

Prova 1
26-11-2016

Femin., 800m Livres

Absolutos
Resultados

Rec Nac Absoluto	8:32.83	Tamila Hryhorivna Holub	POR	Porto	13-12-2015
Rec Nac Inf B	9:33.95	Filipa Vilas Ruivo	POR	Nazaré	16-05-2009
Rec Nac Inf A	9:03.90	Alexandra Maria Silva	POR	Porto	13-07-1980
Rec Nac Juv B	9:00.27	Alexandra Maria Silva	POR	Antibes (FRA)	20-12-1980
Rec Nac Juv A	8:46.74	Ana Claudia Santos	POR	Cantanhede	19-12-2004
Rec Nac Jun16	8:45.41	Tamila Hryhorivna Holub	POR	Porto	21-12-2014
Rec Nac Jun17	8:32.83	Tamila Hryhorivna Holub	POR	Porto	13-12-2015
Rec Nac Sen	8:33.54	Diana Margarida Duraes	POR	Vila Real Stº Antonio	13-11-2016

Pontos: FINA 2016

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mafalda Sofia Rosa	03	127310	Rio Maior	9:25.46	+0,80	609	25,00-
	50m: 32.69 32.69			250m: 2:53.72 35.28	450m: 5:16.96 35.78	650m: 7:38.95 35.79		
	100m: 1:07.76 35.07			300m: 3:29.43 35.71	500m: 5:52.31 35.35	700m: 8:14.54 35.59		
	150m: 1:43.24 35.48			350m: 4:05.04 35.61	550m: 6:27.74 35.43	750m: 8:50.15 35.61		
	200m: 2:18.44 35.20			400m: 4:41.18 36.14	600m: 7:03.16 35.42	800m: 9:25.46 35.31		
2.	Ana Filipa Costa	98	102909	Beja	9:51.51	+0,97	532	23,00-
	50m: 32.40 32.40			250m: 2:59.28 37.07	450m: 5:29.80 37.63	650m: 8:01.11 37.91		
	100m: 1:08.23 35.83			300m: 3:36.65 37.37	500m: 6:07.45 37.65	700m: 8:38.59 37.48		
	150m: 1:44.76 36.53			350m: 4:14.27 37.62	550m: 6:45.46 38.01	750m: 9:15.40 36.81		
	200m: 2:22.21 37.45			400m: 4:52.17 37.90	600m: 7:23.20 37.74	800m: 9:51.51 36.11		
3.	Mariana Cardoso Costa	01	117322	Propaganda da Natacao	9:51.55	+0,81	532	22,00-
	50m: 32.26 32.26			250m: 2:57.43 37.00	450m: 5:27.28 37.68	650m: 7:58.77 38.12		
	100m: 1:07.56 35.30			300m: 3:34.52 37.09	500m: 6:05.02 37.74	700m: 8:37.05 38.28		
	150m: 1:43.95 36.39			350m: 4:11.87 37.35	550m: 6:42.83 37.81	750m: 9:14.99 37.94		
	200m: 2:20.43 36.48			400m: 4:49.60 37.73	600m: 7:20.65 37.82	800m: 9:51.55 36.56		
4.	Catarina Costa Sequeira	98	119735	Estrelas S. Joao de Brito	9:51.71	+0,78	531	21,00-
	50m: 31.89 31.89			250m: 2:56.77 36.99	450m: 5:26.79 37.66	650m: 7:58.49 37.80		
	100m: 1:07.41 35.52			300m: 3:34.16 37.39	500m: 6:04.86 38.07	700m: 8:36.74 38.25		
	150m: 1:43.47 36.06			350m: 4:11.53 37.37	550m: 6:42.51 37.65	750m: 9:14.66 37.92		
	200m: 2:19.78 36.31			400m: 4:49.13 37.60	600m: 7:20.69 38.18	800m: 9:51.71 37.05		
5.	Ines Asseiceira Ramos	03	123618	Torres Novas	9:55.18	+0,76	522	20,00-
	50m: 32.85 32.85			250m: 2:58.83 37.04	450m: 5:29.36 37.75	650m: 8:02.47 38.53		
	100m: 1:08.49 35.64			300m: 3:36.38 37.55	500m: 6:07.39 38.03	700m: 8:40.77 38.30		
	150m: 1:44.84 36.35			350m: 4:13.84 37.46	550m: 6:45.54 38.15	750m: 9:18.91 38.14		
	200m: 2:21.79 36.95			400m: 4:51.61 37.77	600m: 7:23.94 38.40	800m: 9:55.18 36.27		
6.	Ana Ines Fernandes	00	119258	Vitoria Guimaraes	9:56.80	+0,89	518	19,00-
	50m: 32.94 32.94			250m: 3:02.06 37.76	450m: 5:32.73 38.05	650m: 8:05.22 37.86		
	100m: 1:09.43 36.49			300m: 3:39.83 37.77	500m: 6:10.80 38.07	700m: 8:43.33 38.11		
	150m: 1:46.63 37.20			350m: 4:17.22 37.39	550m: 6:49.18 38.38	750m: 9:21.38 38.05		
	200m: 2:24.30 37.67			400m: 4:54.68 37.46	600m: 7:27.36 38.18	800m: 9:56.80 35.42		
7.	Carolina Silva Soares	03	123910	Natacao de Valongo	10:05.63	+0,91	495	18,00-
	50m: 32.41 32.41			250m: 3:01.68 38.41	450m: 5:34.31 38.58	650m: 8:09.46 38.97		
	100m: 1:08.30 35.89			300m: 3:40.25 38.57	500m: 6:13.41 39.10	700m: 8:48.96 39.50		
	150m: 1:45.31 37.01			350m: 4:18.08 37.83	550m: 6:52.42 39.01	750m: 9:27.85 38.89		
	200m: 2:23.27 37.96			400m: 4:55.73 37.65	600m: 7:30.49 38.07	800m: 10:05.63 37.78		
8.	Beatriz Ferreira Gaspar	04	126345	Natacao de Vagos	10:05.99	+0,83	494	17,00-
	50m: 32.84 32.84			250m: 3:04.42 38.22	450m: 5:39.24 38.93	650m: 8:13.71 38.46		
	100m: 1:10.01 37.17			300m: 3:42.66 38.24	500m: 6:17.47 38.23	700m: 8:52.41 38.70		
	150m: 1:47.77 37.76			350m: 4:21.33 38.67	550m: 6:56.28 38.81	750m: 9:30.30 37.89		
	200m: 2:26.20 38.43			400m: 5:00.31 38.98	600m: 7:35.25 38.97	800m: 10:05.99 35.69		
9.	Rute Ferreira Correia	03	126232	Clube de Vouzela	10:10.48		484	16,00-
	50m: 32.45 32.45			250m: 3:02.70 38.22	450m: 5:38.28 39.06	650m: 8:14.86 39.15		
	100m: 1:08.84 36.39			300m: 3:41.37 38.67	500m: 6:17.51 39.23	700m: 8:53.88 39.02		
	150m: 1:46.38 37.54			350m: 4:20.18 38.81	550m: 6:56.58 39.07	750m: 9:32.71 38.83		
	200m: 2:24.48 38.10			400m: 4:59.22 39.04	600m: 7:35.71 39.13	800m: 10:10.48 37.77		

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Laura Luz Fonseca	03	122825	Naval de Ponta Delgada	10:11.50	+0,82	481	15,00-
	50m: 33.33 33.33		250m: 3:03.21	37.72	450m: 5:37.71	39.13	650m: 8:16.35	39.72
	100m: 1:10.04 36.71		300m: 3:41.38	38.17	500m: 6:17.13	39.42	700m: 8:55.50	39.15
	150m: 1:47.41 37.37		350m: 4:19.86	38.48	550m: 6:56.49	39.36	750m: 9:34.21	38.71
	200m: 2:25.49 38.08		400m: 4:58.58	38.72	600m: 7:36.63	40.14	800m: 10:11.50	37.29
11.	Maria Leitao Carvalho	02	126850	Bairro dos Anjos/Bomcar	10:11.59	+0,79	481	14,00-
	50m: 33.23 33.23		250m: 3:02.99	38.16	450m: 5:38.86	38.94	650m: 8:15.40	39.15
	100m: 1:09.78 36.55		300m: 3:41.83	38.84	500m: 6:18.07	39.21	700m: 8:54.73	39.33
	150m: 1:46.98 37.20		350m: 4:20.96	39.13	550m: 6:57.13	39.06	750m: 9:33.88	39.15
	200m: 2:24.83 37.85		400m: 4:59.92	38.96	600m: 7:36.25	39.12	800m: 10:11.59	37.71
12.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	10:16.88	+0,90	469	13,00-
	50m: 33.46 33.46		250m: 3:04.25	38.46	450m: 5:40.30	39.52	650m: 8:19.47	39.03
	100m: 1:10.24 36.78		300m: 3:42.56	38.31	500m: 6:20.06	39.76	700m: 8:58.92	39.45
	150m: 1:47.94 37.70		350m: 4:21.67	39.11	550m: 6:59.59	39.53	750m: 9:38.87	39.95
	200m: 2:25.79 37.85		400m: 5:00.78	39.11	600m: 7:40.44	40.85	800m: 10:16.88	38.01
13.	Ana Margarida Cruz	00	123556	Aminata	10:20.17	+0,96	461	12,00-
	50m: 32.95 32.95		250m: 3:06.68	39.57	450m: 5:44.32	39.61	650m: 8:22.87	39.81
	100m: 1:09.59 36.64		300m: 3:45.49	38.81	500m: 6:24.07	39.75	700m: 9:02.42	39.55
	150m: 1:47.96 38.37		350m: 4:24.74	39.25	550m: 7:03.62	39.55	750m: 9:41.87	39.45
	200m: 2:27.11 39.15		400m: 5:04.71	39.97	600m: 7:43.06	39.44	800m: 10:20.17	38.30
14.	Patricia Cai Lin	01	126266	Alges e Agueda XXI	10:23.66	+0,95	454	11,00-
	50m: 33.16 33.16		250m: 3:06.25	39.51	450m: 5:46.93	40.01	650m: 8:28.26	39.94
	100m: 1:09.78 36.62		300m: 3:46.14	39.89	500m: 6:27.62	40.69	700m: 9:08.14	39.88
	150m: 1:47.83 38.05		350m: 4:25.88	39.74	550m: 7:07.87	40.25	750m: 9:47.33	39.19
	200m: 2:26.74 38.91		400m: 5:06.92	41.04	600m: 7:48.32	40.45	800m: 10:23.66	36.33
15.	Iolanda Sofia Clerigo	02	126878	Naval Setubalense	10:24.17	+0,87	452	10,00-
	50m: 32.83 32.83		250m: 3:07.11	39.57	450m: 5:47.85	40.09	650m: 8:27.78	39.95
	100m: 1:09.58 36.75		300m: 3:46.90	39.79	500m: 6:27.51	39.66	700m: 9:07.66	39.88
	150m: 1:47.88 38.30		350m: 4:27.62	40.72	550m: 7:07.26	39.75	750m: 9:47.42	39.76
	200m: 2:27.54 39.66		400m: 5:07.76	40.14	600m: 7:47.83	40.57	800m: 10:24.17	36.75
16.	Mariana Costa Cabral	95	25315	Bombeiros Estoris	10:24.71	+0,86	451	9,00-
	50m: 32.76 32.76		250m: 3:05.62	39.01	450m: 5:43.47	39.92	650m: 8:24.86	40.42
	100m: 1:09.53 36.77		300m: 3:44.52	38.90	500m: 6:23.70	40.23	700m: 9:05.28	40.42
	150m: 1:47.54 38.01		350m: 4:24.08	39.56	550m: 7:03.98	40.28	750m: 9:45.72	40.44
	200m: 2:26.61 39.07		400m: 5:03.55	39.47	600m: 7:44.44	40.46	800m: 10:24.71	38.99
17.	Ana Carmo Pinheiro	02	124856	Ginasio Santo Tirso	10:32.04	+0,87	436	8,00-
	50m: 34.32 34.32		250m: 3:10.39	39.28	450m: 5:50.50	39.87	650m: 8:33.42	40.69
	100m: 1:13.07 38.75		300m: 3:50.71	40.32	500m: 6:31.18	40.68	700m: 9:13.66	40.24
	150m: 1:51.71 38.64		350m: 4:30.23	39.52	550m: 7:12.37	41.19	750m: 9:53.32	39.66
	200m: 2:31.11 39.40		400m: 5:10.63	40.40	600m: 7:52.73	40.36	800m: 10:32.04	38.72
18.	Carolina Lopes Vieira	02	122851	Gualdim Pais	10:37.97	+0,90	424	7,00-
	50m: 34.43 34.43		250m: 3:12.50	40.23	450m: 5:55.41	40.97	650m: 8:37.69	40.48
	100m: 1:12.79 38.36		300m: 3:53.30	40.80	500m: 6:36.70	41.29	700m: 9:18.26	40.57
	150m: 1:52.28 39.49		350m: 4:33.79	40.49	550m: 7:16.71	40.01	750m: 9:58.51	40.25
	200m: 2:32.27 39.99		400m: 5:14.44	40.65	600m: 7:57.21	40.50	800m: 10:37.97	39.46
19.	Sara Tavares Baptista	00	123942	Feirense	10:40.74	+0,80	418	6,00-
	50m: 34.06 34.06		250m: 3:14.58	40.72	450m: 5:58.38	40.80	650m: 8:42.97	41.20
	100m: 1:13.06 39.00		300m: 3:55.20	40.62	500m: 6:39.57	41.19	700m: 9:24.20	41.23
	150m: 1:53.31 40.25		350m: 4:36.63	41.43	550m: 7:20.62	41.05	750m: 10:03.68	39.48
	200m: 2:33.86 40.55		400m: 5:17.58	40.95	600m: 8:01.77	41.15	800m: 10:40.74	37.06
20.	Beatriz Maria Silva	00	122300	Nucleo Sportinguista Terceira	10:44.44	+0,85	411	5,00-
	50m: 35.01 35.01		250m: 3:15.80	40.42	450m: 5:59.40	40.85	650m: 8:43.41	40.76
	100m: 1:14.41 39.40		300m: 3:56.84	41.04	500m: 6:39.86	40.46	700m: 9:24.69	41.28
	150m: 1:54.95 40.54		350m: 4:37.59	40.75	550m: 7:21.40	41.54	750m: 10:05.48	40.79
	200m: 2:35.38 40.43		400m: 5:18.55	40.96	600m: 8:02.65	41.25	800m: 10:44.44	38.96

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Ana Carolina Moreira	98	111076	Sporting de Espinho	10:55.61	+0,92	390	4,00-
	50m: 34.71 34.71		250m: 3:13.79	40.60	450m: 6:00.11	42.16	650m: 8:50.80	42.13
	100m: 1:12.68 37.97		300m: 3:54.82	41.03	500m: 6:43.13	43.02	700m: 9:33.12	42.32
	150m: 1:52.43 39.75		350m: 4:36.25	41.43	550m: 7:25.74	42.61	750m: 10:15.36	42.24
	200m: 2:33.19 40.76		400m: 5:17.95	41.70	600m: 8:08.67	42.93	800m: 10:55.61	40.25
22.	Margarida Borges Silva	04	123105	Bombeiros Ponta Delgada	10:58.29	+0,92	386	3,00-
	50m: 35.24 35.24		250m: 3:17.38	41.15	450m: 6:06.02	41.62	650m: 8:54.69	41.57
	100m: 1:14.63 39.39		300m: 3:59.55	42.17	500m: 6:48.37	42.35	700m: 9:36.77	42.08
	150m: 1:55.48 40.85		350m: 4:41.83	42.28	550m: 7:30.70	42.33	750m: 10:18.72	41.95
	200m: 2:36.23 40.75		400m: 5:24.40	42.57	600m: 8:13.12	42.42	800m: 10:58.29	39.57
23.	Marta Monteiro Pereira	04	126460	O Crasto	11:40.36	+0,97	320	2,00-
	50m: 35.93 35.93		250m: 3:29.90	44.36	450m: 6:30.74	46.04	650m: 9:31.17	45.61
	100m: 1:17.47 41.54		300m: 4:14.52	44.62	500m: 7:14.34	43.60	700m: 10:16.64	45.47
	150m: 2:01.25 43.78		350m: 5:00.36	45.84	550m: 8:00.92	46.58	750m: 11:00.17	43.53
	200m: 2:45.54 44.29		400m: 5:44.70	44.34	600m: 8:45.56	44.64	800m: 11:40.36	40.19
DSQ	Beatriz Marques Ferreira	00	122579	Campinho				-
	403 - Falsa partida - SW 4.4							