

Prova 12  
11-03-2016 - 17:00

Femin., 1500m Livres

Absolutos  
Resultados

Rec Nac Absoluto	16:43.22	Tamila Hryhorivna Holub	POR	Singapore (SIN)	29-08-2015
Rec Nac Juv B	17:34.28	Maria Miguel Veloso	CNAC	Coimbra	08-07-2007
Rec Nac Juv A	16:54.60	Tamila Hryhorivna Holub	POR	Dordrecht (NED)	11-07-2014
Rec Nac Jun16	16:47.35	Tamila Hryhorivna Holub	POR	Coimbra	31-05-2015
Rec Nac Jun17	16:43.22	Tamila Hryhorivna Holub	POR	Singapore (SIN)	29-08-2015
Rec Nac Sen	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	Tamila Hryhorivna Holub	99	Braga	<b>16:40.54</b>	+0,89	791						
<i>Recorde Nacional, Abs e Junior 17</i>												
	50m:	31.92	31.92	450m:	4:59.01	33.16	850m:	9:25.84	33.46	1250m:	13:54.57	33.56
	100m:	1:05.01	33.09	500m:	5:31.73	32.72	900m:	9:59.44	33.60	1300m:	14:27.97	33.40
	150m:	1:38.78	33.77	550m:	6:04.95	33.22	950m:	10:33.14	33.70	1350m:	15:01.93	33.96
	200m:	2:12.41	33.63	600m:	6:38.26	33.31	1000m:	11:06.89	33.75	1400m:	15:35.72	33.79
	250m:	2:46.07	33.66	650m:	7:11.72	33.46	1050m:	11:40.37	33.48	1450m:	16:08.66	32.94
	300m:	3:19.51	33.44	700m:	7:45.08	33.36	1100m:	12:13.99	33.62	1500m:	16:40.54	31.88
	350m:	3:52.96	33.45	750m:	8:18.79	33.71	1150m:	12:47.46	33.47			
	400m:	4:25.85	32.89	800m:	8:52.38	33.59	1200m:	13:21.01	33.55			
2.	Angelica Maria Andre	94	Fluval Portuense	<b>17:00.95</b>	+0,70	744						
	50m:	31.19	31.19	450m:	4:59.92	33.69	850m:	9:34.09	35.00	1250m:	14:11.19	34.96
	100m:	1:04.19	33.00	500m:	5:33.49	33.57	900m:	10:08.21	34.12	1300m:	14:45.62	34.43
	150m:	1:37.96	33.77	550m:	6:07.89	34.40	950m:	10:42.95	34.74	1350m:	15:20.27	34.65
	200m:	2:11.75	33.79	600m:	6:41.95	34.06	1000m:	11:17.48	34.53	1400m:	15:54.32	34.05
	250m:	2:45.85	34.10	650m:	7:16.20	34.25	1050m:	11:52.38	34.90	1450m:	16:28.60	34.28
	300m:	3:19.29	33.44	700m:	7:50.38	34.18	1100m:	12:27.15	34.77	1500m:	17:00.95	32.35
	350m:	3:53.00	33.71	750m:	8:24.68	34.30	1150m:	13:01.93	34.78			
	400m:	4:26.23	33.23	800m:	8:59.09	34.41	1200m:	13:36.23	34.30			
3.	Vania Soares Neves	90	Fluval Portuense	<b>17:23.06</b>	+0,77	698						
	50m:	31.87	31.87	450m:	5:07.62	35.03	850m:	9:48.12	35.20	1250m:	14:30.38	35.26
	100m:	1:05.74	33.87	500m:	5:42.41	34.79	900m:	10:23.50	35.38	1300m:	15:05.40	35.02
	150m:	1:39.89	34.15	550m:	6:17.27	34.86	950m:	10:58.68	35.18	1350m:	15:39.97	34.57
	200m:	2:14.04	34.15	600m:	6:52.25	34.98	1000m:	11:34.07	35.39	1400m:	16:14.96	34.99
	250m:	2:48.51	34.47	650m:	7:27.12	34.87	1050m:	12:09.44	35.37	1450m:	16:49.28	34.32
	300m:	3:23.27	34.76	700m:	8:02.34	35.22	1100m:	12:44.46	35.02	1500m:	17:23.06	33.78
	350m:	3:58.17	34.90	750m:	8:37.42	35.08	1150m:	13:19.76	35.30			
	400m:	4:32.59	34.42	800m:	9:12.92	35.50	1200m:	13:55.12	35.36			
4.	Maria Teresa Amorim	97	Porto	<b>17:26.12</b>	+0,78	692						
	50m:	31.50	31.50	450m:	5:06.46	35.23	850m:	9:46.35	35.24	1250m:	14:30.36	35.87
	100m:	1:05.48	33.98	500m:	5:41.00	34.54	900m:	10:21.71	35.36	1300m:	15:05.76	35.40
	150m:	1:39.47	33.99	550m:	6:15.90	34.90	950m:	10:57.20	35.49	1350m:	15:40.95	35.19
	200m:	2:13.75	34.28	600m:	6:50.66	34.76	1000m:	11:32.59	35.39	1400m:	16:16.19	35.24
	250m:	2:48.14	34.39	650m:	7:25.56	34.90	1050m:	12:08.06	35.47	1450m:	16:51.67	35.48
	300m:	3:22.37	34.23	700m:	8:00.75	35.19	1100m:	12:43.46	35.40	1500m:	17:26.12	34.45
	350m:	3:57.00	34.63	750m:	8:35.90	35.15	1150m:	13:19.07	35.61			
	400m:	4:31.23	34.23	800m:	9:11.11	35.21	1200m:	13:54.49	35.42			
5.	Sara Sofia Alves	01	Columbofila Cantanhedense	<b>17:39.83</b>	+0,75	665						
	50m:	31.84	31.84	450m:	5:09.11	35.26	850m:	9:53.78	35.93	1250m:	14:41.40	36.19
	100m:	1:05.56	33.72	500m:	5:44.60	35.49	900m:	10:29.58	35.80	1300m:	15:17.36	35.96
	150m:	1:39.83	34.27	550m:	6:19.87	35.27	950m:	11:05.40	35.82	1350m:	15:53.27	35.91
	200m:	2:14.49	34.66	600m:	6:55.26	35.39	1000m:	11:41.26	35.86	1400m:	16:29.43	36.16
	250m:	2:49.14	34.65	650m:	7:30.69	35.43	1050m:	12:17.30	36.04	1450m:	17:05.07	35.64
	300m:	3:23.70	34.56	700m:	8:06.38	35.69	1100m:	12:53.33	36.03	1500m:	17:39.83	34.76
	350m:	3:58.67	34.97	750m:	8:42.38	36.00	1150m:	13:29.30	35.97			
	400m:	4:33.85	35.18	800m:	9:17.85	35.47	1200m:	14:05.21	35.91			

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	<b>Beatriz Paulo Ranito</b>	99	<b>Sporting</b>	<b>17:47.85</b>	<b>+0,76</b>	<b>650</b>	
	50m: 31.38 31.38	450m: 5:10.74	35.86	850m: 9:59.79	36.54	1250m: 14:50.09	36.19
	100m: 1:05.14 33.76	500m: 5:46.55	35.81	900m: 10:36.11	36.32	1300m: 15:25.79	35.70
	150m: 1:39.70 34.56	550m: 6:22.81	36.26	950m: 11:12.95	36.84	1350m: 16:01.87	36.08
	200m: 2:14.53 34.83	600m: 6:58.69	35.88	1000m: 11:49.79	36.84	1400m: 16:37.71	35.84
	250m: 2:49.30 34.77	650m: 7:34.73	36.04	1050m: 12:25.87	36.08	1450m: 17:13.17	35.46
	300m: 3:24.06 34.76	700m: 8:10.60	35.87	1100m: 13:01.71	35.84	1500m: 17:47.85	34.68
	350m: 3:59.32 35.26	750m: 8:46.91	36.31	1150m: 13:37.89	36.18		
	400m: 4:34.88 35.56	800m: 9:23.25	36.34	1200m: 14:13.90	36.01		
7.	<b>Joana Beatriz Bernardo</b>	99	<b>Fundacao Beatriz Santos</b>	<b>17:50.23</b>	<b>+0,92</b>	<b>646</b>	
	50m: 32.17 32.17	450m: 5:16.32	35.88	850m: 10:03.71	36.01	1250m: 14:51.15	35.90
	100m: 1:06.84 34.67	500m: 5:52.21	35.89	900m: 10:39.73	36.02	1300m: 15:27.13	35.98
	150m: 1:42.28 35.44	550m: 6:27.92	35.71	950m: 11:15.66	35.93	1350m: 16:03.17	36.04
	200m: 2:17.81 35.53	600m: 7:03.95	36.03	1000m: 11:51.67	36.01	1400m: 16:39.25	36.08
	250m: 2:53.27 35.46	650m: 7:39.66	35.71	1050m: 12:27.59	35.92	1450m: 17:15.02	35.77
	300m: 3:28.95 35.68	700m: 8:15.46	35.80	1100m: 13:03.63	36.04	1500m: 17:50.23	35.21
	350m: 4:04.54 35.59	750m: 8:51.65	36.19	1150m: 13:39.46	35.83		
	400m: 4:40.44 35.90	800m: 9:27.70	36.05	1200m: 14:15.25	35.79		
8.	<b>Eva Guerreiro Carvalho</b>	99	<b>Uniao Piedense</b>	<b>18:04.30</b>	<b>+0,99</b>	<b>621</b>	
	50m: 32.48 32.48	450m: 5:20.76	36.60	850m: 10:11.94	36.88	1250m: 15:02.84	36.26
	100m: 1:07.02 34.54	500m: 5:56.88	36.12	900m: 10:48.38	36.44	1300m: 15:39.24	36.40
	150m: 1:42.89 35.87	550m: 6:33.27	36.39	950m: 11:25.01	36.63	1350m: 16:15.58	36.34
	200m: 2:18.89 36.00	600m: 7:09.39	36.12	1000m: 12:01.19	36.18	1400m: 16:52.73	37.15
	250m: 2:55.35 36.46	650m: 7:45.89	36.50	1050m: 12:37.52	36.33	1450m: 17:28.92	36.19
	300m: 3:31.54 36.19	700m: 8:22.08	36.19	1100m: 13:13.58	36.06	1500m: 18:04.30	35.38
	350m: 4:08.03 36.49	750m: 8:58.63	36.55	1150m: 13:50.41	36.83		
	400m: 4:44.16 36.13	800m: 9:35.06	36.43	1200m: 14:26.58	36.17		
9.	<b>Madalena Amaro Machado</b>	98	<b>Academico Viseu</b>	<b>18:04.47</b>	<b>+0,88</b>	<b>621</b>	
	50m: 32.53 32.53	450m: 5:24.19	35.87	850m: 10:16.87	36.15	1250m: 15:07.96	35.54
	100m: 1:08.44 35.91	500m: 6:00.44	36.25	900m: 10:54.21	37.34	1300m: 15:44.49	36.53
	150m: 1:44.69 36.25	550m: 6:37.05	36.61	950m: 11:30.24	36.03	1350m: 16:19.74	35.25
	200m: 2:21.43 36.74	600m: 7:13.49	36.44	1000m: 12:06.75	36.51	1400m: 16:55.66	35.92
	250m: 2:58.33 36.90	650m: 7:50.06	36.57	1050m: 12:42.90	36.15	1450m: 17:30.34	34.68
	300m: 3:34.65 36.32	700m: 8:26.45	36.39	1100m: 13:19.44	36.54	1500m: 18:04.47	34.13
	350m: 4:10.83 36.18	750m: 9:03.37	36.92	1150m: 13:55.79	36.35		
	400m: 4:48.32 37.49	800m: 9:40.72	37.35	1200m: 14:32.42	36.63		
10.	<b>Barbara Coimbra Teodosio</b>	99	<b>Nautico Marinha Grande</b>	<b>18:05.06</b>	<b>+0,79</b>	<b>620</b>	
	50m: 32.23 32.23	450m: 5:17.62	35.93	850m: 10:09.90	36.71	1250m: 15:03.02	36.78
	100m: 1:07.12 34.89	500m: 5:54.28	36.66	900m: 10:46.53	36.63	1300m: 15:39.92	36.90
	150m: 1:42.57 35.45	550m: 6:30.24	35.96	950m: 11:22.62	36.09	1350m: 16:16.50	36.58
	200m: 2:18.10 35.53	600m: 7:06.83	36.59	1000m: 11:59.20	36.58	1400m: 16:53.30	36.80
	250m: 2:53.66 35.56	650m: 7:43.48	36.65	1050m: 12:35.98	36.78	1450m: 17:29.74	36.44
	300m: 3:29.65 35.99	700m: 8:20.50	37.02	1100m: 13:12.96	36.98	1500m: 18:05.06	35.32
	350m: 4:05.36 35.71	750m: 8:56.58	36.08	1150m: 13:49.72	36.76		
	400m: 4:41.69 36.33	800m: 9:33.19	36.61	1200m: 14:26.24	36.52		
11.	<b>Maria Joao Fernandes</b>	97	<b>Vilacondense</b>	<b>18:08.03</b>	<b>+0,83</b>	<b>615</b>	
	50m: 32.46 32.46	450m: 5:22.90	35.82	850m: 10:14.13	36.55	1250m: 15:06.70	36.14
	100m: 1:07.66 35.20	500m: 5:59.02	36.12	900m: 10:51.01	36.88	1300m: 15:43.57	36.87
	150m: 1:43.35 35.69	550m: 6:35.47	36.45	950m: 11:27.46	36.45	1350m: 16:19.74	36.17
	200m: 2:20.23 36.88	600m: 7:11.99	36.52	1000m: 12:04.24	36.78	1400m: 16:56.38	36.64
	250m: 2:57.16 36.93	650m: 7:48.12	36.13	1050m: 12:40.66	36.42	1450m: 17:32.35	35.97
	300m: 3:34.16 37.00	700m: 8:24.51	36.39	1100m: 13:17.40	36.74	1500m: 18:08.03	35.68
	350m: 4:10.44 36.28	750m: 9:00.94	36.43	1150m: 13:53.53	36.13		
	400m: 4:47.08 36.64	800m: 9:37.58	36.64	1200m: 14:30.56	37.03		

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	<b>Maria Carolina Costa</b>	01	Porto	<b>18:08.71</b>	<b>+0,78</b>	<b>614</b>	
	50m: 31.60 31.60	450m: 5:17.04	36.68	850m: 10:09.38	36.82	1250m: 15:03.96	37.23
	100m: 1:06.28 34.68	500m: 5:53.55	36.51	900m: 10:46.00	36.62	1300m: 15:41.28	37.32
	150m: 1:41.68 35.40	550m: 6:29.79	36.24	950m: 11:22.85	36.85	1350m: 16:18.59	37.31
	200m: 2:17.29 35.61	600m: 7:06.42	36.63	1000m: 11:59.53	36.68	1400m: 16:55.89	37.30
	250m: 2:53.00 35.71	650m: 7:42.81	36.39	1050m: 12:36.61	37.08	1450m: 17:32.45	36.56
	300m: 3:28.45 35.45	700m: 8:19.27	36.46	1100m: 13:12.91	36.30	1500m: 18:08.71	36.26
	350m: 4:04.36 35.91	750m: 8:55.90	36.63	1150m: 13:50.05	37.14		
	400m: 4:40.36 36.00	800m: 9:32.56	36.66	1200m: 14:26.73	36.68		
13.	<b>Ana Silva Costa</b>	98	Famalicao	<b>18:11.14</b>	<b>+0,77</b>	<b>610</b>	
	50m: 32.48 32.48	450m: 5:21.51	36.82	850m: 10:12.38	36.67	1250m: 15:07.40	37.63
	100m: 1:07.10 34.62	500m: 5:57.67	36.16	900m: 10:49.04	36.66	1300m: 15:44.46	37.06
	150m: 1:43.11 36.01	550m: 6:34.18	36.51	950m: 11:26.10	37.06	1350m: 16:21.79	37.33
	200m: 2:19.29 36.18	600m: 7:10.15	35.97	1000m: 12:01.91	35.81	1400m: 16:58.31	36.52
	250m: 2:55.65 36.36	650m: 7:46.70	36.55	1050m: 12:38.78	36.87	1450m: 17:34.91	36.60
	300m: 3:31.76 36.11	700m: 8:22.82	36.12	1100m: 13:15.40	36.62	1500m: 18:11.14	36.23
	350m: 4:08.71 36.95	750m: 8:59.20	36.38	1150m: 13:52.21	36.81		
	400m: 4:44.69 35.98	800m: 9:35.71	36.51	1200m: 14:29.77	37.56		
14.	<b>Carolina Madeira Santos</b>	96	Naval Amorense	<b>18:30.47</b>	<b>+0,91</b>	<b>578</b>	
	50m: 31.86 31.86	450m: 5:26.32	37.26	850m: 10:23.97	37.27	1250m: 15:25.00	37.84
	100m: 1:07.50 35.64	500m: 6:03.37	37.05	900m: 11:01.31	37.34	1300m: 16:02.66	37.66
	150m: 1:43.98 36.48	550m: 6:40.37	37.00	950m: 11:39.13	37.82	1350m: 16:39.88	37.22
	200m: 2:20.65 36.67	600m: 7:17.72	37.35	1000m: 12:16.52	37.39	1400m: 17:17.46	37.58
	250m: 2:57.44 36.79	650m: 7:54.94	37.22	1050m: 12:54.14	37.62	1450m: 17:54.36	36.90
	300m: 3:34.61 37.17	700m: 8:32.10	37.16	1100m: 13:31.58	37.44	1500m: 18:30.47	36.11
	350m: 4:11.63 37.02	750m: 9:09.27	37.17	1150m: 14:09.29	37.71		
	400m: 4:49.06 37.43	800m: 9:46.70	37.43	1200m: 14:47.16	37.87		
15.	<b>Mariana Pinto Angelo</b>	99	Academica de Coimbra	<b>18:33.85</b>	<b>+0,71</b>	<b>573</b>	
	50m: 33.17 33.17	450m: 5:28.82	37.10	850m: 10:27.54	37.53	1250m: 15:30.00	37.84
	100m: 1:09.20 36.03	500m: 6:06.08	37.26	900m: 11:05.14	37.60	1300m: 16:07.57	37.57
	150m: 1:45.81 36.61	550m: 6:43.21	37.13	950m: 11:42.92	37.78	1350m: 16:44.57	37.00
	200m: 2:22.90 37.09	600m: 7:20.41	37.20	1000m: 12:20.92	38.00	1400m: 17:21.81	37.24
	250m: 3:00.00 37.10	650m: 7:57.69	37.28	1050m: 12:58.45	37.53	1450m: 17:58.88	37.07
	300m: 3:37.28 37.28	700m: 8:35.19	37.50	1100m: 13:36.36	37.91	1500m: 18:33.85	34.97
	350m: 4:14.18 36.90	750m: 9:12.71	37.52	1150m: 14:14.28	37.92		
	400m: 4:51.72 37.54	800m: 9:50.01	37.30	1200m: 14:52.16	37.88		
16.	<b>Maria Beatriz Dias</b>	99	Scalabiswim	<b>18:34.03</b>	<b>+0,79</b>	<b>573</b>	
	50m: 32.73 32.73	450m: 5:29.53	37.83	850m: 10:32.44	37.22	1250m: 15:30.65	36.84
	100m: 1:08.57 35.84	500m: 6:07.45	37.92	900m: 11:09.88	37.44	1300m: 16:07.79	37.14
	150m: 1:45.05 36.48	550m: 6:45.32	37.87	950m: 11:47.58	37.70	1350m: 16:44.27	36.48
	200m: 2:21.87 36.82	600m: 7:23.59	38.27	1000m: 12:25.04	37.46	1400m: 17:21.06	36.79
	250m: 2:59.08 37.21	650m: 8:01.53	37.94	1050m: 13:02.19	37.15	1450m: 17:58.32	37.26
	300m: 3:36.48 37.40	700m: 8:39.65	38.12	1100m: 13:39.66	37.47	1500m: 18:34.03	35.71
	350m: 4:14.01 37.53	750m: 9:17.34	37.69	1150m: 14:16.64	36.98		
	400m: 4:51.70 37.69	800m: 9:55.22	37.88	1200m: 14:53.81	37.17		
17.	<b>Rafaela Araujo Silva</b>	00	Famalicao	<b>18:34.52</b>	<b>+0,81</b>	<b>572</b>	
	50m: 32.10 32.10	450m: 5:26.95	37.82	850m: 10:25.94	37.69	1250m: 15:27.67	37.94
	100m: 1:07.70 35.60	500m: 6:04.07	37.12	900m: 11:03.78	37.84	1300m: 16:05.46	37.79
	150m: 1:43.93 36.23	550m: 6:41.45	37.38	950m: 11:41.44	37.66	1350m: 16:43.29	37.83
	200m: 2:20.56 36.63	600m: 7:18.64	37.19	1000m: 12:18.98	37.54	1400m: 17:21.01	37.72
	250m: 2:57.76 37.20	650m: 7:55.92	37.28	1050m: 12:56.49	37.51	1450m: 17:58.38	37.37
	300m: 3:34.77 37.01	700m: 8:33.32	37.40	1100m: 13:34.13	37.64	1500m: 18:34.52	36.14
	350m: 4:12.00 37.23	750m: 9:10.60	37.28	1150m: 14:11.85	37.72		
	400m: 4:49.13 37.13	800m: 9:48.25	37.65	1200m: 14:49.73	37.88		

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
18.	Ines Figueira Santos	00	Uniao Piedense	<b>18:35.26</b>	<b>+0,86</b>	<b>571</b>		
	50m: 32.96	32.96	450m: 5:27.45	37.43	850m: 10:27.92	37.73	1250m: 15:30.74	37.71
	100m: 1:09.24	36.28	500m: 6:04.76	37.31	900m: 11:05.90	37.98	1300m: 16:08.63	37.89
	150m: 1:45.98	36.74	550m: 6:42.02	37.26	950m: 11:43.99	38.09	1350m: 16:46.06	37.43
	200m: 2:22.19	36.21	600m: 7:19.16	37.14	1000m: 12:21.77	37.78	1400m: 17:23.49	37.43
	250m: 2:59.20	37.01	650m: 7:56.62	37.46	1050m: 12:59.79	38.02	1450m: 17:59.92	36.43
	300m: 3:35.90	36.70	700m: 8:34.30	37.68	1100m: 13:37.72	37.93	1500m: 18:35.26	35.34
	350m: 4:13.03	37.13	750m: 9:12.21	37.91	1150m: 14:15.11	37.39		
	400m: 4:50.02	36.99	800m: 9:50.19	37.98	1200m: 14:53.03	37.92		
19.	Eliana Dirce Lourenco	00	Galitos / Bresimar	<b>18:39.77</b>	<b>+0,68</b>	<b>564</b>		
	50m: 32.81	32.81	450m: 5:28.97	37.27	850m: 10:31.20	37.05	1250m: 15:33.63	38.14
	100m: 1:09.42	36.61	500m: 6:06.99	38.02	900m: 11:09.23	38.03	1300m: 16:12.36	38.73
	150m: 1:45.97	36.55	550m: 6:44.41	37.42	950m: 11:46.72	37.49	1350m: 16:49.88	37.52
	200m: 2:22.85	36.88	600m: 7:22.52	38.11	1000m: 12:24.25	37.53	1400m: 17:28.12	38.24
	250m: 2:59.66	36.81	650m: 8:00.17	37.65	1050m: 13:01.51	37.26	1450m: 18:04.30	36.18
	300m: 3:37.16	37.50	700m: 8:38.42	38.25	1100m: 13:39.32	37.81	1500m: 18:39.77	35.47
	350m: 4:14.14	36.98	750m: 9:15.98	37.56	1150m: 14:17.16	37.84		
	400m: 4:51.70	37.56	800m: 9:54.15	38.17	1200m: 14:55.49	38.33		
20.	Ana Luisa Santo	95	Benfica	<b>18:42.44</b>	<b>+0,82</b>	<b>560</b>		
	50m: 33.20	33.20	450m: 5:26.42	37.37	850m: 10:28.11	37.49	1250m: 15:31.89	38.04
	100m: 1:08.83	35.63	500m: 6:03.73	37.31	900m: 11:06.24	38.13	1300m: 16:11.13	39.24
	150m: 1:45.01	36.18	550m: 6:40.79	37.06	950m: 11:44.47	38.23	1350m: 16:49.83	38.70
	200m: 2:21.52	36.51	600m: 7:18.35	37.56	1000m: 12:23.14	38.67	1400m: 17:28.40	38.57
	250m: 2:57.96	36.44	650m: 7:56.15	37.80	1050m: 13:00.28	37.14	1450m: 18:05.79	37.39
	300m: 3:34.91	36.95	700m: 8:34.50	38.35	1100m: 13:37.79	37.51	1500m: 18:42.44	36.65
	350m: 4:11.91	37.00	750m: 9:12.55	38.05	1150m: 14:15.31	37.52		
	400m: 4:49.05	37.14	800m: 9:50.62	38.07	1200m: 14:53.85	38.54		
21.	Ana Pires Brito	99	Colegio Monte Maior	<b>18:45.22</b>	<b>+0,77</b>	<b>556</b>		
	50m: 33.04	33.04	450m: 5:32.22	37.66	850m: 10:32.96	37.80	1250m: 15:37.99	38.20
	100m: 1:09.31	36.27	500m: 6:09.71	37.49	900m: 11:10.84	37.88	1300m: 16:16.00	38.01
	150m: 1:46.72	37.41	550m: 6:47.20	37.49	950m: 11:48.80	37.96	1350m: 16:53.57	37.57
	200m: 2:23.99	37.27	600m: 7:24.68	37.48	1000m: 12:26.92	38.12	1400m: 17:31.20	37.63
	250m: 3:01.68	37.69	650m: 8:02.32	37.64	1050m: 13:05.20	38.28	1450m: 18:08.63	37.43
	300m: 3:39.33	37.65	700m: 8:40.10	37.78	1100m: 13:43.55	38.35	1500m: 18:45.22	36.59
	350m: 4:16.80	37.47	750m: 9:17.56	37.46	1150m: 14:21.61	38.06		
	400m: 4:54.56	37.76	800m: 9:55.16	37.60	1200m: 14:59.79	38.18		
22.	Beatriz Marques Ferreira	00	Campinho	<b>18:59.89</b>	<b>+0,74</b>	<b>535</b>		
	50m: 32.94	32.94	450m: 5:33.12	37.86	850m: 10:37.65	38.25	1250m: 15:48.82	39.08
	100m: 1:09.60	36.66	500m: 6:10.74	37.62	900m: 11:16.32	38.67	1300m: 16:27.68	38.86
	150m: 1:47.02	37.42	550m: 6:48.69	37.95	950m: 11:55.64	39.32	1350m: 17:06.54	38.86
	200m: 2:24.60	37.58	600m: 7:26.67	37.98	1000m: 12:35.23	39.59	1400m: 17:45.12	38.58
	250m: 3:02.05	37.45	650m: 8:04.84	38.17	1050m: 13:13.47	38.24	1450m: 18:22.97	37.85
	300m: 3:39.70	37.65	700m: 8:42.87	38.03	1100m: 13:52.27	38.80	1500m: 18:59.89	36.92
	350m: 4:17.30	37.60	750m: 9:20.89	38.02	1150m: 14:31.31	39.04		
	400m: 4:55.26	37.96	800m: 9:59.40	38.51	1200m: 15:09.74	38.43		
23.	Beatriz Neves Cardoso	98	Colegio SMLamas	<b>19:02.28</b>	<b>+0,85</b>	<b>531</b>		
	50m: 33.78	33.78	450m: 5:36.21	38.05	850m: 10:42.94	38.65	1250m: 15:52.10	38.79
	100m: 1:10.00	36.22	500m: 6:14.42	38.21	900m: 11:21.62	38.68	1300m: 16:31.25	39.15
	150m: 1:47.52	37.52	550m: 6:52.62	38.20	950m: 12:00.08	38.46	1350m: 17:09.67	38.42
	200m: 2:25.34	37.82	600m: 7:30.84	38.22	1000m: 12:38.61	38.53	1400m: 17:48.15	38.48
	250m: 3:03.45	38.11	650m: 8:09.17	38.33	1050m: 13:17.10	38.49	1450m: 18:26.38	38.23
	300m: 3:41.78	38.33	700m: 8:47.49	38.32	1100m: 13:55.91	38.81	1500m: 19:02.28	35.90
	350m: 4:20.09	38.31	750m: 9:25.79	38.30	1150m: 14:34.63	38.72		
	400m: 4:58.16	38.07	800m: 10:04.29	38.50	1200m: 15:13.31	38.68		

Prova 12, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
24.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	<b>19:04.96</b>	<b>+0,79</b>	<b>528</b>		
	50m: 33.15	33.15	450m: 5:34.99	38.80	850m: 10:42.60	38.57	1250m: 15:52.84	38.88
	100m: 1:09.73	36.58	500m: 6:13.28	38.29	900m: 11:21.76	39.16	1300m: 16:31.82	38.98
	150m: 1:47.07	37.34	550m: 6:51.74	38.46	950m: 12:00.25	38.49	1350m: 17:10.59	38.77
	200m: 2:24.53	37.46	600m: 7:30.29	38.55	1000m: 12:39.03	38.78	1400m: 17:49.38	38.79
	250m: 3:02.52	37.99	650m: 8:08.95	38.66	1050m: 13:17.89	38.86	1450m: 18:27.35	37.97
	300m: 3:40.18	37.66	700m: 8:47.10	38.15	1100m: 13:56.56	38.67	1500m: 19:04.96	37.61
	350m: 4:18.14	37.96	750m: 9:25.58	38.48	1150m: 14:35.06	38.50		
	400m: 4:56.19	38.05	800m: 10:04.03	38.45	1200m: 15:13.96	38.90		
25.	Mariana Silva Ramos	00	Sporting	<b>19:10.06</b>	<b>+0,80</b>	<b>521</b>		
	50m: 33.04	33.04	450m: 5:31.57	38.05	850m: 10:44.93	39.09	1250m: 15:58.97	39.04
	100m: 1:08.42	35.38	500m: 6:10.52	38.95	900m: 11:24.43	39.50	1300m: 16:37.61	38.64
	150m: 1:44.87	36.45	550m: 6:49.38	38.86	950m: 12:04.12	39.69	1350m: 17:16.09	38.48
	200m: 2:22.13	37.26	600m: 7:28.65	39.27	1000m: 12:43.60	39.48	1400m: 17:54.42	38.33
	250m: 2:59.58	37.45	650m: 8:07.98	39.33	1050m: 13:22.95	39.35	1450m: 18:32.91	38.49
	300m: 3:37.44	37.86	700m: 8:47.30	39.32	1100m: 14:02.18	39.23	1500m: 19:10.06	37.15
	350m: 4:15.22	37.78	750m: 9:26.47	39.17	1150m: 14:41.11	38.93		
	400m: 4:53.52	38.30	800m: 10:05.84	39.37	1200m: 15:19.93	38.82		
26.	Catarina Costa Fernandes	99	Assoc Cult Desp Colegio Berna	<b>19:10.26</b>	<b>+0,76</b>	<b>520</b>		
	50m: 33.31	33.31	450m: 5:35.13	38.25	850m: 10:43.32	38.70	1250m: 15:55.19	39.48
	100m: 1:10.70	37.39	500m: 6:14.03	38.90	900m: 11:21.83	38.51	1300m: 16:34.80	39.61
	150m: 1:47.72	37.02	550m: 6:52.33	38.30	950m: 12:00.67	38.84	1350m: 17:14.46	39.66
	200m: 2:25.43	37.71	600m: 7:30.75	38.42	1000m: 12:39.30	38.63	1400m: 17:53.71	39.25
	250m: 3:03.10	37.67	650m: 8:08.99	38.24	1050m: 13:18.16	38.86	1450m: 18:32.64	38.93
	300m: 3:41.22	38.12	700m: 8:47.72	38.73	1100m: 13:57.31	39.15	1500m: 19:10.26	37.62
	350m: 4:18.93	37.71	750m: 9:26.01	38.29	1150m: 14:36.37	39.06		
	400m: 4:56.88	37.95	800m: 10:04.62	38.61	1200m: 15:15.71	39.34		
27.	Sara Lopes Barbosa	00	Aquatico Pacense	<b>19:13.56</b>	<b>+0,83</b>	<b>516</b>		
	50m: 33.88	33.88	450m: 5:33.78	37.70	850m: 10:42.85	39.20	1250m: 15:57.91	39.46
	100m: 1:11.10	37.22	500m: 6:11.69	37.91	900m: 11:21.64	38.79	1300m: 16:37.55	39.64
	150m: 1:48.48	37.38	550m: 6:49.75	38.06	950m: 12:01.12	39.48	1350m: 17:16.55	39.00
	200m: 2:25.93	37.45	600m: 7:28.06	38.31	1000m: 12:40.32	39.20	1400m: 17:55.99	39.44
	250m: 3:03.25	37.32	650m: 8:06.71	38.65	1050m: 13:19.83	39.51	1450m: 18:34.73	38.74
	300m: 3:40.83	37.58	700m: 8:45.44	38.73	1100m: 13:59.34	39.51	1500m: 19:13.56	38.83
	350m: 4:18.35	37.52	750m: 9:24.39	38.95	1150m: 14:39.02	39.68		
	400m: 4:56.08	37.73	800m: 10:03.65	39.26	1200m: 15:18.45	39.43		
28.	Ines Silva Oliveira	00	Individual ANNP	<b>19:17.15</b>	<b>+0,86</b>	<b>511</b>		
	50m: 32.97	32.97	450m: 5:32.97	38.12	850m: 10:44.57	39.67	1250m: 16:02.23	39.56
	100m: 1:09.74	36.77	500m: 6:11.05	38.08	900m: 11:23.87	39.30	1300m: 16:41.46	39.23
	150m: 1:46.95	37.21	550m: 6:49.24	38.19	950m: 12:03.04	39.17	1350m: 17:21.35	39.89
	200m: 2:24.21	37.26	600m: 7:28.04	38.80	1000m: 12:43.21	40.17	1400m: 18:00.04	38.69
	250m: 3:01.67	37.46	650m: 8:06.92	38.88	1050m: 13:23.01	39.80	1450m: 18:38.96	38.92
	300m: 3:39.50	37.83	700m: 8:45.88	38.96	1100m: 14:02.72	39.71	1500m: 19:17.15	38.19
	350m: 4:17.09	37.59	750m: 9:25.48	39.60	1150m: 14:42.69	39.97		
	400m: 4:54.85	37.76	800m: 10:04.90	39.42	1200m: 15:22.67	39.98		
29.	Madalena Melim Doria	00	Desportivo Nacional	<b>19:35.01</b>	<b>+0,81</b>	<b>488</b>		
	50m: 34.24	34.24	450m: 5:47.15	39.32	850m: 11:02.75	39.23	1250m: 16:19.96	39.34
	100m: 1:12.87	38.63	500m: 6:26.60	39.45	900m: 11:42.76	40.01	1300m: 16:59.56	39.60
	150m: 1:51.88	39.01	550m: 7:05.81	39.21	950m: 12:22.11	39.35	1350m: 17:38.84	39.28
	200m: 2:31.02	39.14	600m: 7:45.82	40.01	1000m: 13:01.96	39.85	1400m: 18:18.36	39.52
	250m: 3:10.02	39.00	650m: 8:24.83	39.01	1050m: 13:41.46	39.50	1450m: 18:57.49	39.13
	300m: 3:49.41	39.39	700m: 9:04.39	39.56	1100m: 14:21.36	39.90	1500m: 19:35.01	37.52
	350m: 4:28.49	39.08	750m: 9:43.78	39.39	1150m: 15:00.82	39.46		
	400m: 5:07.83	39.34	800m: 10:23.52	39.74	1200m: 15:40.62	39.80		
DNS	Andreia Brito Pereira	00	Condeixa Clube					

Prova 12, Femin., 1500m Livres

Prova 12  
11-03-2016 - 17:00

Femin., 1500m Livres

Juniores  
Resultados

Rec Nac Absoluto	16:43.22	Tamila Hryhorivna Holub	POR	Singapore (SIN)	29-08-2015
Rec Nac Jun16	16:47.35	Tamila Hryhorivna Holub	POR	Coimbra	31-05-2015
Rec Nac Jun17	16:43.22	Tamila Hryhorivna Holub	POR	Singapore (SIN)	29-08-2015

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Tamila Hryhorivna Holub	99	Braga	<b>16:40.54</b>	+0,89	791		
<i>Recorde Nacional, Abs e Junior 17</i>								
	50m: 31.92	31.92	450m: 4:59.01	33.16	850m: 9:25.84	33.46	1250m: 13:54.57	33.56
	100m: 1:05.01	33.09	500m: 5:31.73	32.72	900m: 9:59.44	33.60	1300m: 14:27.97	33.40
	150m: 1:38.78	33.77	550m: 6:04.95	33.22	950m: 10:33.14	33.70	1350m: 15:01.93	33.96
	200m: 2:12.41	33.63	600m: 6:38.26	33.31	1000m: 11:06.89	33.75	1400m: 15:35.72	33.79
	250m: 2:46.07	33.66	650m: 7:11.72	33.46	1050m: 11:40.37	33.48	1450m: 16:08.66	32.94
	300m: 3:19.51	33.44	700m: 7:45.08	33.36	1100m: 12:13.99	33.62	1500m: 16:40.54	31.88
	350m: 3:52.96	33.45	750m: 8:18.79	33.71	1150m: 12:47.46	33.47		
	400m: 4:25.85	32.89	800m: 8:52.38	33.59	1200m: 13:21.01	33.55		
2.	Beatriz Paulo Ranito	99	Sporting	<b>17:47.85</b>	+0,76	650		
	50m: 31.38	31.38	450m: 5:10.74	35.86	850m: 9:59.79	36.54	1250m: 14:50.09	36.19
	100m: 1:05.14	33.76	500m: 5:46.55	35.81	900m: 10:36.11	36.32	1300m: 15:25.79	35.70
	150m: 1:39.70	34.56	550m: 6:22.81	36.26	950m: 11:12.95	36.84	1350m: 16:01.87	36.08
	200m: 2:14.53	34.83	600m: 6:58.69	35.88	1000m: 11:49.79	36.84	1400m: 16:37.71	35.84
	250m: 2:49.30	34.77	650m: 7:34.73	36.04	1050m: 12:25.87	36.08	1450m: 17:13.17	35.46
	300m: 3:24.06	34.76	700m: 8:10.60	35.87	1100m: 13:01.71	35.84	1500m: 17:47.85	34.68
	350m: 3:59.32	35.26	750m: 8:46.91	36.31	1150m: 13:37.89	36.18		
	400m: 4:34.88	35.56	800m: 9:23.25	36.34	1200m: 14:13.90	36.01		
3.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	<b>17:50.23</b>	+0,92	646		
	50m: 32.17	32.17	450m: 5:16.32	35.88	850m: 10:03.71	36.01	1250m: 14:51.15	35.90
	100m: 1:06.84	34.67	500m: 5:52.21	35.89	900m: 10:39.73	36.02	1300m: 15:27.13	35.98
	150m: 1:42.28	35.44	550m: 6:27.92	35.71	950m: 11:15.66	35.93	1350m: 16:03.17	36.04
	200m: 2:17.81	35.53	600m: 7:03.95	36.03	1000m: 11:51.67	36.01	1400m: 16:39.25	36.08
	250m: 2:53.27	35.46	650m: 7:39.66	35.71	1050m: 12:27.59	35.92	1450m: 17:15.02	35.77
	300m: 3:28.95	35.68	700m: 8:15.46	35.80	1100m: 13:03.63	36.04	1500m: 17:50.23	35.21
	350m: 4:04.54	35.59	750m: 8:51.65	36.19	1150m: 13:39.46	35.83		
	400m: 4:40.44	35.90	800m: 9:27.70	36.05	1200m: 14:15.25	35.79		
4.	Eva Guerreiro Carvalho	99	Uniao Piedense	<b>18:04.30</b>	+0,99	621		
	50m: 32.48	32.48	450m: 5:20.76	36.60	850m: 10:11.94	36.88	1250m: 15:02.84	36.26
	100m: 1:07.02	34.54	500m: 5:56.88	36.12	900m: 10:48.38	36.44	1300m: 15:39.24	36.40
	150m: 1:42.89	35.87	550m: 6:33.27	36.39	950m: 11:25.01	36.63	1350m: 16:15.58	36.34
	200m: 2:18.89	36.00	600m: 7:09.39	36.12	1000m: 12:01.19	36.18	1400m: 16:52.73	37.15
	250m: 2:55.35	36.46	650m: 7:45.89	36.50	1050m: 12:37.52	36.33	1450m: 17:28.92	36.19
	300m: 3:31.54	36.19	700m: 8:22.08	36.19	1100m: 13:13.58	36.06	1500m: 18:04.30	35.38
	350m: 4:08.03	36.49	750m: 8:58.63	36.55	1150m: 13:50.41	36.83		
	400m: 4:44.16	36.13	800m: 9:35.06	36.43	1200m: 14:26.58	36.17		
5.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	<b>18:05.06</b>	+0,79	620		
	50m: 32.23	32.23	450m: 5:17.62	35.93	850m: 10:09.90	36.71	1250m: 15:03.02	36.78
	100m: 1:07.12	34.89	500m: 5:54.28	36.66	900m: 10:46.53	36.63	1300m: 15:39.92	36.90
	150m: 1:42.57	35.45	550m: 6:30.24	35.96	950m: 11:22.62	36.09	1350m: 16:16.50	36.58
	200m: 2:18.10	35.53	600m: 7:06.83	36.59	1000m: 11:59.20	36.58	1400m: 16:53.30	36.80
	250m: 2:53.66	35.56	650m: 7:43.48	36.65	1050m: 12:35.98	36.78	1450m: 17:29.74	36.44
	300m: 3:29.65	35.99	700m: 8:20.50	37.02	1100m: 13:12.96	36.98	1500m: 18:05.06	35.32
	350m: 4:05.36	35.71	750m: 8:56.58	36.08	1150m: 13:49.72	36.76		
	400m: 4:41.69	36.33	800m: 9:33.19	36.61	1200m: 14:26.24	36.52		

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Mariana Pinto Angelo	99	Academica de Coimbra	<b>18:33.85</b>	<b>+0,71</b>	<b>573</b>	
	50m: 33.17 33.17	450m: 5:28.82 37.10	850m: 10:27.54 37.53	1250m: 15:30.00 37.84			
	100m: 1:09.20 36.03	500m: 6:06.08 37.26	900m: 11:05.14 37.60	1300m: 16:07.57 37.57			
	150m: 1:45.81 36.61	550m: 6:43.21 37.13	950m: 11:42.92 37.78	1350m: 16:44.57 37.00			
	200m: 2:22.90 37.09	600m: 7:20.41 37.20	1000m: 12:20.92 38.00	1400m: 17:21.81 37.24			
	250m: 3:00.00 37.10	650m: 7:57.69 37.28	1050m: 12:58.45 37.53	1450m: 17:58.88 37.07			
	300m: 3:37.28 37.28	700m: 8:35.19 37.50	1100m: 13:36.36 37.91	1500m: 18:33.85 34.97			
	350m: 4:14.18 36.90	750m: 9:12.71 37.52	1150m: 14:14.28 37.92				
	400m: 4:51.72 37.54	800m: 9:50.01 37.30	1200m: 14:52.16 37.88				
7.	Maria Beatriz Dias	99	Scalabiswim	<b>18:34.03</b>	<b>+0,79</b>	<b>573</b>	
	50m: 32.73 32.73	450m: 5:29.53 37.83	850m: 10:32.44 37.22	1250m: 15:30.65 36.84			
	100m: 1:08.57 35.84	500m: 6:07.45 37.92	900m: 11:09.88 37.44	1300m: 16:07.79 37.14			
	150m: 1:45.05 36.48	550m: 6:45.32 37.87	950m: 11:47.58 37.70	1350m: 16:44.27 36.48			
	200m: 2:21.87 36.82	600m: 7:23.59 38.27	1000m: 12:25.04 37.46	1400m: 17:21.06 36.79			
	250m: 2:59.08 37.21	650m: 8:01.53 37.94	1050m: 13:02.19 37.15	1450m: 17:58.32 37.26			
	300m: 3:36.48 37.40	700m: 8:39.65 38.12	1100m: 13:39.66 37.47	1500m: 18:34.03 35.71			
	350m: 4:14.01 37.53	750m: 9:17.34 37.69	1150m: 14:16.64 36.98				
	400m: 4:51.70 37.69	800m: 9:55.22 37.88	1200m: 14:53.81 37.17				
8.	Rafaela Araujo Silva	00	Famalicao	<b>18:34.52</b>	<b>+0,81</b>	<b>572</b>	
	50m: 32.10 32.10	450m: 5:26.95 37.82	850m: 10:25.94 37.69	1250m: 15:27.67 37.94			
	100m: 1:07.70 35.60	500m: 6:04.07 37.12	900m: 11:03.78 37.84	1300m: 16:05.46 37.79			
	150m: 1:43.93 36.23	550m: 6:41.45 37.38	950m: 11:41.44 37.66	1350m: 16:43.29 37.83			
	200m: 2:20.56 36.63	600m: 7:18.64 37.19	1000m: 12:18.98 37.54	1400m: 17:21.01 37.72			
	250m: 2:57.76 37.20	650m: 7:55.92 37.28	1050m: 12:56.49 37.51	1450m: 17:58.38 37.37			
	300m: 3:34.77 37.01	700m: 8:33.32 37.40	1100m: 13:34.13 37.64	1500m: 18:34.52 36.14			
	350m: 4:12.00 37.23	750m: 9:10.60 37.28	1150m: 14:11.85 37.72				
	400m: 4:49.13 37.13	800m: 9:48.25 37.65	1200m: 14:49.73 37.88				
9.	Ines Figueira Santos	00	Uniao Piedense	<b>18:35.26</b>	<b>+0,86</b>	<b>571</b>	
	50m: 32.96 32.96	450m: 5:27.45 37.43	850m: 10:27.92 37.73	1250m: 15:30.74 37.71			
	100m: 1:09.24 36.28	500m: 6:04.76 37.31	900m: 11:05.90 37.98	1300m: 16:08.63 37.89			
	150m: 1:45.98 36.74	550m: 6:42.02 37.26	950m: 11:43.99 38.09	1350m: 16:46.06 37.43			
	200m: 2:22.19 36.21	600m: 7:19.16 37.14	1000m: 12:21.77 37.78	1400m: 17:23.49 37.43			
	250m: 2:59.20 37.01	650m: 7:56.62 37.46	1050m: 12:59.79 38.02	1450m: 17:59.92 36.43			
	300m: 3:35.90 36.70	700m: 8:34.30 37.68	1100m: 13:37.72 37.93	1500m: 18:35.26 35.34			
	350m: 4:13.03 37.13	750m: 9:12.21 37.91	1150m: 14:15.11 37.39				
	400m: 4:50.02 36.99	800m: 9:50.19 37.98	1200m: 14:53.03 37.92				
10.	Eliana Dirce Lourenco	00	Galitos / Bresimar	<b>18:39.77</b>	<b>+0,68</b>	<b>564</b>	
	50m: 32.81 32.81	450m: 5:28.97 37.27	850m: 10:31.20 37.05	1250m: 15:33.63 38.14			
	100m: 1:09.42 36.61	500m: 6:06.99 38.02	900m: 11:09.23 38.03	1300m: 16:12.36 38.73			
	150m: 1:45.97 36.55	550m: 6:44.41 37.42	950m: 11:46.72 37.49	1350m: 16:49.88 37.52			
	200m: 2:22.85 36.88	600m: 7:22.52 38.11	1000m: 12:24.25 37.53	1400m: 17:28.12 38.24			
	250m: 2:59.66 36.81	650m: 8:00.17 37.65	1050m: 13:01.51 37.26	1450m: 18:04.30 36.18			
	300m: 3:37.16 37.50	700m: 8:38.42 38.25	1100m: 13:39.32 37.81	1500m: 18:39.77 35.47			
	350m: 4:14.14 36.98	750m: 9:15.98 37.56	1150m: 14:17.16 37.84				
	400m: 4:51.70 37.56	800m: 9:54.15 38.17	1200m: 14:55.49 38.33				
11.	Ana Pires Brito	99	Colegio Monte Maior	<b>18:45.22</b>	<b>+0,77</b>	<b>556</b>	
	50m: 33.04 33.04	450m: 5:32.22 37.66	850m: 10:32.96 37.80	1250m: 15:37.99 38.20			
	100m: 1:09.31 36.27	500m: 6:09.71 37.49	900m: 11:10.84 37.88	1300m: 16:16.00 38.01			
	150m: 1:46.72 37.41	550m: 6:47.20 37.49	950m: 11:48.80 37.96	1350m: 16:53.57 37.57			
	200m: 2:23.99 37.27	600m: 7:24.68 37.48	1000m: 12:26.92 38.12	1400m: 17:31.20 37.63			
	250m: 3:01.68 37.69	650m: 8:02.32 37.64	1050m: 13:05.20 38.28	1450m: 18:08.63 37.43			
	300m: 3:39.33 37.65	700m: 8:40.10 37.78	1100m: 13:43.55 38.35	1500m: 18:45.22 36.59			
	350m: 4:16.80 37.47	750m: 9:17.56 37.46	1150m: 14:21.61 38.06				
	400m: 4:54.56 37.76	800m: 9:55.16 37.60	1200m: 14:59.79 38.18				

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Beatriz Marques Ferreira	00	Campinho	<b>18:59.89</b>	<b>+0,74</b>	<b>535</b>	
	50m: 32.94 32.94	450m: 5:33.12	37.86	850m: 10:37.65	38.25	1250m: 15:48.82	39.08
	100m: 1:09.60 36.66	500m: 6:10.74	37.62	900m: 11:16.32	38.67	1300m: 16:27.68	38.86
	150m: 1:47.02 37.42	550m: 6:48.69	37.95	950m: 11:55.64	39.32	1350m: 17:06.54	38.86
	200m: 2:24.60 37.58	600m: 7:26.67	37.98	1000m: 12:35.23	39.59	1400m: 17:45.12	38.58
	250m: 3:02.05 37.45	650m: 8:04.84	38.17	1050m: 13:13.47	38.24	1450m: 18:22.97	37.85
	300m: 3:39.70 37.65	700m: 8:42.87	38.03	1100m: 13:52.27	38.80	1500m: 18:59.89	36.92
	350m: 4:17.30 37.60	750m: 9:20.89	38.02	1150m: 14:31.31	39.04		
	400m: 4:55.26 37.96	800m: 9:59.40	38.51	1200m: 15:09.74	38.43		
13.	Mariana Silva Ramos	00	Sporting	<b>19:10.06</b>	<b>+0,80</b>	<b>521</b>	
	50m: 33.04 33.04	450m: 5:31.57	38.05	850m: 10:44.93	39.09	1250m: 15:58.97	39.04
	100m: 1:08.42 35.38	500m: 6:10.52	38.95	900m: 11:24.43	39.50	1300m: 16:37.61	38.64
	150m: 1:44.87 36.45	550m: 6:49.38	38.86	950m: 12:04.12	39.69	1350m: 17:16.09	38.48
	200m: 2:22.13 37.26	600m: 7:28.65	39.27	1000m: 12:43.60	39.48	1400m: 17:54.42	38.33
	250m: 2:59.58 37.45	650m: 8:07.98	39.33	1050m: 13:22.95	39.35	1450m: 18:32.91	38.49
	300m: 3:37.44 37.86	700m: 8:47.30	39.32	1100m: 14:02.18	39.23	1500m: 19:10.06	37.15
	350m: 4:15.22 37.78	750m: 9:26.47	39.17	1150m: 14:41.11	38.93		
	400m: 4:53.52 38.30	800m: 10:05.84	39.37	1200m: 15:19.93	38.82		
14.	Catarina Costa Fernandes	99	Assoc Cult Desp Colegio Berna	<b>19:10.26</b>	<b>+0,76</b>	<b>520</b>	
	50m: 33.31 33.31	450m: 5:35.13	38.25	850m: 10:43.32	38.70	1250m: 15:55.19	39.48
	100m: 1:10.70 37.39	500m: 6:14.03	38.90	900m: 11:21.83	38.51	1300m: 16:34.80	39.61
	150m: 1:47.72 37.02	550m: 6:52.33	38.30	950m: 12:00.67	38.84	1350m: 17:14.46	39.66
	200m: 2:25.43 37.71	600m: 7:30.75	38.42	1000m: 12:39.30	38.63	1400m: 17:53.71	39.25
	250m: 3:03.10 37.67	650m: 8:08.99	38.24	1050m: 13:18.16	38.86	1450m: 18:32.64	38.93
	300m: 3:41.22 38.12	700m: 8:47.72	38.73	1100m: 13:57.31	39.15	1500m: 19:10.26	37.62
	350m: 4:18.93 37.71	750m: 9:26.01	38.29	1150m: 14:36.37	39.06		
	400m: 4:56.88 37.95	800m: 10:04.62	38.61	1200m: 15:15.71	39.34		
15.	Sara Lopes Barbosa	00	Aquatico Pacense	<b>19:13.56</b>	<b>+0,83</b>	<b>516</b>	
	50m: 33.88 33.88	450m: 5:33.78	37.70	850m: 10:42.85	39.20	1250m: 15:57.91	39.46
	100m: 1:11.10 37.22	500m: 6:11.69	37.91	900m: 11:21.64	38.79	1300m: 16:37.55	39.64
	150m: 1:48.48 37.38	550m: 6:49.75	38.06	950m: 12:01.12	39.48	1350m: 17:16.55	39.00
	200m: 2:25.93 37.45	600m: 7:28.06	38.31	1000m: 12:40.32	39.20	1400m: 17:55.99	39.44
	250m: 3:03.25 37.32	650m: 8:06.71	38.65	1050m: 13:19.83	39.51	1450m: 18:34.73	38.74
	300m: 3:40.83 37.58	700m: 8:45.44	38.73	1100m: 13:59.34	39.51	1500m: 19:13.56	38.83
	350m: 4:18.35 37.52	750m: 9:24.39	38.95	1150m: 14:39.02	39.68		
	400m: 4:56.08 37.73	800m: 10:03.65	39.26	1200m: 15:18.45	39.43		
16.	Ines Silva Oliveira	00	Individual ANNP	<b>19:17.15</b>	<b>+0,86</b>	<b>511</b>	
	50m: 32.97 32.97	450m: 5:32.97	38.12	850m: 10:44.57	39.67	1250m: 16:02.23	39.56
	100m: 1:09.74 36.77	500m: 6:11.05	38.08	900m: 11:23.87	39.30	1300m: 16:41.46	39.23
	150m: 1:46.95 37.21	550m: 6:49.24	38.19	950m: 12:03.04	39.17	1350m: 17:21.35	39.89
	200m: 2:24.21 37.26	600m: 7:28.04	38.80	1000m: 12:43.21	40.17	1400m: 18:00.04	38.69
	250m: 3:01.67 37.46	650m: 8:06.92	38.88	1050m: 13:23.01	39.80	1450m: 18:38.96	38.92
	300m: 3:39.50 37.83	700m: 8:45.88	38.96	1100m: 14:02.72	39.71	1500m: 19:17.15	38.19
	350m: 4:17.09 37.59	750m: 9:25.48	39.60	1150m: 14:42.69	39.97		
	400m: 4:54.85 37.76	800m: 10:04.90	39.42	1200m: 15:22.67	39.98		
17.	Madalena Melim Doria	00	Desportivo Nacional	<b>19:35.01</b>	<b>+0,81</b>	<b>488</b>	
	50m: 34.24 34.24	450m: 5:47.15	39.32	850m: 11:02.75	39.23	1250m: 16:19.96	39.34
	100m: 1:12.87 38.63	500m: 6:26.60	39.45	900m: 11:42.76	40.01	1300m: 16:59.56	39.60
	150m: 1:51.88 39.01	550m: 7:05.81	39.21	950m: 12:22.11	39.35	1350m: 17:38.84	39.28
	200m: 2:31.02 39.14	600m: 7:45.82	40.01	1000m: 13:01.96	39.85	1400m: 18:18.36	39.52
	250m: 3:10.02 39.00	650m: 8:24.83	39.01	1050m: 13:41.46	39.50	1450m: 18:57.49	39.13
	300m: 3:49.41 39.39	700m: 9:04.39	39.56	1100m: 14:21.36	39.90	1500m: 19:35.01	37.52
	350m: 4:28.49 39.08	750m: 9:43.78	39.39	1150m: 15:00.82	39.46		
	400m: 5:07.83 39.34	800m: 10:23.52	39.74	1200m: 15:40.62	39.80		
DNS	Andreia Brito Pereira	00	Condeixa Clube				



Prova 12, Femin., 1500m Livres

Prova 12 Femin., 1500m Livres Juvenis A  
11-03-2016 - 17:00 Resultados

Rec Nac Absoluto	16:43.22	Tamila Hryhorivna Holub	POR	Singapore (SIN)	29-08-2015
Rec Nac Juv A	16:54.60	Tamila Hryhorivna Holub	POR	Dordrecht (NED)	11-07-2014

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sara Sofia Alves	01	Columbofila Cantanhedense	<b>17:39.83</b>	<b>+0,75</b>	<b>665</b>	
	50m: 31.84 31.84	450m: 5:09.11 35.26	850m: 9:53.78 35.93	1250m: 14:41.40 36.19			
	100m: 1:05.56 33.72	500m: 5:44.60 35.49	900m: 10:29.58 35.80	1300m: 15:17.36 35.96			
	150m: 1:39.83 34.27	550m: 6:19.87 35.27	950m: 11:05.40 35.82	1350m: 15:53.27 35.91			
	200m: 2:14.49 34.66	600m: 6:55.26 35.39	1000m: 11:41.26 35.86	1400m: 16:29.43 36.16			
	250m: 2:49.14 34.65	650m: 7:30.69 35.43	1050m: 12:17.30 36.04	1450m: 17:05.07 35.64			
	300m: 3:23.70 34.56	700m: 8:06.38 35.69	1100m: 12:53.33 36.03	1500m: 17:39.83 34.76			
	350m: 3:58.67 34.97	750m: 8:42.38 36.00	1150m: 13:29.30 35.97				
	400m: 4:33.85 35.18	800m: 9:17.85 35.47	1200m: 14:05.21 35.91				
2.	Maria Carolina Costa	01	Porto	<b>18:08.71</b>	<b>+0,78</b>	<b>614</b>	
	50m: 31.60 31.60	450m: 5:17.04 36.68	850m: 10:09.38 36.82	1250m: 15:03.96 37.23			
	100m: 1:06.28 34.68	500m: 5:53.55 36.51	900m: 10:46.00 36.62	1300m: 15:41.28 37.32			
	150m: 1:41.68 35.40	550m: 6:29.79 36.24	950m: 11:22.85 36.85	1350m: 16:18.59 37.31			
	200m: 2:17.29 35.61	600m: 7:06.42 36.63	1000m: 11:59.53 36.68	1400m: 16:55.89 37.30			
	250m: 2:53.00 35.71	650m: 7:42.81 36.39	1050m: 12:36.61 37.08	1450m: 17:32.45 36.56			
	300m: 3:28.45 35.45	700m: 8:19.27 36.46	1100m: 13:12.91 36.30	1500m: 18:08.71 36.26			
	350m: 4:04.36 35.91	750m: 8:55.90 36.63	1150m: 13:50.05 37.14				
	400m: 4:40.36 36.00	800m: 9:32.56 36.66	1200m: 14:26.73 36.68				

Prova 12 Femin., 1500m Livres Seniores  
11-03-2016 - 17:00 Resultados

Rec Nac Absoluto	16:43.22	Tamila Hryhorivna Holub	POR	Singapore (SIN)	29-08-2015
Rec Nac Sen	16:46.57	Angelica Maria Andre	LSC	Famalicão	07-07-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	Fluval Portuense	<b>17:00.95</b>	<b>+0,70</b>	<b>744</b>	
	50m: 31.19 31.19	450m: 4:59.92 33.69	850m: 9:34.09 35.00	1250m: 14:11.19 34.96			
	100m: 1:04.19 33.00	500m: 5:33.49 33.57	900m: 10:08.21 34.12	1300m: 14:45.62 34.43			
	150m: 1:37.96 33.77	550m: 6:07.89 34.40	950m: 10:42.95 34.74	1350m: 15:20.27 34.65			
	200m: 2:11.75 33.79	600m: 6:41.95 34.06	1000m: 11:17.48 34.53	1400m: 15:54.32 34.05			
	250m: 2:45.85 34.10	650m: 7:16.20 34.25	1050m: 11:52.38 34.90	1450m: 16:28.60 34.28			
	300m: 3:19.29 33.44	700m: 7:50.38 34.18	1100m: 12:27.15 34.77	1500m: 17:00.95 32.35			
	350m: 3:53.00 33.71	750m: 8:24.68 34.30	1150m: 13:01.93 34.78				
	400m: 4:26.23 33.23	800m: 8:59.09 34.41	1200m: 13:36.23 34.30				
2.	Vania Soares Neves	90	Fluval Portuense	<b>17:23.06</b>	<b>+0,77</b>	<b>698</b>	
	50m: 31.87 31.87	450m: 5:07.62 35.03	850m: 9:48.12 35.20	1250m: 14:30.38 35.26			
	100m: 1:05.74 33.87	500m: 5:42.41 34.79	900m: 10:23.50 35.38	1300m: 15:05.40 35.02			
	150m: 1:39.89 34.15	550m: 6:17.27 34.86	950m: 10:58.68 35.18	1350m: 15:39.97 34.57			
	200m: 2:14.04 34.15	600m: 6:52.25 34.98	1000m: 11:34.07 35.39	1400m: 16:14.96 34.99			
	250m: 2:48.51 34.47	650m: 7:27.12 34.87	1050m: 12:09.44 35.37	1450m: 16:49.28 34.32			
	300m: 3:23.27 34.76	700m: 8:02.34 35.22	1100m: 12:44.46 35.02	1500m: 17:23.06 33.78			
	350m: 3:58.17 34.90	750m: 8:37.42 35.08	1150m: 13:19.76 35.30				
	400m: 4:32.59 34.42	800m: 9:12.92 35.50	1200m: 13:55.12 35.36				

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	<b>Maria Teresa Amorim</b>	97	Porto	<b>17:26.12</b>	<b>+0,78</b>	<b>692</b>	
	50m: 31.50 31.50	450m: 5:06.46	35.23	850m: 9:46.35	35.24	1250m: 14:30.36	35.87
	100m: 1:05.48 33.98	500m: 5:41.00	34.54	900m: 10:21.71	35.36	1300m: 15:05.76	35.40
	150m: 1:39.47 33.99	550m: 6:15.90	34.90	950m: 10:57.20	35.49	1350m: 15:40.95	35.19
	200m: 2:13.75 34.28	600m: 6:50.66	34.76	1000m: 11:32.59	35.39	1400m: 16:16.19	35.24
	250m: 2:48.14 34.39	650m: 7:25.56	34.90	1050m: 12:08.06	35.47	1450m: 16:51.67	35.48
	300m: 3:22.37 34.23	700m: 8:00.75	35.19	1100m: 12:43.46	35.40	1500m: 17:26.12	34.45
	350m: 3:57.00 34.63	750m: 8:35.90	35.15	1150m: 13:19.07	35.61		
	400m: 4:31.23 34.23	800m: 9:11.11	35.21	1200m: 13:54.49	35.42		
4.	<b>Madalena Amaro Machado</b>	98	Academico Viseu	<b>18:04.47</b>	<b>+0,88</b>	<b>621</b>	
	50m: 32.53 32.53	450m: 5:24.19	35.87	850m: 10:16.87	36.15	1250m: 15:07.96	35.54
	100m: 1:08.44 35.91	500m: 6:00.44	36.25	900m: 10:54.21	37.34	1300m: 15:44.49	36.53
	150m: 1:44.69 36.25	550m: 6:37.05	36.61	950m: 11:30.24	36.03	1350m: 16:19.74	35.25
	200m: 2:21.43 36.74	600m: 7:13.49	36.44	1000m: 12:06.75	36.51	1400m: 16:55.66	35.92
	250m: 2:58.33 36.90	650m: 7:50.06	36.57	1050m: 12:42.90	36.15	1450m: 17:30.34	34.68
	300m: 3:34.65 36.32	700m: 8:26.45	36.39	1100m: 13:19.44	36.54	1500m: 18:04.47	34.13
	350m: 4:10.83 36.18	750m: 9:03.37	36.92	1150m: 13:55.79	36.35		
	400m: 4:48.32 37.49	800m: 9:40.72	37.35	1200m: 14:32.42	36.63		
5.	<b>Maria Joao Fernandes</b>	97	Vilacondense	<b>18:08.03</b>	<b>+0,83</b>	<b>615</b>	
	50m: 32.46 32.46	450m: 5:22.90	35.82	850m: 10:14.13	36.55	1250m: 15:06.70	36.14
	100m: 1:07.66 35.20	500m: 5:59.02	36.12	900m: 10:51.01	36.88	1300m: 15:43.57	36.87
	150m: 1:43.35 35.69	550m: 6:35.47	36.45	950m: 11:27.46	36.45	1350m: 16:19.74	36.17
	200m: 2:20.23 36.88	600m: 7:11.99	36.52	1000m: 12:04.24	36.78	1400m: 16:56.38	36.64
	250m: 2:57.16 36.93	650m: 7:48.12	36.13	1050m: 12:40.66	36.42	1450m: 17:32.35	35.97
	300m: 3:34.16 37.00	700m: 8:24.51	36.39	1100m: 13:17.40	36.74	1500m: 18:08.03	35.68
	350m: 4:10.44 36.28	750m: 9:00.94	36.43	1150m: 13:53.53	36.13		
	400m: 4:47.08 36.64	800m: 9:37.58	36.64	1200m: 14:30.56	37.03		
6.	<b>Ana Silva Costa</b>	98	Famalicao	<b>18:11.14</b>	<b>+0,77</b>	<b>610</b>	
	50m: 32.48 32.48	450m: 5:21.51	36.82	850m: 10:12.38	36.67	1250m: 15:07.40	37.63
	100m: 1:07.10 34.62	500m: 5:57.67	36.16	900m: 10:49.04	36.66	1300m: 15:44.46	37.06
	150m: 1:43.11 36.01	550m: 6:34.18	36.51	950m: 11:26.10	37.06	1350m: 16:21.79	37.33
	200m: 2:19.29 36.18	600m: 7:10.15	35.97	1000m: 12:01.91	35.81	1400m: 16:58.31	36.52
	250m: 2:55.65 36.36	650m: 7:46.70	36.55	1050m: 12:38.78	36.87	1450m: 17:34.91	36.60
	300m: 3:31.76 36.11	700m: 8:22.82	36.12	1100m: 13:15.40	36.62	1500m: 18:11.14	36.23
	350m: 4:08.71 36.95	750m: 8:59.20	36.38	1150m: 13:52.21	36.81		
	400m: 4:44.69 35.98	800m: 9:35.71	36.51	1200m: 14:29.77	37.56		
7.	<b>Carolina Madeira Santos</b>	96	Naval Amorense	<b>18:30.47</b>	<b>+0,91</b>	<b>578</b>	
	50m: 31.86 31.86	450m: 5:26.32	37.26	850m: 10:23.97	37.27	1250m: 15:25.00	37.84
	100m: 1:07.50 35.64	500m: 6:03.37	37.05	900m: 11:01.31	37.34	1300m: 16:02.66	37.66
	150m: 1:43.98 36.48	550m: 6:40.37	37.00	950m: 11:39.13	37.82	1350m: 16:39.88	37.22
	200m: 2:20.65 36.67	600m: 7:17.72	37.35	1000m: 12:16.52	37.39	1400m: 17:17.46	37.58
	250m: 2:57.44 36.79	650m: 7:54.94	37.22	1050m: 12:54.14	37.62	1450m: 17:54.36	36.90
	300m: 3:34.61 37.17	700m: 8:32.10	37.16	1100m: 13:31.58	37.44	1500m: 18:30.47	36.11
	350m: 4:11.63 37.02	750m: 9:09.27	37.17	1150m: 14:09.29	37.71		
	400m: 4:49.06 37.43	800m: 9:46.70	37.43	1200m: 14:47.16	37.87		
8.	<b>Ana Luisa Santo</b>	95	Benfica	<b>18:42.44</b>	<b>+0,82</b>	<b>560</b>	
	50m: 33.20 33.20	450m: 5:26.42	37.37	850m: 10:28.11	37.49	1250m: 15:31.89	38.04
	100m: 1:08.83 35.63	500m: 6:03.73	37.31	900m: 11:06.24	38.13	1300m: 16:11.13	39.24
	150m: 1:45.01 36.18	550m: 6:40.79	37.06	950m: 11:44.47	38.23	1350m: 16:49.83	38.70
	200m: 2:21.52 36.51	600m: 7:18.35	37.56	1000m: 12:23.14	38.67	1400m: 17:28.40	38.57
	250m: 2:57.96 36.44	650m: 7:56.15	37.80	1050m: 13:00.28	37.14	1450m: 18:05.79	37.39
	300m: 3:34.91 36.95	700m: 8:34.50	38.35	1100m: 13:37.79	37.51	1500m: 18:42.44	36.65
	350m: 4:11.91 37.00	750m: 9:12.55	38.05	1150m: 14:15.31	37.52		
	400m: 4:49.05 37.14	800m: 9:50.62	38.07	1200m: 14:53.85	38.54		

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Beatriz Neves Cardoso	98	Colegio SMLamas	<b>19:02.28</b>	<b>+0,85</b>	<b>531</b>	
	50m: 33.78 33.78	450m: 5:36.21	38.05	850m: 10:42.94	38.65	1250m: 15:52.10	38.79
	100m: 1:10.00 36.22	500m: 6:14.42	38.21	900m: 11:21.62	38.68	1300m: 16:31.25	39.15
	150m: 1:47.52 37.52	550m: 6:52.62	38.20	950m: 12:00.08	38.46	1350m: 17:09.67	38.42
	200m: 2:25.34 37.82	600m: 7:30.84	38.22	1000m: 12:38.61	38.53	1400m: 17:48.15	38.48
	250m: 3:03.45 38.11	650m: 8:09.17	38.33	1050m: 13:17.10	38.49	1450m: 18:26.38	38.23
	300m: 3:41.78 38.33	700m: 8:47.49	38.32	1100m: 13:55.91	38.81	1500m: 19:02.28	35.90
	350m: 4:20.09 38.31	750m: 9:25.79	38.30	1150m: 14:34.63	38.72		
	400m: 4:58.16 38.07	800m: 10:04.29	38.50	1200m: 15:13.31	38.68		
10.	Rita Verissimo Damasceno	98	Nautico /Urgicentro-Sanfil	<b>19:04.96</b>	<b>+0,79</b>	<b>528</b>	
	50m: 33.15 33.15	450m: 5:34.99	38.80	850m: 10:42.60	38.57	1250m: 15:52.84	38.88
	100m: 1:09.73 36.58	500m: 6:13.28	38.29	900m: 11:21.76	39.16	1300m: 16:31.82	38.98
	150m: 1:47.07 37.34	550m: 6:51.74	38.46	950m: 12:00.25	38.49	1350m: 17:10.59	38.77
	200m: 2:24.53 37.46	600m: 7:30.29	38.55	1000m: 12:39.03	38.78	1400m: 17:49.38	38.79
	250m: 3:02.52 37.99	650m: 8:08.95	38.66	1050m: 13:17.89	38.86	1450m: 18:27.35	37.97
	300m: 3:40.18 37.66	700m: 8:47.10	38.15	1100m: 13:56.56	38.67	1500m: 19:04.96	37.61
	350m: 4:18.14 37.96	750m: 9:25.58	38.48	1150m: 14:35.06	38.50		
	400m: 4:56.19 38.05	800m: 10:04.03	38.45	1200m: 15:13.96	38.90		