

Prova 12 Femin., 1500m Livres 16 anos e mais velhos
09-12-2016 - 17:10 Resultados

Recordes Nacionais 25m Absoluto	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11-12-2015
Recordes Nacionais 25m Jun16	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	19-12-2014
Recordes Nacionais 25m Jun17	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	11-12-2015
Recordes Nacionais 25m Sen	16:22.79	Angelica Maria Andre	CFP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
1.	Angelica Maria Andre	94	Fluvial Portuense	16:44.32	+0,78
	50m: 29.82 29.82	450m: 4:56.68 33.53	850m: 9:25.99 33.91	1250m: 13:53.86 33.95	
	100m: 1:02.01 32.19	500m: 5:30.20 33.52	900m: 10:00.17 34.18	1300m: 14:27.66 33.80	
	150m: 1:35.37 33.36	550m: 6:03.56 33.36	950m: 10:33.98 33.81	1350m: 15:01.77 34.11	
	200m: 2:09.24 33.87	600m: 6:37.43 33.87	1000m: 11:08.02 34.04	1400m: 15:36.00 34.23	
	250m: 2:43.08 33.84	650m: 7:11.03 33.60	1050m: 11:40.15 32.13	1450m: 16:10.45 34.45	
	300m: 3:16.46 33.38	700m: 7:44.98 33.95	1100m: 12:12.94 32.79	1500m: 16:44.32 33.87	
	350m: 3:49.93 33.47	750m: 8:18.72 33.74	1150m: 12:46.38 33.44		
	400m: 4:23.15 33.22	800m: 8:52.08 33.36	1200m: 13:19.91 33.53		
2.	Beatriz Paulo Ranito	99	Sporting	16:47.68	+0,79
	50m: 30.34 30.34	450m: 4:56.67 33.72	850m: 9:25.89 34.08	1250m: 13:57.69 33.45	
	100m: 1:03.11 32.77	500m: 5:30.33 33.66	900m: 10:00.04 34.15	1300m: 14:31.82 34.13	
	150m: 1:36.25 33.14	550m: 6:03.80 33.47	950m: 10:33.89 33.85	1350m: 15:06.07 34.25	
	200m: 2:09.54 33.29	600m: 6:37.27 33.47	1000m: 11:07.99 34.10	1400m: 15:40.38 34.31	
	250m: 2:43.01 33.47	650m: 7:10.96 33.69	1050m: 11:41.71 33.72	1450m: 16:14.70 34.32	
	300m: 3:16.48 33.47	700m: 7:44.84 33.88	1100m: 12:15.83 34.12	1500m: 16:47.68 32.98	
	350m: 3:49.75 33.27	750m: 8:18.42 33.58	1150m: 12:50.12 34.29		
	400m: 4:22.95 33.20	800m: 8:51.81 33.39	1200m: 13:24.24 34.12		
3.	Vania Soares Neves	90	Fluvial Portuense	17:00.81	+0,79
	50m: 30.30 30.30	450m: 4:58.61 34.03	850m: 9:32.06 34.15	1250m: 14:08.15 34.54	
	100m: 1:02.67 32.37	500m: 5:32.67 34.06	900m: 10:06.39 34.33	1300m: 14:42.67 34.52	
	150m: 1:35.71 33.04	550m: 6:06.80 34.13	950m: 10:40.75 34.36	1350m: 15:17.35 34.68	
	200m: 2:09.41 33.70	600m: 6:40.97 34.17	1000m: 11:15.33 34.58	1400m: 15:52.07 34.72	
	250m: 2:43.18 33.77	650m: 7:15.02 34.05	1050m: 11:49.94 34.61	1450m: 16:26.63 34.56	
	300m: 3:16.87 33.69	700m: 7:49.40 34.38	1100m: 12:24.37 34.43	1500m: 17:00.81 34.18	
	350m: 3:50.84 33.97	750m: 8:23.64 34.24	1150m: 12:59.13 34.76		
	400m: 4:24.58 33.74	800m: 8:57.91 34.27	1200m: 13:33.61 34.48		
4.	Barbara Coimbra Teodosio	99	Nautico Marinha Grande	17:16.68	+0,88
	50m: 31.26 31.26	450m: 5:05.28 34.45	850m: 9:43.06 34.99	1250m: 14:22.62 34.86	
	100m: 1:04.77 33.51	500m: 5:39.98 34.70	900m: 10:18.13 35.07	1300m: 14:57.29 34.67	
	150m: 1:38.52 33.75	550m: 6:14.54 34.56	950m: 10:53.04 34.91	1350m: 15:32.34 35.05	
	200m: 2:12.68 34.16	600m: 6:49.38 34.84	1000m: 11:27.92 34.88	1400m: 16:07.42 35.08	
	250m: 2:47.12 34.44	650m: 7:24.10 34.72	1050m: 12:02.77 34.85	1450m: 16:42.80 35.38	
	300m: 3:21.74 34.62	700m: 7:58.87 34.77	1100m: 12:37.89 35.12	1500m: 17:16.68 33.88	
	350m: 3:56.14 34.40	750m: 8:33.32 34.45	1150m: 13:12.77 34.88		
	400m: 4:30.83 34.69	800m: 9:08.07 34.75	1200m: 13:47.76 34.99		
5.	Eva Guerreiro Carvalho	99	Uniao Piedense	17:28.54	+0,93
	50m: 31.39 31.39	450m: 5:11.87 35.07	850m: 9:52.61 35.32	1250m: 14:32.56 35.03	
	100m: 1:05.28 33.89	500m: 5:47.19 35.32	900m: 10:27.45 34.84	1300m: 15:07.45 34.89	
	150m: 1:40.46 35.18	550m: 6:22.14 34.95	950m: 11:02.52 35.07	1350m: 15:42.98 35.53	
	200m: 2:15.74 35.28	600m: 6:57.29 35.15	1000m: 11:37.67 35.15	1400m: 16:18.72 35.74	
	250m: 2:51.00 35.26	650m: 7:32.26 34.97	1050m: 12:12.63 34.96	1450m: 16:53.74 35.02	
	300m: 3:26.22 35.22	700m: 8:07.22 34.96	1100m: 12:47.52 34.89	1500m: 17:28.54 34.80	
	350m: 4:01.32 35.10	750m: 8:42.26 35.04	1150m: 13:22.58 35.06		
	400m: 4:36.80 35.48	800m: 9:17.29 35.03	1200m: 13:57.53 34.95		

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 12, Femin., 1500m Livres

Juniores

1. Sara Sofia Alves	01	Columbofila Cantanhedense	17:08.70	+0,75
50m: 31.08 31.08	450m: 5:00.31 34.41	850m: 9:37.07 34.69	1250m: 14:15.70 34.86	
100m: 1:03.79 32.71	500m: 5:34.48 34.17	900m: 10:11.65 34.58	1300m: 14:50.85 35.15	
150m: 1:36.79 33.00	550m: 6:09.04 34.56	950m: 10:46.64 34.99	1350m: 15:25.70 34.85	
200m: 2:10.27 33.48	600m: 6:43.82 34.78	1000m: 11:21.47 34.83	1400m: 16:00.59 34.89	
250m: 2:44.00 33.73	650m: 7:18.27 34.45	1050m: 11:55.99 34.52	1450m: 16:35.04 34.45	
300m: 3:17.91 33.91	700m: 7:53.00 34.73	1100m: 12:30.92 34.93	1500m: 17:08.70 33.66	
350m: 3:51.86 33.95	750m: 8:27.46 34.46	1150m: 13:05.83 34.91		
400m: 4:25.90 34.04	800m: 9:02.38 34.92	1200m: 13:40.84 35.01		
2. Filipa Serrano Rodrigues	01	Uniao Piedense	17:13.02	+0,93
50m: 31.48 31.48	450m: 5:03.88 34.35	850m: 9:42.44 34.94	1250m: 14:21.67 34.86	
100m: 1:04.83 33.35	500m: 5:38.57 34.69	900m: 10:17.17 34.73	1300m: 14:56.48 34.81	
150m: 1:38.95 34.12	550m: 6:13.21 34.64	950m: 10:52.24 35.07	1350m: 15:30.85 34.37	
200m: 2:13.05 34.10	600m: 6:47.98 34.77	1000m: 11:27.26 35.02	1400m: 16:05.63 34.78	
250m: 2:47.03 33.98	650m: 7:22.64 34.66	1050m: 12:02.43 35.17	1450m: 16:40.13 34.50	
300m: 3:21.21 34.18	700m: 7:57.48 34.84	1100m: 12:37.22 34.79	1500m: 17:13.02 32.89	
350m: 3:55.00 33.79	750m: 8:32.36 34.88	1150m: 13:12.05 34.83		
400m: 4:29.53 34.53	800m: 9:07.50 35.14	1200m: 13:46.81 34.76		
3. Ines Jacinto Henriques	00	Pimpoes/Cimai	17:15.97	+0,78
50m: 30.86 30.86	450m: 5:00.64 34.30	850m: 9:36.04 34.67	1250m: 14:18.32 35.95	
100m: 1:03.96 33.10	500m: 5:34.81 34.17	900m: 10:11.14 35.10	1300m: 14:54.15 35.83	
150m: 1:37.10 33.14	550m: 6:09.19 34.38	950m: 10:46.24 35.10	1350m: 15:29.77 35.62	
200m: 2:10.66 33.56	600m: 6:43.68 34.49	1000m: 11:21.16 34.92	1400m: 16:05.21 35.44	
250m: 2:44.49 33.83	650m: 7:17.88 34.20	1050m: 11:56.11 34.95	1450m: 16:41.05 35.84	
300m: 3:18.54 34.05	700m: 7:52.28 34.40	1100m: 12:31.45 35.34	1500m: 17:15.97 34.92	
350m: 3:52.37 33.83	750m: 8:26.79 34.51	1150m: 13:06.86 35.41		
400m: 4:26.34 33.97	800m: 9:01.37 34.58	1200m: 13:42.37 35.51		
4. Maria Carolina Costa	01	Porto	17:30.16	+0,77
50m: 31.22 31.22	450m: 5:07.12 35.34	850m: 9:48.92 35.34	1250m: 14:33.31 35.62	
100m: 1:05.00 33.78	500m: 5:42.09 34.97	900m: 10:24.35 35.43	1300m: 15:08.98 35.67	
150m: 1:38.98 33.98	550m: 6:17.08 34.99	950m: 10:59.94 35.59	1350m: 15:44.49 35.51	
200m: 2:13.17 34.19	600m: 6:52.16 35.08	1000m: 11:35.55 35.61	1400m: 16:20.16 35.67	
250m: 2:47.33 34.16	650m: 7:27.55 35.39	1050m: 12:11.11 35.56	1450m: 16:55.68 35.52	
300m: 3:22.25 34.92	700m: 8:02.86 35.31	1100m: 12:46.78 35.67	1500m: 17:30.16 34.48	
350m: 3:56.76 34.51	750m: 8:38.09 35.23	1150m: 13:22.16 35.38		
400m: 4:31.78 35.02	800m: 9:13.58 35.49	1200m: 13:57.69 35.53		
5. Rafaela Araujo Silva	00	Famalicao	17:53.86	+0,93
50m: 31.72 31.72	450m: 5:18.24 36.17	850m: 10:07.40 36.25	1250m: 14:55.94 36.00	
100m: 1:06.48 34.76	500m: 5:54.18 35.94	900m: 10:43.32 35.92	1300m: 15:31.96 36.02	
150m: 1:42.20 35.72	550m: 6:30.40 36.22	950m: 11:19.57 36.25	1350m: 16:07.73 35.77	
200m: 2:18.16 35.96	600m: 7:06.49 36.09	1000m: 11:55.44 35.87	1400m: 16:43.52 35.79	
250m: 2:54.04 35.88	650m: 7:42.78 36.29	1050m: 12:31.62 36.18	1450m: 17:19.24 35.72	
300m: 3:29.84 35.80	700m: 8:18.99 36.21	1100m: 13:07.70 36.08	1500m: 17:53.86 34.62	
350m: 4:05.88 36.04	750m: 8:55.04 36.05	1150m: 13:43.73 36.03		
400m: 4:42.07 36.19	800m: 9:31.15 36.11	1200m: 14:19.94 36.21		

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Splash Meet Manager, 11.46384

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PARCEROS



Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	Leila Tavarã Lemos	00	Vilacondense	18:09.13	
	50m: 32.41 32.41	450m: 5:21.37 36.63	850m: 10:13.12 36.56	1250m: 15:05.88 36.61	
	100m: 1:07.31 34.90	500m: 5:57.90 36.53	900m: 10:49.69 36.57	1300m: 15:42.60 36.72	
	150m: 1:42.88 35.57	550m: 6:34.47 36.57	950m: 11:26.22 36.53	1350m: 16:19.31 36.71	
	200m: 2:19.01 36.13	600m: 7:10.90 36.43	1000m: 12:02.67 36.45	1400m: 16:56.29 36.98	
	250m: 2:55.25 36.24	650m: 7:47.34 36.44	1050m: 12:39.38 36.71	1450m: 17:33.48 37.19	
	300m: 3:31.58 36.33	700m: 8:23.86 36.52	1100m: 13:15.98 36.60	1500m: 18:09.13 35.65	
	350m: 4:08.10 36.52	750m: 9:00.07 36.21	1150m: 13:52.68 36.70		
	400m: 4:44.74 36.64	800m: 9:36.56 36.49	1200m: 14:29.27 36.59		
7.	Ines Silva Oliveira	00	Fluvial Portuense	18:16.65	+0,86
	50m: 31.74 31.74	450m: 5:21.81 36.83	850m: 10:15.37 36.95	1250m: 15:12.00 37.17	
	100m: 1:06.27 34.53	500m: 5:58.44 36.63	900m: 10:52.32 36.95	1300m: 15:48.99 36.99	
	150m: 1:41.92 35.65	550m: 6:34.92 36.48	950m: 11:29.30 36.98	1350m: 16:26.28 37.29	
	200m: 2:17.66 35.74	600m: 7:11.47 36.55	1000m: 12:06.62 37.32	1400m: 17:03.39 37.11	
	250m: 2:54.14 36.48	650m: 7:47.99 36.52	1050m: 12:43.71 37.09	1450m: 17:40.55 37.16	
	300m: 3:30.96 36.82	700m: 8:24.69 36.70	1100m: 13:20.80 37.09	1500m: 18:16.65 36.10	
	350m: 4:07.98 37.02	750m: 9:01.32 36.63	1150m: 13:57.77 36.97		
	400m: 4:44.98 37.00	800m: 9:38.42 37.10	1200m: 14:34.83 37.06		

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PARCEROS

