

Prova 2  
21-07-2016 - 17:25

Femin., 800m Livres

Open  
Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
Rec Nac Inf B	9:30.42	Filipa Vilas Ruivo	DNMG	S. João da Madeira	25-07-2009
Rec Nac Inf A	9:14.85	Alexandra Maria Silva	POR	Skovde (SWE)	10-08-1980
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	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
Rec Nac Sen	8:43.58	Diana Margarida Duraes	FCP	Oeiras	13-03-2016

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99	Braga	<b>8:49.19</b>	<b>+0,85</b>	<b>781</b>	
	50m: 31.51 31.51	250m: 2:43.48	33.13	450m: 4:56.58	33.28	650m: 7:10.52	33.54
	100m: 1:04.33 32.82	300m: 3:16.68	33.20	500m: 5:30.09	33.51	700m: 7:44.11	33.59
	150m: 1:37.33 33.00	350m: 3:49.99	33.31	550m: 6:03.49	33.40	750m: 8:17.02	32.91
	200m: 2:10.35 33.02	400m: 4:23.30	33.31	600m: 6:36.98	33.49	800m: 8:49.19	32.17
2.	Paula Alonso Lorenzo	95	C.N. Parquesol	<b>8:53.15</b>	<b>+0,87</b>	<b>763</b>	
	50m: 30.73 30.73	250m: 2:44.16	33.77	450m: 4:59.34	33.88	650m: 7:13.81	33.58
	100m: 1:03.51 32.78	300m: 3:17.90	33.74	500m: 5:33.03	33.69	700m: 7:47.43	33.62
	150m: 1:36.84 33.33	350m: 3:51.62	33.72	550m: 6:06.60	33.57	750m: 8:20.84	33.41
	200m: 2:10.39 33.55	400m: 4:25.46	33.84	600m: 6:40.23	33.63	800m: 8:53.15	32.31
3.	Roni Bove	96	Israel	<b>9:00.44</b>	<b>+0,84</b>	<b>733</b>	
	50m: 31.27 31.27	250m: 2:44.75	33.62	450m: 5:00.44	34.01	650m: 7:17.23	34.29
	100m: 1:04.42 33.15	300m: 3:18.27	33.52	500m: 5:34.56	34.12	700m: 7:51.84	34.61
	150m: 1:37.66 33.24	350m: 3:52.36	34.09	550m: 6:08.68	34.12	750m: 8:26.55	34.71
	200m: 2:11.13 33.47	400m: 4:26.43	34.07	600m: 6:42.94	34.26	800m: 9:00.44	33.89
4.	Sara Sofia Alves	01	Columbofila Cantanhedense	<b>9:02.02</b>	<b>+0,73</b>	<b>727</b>	
	50m: 31.46 31.46	250m: 2:46.02	34.27	450m: 5:02.38	34.12	650m: 7:20.09	34.54
	100m: 1:04.47 33.01	300m: 3:19.95	33.93	500m: 5:36.64	34.26	700m: 7:54.66	34.57
	150m: 1:38.06 33.59	350m: 3:54.19	34.24	550m: 6:11.36	34.72	750m: 8:29.32	34.66
	200m: 2:11.75 33.69	400m: 4:28.26	34.07	600m: 6:45.55	34.19	800m: 9:02.02	32.70
5.	Chaya S Zabludoff	93	Israel	<b>9:04.97</b>	<b>+0,67</b>	<b>715</b>	
	50m: 32.51 32.51	250m: 2:49.66	34.30	450m: 5:07.83	34.30	650m: 7:25.26	34.36
	100m: 1:06.93 34.42	300m: 3:24.43	34.77	500m: 5:42.06	34.23	700m: 7:59.57	34.31
	150m: 1:41.26 34.33	350m: 3:58.75	34.32	550m: 6:16.67	34.61	750m: 8:33.38	33.81
	200m: 2:15.36 34.10	400m: 4:33.53	34.78	600m: 6:50.90	34.23	800m: 9:04.97	31.59
6.	Louise Gremillon	00	ASC Pessac-Alouette	<b>9:05.45</b>	<b>+0,76</b>	<b>713</b>	
	50m: 31.76 31.76	250m: 2:48.72	34.51	450m: 5:06.29	34.18	650m: 7:24.20	34.39
	100m: 1:05.62 33.86	300m: 3:23.07	34.35	500m: 5:40.93	34.64	700m: 7:58.51	34.31
	150m: 1:39.92 34.30	350m: 3:57.68	34.61	550m: 6:15.36	34.43	750m: 8:32.49	33.98
	200m: 2:14.21 34.29	400m: 4:32.11	34.43	600m: 6:49.81	34.45	800m: 9:05.45	32.96
7.	Ines Jacinto Henriques	00	Pimpoes/Cimai	<b>9:07.34</b>	<b>+0,80</b>	<b>706</b>	
	50m: 31.93 31.93	250m: 2:48.46	34.86	450m: 5:05.15	34.04	650m: 7:23.75	34.65
	100m: 1:05.54 33.61	300m: 3:22.82	34.36	500m: 5:39.37	34.22	700m: 7:58.65	34.90
	150m: 1:39.73 34.19	350m: 3:57.13	34.31	550m: 6:14.23	34.86	750m: 8:33.28	34.63
	200m: 2:13.60 33.87	400m: 4:31.11	33.98	600m: 6:49.10	34.87	800m: 9:07.34	34.06
8.	Angelica Maria Andre	94	Fluvial Portuense	<b>9:10.09</b>	<b>+0,82</b>	<b>695</b>	
	50m: 31.02 31.02	250m: 2:46.90	34.53	450m: 5:04.64	34.86	650m: 7:24.39	35.09
	100m: 1:04.34 33.32	300m: 3:21.06	34.16	500m: 5:39.44	34.80	700m: 7:59.65	35.26
	150m: 1:38.32 33.98	350m: 3:55.34	34.28	550m: 6:14.19	34.75	750m: 8:35.13	35.48
	200m: 2:12.37 34.05	400m: 4:29.78	34.44	600m: 6:49.30	35.11	800m: 9:10.09	34.96

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Vania Soares Neves	90	Fluvial Portuense	<b>9:12.97</b>	<b>+0,81</b>	<b>684</b>	
	50m: 31.81 31.81	250m: 2:48.47 34.71	450m: 5:07.28 34.90	650m: 7:27.92 35.31			
	100m: 1:05.39 33.58	300m: 3:23.11 34.64	500m: 5:42.18 34.90	700m: 8:03.05 35.13			
	150m: 1:39.60 34.21	350m: 3:57.77 34.66	550m: 6:17.36 35.18	750m: 8:38.25 35.20			
	200m: 2:13.76 34.16	400m: 4:32.38 34.61	600m: 6:52.61 35.25	800m: 9:12.97 34.72			
10.	Mariana Amaral Mendes	02	Colegio Monte Maior	<b>9:18.90</b>	<b>+0,72</b>	<b>663</b>	
	50m: 32.05 32.05	250m: 2:52.95 35.36	450m: 5:13.99 35.26	650m: 7:35.17 35.26			
	100m: 1:06.64 34.59	300m: 3:28.19 35.24	500m: 5:49.36 35.37	700m: 8:10.26 35.09			
	150m: 1:42.09 35.45	350m: 4:03.42 35.23	550m: 6:24.56 35.20	750m: 8:44.85 34.59			
	200m: 2:17.59 35.50	400m: 4:38.73 35.31	600m: 6:59.91 35.35	800m: 9:18.90 34.05			
11.	Ana Rita Faria	00	Porto	<b>9:22.47</b>	<b>+0,74</b>	<b>650</b>	
	50m: 30.88 30.88	250m: 2:48.50 35.13	450m: 5:11.75 36.37	650m: 7:35.69 36.00			
	100m: 1:04.73 33.85	300m: 3:24.07 35.57	500m: 5:47.70 35.95	700m: 8:11.95 36.26			
	150m: 1:38.91 34.18	350m: 3:59.36 35.29	550m: 6:23.60 35.90	750m: 8:47.45 35.50			
	200m: 2:13.37 34.46	400m: 4:35.38 36.02	600m: 6:59.69 36.09	800m: 9:22.47 35.02			
12.	Madalena Amaro Machado	98	Academico Viseu	<b>9:24.17</b>	<b>+0,68</b>	<b>644</b>	
	50m: 32.26 32.26	250m: 2:55.80 36.26	450m: 5:19.10 34.96	650m: 7:41.59 35.54			
	100m: 1:07.60 35.34	300m: 3:32.11 36.31	500m: 5:54.49 35.39	700m: 8:16.76 35.17			
	150m: 1:43.43 35.83	350m: 4:08.69 36.58	550m: 6:30.58 36.09	750m: 8:51.37 34.61			
	200m: 2:19.54 36.11	400m: 4:44.14 35.45	600m: 7:06.05 35.47	800m: 9:24.17 32.80			
13.	Joana Costa Amador	01	Galitos / Bresimar	<b>9:24.18</b>	<b>+0,75</b>	<b>644</b>	
	50m: 32.59 32.59	250m: 2:53.24 35.35	450m: 5:15.89 35.64	650m: 7:39.17 35.70			
	100m: 1:07.27 34.68	300m: 3:28.85 35.61	500m: 5:51.74 35.85	700m: 8:14.81 35.64			
	150m: 1:42.34 35.07	350m: 4:04.46 35.61	550m: 6:27.70 35.96	750m: 8:49.77 34.96			
	200m: 2:17.89 35.55	400m: 4:40.25 35.79	600m: 7:03.47 35.77	800m: 9:24.18 34.41			
14.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	<b>9:24.26</b>	<b>+0,80</b>	<b>644</b>	
	50m: 32.34 32.34	250m: 2:53.88 35.59	450m: 5:15.87 35.60	650m: 7:39.26 35.87			
	100m: 1:07.20 34.86	300m: 3:29.29 35.41	500m: 5:51.37 35.50	700m: 8:15.12 35.86			
	150m: 1:42.50 35.30	350m: 4:04.76 35.47	550m: 6:27.41 36.04	750m: 8:50.51 35.39			
	200m: 2:18.29 35.79	400m: 4:40.27 35.51	600m: 7:03.39 35.98	800m: 9:24.26 33.75			
15.	Filipa Serrano Rodrigues	01	Uniao Piedense	<b>9:24.58</b>	<b>+0,79</b>	<b>643</b>	
	50m: 32.63 32.63	250m: 2:54.43 35.43	450m: 5:15.83 35.22	650m: 7:39.77 36.08			
	100m: 1:07.79 35.16	300m: 3:30.05 35.62	500m: 5:51.89 36.06	700m: 8:15.30 35.53			
	150m: 1:43.23 35.44	350m: 4:05.17 35.12	550m: 6:27.63 35.74	750m: 8:50.89 35.59			
	200m: 2:19.00 35.77	400m: 4:40.61 35.44	600m: 7:03.69 36.06	800m: 9:24.58 33.69			
16.	Rafaela Gomes Azevedo	02	Alges	<b>9:25.27</b>	<b>+0,87</b>	<b>641</b>	
	50m: 31.33 31.33	250m: 2:53.31 35.73	450m: 5:17.51 36.35	650m: 7:42.09 36.13			
	100m: 1:06.51 35.18	300m: 3:29.46 36.15	500m: 5:53.75 36.24	700m: 8:17.74 35.65			
	150m: 1:41.80 35.29	350m: 4:05.58 36.12	550m: 6:30.01 36.26	750m: 8:51.99 34.25			
	200m: 2:17.58 35.78	400m: 4:41.16 35.58	600m: 7:05.96 35.95	800m: 9:25.27 33.28			
17.	Luisa Maria Machado	01	Uniao Piedense	<b>9:26.22</b>	<b>+0,85</b>	<b>637</b>	
	50m: 32.42 32.42	250m: 2:53.93 35.78	450m: 5:16.41 35.57	650m: 7:40.01 36.03			
	100m: 1:07.52 35.10	300m: 3:29.66 35.73	500m: 5:52.05 35.64	700m: 8:15.88 35.87			
	150m: 1:42.84 35.32	350m: 4:05.39 35.73	550m: 6:27.99 35.94	750m: 8:51.39 35.51			
	200m: 2:18.15 35.31	400m: 4:40.84 35.45	600m: 7:03.98 35.99	800m: 9:26.22 34.83			
18.	Avital Flaishman	00	Israel	<b>9:26.82</b>	<b>+0,77</b>	<b>635</b>	
	50m: 31.34 31.34	250m: 2:51.44 35.57	450m: 5:14.18 35.95	650m: 7:38.59 36.53			
	100m: 1:05.49 34.15	300m: 3:26.77 35.33	500m: 5:49.97 35.79	700m: 8:14.75 36.16			
	150m: 1:40.74 35.25	350m: 4:02.58 35.81	550m: 6:26.11 36.14	750m: 8:51.24 36.49			
	200m: 2:15.87 35.13	400m: 4:38.23 35.65	600m: 7:02.06 35.95	800m: 9:26.82 35.58			

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Mariana Fernandes Barbosa	02	Porto	<b>9:27.19</b>	<b>+0,80</b>	<b>634</b>	
	50m: 31.87 31.87	250m: 2:53.12	35.52	450m: 5:16.90	36.12	650m: 7:42.00	36.26
	100m: 1:06.65 34.78	300m: 3:28.87	35.75	500m: 5:53.12	36.22	700m: 8:17.28	35.28
	150m: 1:42.12 35.47	350m: 4:04.68	35.81	550m: 6:29.59	36.47	750m: 8:52.55	35.27
	200m: 2:17.60 35.48	400m: 4:40.78	36.10	600m: 7:05.74	36.15	800m: 9:27.19	34.64
20.	Maria Carolina Costa	01	Porto	<b>9:27.73</b>	<b>+0,72</b>	<b>632</b>	
	50m: 30.83 30.83	250m: 2:51.29	35.86	450m: 5:14.87	35.95	650m: 7:39.99	36.87
	100m: 1:04.96 34.13	300m: 3:26.98	35.69	500m: 5:50.78	35.91	700m: 8:16.18	36.19
	150m: 1:40.11 35.15	350m: 4:03.04	36.06	550m: 6:26.88	36.10	750m: 8:52.10	35.92
	200m: 2:15.43 35.32	400m: 4:38.92	35.88	600m: 7:03.12	36.24	800m: 9:27.73	35.63
21.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>9:29.33</b>	<b>+0,71</b>	<b>627</b>	
	50m: 31.75 31.75	250m: 2:52.62	35.76	450m: 5:16.81	35.89	650m: 7:42.00	36.41
	100m: 1:06.18 34.43	300m: 3:28.62	36.00	500m: 5:53.19	36.38	700m: 8:18.32	36.32
	150m: 1:41.70 35.52	350m: 4:04.93	36.31	550m: 6:29.42	36.23	750m: 8:54.29	35.97
	200m: 2:16.86 35.16	400m: 4:40.92	35.99	600m: 7:05.59	36.17	800m: 9:29.33	35.04
22.	Ines Figueira Santos	00	Uniao Piedense	<b>9:29.44</b>	<b>+0,83</b>	<b>627</b>	
	50m: 31.91 31.91	250m: 2:53.04	35.37	450m: 5:16.54	36.27	650m: 7:42.11	36.55
	100m: 1:06.59 34.68	300m: 3:28.72	35.68	500m: 5:52.61	36.07	700m: 8:18.61	36.50
	150m: 1:41.94 35.35	350m: 4:04.30	35.58	550m: 6:29.14	36.53	750m: 8:54.41	35.80
	200m: 2:17.67 35.73	400m: 4:40.27	35.97	600m: 7:05.56	36.42	800m: 9:29.44	35.03
23.	Mor Jacob	01	Israel	<b>9:31.66</b>		<b>619</b>	
	50m: 31.11 31.11	250m: 2:49.61	35.24	450m: 5:15.36	36.79	650m: 7:43.35	37.13
	100m: 1:04.90 33.79	300m: 3:25.48	35.87	500m: 5:52.61	37.25	700m: 8:19.49	36.14
	150m: 1:39.59 34.69	350m: 4:02.04	36.56	550m: 6:29.62	37.01	750m: 8:55.92	36.43
	200m: 2:14.37 34.78	400m: 4:38.57	36.53	600m: 7:06.22	36.60	800m: 9:31.66	35.74
24.	Rafaela Araujo Silva	00	Famalicao	<b>9:33.44</b>	<b>+0,83</b>	<b>613</b>	
	50m: 32.22 32.22	250m: 2:56.81	36.36	450m: 5:22.27	36.06	650m: 7:47.53	36.21
	100m: 1:07.82 35.60	300m: 3:33.28	36.47	500m: 5:58.64	36.37	700m: 8:23.74	36.21
	150m: 1:44.16 36.34	350m: 4:09.63	36.35	550m: 6:34.78	36.14	750m: 8:58.58	34.84
	200m: 2:20.45 36.29	400m: 4:46.21	36.58	600m: 7:11.32	36.54	800m: 9:33.44	34.86
25.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	<b>9:33.72</b>	<b>+0,96</b>	<b>613</b>	
	50m: 32.93 32.93	250m: 2:56.01	36.15	450m: 5:20.63	36.33	650m: 7:45.71	36.38
	100m: 1:08.00 35.07	300m: 3:31.88	35.87	500m: 5:56.95	36.32	700m: 8:22.01	36.30
	150m: 1:43.85 35.85	350m: 4:08.14	36.26	550m: 6:33.24	36.29	750m: 8:58.34	36.33
	200m: 2:19.86 36.01	400m: 4:44.30	36.16	600m: 7:09.33	36.09	800m: 9:33.72	35.38
26.	Ana Rita Ramos	02	Porto	<b>9:35.27</b>	<b>+0,81</b>	<b>608</b>	
	50m: 32.32 32.32	250m: 2:57.22	36.82	450m: 5:22.60	36.39	650m: 7:47.97	36.40
	100m: 1:07.94 35.62	300m: 3:33.38	36.16	500m: 5:59.06	36.46	700m: 8:24.53	36.56
	150m: 1:44.40 36.46	350m: 4:09.85	36.47	550m: 6:34.91	35.85	750m: 9:00.15	35.62
	200m: 2:20.40 36.00	400m: 4:46.21	36.36	600m: 7:11.57	36.66	800m: 9:35.27	35.12
27.	Rita Costa Amador	99	Galitos / Bresimar	<b>9:35.31</b>	<b>+0,70</b>	<b>608</b>	
	50m: 31.89 31.89	250m: 2:54.91	36.30	450m: 5:19.58	36.08	650m: 7:46.00	36.88
	100m: 1:07.10 35.21	300m: 3:31.25	36.34	500m: 5:55.88	36.30	700m: 8:22.63	36.63
	150m: 1:42.65 35.55	350m: 4:07.36	36.11	550m: 6:32.67	36.79	750m: 8:59.51	36.88
	200m: 2:18.61 35.96	400m: 4:43.50	36.14	600m: 7:09.12	36.45	800m: 9:35.31	35.80
28.	Beatriz Barros Carmo	99	Alges	<b>9:36.07</b>	<b>+0,74</b>	<b>605</b>	
	50m: 31.18 31.18	250m: 2:54.43	36.21	450m: 5:20.07	35.86	650m: 7:47.18	36.96
	100m: 1:06.19 35.01	300m: 3:30.90	36.47	500m: 5:56.82	36.75	700m: 8:24.23	37.05
	150m: 1:42.01 35.82	350m: 4:07.60	36.70	550m: 6:33.47	36.65	750m: 9:00.44	36.21
	200m: 2:18.22 36.21	400m: 4:44.21	36.61	600m: 7:10.22	36.75	800m: 9:36.07	35.63

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Carolina Rosa Marcelino	01	Alges	<b>9:36.24</b>	<b>+0,78</b>	<b>605</b>	
	50m: 32.96 32.96	250m: 2:56.33	36.58	450m: 5:20.84	36.95	650m: 7:47.73	36.78
	100m: 1:08.35 35.39	300m: 3:32.29	35.96	500m: 5:57.46	36.62	700m: 8:24.62	36.89
	150m: 1:43.76 35.41	350m: 4:08.15	35.86	550m: 6:33.82	36.36	750m: 9:01.01	36.39
	200m: 2:19.75 35.99	400m: 4:43.89	35.74	600m: 7:10.95	37.13	800m: 9:36.24	35.23
30.	Mariana Santos Ferreira	00	Miranda do Corvo	<b>9:37.94</b>	<b>+0,81</b>	<b>599</b>	
	50m: 33.22 33.22	250m: 2:58.24	36.54	450m: 5:24.60	36.26	650m: 7:49.04	36.63
	100m: 1:08.88 35.66	300m: 3:35.47	37.23	500m: 6:00.48	35.88	700m: 8:25.36	36.32
	150m: 1:45.31 36.43	350m: 4:12.16	36.69	550m: 6:36.50	36.02	750m: 9:02.14	36.78
	200m: 2:21.70 36.39	400m: 4:48.34	36.18	600m: 7:12.41	35.91	800m: 9:37.94	35.80
31.	Raquel Paulo Ranito	94	Sporting	<b>9:38.28</b>	<b>+0,76</b>	<b>598</b>	
	50m: 31.10 31.10	250m: 2:54.37	36.34	450m: 5:21.90	37.29	650m: 7:50.07	37.26
	100m: 1:05.92 34.82	300m: 3:30.62	36.25	500m: 5:58.41	36.51	700m: 8:26.41	36.34
	150m: 1:41.90 35.98	350m: 4:07.44	36.82	550m: 6:35.43	37.02	750m: 9:02.36	35.95
	200m: 2:18.03 36.13	400m: 4:44.61	37.17	600m: 7:12.81	37.38	800m: 9:38.28	35.92
32.	Rita Alexandra Vital	01	Alges	<b>9:40.72</b>	<b>+0,84</b>	<b>591</b>	
	50m: 33.38 33.38	250m: 3:00.38	37.19	450m: 5:25.15	36.16	650m: 7:52.71	36.70
	100m: 1:09.39 36.01	300m: 3:37.41	37.03	500m: 6:01.53	36.38	700m: 8:29.20	36.49
	150m: 1:46.30 36.91	350m: 4:14.12	36.71	550m: 6:38.95	37.42	750m: 9:05.79	36.59
	200m: 2:23.19 36.89	400m: 4:48.99	34.87	600m: 7:16.01	37.06	800m: 9:40.72	34.93
33.	Leila Tavarina Lemos	00	Vilacondense	<b>9:41.29</b>	<b>+0,85</b>	<b>589</b>	
	50m: 32.88 32.88	300m: 3:36.41	37.22	500m: 6:03.32	36.70	700m: 8:29.56	36.84
	100m: 1:09.25 36.37	350m: 4:13.32	36.91	550m: 6:39.62	36.30	750m: 9:05.73	36.17
	200m: 2:22.46 1:13.21	400m: 4:50.34	37.02	600m: 7:16.26	36.64	800m: 9:41.29	35.56
	250m: 2:59.19 36.73	450m: 5:26.62	36.28	650m: 7:52.72	36.46		
34.	Iris Cunha Santos	00	Porto	<b>9:41.62</b>	<b>+0,79</b>	<b>588</b>	
	50m: 32.74 32.74	250m: 2:57.04	36.54	450m: 5:24.50	36.88	650m: 7:52.53	36.82
	100m: 1:08.00 35.26	300m: 3:33.90	36.86	500m: 6:01.53	37.03	700m: 8:29.51	36.98
	150m: 1:44.30 36.30	350m: 4:10.76	36.86	550m: 6:38.40	36.87	750m: 9:05.62	36.11
	200m: 2:20.50 36.20	400m: 4:47.62	36.86	600m: 7:15.71	37.31	800m: 9:41.62	36.00
35.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	<b>9:43.52</b>	<b>+0,86</b>	<b>582</b>	
	50m: 32.26 32.26	250m: 2:57.52	36.62	450m: 5:25.33	36.88	650m: 7:53.82	37.11
	100m: 1:08.01 35.75	300m: 3:34.42	36.90	500m: 6:02.31	36.98	700m: 8:31.14	37.32
	150m: 1:44.54 36.53	350m: 4:11.58	37.16	550m: 6:39.65	37.34	750m: 9:08.26	37.12
	200m: 2:20.90 36.36	400m: 4:48.45	36.87	600m: 7:16.71	37.06	800m: 9:43.52	35.26
36.	Ines Silva Oliveira	00	Individual ANNP	<b>9:46.35</b>	<b>+0,84</b>	<b>574</b>	
	50m: 32.74 32.74	250m: 2:58.22	36.43	450m: 5:26.33	37.07	650m: 7:56.11	37.62
	100m: 1:08.96 36.22	300m: 3:35.45	37.23	500m: 6:03.72	37.39	700m: 8:33.63	37.52
	150m: 1:45.45 36.49	350m: 4:12.26	36.81	550m: 6:41.14	37.42	750m: 9:10.82	37.19
	200m: 2:21.79 36.34	400m: 4:49.26	37.00	600m: 7:18.49	37.35	800m: 9:46.35	35.53
37.	Ana Pires Brito	99	Colegio Monte Maior	<b>9:47.85</b>	<b>+0,77</b>	<b>569</b>	
	50m: 32.98 32.98	250m: 2:58.09	36.58	450m: 5:25.80	37.14	650m: 7:55.75	37.67
	100m: 1:08.57 35.59	300m: 3:34.88	36.79	500m: 6:02.88	37.08	700m: 8:33.41	37.66
	150m: 1:45.09 36.52	350m: 4:11.60	36.72	550m: 6:40.57	37.69	750m: 9:10.75	37.34
	200m: 2:21.51 36.42	400m: 4:48.66	37.06	600m: 7:18.08	37.51	800m: 9:47.85	37.10
38.	Eliana Dirce Lourenco	00	Galitos / Bresimar	<b>9:49.17</b>	<b>+0,74</b>	<b>566</b>	
	50m: 32.22 32.22	250m: 2:56.25	36.87	450m: 5:27.02	37.89	650m: 7:57.92	37.49
	100m: 1:07.04 34.82	300m: 3:33.79	37.54	500m: 6:04.70	37.68	700m: 8:36.10	38.18
	150m: 1:43.06 36.02	350m: 4:11.37	37.58	550m: 6:42.83	38.13	750m: 9:12.96	36.86
	200m: 2:19.38 36.32	400m: 4:49.13	37.76	600m: 7:20.43	37.60	800m: 9:49.17	36.21

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	Mariana Pinto Angelo	99	Academica de Coimbra	<b>9:50.00</b>	<b>+0,73</b>	<b>563</b>	
	50m: 34.23 34.23	250m: 3:01.64 36.95	450m: 5:30.22 36.89	650m: 7:58.81 36.97			
	100m: 1:10.57 36.34	300m: 3:38.98 37.34	500m: 6:07.58 37.36	700m: 8:36.58 37.77			
	150m: 1:47.46 36.89	350m: 4:15.84 36.86	550m: 6:44.34 36.76	750m: 9:13.47 36.89			
	200m: 2:24.69 37.23	400m: 4:53.33 37.49	600m: 7:21.84 37.50	800m: 9:50.00 36.53			
40.	Margarida Cabral Monteiro	02	Galitos / Bresimar	<b>9:50.81</b>	<b>+0,68</b>	<b>561</b>	
	50m: 33.37 33.37	250m: 2:58.27 36.76	450m: 5:28.77 38.06	650m: 8:00.61 37.66			
	100m: 1:09.19 35.82	300m: 3:35.75 37.48	500m: 6:07.20 38.43	700m: 8:38.28 37.67			
	150m: 1:45.05 35.86	350m: 4:13.11 37.36	550m: 6:44.95 37.75	750m: 9:15.08 36.80			
	200m: 2:21.51 36.46	400m: 4:50.71 37.60	600m: 7:22.95 38.00	800m: 9:50.81 35.73			
41.	Beatriz Lopes Pinto	99	Academica de Coimbra	<b>9:51.07</b>	<b>+0,82</b>	<b>560</b>	
	50m: 34.43 34.43	250m: 3:02.33 36.58	450m: 5:29.71 36.47	650m: 7:59.78 37.74			
	100m: 1:11.61 37.18	300m: 3:39.30 36.97	500m: 6:07.17 37.46	700m: 8:37.47 37.69			
	150m: 1:48.77 37.16	350m: 4:16.36 37.06	550m: 6:44.55 37.38	750m: 9:14.70 37.23			
	200m: 2:25.75 36.98	400m: 4:53.24 36.88	600m: 7:22.04 37.49	800m: 9:51.07 36.37			
42.	Ana Rita Queiroz	02	Fundacao Beatriz Santos	<b>9:51.62</b>	<b>+0,74</b>	<b>559</b>	
	50m: 32.75 32.75	250m: 2:59.52 37.26	450m: 5:29.88 37.60	650m: 8:00.64 37.76			
	100m: 1:08.22 35.47	300m: 3:36.91 37.39	500m: 6:07.57 37.69	700m: 8:38.14 37.50			
	150m: 1:45.09 36.87	350m: 4:14.53 37.62	550m: 6:45.25 37.68	750m: 9:15.50 37.36			
	200m: 2:22.26 37.17	400m: 4:52.28 37.75	600m: 7:22.88 37.63	800m: 9:51.62 36.12			
43.	Mariana Silva Ramos	00	Sporting	<b>9:53.44</b>	<b>+0,82</b>	<b>553</b>	
	50m: 33.38 33.38	250m: 3:00.79 37.38	450m: 5:29.73 37.55	650m: 8:01.05 37.83			
	100m: 1:09.61 36.23	300m: 3:37.88 37.09	500m: 6:07.53 37.80	700m: 8:39.00 37.95			
	150m: 1:46.48 36.87	350m: 4:15.21 37.33	550m: 6:45.28 37.75	750m: 9:16.76 37.76			
	200m: 2:23.41 36.93	400m: 4:52.18 36.97	600m: 7:23.22 37.94	800m: 9:53.44 36.68			
44.	Mariana Delicado Correia	01	Sporting	<b>9:53.79</b>	<b>+0,74</b>	<b>553</b>	
	50m: 31.53 31.53	250m: 2:59.19 37.53	450m: 5:29.68 37.65	650m: 8:01.46 38.26			
	100m: 1:07.55 36.02	300m: 3:36.77 37.58	500m: 6:07.47 37.79	700m: 8:39.64 38.18			
	150m: 1:44.30 36.75	350m: 4:14.42 37.65	550m: 6:45.15 37.68	750m: 9:17.23 37.59			
	200m: 2:21.66 37.36	400m: 4:52.03 37.61	600m: 7:23.20 38.05	800m: 9:53.79 36.56			
45.	Ana Luisa Santo	95	Benfica	<b>9:55.29</b>	<b>+0,78</b>	<b>548</b>	
	50m: 32.56 32.56	250m: 2:58.05 37.05	450m: 5:26.58 37.42	650m: 7:59.74 38.62			
	100m: 1:07.85 35.29	300m: 3:34.99 36.94	500m: 6:04.64 38.06	700m: 8:38.27 38.53			
	150m: 1:44.28 36.43	350m: 4:11.98 36.99	550m: 6:42.90 38.26	750m: 9:17.15 38.88			
	200m: 2:21.00 36.72	400m: 4:49.16 37.18	600m: 7:21.12 38.22	800m: 9:55.29 38.14			
46.	Erika Almeida Marques	01	Braga	<b>9:56.10</b>	<b>+0,81</b>	<b>546</b>	
	50m: 33.12 33.12	250m: 3:01.37 37.32	450m: 5:32.11 37.75	650m: 8:03.41 37.52			
	100m: 1:09.54 36.42	300m: 3:38.95 37.58	500m: 6:10.08 37.97	700m: 8:41.44 38.03			
	150m: 1:46.50 36.96	350m: 4:16.39 37.44	550m: 6:47.64 37.56	750m: 9:19.00 37.56			
	200m: 2:24.05 37.55	400m: 4:54.36 37.97	600m: 7:25.89 38.25	800m: 9:56.10 37.10			
47.	Eva Fernandes Cardoso	01	Fundacao Beatriz Santos	<b>9:57.37</b>	<b>+0,93</b>	<b>543</b>	
	50m: 32.67 32.67	250m: 3:01.17 37.17	450m: 5:33.03 37.79	650m: 8:06.31 38.11			
	100m: 1:08.86 36.19	300m: 3:39.04 37.87	500m: 6:11.59 38.56	700m: 8:44.48 38.17			
	150m: 1:46.21 37.35	350m: 4:16.89 37.85	550m: 6:49.78 38.19	750m: 9:21.74 37.26			
	200m: 2:24.00 37.79	400m: 4:55.24 38.35	600m: 7:28.20 38.42	800m: 9:57.37 35.63			
48.	Maria Esteves Martins	01	Galitos / Bresimar	<b>9:57.39</b>	<b>+0,73</b>	<b>543</b>	
	50m: 33.69 33.69	250m: 3:01.72 37.70	450m: 5:33.39 38.15	650m: 8:06.70 38.69			
	100m: 1:10.12 36.43	300m: 3:39.52 37.80	500m: 6:11.93 38.54	700m: 8:44.58 37.88			
	150m: 1:47.25 37.13	350m: 4:17.28 37.76	550m: 6:49.66 37.73	750m: 9:22.22 37.64			
	200m: 2:24.02 36.77	400m: 4:55.24 37.96	600m: 7:28.01 38.35	800m: 9:57.39 35.17			



Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	Beatriz Ferreira Silva	01	Braga	<b>9:58.93</b>	<b>+0,91</b>	<b>538</b>	
	50m: 32.88 32.88	250m: 3:02.33	37.62	450m: 5:32.65	37.81	650m: 8:06.16	38.27
	100m: 1:09.19 36.31	300m: 3:39.50	37.17	500m: 6:10.80	38.15	700m: 8:44.52	38.36
	150m: 1:47.02 37.83	350m: 4:17.23	37.73	550m: 6:49.25	38.45	750m: 9:22.36	37.84
	200m: 2:24.71 37.69	400m: 4:54.84	37.61	600m: 7:27.89	38.64	800m: 9:58.93	36.57
50.	Leonor Camacho Fernandes	02	Sporting	<b>9:59.67</b>		<b>536</b>	
	50m: 32.92 32.92	250m: 2:59.74	37.71	450m: 5:30.13	37.87	650m: 8:03.81	39.46
	100m: 1:08.71 35.79	300m: 3:37.30	37.56	500m: 6:07.68	37.55	700m: 8:42.89	39.08
	150m: 1:45.47 36.76	350m: 4:14.43	37.13	550m: 6:46.18	38.50	750m: 9:21.66	38.77
	200m: 2:22.03 36.56	400m: 4:52.26	37.83	600m: 7:24.35	38.17	800m: 9:59.67	38.01
51.	Ana Margarida Branco	01	Alges	<b>10:03.34</b>	<b>+0,77</b>	<b>527</b>	
	50m: 33.14 33.14	250m: 3:03.86	37.90	450m: 5:38.20	38.08	650m: 8:11.30	38.07
	100m: 1:09.67 36.53	300m: 3:42.67	38.81	500m: 6:16.76	38.56	700m: 8:49.37	38.07
	150m: 1:47.80 38.13	350m: 4:21.36	38.69	550m: 6:55.26	38.50	750m: 9:26.29	36.92
	200m: 2:25.96 38.16	400m: 5:00.12	38.76	600m: 7:33.23	37.97	800m: 10:03.34	37.05
52.	Beatriz Aires Brandao	02	Desportiva de Viana	<b>10:07.08</b>	<b>+0,89</b>	<b>517</b>	
	50m: 33.15 33.15	250m: 3:04.50	38.97	450m: 5:39.01	38.01	650m: 8:13.29	38.88
	100m: 1:09.69 36.54	300m: 3:43.20	38.70	500m: 6:16.95	37.94	700m: 8:51.80	38.51
	150m: 1:47.41 37.72	350m: 4:22.39	39.19	550m: 6:55.72	38.77	750m: 9:30.63	38.83
	200m: 2:25.53 38.12	400m: 5:01.00	38.61	600m: 7:34.41	38.69	800m: 10:07.08	36.45
53.	Ana Pimenta Silva	01	Desportiva de Viana	<b>10:09.02</b>	<b>+0,87</b>	<b>512</b>	
	50m: 33.87 33.87	250m: 3:04.40	37.77	450m: 5:38.10	38.49	650m: 8:14.20	38.97
	100m: 1:10.83 36.96	300m: 3:42.62	38.22	500m: 6:16.94	38.84	700m: 8:53.03	38.83
	150m: 1:48.46 37.63	350m: 4:20.93	38.31	550m: 6:55.80	38.86	750m: 9:31.69	38.66
	200m: 2:26.63 38.17	400m: 4:59.61	38.68	600m: 7:35.23	39.43	800m: 10:09.02	37.33
54.	Alexandra Martins Campos	02	Leixoes	<b>10:12.35</b>	<b>+0,84</b>	<b>504</b>	
	50m: 32.41 32.41	250m: 3:04.76	38.68	450m: 5:40.02	38.68	650m: 8:17.52	39.75
	100m: 1:09.31 36.90	300m: 3:43.41	38.65	500m: 6:18.99	38.97	700m: 8:56.90	39.38
	150m: 1:47.56 38.25	350m: 4:22.41	39.00	550m: 6:58.48	39.49	750m: 9:35.72	38.82
	200m: 2:26.08 38.52	400m: 5:01.34	38.93	600m: 7:37.77	39.29	800m: 10:12.35	36.63
55.	Constanca Filipa Rodrigues	02	Benedita	<b>10:13.06</b>	<b>+0,76</b>	<b>502</b>	
	50m: 34.07 34.07	250m: 3:07.10	38.65	450m: 5:42.43	38.59	650m: 8:18.87	38.72
	100m: 1:11.47 37.40	300m: 3:45.95	38.85	500m: 6:21.71	39.28	700m: 8:57.76	38.89
	150m: 1:49.92 38.45	350m: 4:24.67	38.72	550m: 7:00.72	39.01	750m: 9:36.48	38.72
	200m: 2:28.45 38.53	400m: 5:03.84	39.17	600m: 7:40.15	39.43	800m: 10:13.06	36.58
56.	Ines Sofia Ferreira	02	Galitos / Bresimar	<b>10:13.64</b>	<b>+0,75</b>	<b>501</b>	
	50m: 33.67 33.67	250m: 3:04.40	38.59	450m: 5:41.02	39.32	650m: 8:18.30	39.47
	100m: 1:09.99 36.32	300m: 3:43.33	38.93	500m: 6:20.09	39.07	700m: 8:57.27	38.97
	150m: 1:47.51 37.52	350m: 4:22.63	39.30	550m: 6:59.88	39.79	750m: 9:36.17	38.90
	200m: 2:25.81 38.30	400m: 5:01.70	39.07	600m: 7:38.83	38.95	800m: 10:13.64	37.47
57.	Jessica Soares Lima	02	Braga	<b>10:16.07</b>	<b>+0,75</b>	<b>495</b>	
	50m: 33.11 33.11	250m: 3:02.63	38.23	450m: 5:39.14	39.05	650m: 8:18.31	39.62
	100m: 1:09.58 36.47	300m: 3:41.43	38.80	500m: 6:19.24	40.10	700m: 8:57.94	39.63
	150m: 1:46.79 37.21	350m: 4:20.55	39.12	550m: 6:58.73	39.49	750m: 9:37.19	39.25
	200m: 2:24.40 37.61	400m: 5:00.09	39.54	600m: 7:38.69	39.96	800m: 10:16.07	38.88
58.	Ana Margarida Leite	02	Fafe	<b>10:17.92</b>	<b>+1,14</b>	<b>490</b>	
	50m: 34.02 34.02	250m: 3:06.66	38.85	450m: 5:42.96	39.58	650m: 8:23.20	40.18
	100m: 1:12.03 38.01	300m: 3:45.25	38.59	500m: 6:22.85	39.89	700m: 9:03.07	39.87
	150m: 1:49.73 37.70	350m: 4:23.93	38.68	550m: 7:02.75	39.90	750m: 9:41.60	38.53
	200m: 2:27.81 38.08	400m: 5:03.38	39.45	600m: 7:43.02	40.27	800m: 10:17.92	36.32

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	Catarina Miguel Silva	01	Natacao de Faro	<b>10:18.01</b>	<b>+0,73</b>	<b>490</b>	
	50m: 33.55 33.55	250m: 3:07.78	39.04	450m: 5:44.47	39.75	650m: 8:22.50	39.84
	100m: 1:11.25 37.70	300m: 3:46.10	38.32	500m: 6:23.58	39.11	700m: 9:02.26	39.76
	150m: 1:50.15 38.90	350m: 4:25.25	39.15	550m: 7:03.01	39.43	750m: 9:41.60	39.34
	200m: 2:28.74 38.59	400m: 5:04.72	39.47	600m: 7:42.66	39.65	800m: 10:18.01	36.41
	Elisa Sauval Goncalves	02	Natacao Olhao	<b>NT</b>			

Prova 2  
21-07-2016 - 17:25  
Femin., 800m Livres  
Juvenis Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
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

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sara Sofia Alves	01	Columbofila Cantanhedense	<b>9:02.02</b>	<b>+0,73</b>	<b>727</b>	
	50m: 31.46 31.46	250m: 2:46.02	34.27	450m: 5:02.38	34.12	650m: 7:20.09	34.54
	100m: 1:04.47 33.01	300m: 3:19.95	33.93	500m: 5:36.64	34.26	700m: 7:54.66	34.57
	150m: 1:38.06 33.59	350m: 3:54.19	34.24	550m: 6:11.36	34.72	750m: 8:29.32	34.66
	200m: 2:11.75 33.69	400m: 4:28.26	34.07	600m: 6:45.55	34.19	800m: 9:02.02	32.70
2.	Mariana Amaral Mendes	02	Colegio Monte Maior	<b>9:18.90</b>	<b>+0,72</b>	<b>663</b>	
	50m: 32.05 32.05	250m: 2:52.95	35.36	450m: 5:13.99	35.26	650m: 7:35.17	35.26
	100m: 1:06.64 34.59	300m: 3:28.19	35.24	500m: 5:49.36	35.37	700m: 8:10.26	35.09
	150m: 1:42.09 35.45	350m: 4:03.42	35.23	550m: 6:24.56	35.20	750m: 8:44.85	34.59
	200m: 2:17.59 35.50	400m: 4:38.73	35.31	600m: 6:59.91	35.35	800m: 9:18.90	34.05
3.	Joana Costa Amador	01	Galitos / Bresimar	<b>9:24.18</b>	<b>+0,75</b>	<b>644</b>	
	50m: 32.59 32.59	250m: 2:53.24	35.35	450m: 5:15.89	35.64	650m: 7:39.17	35.70
	100m: 1:07.27 34.68	300m: 3:28.85	35.61	500m: 5:51.74	35.85	700m: 8:14.81	35.64
	150m: 1:42.34 35.07	350m: 4:04.46	35.61	550m: 6:27.70	35.96	750m: 8:49.77	34.96
	200m: 2:17.89 35.55	400m: 4:40.25	35.79	600m: 7:03.47	35.77	800m: 9:24.18	34.41
4.	Filipa Serrano Rodrigues	01	Uniao Piedense	<b>9:24.58</b>	<b>+0,79</b>	<b>643</b>	
	50m: 32.63 32.63	250m: 2:54.43	35.43	450m: 5:15.83	35.22	650m: 7:39.77	36.08
	100m: 1:07.79 35.16	300m: 3:30.05	35.62	500m: 5:51.89	36.06	700m: 8:15.30	35.53
	150m: 1:43.23 35.44	350m: 4:05.17	35.12	550m: 6:27.63	35.74	750m: 8:50.89	35.59
	200m: 2:19.00 35.77	400m: 4:40.61	35.44	600m: 7:03.69	36.06	800m: 9:24.58	33.69
5.	Rafaela Gomes Azevedo	02	Alges	<b>9:25.27</b>	<b>+0,87</b>	<b>641</b>	
	50m: 31.33 31.33	250m: 2:53.31	35.73	450m: 5:17.51	36.35	650m: 7:42.09	36.13
	100m: 1:06.51 35.18	300m: 3:29.46	36.15	500m: 5:53.75	36.24	700m: 8:17.74	35.65
	150m: 1:41.80 35.29	350m: 4:05.58	36.12	550m: 6:30.01	36.26	750m: 8:51.99	34.25
	200m: 2:17.58 35.78	400m: 4:41.16	35.58	600m: 7:05.96	35.95	800m: 9:25.27	33.28
6.	Luisa Maria Machado	01	Uniao Piedense	<b>9:26.22</b>	<b>+0,85</b>	<b>637</b>	
	50m: 32.42 32.42	250m: 2:53.93	35.78	450m: 5:16.41	35.57	650m: 7:40.01	36.03
	100m: 1:07.52 35.10	300m: 3:29.66	35.73	500m: 5:52.05	35.64	700m: 8:15.88	35.87
	150m: 1:42.84 35.32	350m: 4:05.39	35.73	550m: 6:27.99	35.94	750m: 8:51.39	35.51
	200m: 2:18.15 35.31	400m: 4:40.84	35.45	600m: 7:03.98	35.99	800m: 9:26.22	34.83
7.	Mariana Fernandes Barbosa	02	Porto	<b>9:27.19</b>	<b>+0,80</b>	<b>634</b>	
	50m: 31.87 31.87	250m: 2:53.12	35.52	450m: 5:16.90	36.12	650m: 7:42.00	36.26
	100m: 1:06.65 34.78	300m: 3:28.87	35.75	500m: 5:53.12	36.22	700m: 8:17.28	35.28
	150m: 1:42.12 35.47	350m: 4:04.68	35.81	550m: 6:29.59	36.47	750m: 8:52.55	35.27
	200m: 2:17.60 35.48	400m: 4:40.78	36.10	600m: 7:05.74	36.15	800m: 9:27.19	34.64

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Maria Carolina Costa	01	Porto	<b>9:27.73</b>	<b>+0,72</b>	<b>632</b>	
	50m: 30.83 30.83	250m: 2:51.29	35.86	450m: 5:14.87	35.95	650m: 7:39.99	36.87
	100m: 1:04.96 34.13	300m: 3:26.98	35.69	500m: 5:50.78	35.91	700m: 8:16.18	36.19
	150m: 1:40.11 35.15	350m: 4:03.04	36.06	550m: 6:26.88	36.10	750m: 8:52.10	35.92
	200m: 2:15.43 35.32	400m: 4:38.92	35.88	600m: 7:03.12	36.24	800m: 9:27.73	35.63
9.	Ana Rita Ramos	02	Porto	<b>9:35.27</b>	<b>+0,81</b>	<b>608</b>	
	50m: 32.32 32.32	250m: 2:57.22	36.82	450m: 5:22.60	36.39	650m: 7:47.97	36.40
	100m: 1:07.94 35.62	300m: 3:33.38	36.16	500m: 5:59.06	36.46	700m: 8:24.53	36.56
	150m: 1:44.40 36.46	350m: 4:09.85	36.47	550m: 6:34.91	35.85	750m: 9:00.15	35.62
	200m: 2:20.40 36.00	400m: 4:46.21	36.36	600m: 7:11.57	36.66	800m: 9:35.27	35.12
10.	Carolina Rosa Marcelino	01	Alges	<b>9:36.24</b>	<b>+0,78</b>	<b>605</b>	
	50m: 32.96 32.96	250m: 2:56.33	36.58	450m: 5:20.84	36.95	650m: 7:47.73	36.78
	100m: 1:08.35 35.39	300m: 3:32.29	35.96	500m: 5:57.46	36.62	700m: 8:24.62	36.89
	150m: 1:43.76 35.41	350m: 4:08.15	35.86	550m: 6:33.82	36.36	750m: 9:01.01	36.39
	200m: 2:19.75 35.99	400m: 4:43.89	35.74	600m: 7:10.95	37.13	800m: 9:36.24	35.23
11.	Rita Alexandra Vital	01	Alges	<b>9:40.72</b>	<b>+0,84</b>	<b>591</b>	
	50m: 33.38 33.38	250m: 3:00.38	37.19	450m: 5:25.15	36.16	650m: 7:52.71	36.70
	100m: 1:09.39 36.01	300m: 3:37.41	37.03	500m: 6:01.53	36.38	700m: 8:29.20	36.49
	150m: 1:46.30 36.91	350m: 4:14.12	36.71	550m: 6:38.95	37.42	750m: 9:05.79	36.59
	200m: 2:23.19 36.89	400m: 4:48.99	34.87	600m: 7:16.01	37.06	800m: 9:40.72	34.93
12.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	<b>9:43.52</b>	<b>+0,86</b>	<b>582</b>	
	50m: 32.26 32.26	250m: 2:57.52	36.62	450m: 5:25.33	36.88	650m: 7:53.82	37.11
	100m: 1:08.01 35.75	300m: 3:34.42	36.90	500m: 6:02.31	36.98	700m: 8:31.14	37.32
	150m: 1:44.54 36.53	350m: 4:11.58	37.16	550m: 6:39.65	37.34	750m: 9:08.26	37.12
	200m: 2:20.90 36.36	400m: 4:48.45	36.87	600m: 7:16.71	37.06	800m: 9:43.52	35.26
13.	Margarida Cabral Monteiro	02	Galitos / Bresimar	<b>9:50.81</b>	<b>+0,68</b>	<b>561</b>	
	50m: 33.37 33.37	250m: 2:58.27	36.76	450m: 5:28.77	38.06	650m: 8:00.61	37.66
	100m: 1:09.19 35.82	300m: 3:35.75	37.48	500m: 6:07.20	38.43	700m: 8:38.28	37.67
	150m: 1:45.05 35.86	350m: 4:13.11	37.36	550m: 6:44.95	37.75	750m: 9:15.08	36.80
	200m: 2:21.51 36.46	400m: 4:50.71	37.60	600m: 7:22.95	38.00	800m: 9:50.81	35.73
14.	Ana Rita Queiroz	02	Fundacao Beatriz Santos	<b>9:51.62</b>	<b>+0,74</b>	<b>559</b>	
	50m: 32.75 32.75	250m: 2:59.52	37.26	450m: 5:29.88	37.60	650m: 8:00.64	37.76
	100m: 1:08.22 35.47	300m: 3:36.91	37.39	500m: 6:07.57	37.69	700m: 8:38.14	37.50
	150m: 1:45.09 36.87	350m: 4:14.53	37.62	550m: 6:45.25	37.68	750m: 9:15.50	37.36
	200m: 2:22.26 37.17	400m: 4:52.28	37.75	600m: 7:22.88	37.63	800m: 9:51.62	36.12
15.	Mariana Delicado Correia	01	Sporting	<b>9:53.79</b>	<b>+0,74</b>	<b>553</b>	
	50m: 31.53 31.53	250m: 2:59.19	37.53	450m: 5:29.68	37.65	650m: 8:01.46	38.26
	100m: 1:07.55 36.02	300m: 3:36.77	37.58	500m: 6:07.47	37.79	700m: 8:39.64	38.18
	150m: 1:44.30 36.75	350m: 4:14.42	37.65	550m: 6:45.15	37.68	750m: 9:17.23	37.59
	200m: 2:21.66 37.36	400m: 4:52.03	37.61	600m: 7:23.20	38.05	800m: 9:53.79	36.56
16.	Erika Almeida Marques	01	Braga	<b>9:56.10</b>	<b>+0,81</b>	<b>546</b>	
	50m: 33.12 33.12	250m: 3:01.37	37.32	450m: 5:32.11	37.75	650m: 8:03.41	37.52
	100m: 1:09.54 36.42	300m: 3:38.95	37.58	500m: 6:10.08	37.97	700m: 8:41.44	38.03
	150m: 1:46.50 36.96	350m: 4:16.39	37.44	550m: 6:47.64	37.56	750m: 9:19.00	37.56
	200m: 2:24.05 37.55	400m: 4:54.36	37.97	600m: 7:25.89	38.25	800m: 9:56.10	37.10
17.	Eva Fernandes Cardoso	01	Fundacao Beatriz Santos	<b>9:57.37</b>	<b>+0,93</b>	<b>543</b>	
	50m: 32.67 32.67	250m: 3:01.17	37.17	450m: 5:33.03	37.79	650m: 8:06.31	38.11
	100m: 1:08.86 36.19	300m: 3:39.04	37.87	500m: 6:11.59	38.56	700m: 8:44.48	38.17
	150m: 1:46.21 37.35	350m: 4:16.89	37.85	550m: 6:49.78	38.19	750m: 9:21.74	37.26
	200m: 2:24.00 37.79	400m: 4:55.24	38.35	600m: 7:28.20	38.42	800m: 9:57.37	35.63



Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Maria Esteves Martins	01	Galitos / Bresimar	<b>9:57.39</b>	<b>+0,73</b>	<b>543</b>	
	50m: 33.69 33.69	250m: 3:01.72	37.70	450m: 5:33.39	38.15	650m: 8:06.70	38.69
	100m: 1:10.12 36.43	300m: 3:39.52	37.80	500m: 6:11.93	38.54	700m: 8:44.58	37.88
	150m: 1:47.25 37.13	350m: 4:17.28	37.76	550m: 6:49.66	37.73	750m: 9:22.22	37.64
	200m: 2:24.02 36.77	400m: 4:55.24	37.96	600m: 7:28.01	38.35	800m: 9:57.39	35.17
19.	Beatriz Ferreira Silva	01	Braga	<b>9:58.93</b>	<b>+0,91</b>	<b>538</b>	
	50m: 32.88 32.88	250m: 3:02.33	37.62	450m: 5:32.65	37.81	650m: 8:06.16	38.27
	100m: 1:09.19 36.31	300m: 3:39.50	37.17	500m: 6:10.80	38.15	700m: 8:44.52	38.36
	150m: 1:47.02 37.83	350m: 4:17.23	37.73	550m: 6:49.25	38.45	750m: 9:22.36	37.84
	200m: 2:24.71 37.69	400m: 4:54.84	37.61	600m: 7:27.89	38.64	800m: 9:58.93	36.57
20.	Leonor Camacho Fernandes	02	Sporting	<b>9:59.67</b>		<b>536</b>	
	50m: 32.92 32.92	250m: 2:59.74	37.71	450m: 5:30.13	37.87	650m: 8:03.81	39.46
	100m: 1:08.71 35.79	300m: 3:37.30	37.56	500m: 6:07.68	37.55	700m: 8:42.89	39.08
	150m: 1:45.47 36.76	350m: 4:14.43	37.13	550m: 6:46.18	38.50	750m: 9:21.66	38.77
	200m: 2:22.03 36.56	400m: 4:52.26	37.83	600m: 7:24.35	38.17	800m: 9:59.67	38.01
21.	Ana Margarida Branco	01	Alges	<b>10:03.34</b>	<b>+0,77</b>	<b>527</b>	
	50m: 33.14 33.14	250m: 3:03.86	37.90	450m: 5:38.20	38.08	650m: 8:11.30	38.07
	100m: 1:09.67 36.53	300m: 3:42.67	38.81	500m: 6:16.76	38.56	700m: 8:49.37	38.07
	150m: 1:47.80 38.13	350m: 4:21.36	38.69	550m: 6:55.26	38.50	750m: 9:26.29	36.92
	200m: 2:25.96 38.16	400m: 5:00.12	38.76	600m: 7:33.23	37.97	800m: 10:03.34	37.05
22.	Beatriz Aires Brandao	02	Desportiva de Viana	<b>10:07.08</b>	<b>+0,89</b>	<b>517</b>	
	50m: 33.15 33.15	250m: 3:04.50	38.97	450m: 5:39.01	38.01	650m: 8:13.29	38.88
	100m: 1:09.69 36.54	300m: 3:43.20	38.70	500m: 6:16.95	37.94	700m: 8:51.80	38.51
	150m: 1:47.41 37.72	350m: 4:22.39	39.19	550m: 6:55.72	38.77	750m: 9:30.63	38.83
	200m: 2:25.53 38.12	400m: 5:01.00	38.61	600m: 7:34.41	38.69	800m: 10:07.08	36.45
23.	Ana Pimenta Silva	01	Desportiva de Viana	<b>10:09.02</b>	<b>+0,87</b>	<b>512</b>	
	50m: 33.87 33.87	250m: 3:04.40	37.77	450m: 5:38.10	38.49	650m: 8:14.20	38.97
	100m: 1:10.83 36.96	300m: 3:42.62	38.22	500m: 6:16.94	38.84	700m: 8:53.03	38.83
	150m: 1:48.46 37.63	350m: 4:20.93	38.31	550m: 6:55.80	38.86	750m: 9:31.69	38.66
	200m: 2:26.63 38.17	400m: 4:59.61	38.68	600m: 7:35.23	39.43	800m: 10:09.02	37.33
24.	Alexandra Martins Campos	02	Leixoes	<b>10:12.35</b>	<b>+0,84</b>	<b>504</b>	
	50m: 32.41 32.41	250m: 3:04.76	38.68	450m: 5:40.02	38.68	650m: 8:17.52	39.75
	100m: 1:09.31 36.90	300m: 3:43.41	38.65	500m: 6:18.99	38.97	700m: 8:56.90	39.38
	150m: 1:47.56 38.25	350m: 4:22.41	39.00	550m: 6:58.48	39.49	750m: 9:35.72	38.82
	200m: 2:26.08 38.52	400m: 5:01.34	38.93	600m: 7:37.77	39.29	800m: 10:12.35	36.63
25.	Constanca Filipa Rodrigues	02	Benedita	<b>10:13.06</b>	<b>+0,76</b>	<b>502</b>	
	50m: 34.07 34.07	250m: 3:07.10	38.65	450m: 5:42.43	38.59	650m: 8:18.87	38.72
	100m: 1:11.47 37.40	300m: 3:45.95	38.85	500m: 6:21.71	39.28	700m: 8:57.76	38.89
	150m: 1:49.92 38.45	350m: 4:24.67	38.72	550m: 7:00.72	39.01	750m: 9:36.48	38.72
	200m: 2:28.45 38.53	400m: 5:03.84	39.17	600m: 7:40.15	39.43	800m: 10:13.06	36.58
26.	Ines Sofia Ferreira	02	Galitos / Bresimar	<b>10:13.64</b>	<b>+0,75</b>	<b>501</b>	
	50m: 33.67 33.67	250m: 3:04.40	38.59	450m: 5:41.02	39.32	650m: 8:18.30	39.47
	100m: 1:09.99 36.32	300m: 3:43.33	38.93	500m: 6:20.09	39.07	700m: 8:57.27	38.97
	150m: 1:47.51 37.52	350m: 4:22.63	39.30	550m: 6:59.88	39.79	750m: 9:36.17	38.90
	200m: 2:25.81 38.30	400m: 5:01.70	39.07	600m: 7:38.83	38.95	800m: 10:13.64	37.47
27.	Jessica Soares Lima	02	Braga	<b>10:16.07</b>	<b>+0,75</b>	<b>495</b>	
	50m: 33.11 33.11	250m: 3:02.63	38.23	450m: 5:39.14	39.05	650m: 8:18.31	39.62
	100m: 1:09.58 36.47	300m: 3:41.43	38.80	500m: 6:19.24	40.10	700m: 8:57.94	39.63
	150m: 1:46.79 37.21	350m: 4:20.55	39.12	550m: 6:58.73	39.49	750m: 9:37.19	39.25
	200m: 2:24.40 37.61	400m: 5:00.09	39.54	600m: 7:38.69	39.96	800m: 10:16.07	38.88

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Ana Margarida Leite	02	Fafe	<b>10:17.92</b>	<b>+1,14</b>	<b>490</b>	
	50m: 34.02 34.02		250m: 3:06.66 38.85	450m: 5:42.96 39.58	650m: 8:23.20	40.18	
	100m: 1:12.03 38.01		300m: 3:45.25 38.59	500m: 6:22.85 39.89	700m: 9:03.07	39.87	
	150m: 1:49.73 37.70		350m: 4:23.93 38.68	550m: 7:02.75 39.90	750m: 9:41.60	38.53	
	200m: 2:27.81 38.08		400m: 5:03.38 39.45	600m: 7:43.02 40.27	800m: 10:17.92	36.32	
29.	Catarina Miguel Silva	01	Natacao de Faro	<b>10:18.01</b>	<b>+0,73</b>	<b>490</b>	
	50m: 33.55 33.55		250m: 3:07.78 39.04	450m: 5:44.47 39.75	650m: 8:22.50	39.84	
	100m: 1:11.25 37.70		300m: 3:46.10 38.32	500m: 6:23.58 39.11	700m: 9:02.26	39.76	
	150m: 1:50.15 38.90		350m: 4:25.25 39.15	550m: 7:03.01 39.43	750m: 9:41.60	39.34	
	200m: 2:28.74 38.59		400m: 5:04.72 39.47	600m: 7:42.66 39.65	800m: 10:18.01	36.41	
	Elisa Sauval Goncalves	02	Natacao Olhao	<b>NT</b>			

Prova 2  
21-07-2016 - 17:25

Femin., 800m Livres

Absolutos Resultados

Rec Nac	Tempo	Clube	Local	Data
Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	Tamila Hryhorivna Holub	POR Coimbra	30-05-2015
Rec Nac Jun17	8:36.21	Tamila Hryhorivna Holub	SCB Coimbra	28-05-2016
Rec Nac Sen	8:43.58	Diana Margarida Duraes	FCP Oeiras	13-03-2016

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99	Braga	<b>8:49.19</b>	<b>+0,85</b>	<b>781</b>	
	50m: 31.51 31.51		250m: 2:43.48 33.13	450m: 4:56.58 33.28	650m: 7:10.52	33.54	
	100m: 1:04.33 32.82		300m: 3:16.68 33.20	500m: 5:30.09 33.51	700m: 7:44.11	33.59	
	150m: 1:37.33 33.00		350m: 3:49.99 33.31	550m: 6:03.49 33.40	750m: 8:17.02	32.91	
	200m: 2:10.35 33.02		400m: 4:23.30 33.31	600m: 6:36.98 33.49	800m: 8:49.19	32.17	
2.	Ines Jacinto Henriques	00	Pimpoes/Cimai	<b>9:07.34</b>	<b>+0,80</b>	<b>706</b>	
	50m: 31.93 31.93		250m: 2:48.46 34.86	450m: 5:05.15 34.04	650m: 7:23.75	34.65	
	100m: 1:05.54 33.61		300m: 3:22.82 34.36	500m: 5:39.37 34.22	700m: 7:58.65	34.90	
	150m: 1:39.73 34.19		350m: 3:57.13 34.31	550m: 6:14.23 34.86	750m: 8:33.28	34.63	
	200m: 2:13.60 33.87		400m: 4:31.11 33.98	600m: 6:49.10 34.87	800m: 9:07.34	34.06	
3.	Angelica Maria Andre	94	Fluvial Portuense	<b>9:10.09</b>	<b>+0,82</b>	<b>695</b>	
	50m: 31.02 31.02		250m: 2:46.90 34.53	450m: 5:04.64 34.86	650m: 7:24.39	35.09	
	100m: 1:04.34 33.32		300m: 3:21.06 34.16	500m: 5:39.44 34.80	700m: 7:59.65	35.26	
	150m: 1:38.32 33.98		350m: 3:55.34 34.28	550m: 6:14.19 34.75	750m: 8:35.13	35.48	
	200m: 2:12.37 34.05		400m: 4:29.78 34.44	600m: 6:49.30 35.11	800m: 9:10.09	34.96	
4.	Vania Soares Neves	90	Fluvial Portuense	<b>9:12.97</b>	<b>+0,81</b>	<b>684</b>	
	50m: 31.81 31.81		250m: 2:48.47 34.71	450m: 5:07.28 34.90	650m: 7:27.92	35.31	
	100m: 1:05.39 33.58		300m: 3:23.11 34.64	500m: 5:42.18 34.90	700m: 8:03.05	35.13	
	150m: 1:39.60 34.21		350m: 3:57.77 34.66	550m: 6:17.36 35.18	750m: 8:38.25	35.20	
	200m: 2:13.76 34.16		400m: 4:32.38 34.61	600m: 6:52.61 35.25	800m: 9:12.97	34.72	
5.	Ana Rita Faria	00	Porto	<b>9:22.47</b>	<b>+0,74</b>	<b>650</b>	
	50m: 30.88 30.88		250m: 2:48.50 35.13	450m: 5:11.75 36.37	650m: 7:35.69	36.00	
	100m: 1:04.73 33.85		300m: 3:24.07 35.57	500m: 5:47.70 35.95	700m: 8:11.95	36.26	
	150m: 1:38.91 34.18		350m: 3:59.36 35.29	550m: 6:23.60 35.90	750m: 8:47.45	35.50	
	200m: 2:13.37 34.46		400m: 4:35.38 36.02	600m: 6:59.69 36.09	800m: 9:22.47	35.02	
6.	Madalena Amaro Machado	98	Academico Viseu	<b>9:24.17</b>	<b>+0,68</b>	<b>644</b>	
	50m: 32.26 32.26		250m: 2:55.80 36.26	450m: 5:19.10 34.96	650m: 7:41.59	35.54	
	100m: 1:07.60 35.34		300m: 3:32.11 36.31	500m: 5:54.49 35.39	700m: 8:16.76	35.17	
	150m: 1:43.43 35.83		350m: 4:08.69 36.58	550m: 6:30.58 36.09	750m: 8:51.37	34.61	
	200m: 2:19.54 36.11		400m: 4:44.14 35.45	600m: 7:06.05 35.47	800m: 9:24.17	32.80	

Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	<b>9:24.26</b>	<b>+0,80</b>	<b>644</b>	
	50m: 32.34 32.34	250m: 2:53.88 35.59	450m: 5:15.87 35.60	650m: 7:39.26 35.87			
	100m: 1:07.20 34.86	300m: 3:29.29 35.41	500m: 5:51.37 35.50	700m: 8:15.12 35.86			
	150m: 1:42.50 35.30	350m: 4:04.76 35.47	550m: 6:27.41 36.04	750m: 8:50.51 35.39			
	200m: 2:18.29 35.79	400m: 4:40.27 35.51	600m: 7:03.39 35.98	800m: 9:24.26 33.75			
8.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>9:29.33</b>	<b>+0,71</b>	<b>627</b>	
	50m: 31.75 31.75	250m: 2:52.62 35.76	450m: 5:16.81 35.89	650m: 7:42.00 36.41			
	100m: 1:06.18 34.43	300m: 3:28.62 36.00	500m: 5:53.19 36.38	700m: 8:18.32 36.32			
	150m: 1:41.70 35.52	350m: 4:04.93 36.31	550m: 6:29.42 36.23	750m: 8:54.29 35.97			
	200m: 2:16.86 35.16	400m: 4:40.92 35.99	600m: 7:05.59 36.17	800m: 9:29.33 35.04			
9.	Ines Figueira Santos	00	Uniao Piedense	<b>9:29.44</b>	<b>+0,83</b>	<b>627</b>	
	50m: 31.91 31.91	250m: 2:53.04 35.37	450m: 5:16.54 36.27	650m: 7:42.11 36.55			
	100m: 1:06.59 34.68	300m: 3:28.72 35.68	500m: 5:52.61 36.07	700m: 8:18.61 36.50			
	150m: 1:41.94 35.35	350m: 4:04.30 35.58	550m: 6:29.14 36.53	750m: 8:54.41 35.80			
	200m: 2:17.67 35.73	400m: 4:40.27 35.97	600m: 7:05.56 36.42	800m: 9:29.44 35.03			
10.	Rafaela Araujo Silva	00	Famalicao	<b>9:33.44</b>	<b>+0,83</b>	<b>613</b>	
	50m: 32.22 32.22	250m: 2:56.81 36.36	450m: 5:22.27 36.06	650m: 7:47.53 36.21			
	100m: 1:07.82 35.60	300m: 3:33.28 36.47	500m: 5:58.64 36.37	700m: 8:23.74 36.21			
	150m: 1:44.16 36.34	350m: 4:09.63 36.35	550m: 6:34.78 36.14	750m: 8:58.58 34.84			
	200m: 2:20.45 36.29	400m: 4:46.21 36.58	600m: 7:11.32 36.54	800m: 9:33.44 34.86			
11.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	<b>9:33.72</b>	<b>+0,96</b>	<b>613</b>	
	50m: 32.93 32.93	250m: 2:56.01 36.15	450m: 5:20.63 36.33	650m: 7:45.71 36.38			
	100m: 1:08.00 35.07	300m: 3:31.88 35.87	500m: 5:56.95 36.32	700m: 8:22.01 36.30			
	150m: 1:43.85 35.85	350m: 4:08.14 36.26	550m: 6:33.24 36.29	750m: 8:58.34 36.33			
	200m: 2:19.86 36.01	400m: 4:44.30 36.16	600m: 7:09.33 36.09	800m: 9:33.72 35.38			
12.	Rita Costa Amador	99	Galitos / Bresimar	<b>9:35.31</b>	<b>+0,70</b>	<b>608</b>	
	50m: 31.89 31.89	250m: 2:54.91 36.30	450m: 5:19.58 36.08	650m: 7:46.00 36.88			
	100m: 1:07.10 35.21	300m: 3:31.25 36.34	500m: 5:55.88 36.30	700m: 8:22.63 36.63			
	150m: 1:42.65 35.55	350m: 4:07.36 36.11	550m: 6:32.67 36.79	750m: 8:59.51 36.88			
	200m: 2:18.61 35.96	400m: 4:43.50 36.14	600m: 7:09.12 36.45	800m: 9:35.31 35.80			
13.	Beatriz Barros Carmo	99	Alges	<b>9:36.07</b>	<b>+0,74</b>	<b>605</b>	
	50m: 31.18 31.18	250m: 2:54.43 36.21	450m: 5:20.07 35.86	650m: 7:47.18 36.96			
	100m: 1:06.19 35.01	300m: 3:30.90 36.47	500m: 5:56.82 36.75	700m: 8:24.23 37.05			
	150m: 1:42.01 35.82	350m: 4:07.60 36.70	550m: 6:33.47 36.65	750m: 9:00.44 36.21			
	200m: 2:18.22 36.21	400m: 4:44.21 36.61	600m: 7:10.22 36.75	800m: 9:36.07 35.63			
14.	Mariana Santos Ferreira	00	Miranda do Corvo	<b>9:37.94</b>	<b>+0,81</b>	<b>599</b>	
	50m: 33.22 33.22	250m: 2:58.24 36.54	450m: 5:24.60 36.26	650m: 7:49.04 36.63			
	100m: 1:08.88 35.66	300m: 3:35.47 37.23	500m: 6:00.48 35.88	700m: 8:25.36 36.32			
	150m: 1:45.31 36.43	350m: 4:12.16 36.69	550m: 6:36.50 36.02	750m: 9:02.14 36.78			
	200m: 2:21.70 36.39	400m: 4:48.34 36.18	600m: 7:12.41 35.91	800m: 9:37.94 35.80			
15.	Raquel Paulo Ranito	94	Sporting	<b>9:38.28</b>	<b>+0,76</b>	<b>598</b>	
	50m: 31.10 31.10	250m: 2:54.37 36.34	450m: 5:21.90 37.29	650m: 7:50.07 37.26			
	100m: 1:05.92 34.82	300m: 3:30.62 36.25	500m: 5:58.41 36.51	700m: 8:26.41 36.34			
	150m: 1:41.90 35.98	350m: 4:07.44 36.82	550m: 6:35.43 37.02	750m: 9:02.36 35.95			
	200m: 2:18.03 36.13	400m: 4:44.61 37.17	600m: 7:12.81 37.38	800m: 9:38.28 35.92			
16.	Leila Tavarina Lemos	00	Vilacondense	<b>9:41.29</b>	<b>+0,85</b>	<b>589</b>	
	50m: 32.88 32.88	300m: 3:36.41 37.22	500m: 6:03.32 36.70	700m: 8:29.56 36.84			
	100m: 1:09.25 36.37	350m: 4:13.32 36.91	550m: 6:39.62 36.30	750m: 9:05.73 36.17			
	200m: 2:22.46 1:13.21	400m: 4:50.34 37.02	600m: 7:16.26 36.64	800m: 9:41.29 35.56			
	250m: 2:59.19 36.73	450m: 5:26.62 36.28	650m: 7:52.72 36.46				

Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Iris Cunha Santos	00	Porto	<b>9:41.62</b>	<b>+0,79</b>	<b>588</b>	
	50m: 32.74 32.74	250m: 2:57.04 36.54	450m: 5:24.50 36.88	650m: 7:52.53 36.82			
	100m: 1:08.00 35.26	300m: 3:33.90 36.86	500m: 6:01.53 37.03	700m: 8:29.51 36.98			
	150m: 1:44.30 36.30	350m: 4:10.76 36.86	550m: 6:38.40 36.87	750m: 9:05.62 36.11			
	200m: 2:20.50 36.20	400m: 4:47.62 36.86	600m: 7:15.71 37.31	800m: 9:41.62 36.00			
18.	Ines Silva Oliveira	00	Individual ANNP	<b>9:46.35</b>	<b>+0,84</b>	<b>574</b>	
	50m: 32.74 32.74	250m: 2:58.22 36.43	450m: 5:26.33 37.07	650m: 7:56.11 37.62			
	100m: 1:08.96 36.22	300m: 3:35.45 37.23	500m: 6:03.72 37.39	700m: 8:33.63 37.52			
	150m: 1:45.45 36.49	350m: 4:12.26 36.81	550m: 6:41.14 37.42	750m: 9:10.82 37.19			
	200m: 2:21.79 36.34	400m: 4:49.26 37.00	600m: 7:18.49 37.35	800m: 9:46.35 35.53			
19.	Ana Pires Brito	99	Colegio Monte Maior	<b>9:47.85</b>	<b>+0,77</b>	<b>569</b>	
	50m: 32.98 32.98	250m: 2:58.09 36.58	450m: 5:25.80 37.14	650m: 7:55.75 37.67			
	100m: 1:08.57 35.59	300m: 3:34.88 36.79	500m: 6:02.88 37.08	700m: 8:33.41 37.66			
	150m: 1:45.09 36.52	350m: 4:11.60 36.72	550m: 6:40.57 37.69	750m: 9:10.75 37.34			
	200m: 2:21.51 36.42	400m: 4:48.66 37.06	600m: 7:18.08 37.51	800m: 9:47.85 37.10			
20.	Eliana Dirce Lourenco	00	Galitos / Bresimar	<b>9:49.17</b>	<b>+0,74</b>	<b>566</b>	
	50m: 32.22 32.22	250m: 2:56.25 36.87	450m: 5:27.02 37.89	650m: 7:57.92 37.49			
	100m: 1:07.04 34.82	300m: 3:33.79 37.54	500m: 6:04.70 37.68	700m: 8:36.10 38.18			
	150m: 1:43.06 36.02	350m: 4:11.37 37.58	550m: 6:42.83 38.13	750m: 9:12.96 36.86			
	200m: 2:19.38 36.32	400m: 4:49.13 37.76	600m: 7:20.43 37.60	800m: 9:49.17 36.21			
21.	Mariana Pinto Angelo	99	Academica de Coimbra	<b>9:50.00</b>	<b>+0,73</b>	<b>563</b>	
	50m: 34.23 34.23	250m: 3:01.64 36.95	450m: 5:30.22 36.89	650m: 7:58.81 36.97			
	100m: 1:10.57 36.34	300m: 3:38.98 37.34	500m: 6:07.58 37.36	700m: 8:36.58 37.77			
	150m: 1:47.46 36.89	350m: 4:15.84 36.86	550m: 6:44.34 36.76	750m: 9:13.47 36.89			
	200m: 2:24.69 37.23	400m: 4:53.33 37.49	600m: 7:21.84 37.50	800m: 9:50.00 36.53			
22.	Beatriz Lopes Pinto	99	Academica de Coimbra	<b>9:51.07</b>	<b>+0,82</b>	<b>560</b>	
	50m: 34.43 34.43	250m: 3:02.33 36.58	450m: 5:29.71 36.47	650m: 7:59.78 37.74			
	100m: 1:11.61 37.18	300m: 3:39.30 36.97	500m: 6:07.17 37.46	700m: 8:37.47 37.69			
	150m: 1:48.77 37.16	350m: 4:16.36 37.06	550m: 6:44.55 37.38	750m: 9:14.70 37.23			
	200m: 2:25.75 36.98	400m: 4:53.24 36.88	600m: 7:22.04 37.49	800m: 9:51.07 36.37			
23.	Mariana Silva Ramos	00	Sporting	<b>9:53.44</b>	<b>+0,82</b>	<b>553</b>	
	50m: 33.38 33.38	250m: 3:00.79 37.38	450m: 5:29.73 37.55	650m: 8:01.05 37.83			
	100m: 1:09.61 36.23	300m: 3:37.88 37.09	500m: 6:07.53 37.80	700m: 8:39.00 37.95			
	150m: 1:46.48 36.87	350m: 4:15.21 37.33	550m: 6:45.28 37.75	750m: 9:16.76 37.76			
	200m: 2:23.41 36.93	400m: 4:52.18 36.97	600m: 7:23.22 37.94	800m: 9:53.44 36.68			
24.	Ana Luisa Santo	95	Benfica	<b>9:55.29</b>	<b>+0,78</b>	<b>548</b>	
	50m: 32.56 32.56	250m: 2:58.05 37.05	450m: 5:26.58 37.42	650m: 7:59.74 38.62			
	100m: 1:07.85 35.29	300m: 3:34.99 36.94	500m: 6:04.64 38.06	700m: 8:38.27 38.53			
	150m: 1:44.28 36.43	350m: 4:11.98 36.99	550m: 6:42.90 38.26	750m: 9:17.15 38.88			
	200m: 2:21.00 36.72	400m: 4:49.16 37.18	600m: 7:21.12 38.22	800m: 9:55.29 38.14			

Prova 2, Femin., 800m Livres

Prova 2  
21-07-2016 - 17:25

Femin., 800m Livres

Juvenis B  
Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
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	<b>9:18.90</b>	<b>+0,72</b>	<b>663</b>	
	50m: 32.05 32.05	250m: 2:52.95 35.36	450m: 5:13.99 35.26	650m: 7:35.17 35.26	700m: 8:10.26 35.09	750m: 8:44.85 34.59	800m: 9:18.90 34.05
	100m: 1:06.64 34.59	300m: 3:28.19 35.24	500m: 5:49.36 35.37	650m: 7:35.17 35.26	700m: 8:10.26 35.09	750m: 8:44.85 34.59	800m: 9:18.90 34.05
	150m: 1:42.09 35.45	350m: 4:03.42 35.23	550m: 6:24.56 35.20	650m: 7:35.17 35.26	700m: 8:10.26 35.09	750m: 8:44.85 34.59	800m: 9:18.90 34.05
	200m: 2:17.59 35.50	400m: 4:38.73 35.31	600m: 6:59.91 35.35	650m: 7:35.17 35.26	700m: 8:10.26 35.09	750m: 8:44.85 34.59	800m: 9:18.90 34.05
2.	Rafaela Gomes Azevedo	02	Alges	<b>9:25.27</b>	<b>+0,87</b>	<b>641</b>	
	50m: 31.33 31.33	250m: 2:53.31 35.73	450m: 5:17.51 36.35	650m: 7:42.09 36.13	700m: 8:17.74 35.65	750m: 8:51.99 34.25	800m: 9:25.27 33.28
	100m: 1:06.51 35.18	300m: 3:29.46 36.15	500m: 5:53.75 36.24	650m: 7:42.09 36.13	700m: 8:17.74 35.65	750m: 8:51.99 34.25	800m: 9:25.27 33.28
	150m: 1:41.80 35.29	350m: 4:05.58 36.12	550m: 6:30.01 36.26	650m: 7:42.09 36.13	700m: 8:17.74 35.65	750m: 8:51.99 34.25	800m: 9:25.27 33.28
	200m: 2:17.58 35.78	400m: 4:41.16 35.58	600m: 7:05.96 35.95	650m: 7:42.09 36.13	700m: 8:17.74 35.65	750m: 8:51.99 34.25	800m: 9:25.27 33.28
3.	Mariana Fernandes Barbosa	02	Porto	<b>9:27.19</b>	<b>+0,80</b>	<b>634</b>	
	50m: 31.87 31.87	250m: 2:53.12 35.52	450m: 5:16.90 36.12	650m: 7:42.00 36.26	700m: 8:17.28 35.28	750m: 8:52.55 35.27	800m: 9:27.19 34.64
	100m: 1:06.65 34.78	300m: 3:28.87 35.75	500m: 5:53.12 36.22	650m: 7:42.00 36.26	700m: 8:17.28 35.28	750m: 8:52.55 35.27	800m: 9:27.19 34.64
	150m: 1:42.12 35.47	350m: 4:04.68 35.81	550m: 6:29.59 36.47	650m: 7:42.00 36.26	700m: 8:17.28 35.28	750m: 8:52.55 35.27	800m: 9:27.19 34.64
	200m: 2:17.60 35.48	400m: 4:40.78 36.10	600m: 7:05.74 36.15	650m: 7:42.00 36.26	700m: 8:17.28 35.28	750m: 8:52.55 35.27	800m: 9:27.19 34.64
4.	Ana Rita Ramos	02	Porto	<b>9:35.27</b>	<b>+0,81</b>	<b>608</b>	
	50m: 32.32 32.32	250m: 2:57.22 36.82	450m: 5:22.60 36.39	650m: 7:47.97 36.40	700m: 8:24.53 36.56	750m: 9:00.15 35.62	800m: 9:35.27 35.12
	100m: 1:07.94 35.62	300m: 3:33.38 36.16	500m: 5:59.06 36.46	650m: 7:47.97 36.40	700m: 8:24.53 36.56	750m: 9:00.15 35.62	800m: 9:35.27 35.12
	150m: 1:44.40 36.46	350m: 4:09.85 36.47	550m: 6:34.91 35.85	650m: 7:47.97 36.40	700m: 8:24.53 36.56	750m: 9:00.15 35.62	800m: 9:35.27 35.12
	200m: 2:20.40 36.00	400m: 4:46.21 36.36	600m: 7:11.57 36.66	650m: 7:47.97 36.40	700m: 8:24.53 36.56	750m: 9:00.15 35.62	800m: 9:35.27 35.12
5.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	<b>9:43.52</b>	<b>+0,86</b>	<b>582</b>	
	50m: 32.26 32.26	250m: 2:57.52 36.62	450m: 5:25.33 36.88	650m: 7:53.82 37.11	700m: 8:31.14 37.32	750m: 9:08.26 37.12	800m: 9:43.52 35.26
	100m: 1:08.01 35.75	300m: 3:34.42 36.90	500m: 6:02.31 36.98	650m: 7:53.82 37.11	700m: 8:31.14 37.32	750m: 9:08.26 37.12	800m: 9:43.52 35.26
	150m: 1:44.54 36.53	350m: 4:11.58 37.16	550m: 6:39.65 37.34	650m: 7:53.82 37.11	700m: 8:31.14 37.32	750m: 9:08.26 37.12	800m: 9:43.52 35.26
	200m: 2:20.90 36.36	400m: 4:48.45 36.87	600m: 7:16.71 37.06	650m: 7:53.82 37.11	700m: 8:31.14 37.32	750m: 9:08.26 37.12	800m: 9:43.52 35.26
6.	Margarida Cabral Monteiro	02	Galitos / Bresimar	<b>9:50.81</b>	<b>+0,68</b>	<b>561</b>	
	50m: 33.37 33.37	250m: 2:58.27 36.76	450m: 5:28.77 38.06	650m: 8:00.61 37.66	700m: 8:38.28 37.67	750m: 9:15.08 36.80	800m: 9:50.81 35.73
	100m: 1:09.19 35.82	300m: 3:35.75 37.48	500m: 6:07.20 38.43	650m: 8:00.61 37.66	700m: 8:38.28 37.67	750m: 9:15.08 36.80	800m: 9:50.81 35.73
	150m: 1:45.05 35.86	350m: 4:13.11 37.36	550m: 6:44.95 37.75	650m: 8:00.61 37.66	700m: 8:38.28 37.67	750m: 9:15.08 36.80	800m: 9:50.81 35.73
	200m: 2:21.51 36.46	400m: 4:50.71 37.60	600m: 7:22.95 38.00	650m: 8:00.61 37.66	700m: 8:38.28 37.67	750m: 9:15.08 36.80	800m: 9:50.81 35.73
7.	Ana Rita Queiroz	02	Fundacao Beatriz Santos	<b>9:51.62</b>	<b>+0,74</b>	<b>559</b>	
	50m: 32.75 32.75	250m: 2:59.52 37.26	450m: 5:29.88 37.60	650m: 8:00.64 37.76	700m: 8:38.14 37.50	750m: 9:15.50 37.36	800m: 9:51.62 36.12
	100m: 1:08.22 35.47	300m: 3:36.91 37.39	500m: 6:07.57 37.69	650m: 8:00.64 37.76	700m: 8:38.14 37.50	750m: 9:15.50 37.36	800m: 9:51.62 36.12
	150m: 1:45.09 36.87	350m: 4:14.53 37.62	550m: 6:45.25 37.68	650m: 8:00.64 37.76	700m: 8:38.14 37.50	750m: 9:15.50 37.36	800m: 9:51.62 36.12
	200m: 2:22.26 37.17	400m: 4:52.28 37.75	600m: 7:22.88 37.63	650m: 8:00.64 37.76	700m: 8:38.14 37.50	750m: 9:15.50 37.36	800m: 9:51.62 36.12
8.	Leonor Camacho Fernandes	02	Sporting	<b>9:59.67</b>		<b>536</b>	
	50m: 32.92 32.92	250m: 2:59.74 37.71	450m: 5:30.13 37.87	650m: 8:03.81 39.46	700m: 8:42.89 39.08	750m: 9:21.66 38.77	800m: 9:59.67 38.01
	100m: 1:08.71 35.79	300m: 3:37.30 37.56	500m: 6:07.68 37.55	650m: 8:03.81 39.46	700m: 8:42.89 39.08	750m: 9:21.66 38.77	800m: 9:59.67 38.01
	150m: 1:45.47 36.76	350m: 4:14.43 37.13	550m: 6:46.18 38.50	650m: 8:03.81 39.46	700m: 8:42.89 39.08	750m: 9:21.66 38.77	800m: 9:59.67 38.01
	200m: 2:22.03 36.56	400m: 4:52.26 37.83	600m: 7:24.35 38.17	650m: 8:03.81 39.46	700m: 8:42.89 39.08	750m: 9:21.66 38.77	800m: 9:59.67 38.01
9.	Beatriz Aires Brandao	02	Desportiva de Viana	<b>10:07.08</b>	<b>+0,89</b>	<b>517</b>	
	50m: 33.15 33.15	250m: 3:04.50 38.97	450m: 5:39.01 38.01	650m: 8:13.29 38.88	700m: 8:51.80 38.51	750m: 9:30.63 38.83	800m: 10:07.08 36.45
	100m: 1:09.69 36.54	300m: 3:43.20 38.70	500m: 6:16.95 37.94	650m: 8:13.29 38.88	700m: 8:51.80 38.51	750m: 9:30.63 38.83	800m: 10:07.08 36.45
	150m: 1:47.41 37.72	350m: 4:22.39 39.19	550m: 6:55.72 38.77	650m: 8:13.29 38.88	700m: 8:51.80 38.51	750m: 9:30.63 38.83	800m: 10:07.08 36.45
	200m: 2:25.53 38.12	400m: 5:01.00 38.61	600m: 7:34.41 38.69	650m: 8:13.29 38.88	700m: 8:51.80 38.51	750m: 9:30.63 38.83	800m: 10:07.08 36.45



Prova 2, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Alexandra Martins Campos	02	Leixoes	<b>10:12.35</b>	<b>+0,84</b>	<b>504</b>	
	50m: 32.41 32.41		250m: 3:04.76 38.68	450m: 5:40.02 38.68	650m: 8:17.52 39.75		
	100m: 1:09.31 36.90		300m: 3:43.41 38.65	500m: 6:18.99 38.97	700m: 8:56.90 39.38		
	150m: 1:47.56 38.25		350m: 4:22.41 39.00	550m: 6:58.48 39.49	750m: 9:35.72 38.82		
	200m: 2:26.08 38.52		400m: 5:01.34 38.93	600m: 7:37.77 39.29	800m: 10:12.35 36.63		
11.	Constanca Filipa Rodrigues	02	Benedita	<b>10:13.06</b>	<b>+0,76</b>	<b>502</b>	
	50m: 34.07 34.07		250m: 3:07.10 38.65	450m: 5:42.43 38.59	650m: 8:18.87 38.72		
	100m: 1:11.47 37.40		300m: 3:45.95 38.85	500m: 6:21.71 39.28	700m: 8:57.76 38.89		
	150m: 1:49.92 38.45		350m: 4:24.67 38.72	550m: 7:00.72 39.01	750m: 9:36.48 38.72		
	200m: 2:28.45 38.53		400m: 5:03.84 39.17	600m: 7:40.15 39.43	800m: 10:13.06 36.58		
12.	Ines Sofia Ferreira	02	Galitos / Bresimar	<b>10:13.64</b>	<b>+0,75</b>	<b>501</b>	
	50m: 33.67 33.67		250m: 3:04.40 38.59	450m: 5:41.02 39.32	650m: 8:18.30 39.47		
	100m: 1:09.99 36.32		300m: 3:43.33 38.93	500m: 6:20.09 39.07	700m: 8:57.27 38.97		
	150m: 1:47.51 37.52		350m: 4:22.63 39.30	550m: 6:59.88 39.79	750m: 9:36.17 38.90		
	200m: 2:25.81 38.30		400m: 5:01.70 39.07	600m: 7:38.83 38.95	800m: 10:13.64 37.47		
13.	Jessica Soares Lima	02	Braga	<b>10:16.07</b>	<b>+0,75</b>	<b>495</b>	
	50m: 33.11 33.11		250m: 3:02.63 38.23	450m: 5:39.14 39.05	650m: 8:18.31 39.62		
	100m: 1:09.58 36.47		300m: 3:41.43 38.80	500m: 6:19.24 40.10	700m: 8:57.94 39.63		
	150m: 1:46.79 37.21		350m: 4:20.55 39.12	550m: 6:58.73 39.49	750m: 9:37.19 39.25		
	200m: 2:24.40 37.61		400m: 5:00.09 39.54	600m: 7:38.69 39.96	800m: 10:16.07 38.88		
14.	Ana Margarida Leite	02	Fafe	<b>10:17.92</b>	<b>+1,14</b>	<b>490</b>	
	50m: 34.02 34.02		250m: 3:06.66 38.85	450m: 5:42.96 39.58	650m: 8:23.20 40.18		
	100m: 1:12.03 38.01		300m: 3:45.25 38.59	500m: 6:22.85 39.89	700m: 9:03.07 39.87		
	150m: 1:49.73 37.70		350m: 4:23.93 38.68	550m: 7:02.75 39.90	750m: 9:41.60 38.53		
	200m: 2:27.81 38.08		400m: 5:03.38 39.45	600m: 7:43.02 40.27	800m: 10:17.92 36.32		
	Elisa Sauval Goncalves	02	Natacao Olhao	<b>NT</b>			

Prova 2  
21-07-2016 - 17:25  
Femin., 800m Livres  
Juvenis A  
Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
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	<b>9:02.02</b>	<b>+0,73</b>	<b>727</b>	
	50m: 31.46 31.46		250m: 2:46.02 34.27	450m: 5:02.38 34.12	650m: 7:20.09 34.54		
	100m: 1:04.47 33.01		300m: 3:19.95 33.93	500m: 5:36.64 34.26	700m: 7:54.66 34.57		
	150m: 1:38.06 33.59		350m: 3:54.19 34.24	550m: 6:11.36 34.72	750m: 8:29.32 34.66		
	200m: 2:11.75 33.69		400m: 4:28.26 34.07	600m: 6:45.55 34.19	800m: 9:02.02 32.70		
2.	Joana Costa Amador	01	Galitos / Bresimar	<b>9:24.18</b>	<b>+0,75</b>	<b>644</b>	
	50m: 32.59 32.59		250m: 2:53.24 35.35	450m: 5:15.89 35.64	650m: 7:39.17 35.70		
	100m: 1:07.27 34.68		300m: 3:28.85 35.61	500m: 5:51.74 35.85	700m: 8:14.81 35.64		
	150m: 1:42.34 35.07		350m: 4:04.46 35.61	550m: 6:27.70 35.96	750m: 8:49.77 34.96		
	200m: 2:17.89 35.55		400m: 4:40.25 35.79	600m: 7:03.47 35.77	800m: 9:24.18 34.41		
3.	Filipa Serrano Rodrigues	01	Uniao Piedense	<b>9:24.58</b>	<b>+0,79</b>	<b>643</b>	
	50m: 32.63 32.63		250m: 2:54.43 35.43	450m: 5:15.83 35.22	650m: 7:39.77 36.08		
	100m: 1:07.79 35.16		300m: 3:30.05 35.62	500m: 5:51.89 36.06	700m: 8:15.30 35.53		
	150m: 1:43.23 35.44		350m: 4:05.17 35.12	550m: 6:27.63 35.74	750m: 8:50.89 35.59		
	200m: 2:19.00 35.77		400m: 4:40.61 35.44	600m: 7:03.69 36.06	800m: 9:24.58 33.69		

Prova 2, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Luisa Maria Machado	01	Uniao Piedense	<b>9:26.22</b>	<b>+0,85</b>	<b>637</b>	
	50m: 32.42 32.42		250m: 2:53.93 35.78	450m: 5:16.41 35.57	650m: 7:40.01 36.03		
	100m: 1:07.52 35.10		300m: 3:29.66 35.73	500m: 5:52.05 35.64	700m: 8:15.88 35.87		
	150m: 1:42.84 35.32		350m: 4:05.39 35.73	550m: 6:27.99 35.94	750m: 8:51.39 35.51		
	200m: 2:18.15 35.31		400m: 4:40.84 35.45	600m: 7:03.98 35.99	800m: 9:26.22 34.83		
5.	Maria Carolina Costa	01	Porto	<b>9:27.73</b>	<b>+0,72</b>	<b>632</b>	
	50m: 30.83 30.83		250m: 2:51.29 35.86	450m: 5:14.87 35.95	650m: 7:39.99 36.87		
	100m: 1:04.96 34.13		300m: 3:26.98 35.69	500m: 5:50.78 35.91	700m: 8:16.18 36.19		
	150m: 1:40.11 35.15		350m: 4:03.04 36.06	550m: 6:26.88 36.10	750m: 8:52.10 35.92		
	200m: 2:15.43 35.32		400m: 4:38.92 35.88	600m: 7:03.12 36.24	800m: 9:27.73 35.63		
6.	Carolina Rosa Marcelino	01	Alges	<b>9:36.24</b>	<b>+0,78</b>	<b>605</b>	
	50m: 32.96 32.96		250m: 2:56.33 36.58	450m: 5:20.84 36.95	650m: 7:47.73 36.78		
	100m: 1:08.35 35.39		300m: 3:32.29 35.96	500m: 5:57.46 36.62	700m: 8:24.62 36.89		
	150m: 1:43.76 35.41		350m: 4:08.15 35.86	550m: 6:33.82 36.36	750m: 9:01.01 36.39		
	200m: 2:19.75 35.99		400m: 4:43.89 35.74	600m: 7:10.95 37.13	800m: 9:36.24 35.23		
7.	Rita Alexandra Vital	01	Alges	<b>9:40.72</b>	<b>+0,84</b>	<b>591</b>	
	50m: 33.38 33.38		250m: 3:00.38 37.19	450m: 5:25.15 36.16	650m: 7:52.71 36.70		
	100m: 1:09.39 36.01		300m: 3:37.41 37.03	500m: 6:01.53 36.38	700m: 8:29.20 36.49		
	150m: 1:46.30 36.91		350m: 4:14.12 36.71	550m: 6:38.95 37.42	750m: 9:05.79 36.59		
	200m: 2:23.19 36.89		400m: 4:48.99 34.87	600m: 7:16.01 37.06	800m: 9:40.72 34.93		
8.	Mariana Delicado Correia	01	Sporting	<b>9:53.79</b>	<b>+0,74</b>	<b>553</b>	
	50m: 31.53 31.53		250m: 2:59.19 37.53	450m: 5:29.68 37.65	650m: 8:01.46 38.26		
	100m: 1:07.55 36.02		300m: 3:36.77 37.58	500m: 6:07.47 37.79	700m: 8:39.64 38.18		
	150m: 1:44.30 36.75		350m: 4:14.42 37.65	550m: 6:45.15 37.68	750m: 9:17.23 37.59		
	200m: 2:21.66 37.36		400m: 4:52.03 37.61	600m: 7:23.20 38.05	800m: 9:53.79 36.56		
9.	Erika Almeida Marques	01	Braga	<b>9:56.10</b>	<b>+0,81</b>	<b>546</b>	
	50m: 33.12 33.12		250m: 3:01.37 37.32	450m: 5:32.11 37.75	650m: 8:03.41 37.52		
	100m: 1:09.54 36.42		300m: 3:38.95 37.58	500m: 6:10.08 37.97	700m: 8:41.44 38.03		
	150m: 1:46.50 36.96		350m: 4:16.39 37.44	550m: 6:47.64 37.56	750m: 9:19.00 37.56		
	200m: 2:24.05 37.55		400m: 4:54.36 37.97	600m: 7:25.89 38.25	800m: 9:56.10 37.10		
10.	Eva Fernandes Cardoso	01	Fundacao Beatriz Santos	<b>9:57.37</b>	<b>+0,93</b>	<b>543</b>	
	50m: 32.67 32.67		250m: 3:01.17 37.17	450m: 5:33.03 37.79	650m: 8:06.31 38.11		
	100m: 1:08.86 36.19		300m: 3:39.04 37.87	500m: 6:11.59 38.56	700m: 8:44.48 38.17		
	150m: 1:46.21 37.35		350m: 4:16.89 37.85	550m: 6:49.78 38.19	750m: 9:21.74 37.26		
	200m: 2:24.00 37.79		400m: 4:55.24 38.35	600m: 7:28.20 38.42	800m: 9:57.37 35.63		
11.	Maria Esteves Martins	01	Galitos / Bresimar	<b>9:57.39</b>	<b>+0,73</b>	<b>543</b>	
	50m: 33.69 33.69		250m: 3:01.72 37.70	450m: 5:33.39 38.15	650m: 8:06.70 38.69		
	100m: 1:10.12 36.43		300m: 3:39.52 37.80	500m: 6:11.93 38.54	700m: 8:44.58 37.88		
	150m: 1:47.25 37.13		350m: 4:17.28 37.76	550m: 6:49.66 37.73	750m: 9:22.22 37.64		
	200m: 2:24.02 36.77		400m: 4:55.24 37.96	600m: 7:28.01 38.35	800m: 9:57.39 35.17		
12.	Beatriz Ferreira Silva	01	Braga	<b>9:58.93</b>	<b>+0,91</b>	<b>538</b>	
	50m: 32.88 32.88		250m: 3:02.33 37.62	450m: 5:32.65 37.81	650m: 8:06.16 38.27		
	100m: 1:09.19 36.31		300m: 3:39.50 37.17	500m: 6:10.80 38.15	700m: 8:44.52 38.36		
	150m: 1:47.02 37.83		350m: 4:17.23 37.73	550m: 6:49.25 38.45	750m: 9:22.36 37.84		
	200m: 2:24.71 37.69		400m: 4:54.84 37.61	600m: 7:27.89 38.64	800m: 9:58.93 36.57		
13.	Ana Margarida Branco	01	Alges	<b>10:03.34</b>	<b>+0,77</b>	<b>527</b>	
	50m: 33.14 33.14		250m: 3:03.86 37.90	450m: 5:38.20 38.08	650m: 8:11.30 38.07		
	100m: 1:09.67 36.53		300m: 3:42.67 38.81	500m: 6:16.76 38.56	700m: 8:49.37 38.07		
	150m: 1:47.80 38.13		350m: 4:21.36 38.69	550m: 6:55.26 38.50	750m: 9:26.29 36.92		
	200m: 2:25.96 38.16		400m: 5:00.12 38.76	600m: 7:33.23 37.97	800m: 10:03.34 37.05		

Prova 2, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Ana Pimenta Silva	01	Desportiva de Viana	<b>10:09.02</b>	<b>+0,87</b>	<b>512</b>	
	50m: 33.87 33.87		250m: 3:04.40 37.77	450m: 5:38.10 38.49	650m: 8:14.20 38.97		
	100m: 1:10.83 36.96		300m: 3:42.62 38.22	500m: 6:16.94 38.84	700m: 8:53.03 38.83		
	150m: 1:48.46 37.63		350m: 4:20.93 38.31	550m: 6:55.80 38.86	750m: 9:31.69 38.66		
	200m: 2:26.63 38.17		400m: 4:59.61 38.68	600m: 7:35.23 39.43	800m: 10:09.02 37.33		
15.	Catarina Miguel Silva	01	Natacao de Faro	<b>10:18.01</b>	<b>+0,73</b>	<b>490</b>	
	50m: 33.55 33.55		250m: 3:07.78 39.04	450m: 5:44.47 39.75	650m: 8:22.50 39.84		
	100m: 1:11.25 37.70		300m: 3:46.10 38.32	500m: 6:23.58 39.11	700m: 9:02.26 39.76		
	150m: 1:50.15 38.90		350m: 4:25.25 39.15	550m: 7:03.01 39.43	750m: 9:41.60 39.34		
	200m: 2:28.74 38.59		400m: 5:04.72 39.47	600m: 7:42.66 39.65	800m: 10:18.01 36.41		

Prova 2  
21-07-2016 - 17:25

Femin., 800m Livres

Junior 16  
Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Jacinto Henriques	00	Pimpoes/Cimai	<b>9:07.34</b>	<b>+0,80</b>	<b>706</b>	
	50m: 31.93 31.93		250m: 2:48.46 34.86	450m: 5:05.15 34.04	650m: 7:23.75 34.65		
	100m: 1:05.54 33.61		300m: 3:22.82 34.36	500m: 5:39.37 34.22	700m: 7:58.65 34.90		
	150m: 1:39.73 34.19		350m: 3:57.13 34.31	550m: 6:14.23 34.86	750m: 8:33.28 34.63		
	200m: 2:13.60 33.87		400m: 4:31.11 33.98	600m: 6:49.10 34.87	800m: 9:07.34 34.06		
2.	Ana Rita Faria	00	Porto	<b>9:22.47</b>	<b>+0,74</b>	<b>650</b>	
	50m: 30.88 30.88		250m: 2:48.50 35.13	450m: 5:11.75 36.37	650m: 7:35.69 36.00		
	100m: 1:04.73 33.85		300m: 3:24.07 35.57	500m: 5:47.70 35.95	700m: 8:11.95 36.26		
	150m: 1:38.91 34.18		350m: 3:59.36 35.29	550m: 6:23.60 35.90	750m: 8:47.45 35.50		
	200m: 2:13.37 34.46		400m: 4:35.38 36.02	600m: 6:59.69 36.09	800m: 9:22.47 35.02		
3.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>9:29.33</b>	<b>+0,71</b>	<b>627</b>	
	50m: 31.75 31.75		250m: 2:52.62 35.76	450m: 5:16.81 35.89	650m: 7:42.00 36.41		
	100m: 1:06.18 34.43		300m: 3:28.62 36.00	500m: 5:53.19 36.38	700m: 8:18.32 36.32		
	150m: 1:41.70 35.52		350m: 4:04.93 36.31	550m: 6:29.42 36.23	750m: 8:54.29 35.97		
	200m: 2:16.86 35.16		400m: 4:40.92 35.99	600m: 7:05.59 36.17	800m: 9:29.33 35.04		
4.	Ines Figueira Santos	00	Uniao Piedense	<b>9:29.44</b>	<b>+0,83</b>	<b>627</b>	
	50m: 31.91 31.91		250m: 2:53.04 35.37	450m: 5:16.54 36.27	650m: 7:42.11 36.55		
	100m: 1:06.59 34.68		300m: 3:28.72 35.68	500m: 5:52.61 36.07	700m: 8:18.61 36.50		
	150m: 1:41.94 35.35		350m: 4:04.30 35.58	550m: 6:29.14 36.53	750m: 8:54.41 35.80		
	200m: 2:17.67 35.73		400m: 4:40.27 35.97	600m: 7:05.56 36.42	800m: 9:29.44 35.03		
5.	Rafaela Araujo Silva	00	Famalicao	<b>9:33.44</b>	<b>+0,83</b>	<b>613</b>	
	50m: 32.22 32.22		250m: 2:56.81 36.36	450m: 5:22.27 36.06	650m: 7:47.53 36.21		
	100m: 1:07.82 35.60		300m: 3:33.28 36.47	500m: 5:58.64 36.37	700m: 8:23.74 36.21		
	150m: 1:44.16 36.34		350m: 4:09.63 36.35	550m: 6:34.78 36.14	750m: 8:58.58 34.84		
	200m: 2:20.45 36.29		400m: 4:46.21 36.58	600m: 7:11.32 36.54	800m: 9:33.44 34.86		
6.	Mariana Santos Ferreira	00	Miranda do Corvo	<b>9:37.94</b>	<b>+0,81</b>	<b>599</b>	
	50m: 33.22 33.22		250m: 2:58.24 36.54	450m: 5:24.60 36.26	650m: 7:49.04 36.63		
	100m: 1:08.88 35.66		300m: 3:35.47 37.23	500m: 6:00.48 35.88	700m: 8:25.36 36.32		
	150m: 1:45.31 36.43		350m: 4:12.16 36.69	550m: 6:36.50 36.02	750m: 9:02.14 36.78		
	200m: 2:21.70 36.39		400m: 4:48.34 36.18	600m: 7:12.41 35.91	800m: 9:37.94 35.80		

Prova 2, Femin., 800m Livres, Junior 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Leila Tavarina Lemos	00	Vilacondense	<b>9:41.29</b>	<b>+0,85</b>	<b>589</b>	
	50m: 32.88 32.88	300m: 3:36.41 37.22	500m: 6:03.32 36.70	700m: 8:29.56 36.84			
	100m: 1:09.25 36.37	350m: 4:13.32 36.91	550m: 6:39.62 36.30	750m: 9:05.73 36.17			
	200m: 2:22.46 1:13.21	400m: 4:50.34 37.02	600m: 7:16.26 36.64	800m: 9:41.29 35.56			
	250m: 2:59.19 36.73	450m: 5:26.62 36.28	650m: 7:52.72 36.46				
8.	Iris Cunha Santos	00	Porto	<b>9:41.62</b>	<b>+0,79</b>	<b>588</b>	
	50m: 32.74 32.74	250m: 2:57.04 36.54	450m: 5:24.50 36.88	650m: 7:52.53 36.82			
	100m: 1:08.00 35.26	300m: 3:33.90 36.86	500m: 6:01.53 37.03	700m: 8:29.51 36.98			
	150m: 1:44.30 36.30	350m: 4:10.76 36.86	550m: 6:38.40 36.87	750m: 9:05.62 36.11			
	200m: 2:20.50 36.20	400m: 4:47.62 36.86	600m: 7:15.71 37.31	800m: 9:41.62 36.00			
9.	Ines Silva Oliveira	00	Individual ANNP	<b>9:46.35</b>	<b>+0,84</b>	<b>574</b>	
	50m: 32.74 32.74	250m: 2:58.22 36.43	450m: 5:26.33 37.07	650m: 7:56.11 37.62			
	100m: 1:08.96 36.22	300m: 3:35.45 37.23	500m: 6:03.72 37.39	700m: 8:33.63 37.52			
	150m: 1:45.45 36.49	350m: 4:12.26 36.81	550m: 6:41.14 37.42	750m: 9:10.82 37.19			
	200m: 2:21.79 36.34	400m: 4:49.26 37.00	600m: 7:18.49 37.35	800m: 9:46.35 35.53			
10.	Eliana Dirce Lourenco	00	Galitos / Bresimar	<b>9:49.17</b>	<b>+0,74</b>	<b>566</b>	
	50m: 32.22 32.22	250m: 2:56.25 36.87	450m: 5:27.02 37.89	650m: 7:57.92 37.49			
	100m: 1:07.04 34.82	300m: 3:33.79 37.54	500m: 6:04.70 37.68	700m: 8:36.10 38.18			
	150m: 1:43.06 36.02	350m: 4:11.37 37.58	550m: 6:42.83 38.13	750m: 9:12.96 36.86			
	200m: 2:19.38 36.32	400m: 4:49.13 37.76	600m: 7:20.43 37.60	800m: 9:49.17 36.21			
11.	Mariana Silva Ramos	00	Sporting	<b>9:53.44</b>	<b>+0,82</b>	<b>553</b>	
	50m: 33.38 33.38	250m: 3:00.79 37.38	450m: 5:29.73 37.55	650m: 8:01.05 37.83			
	100m: 1:09.61 36.23	300m: 3:37.88 37.09	500m: 6:07.53 37.80	700m: 8:39.00 37.95			
	150m: 1:46.48 36.87	350m: 4:15.21 37.33	550m: 6:45.28 37.75	750m: 9:16.76 37.76			
	200m: 2:23.41 36.93	400m: 4:52.18 36.97	600m: 7:23.22 37.94	800m: 9:53.44 36.68			

Prova 2  
21-07-2016 - 17:25

Femin., 800m Livres

Junior 17  
Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
Rec Nac Jun17	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Tamila Hryhorivna Holub	99	Braga	<b>8:49.19</b>	<b>+0,85</b>	<b>781</b>	
	50m: 31.51 31.51	250m: 2:43.48 33.13	450m: 4:56.58 33.28	650m: 7:10.52 33.54			
	100m: 1:04.33 32.82	300m: 3:16.68 33.20	500m: 5:30.09 33.51	700m: 7:44.11 33.59			
	150m: 1:37.33 33.00	350m: 3:49.99 33.31	550m: 6:03.49 33.40	750m: 8:17.02 32.91			
	200m: 2:10.35 33.02	400m: 4:23.30 33.31	600m: 6:36.98 33.49	800m: 8:49.19 32.17			
2.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	<b>9:24.26</b>	<b>+0,80</b>	<b>644</b>	
	50m: 32.34 32.34	250m: 2:53.88 35.59	450m: 5:15.87 35.60	650m: 7:39.26 35.87			
	100m: 1:07.20 34.86	300m: 3:29.29 35.41	500m: 5:51.37 35.50	700m: 8:15.12 35.86			
	150m: 1:42.50 35.30	350m: 4:04.76 35.47	550m: 6:27.41 36.04	750m: 8:50.51 35.39			
	200m: 2:18.29 35.79	400m: 4:40.27 35.51	600m: 7:03.39 35.98	800m: 9:24.26 33.75			
3.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	<b>9:33.72</b>	<b>+0,96</b>	<b>613</b>	
	50m: 32.93 32.93	250m: 2:56.01 36.15	450m: 5:20.63 36.33	650m: 7:45.71 36.38			
	100m: 1:08.00 35.07	300m: 3:31.88 35.87	500m: 5:56.95 36.32	700m: 8:22.01 36.30			
	150m: 1:43.85 35.85	350m: 4:08.14 36.26	550m: 6:33.24 36.29	750m: 8:58.34 36.33			
	200m: 2:19.86 36.01	400m: 4:44.30 36.16	600m: 7:09.33 36.09	800m: 9:33.72 35.38			

Prova 2, Femin., 800m Livres, Junior 17

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Rita Costa Amador	99	Galitos / Bresimar	<b>9:35.31</b>	+0,70	608	
	50m: 31.89 31.89	250m: 2:54.91 36.30	450m: 5:19.58 36.08	650m: 7:46.00 36.88			
	100m: 1:07.10 35.21	300m: 3:31.25 36.34	500m: 5:55.88 36.30	700m: 8:22.63 36.63			
	150m: 1:42.65 35.55	350m: 4:07.36 36.11	550m: 6:32.67 36.79	750m: 8:59.51 36.88			
	200m: 2:18.61 35.96	400m: 4:43.50 36.14	600m: 7:09.12 36.45	800m: 9:35.31 35.80			
5.	Beatriz Barros Carmo	99	Alges	<b>9:36.07</b>	+0,74	605	
	50m: 31.18 31.18	250m: 2:54.43 36.21	450m: 5:20.07 35.86	650m: 7:47.18 36.96			
	100m: 1:06.19 35.01	300m: 3:30.90 36.47	500m: 5:56.82 36.75	700m: 8:24.23 37.05			
	150m: 1:42.01 35.82	350m: 4:07.60 36.70	550m: 6:33.47 36.65	750m: 9:00.44 36.21			
	200m: 2:18.22 36.21	400m: 4:44.21 36.61	600m: 7:10.22 36.75	800m: 9:36.07 35.63			
6.	Ana Pires Brito	99	Colegio Monte Maior	<b>9:47.85</b>	+0,77	569	
	50m: 32.98 32.98	250m: 2:58.09 36.58	450m: 5:25.80 37.14	650m: 7:55.75 37.67			
	100m: 1:08.57 35.59	300m: 3:34.88 36.79	500m: 6:02.88 37.08	700m: 8:33.41 37.66			
	150m: 1:45.09 36.52	350m: 4:11.60 36.72	550m: 6:40.57 37.69	750m: 9:10.75 37.34			
	200m: 2:21.51 36.42	400m: 4:48.66 37.06	600m: 7:18.08 37.51	800m: 9:47.85 37.10			
7.	Mariana Pinto Angelo	99	Academica de Coimbra	<b>9:50.00</b>	+0,73	563	
	50m: 34.23 34.23	250m: 3:01.64 36.95	450m: 5:30.22 36.89	650m: 7:58.81 36.97			
	100m: 1:10.57 36.34	300m: 3:38.98 37.34	500m: 6:07.58 37.36	700m: 8:36.58 37.77			
	150m: 1:47.46 36.89	350m: 4:15.84 36.86	550m: 6:44.34 36.76	750m: 9:13.47 36.89			
	200m: 2:24.69 37.23	400m: 4:53.33 37.49	600m: 7:21.84 37.50	800m: 9:50.00 36.53			
8.	Beatriz Lopes Pinto	99	Academica de Coimbra	<b>9:51.07</b>	+0,82	560	
	50m: 34.43 34.43	250m: 3:02.33 36.58	450m: 5:29.71 36.47	650m: 7:59.78 37.74			
	100m: 1:11.61 37.18	300m: 3:39.30 36.97	500m: 6:07.17 37.46	700m: 8:37.47 37.69			
	150m: 1:48.77 37.16	350m: 4:16.36 37.06	550m: 6:44.55 37.38	750m: 9:14.70 37.23			
	200m: 2:25.75 36.98	400m: 4:53.24 36.88	600m: 7:22.04 37.49	800m: 9:51.07 36.37			

Prova 2  
21-07-2016 - 17:25  
Femin., 800m Livres  
Seniores  
Resultados

Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
Rec Nac Sen	8:43.58	Diana Margarida Duraes	FCP	Oeiras	13-03-2016

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	Fluvial Portuense	<b>9:10.09</b>	+0,82	695	
	50m: 31.02 31.02	250m: 2:46.90 34.53	450m: 5:04.64 34.86	650m: 7:24.39 35.09			
	100m: 1:04.34 33.32	300m: 3:21.06 34.16	500m: 5:39.44 34.80	700m: 7:59.65 35.26			
	150m: 1:38.32 33.98	350m: 3:55.34 34.28	550m: 6:14.19 34.75	750m: 8:35.13 35.48			
	200m: 2:12.37 34.05	400m: 4:29.78 34.44	600m: 6:49.30 35.11	800m: 9:10.09 34.96			
2.	Vania Soares Neves	90	Fluvial Portuense	<b>9:12.97</b>	+0,81	684	
	50m: 31.81 31.81	250m: 2:48.47 34.71	450m: 5:07.28 34.90	650m: 7:27.92 35.31			
	100m: 1:05.39 33.58	300m: 3:23.11 34.64	500m: 5:42.18 34.90	700m: 8:03.05 35.13			
	150m: 1:39.60 34.21	350m: 3:57.77 34.66	550m: 6:17.36 35.18	750m: 8:38.25 35.20			
	200m: 2:13.76 34.16	400m: 4:32.38 34.61	600m: 6:52.61 35.25	800m: 9:12.97 34.72			
3.	Madalena Amaro Machado	98	Academico Viseu	<b>9:24.17</b>	+0,68	644	
	50m: 32.26 32.26	250m: 2:55.80 36.26	450m: 5:19.10 34.96	650m: 7:41.59 35.54			
	100m: 1:07.60 35.34	300m: 3:32.11 36.31	500m: 5:54.49 35.39	700m: 8:16.76 35.17			
	150m: 1:43.43 35.83	350m: 4:08.69 36.58	550m: 6:30.58 36.09	750m: 8:51.37 34.61			
	200m: 2:19.54 36.11	400m: 4:44.14 35.45	600m: 7:06.05 35.47	800m: 9:24.17 32.80			



Prova 2, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
4.	Raquel Paulo Ranito	94	Sporting	<b>9:38.28</b>	<b>+0,76</b>	<b>598</b>		
	50m: 31.10	31.10	250m: 2:54.37	36.34	450m: 5:21.90	37.29	650m: 7:50.07	37.26
	100m: 1:05.92	34.82	300m: 3:30.62	36.25	500m: 5:58.41	36.51	700m: 8:26.41	36.34
	150m: 1:41.90	35.98	350m: 4:07.44	36.82	550m: 6:35.43	37.02	750m: 9:02.36	35.95
	200m: 2:18.03	36.13	400m: 4:44.61	37.17	600m: 7:12.81	37.38	800m: 9:38.28	35.92
5.	Ana Luisa Santo	95	Benfica	<b>9:55.29</b>	<b>+0,78</b>	<b>548</b>		
	50m: 32.56	32.56	250m: 2:58.05	37.05	450m: 5:26.58	37.42	650m: 7:59.74	38.62
	100m: 1:07.85	35.29	300m: 3:34.99	36.94	500m: 6:04.64	38.06	700m: 8:38.27	38.53
	150m: 1:44.28	36.43	350m: 4:11.98	36.99	550m: 6:42.90	38.26	750m: 9:17.15	38.88
	200m: 2:21.00	36.72	400m: 4:49.16	37.18	600m: 7:21.12	38.22	800m: 9:55.29	38.14