

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc A
Resultados

RN Esc A(25-29) 19:28.13 Carolina Santos Silva CNMAIA Coimbra 18-04-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Susana Maria Mateus	89	Litoral Alentejano	20:40.85		735	30,00
	100m: 1:17.05 1:17.05	500m: 6:42.62 1:21.52	900m: 12:14.44 1:23.68	1300m: 17:51.47 1:24.00			
	200m: 2:38.61 1:21.56	600m: 8:04.67 1:22.05	1000m: 13:39.06 1:24.62	1400m: 19:16.59 1:25.12			
	300m: 3:59.73 1:21.12	700m: 9:27.36 1:22.69	1100m: 15:03.28 1:24.22	1500m: 20:40.85 1:24.26			
	400m: 5:21.10 1:21.37	800m: 10:50.76 1:23.40	1200m: 16:27.47 1:24.19				
2.	Solange Ramalho Pereira	90	Propaganda da Natacao	22:44.28		553	26,00
	100m: 1:25.91 1:25.91	500m: 7:29.95 1:31.43	900m: 13:35.92 1:32.01	1300m: 19:45.17 1:31.75			
	200m: 2:56.57 1:30.66	600m: 9:00.63 1:30.68	1000m: 15:10.72 1:32.08	1400m: 21:16.41 1:31.24			
	300m: 4:27.57 1:31.00	700m: 10:32.06 1:31.43	1100m: 16:40.98 1:31.18	1500m: 22:44.28 1:27.87			
	400m: 5:58.52 1:30.95	800m: 12:03.91 1:31.85	1200m: 18:13.42 1:32.44				
3.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	22:45.38		551	22,00
	100m: 1:27.08 1:27.08	500m: 7:33.43 1:31.31	900m: 13:38.64 1:31.65	1300m: 19:44.47 1:31.55			
	200m: 2:58.27 1:31.19	600m: 9:04.85 1:31.42	1000m: 15:10.72 1:32.08	1400m: 21:15.40 1:30.93			
	300m: 4:30.10 1:31.83	700m: 10:35.85 1:31.00	1100m: 16:41.90 1:31.18	1500m: 22:45.38 1:29.98			
	400m: 6:02.12 1:32.02	800m: 12:06.99 1:31.14	1200m: 18:12.92 1:31.02				
4.	Ana Rita Mendes	91	Geslours	23:21.43		510	20,00
	100m: 1:21.78 1:21.78	500m: 7:25.08 1:32.93	900m: 13:46.32 1:35.98	1300m: 20:13.21 1:37.32			
	200m: 2:50.81 1:29.03	600m: 8:59.64 1:34.56	1000m: 15:23.20 1:36.88	1400m: 21:48.70 1:35.49			
	300m: 4:21.18 1:30.37	700m: 10:34.57 1:34.93	1100m: 16:59.95 1:36.75	1500m: 23:21.43 1:32.73			
	400m: 5:52.15 1:30.97	800m: 12:10.34 1:35.77	1200m: 18:35.89 1:35.94				
5.	Ana Raquel Lirio	90	Ginasio Santo Tirso	24:27.27		444	19,00
	100m: 1:28.14 1:28.14	500m: 7:54.65 1:38.64	900m: 14:27.65 1:39.30	1300m: 21:07.79 1:40.54			
	200m: 3:02.24 1:34.10	600m: 9:31.23 1:36.58	1000m: 16:07.76 1:40.11	1400m: 22:47.44 1:39.65			
	300m: 4:38.35 1:36.11	700m: 11:10.08 1:38.85	1100m: 17:46.73 1:38.97	1500m: 24:27.27 1:39.83			
	400m: 6:16.01 1:37.66	800m: 12:48.35 1:38.27	1200m: 19:27.25 1:40.52				
6.	Ana Raquel Barbosa	88	Geslours	26:05.08		366	18,00
	100m: 1:36.16 1:36.16	500m: 8:38.02 1:44.66	900m: 15:33.84 1:45.11	1300m: 22:35.81 1:46.11			
	200m: 3:22.59 1:46.43	600m: 10:21.38 1:43.36	1000m: 17:18.00 1:44.16	1400m: 24:21.63 1:45.82			
	300m: 5:07.66 1:45.07	700m: 12:05.45 1:44.07	1100m: 19:04.34 1:46.34	1500m: 26:05.08 1:43.45			
	400m: 6:53.36 1:45.70	800m: 13:48.73 1:43.28	1200m: 20:49.70 1:45.36				
7.	Helena Manuel Jose	90	Ginasio Santo Tirso	26:13.68		360	17,00
	100m: 1:28.93 1:28.93	500m: 8:09.03 1:45.57	900m: 15:20.72 1:48.42	1300m: 22:41.64 1:49.21			
	200m: 3:03.11 1:34.18	600m: 9:56.61 1:47.58	1000m: 17:06.65 1:45.93	1400m: 24:28.91 1:47.27			
	300m: 4:41.60 1:38.49	700m: 11:44.08 1:47.47	1100m: 18:52.83 1:46.18	1500m: 26:13.68 1:44.77			
	400m: 6:23.46 1:41.86	800m: 13:32.30 1:48.22	1200m: 20:52.43 1:59.60				
8.	Maria Joao Jose	90	Ginasio Santo Tirso	26:32.95		347	16,00
	100m: 1:32.87 1:32.87	500m: 8:31.46 1:50.73	900m: 15:43.31 1:48.70	1300m: 22:53.95 1:47.08			
	200m: 3:11.52 1:38.65	600m: 10:16.73 1:45.27	1000m: 17:32.51 1:49.20	1400m: 24:44.82 1:50.87			
	300m: 4:54.07 1:42.55	700m: 12:05.34 1:48.61	1100m: 19:19.48 1:46.97	1500m: 26:32.95 1:48.13			
	400m: 6:40.73 1:46.66	800m: 13:54.61 1:49.27	1200m: 21:06.87 1:47.39				

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1, Femin., 1500m Livres

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc B
Resultados

RN Esc B(30-34) 19:40.73 Carolina Santos Silva CNMAIA Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carolina Santos Silva <i>Rec Nacional Escalão B</i>	86	Propaganda da Natacao	19:27.87		945	30,00
	100m: 1:15.72 1:15.72	500m: 6:26.56 1:18.08	900m: 11:40.09 1:18.11	1300m: 16:53.59 1:18.81			
	200m: 2:33.15 1:17.43	600m: 7:44.60 1:18.04	1000m: 12:58.20 1:18.11	1400m: 18:11.98 1:18.39			
	300m: 3:50.70 1:17.55	700m: 9:03.05 1:18.45	1100m: 14:16.08 1:17.88	1500m: 19:27.87 1:15.89			
	400m: 5:08.48 1:17.78	800m: 10:21.98 1:18.93	1200m: 15:34.78 1:18.70				
2.	Sara Daniela Rodrigues	87	Galitos / Bresimar	22:02.85		650	26,00
	100m: 1:23.13 1:23.13	500m: 7:11.56 1:28.70	900m: 13:08.11 1:30.22	1300m: 19:06.24 1:29.79			
	200m: 2:48.72 1:25.59	600m: 8:39.23 1:27.67	1000m: 14:38.24 1:30.13	1400m: 20:35.59 1:29.35			
	300m: 4:15.85 1:27.13	700m: 10:08.61 1:29.38	1100m: 16:07.32 1:29.08	1500m: 22:02.85 1:27.26			
	400m: 5:42.86 1:27.01	800m: 11:37.89 1:29.28	1200m: 17:36.45 1:29.13				
3.	Ana Filipa Miranda	85	Galitos / Bresimar	23:28.55		538	22,00
	100m: 1:24.73 1:24.73	500m: 7:43.72 1:33.24	900m: 14:03.94 1:36.09	1300m: 20:26.54 1:35.00			
	200m: 3:00.11 1:35.38	600m: 9:18.26 1:34.54	1000m: 15:39.91 1:35.97	1400m: 22:00.43 1:33.89			
	300m: 4:34.85 1:34.74	700m: 10:52.87 1:34.61	1100m: 17:16.57 1:36.66	1500m: 23:28.55 1:28.12			
	400m: 6:10.48 1:35.63	800m: 12:27.85 1:34.98	1200m: 18:51.54 1:34.97				
4.	Ana Oliveira Sousa	85	Academica de Coimbra	23:40.28		525	20,00
	100m: 1:27.86 1:27.86	500m: 7:42.59 1:35.98	900m: 14:09.14 1:36.65	1300m: 20:32.35 1:35.67			
	200m: 2:58.17 1:30.31	600m: 9:19.85 1:37.26	1000m: 15:45.19 1:36.05	1400m: 22:06.71 1:34.36			
	300m: 4:31.27 1:33.10	700m: 10:55.18 1:35.33	1100m: 17:21.92 1:36.73	1500m: 23:40.28 1:33.57			
	400m: 6:06.61 1:35.34	800m: 12:32.49 1:37.31	1200m: 18:56.68 1:34.76				
5.	Rita Loureiro Pinto	85	Ginasio Clube	24:46.29		458	19,00
	100m: 1:33.79 1:33.79	500m: 8:12.87 1:40.11	900m: 14:51.76 1:39.69	1300m: 21:31.45 1:40.27			
	200m: 3:12.86 1:39.07	600m: 9:52.87 1:40.00	1000m: 16:31.33 1:39.57	1400m: 23:11.74 1:40.29			
	300m: 4:53.10 1:40.24	700m: 11:32.58 1:39.71	1100m: 18:10.90 1:39.57	1500m: 24:46.29 1:34.55			
	400m: 6:32.76 1:39.66	800m: 13:12.07 1:39.49	1200m: 19:51.18 1:40.28				
6.	Joana Margarida Gaspar	83	Nadadores dos Estoris	24:52.09		453	18,00
	100m: 1:32.47 1:32.47	500m: 8:07.57 1:38.68	900m: 14:46.96 1:41.87	1300m: 21:32.22 1:41.56			
	200m: 3:11.28 1:38.81	600m: 9:46.48 1:38.91	1000m: 16:28.68 1:41.72	1400m: 23:12.64 1:40.42			
	300m: 4:49.84 1:38.56	700m: 11:24.45 1:37.97	1100m: 18:09.92 1:41.24	1500m: 24:52.09 1:39.45			
	400m: 6:28.89 1:39.05	800m: 13:05.09 1:40.64	1200m: 19:50.66 1:40.74				
7.	Ana Catarina Milhazes	85	Leixoes	30:56.73		235	17,00
	100m: 1:57.46 1:57.46	500m: 10:13.10 2:04.90	900m: 18:35.33 2:07.84	1300m: 26:55.87 2:04.22			
	200m: 4:00.25 2:02.79	600m: 12:18.90 2:05.80	1000m: 20:41.23 2:05.90	1400m: 28:57.94 2:02.07			
	300m: 6:03.67 2:03.42	700m: 14:23.63 2:04.73	1100m: 22:46.76 2:05.53	1500m: 30:56.73 1:58.79			
	400m: 8:08.20 2:04.53	800m: 16:27.49 2:03.86	1200m: 24:51.65 2:04.89				
8.	Ana Sofia Uhlfelder	83	Fluvial Portuense	30:59.39		234	16,00
	100m: 1:48.70 1:48.70	500m: 9:59.20 2:04.36	900m: 18:18.07 2:05.92	1300m: 26:49.24 2:07.52			
	200m: 3:49.97 2:01.27	600m: 12:03.64 2:04.44	1000m: 20:26.02 2:07.95	1400m: 28:57.62 2:08.38			
	300m: 5:50.85 2:00.88	700m: 14:07.54 2:03.90	1100m: 22:33.43 2:07.41	1500m: 30:59.39 2:01.77			
	400m: 7:54.84 2:03.99	800m: 16:12.15 2:04.61	1200m: 24:41.72 2:08.29				

Prova 1, Femin., 1500m Livres

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc C
Resultados

RN Esc C(35-39) 18:50.82 Ana Paula Grilo UDCA Swansea (GBR) 03-03-2006

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Mafalda Sofia Moreira	79	Benedita	21:09.98		708	30,00
	100m: 1:22.71 1:22.71	500m: 7:05.50 1:25.34	900m: 12:44.02 1:25.18	1300m: 18:24.78 1:25.12			
	200m: 2:48.73 1:26.02	600m: 8:29.78 1:24.28	1000m: 14:08.97 1:24.95	1400m: 19:49.34 1:24.56			
	300m: 4:14.75 1:26.02	700m: 9:54.21 1:24.43	1100m: 15:34.30 1:25.33	1500m: 21:09.98 1:20.64			
	400m: 5:40.16 1:25.41	800m: 11:18.84 1:24.63	1200m: 16:59.66 1:25.36				
2.	Maria Ana Fonseca	82	Fluvial Portuense	24:38.86		448	26,00
	100m: 1:33.57 1:33.57	500m: 8:13.38 1:40.07	900m: 14:51.40 1:39.38	1300m: 21:25.32 1:38.28			
	200m: 3:12.86 1:39.29	600m: 9:53.55 1:40.17	1000m: 16:31.22 1:39.82	1400m: 23:02.37 1:37.05			
	300m: 4:53.22 1:40.36	700m: 11:32.70 1:39.15	1100m: 18:09.77 1:38.55	1500m: 24:38.86 1:36.49			
	400m: 6:33.31 1:40.09	800m: 13:12.02 1:39.32	1200m: 19:47.04 1:37.27				
3.	Helena Sofia Andrade	82	Galitos / Bresimar	24:43.36		444	22,00
	100m: 1:33.02 1:33.02	500m: 8:11.61 1:39.92	900m: 14:50.80 1:39.23	1300m: 21:26.59 1:39.75			
	200m: 3:11.03 1:38.01	600m: 9:51.78 1:40.17	1000m: 16:29.86 1:39.06	1400m: 23:06.50 1:39.91			
	300m: 4:51.82 1:40.79	700m: 11:31.80 1:40.02	1100m: 18:08.29 1:38.43	1500m: 24:43.36 1:36.86			
	400m: 6:31.69 1:39.87	800m: 13:11.57 1:39.77	1200m: 19:46.84 1:38.55				
4.	Liliana Elisabete Baptista	78	Leixoes	25:11.20		420	20,00
	100m: 1:27.89 1:27.89	500m: 7:59.77 1:39.68	900m: 14:45.91 1:42.68	1300m: 21:41.93 1:45.33			
	200m: 3:02.61 1:34.72	600m: 9:40.47 1:40.70	1000m: 16:28.78 1:42.87	1400m: 23:28.44 1:46.51			
	300m: 4:40.16 1:37.55	700m: 11:21.92 1:41.45	1100m: 18:12.02 1:43.24	1500m: 25:11.20 1:42.76			
	400m: 6:20.09 1:39.93	800m: 13:03.23 1:41.31	1200m: 19:56.60 1:44.58				
5.	Monica Sofia Peixe	81	Colegio Monte Maior	25:50.23		389	19,00
	100m: 1:35.56 1:35.56	500m: 8:35.14 1:46.14	900m: 15:35.29 1:44.77	1300m: 22:31.39 1:42.88			
	200m: 3:19.09 1:43.53	600m: 10:20.55 1:45.41	1000m: 17:19.72 1:44.43	1400m: 24:13.48 1:42.09			
	300m: 5:03.59 1:44.50	700m: 12:04.74 1:44.19	1100m: 19:04.69 1:44.97	1500m: 25:50.23 1:36.75			
	400m: 6:49.00 1:45.41	800m: 13:50.52 1:45.78	1200m: 20:48.51 1:43.82				
6.	Marta Martins Ferreira	79	Funcao Publica	26:42.85		352	18,00
	100m: 1:38.31 1:38.31	500m: 8:44.83 1:46.93	900m: 15:54.64 1:47.41	1300m: 23:09.67 1:50.25			
	200m: 3:24.61 1:46.30	600m: 10:31.64 1:46.81	1000m: 17:42.80 1:48.16	1400m: 24:57.67 1:48.00			
	300m: 5:11.31 1:46.70	700m: 12:19.49 1:47.85	1100m: 19:30.58 1:47.78	1500m: 26:42.85 1:45.18			
	400m: 6:57.90 1:46.59	800m: 14:07.23 1:47.74	1200m: 21:19.42 1:48.84				
7.	Carmen Silvia Malheiros	81	Litoral Alentejano	28:59.66		275	17,00
	100m: 1:48.11 1:48.11	500m: 9:33.06 1:56.48	900m: 17:21.99 1:58.05	1300m: 25:14.42 1:57.56			
	200m: 3:42.50 1:54.39	600m: 11:30.16 1:57.10	1000m: 19:20.76 1:58.77	1400m: 27:11.35 1:56.93			
	300m: 5:39.09 1:56.59	700m: 13:26.64 1:56.48	1100m: 21:20.53 1:59.77	1500m: 28:59.66 1:48.31			
	400m: 7:36.58 1:57.49	800m: 15:23.94 1:57.30	1200m: 23:16.86 1:56.33				

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1, Femin., 1500m Livres

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc D
Resultados

RN Esc D(40-44) 20:45.77 Ines Maria Rothes CFP Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carla Santa Barbara	75	Porto	21:03.16		736	30,00
	100m: 1:16.31 1:16.31	500m: 6:52.65 1:25.05	900m: 12:29.97 1:24.16	1300m: 18:13.66 1:26.80			
	200m: 2:39.37 1:23.06	600m: 8:17.64 1:24.99	1000m: 13:55.51 1:25.54	1400m: 19:40.52 1:26.86			
	300m: 4:03.48 1:24.11	700m: 9:41.51 1:23.87	1100m: 15:21.05 1:25.54	1500m: 21:03.16 1:22.64			
	400m: 5:27.60 1:24.12	800m: 11:05.81 1:24.30	1200m: 16:46.86 1:25.81				
2.	Ines Maria Rothes	73	Fluvial Portuense	21:09.87		724	26,00
	100m: 1:17.50 1:17.50	500m: 6:55.17 1:25.68	900m: 12:38.15 1:25.32	1300m: 18:20.57 1:25.42			
	200m: 2:40.02 1:22.52	600m: 8:20.72 1:25.55	1000m: 14:03.79 1:25.64	1400m: 19:45.98 1:25.41			
	300m: 4:04.13 1:24.11	700m: 9:47.13 1:26.41	1100m: 15:29.77 1:25.98	1500m: 21:09.87 1:23.89			
	400m: 5:29.49 1:25.36	800m: 11:12.83 1:25.70	1200m: 16:55.15 1:25.38				
3.	Maria Luisa Costa	74	Fluvial Portuense	21:52.29		656	22,00
	100m: 1:21.44 1:21.44	500m: 7:10.27 1:27.62	900m: 13:01.96 1:28.58	1300m: 18:56.36 1:28.64			
	200m: 2:47.67 1:26.23	600m: 8:37.36 1:27.09	1000m: 14:31.36 1:29.40	1400m: 20:24.92 1:28.56			
	300m: 4:15.01 1:27.34	700m: 10:05.30 1:27.94	1100m: 15:59.25 1:27.89	1500m: 21:52.29 1:27.37			
	400m: 5:42.65 1:27.64	800m: 11:33.38 1:28.08	1200m: 17:27.72 1:28.47				
4.	Joana Maria Faria	74	Leixoes	23:45.66		512	20,00
	100m: 1:29.81 1:29.81	500m: 7:53.88 1:36.19	900m: 14:18.31 1:35.93	1300m: 20:42.22 1:36.90			
	200m: 3:05.30 1:35.49	600m: 9:29.68 1:35.80	1000m: 15:54.19 1:35.88	1400m: 22:16.31 1:34.09			
	300m: 4:41.55 1:36.25	700m: 11:05.86 1:36.18	1100m: 17:29.53 1:35.34	1500m: 23:45.66 1:29.35			
	400m: 6:17.69 1:36.14	800m: 12:42.38 1:36.52	1200m: 19:05.32 1:35.79				
5.	Filipa Cristina Fernandes	76	Geslours	23:46.75		511	19,00
	100m: 1:27.91 1:27.91	500m: 7:52.37 1:36.03	900m: 14:16.12 1:36.08	1300m: 20:40.57 1:36.94			
	200m: 3:03.58 1:35.67	600m: 9:28.22 1:35.85	1000m: 15:52.35 1:36.23	1400m: 22:15.29 1:34.72			
	300m: 4:40.16 1:36.58	700m: 11:04.47 1:36.25	1100m: 17:27.90 1:35.55	1500m: 23:46.75 1:31.46			
	400m: 6:16.34 1:36.18	800m: 12:40.04 1:35.57	1200m: 19:03.63 1:35.73				
6.	Ana Lanca Rodrigues	73	Geslours	24:35.20		462	18,00
	100m: 1:27.58 1:27.58	500m: 7:59.63 1:39.00	900m: 14:39.01 1:40.25	1300m: 21:19.92 1:39.93			
	200m: 3:02.23 1:34.65	600m: 9:38.45 1:38.82	1000m: 16:19.65 1:40.64	1400m: 22:59.54 1:39.62			
	300m: 4:41.58 1:39.35	700m: 11:17.68 1:39.23	1100m: 17:59.54 1:39.89	1500m: 24:35.20 1:35.66			
	400m: 6:20.63 1:39.05	800m: 12:58.76 1:41.08	1200m: 19:39.99 1:40.45				
7.	Ana Sofia Moutela	77	Galitos / Bresimar	24:40.99		457	17,00
	100m: 1:33.87 1:33.87	500m: 8:12.83 1:40.39	900m: 14:52.56 1:40.12	1300m: 21:28.76 1:40.34			
	200m: 3:13.01 1:39.14	600m: 9:52.64 1:39.81	1000m: 16:31.66 1:39.10	1400m: 23:08.38 1:39.62			
	300m: 4:52.48 1:39.47	700m: 11:32.11 1:39.47	1100m: 18:09.89 1:38.23	1500m: 24:40.99 1:32.61			
	400m: 6:32.44 1:39.96	800m: 13:12.44 1:40.33	1200m: 19:48.42 1:38.53				
8.	Sandra Santa Barbara	75	Ginasio Santo Tirso	25:03.83		436	16,00
	100m: 1:26.16 1:26.16	500m: 8:01.51 1:41.02	900m: 14:45.32 1:41.92	1300m: 21:38.12 1:43.12			
	200m: 3:01.69 1:35.53	600m: 9:42.37 1:40.86	1000m: 16:28.67 1:43.35	1400m: 23:22.97 1:44.85			
	300m: 4:40.04 1:38.35	700m: 11:23.02 1:40.65	1100m: 18:11.54 1:42.87	1500m: 25:03.83 1:40.86			
	400m: 6:20.49 1:40.45	800m: 13:03.40 1:40.38	1200m: 19:55.00 1:43.46				
9.	Ana Cristina Oliveira	76	Galitos / Bresimar	25:40.01		406	14,00
	100m: 1:38.61 1:38.61	500m: 8:30.18 1:42.87	900m: 15:21.89 1:42.97	1300m: 22:17.03 1:43.86			
	200m: 3:20.76 1:42.15	600m: 10:12.92 1:42.74	1000m: 17:05.45 1:43.56	1400m: 23:59.95 1:42.92			
	300m: 5:04.14 1:43.38	700m: 11:55.72 1:42.80	1100m: 18:49.65 1:44.20	1500m: 25:40.01 1:40.06			
	400m: 6:47.31 1:43.17	800m: 13:38.92 1:43.20	1200m: 20:33.17 1:43.52				

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1, Femin., 1500m Livres

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc E
Resultados

RN Esc E(45-49) 20:49.12 Ana Paula Grilo NDCO Swansea (GBR) 08-03-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Rita Miguel Reina	72	Colegio Monte Maior	23:02.55		715	30,00
	100m: 1:27.29 1:27.29		500m: 7:33.97 1:31.65	900m: 13:43.48 1:32.88	1300m: 19:58.32 1:33.67		
	200m: 2:58.40 1:31.11		600m: 9:06.08 1:32.11	1000m: 15:16.71 1:33.23	1400m: 21:31.71 1:33.39		
	300m: 4:30.24 1:31.84		700m: 10:38.30 1:32.22	1100m: 16:50.21 1:33.50	1500m: 23:02.55 1:30.84		
	400m: 6:02.32 1:32.08		800m: 12:10.60 1:32.30	1200m: 18:24.65 1:34.44			
2.	Ana Paula Sequeira	68	Gafanha da Encarnacao	25:06.48		552	26,00
	100m: 1:33.11 1:33.11		500m: 8:12.74 1:40.35	900m: 14:58.73 1:42.02	1300m: 21:46.93 1:41.93		
	200m: 3:11.59 1:38.48		600m: 9:53.72 1:40.98	1000m: 16:40.47 1:41.74	1400m: 23:29.15 1:42.22		
	300m: 4:51.88 1:40.29		700m: 11:35.40 1:41.68	1100m: 18:22.88 1:42.41	1500m: 25:06.48 1:37.33		
	400m: 6:32.39 1:40.51		800m: 13:16.71 1:41.31	1200m: 20:05.00 1:42.12			
3.	Filipa Margarida Ferreira	69	Fluvial Portuense	25:24.80		532	22,00
	100m: 1:40.39 1:40.39		500m: 8:38.73 1:42.48	900m: 15:28.48 1:43.14	1300m: 22:13.51 1:39.81		
	200m: 3:27.34 1:46.95		600m: 10:21.81 1:43.08	1000m: 17:11.35 1:42.87	1400m: 23:51.03 1:37.52		
	300m: 5:12.06 1:44.72		700m: 12:02.97 1:41.16	1100m: 18:52.28 1:40.93	1500m: 25:24.80 1:33.77		
	400m: 6:56.25 1:44.19		800m: 13:45.34 1:42.37	1200m: 20:33.70 1:41.42			
4.	Fernanda Maria Santinha	72	Masters de Almada	27:57.03		400	20,00
	100m: 1:42.04 1:42.04		500m: 9:10.70 1:53.78	900m: 16:42.97 1:53.33	1300m: 24:14.13 1:53.17		
	200m: 3:33.10 1:51.06		600m: 11:03.96 1:53.26	1000m: 18:35.14 1:52.17	1400m: 26:06.14 1:52.01		
	300m: 5:24.22 1:51.12		700m: 12:57.08 1:53.12	1100m: 20:28.48 1:53.34	1500m: 27:57.03 1:50.89		
	400m: 7:16.92 1:52.70		800m: 14:49.64 1:52.56	1200m: 22:20.96 1:52.48			
5.	Luisa Lopes Agante	71	Leixoes	28:08.23		392	19,00
	100m: 1:38.95 1:38.95		500m: 9:08.66 1:54.51	900m: 16:46.35 1:55.47	1300m: 24:24.96 1:54.21		
	200m: 3:27.23 1:48.28		600m: 11:01.72 1:53.06	1000m: 18:41.48 1:55.13	1400m: 26:18.91 1:53.95		
	300m: 5:20.32 1:53.09		700m: 12:55.86 1:54.14	1100m: 20:36.03 1:54.55	1500m: 28:08.23 1:49.32		
	400m: 7:14.15 1:53.83		800m: 14:50.88 1:55.02	1200m: 22:30.75 1:54.72			
6.	Maria Manuela Ferreira	70	Leixoes	28:37.01		373	18,00
	100m: 1:51.40 1:51.40		500m: 9:35.84 1:54.03	900m: 17:14.87 1:57.21	1300m: 24:56.16 1:54.15		
	200m: 3:47.42 1:56.02		600m: 11:30.19 1:54.35	1000m: 19:11.21 1:56.34	1400m: 26:48.85 1:52.69		
	300m: 5:44.21 1:56.79		700m: 13:23.67 1:53.48	1100m: 21:08.10 1:56.89	1500m: 28:37.01 1:48.16		
	400m: 7:41.81 1:57.60		800m: 15:17.66 1:53.99	1200m: 23:02.01 1:53.91			
7.	Ana Bernardo Barbara	70	Portinado	32:43.87		249	17,00
	100m: 1:59.30 1:59.30		500m: 10:47.41 2:11.49	900m: 19:34.55 2:11.18	1300m: 28:26.29 2:12.88		
	200m: 4:10.62 2:11.32		600m: 12:59.28 2:11.87	1000m: 21:47.95 2:13.40	1400m: 30:36.97 2:10.68		
	300m: 6:22.97 2:12.35		700m: 15:11.84 2:12.56	1100m: 24:00.19 2:12.24	1500m: 32:43.87 2:06.90		
	400m: 8:35.92 2:12.95		800m: 17:23.37 2:11.53	1200m: 26:13.41 2:13.22			

Prova 1, Femin., 1500m Livres

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc F
Resultados

RN Esc F(50-54) 24:02.48 Rita Cabral Guimaraes CFP Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Maria Helena Carmo <i>Rec Nacional Escalão F</i>	66	Alges	22:46.52		900	30,00
	100m: 1:26.62 1:26.62	500m: 7:29.23 1:31.17	900m: 13:35.88 1:32.17	1300m: 19:45.81 1:32.00			
	200m: 2:56.99 1:30.37	600m: 9:00.32 1:31.09	1000m: 15:08.32 1:32.44	1400m: 21:17.00 1:31.19			
	300m: 4:27.57 1:30.58	700m: 10:31.91 1:31.59	1100m: 16:40.76 1:32.44	1500m: 22:46.52 1:29.52			
	400m: 5:58.06 1:30.49	800m: 12:03.71 1:31.80	1200m: 18:13.81 1:33.05				
2.	Laura Manuela Miranda	67	Alges	24:29.66		723	26,00
	100m: 1:31.41 1:31.41	500m: 8:05.89 1:38.57	900m: 14:38.73 1:38.05	1300m: 21:16.63 1:39.95			
	200m: 3:10.20 1:38.79	600m: 9:44.27 1:38.38	1000m: 16:17.65 1:38.92	1400m: 22:54.30 1:37.67			
	300m: 4:48.53 1:38.33	700m: 11:21.88 1:37.61	1100m: 17:57.51 1:39.86	1500m: 24:29.66 1:35.36			
	400m: 6:27.32 1:38.79	800m: 13:00.68 1:38.80	1200m: 19:36.68 1:39.17				
3.	Rita Cabral Guimaraes	64	Fluvial Portuense	25:24.29		648	22,00
	100m: 1:32.69 1:32.69	500m: 8:19.66 1:41.04	900m: 15:07.52 1:42.65	1300m: 22:02.03 1:43.94			
	200m: 3:15.04 1:42.35	600m: 10:00.98 1:41.32	1000m: 16:50.50 1:42.98	1400m: 23:46.15 1:44.12			
	300m: 4:56.75 1:41.71	700m: 11:42.62 1:41.64	1100m: 18:34.17 1:43.67	1500m: 25:24.29 1:38.14			
	400m: 6:38.62 1:41.87	800m: 13:24.87 1:42.25	1200m: 20:18.09 1:43.92				
4.	Maria Adriana Viseu	66	Leixoes	26:40.14		560	20,00
	100m: 1:36.75 1:36.75	500m: 8:47.75 1:48.14	900m: 16:03.03 1:48.85	1300m: 23:13.05 1:46.77			
	200m: 3:22.78 1:46.03	600m: 10:35.42 1:47.67	1000m: 17:50.83 1:47.80	1400m: 24:59.34 1:46.29			
	300m: 5:10.28 1:47.50	700m: 12:24.61 1:49.19	1100m: 19:37.86 1:47.03	1500m: 26:40.14 1:40.80			
	400m: 6:59.61 1:49.33	800m: 14:14.18 1:49.57	1200m: 21:26.28 1:48.42				
5.	Maria Margarida Urbano	63	Academica de Coimbra	27:39.91		502	19,00
	100m: 1:41.27 1:41.27	500m: 9:01.35 1:50.54	900m: 16:27.99 1:52.11	1300m: 23:56.27 1:52.23			
	200m: 3:28.58 1:47.31	600m: 10:53.33 1:51.98	1000m: 18:20.25 1:52.26	1400m: 25:49.09 1:52.82			
	300m: 5:19.52 1:50.94	700m: 12:44.97 1:51.64	1100m: 20:12.48 1:52.23	1500m: 27:39.91 1:50.82			
	400m: 7:10.81 1:51.29	800m: 14:35.88 1:50.91	1200m: 22:04.04 1:51.56				
6.	Maria Madalena Caninas	63	Masters de Almada	28:54.93		439	18,00
	100m: 1:42.16 1:42.16	500m: 9:26.98 1:57.88	900m: 17:17.88 1:56.14	1300m: 25:08.09 1:56.63			
	200m: 3:35.70 1:53.54	600m: 11:24.22 1:57.24	1000m: 19:15.58 1:57.70	1400m: 27:04.74 1:56.65			
	300m: 5:31.67 1:55.97	700m: 13:22.38 1:58.16	1100m: 21:12.71 1:57.13	1500m: 28:54.93 1:50.19			
	400m: 7:29.10 1:57.43	800m: 15:21.74 1:59.36	1200m: 23:11.46 1:58.75				
7.	Delfina Maria Martins	66	Ginasio Santo Tirso	33:39.91		278	17,00
	100m: 2:06.56 2:06.56	500m: 11:04.93 2:15.86	900m: 20:06.75 2:14.43	1300m: 29:11.23 2:16.35			
	200m: 4:17.41 2:10.85	600m: 13:20.50 2:15.57	1000m: 22:22.74 2:15.99	1400m: 31:26.52 2:15.29			
	300m: 6:33.22 2:15.81	700m: 15:37.21 2:16.71	1100m: 24:38.26 2:15.52	1500m: 33:39.91 2:13.39			
	400m: 8:49.07 2:15.85	800m: 17:52.32 2:15.11	1200m: 26:54.88 2:16.62				

Prova 1, Femin., 1500m Livres

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc G
Resultados

RN Esc G(55-59) 22:39.90 Elena Nikolaevna Kraeva ADRICMM Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Maria Santos Fernandes	62	Leixoes	27:27.99		635	30,00
	100m: 1:43.12 1:43.12	500m: 9:04.42 1:50.52	900m: 16:25.19 1:50.51	1300m: 23:47.76 1:50.75			
	200m: 3:33.53 1:50.41	600m: 10:54.18 1:49.76	1000m: 18:16.16 1:50.97	1400m: 25:39.37 1:51.61			
	300m: 5:23.76 1:50.23	700m: 12:44.17 1:49.99	1100m: 20:06.35 1:50.19	1500m: 27:27.99 1:48.62			
	400m: 7:13.90 1:50.14	800m: 14:34.68 1:50.51	1200m: 21:57.01 1:50.66				
2.	Wanda Maria Gao	62	Portinado	29:58.61		488	26,00
	100m: 1:50.42 1:50.42	500m: 9:48.96 2:00.93	900m: 17:55.88 2:03.24	1300m: 26:06.07 2:00.63			
	200m: 3:48.77 1:58.35	600m: 11:49.03 2:00.07	1000m: 20:00.09 2:04.21	1400m: 28:06.08 2:00.01			
	300m: 5:48.45 1:59.68	700m: 13:50.70 2:01.67	1100m: 22:03.26 2:03.17	1500m: 29:58.61 1:52.53			
	400m: 7:48.03 1:59.58	800m: 15:52.64 2:01.94	1200m: 24:05.44 2:02.18				
3.	Anette Kind	61	Leixoes	31:18.92		428	22,00
	100m: 1:55.08 1:55.08	500m: 10:10.87 2:05.97	900m: 18:34.98 2:06.83	1300m: 27:06.95 2:08.79			
	200m: 3:57.74 2:02.66	600m: 12:16.92 2:06.05	1000m: 20:43.30 2:08.32	1400m: 29:14.88 2:07.93			
	300m: 6:00.62 2:02.88	700m: 14:22.75 2:05.83	1100m: 22:48.72 2:05.42	1500m: 31:18.92 2:04.04			
	400m: 8:04.90 2:04.28	800m: 16:28.15 2:05.40	1200m: 24:58.16 2:09.44				
4.	Ana Paula Almeida	58	Fluvial Portuense	35:08.54		303	20,00
	100m: 1:59.38 1:59.38	500m: 11:13.87 2:21.30	900m: 20:41.54 2:24.35	1300m: 30:19.44 2:27.11			
	200m: 4:15.26 2:15.88	600m: 13:33.75 2:19.88	1000m: 23:06.97 2:25.43	1400m: 32:46.15 2:26.71			
	300m: 6:32.89 2:17.63	700m: 15:55.11 2:21.36	1100m: 25:28.14 2:21.17	1500m: 35:08.54 2:22.39			
	400m: 8:52.57 2:19.68	800m: 18:17.19 2:22.08	1200m: 27:52.33 2:24.19				

Prova 1
25-02-2017

Femin., 1500m Livres

Master Esc I
Resultados

RN Esc I(65-69) 25:32.87 Ana Maria Ferreira SAD Coimbra 18-04-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Ana Maria Ferreira <i>Rec Nacional Escalão I</i>	50	Alges	24:56.65		1058	30,00
	100m: 1:34.74 1:34.74	500m: 8:13.81 1:39.74	900m: 14:55.04 1:40.61	1300m: 21:38.65 1:41.33			
	200m: 3:13.69 1:38.95	600m: 9:54.14 1:40.33	1000m: 16:36.15 1:41.11	1400m: 23:19.24 1:40.59			
	300m: 4:53.91 1:40.22	700m: 11:34.05 1:39.91	1100m: 18:16.68 1:40.53	1500m: 24:56.65 1:37.41			
	400m: 6:34.07 1:40.16	800m: 13:14.43 1:40.38	1200m: 19:57.32 1:40.64				

Prova 1, Femin., 1500m Livres

Prova 1	Femin., 1500m Livres					Absoluto
25-02-2017						Resultados
RN Esc A(25-29)	19:28.13	Carolina Santos Silva	CNMAIA	Coimbra		18-04-2015
RN Esc B(30-34)	19:40.73	Carolina Santos Silva	CNMAIA	Rio Maior		20-02-2016
RN Esc C(35-39)	18:50.82	Ana Paula Grilo	UDCA	Swansea (GBR)		03-03-2006
RN Esc D(40-44)	20:45.77	Ines Maria Rothes	CFP	Rio Maior		20-02-2016
RN Esc E(45-49)	20:49.12	Ana Paula Grilo	NDCO	Swansea (GBR)		08-03-2014
RN Esc F(50-54)	24:02.48	Rita Cabral Guimaraes	CFP	Rio Maior		20-02-2016
RN Esc G(55-59)	22:39.90	Elena Nikolaevna Kraeva	ADRCIMM	Rio Maior		20-02-2016
RN Esc H(60-64)	32:45.22	Isabel Costa Monteiro	AAC	Rio Maior		20-02-2016
RN Esc I(65-69)	25:32.87	Ana Maria Ferreira	SAD	Coimbra		18-04-2015
RN Esc J(70-74)	59:00.00					
RN Esc K(75-79)	59:00.00					
RN Esc L(80-84)	59:00.00					

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carolina Santos Silva <i>Rec Nacional Escalão B</i>	86	Propaganda da Natacao	19:27.87		945	30,00
	100m: 1:15.72 1:15.72	500m: 6:26.56 1:18.08	900m: 11:40.09 1:18.11	1300m: 16:53.59 1:18.81			
	200m: 2:33.15 1:17.43	600m: 7:44.60 1:18.04	1000m: 12:58.20 1:18.11	1400m: 18:11.98 1:18.39			
	300m: 3:50.70 1:17.55	700m: 9:03.05 1:18.45	1100m: 14:16.08 1:17.88	1500m: 19:27.87 1:15.89			
	400m: 5:08.48 1:17.78	800m: 10:21.98 1:18.93	1200m: 15:34.78 1:18.70				
2.	Susana Maria Mateus	89	Litoral Alentejano	20:40.85		735	30,00
	100m: 1:17.05 1:17.05	500m: 6:42.62 1:21.52	900m: 12:14.44 1:23.68	1300m: 17:51.47 1:24.00			
	200m: 2:38.61 1:21.56	600m: 8:04.67 1:22.05	1000m: 13:39.06 1:24.62	1400m: 19:16.59 1:25.12			
	300m: 3:59.73 1:21.12	700m: 9:27.36 1:22.69	1100m: 15:03.28 1:24.22	1500m: 20:40.85 1:24.26			
	400m: 5:21.10 1:21.37	800m: 10:50.76 1:23.40	1200m: 16:27.47 1:24.19				
3.	Carla Santa Barbara	75	Porto	21:03.16		736	30,00
	100m: 1:16.31 1:16.31	500m: 6:52.65 1:25.05	900m: 12:29.97 1:24.16	1300m: 18:13.66 1:26.80			
	200m: 2:39.37 1:23.06	600m: 8:17.64 1:24.99	1000m: 13:55.51 1:25.54	1400m: 19:40.52 1:26.86			
	300m: 4:03.48 1:24.11	700m: 9:41.51 1:23.87	1100m: 15:21.05 1:25.54	1500m: 21:03.16 1:22.64			
	400m: 5:27.60 1:24.12	800m: 11:05.81 1:24.30	1200m: 16:46.86 1:25.81				
4.	Ines Maria Rothes	73	Fluvial Portuense	21:09.87		724	26,00
	100m: 1:17.50 1:17.50	500m: 6:55.17 1:25.68	900m: 12:38.15 1:25.32	1300m: 18:20.57 1:25.42			
	200m: 2:40.02 1:22.52	600m: 8:20.72 1:25.55	1000m: 14:03.79 1:25.64	1400m: 19:45.98 1:25.41			
	300m: 4:04.13 1:24.11	700m: 9:47.13 1:26.41	1100m: 15:29.77 1:25.98	1500m: 21:09.87 1:23.89			
	400m: 5:29.49 1:25.36	800m: 11:12.83 1:25.70	1200m: 16:55.15 1:25.38				
5.	Mafalda Sofia Moreira	79	Benedita	21:09.98		708	30,00
	100m: 1:22.71 1:22.71	500m: 7:05.50 1:25.34	900m: 12:44.02 1:25.18	1300m: 18:24.78 1:25.12			
	200m: 2:48.73 1:26.02	600m: 8:29.78 1:24.28	1000m: 14:08.97 1:24.95	1400m: 19:49.34 1:24.56			
	300m: 4:14.75 1:26.02	700m: 9:54.21 1:24.43	1100m: 15:34.30 1:25.33	1500m: 21:09.98 1:20.64			
	400m: 5:40.16 1:25.41	800m: 11:18.84 1:24.63	1200m: 16:59.66 1:25.36				
6.	Maria Luisa Costa	74	Fluvial Portuense	21:52.29		656	22,00
	100m: 1:21.44 1:21.44	500m: 7:10.27 1:27.62	900m: 13:01.96 1:28.58	1300m: 18:56.36 1:28.64			
	200m: 2:47.67 1:26.23	600m: 8:37.36 1:27.09	1000m: 14:31.36 1:29.40	1400m: 20:24.92 1:28.56			
	300m: 4:15.01 1:27.34	700m: 10:05.30 1:27.94	1100m: 15:59.25 1:27.89	1500m: 21:52.29 1:27.37			
	400m: 5:42.65 1:27.64	800m: 11:33.38 1:28.08	1200m: 17:27.72 1:28.47				

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	Sara Daniela Rodrigues	87	Galitos / Bresimar	22:02.85		650	26,00
	100m: 1:23.13 1:23.13	500m: 7:11.56 1:28.70	900m: 13:08.11 1:30.22	1300m: 19:06.24 1:29.79			
	200m: 2:48.72 1:25.59	600m: 8:39.23 1:27.67	1000m: 14:38.24 1:30.13	1400m: 20:35.59 1:29.35			
	300m: 4:15.85 1:27.13	700m: 10:08.61 1:29.38	1100m: 16:07.32 1:29.08	1500m: 22:02.85 1:27.26			
	400m: 5:42.86 1:27.01	800m: 11:37.89 1:29.28	1200m: 17:36.45 1:29.13				
8.	Solange Ramalho Pereira	90	Propaganda da Natacao	22:44.28		553	26,00
	100m: 1:25.91 1:25.91	500m: 7:29.95 1:31.43	900m: 13:35.92 1:32.01	1300m: 19:45.17 1:31.75			
	200m: 2:56.57 1:30.66	600m: 9:00.63 1:30.68	1000m: 16:40.98 1:32.44	1400m: 21:16.41 1:31.24			
	300m: 4:27.57 1:31.00	700m: 10:32.06 1:31.43	1100m: 16:40.98 1:32.44	1500m: 22:44.28 1:27.87			
	400m: 5:58.52 1:30.95	800m: 12:03.91 1:31.85	1200m: 18:13.42 1:32.44				
9.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	22:45.38		551	22,00
	100m: 1:27.08 1:27.08	500m: 7:33.43 1:31.31	900m: 13:38.64 1:31.65	1300m: 19:44.47 1:31.55			
	200m: 2:58.27 1:31.19	600m: 9:04.85 1:31.42	1000m: 15:10.72 1:32.08	1400m: 21:15.40 1:30.93			
	300m: 4:30.10 1:31.83	700m: 10:35.85 1:31.00	1100m: 16:41.90 1:31.18	1500m: 22:45.38 1:29.98			
	400m: 6:02.12 1:32.02	800m: 12:06.99 1:31.14	1200m: 18:12.92 1:31.02				
10.	Maria Helena Carmo <i>Rec Nacional Escalão F</i>	66	Alges	22:46.52		900	30,00
	100m: 1:26.62 1:26.62	500m: 7:29.23 1:31.17	900m: 13:35.88 1:32.17	1300m: 19:45.81 1:32.00			
	200m: 2:56.99 1:30.37	600m: 9:00.32 1:31.09	1000m: 15:08.32 1:32.44	1400m: 21:17.00 1:31.19			
	300m: 4:27.57 1:30.58	700m: 10:31.91 1:31.59	1100m: 16:40.76 1:32.44	1500m: 22:46.52 1:29.52			
	400m: 5:58.06 1:30.49	800m: 12:03.71 1:31.80	1200m: 18:13.81 1:33.05				
11.	Rita Miguel Reina	72	Colegio Monte Maior	23:02.55		715	30,00
	100m: 1:27.29 1:27.29	500m: 7:33.97 1:31.65	900m: 13:43.48 1:32.88	1300m: 19:58.32 1:33.67			
	200m: 2:58.40 1:31.11	600m: 9:06.08 1:32.11	1000m: 15:16.71 1:33.23	1400m: 21:31.71 1:33.39			
	300m: 4:30.24 1:31.84	700m: 10:38.30 1:32.22	1100m: 16:50.21 1:33.50	1500m: 23:02.55 1:30.84			
	400m: 6:02.32 1:32.08	800m: 12:10.60 1:32.30	1200m: 18:24.65 1:34.44				
12.	Ana Rita Mendes	91	Geslours	23:21.43		510	20,00
	100m: 1:21.78 1:21.78	500m: 7:25.08 1:32.93	900m: 13:46.32 1:35.98	1300m: 20:13.21 1:37.32			
	200m: 2:50.81 1:29.03	600m: 8:59.64 1:34.56	1000m: 15:23.20 1:36.88	1400m: 21:48.70 1:35.49			
	300m: 4:21.18 1:30.37	700m: 10:34.57 1:34.93	1100m: 16:59.95 1:36.75	1500m: 23:21.43 1:32.73			
	400m: 5:52.15 1:30.97	800m: 12:10.34 1:35.77	1200m: 18:35.89 1:35.94				
13.	Ana Filipa Miranda	85	Galitos / Bresimar	23:28.55		538	22,00
	100m: 1:24.73 1:24.73	500m: 7:43.72 1:33.24	900m: 14:03.94 1:36.09	1300m: 20:26.54 1:35.00			
	200m: 3:00.11 1:35.38	600m: 9:18.26 1:34.54	1000m: 15:39.91 1:35.97	1400m: 22:00.43 1:33.89			
	300m: 4:34.85 1:34.74	700m: 10:52.87 1:34.61	1100m: 17:16.57 1:36.66	1500m: 23:28.55 1:28.12			
	400m: 6:10.48 1:35.63	800m: 12:27.85 1:34.98	1200m: 18:51.54 1:34.97				
14.	Ana Oliveira Sousa	85	Academica de Coimbra	23:40.28		525	20,00
	100m: 1:27.86 1:27.86	500m: 7:42.59 1:35.98	900m: 14:09.14 1:36.65	1300m: 20:32.35 1:35.67			
	200m: 2:58.17 1:30.31	600m: 9:19.85 1:37.26	1000m: 15:45.19 1:36.05	1400m: 22:06.71 1:34.36			
	300m: 4:31.27 1:33.10	700m: 10:55.18 1:35.33	1100m: 17:21.92 1:36.73	1500m: 23:40.28 1:33.57			
	400m: 6:06.61 1:35.34	800m: 12:32.49 1:37.31	1200m: 18:56.68 1:34.76				
15.	Joana Maria Faria	74	Leixoes	23:45.66		512	20,00
	100m: 1:29.81 1:29.81	500m: 7:53.88 1:36.19	900m: 14:18.31 1:35.93	1300m: 20:42.22 1:36.90			
	200m: 3:05.30 1:35.49	600m: 9:29.68 1:35.80	1000m: 15:54.19 1:35.88	1400m: 22:16.31 1:34.09			
	300m: 4:41.55 1:36.25	700m: 11:05.86 1:36.18	1100m: 17:29.53 1:35.34	1500m: 23:45.66 1:29.35			
	400m: 6:17.69 1:36.14	800m: 12:42.38 1:36.52	1200m: 19:05.32 1:35.79				

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	Filipa Cristina Fernandes	76	Geslours	23:46.75		511	19,00
	100m: 1:27.91 1:27.91	500m: 7:52.37 1:36.03	900m: 14:16.12 1:36.08	1300m: 20:40.57 1:36.94			
	200m: 3:03.58 1:35.67	600m: 9:28.22 1:35.85	1000m: 15:52.35 1:36.23	1400m: 22:15.29 1:34.72			
	300m: 4:40.16 1:36.58	700m: 11:04.47 1:36.25	1100m: 17:27.90 1:35.55	1500m: 23:46.75 1:31.46			
	400m: 6:16.34 1:36.18	800m: 12:40.04 1:35.57	1200m: 19:03.63 1:35.73				
17.	Ana Raquel Lirio	90	Ginasio Santo Tirso	24:27.27		444	19,00
	100m: 1:28.14 1:28.14	500m: 7:54.65 1:38.64	900m: 14:27.65 1:39.30	1300m: 21:07.79 1:40.54			
	200m: 3:02.24 1:34.10	600m: 9:31.23 1:36.58	1000m: 16:07.76 1:40.11	1400m: 22:47.44 1:39.65			
	300m: 4:38.35 1:36.11	700m: 11:10.08 1:38.85	1100m: 17:46.73 1:38.97	1500m: 24:27.27 1:39.83			
	400m: 6:16.01 1:37.66	800m: 12:48.35 1:38.27	1200m: 19:27.25 1:40.52				
18.	Laura Manuela Miranda	67	Alges	24:29.66		723	26,00
	100m: 1:31.41 1:31.41	500m: 8:05.89 1:38.57	900m: 14:38.73 1:38.05	1300m: 21:16.63 1:39.95			
	200m: 3:10.20 1:38.79	600m: 9:44.27 1:38.38	1000m: 16:17.65 1:38.92	1400m: 22:54.30 1:37.67			
	300m: 4:48.53 1:38.33	700m: 11:21.88 1:37.61	1100m: 17:57.51 1:39.86	1500m: 24:29.66 1:35.36			
	400m: 6:27.32 1:38.79	800m: 13:00.68 1:38.80	1200m: 19:36.68 1:39.17				
19.	Ana Lanca Rodrigues	73	Geslours	24:35.20		462	18,00
	100m: 1:27.58 1:27.58	500m: 7:59.63 1:39.00	900m: 14:39.01 1:40.25	1300m: 21:19.92 1:39.93			
	200m: 3:02.23 1:34.65	600m: 9:38.45 1:38.82	1000m: 16:19.65 1:40.64	1400m: 22:59.54 1:39.62			
	300m: 4:41.58 1:39.35	700m: 11:17.68 1:39.23	1100m: 17:59.54 1:39.89	1500m: 24:35.20 1:35.66			
	400m: 6:20.63 1:39.05	800m: 12:58.76 1:41.08	1200m: 19:39.99 1:40.45				
20.	Maria Ana Fonseca	82	Fluvial Portuense	24:38.86		448	26,00
	100m: 1:33.57 1:33.57	500m: 8:13.38 1:40.07	900m: 14:51.40 1:39.38	1300m: 21:25.32 1:38.28			
	200m: 3:12.86 1:39.29	600m: 9:53.55 1:40.17	1000m: 16:31.22 1:39.82	1400m: 23:02.37 1:37.05			
	300m: 4:53.22 1:40.36	700m: 11:32.70 1:39.15	1100m: 18:09.77 1:38.55	1500m: 24:38.86 1:36.49			
	400m: 6:33.31 1:40.09	800m: 13:12.02 1:39.32	1200m: 19:47.04 1:37.27				
21.	Ana Sofia Moutela	77	Galitos / Bresimar	24:40.99		457	17,00
	100m: 1:33.87 1:33.87	500m: 8:12.83 1:40.39	900m: 14:52.56 1:40.12	1300m: 21:28.76 1:40.34			
	200m: 3:13.01 1:39.14	600m: 9:52.64 1:39.81	1000m: 16:31.66 1:39.10	1400m: 23:08.38 1:39.62			
	300m: 4:52.48 1:39.47	700m: 11:32.11 1:39.47	1100m: 18:09.89 1:38.23	1500m: 24:40.99 1:32.61			
	400m: 6:32.44 1:39.96	800m: 13:12.44 1:40.33	1200m: 19:48.42 1:38.53				
22.	Helena Sofia Andrade	82	Galitos / Bresimar	24:43.36		444	22,00
	100m: 1:33.02 1:33.02	500m: 8:11.61 1:39.92	900m: 14:50.80 1:39.23	1300m: 21:26.59 1:39.75			
	200m: 3:11.03 1:38.01	600m: 9:51.78 1:40.17	1000m: 16:29.86 1:39.06	1400m: 23:06.50 1:39.91			
	300m: 4:51.82 1:40.79	700m: 11:31.80 1:40.02	1100m: 18:08.29 1:38.43	1500m: 24:43.36 1:36.86			
	400m: 6:31.69 1:39.87	800m: 13:11.57 1:39.77	1200m: 19:46.84 1:38.55				
23.	Rita Loureiro Pinto	85	Ginasio Clube	24:46.29		458	19,00
	100m: 1:33.79 1:33.79	500m: 8:12.87 1:40.11	900m: 14:51.76 1:39.69	1300m: 21:31.45 1:40.27			
	200m: 3:12.86 1:39.07	600m: 9:52.87 1:40.00	1000m: 16:31.33 1:39.57	1400m: 23:11.74 1:40.29			
	300m: 4:53.10 1:40.24	700m: 11:32.58 1:39.71	1100m: 18:10.90 1:39.57	1500m: 24:46.29 1:34.55			
	400m: 6:32.76 1:39.66	800m: 13:12.07 1:39.49	1200m: 19:51.18 1:40.28				
24.	Joana Margarida Gaspar	83	Nadadores dos Estoris	24:52.09		453	18,00
	100m: 1:32.47 1:32.47	500m: 8:07.57 1:38.68	900m: 14:46.96 1:41.87	1300m: 21:32.22 1:41.56			
	200m: 3:11.28 1:38.81	600m: 9:46.48 1:38.91	1000m: 16:28.68 1:41.72	1400m: 23:12.64 1:40.42			
	300m: 4:49.84 1:38.56	700m: 11:24.45 1:37.97	1100m: 18:09.92 1:41.24	1500m: 24:52.09 1:39.45			
	400m: 6:28.89 1:39.05	800m: 13:05.09 1:40.64	1200m: 19:50.66 1:40.74				

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
25.	Ana Maria Ferreira <i>Rec Nacional Escalão I</i>	50	Alges	24:56.65		1058	30,00
	100m: 1:34.74 1:34.74	500m: 8:13.81 1:39.74	900m: 14:55.04 1:40.61	1300m: 21:38.65 1:41.33			
	200m: 3:13.69 1:38.95	600m: 9:54.14 1:40.33	1000m: 16:36.15 1:41.11	1400m: 23:19.24 1:40.59			
	300m: 4:53.91 1:40.22	700m: 11:34.05 1:39.91	1100m: 18:16.68 1:40.53	1500m: 24:56.65 1:37.41			
	400m: 6:34.07 1:40.16	800m: 13:14.43 1:40.38	1200m: 19:57.32 1:40.64				
26.	Sandra Santa Barbara	75	Ginasio Santo Tirso	25:03.83		436	16,00
	100m: 1:26.16 1:26.16	500m: 8:01.51 1:41.02	900m: 14:45.32 1:41.92	1300m: 21:38.12 1:43.12			
	200m: 3:01.69 1:35.53	600m: 9:42.37 1:40.86	1000m: 16:28.67 1:43.35	1400m: 23:22.97 1:44.85			
	300m: 4:40.04 1:38.35	700m: 11:23.02 1:40.65	1100m: 18:11.54 1:42.87	1500m: 25:03.83 1:40.86			
	400m: 6:20.49 1:40.45	800m: 13:03.40 1:40.38	1200m: 19:55.00 1:43.46				
27.	Ana Paula Sequeira	68	Gafanha da Encarnacao	25:06.48		552	26,00
	100m: 1:33.11 1:33.11	500m: 8:12.74 1:40.35	900m: 14:58.73 1:42.02	1300m: 21:46.93 1:41.93			
	200m: 3:11.59 1:38.48	600m: 9:53.72 1:40.98	1000m: 16:40.47 1:41.74	1400m: 23:29.15 1:42.22			
	300m: 4:51.88 1:40.29	700m: 11:35.40 1:41.68	1100m: 18:22.88 1:42.41	1500m: 25:06.48 1:37.33			
	400m: 6:32.39 1:40.51	800m: 13:16.71 1:41.31	1200m: 20:05.00 1:42.12				
28.	Liliana Elisabete Baptista	78	Leixoes	25:11.20		420	20,00
	100m: 1:27.89 1:27.89	500m: 7:59.77 1:39.68	900m: 14:45.91 1:42.68	1300m: 21:41.93 1:45.33			
	200m: 3:02.61 1:34.72	600m: 9:40.47 1:40.70	1000m: 16:28.78 1:42.87	1400m: 23:28.44 1:46.51			
	300m: 4:40.16 1:37.55	700m: 11:21.92 1:41.45	1100m: 18:12.02 1:43.24	1500m: 25:11.20 1:42.76			
	400m: 6:20.09 1:39.93	800m: 13:03.23 1:41.31	1200m: 19:56.60 1:44.58				
29.	Rita Cabral Guimaraes	64	Fluvial Portuense	25:24.29		648	22,00
	100m: 1:32.69 1:32.69	500m: 8:19.66 1:41.04	900m: 15:07.52 1:42.65	1300m: 22:02.03 1:43.94			
	200m: 3:15.04 1:42.35	600m: 10:00.98 1:41.32	1000m: 16:50.50 1:42.98	1400m: 23:46.15 1:44.12			
	300m: 4:56.75 1:41.71	700m: 11:42.62 1:41.64	1100m: 18:34.17 1:43.67	1500m: 25:24.29 1:38.14			
	400m: 6:38.62 1:41.87	800m: 13:24.87 1:42.25	1200m: 20:18.09 1:43.92				
30.	Filipa Margarida Ferreira	69	Fluvial Portuense	25:24.80		532	22,00
	100m: 1:40.39 1:40.39	500m: 8:38.73 1:42.48	900m: 15:28.48 1:43.14	1300m: 22:13.51 1:39.81			
	200m: 3:27.34 1:46.95	600m: 10:21.81 1:43.08	1000m: 17:11.35 1:42.87	1400m: 23:51.03 1:37.52			
	300m: 5:12.06 1:44.72	700m: 12:02.97 1:41.16	1100m: 18:52.28 1:40.93	1500m: 25:24.80 1:33.77			
	400m: 6:56.25 1:44.19	800m: 13:45.34 1:42.37	1200m: 20:33.70 1:41.42				
31.	Ana Cristina Oliveira	76	Galitos / Bresimar	25:40.01		406	14,00
	100m: 1:38.61 1:38.61	500m: 8:30.18 1:42.87	900m: 15:21.89 1:42.97	1300m: 22:17.03 1:43.86			
	200m: 3:20.76 1:42.15	600m: 10:12.92 1:42.74	1000m: 17:05.45 1:43.56	1400m: 23:59.95 1:42.92			
	300m: 5:04.14 1:43.38	700m: 11:55.72 1:42.80	1100m: 18:49.65 1:44.20	1500m: 25:40.01 1:40.06			
	400m: 6:47.31 1:43.17	800m: 13:38.92 1:43.20	1200m: 20:33.17 1:43.52				
32.	Monica Sofia Peixe	81	Colegio Monte Maior	25:50.23		389	19,00
	100m: 1:35.56 1:35.56	500m: 8:35.14 1:46.14	900m: 15:35.29 1:44.77	1300m: 22:31.39 1:42.88			
	200m: 3:19.09 1:43.53	600m: 10:20.55 1:45.41	1000m: 17:19.72 1:44.43	1400m: 24:13.48 1:42.09			
	300m: 5:03.59 1:44.50	700m: 12:04.74 1:44.19	1100m: 19:04.69 1:44.97	1500m: 25:50.23 1:36.75			
	400m: 6:49.00 1:45.41	800m: 13:50.52 1:45.78	1200m: 20:48.51 1:43.82				
33.	Ana Raquel Barbosa	88	Geslours	26:05.08		366	18,00
	100m: 1:36.16 1:36.16	500m: 8:38.02 1:44.66	900m: 15:33.84 1:45.11	1300m: 22:35.81 1:46.11			
	200m: 3:22.59 1:46.43	600m: 10:21.38 1:43.36	1000m: 17:18.00 1:44.16	1400m: 24:21.63 1:45.82			
	300m: 5:07.66 1:45.07	700m: 12:05.45 1:44.07	1100m: 19:04.34 1:46.34	1500m: 26:05.08 1:43.45			
	400m: 6:53.36 1:45.70	800m: 13:48.73 1:43.28	1200m: 20:49.70 1:45.36				

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
34.	Helena Manuel Jose	90	Ginasio Santo Tirso	26:13.68		360	17,00
	100m: 1:28.93 1:28.93	500m: 8:09.03 1:45.57	900m: 15:20.72 1:48.42	1300m: 22:41.64 1:49.21			
	200m: 3:03.11 1:34.18	600m: 9:56.61 1:47.58	1000m: 17:06.65 1:45.93	1400m: 24:28.91 1:47.27			
	300m: 4:41.60 1:38.49	700m: 11:44.08 1:47.47	1100m: 18:52.83 1:46.18	1500m: 26:13.68 1:44.77			
	400m: 6:23.46 1:41.86	800m: 13:32.30 1:48.22	1200m: 20:52.43 1:59.60				
35.	Maria Joao Jose	90	Ginasio Santo Tirso	26:32.95		347	16,00
	100m: 1:32.87 1:32.87	500m: 8:31.46 1:50.73	900m: 15:43.31 1:48.70	1300m: 22:53.95 1:47.08			
	200m: 3:11.52 1:38.65	600m: 10:16.73 1:45.27	1000m: 17:32.51 1:49.20	1400m: 24:44.82 1:50.87			
	300m: 4:54.07 1:42.55	700m: 12:05.34 1:48.61	1100m: 19:19.48 1:46.97	1500m: 26:32.95 1:48.13			
	400m: 6:40.73 1:46.66	800m: 13:54.61 1:49.27	1200m: 21:06.87 1:47.39				
36.	Maria Adriana Viseu	66	Leixoes	26:40.14		560	20,00
	100m: 1:36.75 1:36.75	500m: 8:47.75 1:48.14	900m: 16:03.03 1:48.85	1300m: 23:13.05 1:46.77			
	200m: 3:22.78 1:46.03	600m: 10:35.42 1:47.67	1000m: 17:50.83 1:47.80	1400m: 24:59.34 1:46.29			
	300m: 5:10.28 1:47.50	700m: 12:24.61 1:49.19	1100m: 19:37.86 1:47.03	1500m: 26:40.14 1:40.80			
	400m: 6:59.61 1:49.33	800m: 14:14.18 1:49.57	1200m: 21:26.28 1:48.42				
37.	Marta Martins Ferreira	79	Funcao Publica	26:42.85		352	18,00
	100m: 1:38.31 1:38.31	500m: 8:44.83 1:46.93	900m: 15:54.64 1:47.41	1300m: 23:09.67 1:50.25			
	200m: 3:24.61 1:46.30	600m: 10:31.64 1:46.81	1000m: 17:42.80 1:48.16	1400m: 24:57.67 1:48.00			
	300m: 5:11.31 1:46.70	700m: 12:19.49 1:47.85	1100m: 19:30.58 1:47.78	1500m: 26:42.85 1:45.18			
	400m: 6:57.90 1:46.59	800m: 14:07.23 1:47.74	1200m: 21:19.42 1:48.84				
38.	Maria Santos Fernandes	62	Leixoes	27:27.99		635	30,00
	100m: 1:43.12 1:43.12	500m: 9:04.42 1:50.52	900m: 16:25.19 1:50.51	1300m: 23:47.76 1:50.75			
	200m: 3:33.53 1:50.41	600m: 10:54.18 1:49.76	1000m: 18:16.16 1:50.97	1400m: 25:39.37 1:51.61			
	300m: 5:23.76 1:50.23	700m: 12:44.17 1:49.99	1100m: 20:06.35 1:50.19	1500m: 27:27.99 1:48.62			
	400m: 7:13.90 1:50.14	800m: 14:34.68 1:50.51	1200m: 21:57.01 1:50.66				
39.	Maria Margarida Urbano	63	Academica de Coimbra	27:39.91		502	19,00
	100m: 1:41.27 1:41.27	500m: 9:01.35 1:50.54	900m: 16:27.99 1:52.11	1300m: 23:56.27 1:52.23			
	200m: 3:28.58 1:47.31	600m: 10:53.33 1:51.98	1000m: 18:20.25 1:52.26	1400m: 25:49.09 1:52.82			
	300m: 5:19.52 1:50.94	700m: 12:44.97 1:51.64	1100m: 20:12.48 1:52.23	1500m: 27:39.91 1:50.82			
	400m: 7:10.81 1:51.29	800m: 14:35.88 1:50.91	1200m: 22:04.04 1:51.56				
40.	Fernanda Maria Santinha	72	Masters de Almada	27:57.03		400	20,00
	100m: 1:42.04 1:42.04	500m: 9:10.70 1:53.78	900m: 16:42.97 1:53.33	1300m: 24:14.13 1:53.17			
	200m: 3:33.10 1:51.06	600m: 11:03.96 1:53.26	1000m: 18:35.14 1:52.17	1400m: 26:06.14 1:52.01			
	300m: 5:24.22 1:51.12	700m: 12:57.08 1:53.12	1100m: 20:28.48 1:53.34	1500m: 27:57.03 1:50.89			
	400m: 7:16.92 1:52.70	800m: 14:49.64 1:52.56	1200m: 22:20.96 1:52.48				
41.	Luisa Lopes Agante	71	Leixoes	28:08.23		392	19,00
	100m: 1:38.95 1:38.95	500m: 9:08.66 1:54.51	900m: 16:46.35 1:55.47	1300m: 24:24.96 1:54.21			
	200m: 3:27.23 1:48.28	600m: 11:01.72 1:53.06	1000m: 18:41.48 1:55.13	1400m: 26:18.91 1:53.95			
	300m: 5:20.32 1:53.09	700m: 12:55.86 1:54.14	1100m: 20:36.03 1:54.55	1500m: 28:08.23 1:49.32			
	400m: 7:14.15 1:53.83	800m: 14:50.88 1:55.02	1200m: 22:30.75 1:54.72				
42.	Maria Manuela Ferreira	70	Leixoes	28:37.01		373	18,00
	100m: 1:51.40 1:51.40	500m: 9:35.84 1:54.03	900m: 17:14.87 1:57.21	1300m: 24:56.16 1:54.15			
	200m: 3:47.42 1:56.02	600m: 11:30.19 1:54.35	1000m: 19:11.21 1:56.34	1400m: 26:48.85 1:52.69			
	300m: 5:44.21 1:56.79	700m: 13:23.67 1:53.48	1100m: 21:08.10 1:56.89	1500m: 28:37.01 1:48.16			
	400m: 7:41.81 1:57.60	800m: 15:17.66 1:53.99	1200m: 23:02.01 1:53.91				
43.	Maria Madalena Caninas	63	Masters de Almada	28:54.93		439	18,00
	100m: 1:42.16 1:42.16	500m: 9:26.98 1:57.88	900m: 17:17.88 1:56.14	1300m: 25:08.09 1:56.63			
	200m: 3:35.70 1:53.54	600m: 11:24.22 1:57.24	1000m: 19:15.58 1:57.70	1400m: 27:04.74 1:56.65			
	300m: 5:31.67 1:55.97	700m: 13:22.38 1:58.16	1100m: 21:12.71 1:57.13	1500m: 28:54.93 1:50.19			
	400m: 7:29.10 1:57.43	800m: 15:21.74 1:59.36	1200m: 23:11.46 1:58.75				

Torneio de Fundo Masters
Rio Maior, 25-2-2017

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
44.	Carmen Silvia Malheiros	81	Litoral Alentejano	28:59.66		275	17,00
	100m: 1:48.11 1:48.11	500m: 9:33.06 1:56.48	900m: 17:21.99 1:58.05	1300m: 25:14.42 1:57.56			
	200m: 3:42.50 1:54.39	600m: 11:30.16 1:57.10	1000m: 19:20.76 1:58.77	1400m: 27:11.35 1:56.93			
	300m: 5:39.09 1:56.59	700m: 13:26.64 1:56.48	1100m: 21:20.53 1:59.77	1500m: 28:59.66 1:48.31			
	400m: 7:36.58 1:57.49	800m: 15:23.94 1:57.30	1200m: 23:16.86 1:56.33				
45.	Wanda Maria Gao	62	Portinado	29:58.61		488	26,00
	100m: 1:50.42 1:50.42	500m: 9:48.96 2:00.93	900m: 17:55.88 2:03.24	1300m: 26:06.07 2:00.63			
	200m: 3:48.77 1:58.35	600m: 11:49.03 2:00.07	1000m: 20:00.09 2:04.21	1400m: 28:06.08 2:00.01			
	300m: 5:48.45 1:59.68	700m: 13:50.70 2:01.67	1100m: 22:03.26 2:03.17	1500m: 29:58.61 1:52.53			
	400m: 7:48.03 1:59.58	800m: 15:52.64 2:01.94	1200m: 24:05.44 2:02.18				
46.	Ana Catarina Milhazes	85	Leixoes	30:56.73		235	17,00
	100m: 1:57.46 1:57.46	500m: 10:13.10 2:04.90	900m: 18:35.33 2:07.84	1300m: 26:55.87 2:04.22			
	200m: 4:00.25 2:02.79	600m: 12:18.90 2:05.80	1000m: 20:41.23 2:05.90	1400m: 28:57.94 2:02.07			
	300m: 6:03.67 2:03.42	700m: 14:23.63 2:04.73	1100m: 22:46.76 2:05.53	1500m: 30:56.73 1:58.79			
	400m: 8:08.20 2:04.53	800m: 16:27.49 2:03.86	1200m: 24:51.65 2:04.89				
47.	Ana Sofia Uhlfelder	83	Fluvial Portuense	30:59.39		234	16,00
	100m: 1:48.70 1:48.70	500m: 9:59.20 2:04.36	900m: 18:18.07 2:05.92	1300m: 26:49.24 2:07.52			
	200m: 3:49.97 2:01.27	600m: 12:03.64 2:04.44	1000m: 20:26.02 2:07.95	1400m: 28:57.62 2:08.38			
	300m: 5:50.85 2:00.88	700m: 14:07.54 2:03.90	1100m: 22:33.43 2:07.41	1500m: 30:59.39 2:01.77			
	400m: 7:54.84 2:03.99	800m: 16:12.15 2:04.61	1200m: 24:41.72 2:08.29				
48.	Anette Kind	61	Leixoes	31:18.92		428	22,00
	100m: 1:55.08 1:55.08	500m: 10:10.87 2:05.97	900m: 18:34.98 2:06.83	1300m: 27:06.95 2:08.79			
	200m: 3:57.74 2:02.66	600m: 12:16.92 2:06.05	1000m: 20:43.30 2:08.32	1400m: 29:14.88 2:07.93			
	300m: 6:00.62 2:02.88	700m: 14:22.75 2:05.83	1100m: 22:48.72 2:05.42	1500m: 31:18.92 2:04.04			
	400m: 8:04.90 2:04.28	800m: 16:28.15 2:05.40	1200m: 24:58.16 2:09.44				
49.	Ana Bernardo Barbara	70	Portinado	32:43.87		249	17,00
	100m: 1:59.30 1:59.30	500m: 10:47.41 2:11.49	900m: 19:34.55 2:11.18	1300m: 28:26.29 2:12.88			
	200m: 4:10.62 2:11.32	600m: 12:59.28 2:11.87	1000m: 21:47.95 2:13.40	1400m: 30:36.97 2:10.68			
	300m: 6:22.97 2:12.35	700m: 15:11.84 2:12.56	1100m: 24:00.19 2:12.24	1500m: 32:43.87 2:06.90			
	400m: 8:35.92 2:12.95	800m: 17:23.37 2:11.53	1200m: 26:13.41 2:13.22				
50.	Delfina Maria Martins	66	Ginasio Santo Tirso	33:39.91		278	17,00
	100m: 2:06.56 2:06.56	500m: 11:04.93 2:15.86	900m: 20:06.75 2:14.43	1300m: 29:11.23 2:16.35			
	200m: 4:17.41 2:10.85	600m: 13:20.50 2:15.57	1000m: 22:22.74 2:15.99	1400m: 31:26.52 2:15.29			
	300m: 6:33.22 2:15.81	700m: 15:37.21 2:16.71	1100m: 24:38.26 2:15.52	1500m: 33:39.91 2:13.39			
	400m: 8:49.07 2:15.85	800m: 17:52.32 2:15.11	1200m: 26:54.88 2:16.62				
51.	Ana Paula Almeida	58	Fluvial Portuense	35:08.54		303	20,00
	100m: 1:59.38 1:59.38	500m: 11:13.87 2:21.30	900m: 20:41.54 2:24.35	1300m: 30:19.44 2:27.11			
	200m: 4:15.26 2:15.88	600m: 13:33.75 2:19.88	1000m: 23:06.97 2:25.43	1400m: 32:46.15 2:26.71			
	300m: 6:32.89 2:17.63	700m: 15:55.11 2:21.36	1100m: 25:28.14 2:21.17	1500m: 35:08.54 2:22.39			
	400m: 8:52.57 2:19.68	800m: 18:17.19 2:22.08	1200m: 27:52.33 2:24.19				