

Prova 17
31-03-2017

Femin., 800m Livres

Absolutos
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
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	8:36.58	Diana Margarida Duraes	SLB	Lisboa	18-02-2017

CMPL 22 +: 8:38.56 / CMJ_Fem 14 - 17: 8:54.28 / CEJ_Fem 14 - 17: 9:04.96 / FOJE_Fem Juv: 9:21.31 / TAC Sen 50m: 9:34.67 - 25m: 9:24.28; Jun 50m: 9:58.33 - 25m: 9:41.61; Juv A 50m: 10:06.65 - 25m: 9:52.72; Juv B 50m: 10:24.86 - 25m: 10:02.72

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Diana Margarida Duraes	96			Benfica	8:37.95	819
	50m: 30.37 30.37	250m: 2:40.73	33.16	450m: 4:51.79	32.81	650m: 7:02.14	32.67
	100m: 1:02.40 32.03	300m: 3:13.33	32.60	500m: 5:24.47	32.68	700m: 7:34.50	32.36
	150m: 1:35.06 32.66	350m: 3:46.35	33.02	550m: 5:57.08	32.61	750m: 8:06.90	32.40
	200m: 2:07.57 32.51	400m: 4:18.98	32.63	600m: 6:29.47	32.39	800m: 8:37.95	31.05
2.	Tamila Hryhorivna Holub	99			Braga	8:38.40	817
	50m: 31.08 31.08	250m: 2:41.43	33.19	450m: 4:52.15	32.42	650m: 7:02.38	32.80
	100m: 1:03.24 32.16	300m: 3:14.16	32.73	500m: 5:24.27	32.12	700m: 7:34.99	32.61
	150m: 1:35.75 32.51	350m: 3:47.09	32.93	550m: 5:57.04	32.77	750m: 8:07.57	32.58
	200m: 2:08.24 32.49	400m: 4:19.73	32.64	600m: 6:29.58	32.54	800m: 8:38.40	30.83
3.	Angelica Maria Andre	94			Fluvial Portuense	9:03.21	710
	50m: 31.65 31.65	250m: 2:47.46	34.38	450m: 5:04.13	34.48	650m: 7:20.69	34.31
	100m: 1:04.71 33.06	300m: 3:21.34	33.88	500m: 5:38.07	33.94	700m: 7:55.01	34.32
	150m: 1:39.08 34.37	350m: 3:55.64	34.30	550m: 6:12.33	34.26	750m: 8:29.30	34.29
	200m: 2:13.08 34.00	400m: 4:29.65	34.01	600m: 6:46.38	34.05	800m: 9:03.21	33.91
4.	Ines Jacinto Henriques	00			Pimpoes/Cimai	9:05.72	701
	50m: 31.68 31.68	250m: 2:48.91	34.21	450m: 5:05.58	34.13	650m: 7:23.53	34.17
	100m: 1:05.70 34.02	300m: 3:23.23	34.32	500m: 5:40.11	34.53	700m: 7:58.28	34.75
	150m: 1:40.38 34.68	350m: 3:57.45	34.22	550m: 6:14.36	34.25	750m: 8:32.27	33.99
	200m: 2:14.70 34.32	400m: 4:31.45	34.00	600m: 6:49.36	35.00	800m: 9:05.72	33.45
5.	Mariana Amaral Mendes	02			Colegio Monte Maior	9:08.86	689
	<i>Minimo FOJE</i>						
	50m: 32.52 32.52	250m: 2:50.97	34.56	450m: 5:08.39	34.22	650m: 7:26.52	34.76
	100m: 1:07.05 34.53	300m: 3:25.41	34.44	500m: 5:42.57	34.18	700m: 8:01.12	34.60
	150m: 1:41.74 34.69	350m: 3:59.76	34.35	550m: 6:17.27	34.70	750m: 8:35.68	34.56
	200m: 2:16.41 34.67	400m: 4:34.17	34.41	600m: 6:51.76	34.49	800m: 9:08.86	33.18
6.	Sara Sofia Alves	01			Columbifila Cantanhedense	9:10.30	683
	50m: 31.71 31.71	250m: 2:46.90	34.14	450m: 5:05.77	34.35	650m: 7:26.35	34.99
	100m: 1:04.64 32.93	300m: 3:21.88	34.98	500m: 5:41.21	35.44	700m: 8:02.00	35.65
	150m: 1:38.40 33.76	350m: 3:56.41	34.53	550m: 6:16.00	34.79	750m: 8:36.79	34.79
	200m: 2:12.76 34.36	400m: 4:31.42	35.01	600m: 6:51.36	35.36	800m: 9:10.30	33.51
7.	Alexandra Couto Frazao	02			Individual Coimbra	9:10.47	683
	<i>Minimo FOJE</i>						
	50m: 31.53 31.53	250m: 2:49.97	34.63	450m: 5:09.70	34.68	650m: 7:29.66	34.39
	100m: 1:05.95 34.42	300m: 3:25.24	35.27	500m: 5:45.56	35.86	700m: 8:04.97	35.31
	150m: 1:40.28 34.33	350m: 3:59.66	34.42	550m: 6:19.96	34.40	750m: 8:38.48	33.51
	200m: 2:15.34 35.06	400m: 4:35.02	35.36	600m: 6:55.27	35.31	800m: 9:10.47	31.99

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
8.	Vania Soares Neves	90			Fluvial Portuense	9:10.48	683
	50m: 31.48 31.48	250m: 2:49.58	34.83	450m: 5:08.68	34.71	650m: 7:27.33	34.45
	100m: 1:05.48 34.00	300m: 3:24.46	34.88	500m: 5:43.63	34.95	700m: 8:02.45	35.12
	150m: 1:40.04 34.56	350m: 3:59.17	34.71	550m: 6:18.15	34.52	750m: 8:37.06	34.61
	200m: 2:14.75 34.71	400m: 4:33.97	34.80	600m: 6:52.88	34.73	800m: 9:10.48	33.42
9.	Carolina Mantua Guedes	98			Sporting	9:13.97	670
	50m: 31.36 31.36	250m: 2:48.58	34.70	450m: 5:09.39	35.15	650m: 7:30.70	35.13
	100m: 1:05.09 33.73	300m: 3:23.57	34.99	500m: 5:44.66	35.27	700m: 8:06.02	35.32
	150m: 1:39.47 34.38	350m: 3:58.82	35.25	550m: 6:19.84	35.18	750m: 8:39.90	33.88
	200m: 2:13.88 34.41	400m: 4:34.24	35.42	600m: 6:55.57	35.73	800m: 9:13.97	34.07
10.	Filipa Serrano Rodrigues	01			Uniao Piedense	9:16.41	661
	50m: 31.42 31.42	250m: 2:48.96	34.84	450m: 5:09.50	35.30	650m: 7:31.33	35.71
	100m: 1:05.08 33.66	300m: 3:23.83	34.87	500m: 5:44.56	35.06	700m: 8:06.54	35.21
	150m: 1:39.55 34.47	350m: 3:59.08	35.25	550m: 6:19.91	35.35	750m: 8:42.13	35.59
	200m: 2:14.12 34.57	400m: 4:34.20	35.12	600m: 6:55.62	35.71	800m: 9:16.41	34.28
11.	Mariana Fernandes Barbosa 02 <i>Minimo FOJE</i>				Porto	9:16.79	660
	50m: 31.34 31.34	250m: 2:49.88	34.63	450m: 5:10.09	34.31	650m: 7:31.89	34.91
	100m: 1:05.99 34.65	300m: 3:25.52	35.64	500m: 5:45.86	35.77	700m: 8:07.89	36.00
	150m: 1:40.01 34.02	350m: 4:00.26	34.74	550m: 6:20.89	35.03	750m: 8:42.29	34.40
	200m: 2:15.25 35.24	400m: 4:35.78	35.52	600m: 6:56.98	36.09	800m: 9:16.79	34.50
12.	Joana Beatriz Bernardo	99			Fundacao Beatriz Santos	9:17.73	656
	50m: 32.18 32.18	250m: 2:51.43	35.51	450m: 5:12.16	35.43	650m: 7:33.31	35.33
	100m: 1:06.13 33.95	300m: 3:26.41	34.98	500m: 5:47.41	35.25	700m: 8:08.33	35.02
	150m: 1:40.88 34.75	350m: 4:01.55	35.14	550m: 6:22.63	35.22	750m: 8:43.45	35.12
	200m: 2:15.92 35.04	400m: 4:36.73	35.18	600m: 6:57.98	35.35	800m: 9:17.73	34.28
13.	Beatriz Paulo Ranito	99			Sporting	9:21.31	644
	50m: 31.70 31.70	250m: 2:50.78	35.21	450m: 5:12.20	35.34	650m: 7:34.83	35.79
	100m: 1:05.85 34.15	300m: 3:25.73	34.95	500m: 5:47.44	35.24	700m: 8:10.31	35.48
	150m: 1:40.86 35.01	350m: 4:01.22	35.49	550m: 6:23.47	36.03	750m: 8:46.58	36.27
	200m: 2:15.57 34.71	400m: 4:36.86	35.64	600m: 6:59.04	35.57	800m: 9:21.31	34.73
14.	Raquel Paulo Ranito	94			Sporting	9:22.29	640
	50m: 31.18 31.18	250m: 2:51.83	35.68	450m: 5:13.99	35.44	650m: 7:36.37	35.61
	100m: 1:05.54 34.36	300m: 3:27.48	35.65	500m: 5:49.56	35.57	700m: 8:12.05	35.68
	150m: 1:40.74 35.20	350m: 4:03.01	35.53	550m: 6:25.27	35.71	750m: 8:47.55	35.50
	200m: 2:16.15 35.41	400m: 4:38.55	35.54	600m: 7:00.76	35.49	800m: 9:22.29	34.74
15.	Miriam Filipe Marcos	01			Natacao Olhao	9:23.38	637
	50m: 31.31 31.31	250m: 2:50.72	35.42	450m: 5:13.03	35.71	650m: 7:36.49	35.78
	100m: 1:05.46 34.15	300m: 3:25.91	35.19	500m: 5:48.85	35.82	700m: 8:12.55	36.06
	150m: 1:40.44 34.98	350m: 4:01.64	35.73	550m: 6:24.92	36.07	750m: 8:48.47	35.92
	200m: 2:15.30 34.86	400m: 4:37.32	35.68	600m: 7:00.71	35.79	800m: 9:23.38	34.91
16.	Luisa Maria Machado	01			Uniao Piedense	9:23.79	635
	50m: 31.70 31.70	250m: 2:52.68	35.14	450m: 5:16.09	35.63	650m: 7:38.20	35.56
	100m: 1:06.46 34.76	300m: 3:28.45	35.77	500m: 5:51.92	35.83	700m: 8:13.81	35.61
	150m: 1:41.75 35.29	350m: 4:04.30	35.85	550m: 6:27.20	35.28	750m: 8:48.85	35.04
	200m: 2:17.54 35.79	400m: 4:40.46	36.16	600m: 7:02.64	35.44	800m: 9:23.79	34.94
17.	Joana Costa Amador	01			Galitos / Bresimar	9:24.14	634
	50m: 31.75 31.75	250m: 2:51.29	35.11	450m: 5:14.19	35.72	650m: 7:38.01	35.89
	100m: 1:06.24 34.49	300m: 3:27.07	35.78	500m: 5:50.30	36.11	700m: 8:14.47	36.46
	150m: 1:40.95 34.71	350m: 4:02.51	35.44	550m: 6:26.10	35.80	750m: 8:49.56	35.09
	200m: 2:16.18 35.23	400m: 4:38.47	35.96	600m: 7:02.12	36.02	800m: 9:24.14	34.58

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
18.	Ana Rita Ramos	02			Porto	9:25.08	631
	50m: 32.06 32.06	250m: 2:53.10	35.57	450m: 5:15.86	35.73	650m: 7:40.23	36.59
	100m: 1:07.10 35.04	300m: 3:28.67	35.57	500m: 5:51.84	35.98	700m: 8:15.63	35.40
	150m: 1:42.39 35.29	350m: 4:04.32	35.65	550m: 6:27.82	35.98	750m: 8:50.68	35.05
	200m: 2:17.53 35.14	400m: 4:40.13	35.81	600m: 7:03.64	35.82	800m: 9:25.08	34.40
19.	Ana Rita Queiroz	02			Fundacao Beatriz Santos	9:30.40	613
	50m: 32.02 32.02	250m: 2:55.04	36.13	450m: 5:18.69	35.90	650m: 7:43.67	36.02
	100m: 1:06.86 34.84	300m: 3:30.82	35.78	500m: 5:54.73	36.04	700m: 8:19.95	36.28
	150m: 1:42.79 35.93	350m: 4:07.01	36.19	550m: 6:31.16	36.43	750m: 8:55.86	35.91
	200m: 2:18.91 36.12	400m: 4:42.79	35.78	600m: 7:07.65	36.49	800m: 9:30.40	34.54
20.	Eva Guerreiro Carvalho	99			Uniao Piedense	9:31.60	610
	50m: 31.79 31.79	250m: 2:53.33	36.27	450m: 5:18.23	36.35	650m: 7:43.70	36.59
	100m: 1:05.83 34.04	300m: 3:29.52	36.19	500m: 5:54.26	36.03	700m: 8:20.00	36.30
	150m: 1:41.25 35.42	350m: 4:05.86	36.34	550m: 6:30.94	36.68	750m: 8:56.54	36.54
	200m: 2:17.06 35.81	400m: 4:41.88	36.02	600m: 7:07.11	36.17	800m: 9:31.60	35.06
21.	Teresa Miguel Veloso	00			Nautico /Urgicentro-Sanfil	9:31.67	609
	50m: 31.94 31.94	250m: 2:54.16	35.93	450m: 5:19.19	36.41	650m: 7:45.56	36.71
	100m: 1:06.97 35.03	300m: 3:30.11	35.95	500m: 5:55.61	36.42	700m: 8:21.34	35.78
	150m: 1:42.84 35.87	350m: 4:06.38	36.27	550m: 6:32.25	36.64	750m: 8:57.42	36.08
	200m: 2:18.23 35.39	400m: 4:42.78	36.40	600m: 7:08.85	36.60	800m: 9:31.67	34.25
22.	Maria Carolina Costa	01			Porto	9:32.48	607
	50m: 30.93 30.93	250m: 2:51.70	35.24	450m: 5:14.87	35.76	650m: 7:41.63	36.58
	100m: 1:05.49 34.56	300m: 3:27.69	35.99	500m: 5:51.86	36.99	700m: 8:18.85	37.22
	150m: 1:40.69 35.20	350m: 4:03.07	35.38	550m: 6:28.10	36.24	750m: 8:55.61	36.76
	200m: 2:16.46 35.77	400m: 4:39.11	36.04	600m: 7:05.05	36.95	800m: 9:32.48	36.87
23.	Mafalda Sofia Rosa	03			Rio Maior	9:32.98	605
	50m: 32.70 32.70	250m: 2:55.30	35.70	450m: 5:20.48	35.92	650m: 7:45.46	35.82
	100m: 1:07.95 35.25	300m: 3:31.57	36.27	500m: 5:57.12	36.64	700m: 8:21.77	36.31
	150m: 1:43.70 35.75	350m: 4:07.81	36.24	550m: 6:33.12	36.00	750m: 8:57.34	35.57
	200m: 2:19.60 35.90	400m: 4:44.56	36.75	600m: 7:09.64	36.52	800m: 9:32.98	35.64
24.	Maria Joao Fernandes	97			Fluvial Portuense	9:33.42	604
	50m: 32.43 32.43	250m: 2:57.41	36.70	450m: 5:22.55	35.38	650m: 7:47.13	35.95
	100m: 1:07.39 34.96	300m: 3:34.44	37.03	500m: 5:58.99	36.44	700m: 8:22.61	35.48
	150m: 1:43.85 36.46	350m: 4:10.82	36.38	550m: 6:35.10	36.11	750m: 8:58.36	35.75
	200m: 2:20.71 36.86	400m: 4:47.17	36.35	600m: 7:11.18	36.08	800m: 9:33.42	35.06
25.	Rafaela Araujo Silva	00			Famalicao	9:36.13	595
	50m: 32.94 32.94	250m: 2:58.01	36.62	450m: 5:24.36	36.43	650m: 7:50.59	36.52
	100m: 1:08.51 35.57	300m: 3:34.68	36.67	500m: 6:00.75	36.39	700m: 8:26.99	36.40
	150m: 1:44.92 36.41	350m: 4:11.22	36.54	550m: 6:37.34	36.59	750m: 9:02.34	35.35
	200m: 2:21.39 36.47	400m: 4:47.93	36.71	600m: 7:14.07	36.73	800m: 9:36.13	33.79
26.	Ines Alves Martins	01			Fluvial Portuense	9:36.21	595
	50m: 32.89 32.89	250m: 2:58.49	36.83	450m: 5:24.21	36.38	650m: 7:50.01	36.37
	100m: 1:08.55 35.66	300m: 3:34.74	36.25	500m: 6:00.45	36.24	700m: 8:25.97	35.96
	150m: 1:45.37 36.82	350m: 4:11.61	36.87	550m: 6:37.11	36.66	750m: 9:01.96	35.99
	200m: 2:21.66 36.29	400m: 4:47.83	36.22	600m: 7:13.64	36.53	800m: 9:36.21	34.25
27.	Carolina Marques Neves	01			Torres Novas	9:39.04	586
	50m: 31.89 31.89	250m: 2:56.43	36.48	450m: 5:22.27	36.36	650m: 7:48.67	36.92
	100m: 1:07.45 35.56	300m: 3:33.18	36.75	500m: 5:58.52	36.25	700m: 8:25.90	37.23
	150m: 1:43.51 36.06	350m: 4:09.45	36.27	550m: 6:34.75	36.23	750m: 9:02.82	36.92
	200m: 2:19.95 36.44	400m: 4:45.91	36.46	600m: 7:11.75	37.00	800m: 9:39.04	36.22

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
28.	Leila Tavoria Lemos	00			Vilacondense	9:40.20	583
	50m: 32.77 32.77	250m: 2:56.02	35.73	450m: 5:21.61	36.35	650m: 7:48.85	36.81
	100m: 1:08.37 35.60	300m: 3:32.17	36.15	500m: 5:58.46	36.85	700m: 8:26.63	37.78
	150m: 1:44.07 35.70	350m: 4:08.44	36.27	550m: 6:34.81	36.35	750m: 9:03.38	36.75
	200m: 2:20.29 36.22	400m: 4:45.26	36.82	600m: 7:12.04	37.23	800m: 9:40.20	36.82
29.	Mariana Sobral Galacha	01			Sporting	9:41.33	579
	50m: 32.55 32.55	250m: 2:59.79	36.92	450m: 5:25.83	36.55	650m: 7:53.13	36.86
	100m: 1:09.07 36.52	300m: 3:36.36	36.57	500m: 6:02.43	36.60	700m: 8:30.17	37.04
	150m: 1:45.92 36.85	350m: 4:13.04	36.68	550m: 6:39.56	37.13	750m: 9:07.10	36.93
	200m: 2:22.87 36.95	400m: 4:49.28	36.24	600m: 7:16.27	36.71	800m: 9:41.33	34.23
30.	Francisca Soares Martins	03			Foca	9:41.41	579
	50m: 32.07 32.07	250m: 2:59.66	36.61	450m: 5:26.88	36.21	650m: 7:55.69	36.81
	100m: 1:09.30 37.23	300m: 3:37.20	37.54	500m: 6:04.43	37.55	700m: 8:32.62	36.93
	150m: 1:45.50 36.20	350m: 4:13.05	35.85	550m: 6:41.22	36.79	750m: 9:08.61	35.99
	200m: 2:23.05 37.55	400m: 4:50.67	37.62	600m: 7:18.88	37.66	800m: 9:41.41	32.80
31.	Joana Ribeiro Martins	03			Benfica	9:41.52	579
	50m: 33.31 33.31	250m: 3:00.38	36.77	450m: 5:26.69	36.06	650m: 7:53.63	37.24
	100m: 1:09.81 36.50	300m: 3:37.16	36.78	500m: 6:02.94	36.25	700m: 8:30.50	36.87
	150m: 1:46.84 37.03	350m: 4:14.10	36.94	550m: 6:39.66	36.72	750m: 9:07.15	36.65
	200m: 2:23.61 36.77	400m: 4:50.63	36.53	600m: 7:16.39	36.73	800m: 9:41.52	34.37
32.	Camila Alexandra Silva	03			Columbofila Cantanhedense	9:42.11	577
	50m: 33.48 33.48	250m: 2:59.32	36.92	450m: 5:28.25	36.71	650m: 7:55.63	36.59
	100m: 1:08.80 35.32	300m: 3:36.97	37.65	500m: 6:04.98	36.73	700m: 8:32.88	37.25
	150m: 1:45.30 36.50	350m: 4:13.99	37.02	550m: 6:41.91	36.93	750m: 9:08.67	35.79
	200m: 2:22.40 37.10	400m: 4:51.54	37.55	600m: 7:19.04	37.13	800m: 9:42.11	33.44
33.	Leonor Camacho Fernandes	02			Sporting	9:45.58	567
	50m: 32.57 32.57	250m: 2:59.64	37.15	450m: 5:27.31	36.58	650m: 7:56.57	37.37
	100m: 1:08.62 36.05	300m: 3:37.01	37.37	500m: 6:04.39	37.08	700m: 8:33.36	36.79
	150m: 1:45.41 36.79	350m: 4:13.76	36.75	550m: 6:41.82	37.43	750m: 9:10.73	37.37
	200m: 2:22.49 37.08	400m: 4:50.73	36.97	600m: 7:19.20	37.38	800m: 9:45.58	34.85
34.	Rita Alexandra Vital	01			Alges	9:45.87	566
	50m: 32.80 32.80	250m: 2:59.21	37.09	450m: 5:28.56	37.80	650m: 7:57.28	37.66
	100m: 1:08.54 35.74	300m: 3:35.97	36.76	500m: 6:05.19	36.63	700m: 8:33.39	36.11
	150m: 1:45.39 36.85	350m: 4:13.69	37.72	550m: 6:42.88	37.69	750m: 9:10.66	37.27
	200m: 2:22.12 36.73	400m: 4:50.76	37.07	600m: 7:19.62	36.74	800m: 9:45.87	35.21
35.	Beatriz Barros Carmo	99			Alges	9:46.21	565
	50m: 31.43 31.43	250m: 2:54.46	36.43	450m: 5:23.47	37.34	650m: 7:53.82	37.53
	100m: 1:06.46 35.03	300m: 3:31.55	37.09	500m: 6:01.06	37.59	700m: 8:31.65	37.83
	150m: 1:41.86 35.40	350m: 4:08.71	37.16	550m: 6:39.02	37.96	750m: 9:09.16	37.51
	200m: 2:18.03 36.17	400m: 4:46.13	37.42	600m: 7:16.29	37.27	800m: 9:46.21	37.05
36.	Margarida Cabral Monteiro	02			Galitos / Bresimar	9:48.64	558
	50m: 33.07 33.07	250m: 2:56.99	36.76	450m: 5:25.74	37.29	650m: 7:57.72	38.37
	100m: 1:07.76 34.69	300m: 3:33.80	36.81	500m: 6:03.39	37.65	700m: 8:35.72	38.00
	150m: 1:44.04 36.28	350m: 4:11.21	37.41	550m: 6:41.52	38.13	750m: 9:13.19	37.47
	200m: 2:20.23 36.19	400m: 4:48.45	37.24	600m: 7:19.35	37.83	800m: 9:48.64	35.45
37.	Ema Jeronimo Conceicao	03			Fisica Torres Vedras	9:49.81	555
	50m: 32.10 32.10	250m: 2:58.93	37.61	450m: 5:28.49	37.58	650m: 7:58.93	37.95
	100m: 1:07.57 35.47	300m: 3:36.28	37.35	500m: 6:05.65	37.16	700m: 8:36.60	37.67
	150m: 1:44.17 36.60	350m: 4:13.68	37.40	550m: 6:43.72	38.07	750m: 9:14.40	37.80
	200m: 2:21.32 37.15	400m: 4:50.91	37.23	600m: 7:20.98	37.26	800m: 9:49.81	35.41

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
38.	Beatriz Costa Tejo	02			Academica de Coimbra	9:49.87	555
	50m: 32.92 32.92	250m: 3:00.90	37.21	450m: 5:30.29	37.13	650m: 7:59.49	36.93
	100m: 1:09.14 36.22	300m: 3:38.33	37.43	500m: 6:07.66	37.37	700m: 8:36.96	37.47
	150m: 1:46.14 37.00	350m: 4:15.57	37.24	550m: 6:45.04	37.38	750m: 9:13.85	36.89
	200m: 2:23.69 37.55	400m: 4:53.16	37.59	600m: 7:22.56	37.52	800m: 9:49.87	36.02
39.	Maria Margarida Belo	02			Sporting	9:51.40	550
	50m: 33.38 33.38	250m: 3:01.54	37.59	450m: 5:31.05	37.09	650m: 8:00.93	36.95
	100m: 1:10.02 36.64	300m: 3:38.73	37.19	500m: 6:08.48	37.43	700m: 8:38.94	38.01
	150m: 1:46.91 36.89	350m: 4:16.40	37.67	550m: 6:46.16	37.68	750m: 9:15.34	36.40
	200m: 2:23.95 37.04	400m: 4:53.96	37.56	600m: 7:23.98	37.82	800m: 9:51.40	36.06
40.	Mariana Delicado Correia	01			Sporting	9:51.58	550
	50m: 32.24 32.24	250m: 2:59.66	37.17	450m: 5:29.77	37.48	650m: 8:00.85	37.59
	100m: 1:08.31 36.07	300m: 3:37.16	37.50	500m: 6:07.89	38.12	700m: 8:38.71	37.86
	150m: 1:45.06 36.75	350m: 4:14.44	37.28	550m: 6:45.43	37.54	750m: 9:15.78	37.07
	200m: 2:22.49 37.43	400m: 4:52.29	37.85	600m: 7:23.26	37.83	800m: 9:51.58	35.80
41.	Eduarda Reis Silva	03			Famalicao	9:54.29	542
	50m: 32.81 32.81	250m: 2:59.96	36.74	450m: 5:30.10	37.56	650m: 8:02.67	37.81
	100m: 1:08.91 36.10	300m: 3:37.30	37.34	500m: 6:08.49	38.39	700m: 8:40.96	38.29
	150m: 1:45.95 37.04	350m: 4:14.57	37.27	550m: 6:46.61	38.12	750m: 9:18.57	37.61
	200m: 2:23.22 37.27	400m: 4:52.54	37.97	600m: 7:24.86	38.25	800m: 9:54.29	35.72
42.	Catia Jordan Agostinho	02			Rio Maior	9:54.75	541
	50m: 33.33 33.33	250m: 3:01.61	37.45	450m: 5:31.44	37.70	650m: 8:03.21	38.05
	100m: 1:09.47 36.14	300m: 3:39.29	37.68	500m: 6:09.29	37.85	700m: 8:40.73	37.52
	150m: 1:46.79 37.32	350m: 4:16.63	37.34	550m: 6:47.30	38.01	750m: 9:18.27	37.54
	200m: 2:24.16 37.37	400m: 4:53.74	37.11	600m: 7:25.16	37.86	800m: 9:54.75	36.48
43.	Maria Joao Pelaio	03			Ginasio Figueirense	9:55.58	539
	50m: 33.38 33.38	250m: 3:01.19	37.66	450m: 5:32.01	38.47	650m: 8:04.86	38.40
	100m: 1:09.49 36.11	300m: 3:37.98	36.79	500m: 6:09.94	37.93	700m: 8:42.42	37.56
	150m: 1:46.86 37.37	350m: 4:15.55	37.57	550m: 6:48.42	38.48	750m: 9:20.81	38.39
	200m: 2:23.53 36.67	400m: 4:53.54	37.99	600m: 7:26.46	38.04	800m: 9:55.58	34.77
44.	Sara Lopes Barbosa	00			Aquatico Pacense	9:56.88	535
	50m: 33.52 33.52	250m: 3:05.61	38.10	450m: 5:37.39	37.78	650m: 8:07.56	37.45
	100m: 1:11.15 37.63	300m: 3:43.90	38.29	500m: 6:14.98	37.59	700m: 8:44.88	37.32
	150m: 1:49.23 38.08	350m: 4:21.75	37.85	550m: 6:52.64	37.66	750m: 9:21.31	36.43
	200m: 2:27.51 38.28	400m: 4:59.61	37.86	600m: 7:30.11	37.47	800m: 9:56.88	35.57
45.	Ines Silva Oliveira	00			Fluval Portuense	9:57.81	533
	50m: 32.91 32.91	250m: 3:00.95	37.31	450m: 5:32.00	37.98	650m: 8:05.55	38.56
	100m: 1:08.98 36.07	300m: 3:38.71	37.76	500m: 6:10.33	38.33	700m: 8:43.52	37.97
	150m: 1:46.28 37.30	350m: 4:16.12	37.41	550m: 6:48.76	38.43	750m: 9:21.27	37.75
	200m: 2:23.64 37.36	400m: 4:54.02	37.90	600m: 7:26.99	38.23	800m: 9:57.81	36.54
46.	Maria Esteves Martins	01			Galitos / Bresimar	9:58.13	532
	50m: 32.47 32.47	250m: 3:02.38	37.24	450m: 5:33.98	37.37	650m: 8:05.76	37.27
	100m: 1:09.52 37.05	300m: 3:41.15	38.77	500m: 6:12.22	38.24	700m: 8:44.06	38.30
	150m: 1:46.51 36.99	350m: 4:18.04	36.89	550m: 6:49.46	37.24	750m: 9:21.33	37.27
	200m: 2:25.14 38.63	400m: 4:56.61	38.57	600m: 7:28.49	39.03	800m: 9:58.13	36.80
47.	Joana Filipa Varandas	02			Laranjeiro	9:58.55	531
	50m: 33.39 33.39	250m: 3:01.70	37.70	450m: 5:33.97	38.90	650m: 8:06.91	38.00
	100m: 1:09.68 36.29	300m: 3:39.00	37.30	500m: 6:12.55	38.58	700m: 8:44.39	37.48
	150m: 1:46.66 36.98	350m: 4:17.22	38.22	550m: 6:50.87	38.32	750m: 9:22.23	37.84
	200m: 2:24.00 37.34	400m: 4:55.07	37.85	600m: 7:28.91	38.04	800m: 9:58.55	36.32

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
48.	Eliana Dirce Lourenco	00			Galitos / Bresimar	9:59.03	530
	50m: 33.07 33.07	250m: 3:00.64	37.18	450m: 5:33.01	37.60	650m: 8:05.73	37.39
	100m: 1:09.39 36.32	300m: 3:39.05	38.41	500m: 6:11.65	38.64	700m: 8:44.74	39.01
	150m: 1:45.66 36.27	350m: 4:16.48	37.43	550m: 6:49.30	37.65	750m: 9:21.93	37.19
	200m: 2:23.46 37.80	400m: 4:55.41	38.93	600m: 7:28.34	39.04	800m: 9:59.03	37.10
49.	Andreia Brito Pereira	00			Condeixa Clube	9:59.79	528
	50m: 32.02 32.02	250m: 2:58.28	37.73	450m: 5:31.53	38.74	650m: 8:05.24	38.54
	100m: 1:07.10 35.08	300m: 3:36.39	38.11	500m: 6:09.96	38.43	700m: 8:43.65	38.41
	150m: 1:43.61 36.51	350m: 4:14.78	38.39	550m: 6:48.38	38.42	750m: 9:22.11	38.46
	200m: 2:20.55 36.94	400m: 4:52.79	38.01	600m: 7:26.70	38.32	800m: 9:59.79	37.68
50.	Beatriz Marques Ferreira	00			Campinho	10:00.78	525
	50m: 32.71 32.71	250m: 3:03.76	38.25	450m: 5:36.72	38.34	650m: 8:08.35	37.42
	100m: 1:09.33 36.62	300m: 3:42.13	38.37	500m: 6:14.89	38.17	700m: 8:46.49	38.14
	150m: 1:46.91 37.58	350m: 4:20.24	38.11	550m: 6:52.72	37.83	750m: 9:23.93	37.44
	200m: 2:25.51 38.60	400m: 4:58.38	38.14	600m: 7:30.93	38.21	800m: 10:00.78	36.85
51.	Lara Beatriz Matos	01			Famalicao	10:01.14	524
	50m: 32.66 32.66	250m: 3:01.88	37.69	450m: 5:33.53	37.74	650m: 8:07.24	38.59
	100m: 1:09.19 36.53	300m: 3:39.92	38.04	500m: 6:11.96	38.43	700m: 8:45.83	38.59
	150m: 1:46.66 37.47	350m: 4:17.90	37.98	550m: 6:50.09	38.13	750m: 9:23.80	37.97
	200m: 2:24.19 37.53	400m: 4:55.79	37.89	600m: 7:28.65	38.56	800m: 10:01.14	37.34
52.	Maria Beatriz Dias	99			Rio Maior	10:01.44	523
	50m: 33.25 33.25	250m: 3:01.68	37.76	450m: 5:33.66	38.52	650m: 8:07.86	38.70
	100m: 1:09.72 36.47	300m: 3:39.16	37.48	500m: 6:12.15	38.49	700m: 8:45.98	38.12
	150m: 1:46.84 37.12	350m: 4:17.23	38.07	550m: 6:50.90	38.75	750m: 9:24.55	38.57
	200m: 2:23.92 37.08	400m: 4:55.14	37.91	600m: 7:29.16	38.26	800m: 10:01.44	36.89
53.	Carolina Silva Soares	03			Natacao de Valongo	10:04.69	515
	50m: 32.65 32.65	250m: 3:02.71	37.56	450m: 5:37.10	38.27	650m: 8:12.20	37.77
	100m: 1:09.56 36.91	300m: 3:41.25	38.54	500m: 6:15.64	38.54	700m: 8:50.84	38.64
	150m: 1:47.30 37.74	350m: 4:20.12	38.87	550m: 6:54.94	39.30	750m: 9:28.24	37.40
	200m: 2:25.15 37.85	400m: 4:58.83	38.71	600m: 7:34.43	39.49	800m: 10:04.69	36.45
54.	Ines Asseiceira Ramos	03			Torres Novas	10:04.83	514
	50m: 33.32 33.32	250m: 3:01.81	37.58	450m: 5:35.22	38.43	650m: 8:10.09	38.90
	100m: 1:09.83 36.51	300m: 3:39.76	37.95	500m: 6:13.92	38.70	700m: 8:48.70	38.61
	150m: 1:46.89 37.06	350m: 4:18.28	38.52	550m: 6:52.55	38.63	750m: 9:27.01	38.31
	200m: 2:24.23 37.34	400m: 4:56.79	38.51	600m: 7:31.19	38.64	800m: 10:04.83	37.82
55.	Laura Luz Fonseca	03			Naval de Ponta Delgada	10:07.23	508
	50m: 33.28 33.28	250m: 3:01.76	37.53	450m: 5:34.42	38.57	650m: 8:11.03	39.55
	100m: 1:09.76 36.48	300m: 3:39.64	37.88	500m: 6:13.11	38.69	700m: 8:50.14	39.11
	150m: 1:47.00 37.24	350m: 4:17.60	37.96	550m: 6:52.34	39.23	750m: 9:29.31	39.17
	200m: 2:24.23 37.23	400m: 4:55.85	38.25	600m: 7:31.48	39.14	800m: 10:07.23	37.92
56.	Ana Pereira Silva	03			Fafe	10:09.46	503
	50m: 34.03 34.03	250m: 3:06.35	38.68	450m: 5:40.01	38.87	650m: 8:15.41	38.95
	100m: 1:11.14 37.11	300m: 3:44.37	38.02	500m: 6:18.78	38.77	700m: 8:54.03	38.62
	150m: 1:49.50 38.36	350m: 4:22.81	38.44	550m: 6:57.72	38.94	750m: 9:32.51	38.48
	200m: 2:27.67 38.17	400m: 5:01.14	38.33	600m: 7:36.46	38.74	800m: 10:09.46	36.95
57.	Jessica Soares Lima	02			Braga	10:09.99	501
	50m: 32.41 32.41	250m: 3:01.82	38.34	450m: 5:36.69	38.47	650m: 8:13.30	38.75
	100m: 1:08.52 36.11	300m: 3:40.55	38.73	500m: 6:16.33	39.64	700m: 8:52.72	39.42
	150m: 1:45.55 37.03	350m: 4:19.03	38.48	550m: 6:55.20	38.87	750m: 9:31.54	38.82
	200m: 2:23.48 37.93	400m: 4:58.22	39.19	600m: 7:34.55	39.35	800m: 10:09.99	38.45

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
58.	Ines Freitas Rocha	03			Aquatico Pacense	10:12.34	496
	50m: 33.86 33.86	250m: 3:07.97	39.20	450m: 5:42.19	38.74	650m: 8:18.48	39.33
	100m: 1:11.32 37.46	300m: 3:46.58	38.61	500m: 6:21.12	38.93	700m: 8:56.94	38.46
	150m: 1:50.06 38.74	350m: 4:25.22	38.64	550m: 7:00.30	39.18	750m: 9:35.35	38.41
	200m: 2:28.77 38.71	400m: 5:03.45	38.23	600m: 7:39.15	38.85	800m: 10:12.34	36.99
59.	Catarina Carvalho Pereira	03			Porto	10:15.52	488
	50m: 33.09 33.09	250m: 3:06.17	38.99	450m: 5:41.87	38.89	650m: 8:19.88	40.10
	100m: 1:10.13 37.04	300m: 3:44.94	38.77	500m: 6:21.32	39.45	700m: 8:59.21	39.33
	150m: 1:48.37 38.24	350m: 4:24.24	39.30	550m: 7:00.67	39.35	750m: 9:37.29	38.08
	200m: 2:27.18 38.81	400m: 5:02.98	38.74	600m: 7:39.78	39.11	800m: 10:15.52	38.23
60.	Ines Matos Sousa	03			Nautico /Urgicentro-Sanfil	10:19.09	480
	50m: 34.88 34.88	250m: 3:09.73	39.61	450m: 5:46.46	39.31	650m: 8:23.78	39.78
	100m: 1:12.40 37.52	300m: 3:48.83	39.10	500m: 6:25.53	39.07	700m: 9:02.46	38.68
	150m: 1:51.40 39.00	350m: 4:28.42	39.59	550m: 7:05.44	39.91	750m: 9:41.46	39.00
	200m: 2:30.12 38.72	400m: 5:07.15	38.73	600m: 7:44.00	38.56	800m: 10:19.09	37.63
61.	Matilde Vieira Pais	03			Galitos / Bresimar	10:20.12	477
	50m: 33.78 33.78	250m: 3:07.08	38.54	450m: 5:45.17	39.27	650m: 8:23.63	39.15
	100m: 1:12.06 38.28	300m: 3:46.75	39.67	500m: 6:24.87	39.70	700m: 9:03.57	39.94
	150m: 1:49.63 37.57	350m: 4:25.89	39.14	550m: 7:04.21	39.34	750m: 9:42.56	38.99
	200m: 2:28.54 38.91	400m: 5:05.90	40.01	600m: 7:44.48	40.27	800m: 10:20.12	37.56
62.	Constanca Mendes Gomes	03			Pimpoes/Cimai	10:21.02	475
	50m: 34.47 34.47	250m: 3:08.78	39.48	450m: 5:46.05	39.63	650m: 8:23.91	39.66
	100m: 1:11.90 37.43	300m: 3:48.11	39.33	500m: 6:25.16	39.11	700m: 9:03.93	40.02
	150m: 1:50.46 38.56	350m: 4:27.16	39.05	550m: 7:04.82	39.66	750m: 9:43.04	39.11
	200m: 2:29.30 38.84	400m: 5:06.42	39.26	600m: 7:44.25	39.43	800m: 10:21.02	37.98
63.	Beatriz Picanco Martins	03			Benfica	10:22.09	473
	50m: 33.66 33.66	250m: 3:08.50	39.48	450m: 5:44.35	39.33	650m: 8:24.62	39.85
	100m: 1:11.45 37.79	300m: 3:46.66	38.16	500m: 6:24.29	39.94	700m: 9:04.80	40.18
	150m: 1:50.48 39.03	350m: 4:25.66	39.00	550m: 7:04.64	40.35	750m: 9:43.82	39.02
	200m: 2:29.02 38.54	400m: 5:05.02	39.36	600m: 7:44.77	40.13	800m: 10:22.09	38.27
64.	Beatriz Moreira Carvalho	03			Rio Maior	10:34.09	446
	50m: 35.33 35.33	250m: 3:14.20	40.21	450m: 5:53.86	39.74	650m: 8:34.45	40.52
	100m: 1:13.67 38.34	300m: 3:53.84	39.64	500m: 6:33.50	39.64	700m: 9:14.74	40.29
	150m: 1:54.02 40.35	350m: 4:34.02	40.18	550m: 7:13.50	40.00	750m: 9:55.02	40.28
	200m: 2:33.99 39.97	400m: 5:14.12	40.10	600m: 7:53.93	40.43	800m: 10:34.09	39.07
65.	Adriana Freixo Barbosa	03			Viana Natacao	10:38.58	437
	50m: 33.51 33.51	250m: 3:10.94	40.00	450m: 5:52.99	40.87	650m: 8:37.26	40.89
	100m: 1:11.93 38.42	300m: 3:51.27	40.33	500m: 6:34.20	41.21	700m: 9:18.64	41.38
	150m: 1:50.97 39.04	350m: 4:31.35	40.08	550m: 7:15.14	40.94	750m: 9:59.28	40.64
	200m: 2:30.94 39.97	400m: 5:12.12	40.77	600m: 7:56.37	41.23	800m: 10:38.58	39.30

Prova 17, Femin., 800m Livres

Prova 17 31-03-2017	Femin., 800m Livres				Juniores 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
Rec Nac Jun17	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016

CMJ_Fem 14 - 17: 8:54.28 / CEJ_Fem 14 - 17: 9:04.96 / TAC 50m: 9:58.33 - 25m: 9:41.61

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Ines Jacinto Henriques	00			Pimpoes/Cimai	9:05.72	701
	50m: 31.68 31.68	250m: 2:48.91 34.21	450m: 5:05.58 34.13	650m: 7:23.53 34.17			
	100m: 1:05.70 34.02	300m: 3:23.23 34.32	500m: 5:40.11 34.53	700m: 7:58.28 34.75			
	150m: 1:40.38 34.68	350m: 3:57.45 34.22	550m: 6:14.36 34.25	750m: 8:32.27 33.99			
	200m: 2:14.70 34.32	400m: 4:31.45 34.00	600m: 6:49.36 35.00	800m: 9:05.72 33.45			
2.	Sara Sofia Alves	01			Columbofila Cantanhedense	9:10.30	683
	50m: 31.71 31.71	250m: 2:46.90 34.14	450m: 5:05.77 34.35	650m: 7:26.35 34.99			
	100m: 1:04.64 32.93	300m: 3:21.88 34.98	500m: 5:41.21 35.44	700m: 8:02.00 35.65			
	150m: 1:38.40 33.76	350m: 3:56.41 34.53	550m: 6:16.00 34.79	750m: 8:36.79 34.79			
	200m: 2:12.76 34.36	400m: 4:31.42 35.01	600m: 6:51.36 35.36	800m: 9:10.30 33.51			
3.	Filipa Serrano Rodrigues	01			Uniao Piedense	9:16.41	661
	50m: 31.42 31.42	250m: 2:48.96 34.84	450m: 5:09.50 35.30	650m: 7:31.33 35.71			
	100m: 1:05.08 33.66	300m: 3:23.83 34.87	500m: 5:44.56 35.06	700m: 8:06.54 35.21			
	150m: 1:39.55 34.47	350m: 3:59.08 35.25	550m: 6:19.91 35.35	750m: 8:42.13 35.59			
	200m: 2:14.12 34.57	400m: 4:34.20 35.12	600m: 6:55.62 35.71	800m: 9:16.41 34.28			
4.	Miriam Filipe Marcos	01			Natacao Olhao	9:23.38	637
	50m: 31.31 31.31	250m: 2:50.72 35.42	450m: 5:13.03 35.71	650m: 7:36.49 35.78			
	100m: 1:05.46 34.15	300m: 3:25.91 35.19	500m: 5:48.85 35.82	700m: 8:12.55 36.06			
	150m: 1:40.44 34.98	350m: 4:01.64 35.73	550m: 6:24.92 36.07	750m: 8:48.47 35.92			
	200m: 2:15.30 34.86	400m: 4:37.32 35.68	600m: 7:00.71 35.79	800m: 9:23.38 34.91			
5.	Luisa Maria Machado	01			Uniao Piedense	9:23.79	635
	50m: 31.70 31.70	250m: 2:52.68 35.14	450m: 5:16.09 35.63	650m: 7:38.20 35.56			
	100m: 1:06.46 34.76	300m: 3:28.45 35.77	500m: 5:51.92 35.83	700m: 8:13.81 35.61			
	150m: 1:41.75 35.29	350m: 4:04.30 35.85	550m: 6:27.20 35.28	750m: 8:48.85 35.04			
	200m: 2:17.54 35.79	400m: 4:40.46 36.16	600m: 7:02.64 35.44	800m: 9:23.79 34.94			
6.	Joana Costa Amador	01			Galitos / Bresimar	9:24.14	634
	50m: 31.75 31.75	250m: 2:51.29 35.11	450m: 5:14.19 35.72	650m: 7:38.01 35.89			
	100m: 1:06.24 34.49	300m: 3:27.07 35.78	500m: 5:50.30 36.11	700m: 8:14.47 36.46			
	150m: 1:40.95 34.71	350m: 4:02.51 35.44	550m: 6:26.10 35.80	750m: 8:49.56 35.09			
	200m: 2:16.18 35.23	400m: 4:38.47 35.96	600m: 7:02.12 36.02	800m: 9:24.14 34.58			
7.	Teresa Miguel Veloso	00			Nautico /Urgicentro-Sanfil	9:31.67	609
	50m: 31.94 31.94	250m: 2:54.16 35.93	450m: 5:19.19 36.41	650m: 7:45.56 36.71			
	100m: 1:06.97 35.03	300m: 3:30.11 35.95	500m: 5:55.61 36.42	700m: 8:21.34 35.78			
	150m: 1:42.84 35.87	350m: 4:06.38 36.27	550m: 6:32.25 36.64	750m: 8:57.42 36.08			
	200m: 2:18.23 35.39	400m: 4:42.78 36.40	600m: 7:08.85 36.60	800m: 9:31.67 34.25			
8.	Maria Carolina Costa	01			Porto	9:32.48	607
	50m: 30.93 30.93	250m: 2:51.70 35.24	450m: 5:14.87 35.76	650m: 7:41.63 36.58			
	100m: 1:05.49 34.56	300m: 3:27.69 35.99	500m: 5:51.86 36.99	700m: 8:18.85 37.22			
	150m: 1:40.69 35.20	350m: 4:03.07 35.38	550m: 6:28.10 36.24	750m: 8:55.61 36.76			
	200m: 2:16.46 35.77	400m: 4:39.11 36.04	600m: 7:05.05 36.95	800m: 9:32.48 36.87			

Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
9.	Rafaela Araujo Silva	00			Famalicao	9:36.13	595
	50m: 32.94 32.94	250m: 2:58.01	36.62	450m: 5:24.36	36.43	650m: 7:50.59	36.52
	100m: 1:08.51 35.57	300m: 3:34.68	36.67	500m: 6:00.75	36.39	700m: 8:26.99	36.40
	150m: 1:44.92 36.41	350m: 4:11.22	36.54	550m: 6:37.34	36.59	750m: 9:02.34	35.35
	200m: 2:21.39 36.47	400m: 4:47.93	36.71	600m: 7:14.07	36.73	800m: 9:36.13	33.79
10.	Ines Alves Martins	01			Fluvial Portuense	9:36.21	595
	50m: 32.89 32.89	250m: 2:58.49	36.83	450m: 5:24.21	36.38	650m: 7:50.01	36.37
	100m: 1:08.55 35.66	300m: 3:34.74	36.25	500m: 6:00.45	36.24	700m: 8:25.97	35.96
	150m: 1:45.37 36.82	350m: 4:11.61	36.87	550m: 6:37.11	36.66	750m: 9:01.96	35.99
	200m: 2:21.66 36.29	400m: 4:47.83	36.22	600m: 7:13.64	36.53	800m: 9:36.21	34.25
11.	Carolina Marques Neves	01			Torres Novas	9:39.04	586
	50m: 31.89 31.89	250m: 2:56.43	36.48	450m: 5:22.27	36.36	650m: 7:48.67	36.92
	100m: 1:07.45 35.56	300m: 3:33.18	36.75	500m: 5:58.52	36.25	700m: 8:25.90	37.23
	150m: 1:43.51 36.06	350m: 4:09.45	36.27	550m: 6:34.75	36.23	750m: 9:02.82	36.92
	200m: 2:19.95 36.44	400m: 4:45.91	36.46	600m: 7:11.75	37.00	800m: 9:39.04	36.22
12.	Leila Tavariva Lemos	00			Vilacondense	9:40.20	583
	50m: 32.77 32.77	250m: 2:56.02	35.73	450m: 5:21.61	36.35	650m: 7:48.85	36.81
	100m: 1:08.37 35.60	300m: 3:32.17	36.15	500m: 5:58.46	36.85	700m: 8:26.63	37.78
	150m: 1:44.07 35.70	350m: 4:08.44	36.27	550m: 6:34.81	36.35	750m: 9:03.38	36.75
	200m: 2:20.29 36.22	400m: 4:45.26	36.82	600m: 7:12.04	37.23	800m: 9:40.20	36.82
13.	Mariana Sobral Galacha	01			Sporting	9:41.33	579
	50m: 32.55 32.55	250m: 2:59.79	36.92	450m: 5:25.83	36.55	650m: 7:53.13	36.86
	100m: 1:09.07 36.52	300m: 3:36.36	36.57	500m: 6:02.43	36.60	700m: 8:30.17	37.04
	150m: 1:45.92 36.85	350m: 4:13.04	36.68	550m: 6:39.56	37.13	750m: 9:07.10	36.93
	200m: 2:22.87 36.95	400m: 4:49.28	36.24	600m: 7:16.27	36.71	800m: 9:41.33	34.23
14.	Rita Alexandra Vital	01			Alges	9:45.87	566
	50m: 32.80 32.80	250m: 2:59.21	37.09	450m: 5:28.56	37.80	650m: 7:57.28	37.66
	100m: 1:08.54 35.74	300m: 3:35.97	36.76	500m: 6:05.19	36.63	700m: 8:33.39	36.11
	150m: 1:45.39 36.85	350m: 4:13.69	37.72	550m: 6:42.88	37.69	750m: 9:10.66	37.27
	200m: 2:22.12 36.73	400m: 4:50.76	37.07	600m: 7:19.62	36.74	800m: 9:45.87	35.21
15.	Mariana Delicado Correia	01			Sporting	9:51.58	550
	50m: 32.24 32.24	250m: 2:59.66	37.17	450m: 5:29.77	37.48	650m: 8:00.85	37.59
	100m: 1:08.31 36.07	300m: 3:37.16	37.50	500m: 6:07.89	38.12	700m: 8:38.71	37.86
	150m: 1:45.06 36.75	350m: 4:14.44	37.28	550m: 6:45.43	37.54	750m: 9:15.78	37.07
	200m: 2:22.49 37.43	400m: 4:52.29	37.85	600m: 7:23.26	37.83	800m: 9:51.58	35.80
16.	Sara Lopes Barbosa	00			Aquatico Pacense	9:56.88	535
	50m: 33.52 33.52	250m: 3:05.61	38.10	450m: 5:37.39	37.78	650m: 8:07.56	37.45
	100m: 1:11.15 37.63	300m: 3:43.90	38.29	500m: 6:14.98	37.59	700m: 8:44.88	37.32
	150m: 1:49.23 38.08	350m: 4:21.75	37.85	550m: 6:52.64	37.66	750m: 9:21.31	36.43
	200m: 2:27.51 38.28	400m: 4:59.61	37.86	600m: 7:30.11	37.47	800m: 9:56.88	35.57
17.	Ines Silva Oliveira	00			Fluvial Portuense	9:57.81	533
	50m: 32.91 32.91	250m: 3:00.95	37.31	450m: 5:32.00	37.98	650m: 8:05.55	38.56
	100m: 1:08.98 36.07	300m: 3:38.71	37.76	500m: 6:10.33	38.33	700m: 8:43.52	37.97
	150m: 1:46.28 37.30	350m: 4:16.12	37.41	550m: 6:48.76	38.43	750m: 9:21.27	37.75
	200m: 2:23.64 37.36	400m: 4:54.02	37.90	600m: 7:26.99	38.23	800m: 9:57.81	36.54
18.	Maria Esteves Martins	01			Galitos / Bresimar	9:58.13	532
	50m: 32.47 32.47	250m: 3:02.38	37.24	450m: 5:33.98	37.37	650m: 8:05.76	37.27
	100m: 1:09.52 37.05	300m: 3:41.15	38.77	500m: 6:12.22	38.24	700m: 8:44.06	38.30
	150m: 1:46.51 36.99	350m: 4:18.04	36.89	550m: 6:49.46	37.24	750m: 9:21.33	37.27
	200m: 2:25.14 38.63	400m: 4:56.61	38.57	600m: 7:28.49	39.03	800m: 9:58.13	36.80

Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
19.	Eliana Dirce Lourenco	00			Galitos / Bresimar	9:59.03	530
	50m: 33.07 33.07	250m: 3:00.64	37.18	450m: 5:33.01	37.60	650m: 8:05.73	37.39
	100m: 1:09.39 36.32	300m: 3:39.05	38.41	500m: 6:11.65	38.64	700m: 8:44.74	39.01
	150m: 1:45.66 36.27	350m: 4:16.48	37.43	550m: 6:49.30	37.65	750m: 9:21.93	37.19
	200m: 2:23.46 37.80	400m: 4:55.41	38.93	600m: 7:28.34	39.04	800m: 9:59.03	37.10
20.	Andreia Brito Pereira	00			Condeixa Clube	9:59.79	528
	50m: 32.02 32.02	250m: 2:58.28	37.73	450m: 5:31.53	38.74	650m: 8:05.24	38.54
	100m: 1:07.10 35.08	300m: 3:36.39	38.11	500m: 6:09.96	38.43	700m: 8:43.65	38.41
	150m: 1:43.61 36.51	350m: 4:14.78	38.39	550m: 6:48.38	38.42	750m: 9:22.11	38.46
	200m: 2:20.55 36.94	400m: 4:52.79	38.01	600m: 7:26.70	38.32	800m: 9:59.79	37.68
21.	Beatriz Marques Ferreira	00			Campinho	10:00.78	525
	50m: 32.71 32.71	250m: 3:03.76	38.25	450m: 5:36.72	38.34	650m: 8:08.35	37.42
	100m: 1:09.33 36.62	300m: 3:42.13	38.37	500m: 6:14.89	38.17	700m: 8:46.49	38.14
	150m: 1:46.91 37.58	350m: 4:20.24	38.11	550m: 6:52.72	37.83	750m: 9:23.93	37.44
	200m: 2:25.51 38.60	400m: 4:58.38	38.14	600m: 7:30.93	38.21	800m: 10:00.78	36.85
22.	Lara Beatriz Matos	01			Famalicao	10:01.14	524
	50m: 32.66 32.66	250m: 3:01.88	37.69	450m: 5:33.53	37.74	650m: 8:07.24	38.59
	100m: 1:09.19 36.53	300m: 3:39.92	38.04	500m: 6:11.96	38.43	700m: 8:45.83	38.59
	150m: 1:46.66 37.47	350m: 4:17.90	37.98	550m: 6:50.09	38.13	750m: 9:23.80	37.97
	200m: 2:24.19 37.53	400m: 4:55.79	37.89	600m: 7:28.65	38.56	800m: 10:01.14	37.34

Prova 17 Femin., 800m Livres Juvenis A
31-03-2017 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

CMJ_Fem 14 - 17: 8:54.28 / CEJ_Fem 14 - 17: 9:04.96 / FOJE_Fem Juv: 9:21.31 / TAC 50m: 10:06.65 - 25m: 9:52.72

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Mariana Amaral Mendes	02			Colegio Monte Maior	9:08.86	689
	<i>Minimo FOJE</i>						
	50m: 32.52 32.52	250m: 2:50.97	34.56	450m: 5:08.39	34.22	650m: 7:26.52	34.76
	100m: 1:07.05 34.53	300m: 3:25.41	34.44	500m: 5:42.57	34.18	700m: 8:01.12	34.60
	150m: 1:41.74 34.69	350m: 3:59.76	34.35	550m: 6:17.27	34.70	750m: 8:35.68	34.56
	200m: 2:16.41 34.67	400m: 4:34.17	34.41	600m: 6:51.76	34.49	800m: 9:08.86	33.18
2.	Alexandra Couto Frazao	02			Individual Coimbra	9:10.47	683
	<i>Minimo FOJE</i>						
	50m: 31.53 31.53	250m: 2:49.97	34.63	450m: 5:09.70	34.68	650m: 7:29.66	34.39
	100m: 1:05.95 34.42	300m: 3:25.24	35.27	500m: 5:45.56	35.86	700m: 8:04.97	35.31
	150m: 1:40.28 34.33	350m: 3:59.66	34.42	550m: 6:19.96	34.40	750m: 8:38.48	33.51
	200m: 2:15.34 35.06	400m: 4:35.02	35.36	600m: 6:55.27	35.31	800m: 9:10.47	31.99
3.	Mariana Fernandes Barbosa	02			Porto	9:16.79	660
	<i>Minimo FOJE</i>						
	50m: 31.34 31.34	250m: 2:49.88	34.63	450m: 5:10.09	34.31	650m: 7:31.89	34.91
	100m: 1:05.99 34.65	300m: 3:25.52	35.64	500m: 5:45.86	35.77	700m: 8:07.89	36.00
	150m: 1:40.01 34.02	350m: 4:00.26	34.74	550m: 6:20.89	35.03	750m: 8:42.29	34.40
	200m: 2:15.25 35.24	400m: 4:35.78	35.52	600m: 6:56.98	36.09	800m: 9:16.79	34.50

Prova 17, Femin., 800m Livres, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
4.	Ana Rita Ramos	02			Porto	9:25.08	631
	50m: 32.06 32.06	250m: 2:53.10 35.57	450m: 5:15.86 35.73	650m: 7:40.23 36.59			
	100m: 1:07.10 35.04	300m: 3:28.67 35.57	500m: 5:51.84 35.98	700m: 8:15.63 35.40			
	150m: 1:42.39 35.29	350m: 4:04.32 35.65	550m: 6:27.82 35.98	750m: 8:50.68 35.05			
	200m: 2:17.53 35.14	400m: 4:40.13 35.81	600m: 7:03.64 35.82	800m: 9:25.08 34.40			
5.	Ana Rita Queiroz	02			Fundacao Beatriz Santos	9:30.40	613
	50m: 32.02 32.02	250m: 2:55.04 36.13	450m: 5:18.69 35.90	650m: 7:43.67 36.02			
	100m: 1:06.86 34.84	300m: 3:30.82 35.78	500m: 5:54.73 36.04	700m: 8:19.95 36.28			
	150m: 1:42.79 35.93	350m: 4:07.01 36.19	550m: 6:31.16 36.43	750m: 8:55.86 35.91			
	200m: 2:18.91 36.12	400m: 4:42.79 35.78	600m: 7:07.65 36.49	800m: 9:30.40 34.54			
6.	Leonor Camacho Fernandes	02			Sporting	9:45.58	567
	50m: 32.57 32.57	250m: 2:59.64 37.15	450m: 5:27.31 36.58	650m: 7:56.57 37.37			
	100m: 1:08.62 36.05	300m: 3:37.01 37.37	500m: 6:04.39 37.08	700m: 8:33.36 36.79			
	150m: 1:45.41 36.79	350m: 4:13.76 36.75	550m: 6:41.82 37.43	750m: 9:10.73 37.37			
	200m: 2:22.49 37.08	400m: 4:50.73 36.97	600m: 7:19.20 37.38	800m: 9:45.58 34.85			
7.	Margarida Cabral Monteiro	02			Galitos / Bresimar	9:48.64	558
	50m: 33.07 33.07	250m: 2:56.99 36.76	450m: 5:25.74 37.29	650m: 7:57.72 38.37			
	100m: 1:07.76 34.69	300m: 3:33.80 36.81	500m: 6:03.39 37.65	700m: 8:35.72 38.00			
	150m: 1:44.04 36.28	350m: 4:11.21 37.41	550m: 6:41.52 38.13	750m: 9:13.19 37.47			
	200m: 2:20.23 36.19	400m: 4:48.45 37.24	600m: 7:19.35 37.83	800m: 9:48.64 35.45			
8.	Beatriz Costa Tejo	02			Academica de Coimbra	9:49.87	555
	50m: 32.92 32.92	250m: 3:00.90 37.21	450m: 5:30.29 37.13	650m: 7:59.49 36.93			
	100m: 1:09.14 36.22	300m: 3:38.33 37.43	500m: 6:07.66 37.37	700m: 8:36.96 37.47			
	150m: 1:46.14 37.00	350m: 4:15.57 37.24	550m: 6:45.04 37.38	750m: 9:13.85 36.89			
	200m: 2:23.69 37.55	400m: 4:53.16 37.59	600m: 7:22.56 37.52	800m: 9:49.87 36.02			
9.	Maria Margarida Belo	02			Sporting	9:51.40	550
	50m: 33.38 33.38	250m: 3:01.54 37.59	450m: 5:31.05 37.09	650m: 8:00.93 36.95			
	100m: 1:10.02 36.64	300m: 3:38.73 37.19	500m: 6:08.48 37.43	700m: 8:38.94 38.01			
	150m: 1:46.91 36.89	350m: 4:16.40 37.67	550m: 6:46.16 37.68	750m: 9:15.34 36.40			
	200m: 2:23.95 37.04	400m: 4:53.96 37.56	600m: 7:23.98 37.82	800m: 9:51.40 36.06			
10.	Catia Iordan Agostinho	02			Rio Maior	9:54.75	541
	50m: 33.33 33.33	250m: 3:01.61 37.45	450m: 5:31.44 37.70	650m: 8:03.21 38.05			
	100m: 1:09.47 36.14	300m: 3:39.29 37.68	500m: 6:09.29 37.85	700m: 8:40.73 37.52			
	150m: 1:46.79 37.32	350m: 4:16.63 37.34	550m: 6:47.30 38.01	750m: 9:18.27 37.54			
	200m: 2:24.16 37.37	400m: 4:53.74 37.11	600m: 7:25.16 37.86	800m: 9:54.75 36.48			
11.	Joana Filipa Varandas	02			Laranjeiro	9:58.55	531
	50m: 33.39 33.39	250m: 3:01.70 37.70	450m: 5:33.97 38.90	650m: 8:06.91 38.00			
	100m: 1:09.68 36.29	300m: 3:39.00 37.30	500m: 6:12.55 38.58	700m: 8:44.39 37.48			
	150m: 1:46.66 36.98	350m: 4:17.22 38.22	550m: 6:50.87 38.32	750m: 9:22.23 37.84			
	200m: 2:24.00 37.34	400m: 4:55.07 37.85	600m: 7:28.91 38.04	800m: 9:58.55 36.32			
12.	Jessica Soares Lima	02			Braga	10:09.99	501
	50m: 32.41 32.41	250m: 3:01.82 38.34	450m: 5:36.69 38.47	650m: 8:13.30 38.75			
	100m: 1:08.52 36.11	300m: 3:40.55 38.73	500m: 6:16.33 39.64	700m: 8:52.72 39.42			
	150m: 1:45.55 37.03	350m: 4:19.03 38.48	550m: 6:55.20 38.87	750m: 9:31.54 38.82			
	200m: 2:23.48 37.93	400m: 4:58.22 39.19	600m: 7:34.55 39.35	800m: 10:09.99 38.45			

Prova 17, Femin., 800m Livres

Prova 17
31-03-2017

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

CMJ_Fem 14 - 17: 8:54.28 / CEJ_Fem 14 - 17: 9:04.96 / FOJE_Fem Juv: 9:21.31 / TAC 50m: 10:24.86 - 25m: 10:02.72

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Mafalda Sofia Rosa	03			Rio Maior	9:32.98	605
	50m: 32.70 32.70	250m: 2:55.30 35.70	450m: 5:20.48 35.92	650m: 7:45.46 35.82			
	100m: 1:07.95 35.25	300m: 3:31.57 36.27	500m: 5:57.12 36.64	700m: 8:21.77 36.31			
	150m: 1:43.70 35.75	350m: 4:07.81 36.24	550m: 6:33.12 36.00	750m: 8:57.34 35.57			
	200m: 2:19.60 35.90	400m: 4:44.56 36.75	600m: 7:09.64 36.52	800m: 9:32.98 35.64			
2.	Francisca Soares Martins	03			Foca	9:41.41	579
	50m: 32.07 32.07	250m: 2:59.66 36.61	450m: 5:26.88 36.21	650m: 7:55.69 36.81			
	100m: 1:09.30 37.23	300m: 3:37.20 37.54	500m: 6:04.43 37.55	700m: 8:32.62 36.93			
	150m: 1:45.50 36.20	350m: 4:13.05 35.85	550m: 6:41.22 36.79	750m: 9:08.61 35.99			
	200m: 2:23.05 37.55	400m: 4:50.67 37.62	600m: 7:18.88 37.66	800m: 9:41.41 32.80			
3.	Joana Ribeiro Martins	03			Benfica	9:41.52	579
	50m: 33.31 33.31	250m: 3:00.38 36.77	450m: 5:26.69 36.06	650m: 7:53.63 37.24			
	100m: 1:09.81 36.50	300m: 3:37.16 36.78	500m: 6:02.94 36.25	700m: 8:30.50 36.87			
	150m: 1:46.84 37.03	350m: 4:14.10 36.94	550m: 6:39.66 36.72	750m: 9:07.15 36.65			
	200m: 2:23.61 36.77	400m: 4:50.63 36.53	600m: 7:16.39 36.73	800m: 9:41.52 34.37			
4.	Camila Alexandra Silva	03			Columbofila Cantanhedense	9:42.11	577
	50m: 33.48 33.48	250m: 2:59.32 36.92	450m: 5:28.25 36.71	650m: 7:55.63 36.59			
	100m: 1:08.80 35.32	300m: 3:36.97 37.65	500m: 6:04.98 36.73	700m: 8:32.88 37.25			
	150m: 1:45.30 36.50	350m: 4:13.99 37.02	550m: 6:41.91 36.93	750m: 9:08.67 35.79			
	200m: 2:22.40 37.10	400m: 4:51.54 37.55	600m: 7:19.04 37.13	800m: 9:42.11 33.44			
5.	Ema Jeronimo Conceicao	03			Fisica Torres Vedras	9:49.81	555
	50m: 32.10 32.10	250m: 2:58.93 37.61	450m: 5:28.49 37.58	650m: 7:58.93 37.95			
	100m: 1:07.57 35.47	300m: 3:36.28 37.35	500m: 6:05.65 37.16	700m: 8:36.60 37.67			
	150m: 1:44.17 36.60	350m: 4:13.68 37.40	550m: 6:43.72 38.07	750m: 9:14.40 37.80			
	200m: 2:21.32 37.15	400m: 4:50.91 37.23	600m: 7:20.98 37.26	800m: 9:49.81 35.41			
6.	Eduarda Reis Silva	03			Famalicao	9:54.29	542
	50m: 32.81 32.81	250m: 2:59.96 36.74	450m: 5:30.10 37.56	650m: 8:02.67 37.81			
	100m: 1:08.91 36.10	300m: 3:37.30 37.34	500m: 6:08.49 38.39	700m: 8:40.96 38.29			
	150m: 1:45.95 37.04	350m: 4:14.57 37.27	550m: 6:46.61 38.12	750m: 9:18.57 37.61			
	200m: 2:23.22 37.27	400m: 4:52.54 37.97	600m: 7:24.86 38.25	800m: 9:54.29 35.72			
7.	Maria Joao Pelaido	03			Ginasio Figueirense	9:55.58	539
	50m: 33.38 33.38	250m: 3:01.19 37.66	450m: 5:32.01 38.47	650m: 8:04.86 38.40			
	100m: 1:09.49 36.11	300m: 3:37.98 36.79	500m: 6:09.94 37.93	700m: 8:42.42 37.56			
	150m: 1:46.86 37.37	350m: 4:15.55 37.57	550m: 6:48.42 38.48	750m: 9:20.81 38.39			
	200m: 2:23.53 36.67	400m: 4:53.54 37.99	600m: 7:26.46 38.04	800m: 9:55.58 34.77			
8.	Carolina Silva Soares	03			Natacao de Valongo	10:04.69	515
	50m: 32.65 32.65	250m: 3:02.71 37.56	450m: 5:37.10 38.27	650m: 8:12.20 37.77			
	100m: 1:09.56 36.91	300m: 3:41.25 38.54	500m: 6:15.64 38.54	700m: 8:50.84 38.64			
	150m: 1:47.30 37.74	350m: 4:20.12 38.87	550m: 6:54.94 39.30	750m: 9:28.24 37.40			
	200m: 2:25.15 37.85	400m: 4:58.83 38.71	600m: 7:34.43 39.49	800m: 10:04.69 36.45			
9.	Ines Asseiceira Ramos	03			Torres Novas	10:04.83	514
	50m: 33.32 33.32	250m: 3:01.81 37.58	450m: 5:35.22 38.43	650m: 8:10.09 38.90			
	100m: 1:09.83 36.51	300m: 3:39.76 37.95	500m: 6:13.92 38.70	700m: 8:48.70 38.61			
	150m: 1:46.89 37.06	350m: 4:18.28 38.52	550m: 6:52.55 38.63	750m: 9:27.01 38.31			
	200m: 2:24.23 37.34	400m: 4:56.79 38.51	600m: 7:31.19 38.64	800m: 10:04.83 37.82			

Prova 17, Femin., 800m Livres, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
10.	Laura Luz Fonseca	03			Naval de Ponta Delgada	10:07.23	508
	50m: 33.28 33.28	250m: 3:01.76	37.53	450m: 5:34.42	38.57	650m: 8:11.03	39.55
	100m: 1:09.76 36.48	300m: 3:39.64	37.88	500m: 6:13.11	38.69	700m: 8:50.14	39.11
	150m: 1:47.00 37.24	350m: 4:17.60	37.96	550m: 6:52.34	39.23	750m: 9:29.31	39.17
	200m: 2:24.23 37.23	400m: 4:55.85	38.25	600m: 7:31.48	39.14	800m: 10:07.23	37.92
11.	Ana Pereira Silva	03			Fafe	10:09.46	503
	50m: 34.03 34.03	250m: 3:06.35	38.68	450m: 5:40.01	38.87	650m: 8:15.41	38.95
	100m: 1:11.14 37.11	300m: 3:44.37	38.02	500m: 6:18.78	38.77	700m: 8:54.03	38.62
	150m: 1:49.50 38.36	350m: 4:22.81	38.44	550m: 6:57.72	38.94	750m: 9:32.51	38.48
	200m: 2:27.67 38.17	400m: 5:01.14	38.33	600m: 7:36.46	38.74	800m: 10:09.46	36.95
12.	Ines Freitas Rocha	03			Aquatico Pacense	10:12.34	496
	50m: 33.86 33.86	250m: 3:07.97	39.20	450m: 5:42.19	38.74	650m: 8:18.48	39.33
	100m: 1:11.32 37.46	300m: 3:46.58	38.61	500m: 6:21.12	38.93	700m: 8:56.94	38.46
	150m: 1:50.06 38.74	350m: 4:25.22	38.64	550m: 7:00.30	39.18	750m: 9:35.35	38.41
	200m: 2:28.77 38.71	400m: 5:03.45	38.23	600m: 7:39.15	38.85	800m: 10:12.34	36.99
13.	Catarina Carvalho Pereira	03			Porto	10:15.52	488
	50m: 33.09 33.09	250m: 3:06.17	38.99	450m: 5:41.87	38.89	650m: 8:19.88	40.10
	100m: 1:10.13 37.04	300m: 3:44.94	38.77	500m: 6:21.32	39.45	700m: 8:59.21	39.33
	150m: 1:48.37 38.24	350m: 4:24.24	39.30	550m: 7:00.67	39.35	750m: 9:37.29	38.08
	200m: 2:27.18 38.81	400m: 5:02.98	38.74	600m: 7:39.78	39.11	800m: 10:15.52	38.23
14.	Ines Matos Sousa	03			Nautico /Urgicentro-Sanfil	10:19.09	480
	50m: 34.88 34.88	250m: 3:09.73	39.61	450m: 5:46.46	39.31	650m: 8:23.78	39.78
	100m: 1:12.40 37.52	300m: 3:48.83	39.10	500m: 6:25.53	39.07	700m: 9:02.46	38.68
	150m: 1:51.40 39.00	350m: 4:28.42	39.59	550m: 7:05.44	39.91	750m: 9:41.46	39.00
	200m: 2:30.12 38.72	400m: 5:07.15	38.73	600m: 7:44.00	38.56	800m: 10:19.09	37.63
15.	Matilde Vieira Pais	03			Galitos / Bresimar	10:20.12	477
	50m: 33.78 33.78	250m: 3:07.08	38.54	450m: 5:45.17	39.27	650m: 8:23.63	39.15
	100m: 1:12.06 38.28	300m: 3:46.75	39.67	500m: 6:24.87	39.70	700m: 9:03.57	39.94
	150m: 1:49.63 37.57	350m: 4:25.89	39.14	550m: 7:04.21	39.34	750m: 9:42.56	38.99
	200m: 2:28.54 38.91	400m: 5:05.90	40.01	600m: 7:44.48	40.27	800m: 10:20.12	37.56
16.	Constanca Mendes Gomes	03			Pimpoes/Cimai	10:21.02	475
	50m: 34.47 34.47	250m: 3:08.78	39.48	450m: 5:46.05	39.63	650m: 8:23.91	39.66
	100m: 1:11.90 37.43	300m: 3:48.11	39.33	500m: 6:25.16	39.11	700m: 9:03.93	40.02
	150m: 1:50.46 38.56	350m: 4:27.16	39.05	550m: 7:04.82	39.66	750m: 9:43.04	39.11
	200m: 2:29.30 38.84	400m: 5:06.42	39.26	600m: 7:44.25	39.43	800m: 10:21.02	37.98
17.	Beatriz Picanco Martins	03			Benfica	10:22.09	473
	50m: 33.66 33.66	250m: 3:08.50	39.48	450m: 5:44.35	39.33	650m: 8:24.62	39.85
	100m: 1:11.45 37.79	300m: 3:46.66	38.16	500m: 6:24.29	39.94	700m: 9:04.80	40.18
	150m: 1:50.48 39.03	350m: 4:25.66	39.00	550m: 7:04.64	40.35	750m: 9:43.82	39.02
	200m: 2:29.02 38.54	400m: 5:05.02	39.36	600m: 7:44.77	40.13	800m: 10:22.09	38.27
18.	Beatriz Moreira Carvalho	03			Rio Maior	10:34.09	446
	50m: 35.33 35.33	250m: 3:14.20	40.21	450m: 5:53.86	39.74	650m: 8:34.45	40.52
	100m: 1:13.67 38.34	300m: 3:53.84	39.64	500m: 6:33.50	39.64	700m: 9:14.74	40.29
	150m: 1:54.02 40.35	350m: 4:34.02	40.18	550m: 7:13.50	40.00	750m: 9:55.02	40.28
	200m: 2:33.99 39.97	400m: 5:14.12	40.10	600m: 7:53.93	40.43	800m: 10:34.09	39.07
19.	Adriana Freixo Barbosa	03			Viana Natacao	10:38.58	437
	50m: 33.51 33.51	250m: 3:10.94	40.00	450m: 5:52.99	40.87	650m: 8:37.26	40.89
	100m: 1:11.93 38.42	300m: 3:51.27	40.33	500m: 6:34.20	41.21	700m: 9:18.64	41.38
	150m: 1:50.97 39.04	350m: 4:31.35	40.08	550m: 7:15.14	40.94	750m: 9:59.28	40.64
	200m: 2:30.94 39.97	400m: 5:12.12	40.77	600m: 7:56.37	41.23	800m: 10:38.58	39.30

Prova 17, Femin., 800m Livres

Prova 17	Femin., 800m Livres				Seniores
31-03-2017					Resultados
Rec Nac Absoluto	8:36.21	Tamila Hryhorivna Holub	SCB	Coimbra	28-05-2016
Rec Nac Sen	8:36.58	Diana Margarida Duraes	SLB	Lisboa	18-02-2017
CMPL 22 +: 8:38.56 / TAC 50m: 9:34.67 - 25m: 9:24.28					

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Diana Margarida Duraes	96			Benfica	8:37.95	819
	50m: 30.37 30.37	250m: 2:40.73	33.16	450m: 4:51.79	32.81	650m: 7:02.14	32.67
	100m: 1:02.40 32.03	300m: 3:13.33	32.60	500m: 5:24.47	32.68	700m: 7:34.50	32.36
	150m: 1:35.06 32.66	350m: 3:46.35	33.02	550m: 5:57.08	32.61	750m: 8:06.90	32.40
	200m: 2:07.57 32.51	400m: 4:18.98	32.63	600m: 6:29.47	32.39	800m: 8:37.95	31.05
2.	Tamila Hryhorivna Holub	99			Braga	8:38.40	817
	50m: 31.08 31.08	250m: 2:41.43	33.19	450m: 4:52.15	32.42	650m: 7:02.38	32.80
	100m: 1:03.24 32.16	300m: 3:14.16	32.73	500m: 5:24.27	32.12	700m: 7:34.99	32.61
	150m: 1:35.75 32.51	350m: 3:47.09	32.93	550m: 5:57.04	32.77	750m: 8:07.57	32.58
	200m: 2:08.24 32.49	400m: 4:19.73	32.64	600m: 6:29.58	32.54	800m: 8:38.40	30.83
3.	Angelica Maria Andre	94			Fluvial Portuense	9:03.21	710
	50m: 31.65 31.65	250m: 2:47.46	34.38	450m: 5:04.13	34.48	650m: 7:20.69	34.31
	100m: 1:04.71 33.06	300m: 3:21.34	33.88	500m: 5:38.07	33.94	700m: 7:55.01	34.32
	150m: 1:39.08 34.37	350m: 3:55.64	34.30	550m: 6:12.33	34.26	750m: 8:29.30	34.29
	200m: 2:13.08 34.00	400m: 4:29.65	34.01	600m: 6:46.38	34.05	800m: 9:03.21	33.91
4.	Vania Soares Neves	90			Fluvial Portuense	9:10.48	683
	50m: 31.48 31.48	250m: 2:49.58	34.83	450m: 5:08.68	34.71	650m: 7:27.33	34.45
	100m: 1:05.48 34.00	300m: 3:24.46	34.88	500m: 5:43.63	34.95	700m: 8:02.45	35.12
	150m: 1:40.04 34.56	350m: 3:59.17	34.71	550m: 6:18.15	34.52	750m: 8:37.06	34.61
	200m: 2:14.75 34.71	400m: 4:33.97	34.80	600m: 6:52.88	34.73	800m: 9:10.48	33.42
5.	Carolina Mantua Guedes	98			Sporting	9:13.97	670
	50m: 31.36 31.36	250m: 2:48.58	34.70	450m: 5:09.39	35.15	650m: 7:30.70	35.13
	100m: 1:05.09 33.73	300m: 3:23.57	34.99	500m: 5:44.66	35.27	700m: 8:06.02	35.32
	150m: 1:39.47 34.38	350m: 3:58.82	35.25	550m: 6:19.84	35.18	750m: 8:39.90	33.88
	200m: 2:13.88 34.41	400m: 4:34.24	35.42	600m: 6:55.57	35.73	800m: 9:13.97	34.07
6.	Joana Beatriz Bernardo	99			Fundacao Beatriz Santos	9:17.73	656
	50m: 32.18 32.18	250m: 2:51.43	35.51	450m: 5:12.16	35.43	650m: 7:33.31	35.33
	100m: 1:06.13 33.95	300m: 3:26.41	34.98	500m: 5:47.41	35.25	700m: 8:08.33	35.02
	150m: 1:40.88 34.75	350m: 4:01.55	35.14	550m: 6:22.63	35.22	750m: 8:43.45	35.12
	200m: 2:15.92 35.04	400m: 4:36.73	35.18	600m: 6:57.98	35.35	800m: 9:17.73	34.28
7.	Beatriz Paulo Ranito	99			Sporting	9:21.31	644
	50m: 31.70 31.70	250m: 2:50.78	35.21	450m: 5:12.20	35.34	650m: 7:34.83	35.79
	100m: 1:05.85 34.15	300m: 3:25.73	34.95	500m: 5:47.44	35.24	700m: 8:10.31	35.48
	150m: 1:40.86 35.01	350m: 4:01.22	35.49	550m: 6:23.47	36.03	750m: 8:46.58	36.27
	200m: 2:15.57 34.71	400m: 4:36.86	35.64	600m: 6:59.04	35.57	800m: 9:21.31	34.73
8.	Raquel Paulo Ranito	94			Sporting	9:22.29	640
	50m: 31.18 31.18	250m: 2:51.83	35.68	450m: 5:13.99	35.44	650m: 7:36.37	35.61
	100m: 1:05.54 34.36	300m: 3:27.48	35.65	500m: 5:49.56	35.57	700m: 8:12.05	35.68
	150m: 1:40.74 35.20	350m: 4:03.01	35.53	550m: 6:25.27	35.71	750m: 8:47.55	35.50
	200m: 2:16.15 35.41	400m: 4:38.55	35.54	600m: 7:00.76	35.49	800m: 9:22.29	34.74
9.	Eva Guerreiro Carvalho	99			Uniao Piedense	9:31.60	610
	50m: 31.79 31.79	250m: 2:53.33	36.27	450m: 5:18.23	36.35	650m: 7:43.70	36.59
	100m: 1:05.83 34.04	300m: 3:29.52	36.19	500m: 5:54.26	36.03	700m: 8:20.00	36.30
	150m: 1:41.25 35.42	350m: 4:05.86	36.34	550m: 6:30.94	36.68	750m: 8:56.54	36.54
	200m: 2:17.06 35.81	400m: 4:41.88	36.02	600m: 7:07.11	36.17	800m: 9:31.60	35.06

Prova 17, Femin., 800m Livres, Seniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
10.	Maria Joao Fernandes	97			Fluvial Portuense	9:33.42	604
	50m: 32.43 32.43	250m: 2:57.41	36.70	450m: 5:22.55	35.38	650m: 7:47.13	35.95
	100m: 1:07.39 34.96	300m: 3:34.44	37.03	500m: 5:58.99	36.44	700m: 8:22.61	35.48
	150m: 1:43.85 36.46	350m: 4:10.82	36.38	550m: 6:35.10	36.11	750m: 8:58.36	35.75
	200m: 2:20.71 36.86	400m: 4:47.17	36.35	600m: 7:11.18	36.08	800m: 9:33.42	35.06
11.	Beatriz Barros Carmo	99			Alges	9:46.21	565
	50m: 31.43 31.43	250m: 2:54.46	36.43	450m: 5:23.47	37.34	650m: 7:53.82	37.53
	100m: 1:06.46 35.03	300m: 3:31.55	37.09	500m: 6:01.06	37.59	700m: 8:31.65	37.83
	150m: 1:41.86 35.40	350m: 4:08.71	37.16	550m: 6:39.02	37.96	750m: 9:09.16	37.51
	200m: 2:18.03 36.17	400m: 4:46.13	37.42	600m: 7:16.29	37.27	800m: 9:46.21	37.05
12.	Maria Beatriz Dias	99			Rio Maior	10:01.44	523
	50m: 33.25 33.25	250m: 3:01.68	37.76	450m: 5:33.66	38.52	650m: 8:07.86	38.70
	100m: 1:09.72 36.47	300m: 3:39.16	37.48	500m: 6:12.15	38.49	700m: 8:45.98	38.12
	150m: 1:46.84 37.12	350m: 4:17.23	38.07	550m: 6:50.90	38.75	750m: 9:24.55	38.57
	200m: 2:23.92 37.08	400m: 4:55.14	37.91	600m: 7:29.16	38.26	800m: 10:01.44	36.89