	500m: 6:18.11 38.51	700m: 8:52.40 38.42		
	150m: 1:49.01 37.81	350m: 4:22.52 38.79	550m: 6:56.62 38.51	750m: 9:30.52 38.12		
	200m: 2:27.09 38.08	400m: 5:01.00 38.48	600m: 7:35.24 38.62	800m: 10:07.22 36.70		
WDR	Ana Carolina Gomes	97	Sporting			

Juniores

1.	Tamila Hryhorivna Holub	99	Braga	8:32.83	+0,82	816
	<i>Rec Nacional, Abs e Jun 17</i>					
	50m: 30.41 30.41	250m: 2:38.89 31.88	450m: 4:47.58 32.21	650m: 6:57.41 32.26		
	100m: 1:02.61 32.20	300m: 3:10.83 31.94	500m: 5:20.11 32.53	700m: 7:29.55 32.14		
	150m: 1:34.82 32.21	350m: 3:42.98 32.15	550m: 5:52.63 32.52	750m: 8:01.79 32.24		
	200m: 2:07.01 32.19	400m: 4:15.37 32.39	600m: 6:25.15 32.52	800m: 8:32.83 31.04		
2.	Beatriz Paulo Ranito	99	Sporting	9:01.44	+0,81	693
	50m: 31.00 31.00	250m: 2:47.05 34.08	450m: 5:02.91 33.84	650m: 7:19.61 34.24		
	100m: 1:04.59 33.59	300m: 3:21.03 33.98	500m: 5:36.92 34.01	700m: 7:53.98 34.37		
	150m: 1:38.91 34.32	350m: 3:55.05 34.02	550m: 6:10.98 34.06	750m: 8:28.09 34.11		
	200m: 2:12.97 34.06	400m: 4:29.07 34.02	600m: 6:45.37 34.39	800m: 9:01.44 33.35		
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	9:11.39	+0,77	656
	50m: 31.26 31.26	250m: 2:50.18 34.54	450m: 5:08.03 34.50	650m: 7:27.59 35.27		
	100m: 1:05.78 34.52	300m: 3:24.50 34.32	500m: 5:42.80 34.77	700m: 8:03.05 35.46		
	150m: 1:40.68 34.90	350m: 3:58.81 34.31	550m: 6:17.41 34.61	750m: 8:38.08 35.03		
	200m: 2:15.64 34.96	400m: 4:33.53 34.72	600m: 6:52.32 34.91	800m: 9:11.39 33.31		
4.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:15.75	+1,00	641
	50m: 30.91 30.91	250m: 2:49.61 35.10	450m: 5:10.87 35.22	650m: 7:32.13 35.51		
	100m: 1:04.36 33.45	300m: 3:25.09 35.48	500m: 5:46.04 35.17	700m: 8:07.35 35.22		
	150m: 1:39.40 35.04	350m: 4:00.68 35.59	550m: 6:21.57 35.53	750m: 8:42.77 35.42		
	200m: 2:14.51 35.11	400m: 4:35.65 34.97	600m: 6:56.62 35.05	800m: 9:15.75 32.98		
5.	Maria Francisca Cabral	00	Porto	9:21.02	+0,85	623
	50m: 31.05 31.05	250m: 2:50.31 34.48	450m: 5:11.33 35.70	650m: 7:34.74 35.51		
	100m: 1:05.56 34.51	300m: 3:24.94 34.63	500m: 5:47.14 35.81	700m: 8:10.97 36.23		
	150m: 1:40.86 35.30	350m: 4:00.13 35.19	550m: 6:22.85 35.71	750m: 8:46.78 35.81		
	200m: 2:15.83 34.97	400m: 4:35.63 35.50	600m: 6:59.23 36.38	800m: 9:21.02 34.24		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Ines Figueira Santos	00	Uniao Piedense	9:23.68	+0,91	614
	50m: 32.31 32.31	250m: 2:54.22 35.67	450m: 5:17.74 35.62	650m: 7:40.30 35.51		
	100m: 1:07.38 35.07	300m: 3:30.08 35.86	500m: 5:53.29 35.55	700m: 8:15.92 35.62		
	150m: 1:42.79 35.41	350m: 4:06.05 35.97	550m: 6:28.97 35.68	750m: 8:50.71 34.79		
	200m: 2:18.55 35.76	400m: 4:42.12 36.07	600m: 7:04.79 35.82	800m: 9:23.68 32.97		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:24.71	+0,93	611
	50m: 32.09 32.09	250m: 2:53.54 35.75	450m: 5:17.31 35.70	650m: 7:40.22 35.54		
	100m: 1:06.71 34.62	300m: 3:29.57 36.03	500m: 5:53.11 35.80	700m: 8:15.98 35.76		
	150m: 1:41.99 35.28	350m: 4:05.66 36.09	550m: 6:28.80 35.69	750m: 8:50.93 34.95		
	200m: 2:17.79 35.80	400m: 4:41.61 35.95	600m: 7:04.68 35.88	800m: 9:24.71 33.78		
8.	Maria Beatriz Dias	99	Scalabiswim	9:24.97	+0,80	610
	50m: 32.22 32.22	250m: 2:51.09 35.34	450m: 5:14.48 36.16	650m: 7:37.80 35.63		
	100m: 1:06.24 34.02	300m: 3:26.62 35.53	500m: 5:50.08 35.60	700m: 8:14.02 36.22		
	150m: 1:40.70 34.46	350m: 4:02.31 35.69	550m: 6:25.87 35.79	750m: 8:50.12 36.10		
	200m: 2:15.75 35.05	400m: 4:38.32 36.01	600m: 7:02.17 36.30	800m: 9:24.97 34.85		
9.	Beatriz Barros Carmo	99	Alges	9:25.79	+0,86	608
	50m: 31.43 31.43	250m: 2:53.16 35.70	450m: 5:17.17 35.79	650m: 7:40.23 35.49		
	100m: 1:06.37 34.94	300m: 3:29.17 36.01	500m: 5:53.09 35.92	700m: 8:16.19 35.96		
	150m: 1:41.86 35.49	350m: 4:05.32 36.15	550m: 6:28.95 35.86	750m: 8:51.56 35.37		
	200m: 2:17.46 35.60	400m: 4:41.38 36.06	600m: 7:04.74 35.79	800m: 9:25.79 34.23		
10.	Rafaela Araujo Silva	00	Famalicao	9:27.30	+0,90	603
	50m: 31.80 31.80	250m: 2:53.45 35.67	450m: 5:18.30 35.88	650m: 7:40.38 35.95		
	100m: 1:06.52 34.72	300m: 3:29.51 36.06	500m: 5:53.41 35.11	700m: 8:16.79 36.41		
	150m: 1:41.96 35.44	350m: 4:06.00 36.49	550m: 6:28.69 35.28	750m: 8:52.75 35.96		
	200m: 2:17.78 35.82	400m: 4:42.42 36.42	600m: 7:04.43 35.74	800m: 9:27.30 34.55		
11.	Eliana Dirce Lourenco	00	Galitos/Bresimar	9:30.07	+0,82	594
	50m: 31.63 31.63	250m: 2:53.90 35.81	450m: 5:18.38 36.24	650m: 7:43.36 36.18		
	100m: 1:06.63 35.00	300m: 3:29.86 35.96	500m: 5:54.28 35.90	700m: 8:19.93 36.57		
	150m: 1:42.16 35.53	350m: 4:06.06 36.20	550m: 6:30.69 36.41	750m: 8:56.21 36.28		
	200m: 2:18.09 35.93	400m: 4:42.14 36.08	600m: 7:07.18 36.49	800m: 9:30.07 33.86		
12.	Ana Pires Brito	99	Colegio Monte Maior	9:33.88	+0,79	582
	50m: 32.81 32.81	250m: 2:55.72 36.01	450m: 5:20.60 36.19	650m: 7:45.87 36.54		
	100m: 1:07.88 35.07	300m: 3:32.03 36.31	500m: 5:56.74 36.14	700m: 8:22.07 36.20		
	150m: 1:43.77 35.89	350m: 4:08.20 36.17	550m: 6:33.00 36.26	750m: 8:58.30 36.23		
	200m: 2:19.71 35.94	400m: 4:44.41 36.21	600m: 7:09.33 36.33	800m: 9:33.88 35.58		
13.	Mariana Pinto Angelo	99	Academica de Coimbra	9:34.62	+0,76	580
	50m: 33.18 33.18	250m: 2:56.79 36.21	450m: 5:21.49 36.02	650m: 7:47.29 36.65		
	100m: 1:08.50 35.32	300m: 3:32.91 36.12	500m: 5:57.83 36.34	700m: 8:23.73 36.44		
	150m: 1:44.45 35.95	350m: 4:09.34 36.43	550m: 6:34.17 36.34	750m: 8:59.99 36.26		
	200m: 2:20.58 36.13	400m: 4:45.47 36.13	600m: 7:10.64 36.47	800m: 9:34.62 34.63		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Ines Silva Oliveira	00	Leixoes	9:36.62	+0,92	574
	50m: 32.22 32.22	250m: 2:55.86 36.17	450m: 5:22.24 37.41	650m: 7:49.65 36.63		
	100m: 1:07.64 35.42	300m: 3:32.17 36.31	500m: 5:58.93 36.69	700m: 8:26.36 36.71		
	150m: 1:43.88 36.24	350m: 4:08.94 36.77	550m: 6:35.84 36.91	750m: 9:02.90 36.54		
	200m: 2:19.69 35.81	400m: 4:44.83 35.89	600m: 7:13.02 37.18	800m: 9:36.62 33.72		
15.	Margarida Valente Orrico	00	Uniao Piedense	9:36.77	+0,90	574
	50m: 32.80 32.80	250m: 2:57.56 36.48	450m: 5:23.72 36.14	650m: 7:49.47 36.01		
	100m: 1:08.51 35.71	300m: 3:34.26 36.70	500m: 6:00.10 36.38	700m: 8:26.62 37.15		
	150m: 1:44.55 36.04	350m: 4:10.68 36.42	550m: 6:36.92 36.82	750m: 9:02.98 36.36		
	200m: 2:21.08 36.53	400m: 4:47.58 36.90	600m: 7:13.46 36.54	800m: 9:36.77 33.79		
16.	Ana Miguel Reis	00	Nautico /Urgicentro-Sanfil	9:38.64	+0,82	568
	50m: 33.03 33.03	250m: 2:58.74 36.51	450m: 5:25.49 36.36	650m: 7:50.82 36.44		
	100m: 1:09.11 36.08	300m: 3:35.53 36.79	500m: 6:01.55 36.06	700m: 8:27.08 36.26		
	150m: 1:45.52 36.41	350m: 4:12.49 36.96	550m: 6:37.99 36.44	750m: 9:03.52 36.44		
	200m: 2:22.23 36.71	400m: 4:49.13 36.64	600m: 7:14.38 36.39	800m: 9:38.64 35.12		
17.	Mariana Silva Ramos	00	Sporting	9:38.68	+0,82	568
	50m: 32.41 32.41	250m: 2:56.79 36.48	450m: 5:22.45 36.21	650m: 7:49.40 36.98		
	100m: 1:07.89 35.48	300m: 3:33.17 36.38	500m: 5:58.87 36.42	700m: 8:26.14 36.74		
	150m: 1:43.89 36.00	350m: 4:09.71 36.54	550m: 6:35.49 36.62	750m: 9:02.74 36.60		
	200m: 2:20.31 36.42	400m: 4:46.24 36.53	600m: 7:12.42 36.93	800m: 9:38.68 35.94		
18.	Ana Sofia Ramos	00	Fluvial Portuense	9:45.19	+0,79	549
	50m: 33.09 33.09	250m: 2:59.05 36.96	450m: 5:26.76 37.03	650m: 7:56.19 37.63		
	100m: 1:08.78 35.69	300m: 3:35.52 36.47	500m: 6:03.83 37.07	700m: 8:33.37 37.18		
	150m: 1:45.36 36.58	350m: 4:12.70 37.18	550m: 6:40.96 37.13	750m: 9:10.08 36.71		
	200m: 2:22.09 36.73	400m: 4:49.73 37.03	600m: 7:18.56 37.60	800m: 9:45.19 35.11		
19.	Beatriz Marques Ferreira	00	Campinho	9:47.08	+0,76	544
	50m: 32.05 32.05	250m: 2:58.32 37.24	450m: 5:27.04 37.02	650m: 7:56.15 36.72		
	100m: 1:07.75 35.70	300m: 3:35.56 37.24	500m: 6:04.82 37.78	700m: 8:33.89 37.74		
	150m: 1:44.18 36.43	350m: 4:12.83 37.27	550m: 6:41.97 37.15	750m: 9:11.31 37.42		
	200m: 2:21.08 36.90	400m: 4:50.02 37.19	600m: 7:19.43 37.46	800m: 9:47.08 35.77		
20.	Iris Cunha Santos	00	Porto	9:47.48	+0,91	543
	50m: 33.42 33.42	250m: 2:59.70 36.64	450m: 5:27.80 36.86	650m: 7:57.25 37.26		
	100m: 1:09.65 36.23	300m: 3:36.66 36.96	500m: 6:05.26 37.46	700m: 8:34.54 37.29		
	150m: 1:46.32 36.67	350m: 4:13.74 37.08	550m: 6:42.66 37.40	750m: 9:11.52 36.98		
	200m: 2:23.06 36.74	400m: 4:50.94 37.20	600m: 7:19.99 37.33	800m: 9:47.48 35.96		
21.	Carla Laranjeira Marques	00	Sporting de Aveiro	9:49.71	+0,80	537
	50m: 32.40 32.40	250m: 2:57.87 37.15	450m: 5:26.32 37.29	650m: 7:57.38 38.17		
	100m: 1:07.63 35.23	300m: 3:34.64 36.77	500m: 6:03.84 37.52	700m: 8:35.21 37.83		
	150m: 1:44.09 36.46	350m: 4:11.21 36.57	550m: 6:41.76 37.92	750m: 9:13.34 38.13		
	200m: 2:20.72 36.63	400m: 4:49.03 37.82	600m: 7:19.21 37.45	800m: 9:49.71 36.37		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
22.	Catarina Costa Fernandes	99	Colegio Bernardette Romeira	9:50.96	+0,80	533
	50m: 33.44 33.44	250m: 3:02.29 37.09	450m: 5:30.72 36.99	650m: 7:59.72 37.70		
	100m: 1:10.83 37.39	300m: 3:39.46 37.17	500m: 6:07.65 36.93	700m: 8:37.74 38.02		
	150m: 1:47.94 37.11	350m: 4:16.55 37.09	550m: 6:45.00 37.35	750m: 9:15.25 37.51		
	200m: 2:25.20 37.26	400m: 4:53.73 37.18	600m: 7:22.02 37.02	800m: 9:50.96 35.71		
23.	Ana Catarina Oliveira	99	Geslours	9:51.17	+0,80	533
	50m: 33.20 33.20	250m: 3:00.24 36.98	450m: 5:32.35 38.46	650m: 8:02.45 36.93		
	100m: 1:09.22 36.02	300m: 3:37.82 37.58	500m: 6:10.02 37.67	700m: 8:39.07 36.62		
	150m: 1:46.20 36.98	350m: 4:15.59 37.77	550m: 6:47.90 37.88	750m: 9:15.65 36.58		
	200m: 2:23.26 37.06	400m: 4:53.89 38.30	600m: 7:25.52 37.62	800m: 9:51.17 35.52		
24.	Ana Oliveira Silva	99	Belenenses	9:53.54	+0,80	526
	50m: 32.90 32.90	250m: 2:58.63 36.81	450m: 5:26.38 36.90	650m: 7:59.03 38.47		
	100m: 1:08.91 36.01	300m: 3:35.61 36.98	500m: 6:03.99 37.61	700m: 8:37.83 38.80		
	150m: 1:45.30 36.39	350m: 4:12.31 36.70	550m: 6:42.28 38.29	750m: 9:16.41 38.58		
	200m: 2:21.82 36.52	400m: 4:49.48 37.17	600m: 7:20.56 38.28	800m: 9:53.54 37.13		
25.	Sara Lopes Barbosa	00	Aquatico Pacense	9:54.98		522
	50m: 33.60 33.60	250m: 3:02.16 37.49	450m: 5:33.76 37.57	650m: 8:03.47 37.26		
	100m: 1:10.13 36.53	300m: 3:40.02 37.86	500m: 6:11.23 37.47	700m: 8:41.13 37.66		
	150m: 1:47.28 37.15	350m: 4:18.17 38.15	550m: 6:48.65 37.42	750m: 9:18.84 37.71		
	200m: 2:24.67 37.39	400m: 4:56.19 38.02	600m: 7:26.21 37.56	800m: 9:54.98 36.14		
26.	Mariana Santos Ferreira	00	Miranda do Corvo	10:02.57	+0,78	503
	50m: 33.91 33.91	250m: 2:59.96 36.93	450m: 5:31.85 38.05	650m: 8:06.82 38.95		
	100m: 1:09.63 35.72	300m: 3:37.82 37.86	500m: 6:10.25 38.40	700m: 8:45.79 38.97		
	150m: 1:46.79 37.16	350m: 4:15.54 37.72	550m: 6:49.11 38.86	750m: 9:24.30 38.51		
	200m: 2:23.03 36.24	400m: 4:53.80 38.26	600m: 7:27.87 38.76	800m: 10:02.57 38.27		
27.	Madalena Melim Doria FTL	00	Desportivo Nacional	10:03.61	+0,84	500
	50m: 34.00 34.00	250m: 3:05.18 37.92	450m: 5:37.58 37.80	650m: 8:12.19 38.38		
	100m: 1:11.49 37.49	300m: 3:43.23 38.05	500m: 6:16.49 38.91	700m: 8:50.35 38.16		
	150m: 1:49.36 37.87	350m: 4:21.58 38.35	550m: 6:55.11 38.62	750m: 9:28.08 37.73		
	200m: 2:27.26 37.90	400m: 4:59.78 38.20	600m: 7:33.81 38.70	800m: 10:03.61 35.53		
28.	Rafaela Campos Oliveira FTL	00	Vilacondense	10:04.08	+0,92	499
	50m: 33.68 33.68	250m: 3:02.39 37.94	450m: 5:35.12 38.12	650m: 8:10.19 38.97		
	100m: 1:10.17 36.49	300m: 3:40.48 38.09	500m: 6:13.93 38.81	700m: 8:48.98 38.79		
	150m: 1:47.14 36.97	350m: 4:18.73 38.25	550m: 6:52.61 38.68	750m: 9:27.95 38.97		
	200m: 2:24.45 37.31	400m: 4:57.00 38.27	600m: 7:31.22 38.61	800m: 10:04.08 36.13		