

Prova 25
13-03-2016

Femin., 800m Livres

Absolutos
Resultados

Rec Nac Absoluto	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Juv B	9:07.70	Alexandra Maria Silva	POR	Split (CRO)	10-09-1981
Rec Nac Juv A	8:50.68	Tamila Hryhorivna Holub	SCB	Oeiras	27-07-2014
Rec Nac Jun16	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Jun17	8:46.89	Tamila Hryhorivna Holub	POR	Antwerpen (BEL)	23-01-2016
Rec Nac Sen	8:52.69	Ana Goncalves Neto	FCP	Famalicao	18-07-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Diana Margarida Duraes	96	Porto	8:43.58	+0,72	806		
	<i>Recorde Nacional, Sen e Abs</i>							
	50m: 30.47	30.47	250m: 2:44.30	33.12	450m: 4:56.24	32.99	650m: 7:07.07	32.15
	100m: 1:03.70	33.23	300m: 3:17.24	32.94	500m: 5:29.00	32.76	700m: 7:39.40	32.33
	150m: 1:37.53	33.83	350m: 3:50.54	33.30	550m: 6:02.08	33.08	750m: 8:11.72	32.32
	200m: 2:11.18	33.65	400m: 4:23.25	32.71	600m: 6:34.92	32.84	800m: 8:43.58	31.86
2.	Tamila Hryhorivna Holub	99	Braga	8:47.81	+0,81	787		
	50m: 31.24	31.24	250m: 2:43.96	33.04	450m: 4:55.87	32.92	650m: 7:08.65	33.41
	100m: 1:04.33	33.09	300m: 3:17.02	33.06	500m: 5:28.71	32.84	700m: 7:42.02	33.37
	150m: 1:38.00	33.67	350m: 3:50.03	33.01	550m: 6:02.07	33.36	750m: 8:15.56	33.54
	200m: 2:10.92	32.92	400m: 4:22.95	32.92	600m: 6:35.24	33.17	800m: 8:47.81	32.25
3.	Angelica Maria Andre	94	Fluivial Portuense	9:02.97	+0,69	723		
	50m: 31.39	31.39	250m: 2:46.71	34.07	450m: 5:02.80	34.28	650m: 7:20.26	34.25
	100m: 1:04.60	33.21	300m: 3:20.66	33.95	500m: 5:37.15	34.35	700m: 7:54.58	34.32
	150m: 1:38.74	34.14	350m: 3:54.66	34.00	550m: 6:11.50	34.35	750m: 8:29.14	34.56
	200m: 2:12.64	33.90	400m: 4:28.52	33.86	600m: 6:46.01	34.51	800m: 9:02.97	33.83
4.	Maria Teresa Amorim	97	Porto	9:04.80	+0,78	716		
	50m: 31.46	31.46	250m: 2:48.12	34.56	450m: 5:05.81	34.23	650m: 7:23.49	34.47
	100m: 1:05.02	33.56	300m: 3:22.60	34.48	500m: 5:40.00	34.19	700m: 7:57.96	34.47
	150m: 1:39.03	34.01	350m: 3:57.22	34.62	550m: 6:14.51	34.51	750m: 8:31.87	33.91
	200m: 2:13.56	34.53	400m: 4:31.58	34.36	600m: 6:49.02	34.51	800m: 9:04.80	32.93
5.	Vania Soares Neves	90	Fluivial Portuense	9:13.28	+0,79	683		
	50m: 31.70	31.70	250m: 2:48.54	34.60	450m: 5:07.92	34.89	650m: 7:28.60	35.10
	100m: 1:05.25	33.55	300m: 3:23.12	34.58	500m: 5:43.03	35.11	700m: 8:04.08	35.48
	150m: 1:39.62	34.37	350m: 3:58.12	35.00	550m: 6:18.24	35.21	750m: 8:39.15	35.07
	200m: 2:13.94	34.32	400m: 4:33.03	34.91	600m: 6:53.50	35.26	800m: 9:13.28	34.13
6.	Beatriz Paulo Ranito	99	Sporting	9:15.00	+0,76	677		
	50m: 31.75	31.75	250m: 2:50.89	35.14	450m: 5:11.63	34.93	650m: 7:33.52	35.34
	100m: 1:05.90	34.15	300m: 3:26.02	35.13	500m: 5:46.87	35.24	700m: 8:07.82	34.30
	150m: 1:40.76	34.86	350m: 4:01.37	35.35	550m: 6:22.67	35.80	750m: 8:41.93	34.11
	200m: 2:15.75	34.99	400m: 4:36.70	35.33	600m: 6:58.18	35.51	800m: 9:15.00	33.07
7.	Sara Sofia Alves	01	Columbofila Cantanhedense	9:16.67	+0,80	671		
	50m: 31.99	31.99	250m: 2:49.12	34.79	450m: 5:10.10	35.08	650m: 7:33.10	35.87
	100m: 1:05.58	33.59	300m: 3:24.07	34.95	500m: 5:45.79	35.69	700m: 8:08.25	35.15
	150m: 1:39.83	34.25	350m: 3:59.27	35.20	550m: 6:21.47	35.68	750m: 8:43.31	35.06
	200m: 2:14.33	34.50	400m: 4:35.02	35.75	600m: 6:57.23	35.76	800m: 9:16.67	33.36
8.	Luisa Maria Machado	01	Uniao Piedense	9:26.93		635		
	50m: 32.03	32.03	250m: 2:55.13	35.93	450m: 5:18.30	35.29	650m: 7:41.05	35.50
	100m: 1:07.44	35.41	300m: 3:31.01	35.88	500m: 5:54.03	35.73	700m: 8:16.91	35.86
	150m: 1:43.19	35.75	350m: 4:07.00	35.99	550m: 6:29.67	35.64	750m: 8:51.91	35.00
	200m: 2:19.20	36.01	400m: 4:43.01	36.01	600m: 7:05.55	35.88	800m: 9:26.93	35.02

Prova 25, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Maria Carolina Costa	01	Porto	9:30.35	+0,75	624	
	50m: 31.68 31.68	250m: 2:54.35 35.79	450m: 5:18.03 36.24	650m: 7:43.02 36.37			
	100m: 1:06.71 35.03	300m: 3:30.22 35.87	500m: 5:54.29 36.26	700m: 8:19.70 36.68			
	150m: 1:42.56 35.85	350m: 4:06.11 35.89	550m: 6:30.39 36.10	750m: 8:55.66 35.96			
	200m: 2:18.56 36.00	400m: 4:41.79 35.68	600m: 7:06.65 36.26	800m: 9:30.35 34.69			
10.	Joana Costa Amador	01	Galitos / Bresimar	9:30.59	+0,79	623	
	50m: 32.40 32.40	250m: 2:54.61 35.99	450m: 5:18.51 36.11	650m: 7:43.30 35.93			
	100m: 1:07.16 34.76	300m: 3:30.45 35.84	500m: 5:54.68 36.17	700m: 8:19.64 36.34			
	150m: 1:42.92 35.76	350m: 4:06.58 36.13	550m: 6:30.98 36.30	750m: 8:55.77 36.13			
	200m: 2:18.62 35.70	400m: 4:42.40 35.82	600m: 7:07.37 36.39	800m: 9:30.59 34.82			
11.	Ines Jacinto Henriques	00	Pimpoes/Cimai	9:30.60	+0,82	623	
	50m: 31.95 31.95	250m: 2:53.76 35.75	450m: 5:18.46 36.06	650m: 7:44.44 36.50			
	100m: 1:06.50 34.55	300m: 3:30.03 36.27	500m: 5:55.07 36.61	700m: 8:20.63 36.19			
	150m: 1:42.23 35.73	350m: 4:06.14 36.11	550m: 6:31.31 36.24	750m: 8:56.23 35.60			
	200m: 2:18.01 35.78	400m: 4:42.40 36.26	600m: 7:07.94 36.63	800m: 9:30.60 34.37			
12.	Maria Joao Fernandes	97	Vilacondense	9:31.01	+0,84	621	
	50m: 31.99 31.99	250m: 2:54.24 35.60	450m: 5:18.57 35.69	650m: 7:43.47 35.90			
	100m: 1:06.96 34.97	300m: 3:30.75 36.51	500m: 5:54.88 36.31	700m: 8:19.49 36.02			
	150m: 1:42.34 35.38	350m: 4:06.38 35.63	550m: 6:31.23 36.35	750m: 8:55.51 36.02			
	200m: 2:18.64 36.30	400m: 4:42.88 36.50	600m: 7:07.57 36.34	800m: 9:31.01 35.50			
13.	Rita Costa Amador	99	Galitos / Bresimar	9:31.45	+0,72	620	
	50m: 32.09 32.09	250m: 2:55.23 36.18	450m: 5:20.73 36.37	650m: 7:44.92 35.93			
	100m: 1:07.39 35.30	300m: 3:31.71 36.48	500m: 5:57.08 36.35	700m: 8:21.17 36.25			
	150m: 1:43.03 35.64	350m: 4:08.14 36.43	550m: 6:33.00 35.92	750m: 8:56.86 35.69			
	200m: 2:19.05 36.02	400m: 4:44.36 36.22	600m: 7:08.99 35.99	800m: 9:31.45 34.59			
14.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:31.94	+1,04	618	
	50m: 32.75 32.75	250m: 2:56.72 36.05	450m: 5:22.15 35.80	650m: 7:45.96 35.82			
	100m: 1:08.20 35.45	300m: 3:33.42 36.70	500m: 5:58.30 36.15	700m: 8:21.91 35.95			
	150m: 1:44.05 35.85	350m: 4:09.64 36.22	550m: 6:34.01 35.71	750m: 8:57.31 35.40			
	200m: 2:20.67 36.62	400m: 4:46.35 36.71	600m: 7:10.14 36.13	800m: 9:31.94 34.63			
15.	Ana Luisa Santo	95	Benfica	9:32.61	+0,75	616	
	50m: 32.93 32.93	250m: 2:57.56 36.42	450m: 5:22.71 35.87	650m: 7:46.86 35.96			
	100m: 1:08.31 35.38	300m: 3:34.00 36.44	500m: 5:58.96 36.25	700m: 8:22.83 35.97			
	150m: 1:44.54 36.23	350m: 4:10.25 36.25	550m: 6:34.83 35.87	750m: 8:57.93 35.10			
	200m: 2:21.14 36.60	400m: 4:46.84 36.59	600m: 7:10.90 36.07	800m: 9:32.61 34.68			
16.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	9:32.90	+0,93	615	
	50m: 32.97 32.97	250m: 2:56.34 36.23	450m: 5:20.72 36.56	650m: 7:46.18 36.49			
	100m: 1:08.17 35.20	300m: 3:32.13 35.79	500m: 5:56.79 36.07	700m: 8:22.21 36.03			
	150m: 1:44.30 36.13	350m: 4:08.40 36.27	550m: 6:33.27 36.48	750m: 8:58.23 36.02			
	200m: 2:20.11 35.81	400m: 4:44.16 35.76	600m: 7:09.69 36.42	800m: 9:32.90 34.67			
17.	Mariana Amaral Mendes	02	Colegio Monte Maior	9:35.22	+0,75	608	
	50m: 33.37 33.37	250m: 2:58.14 36.29	450m: 5:23.89 36.51	650m: 7:48.98 36.40			
	100m: 1:09.46 36.09	300m: 3:34.34 36.20	500m: 5:59.91 36.02	700m: 8:25.16 36.18			
	150m: 1:46.05 36.59	350m: 4:10.98 36.64	550m: 6:36.63 36.72	750m: 9:01.00 35.84			
	200m: 2:21.85 35.80	400m: 4:47.38 36.40	600m: 7:12.58 35.95	800m: 9:35.22 34.22			
18.	Carolina Mantua Guedes	98	Sporting	9:35.41	+0,74	607	
	50m: 31.97 31.97	250m: 2:54.51 35.85	450m: 5:19.71 36.25	650m: 7:45.84 35.40			
	100m: 1:06.88 34.91	300m: 3:30.80 36.29	500m: 5:56.81 37.10	700m: 8:21.87 36.03			
	150m: 1:42.55 35.67	350m: 4:06.62 35.82	550m: 6:33.49 36.68	750m: 8:58.71 36.84			
	200m: 2:18.66 36.11	400m: 4:43.46 36.84	600m: 7:10.44 36.95	800m: 9:35.41 36.70			

Prova 25, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Raquel Paulo Ranito	94	Sporting	9:35.75	+0,74	606	
	50m: 33.08 33.08	250m: 2:57.33 36.23	450m: 5:22.96 36.19	650m: 7:48.67 36.08			
	100m: 1:08.90 35.82	300m: 3:33.80 36.47	500m: 5:59.27 36.31	700m: 8:25.24 36.57			
	150m: 1:44.78 35.88	350m: 4:10.06 36.26	550m: 6:35.74 36.47	750m: 9:00.71 35.47			
	200m: 2:21.10 36.32	400m: 4:46.77 36.71	600m: 7:12.59 36.85	800m: 9:35.75 35.04			
20.	Ines Figueira Santos	00	Uniao Piedense	9:36.08	+0,81	605	
	50m: 31.88 31.88	250m: 2:55.41 36.32	450m: 5:22.01 36.94	650m: 7:49.33 36.69			
	100m: 1:06.95 35.07	300m: 3:31.91 36.50	500m: 5:58.83 36.82	700m: 8:26.12 36.79			
	150m: 1:42.88 35.93	350m: 4:08.49 36.58	550m: 6:35.85 37.02	750m: 9:02.12 36.00			
	200m: 2:19.09 36.21	400m: 4:45.07 36.58	600m: 7:12.64 36.79	800m: 9:36.08 33.96			
21.	Ana Silva Costa	98	Famalicao	9:36.24	+0,76	605	
	50m: 32.47 32.47	250m: 2:56.35 36.29	450m: 5:22.57 36.34	650m: 7:49.18 36.96			
	100m: 1:07.69 35.22	300m: 3:32.99 36.64	500m: 5:59.00 36.43	700m: 8:25.83 36.65			
	150m: 1:43.60 35.91	350m: 4:09.46 36.47	550m: 6:35.65 36.65	750m: 9:02.16 36.33			
	200m: 2:20.06 36.46	400m: 4:46.23 36.77	600m: 7:12.22 36.57	800m: 9:36.24 34.08			
22.	Mariana Fernandes Barbosa	02	Porto	9:37.94	+0,74	599	
	50m: 32.57 32.57	250m: 2:58.88 36.53	450m: 5:24.06 36.22	650m: 7:50.29 36.54			
	100m: 1:08.43 35.86	300m: 3:35.46 36.58	500m: 6:00.68 36.62	700m: 8:27.27 36.98			
	150m: 1:45.31 36.88	350m: 4:12.05 36.59	550m: 6:37.13 36.45	750m: 9:03.01 35.74			
	200m: 2:22.35 37.04	400m: 4:47.84 35.79	600m: 7:13.75 36.62	800m: 9:37.94 34.93			
23.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:39.07	+0,81	596	
	50m: 33.12 33.12	250m: 2:57.62 36.17	450m: 5:23.38 36.87	650m: 7:50.27 37.47			
	100m: 1:08.69 35.57	300m: 3:33.63 36.01	500m: 5:59.55 36.17	700m: 8:26.85 36.58			
	150m: 1:45.28 36.59	350m: 4:10.36 36.73	550m: 6:36.36 36.81	750m: 9:03.23 36.38			
	200m: 2:21.45 36.17	400m: 4:46.51 36.15	600m: 7:12.80 36.44	800m: 9:39.07 35.84			
24.	Alexandra Couto Frazao	02	Individual ANL	9:42.54	+0,76	585	
	50m: 32.87 32.87	250m: 2:59.02 36.74	450m: 5:27.48 37.08	650m: 7:56.57 37.59			
	100m: 1:09.07 36.20	300m: 3:36.08 37.06	500m: 6:04.74 37.26	700m: 8:32.84 36.27			
	150m: 1:45.52 36.45	350m: 4:13.29 37.21	550m: 6:41.95 37.21	750m: 9:09.45 36.61			
	200m: 2:22.28 36.76	400m: 4:50.40 37.11	600m: 7:18.98 37.03	800m: 9:42.54 33.09			
25.	Carolina Madeira Santos	96	Naval Amorense	9:43.53	+0,89	582	
	50m: 32.09 32.09	250m: 2:57.07 36.81	450m: 5:25.99 37.19	650m: 7:54.61 37.20			
	100m: 1:07.50 35.41	300m: 3:34.28 37.21	500m: 6:02.85 36.86	700m: 8:31.38 36.77			
	150m: 1:43.72 36.22	350m: 4:11.57 37.29	550m: 6:40.58 37.73	750m: 9:08.35 36.97			
	200m: 2:20.26 36.54	400m: 4:48.80 37.23	600m: 7:17.41 36.83	800m: 9:43.53 35.18			
26.	Iris Cunha Santos	00	Porto	9:46.57	+0,87	573	
	50m: 34.31 34.31	250m: 3:01.69 36.91	450m: 5:29.32 36.75	650m: 7:57.50 36.71			
	100m: 1:10.79 36.48	300m: 3:38.79 37.10	500m: 6:06.47 37.15	700m: 8:34.70 37.20			
	150m: 1:48.00 37.21	350m: 4:15.79 37.00	550m: 6:43.57 37.10	750m: 9:11.50 36.80			
	200m: 2:24.78 36.78	400m: 4:52.57 36.78	600m: 7:20.79 37.22	800m: 9:46.57 35.07			
27.	Mariana Pinto Angelo	99	Academica de Coimbra	9:46.60	+0,72	573	
	50m: 34.24 34.24	250m: 3:00.88 36.90	450m: 5:29.38 37.06	650m: 7:58.32 37.13			
	100m: 1:10.51 36.27	300m: 3:37.95 37.07	500m: 6:06.37 36.99	700m: 8:35.11 36.79			
	150m: 1:47.12 36.61	350m: 4:15.18 37.23	550m: 6:43.87 37.50	750m: 9:11.55 36.44			
	200m: 2:23.98 36.86	400m: 4:52.32 37.14	600m: 7:21.19 37.32	800m: 9:46.60 35.05			
28.	Beatriz Barros Carmo	99	Alges	9:48.28	+0,76	568	
	50m: 33.18 33.18	250m: 3:00.07 36.91	450m: 5:29.02 37.03	650m: 7:58.44 37.15			
	100m: 1:09.17 35.99	300m: 3:37.49 37.42	500m: 6:06.67 37.65	700m: 8:36.02 37.58			
	150m: 1:45.89 36.72	350m: 4:14.53 37.04	550m: 6:43.69 37.02	750m: 9:12.95 36.93			
	200m: 2:23.16 37.27	400m: 4:51.99 37.46	600m: 7:21.29 37.60	800m: 9:48.28 35.33			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Rafaela Araujo Silva	00	Famalicao	9:48.30	+0,89	568	
	50m: 32.98 32.98	250m: 2:59.34 37.18	450m: 5:28.58 37.45	650m: 7:58.63 37.19			
	100m: 1:08.62 35.64	300m: 3:36.35 37.01	500m: 6:06.09 37.51	700m: 8:36.10 37.47			
	150m: 1:45.35 36.73	350m: 4:13.87 37.52	550m: 6:43.75 37.66	750m: 9:13.22 37.12			
	200m: 2:22.16 36.81	400m: 4:51.13 37.26	600m: 7:21.44 37.69	800m: 9:48.30 35.08			
30.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	9:48.83	+0,90	567	
	50m: 32.49 32.49	250m: 3:00.79 37.29	450m: 5:29.99 37.33	650m: 7:59.40 37.16			
	100m: 1:08.93 36.44	300m: 3:37.93 37.14	500m: 6:07.55 37.56	700m: 8:36.56 37.16			
	150m: 1:46.30 37.37	350m: 4:15.35 37.42	550m: 6:44.89 37.34	750m: 9:13.34 36.78			
	200m: 2:23.50 37.20	400m: 4:52.66 37.31	600m: 7:22.24 37.35	800m: 9:48.83 35.49			
31.	Leonor Camacho Fernandes	02	Sporting	9:49.46	+0,78	565	
	50m: 32.74 32.74	250m: 2:59.24 37.42	450m: 5:27.72 37.20	650m: 7:58.91 38.22			
	100m: 1:08.40 35.66	300m: 3:36.36 37.12	500m: 6:05.66 37.94	700m: 8:35.94 37.03			
	150m: 1:45.04 36.64	350m: 4:13.47 37.11	550m: 6:43.48 37.82	750m: 9:13.73 37.79			
	200m: 2:21.82 36.78	400m: 4:50.52 37.05	600m: 7:20.69 37.21	800m: 9:49.46 35.73			
32.	Ana Rita Ramos	02	Porto	9:49.54	+0,76	565	
	50m: 33.39 33.39	250m: 3:01.18 37.17	450m: 5:29.59 36.95	650m: 7:59.67 37.70			
	100m: 1:09.79 36.40	300m: 3:38.45 37.27	500m: 6:06.80 37.21	700m: 8:37.07 37.40			
	150m: 1:47.73 37.94	350m: 4:15.69 37.24	550m: 6:44.19 37.39	750m: 9:14.54 37.47			
	200m: 2:24.01 36.28	400m: 4:52.64 36.95	600m: 7:21.97 37.78	800m: 9:49.54 35.00			
33.	Beatriz Marques Ferreira	00	Campinho	9:50.23	+0,72	563	
	50m: 33.39 33.39	250m: 3:01.29 37.42	450m: 5:30.91 37.66	650m: 8:00.20 37.01			
	100m: 1:09.56 36.17	300m: 3:38.73 37.44	500m: 6:08.41 37.50	700m: 8:37.62 37.42			
	150m: 1:46.64 37.08	350m: 4:15.83 37.10	550m: 6:45.80 37.39	750m: 9:14.62 37.00			
	200m: 2:23.87 37.23	400m: 4:53.25 37.42	600m: 7:23.19 37.39	800m: 9:50.23 35.61			
34.	Carolina Rosa Marcelino	01	Alges	9:50.32	+0,83	562	
	50m: 32.85 32.85	250m: 2:59.72 37.13	450m: 5:28.69 37.44	650m: 7:59.00 38.01			
	100m: 1:09.06 36.21	300m: 3:36.80 37.08	500m: 6:06.15 37.46	700m: 8:36.69 37.69			
	150m: 1:45.79 36.73	350m: 4:14.10 37.30	550m: 6:43.43 37.28	750m: 9:14.33 37.64			
	200m: 2:22.59 36.80	400m: 4:51.25 37.15	600m: 7:20.99 37.56	800m: 9:50.32 35.99			
35.	Ines Silva Oliveira	00	Individual ANNP	9:51.22	+0,84	560	
	50m: 32.87 32.87	250m: 3:01.15 37.61	450m: 5:32.21 37.57	650m: 8:02.76 37.39			
	100m: 1:09.60 36.73	300m: 3:38.80 37.65	500m: 6:10.18 37.97	700m: 8:40.17 37.41			
	150m: 1:46.46 36.86	350m: 4:16.47 37.67	550m: 6:47.45 37.27	750m: 9:16.61 36.44			
	200m: 2:23.54 37.08	400m: 4:54.64 38.17	600m: 7:25.37 37.92	800m: 9:51.22 34.61			
36.	Mariana Silva Ramos	00	Sporting	9:51.95		558	
	50m: 32.87 32.87	250m: 2:59.45 37.01	450m: 5:28.87 37.66	650m: 8:00.52 38.10			
	100m: 1:09.04 36.17	300m: 3:36.33 36.88	500m: 6:06.59 37.72	700m: 8:38.12 37.60			
	150m: 1:45.75 36.71	350m: 4:13.65 37.32	550m: 6:44.68 38.09	750m: 9:16.00 37.88			
	200m: 2:22.44 36.69	400m: 4:51.21 37.56	600m: 7:22.42 37.74	800m: 9:51.95 35.95			
37.	Leila Tavarina Lemos	00	Vilacondense	9:52.07	+0,77	557	
	50m: 32.48 32.48	250m: 3:02.54 37.75	450m: 5:33.03 37.04	650m: 8:01.90 37.24			
	100m: 1:09.54 37.06	300m: 3:40.35 37.81	500m: 6:10.28 37.25	700m: 8:39.24 37.34			
	150m: 1:46.61 37.07	350m: 4:18.12 37.77	550m: 6:47.23 36.95	750m: 9:16.03 36.79			
	200m: 2:24.79 38.18	400m: 4:55.99 37.87	600m: 7:24.66 37.43	800m: 9:52.07 36.04			
38.	Maria Beatriz Dias	99	Scalabiswim	9:52.66	+0,76	556	
	50m: 33.24 33.24	250m: 2:59.80 37.04	450m: 5:30.16 37.74	650m: 8:01.52 37.92			
	100m: 1:08.93 35.69	300m: 3:37.28 37.48	500m: 6:08.03 37.87	700m: 8:39.51 37.99			
	150m: 1:45.51 36.58	350m: 4:14.80 37.52	550m: 6:45.77 37.74	750m: 9:17.02 37.51			
	200m: 2:22.76 37.25	400m: 4:52.42 37.62	600m: 7:23.60 37.83	800m: 9:52.66 35.64			

Prova 25, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	Eliana Dirce Lourenco	00	Galitos / Bresimar	9:52.72	+0,68	556	
	50m: 32.40 32.40	250m: 3:00.08	37.39	450m: 5:30.40	37.62	650m: 8:01.98	38.10
	100m: 1:08.25 35.85	300m: 3:37.69	37.61	500m: 6:08.29	37.89	700m: 8:40.08	38.10
	150m: 1:45.19 36.94	350m: 4:14.94	37.25	550m: 6:45.86	37.57	750m: 9:17.00	36.92
	200m: 2:22.69 37.50	400m: 4:52.78	37.84	600m: 7:23.88	38.02	800m: 9:52.72	35.72
40.	Rita Alexandra Vital	01	Alges	9:54.63	+0,93	550	
	50m: 32.86 32.86	250m: 3:00.20	37.44	450m: 5:31.52	37.60	650m: 8:03.18	38.15
	100m: 1:08.71 35.85	300m: 3:38.19	37.99	500m: 6:09.76	38.24	700m: 8:40.33	37.15
	150m: 1:45.46 36.75	350m: 4:15.88	37.69	550m: 6:47.40	37.64	750m: 9:17.76	37.43
	200m: 2:22.76 37.30	400m: 4:53.92	38.04	600m: 7:25.03	37.63	800m: 9:54.63	36.87
41.	Ines Alves Martins	01	Fluval Portuense	9:54.85	+0,73	550	
	50m: 33.13 33.13	250m: 3:01.50	37.58	450m: 5:32.47	37.87	650m: 8:03.88	37.80
	100m: 1:09.69 36.56	300m: 3:38.86	37.36	500m: 6:10.05	37.58	700m: 8:41.49	37.61
	150m: 1:46.76 37.07	350m: 4:16.78	37.92	550m: 6:48.18	38.13	750m: 9:18.71	37.22
	200m: 2:23.92 37.16	400m: 4:54.60	37.82	600m: 7:26.08	37.90	800m: 9:54.85	36.14
42.	Maria Esteves Martins	01	Galitos / Bresimar	9:56.19	+0,74	546	
	50m: 32.94 32.94	250m: 3:02.39	38.12	450m: 5:33.18	38.46	650m: 8:05.01	37.73
	100m: 1:09.36 36.42	300m: 3:39.16	36.77	500m: 6:10.44	37.26	700m: 8:42.37	37.36
	150m: 1:46.88 37.52	350m: 4:16.82	37.66	550m: 6:48.83	38.39	750m: 9:20.47	38.10
	200m: 2:24.27 37.39	400m: 4:54.72	37.90	600m: 7:27.28	38.45	800m: 9:56.19	35.72
43.	Catia Iordan Agostinho	02	Rio Maior	9:58.93	+0,88	538	
	50m: 33.83 33.83	250m: 3:03.06	38.02	450m: 5:34.69	38.20	650m: 8:06.38	37.80
	100m: 1:10.18 36.35	300m: 3:40.66	37.60	500m: 6:12.63	37.94	700m: 8:44.26	37.88
	150m: 1:47.77 37.59	350m: 4:18.37	37.71	550m: 6:50.75	38.12	750m: 9:22.08	37.82
	200m: 2:25.04 37.27	400m: 4:56.49	38.12	600m: 7:28.58	37.83	800m: 9:58.93	36.85
44.	Ana Sofia Ramos	00	Fluval Portuense	10:00.60	+0,60	534	
	50m: 33.26 33.26	250m: 3:01.63	37.39	450m: 5:33.86	37.97	650m: 8:07.42	37.74
	100m: 1:09.70 36.44	300m: 3:39.69	38.06	500m: 6:12.59	38.73	700m: 8:46.13	38.71
	150m: 1:46.95 37.25	350m: 4:17.62	37.93	550m: 6:51.04	38.45	750m: 9:23.87	37.74
	200m: 2:24.24 37.29	400m: 4:55.89	38.27	600m: 7:29.68	38.64	800m: 10:00.60	36.73
45.	Jessica Soares Lima	02	Braga	10:01.59	+0,78	531	
	50m: 33.21 33.21	250m: 3:02.60	38.02	450m: 5:35.41	37.99	650m: 8:08.19	37.68
	100m: 1:09.47 36.26	300m: 3:40.69	38.09	500m: 6:14.04	38.63	700m: 8:46.48	38.29
	150m: 1:46.92 37.45	350m: 4:18.91	38.22	550m: 6:52.25	38.21	750m: 9:24.29	37.81
	200m: 2:24.58 37.66	400m: 4:57.42	38.51	600m: 7:30.51	38.26	800m: 10:01.59	37.30
46.	Mariana Delicado Correia	01	Sporting	10:03.14	+0,74	527	
	50m: 32.85 32.85	250m: 3:03.47	38.28	450m: 5:36.12	38.06	650m: 8:09.90	38.39
	100m: 1:09.36 36.51	300m: 3:41.81	38.34	500m: 6:14.59	38.47	700m: 8:48.41	38.51
	150m: 1:47.00 37.64	350m: 4:19.88	38.07	550m: 6:52.61	38.02	750m: 9:26.42	38.01
	200m: 2:25.19 38.19	400m: 4:58.06	38.18	600m: 7:31.51	38.90	800m: 10:03.14	36.72
47.	Ana Rita Queiroz	02	Fundacao Beatriz Santos	10:07.68	+0,76	515	
	50m: 33.87 33.87	250m: 3:06.16	37.97	450m: 5:40.54	38.16	650m: 8:15.80	38.62
	100m: 1:11.78 37.91	300m: 3:44.74	38.58	500m: 6:19.18	38.64	700m: 8:55.20	39.40
	150m: 1:49.85 38.07	350m: 4:23.17	38.43	550m: 6:57.59	38.41	750m: 9:31.78	36.58
	200m: 2:28.19 38.34	400m: 5:02.38	39.21	600m: 7:37.18	39.59	800m: 10:07.68	35.90
48.	Ana Margarida Branco	01	Alges	10:08.24	+0,81	514	
	50m: 34.70 34.70	250m: 3:06.03	38.41	450m: 5:40.72	38.76	650m: 8:15.57	38.33
	100m: 1:12.19 37.49	300m: 3:43.96	37.93	500m: 6:19.35	38.63	700m: 8:54.06	38.49
	150m: 1:49.86 37.67	350m: 4:22.91	38.95	550m: 6:58.59	39.24	750m: 9:31.91	37.85
	200m: 2:27.62 37.76	400m: 5:01.96	39.05	600m: 7:37.24	38.65	800m: 10:08.24	36.33

Prova 25, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	Beatriz Ferreira Silva	01	Braga	10:08.26	+0,87	514	
	50m: 34.33 34.33	250m: 3:05.92	38.77	450m: 5:40.27	38.72	650m: 8:14.64	38.73
	100m: 1:11.40 37.07	300m: 3:44.37	38.45	500m: 6:18.86	38.59	700m: 8:53.37	38.73
	150m: 1:49.03 37.63	350m: 4:22.82	38.45	550m: 6:57.15	38.29	750m: 9:31.36	37.99
	200m: 2:27.15 38.12	400m: 5:01.55	38.73	600m: 7:35.91	38.76	800m: 10:08.26	36.90
50.	Margarida Cabral Monteiro	02	Galitos / Bresimar	10:10.28	+0,78	509	
	50m: 33.89 33.89	250m: 3:05.27	38.44	450m: 5:38.89	38.54	650m: 8:14.96	39.07
	100m: 1:10.99 37.10	300m: 3:43.13	37.86	500m: 6:17.58	38.69	700m: 8:53.82	38.86
	150m: 1:48.85 37.86	350m: 4:21.77	38.64	550m: 6:57.00	39.42	750m: 9:32.56	38.74
	200m: 2:26.83 37.98	400m: 5:00.35	38.58	600m: 7:35.89	38.89	800m: 10:10.28	37.72
51.	Ana Catarina Oliveira	99	Geslourses	10:11.52	+0,72	506	
	50m: 34.33 34.33	250m: 3:07.94	38.51	450m: 5:41.13	38.30	650m: 8:16.89	39.25
	100m: 1:12.50 38.17	300m: 3:46.44	38.50	500m: 6:19.73	38.60	700m: 8:55.76	38.87
	150m: 1:50.88 38.38	350m: 4:24.84	38.40	550m: 6:58.46	38.73	750m: 9:34.57	38.81
	200m: 2:29.43 38.55	400m: 5:02.83	37.99	600m: 7:37.64	39.18	800m: 10:11.52	36.95
52.	Ines Sofia Ferreira	02	Galitos / Bresimar	10:12.17	+0,78	504	
	50m: 33.46 33.46	250m: 3:06.64	38.94	450m: 5:42.17	38.96	650m: 8:19.35	39.25
	100m: 1:10.59 37.13	300m: 3:45.19	38.55	500m: 6:21.47	39.30	700m: 8:58.27	38.92
	150m: 1:48.91 38.32	350m: 4:24.10	38.91	550m: 7:00.64	39.17	750m: 9:35.78	37.51
	200m: 2:27.70 38.79	400m: 5:03.21	39.11	600m: 7:40.10	39.46	800m: 10:12.17	36.39
53.	Joana Daniela Jacinto	01	Natacao da Maia	10:19.71	+0,70	486	
	50m: 33.66 33.66	250m: 3:08.58	39.30	450m: 5:47.85	40.47	650m: 8:25.03	39.53
	100m: 1:11.73 38.07	300m: 3:47.26	38.68	500m: 6:26.86	39.01	700m: 9:03.83	38.80
	150m: 1:50.28 38.55	350m: 4:27.69	40.43	550m: 7:06.55	39.69	750m: 9:42.56	38.73
	200m: 2:29.28 39.00	400m: 5:07.38	39.69	600m: 7:45.50	38.95	800m: 10:19.71	37.15
54.	Mariana Filipa Moreira	02	Valongo	10:20.90	+0,84	483	
	50m: 34.43 34.43	250m: 3:09.94	39.07	450m: 5:47.36	39.12	650m: 8:25.14	38.98
	100m: 1:12.89 38.46	300m: 3:49.53	39.59	500m: 6:27.08	39.72	700m: 9:04.84	39.70
	150m: 1:51.30 38.41	350m: 4:28.68	39.15	550m: 7:06.45	39.37	750m: 9:43.33	38.49
	200m: 2:30.87 39.57	400m: 5:08.24	39.56	600m: 7:46.16	39.71	800m: 10:20.90	37.57
55.	Erika Almeida Marques	01	Braga	10:21.30	+0,84	482	
	50m: 33.40 33.40	250m: 3:06.13	38.39	450m: 5:43.58	39.22	650m: 8:22.53	39.41
	100m: 1:10.76 37.36	300m: 3:45.50	39.37	500m: 6:23.61	40.03	700m: 9:02.76	40.23
	150m: 1:48.67 37.91	350m: 4:24.44	38.94	550m: 7:03.05	39.44	750m: 9:42.05	39.29
	200m: 2:27.74 39.07	400m: 5:04.36	39.92	600m: 7:43.12	40.07	800m: 10:21.30	39.25
56.	Constanca Filipa Rodrigues	02	Benedita	10:24.07	+0,80	476	
	50m: 34.60 34.60	250m: 3:10.83	39.13	450m: 5:48.67	38.76	650m: 8:27.08	39.28
	100m: 1:13.39 38.79	300m: 3:50.81	39.98	500m: 6:28.27	39.60	700m: 9:06.82	39.74
	150m: 1:51.96 38.57	350m: 4:29.97	39.16	550m: 7:07.65	39.38	750m: 9:45.93	39.11
	200m: 2:31.70 39.74	400m: 5:09.91	39.94	600m: 7:47.80	40.15	800m: 10:24.07	38.14
57.	Francisca Vieira Pais	01	Galitos / Bresimar	10:24.52	+0,74	475	
	50m: 34.37 34.37	250m: 3:09.91	39.78	450m: 5:48.22	40.09	650m: 8:27.73	40.01
	100m: 1:12.14 37.77	300m: 3:49.07	39.16	500m: 6:27.99	39.77	700m: 9:07.36	39.63
	150m: 1:51.31 39.17	350m: 4:28.60	39.53	550m: 7:08.03	40.04	750m: 9:46.68	39.32
	200m: 2:30.13 38.82	400m: 5:08.13	39.53	600m: 7:47.72	39.69	800m: 10:24.52	37.84
58.	Ana Margarida Leite	02	Fafe	10:24.83	+0,80	474	
	50m: 34.53 34.53	250m: 3:09.07	38.92	450m: 5:48.47	40.09	650m: 8:28.38	39.66
	100m: 1:12.51 37.98	300m: 3:48.75	39.68	500m: 6:28.75	40.28	700m: 9:08.43	40.05
	150m: 1:51.39 38.88	350m: 4:28.26	39.51	550m: 7:08.13	39.38	750m: 9:47.09	38.66
	200m: 2:30.15 38.76	400m: 5:08.38	40.12	600m: 7:48.72	40.59	800m: 10:24.83	37.74

Prova 25, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	Elisa Sauval Goncalves	02	Natacao Olhao	10:27.74	+0,83	468	
	50m: 33.42 33.42	250m: 3:08.04	39.58	450m: 5:47.76	40.12	650m: 8:29.06	40.33
	100m: 1:10.46 37.04	300m: 3:47.39	39.35	500m: 6:28.04	40.28	700m: 9:09.42	40.36
	150m: 1:49.26 38.80	350m: 4:27.72	40.33	550m: 7:08.54	40.50	750m: 9:48.96	39.54
	200m: 2:28.46 39.20	400m: 5:07.64	39.92	600m: 7:48.73	40.19	800m: 10:27.74	38.78
60.	Catarina Miguel Silva	01	Natacao de Faro	10:42.34	+0,85	436	
	50m: 34.34 34.34	250m: 3:09.95	39.68	450m: 5:49.22	40.27	650m: 8:34.20	41.76
	100m: 1:12.01 37.67	300m: 3:49.43	39.48	500m: 6:29.29	40.07	700m: 9:17.36	43.16
	150m: 1:50.70 38.69	350m: 4:29.06	39.63	550m: 7:10.65	41.36	750m: 10:01.05	43.69
	200m: 2:30.27 39.57	400m: 5:08.95	39.89	600m: 7:52.44	41.79	800m: 10:42.34	41.29

Prova 25
13-03-2016

Femin., 800m Livres

Juniores
Resultados

Rec Nac Absoluto	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Jun16	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Jun17	8:46.89	Tamila Hryhorivna Holub	POR	Antwerpen (BEL)	23-01-2016

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99	Braga	8:47.81	+0,81	787	
	50m: 31.24 31.24	250m: 2:43.96	33.04	450m: 4:55.87	32.92	650m: 7:08.65	33.41
	100m: 1:04.33 33.09	300m: 3:17.02	33.06	500m: 5:28.71	32.84	700m: 7:42.02	33.37
	150m: 1:38.00 33.67	350m: 3:50.03	33.01	550m: 6:02.07	33.36	750m: 8:15.56	33.54
	200m: 2:10.92 32.92	400m: 4:22.95	32.92	600m: 6:35.24	33.17	800m: 8:47.81	32.25
2.	Beatriz Paulo Ranito	99	Sporting	9:15.00	+0,76	677	
	50m: 31.75 31.75	250m: 2:50.89	35.14	450m: 5:11.63	34.93	650m: 7:33.52	35.34
	100m: 1:05.90 34.15	300m: 3:26.02	35.13	500m: 5:46.87	35.24	700m: 8:07.82	34.30
	150m: 1:40.76 34.86	350m: 4:01.37	35.35	550m: 6:22.67	35.80	750m: 8:41.93	34.11
	200m: 2:15.75 34.99	400m: 4:36.70	35.33	600m: 6:58.18	35.51	800m: 9:15.00	33.07
3.	Ines Jacinto Henriques	00	Pimpoes/Cimai	9:30.60	+0,82	623	
	50m: 31.95 31.95	250m: 2:53.76	35.75	450m: 5:18.46	36.06	650m: 7:44.44	36.50
	100m: 1:06.50 34.55	300m: 3:30.03	36.27	500m: 5:55.07	36.61	700m: 8:20.63	36.19
	150m: 1:42.23 35.73	350m: 4:06.14	36.11	550m: 6:31.31	36.24	750m: 8:56.23	35.60
	200m: 2:18.01 35.78	400m: 4:42.40	36.26	600m: 7:07.94	36.63	800m: 9:30.60	34.37
4.	Rita Costa Amador	99	Galitos / Bresimar	9:31.45	+0,72	620	
	50m: 32.09 32.09	250m: 2:55.23	36.18	450m: 5:20.73	36.37	650m: 7:44.92	35.93
	100m: 1:07.39 35.30	300m: 3:31.71	36.48	500m: 5:57.08	36.35	700m: 8:21.17	36.25
	150m: 1:43.03 35.64	350m: 4:08.14	36.43	550m: 6:33.00	35.92	750m: 8:56.86	35.69
	200m: 2:19.05 36.02	400m: 4:44.36	36.22	600m: 7:08.99	35.99	800m: 9:31.45	34.59
5.	Eva Guerreiro Carvalho	99	Uniao Piedense	9:31.94	+1,04	618	
	50m: 32.75 32.75	250m: 2:56.72	36.05	450m: 5:22.15	35.80	650m: 7:45.96	35.82
	100m: 1:08.20 35.45	300m: 3:33.42	36.70	500m: 5:58.30	36.15	700m: 8:21.91	35.95
	150m: 1:44.05 35.85	350m: 4:09.64	36.22	550m: 6:34.01	35.71	750m: 8:57.31	35.40
	200m: 2:20.67 36.62	400m: 4:46.35	36.71	600m: 7:10.14	36.13	800m: 9:31.94	34.63
6.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	9:32.90	+0,93	615	
	50m: 32.97 32.97	250m: 2:56.34	36.23	450m: 5:20.72	36.56	650m: 7:46.18	36.49
	100m: 1:08.17 35.20	300m: 3:32.13	35.79	500m: 5:56.79	36.07	700m: 8:22.21	36.03
	150m: 1:44.30 36.13	350m: 4:08.40	36.27	550m: 6:33.27	36.48	750m: 8:58.23	36.02
	200m: 2:20.11 35.81	400m: 4:44.16	35.76	600m: 7:09.69	36.42	800m: 9:32.90	34.67

Prova 25, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Ines Figueira Santos	00	Uniao Piedense	9:36.08	+0,81	605	
	50m: 31.88 31.88	250m: 2:55.41 36.32	450m: 5:22.01 36.94	650m: 7:49.33 36.69			
	100m: 1:06.95 35.07	300m: 3:31.91 36.50	500m: 5:58.83 36.82	700m: 8:26.12 36.79			
	150m: 1:42.88 35.93	350m: 4:08.49 36.58	550m: 6:35.85 37.02	750m: 9:02.12 36.00			
	200m: 2:19.09 36.21	400m: 4:45.07 36.58	600m: 7:12.64 36.79	800m: 9:36.08 33.96			
8.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	9:39.07	+0,81	596	
	50m: 33.12 33.12	250m: 2:57.62 36.17	450m: 5:23.38 36.87	650m: 7:50.27 37.47			
	100m: 1:08.69 35.57	300m: 3:33.63 36.01	500m: 5:59.55 36.17	700m: 8:26.85 36.58			
	150m: 1:45.28 36.59	350m: 4:10.36 36.73	550m: 6:36.36 36.81	750m: 9:03.23 36.38			
	200m: 2:21.45 36.17	400m: 4:46.51 36.15	600m: 7:12.80 36.44	800m: 9:39.07 35.84			
9.	Iris Cunha Santos	00	Porto	9:46.57	+0,87	573	
	50m: 34.31 34.31	250m: 3:01.69 36.91	450m: 5:29.32 36.75	650m: 7:57.50 36.71			
	100m: 1:10.79 36.48	300m: 3:38.79 37.10	500m: 6:06.47 37.15	700m: 8:34.70 37.20			
	150m: 1:48.00 37.21	350m: 4:15.79 37.00	550m: 6:43.57 37.10	750m: 9:11.50 36.80			
	200m: 2:24.78 36.78	400m: 4:52.57 36.78	600m: 7:20.79 37.22	800m: 9:46.57 35.07			
10.	Mariana Pinto Angelo	99	Academica de Coimbra	9:46.60	+0,72	573	
	50m: 34.24 34.24	250m: 3:00.88 36.90	450m: 5:29.38 37.06	650m: 7:58.32 37.13			
	100m: 1:10.51 36.27	300m: 3:37.95 37.07	500m: 6:06.37 36.99	700m: 8:35.11 36.79			
	150m: 1:47.12 36.61	350m: 4:15.18 37.23	550m: 6:43.87 37.50	750m: 9:11.55 36.44			
	200m: 2:23.98 36.86	400m: 4:52.32 37.14	600m: 7:21.19 37.32	800m: 9:46.60 35.05			
11.	Beatriz Barros Carmo	99	Alges	9:48.28	+0,76	568	
	50m: 33.18 33.18	250m: 3:00.07 36.91	450m: 5:29.02 37.03	650m: 7:58.44 37.15			
	100m: 1:09.17 35.99	300m: 3:37.49 37.42	500m: 6:06.67 37.65	700m: 8:36.02 37.58			
	150m: 1:45.89 36.72	350m: 4:14.53 37.04	550m: 6:43.69 37.02	750m: 9:12.95 36.93			
	200m: 2:23.16 37.27	400m: 4:51.99 37.46	600m: 7:21.29 37.60	800m: 9:48.28 35.33			
12.	Rafaela Araujo Silva	00	Famalicao	9:48.30	+0,89	568	
	50m: 32.98 32.98	250m: 2:59.34 37.18	450m: 5:28.58 37.45	650m: 7:58.63 37.19			
	100m: 1:08.62 35.64	300m: 3:36.35 37.01	500m: 6:06.09 37.51	700m: 8:36.10 37.47			
	150m: 1:45.35 36.73	350m: 4:13.87 37.52	550m: 6:43.75 37.66	750m: 9:13.22 37.12			
	200m: 2:22.16 36.81	400m: 4:51.13 37.26	600m: 7:21.44 37.69	800m: 9:48.30 35.08			
13.	Beatriz Marques Ferreira	00	Campinho	9:50.23	+0,72	563	
	50m: 33.39 33.39	250m: 3:01.29 37.42	450m: 5:30.91 37.66	650m: 8:00.20 37.01			
	100m: 1:09.56 36.17	300m: 3:38.73 37.44	500m: 6:08.41 37.50	700m: 8:37.62 37.42			
	150m: 1:46.64 37.08	350m: 4:15.83 37.10	550m: 6:45.80 37.39	750m: 9:14.62 37.00			
	200m: 2:23.87 37.23	400m: 4:53.25 37.42	600m: 7:23.19 37.39	800m: 9:50.23 35.61			
14.	Ines Silva Oliveira	00	Individual ANNP	9:51.22	+0,84	560	
	50m: 32.87 32.87	250m: 3:01.15 37.61	450m: 5:32.21 37.57	650m: 8:02.76 37.39			
	100m: 1:09.60 36.73	300m: 3:38.80 37.65	500m: 6:10.18 37.97	700m: 8:40.17 37.41			
	150m: 1:46.46 36.86	350m: 4:16.47 37.67	550m: 6:47.45 37.27	750m: 9:16.61 36.44			
	200m: 2:23.54 37.08	400m: 4:54.64 38.17	600m: 7:25.37 37.92	800m: 9:51.22 34.61			
15.	Mariana Silva Ramos	00	Sporting	9:51.95		558	
	50m: 32.87 32.87	250m: 2:59.45 37.01	450m: 5:28.87 37.66	650m: 8:00.52 38.10			
	100m: 1:09.04 36.17	300m: 3:36.33 36.88	500m: 6:06.59 37.72	700m: 8:38.12 37.60			
	150m: 1:45.75 36.71	350m: 4:13.65 37.32	550m: 6:44.68 38.09	750m: 9:16.00 37.88			
	200m: 2:22.44 36.69	400m: 4:51.21 37.56	600m: 7:22.42 37.74	800m: 9:51.95 35.95			
16.	Leila Tavarina Lemos	00	Vilacondense	9:52.07	+0,77	557	
	50m: 32.48 32.48	250m: 3:02.54 37.75	450m: 5:33.03 37.04	650m: 8:01.90 37.24			
	100m: 1:09.54 37.06	300m: 3:40.35 37.81	500m: 6:10.28 37.25	700m: 8:39.24 37.34			
	150m: 1:46.61 37.07	350m: 4:18.12 37.77	550m: 6:47.23 36.95	750m: 9:16.03 36.79			
	200m: 2:24.79 38.18	400m: 4:55.99 37.87	600m: 7:24.66 37.43	800m: 9:52.07 36.04			

Prova 25, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Maria Beatriz Dias	99	Scalabiswim	9:52.66	+0,76	556	
	50m: 33.24 33.24	250m: 2:59.80 37.04	450m: 5:30.16 37.74	650m: 8:01.52 37.92			
	100m: 1:08.93 35.69	300m: 3:37.28 37.48	500m: 6:08.03 37.87	700m: 8:39.51 37.99			
	150m: 1:45.51 36.58	350m: 4:14.80 37.52	550m: 6:45.77 37.74	750m: 9:17.02 37.51			
	200m: 2:22.76 37.25	400m: 4:52.42 37.62	600m: 7:23.60 37.83	800m: 9:52.66 35.64			
18.	Eliana Dirce Lourenco	00	Galitos / Bresimar	9:52.72	+0,68	556	
	50m: 32.40 32.40	250m: 3:00.08 37.39	450m: 5:30.40 37.62	650m: 8:01.98 38.10			
	100m: 1:08.25 35.85	300m: 3:37.69 37.61	500m: 6:08.29 37.89	700m: 8:40.08 38.10			
	150m: 1:45.19 36.94	350m: 4:14.94 37.25	550m: 6:45.86 37.57	750m: 9:17.00 36.92			
	200m: 2:22.69 37.50	400m: 4:52.78 37.84	600m: 7:23.88 38.02	800m: 9:52.72 35.72			
19.	Ana Sofia Ramos	00	Fluivial Portuense	10:00.60	+0,60	534	
	50m: 33.26 33.26	250m: 3:01.63 37.39	450m: 5:33.86 37.97	650m: 8:07.42 37.74			
	100m: 1:09.70 36.44	300m: 3:39.69 38.06	500m: 6:12.59 38.73	700m: 8:46.13 38.71			
	150m: 1:46.95 37.25	350m: 4:17.62 37.93	550m: 6:51.04 38.45	750m: 9:23.87 37.74			
	200m: 2:24.24 37.29	400m: 4:55.89 38.27	600m: 7:29.68 38.64	800m: 10:00.60 36.73			
20.	Ana Catarina Oliveira	99	Gesloures	10:11.52	+0,72	506	
	50m: 34.33 34.33	250m: 3:07.94 38.51	450m: 5:41.13 38.30	650m: 8:16.89 39.25			
	100m: 1:12.50 38.17	300m: 3:46.44 38.50	500m: 6:19.73 38.60	700m: 8:55.76 38.87			
	150m: 1:50.88 38.38	350m: 4:24.84 38.40	550m: 6:58.46 38.73	750m: 9:34.57 38.81			
	200m: 2:29.43 38.55	400m: 5:02.83 37.99	600m: 7:37.64 39.18	800m: 10:11.52 36.95			

Prova 25 Femin., 800m Livres Juvenis A
13-03-2016 Resultados

Rec Nac Absoluto	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	Tamila Hryhorivna Holub	SCB	Oeiras	27-07-2014

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sara Sofia Alves	01	Columbofila Cantanhedense	9:16.67	+0,80	671	
	50m: 31.99 31.99	250m: 2:49.12 34.79	450m: 5:10.10 35.08	650m: 7:33.10 35.87			
	100m: 1:05.58 33.59	300m: 3:24.07 34.95	500m: 5:45.79 35.69	700m: 8:08.25 35.15			
	150m: 1:39.83 34.25	350m: 3:59.27 35.20	550m: 6:21.47 35.68	750m: 8:43.31 35.06			
	200m: 2:14.33 34.50	400m: 4:35.02 35.75	600m: 6:57.23 35.76	800m: 9:16.67 33.36			
2.	Luisa Maria Machado	01	Uniao Piedense	9:26.93		635	
	50m: 32.03 32.03	250m: 2:55.13 35.93	450m: 5:18.30 35.29	650m: 7:41.05 35.50			
	100m: 1:07.44 35.41	300m: 3:31.01 35.88	500m: 5:54.03 35.73	700m: 8:16.91 35.86			
	150m: 1:43.19 35.75	350m: 4:07.00 35.99	550m: 6:29.67 35.64	750m: 8:51.91 35.00			
	200m: 2:19.20 36.01	400m: 4:43.01 36.01	600m: 7:05.55 35.88	800m: 9:26.93 35.02			
3.	Maria Carolina Costa	01	Porto	9:30.35	+0,75	624	
	50m: 31.68 31.68	250m: 2:54.35 35.79	450m: 5:18.03 36.24	650m: 7:43.02 36.37			
	100m: 1:06.71 35.03	300m: 3:30.22 35.87	500m: 5:54.29 36.26	700m: 8:19.70 36.68			
	150m: 1:42.56 35.85	350m: 4:06.11 35.89	550m: 6:30.39 36.10	750m: 8:55.66 35.96			
	200m: 2:18.56 36.00	400m: 4:41.79 35.68	600m: 7:06.65 36.26	800m: 9:30.35 34.69			
4.	Joana Costa Amador	01	Galitos / Bresimar	9:30.59	+0,79	623	
	50m: 32.40 32.40	250m: 2:54.61 35.99	450m: 5:18.51 36.11	650m: 7:43.30 35.93			
	100m: 1:07.16 34.76	300m: 3:30.45 35.84	500m: 5:54.68 36.17	700m: 8:19.64 36.34			
	150m: 1:42.92 35.76	350m: 4:06.58 36.13	550m: 6:30.98 36.30	750m: 8:55.77 36.13			
	200m: 2:18.62 35.70	400m: 4:42.40 35.82	600m: 7:07.37 36.39	800m: 9:30.59 34.82			

Prova 25, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Carolina Rosa Marcelino	01	Alges	9:50.32	+0,83	562	
	50m: 32.85 32.85	250m: 2:59.72	37.13	450m: 5:28.69	37.44	650m: 7:59.00	38.01
	100m: 1:09.06 36.21	300m: 3:36.80	37.08	500m: 6:06.15	37.46	700m: 8:36.69	37.69
	150m: 1:45.79 36.73	350m: 4:14.10	37.30	550m: 6:43.43	37.28	750m: 9:14.33	37.64
	200m: 2:22.59 36.80	400m: 4:51.25	37.15	600m: 7:20.99	37.56	800m: 9:50.32	35.99
6.	Rita Alexandra Vital	01	Alges	9:54.63	+0,93	550	
	50m: 32.86 32.86	250m: 3:00.20	37.44	450m: 5:31.52	37.60	650m: 8:03.18	38.15
	100m: 1:08.71 35.85	300m: 3:38.19	37.99	500m: 6:09.76	38.24	700m: 8:40.33	37.15
	150m: 1:45.46 36.75	350m: 4:15.88	37.69	550m: 6:47.40	37.64	750m: 9:17.76	37.43
	200m: 2:22.76 37.30	400m: 4:53.92	38.04	600m: 7:25.03	37.63	800m: 9:54.63	36.87
7.	Ines Alves Martins	01	Fluval Portuense	9:54.85	+0,73	550	
	50m: 33.13 33.13	250m: 3:01.50	37.58	450m: 5:32.47	37.87	650m: 8:03.88	37.80
	100m: 1:09.69 36.56	300m: 3:38.86	37.36	500m: 6:10.05	37.58	700m: 8:41.49	37.61
	150m: 1:46.76 37.07	350m: 4:16.78	37.92	550m: 6:48.18	38.13	750m: 9:18.71	37.22
	200m: 2:23.92 37.16	400m: 4:54.60	37.82	600m: 7:26.08	37.90	800m: 9:54.85	36.14
8.	Maria Esteves Martins	01	Galitos / Bresimar	9:56.19	+0,74	546	
	50m: 32.94 32.94	250m: 3:02.39	38.12	450m: 5:33.18	38.46	650m: 8:05.01	37.73
	100m: 1:09.36 36.42	300m: 3:39.16	36.77	500m: 6:10.44	37.26	700m: 8:42.37	37.36
	150m: 1:46.88 37.52	350m: 4:16.82	37.66	550m: 6:48.83	38.39	750m: 9:20.47	38.10
	200m: 2:24.27 37.39	400m: 4:54.72	37.90	600m: 7:27.28	38.45	800m: 9:56.19	35.72
9.	Mariana Delicado Correia	01	Sporting	10:03.14	+0,74	527	
	50m: 32.85 32.85	250m: 3:03.47	38.28	450m: 5:36.12	38.06	650m: 8:09.90	38.39
	100m: 1:09.36 36.51	300m: 3:41.81	38.34	500m: 6:14.59	38.47	700m: 8:48.41	38.51
	150m: 1:47.00 37.64	350m: 4:19.88	38.07	550m: 6:52.61	38.02	750m: 9:26.42	38.01
	200m: 2:25.19 38.19	400m: 4:58.06	38.18	600m: 7:31.51	38.90	800m: 10:03.14	36.72
10.	Ana Margarida Branco	01	Alges	10:08.24	+0,81	514	
	50m: 34.70 34.70	250m: 3:06.03	38.41	450m: 5:40.72	38.76	650m: 8:15.57	38.33
	100m: 1:12.19 37.49	300m: 3:43.96	37.93	500m: 6:19.35	38.63	700m: 8:54.06	38.49
	150m: 1:49.86 37.67	350m: 4:22.91	38.95	550m: 6:58.59	39.24	750m: 9:31.91	37.85
	200m: 2:27.62 37.76	400m: 5:01.96	39.05	600m: 7:37.24	38.65	800m: 10:08.24	36.33
11.	Beatriz Ferreira Silva	01	Braga	10:08.26	+0,87	514	
	50m: 34.33 34.33	250m: 3:05.92	38.77	450m: 5:40.27	38.72	650m: 8:14.64	38.73
	100m: 1:11.40 37.07	300m: 3:44.37	38.45	500m: 6:18.86	38.59	700m: 8:53.37	38.73
	150m: 1:49.03 37.63	350m: 4:22.82	38.45	550m: 6:57.15	38.29	750m: 9:31.36	37.99
	200m: 2:27.15 38.12	400m: 5:01.55	38.73	600m: 7:35.91	38.76	800m: 10:08.26	36.90
12.	Joana Daniela Jacinto	01	Natacao da Maia	10:19.71	+0,70	486	
	50m: 33.66 33.66	250m: 3:08.58	39.30	450m: 5:47.85	40.47	650m: 8:25.03	39.53
	100m: 1:11.73 38.07	300m: 3:47.26	38.68	500m: 6:26.86	39.01	700m: 9:03.83	38.80
	150m: 1:50.28 38.55	350m: 4:27.69	40.43	550m: 7:06.55	39.69	750m: 9:42.56	38.73
	200m: 2:29.28 39.00	400m: 5:07.38	39.69	600m: 7:45.50	38.95	800m: 10:19.71	37.15
13.	Erika Almeida Marques	01	Braga	10:21.30	+0,84	482	
	50m: 33.40 33.40	250m: 3:06.13	38.39	450m: 5:43.58	39.22	650m: 8:22.53	39.41
	100m: 1:10.76 37.36	300m: 3:45.50	39.37	500m: 6:23.61	40.03	700m: 9:02.76	40.23
	150m: 1:48.67 37.91	350m: 4:24.44	38.94	550m: 7:03.05	39.44	750m: 9:42.05	39.29
	200m: 2:27.74 39.07	400m: 5:04.36	39.92	600m: 7:43.12	40.07	800m: 10:21.30	39.25
14.	Francisca Vieira Pais	01	Galitos / Bresimar	10:24.52	+0,74	475	
	50m: 34.37 34.37	250m: 3:09.91	39.78	450m: 5:48.22	40.09	650m: 8:27.73	40.01
	100m: 1:12.14 37.77	300m: 3:49.07	39.16	500m: 6:27.99	39.77	700m: 9:07.36	39.63
	150m: 1:51.31 39.17	350m: 4:28.60	39.53	550m: 7:08.03	40.04	750m: 9:46.68	39.32
	200m: 2:30.13 38.82	400m: 5:08.13	39.53	600m: 7:47.72	39.69	800m: 10:24.52	37.84

Prova 25, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Catarina Miguel Silva	01	Natacao de Faro	10:42.34	+0,85	436	
	50m: 34.34 34.34	250m: 3:09.95	39.68	450m: 5:49.22	40.27	650m: 8:34.20	41.76
	100m: 1:12.01 37.67	300m: 3:49.43	39.48	500m: 6:29.29	40.07	700m: 9:17.36	43.16
	150m: 1:50.70 38.69	350m: 4:29.06	39.63	550m: 7:10.65	41.36	750m: 10:01.05	43.69
	200m: 2:30.27 39.57	400m: 5:08.95	39.89	600m: 7:52.44	41.79	800m: 10:42.34	41.29

Prova 25
13-03-2016

Femin., 800m Livres

Juvenis B
Resultados

Rec Nac Absoluto	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Juv B	9:07.70	Alexandra Maria Silva	POR	Split (CRO)	10-09-1981

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Amaral Mendes	02	Colegio Monte Maior	9:35.22	+0,75	608	
	50m: 33.37 33.37	250m: 2:58.14	36.29	450m: 5:23.89	36.51	650m: 7:48.98	36.40
	100m: 1:09.46 36.09	300m: 3:34.34	36.20	500m: 5:59.91	36.02	700m: 8:25.16	36.18
	150m: 1:46.05 36.59	350m: 4:10.98	36.64	550m: 6:36.63	36.72	750m: 9:01.00	35.84
	200m: 2:21.85 35.80	400m: 4:47.38	36.40	600m: 7:12.58	35.95	800m: 9:35.22	34.22
2.	Mariana Fernandes Barbosa	02	Porto	9:37.94	+0,74	599	
	50m: 32.57 32.57	250m: 2:58.88	36.53	450m: 5:24.06	36.22	650m: 7:50.29	36.54
	100m: 1:08.43 35.86	300m: 3:35.46	36.58	500m: 6:00.68	36.62	700m: 8:27.27	36.98
	150m: 1:45.31 36.88	350m: 4:12.05	36.59	550m: 6:37.13	36.45	750m: 9:03.01	35.74
	200m: 2:22.35 37.04	400m: 4:47.84	35.79	600m: 7:13.75	36.62	800m: 9:37.94	34.93
3.	Alexandra Couto Frazao	02	Individual ANL	9:42.54	+0,76	585	
	50m: 32.87 32.87	250m: 2:59.02	36.74	450m: 5:27.48	37.08	650m: 7:56.57	37.59
	100m: 1:09.07 36.20	300m: 3:36.08	37.06	500m: 6:04.74	37.26	700m: 8:32.84	36.27
	150m: 1:45.52 36.45	350m: 4:13.29	37.21	550m: 6:41.95	37.21	750m: 9:09.45	36.61
	200m: 2:22.28 36.76	400m: 4:50.40	37.11	600m: 7:18.98	37.03	800m: 9:42.54	33.09
4.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	9:48.83	+0,90	567	
	50m: 32.49 32.49	250m: 3:00.79	37.29	450m: 5:29.99	37.33	650m: 7:59.40	37.16
	100m: 1:08.93 36.44	300m: 3:37.93	37.14	500m: 6:07.55	37.56	700m: 8:36.56	37.16
	150m: 1:46.30 37.37	350m: 4:15.35	37.42	550m: 6:44.89	37.34	750m: 9:13.34	36.78
	200m: 2:23.50 37.20	400m: 4:52.66	37.31	600m: 7:22.24	37.35	800m: 9:48.83	35.49
5.	Leonor Camacho Fernandes	02	Sporting	9:49.46	+0,78	565	
	50m: 32.74 32.74	250m: 2:59.24	37.42	450m: 5:27.72	37.20	650m: 7:58.91	38.22
	100m: 1:08.40 35.66	300m: 3:36.36	37.12	500m: 6:05.66	37.94	700m: 8:35.94	37.03
	150m: 1:45.04 36.64	350m: 4:13.47	37.11	550m: 6:43.48	37.82	750m: 9:13.73	37.79
	200m: 2:21.82 36.78	400m: 4:50.52	37.05	600m: 7:20.69	37.21	800m: 9:49.46	35.73
6.	Ana Rita Ramos	02	Porto	9:49.54	+0,76	565	
	50m: 33.39 33.39	250m: 3:01.18	37.17	450m: 5:29.59	36.95	650m: 7:59.67	37.70
	100m: 1:09.79 36.40	300m: 3:38.45	37.27	500m: 6:06.80	37.21	700m: 8:37.07	37.40
	150m: 1:47.73 37.94	350m: 4:15.69	37.24	550m: 6:44.19	37.39	750m: 9:14.54	37.47
	200m: 2:24.01 36.28	400m: 4:52.64	36.95	600m: 7:21.97	37.78	800m: 9:49.54	35.00
7.	Catia Jordan Agostinho	02	Rio Maior	9:58.93	+0,88	538	
	50m: 33.83 33.83	250m: 3:03.06	38.02	450m: 5:34.69	38.20	650m: 8:06.38	37.80
	100m: 1:10.18 36.35	300m: 3:40.66	37.60	500m: 6:12.63	37.94	700m: 8:44.26	37.88
	150m: 1:47.77 37.59	350m: 4:18.37	37.71	550m: 6:50.75	38.12	750m: 9:22.08	37.82
	200m: 2:25.04 37.27	400m: 4:56.49	38.12	600m: 7:28.58	37.83	800m: 9:58.93	36.85

Prova 25, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Jessica Soares Lima	02	Braga	10:01.59	+0,78	531	
	50m: 33.21 33.21	250m: 3:02.60	38.02	450m: 5:35.41	37.99	650m: 8:08.19	37.68
	100m: 1:09.47 36.26	300m: 3:40.69	38.09	500m: 6:14.04	38.63	700m: 8:46.48	38.29
	150m: 1:46.92 37.45	350m: 4:18.91	38.22	550m: 6:52.25	38.21	750m: 9:24.29	37.81
	200m: 2:24.58 37.66	400m: 4:57.42	38.51	600m: 7:30.51	38.26	800m: 10:01.59	37.30
9.	Ana Rita Queiroz	02	Fundacao Beatriz Santos	10:07.68	+0,76	515	
	50m: 33.87 33.87	250m: 3:06.16	37.97	450m: 5:40.54	38.16	650m: 8:15.80	38.62
	100m: 1:11.78 37.91	300m: 3:44.74	38.58	500m: 6:19.18	38.64	700m: 8:55.20	39.40
	150m: 1:49.85 38.07	350m: 4:23.17	38.43	550m: 6:57.59	38.41	750m: 9:31.78	36.58
	200m: 2:28.19 38.34	400m: 5:02.38	39.21	600m: 7:37.18	39.59	800m: 10:07.68	35.90
10.	Margarida Cabral Monteiro	02	Galitos / Bresimar	10:10.28	+0,78	509	
	50m: 33.89 33.89	250m: 3:05.27	38.44	450m: 5:38.89	38.54	650m: 8:14.96	39.07
	100m: 1:10.99 37.10	300m: 3:43.13	37.86	500m: 6:17.58	38.69	700m: 8:53.82	38.86
	150m: 1:48.85 37.86	350m: 4:21.77	38.64	550m: 6:57.00	39.42	750m: 9:32.56	38.74
	200m: 2:26.83 37.98	400m: 5:00.35	38.58	600m: 7:35.89	38.89	800m: 10:10.28	37.72
11.	Ines Sofia Ferreira	02	Galitos / Bresimar	10:12.17	+0,78	504	
	50m: 33.46 33.46	250m: 3:06.64	38.94	450m: 5:42.17	38.96	650m: 8:19.35	39.25
	100m: 1:10.59 37.13	300m: 3:45.19	38.55	500m: 6:21.47	39.30	700m: 8:58.27	38.92
	150m: 1:48.91 38.32	350m: 4:24.10	38.91	550m: 7:00.64	39.17	750m: 9:35.78	37.51
	200m: 2:27.70 38.79	400m: 5:03.21	39.11	600m: 7:40.10	39.46	800m: 10:12.17	36.39
12.	Mariana Filipa Moreira	02	Valongo	10:20.90	+0,84	483	
	50m: 34.43 34.43	250m: 3:09.94	39.07	450m: 5:47.36	39.12	650m: 8:25.14	38.98
	100m: 1:12.89 38.46	300m: 3:49.53	39.59	500m: 6:27.08	39.72	700m: 9:04.84	39.70
	150m: 1:51.30 38.41	350m: 4:28.68	39.15	550m: 7:06.45	39.37	750m: 9:43.33	38.49
	200m: 2:30.87 39.57	400m: 5:08.24	39.56	600m: 7:46.16	39.71	800m: 10:20.90	37.57
13.	Constanca Filipa Rodrigues	02	Benedita	10:24.07	+0,80	476	
	50m: 34.60 34.60	250m: 3:10.83	39.13	450m: 5:48.67	38.76	650m: 8:27.08	39.28
	100m: 1:13.39 38.79	300m: 3:50.81	39.98	500m: 6:28.27	39.60	700m: 9:06.82	39.74
	150m: 1:51.96 38.57	350m: 4:29.97	39.16	550m: 7:07.65	39.38	750m: 9:45.93	39.11
	200m: 2:31.70 39.74	400m: 5:09.91	39.94	600m: 7:47.80	40.15	800m: 10:24.07	38.14
14.	Ana Margarida Leite	02	Fafe	10:24.83	+0,80	474	
	50m: 34.53 34.53	250m: 3:09.07	38.92	450m: 5:48.47	40.09	650m: 8:28.38	39.66
	100m: 1:12.51 37.98	300m: 3:48.75	39.68	500m: 6:28.75	40.28	700m: 9:08.43	40.05
	150m: 1:51.39 38.88	350m: 4:28.26	39.51	550m: 7:08.13	39.38	750m: 9:47.09	38.66
	200m: 2:30.15 38.76	400m: 5:08.38	40.12	600m: 7:48.72	40.59	800m: 10:24.83	37.74
15.	Elisa Sauval Goncalves	02	Natacao Olhao	10:27.74	+0,83	468	
	50m: 33.42 33.42	250m: 3:08.04	39.58	450m: 5:47.76	40.12	650m: 8:29.06	40.33
	100m: 1:10.46 37.04	300m: 3:47.39	39.35	500m: 6:28.04	40.28	700m: 9:09.42	40.36
	150m: 1:49.26 38.80	350m: 4:27.72	40.33	550m: 7:08.54	40.50	750m: 9:48.96	39.54
	200m: 2:28.46 39.20	400m: 5:07.64	39.92	600m: 7:48.73	40.19	800m: 10:27.74	38.78

Prova 25, Femin., 800m Livres

Prova 25
13-03-2016

Femin., 800m Livres

Seniores
Resultados

Rec Nac Absoluto	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Sen	8:52.69	Ana Goncalves Neto	FCP	Famalicao	18-07-2013

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diana Margarida Duraes	96	Porto	8:43.58	+0,72	806	
	<i>Recorde Nacional, Sen e Abs</i>						
	50m: 30.47 30.47	250m: 2:44.30 33.12	450m: 4:56.24 32.99	650m: 7:07.07 32.15			
	100m: 1:03.70 33.23	300m: 3:17.24 32.94	500m: 5:29.00 32.76	700m: 7:39.40 32.33			
	150m: 1:37.53 33.83	350m: 3:50.54 33.30	550m: 6:02.08 33.08	750m: 8:11.72 32.32			
	200m: 2:11.18 33.65	400m: 4:23.25 32.71	600m: 6:34.92 32.84	800m: 8:43.58 31.86			
2.	Angelica Maria Andre	94	Fluval Portuense	9:02.97	+0,69	723	
	50m: 31.39 31.39	250m: 2:46.71 34.07	450m: 5:02.80 34.28	650m: 7:20.26 34.25			
	100m: 1:04.60 33.21	300m: 3:20.66 33.95	500m: 5:37.15 34.35	700m: 7:54.58 34.32			
	150m: 1:38.74 34.14	350m: 3:54.66 34.00	550m: 6:11.50 34.35	750m: 8:29.14 34.56			
	200m: 2:12.64 33.90	400m: 4:28.52 33.86	600m: 6:46.01 34.51	800m: 9:02.97 33.83			
3.	Maria Teresa Amorim	97	Porto	9:04.80	+0,78	716	
	50m: 31.46 31.46	250m: 2:48.12 34.56	450m: 5:05.81 34.23	650m: 7:23.49 34.47			
	100m: 1:05.02 33.56	300m: 3:22.60 34.48	500m: 5:40.00 34.19	700m: 7:57.96 34.47			
	150m: 1:39.03 34.01	350m: 3:57.22 34.62	550m: 6:14.51 34.51	750m: 8:31.87 33.91			
	200m: 2:13.56 34.53	400m: 4:31.58 34.36	600m: 6:49.02 34.51	800m: 9:04.80 32.93			
4.	Vania Soares Neves	90	Fluval Portuense	9:13.28	+0,79	683	
	50m: 31.70 31.70	250m: 2:48.54 34.60	450m: 5:07.92 34.89	650m: 7:28.60 35.10			
	100m: 1:05.25 33.55	300m: 3:23.12 34.58	500m: 5:43.03 35.11	700m: 8:04.08 35.48			
	150m: 1:39.62 34.37	350m: 3:58.12 35.00	550m: 6:18.24 35.21	750m: 8:39.15 35.07			
	200m: 2:13.94 34.32	400m: 4:33.03 34.91	600m: 6:53.50 35.26	800m: 9:13.28 34.13			
5.	Maria Joao Fernandes	97	Vilacondense	9:31.01	+0,84	621	
	50m: 31.99 31.99	250m: 2:54.24 35.60	450m: 5:18.57 35.69	650m: 7:43.47 35.90			
	100m: 1:06.96 34.97	300m: 3:30.75 36.51	500m: 5:54.88 36.31	700m: 8:19.49 36.02			
	150m: 1:42.34 35.38	350m: 4:06.38 35.63	550m: 6:31.23 36.35	750m: 8:55.51 36.02			
	200m: 2:18.64 36.30	400m: 4:42.88 36.50	600m: 7:07.57 36.34	800m: 9:31.01 35.50			
6.	Ana Luisa Santo	95	Benfica	9:32.61	+0,75	616	
	50m: 32.93 32.93	250m: 2:57.56 36.42	450m: 5:22.71 35.87	650m: 7:46.86 35.96			
	100m: 1:08.31 35.38	300m: 3:34.00 36.44	500m: 5:58.96 36.25	700m: 8:22.83 35.97			
	150m: 1:44.54 36.23	350m: 4:10.25 36.25	550m: 6:34.83 35.87	750m: 8:57.93 35.10			
	200m: 2:21.14 36.60	400m: 4:46.84 36.59	600m: 7:10.90 36.07	800m: 9:32.61 34.68			
7.	Carolina Mantua Guedes	98	Sporting	9:35.41	+0,74	607	
	50m: 31.97 31.97	250m: 2:54.51 35.85	450m: 5:19.71 36.25	650m: 7:45.84 35.40			
	100m: 1:06.88 34.91	300m: 3:30.80 36.29	500m: 5:56.81 37.10	700m: 8:21.87 36.03			
	150m: 1:42.55 35.67	350m: 4:06.62 35.82	550m: 6:33.49 36.68	750m: 8:58.71 36.84			
	200m: 2:18.66 36.11	400m: 4:43.46 36.84	600m: 7:10.44 36.95	800m: 9:35.41 36.70			
8.	Raquel Paulo Ranito	94	Sporting	9:35.75	+0,74	606	
	50m: 33.08 33.08	250m: 2:57.33 36.23	450m: 5:22.96 36.19	650m: 7:48.67 36.08			
	100m: 1:08.90 35.82	300m: 3:33.80 36.47	500m: 5:59.27 36.31	700m: 8:25.24 36.57			
	150m: 1:44.78 35.88	350m: 4:10.06 36.26	550m: 6:35.74 36.47	750m: 9:00.71 35.47			
	200m: 2:21.10 36.32	400m: 4:46.77 36.71	600m: 7:12.59 36.85	800m: 9:35.75 35.04			
9.	Ana Silva Costa	98	Famalicao	9:36.24	+0,76	605	
	50m: 32.47 32.47	250m: 2:56.35 36.29	450m: 5:22.57 36.34	650m: 7:49.18 36.96			
	100m: 1:07.69 35.22	300m: 3:32.99 36.64	500m: 5:59.00 36.43	700m: 8:25.83 36.65			
	150m: 1:43.60 35.91	350m: 4:09.46 36.47	550m: 6:35.65 36.65	750m: 9:02.16 36.33			
	200m: 2:20.06 36.46	400m: 4:46.23 36.77	600m: 7:12.22 36.57	800m: 9:36.24 34.08			

Prova 25, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Carolina Madeira Santos	96	Naval Amorense	9:43.53	+0,89	582	
	50m: 32.09 32.09	250m: 2:57.07	36.81	450m: 5:25.99	37.19	650m: 7:54.61	37.20
	100m: 1:07.50 35.41	300m: 3:34.28	37.21	500m: 6:02.85	36.86	700m: 8:31.38	36.77
	150m: 1:43.72 36.22	350m: 4:11.57	37.29	550m: 6:40.58	37.73	750m: 9:08.35	36.97
	200m: 2:20.26 36.54	400m: 4:48.80	37.23	600m: 7:17.41	36.83	800m: 9:43.53	35.18