

Prova 45 Femin., 1500m Livres Junior 16  
29-07-2018 - 16:00 Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun16	16:47.35	HOLUB Tamila Hryhorivna	POR	Coimbra	31-05-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>17:24.20</b>	+0,78	696	
	50m: 32.49 32.49	450m: 5:12.96 35.06	850m: 9:53.45 35.16	1250m: 14:31.95 34.73			
	100m: 1:07.30 34.81	500m: 5:48.21 35.25	900m: 10:28.49 35.04	1300m: 15:06.79 34.84			
	150m: 1:42.14 34.84	550m: 6:23.24 35.03	950m: 11:03.33 34.84	1350m: 15:41.71 34.92			
	200m: 2:17.19 35.05	600m: 6:58.21 34.97	1000m: 11:38.14 34.81	1400m: 16:16.07 34.36			
	250m: 2:52.20 35.01	650m: 7:33.26 35.05	1050m: 12:12.80 34.66	1450m: 16:50.55 34.48			
	300m: 3:27.50 35.30	700m: 8:08.02 34.76	1100m: 12:47.66 34.86	1500m: 17:24.20 33.65			
	350m: 4:02.77 35.27	750m: 8:43.30 35.28	1150m: 13:22.32 34.66				
	400m: 4:37.90 35.13	800m: 9:18.29 34.99	1200m: 13:57.22 34.90				
2.	QUEIROZ Ana Rita	02	CASP AE	<b>17:39.53</b>	+0,71	666	
	50m: 31.86 31.86	450m: 5:11.94 35.38	850m: 9:54.21 35.18	1250m: 14:39.63 36.18			
	100m: 1:06.08 34.22	500m: 5:47.58 35.64	900m: 10:29.53 35.32	1300m: 15:15.72 36.09			
	150m: 1:40.76 34.68	550m: 6:22.71 35.13	950m: 11:05.01 35.48	1350m: 15:52.30 36.58			
	200m: 2:15.55 34.79	600m: 6:57.80 35.09	1000m: 11:40.60 35.59	1400m: 16:28.31 36.01			
	250m: 2:50.77 35.22	650m: 7:32.96 35.16	1050m: 12:16.06 35.46	1450m: 17:04.04 35.73			
	300m: 3:26.04 35.27	700m: 8:08.16 35.20	1100m: 12:51.81 35.75	1500m: 17:39.53 35.49			
	350m: 4:01.32 35.28	750m: 8:43.54 35.38	1150m: 13:27.31 35.50				
	400m: 4:36.56 35.24	800m: 9:19.03 35.49	1200m: 14:03.45 36.14				

DNS FRAZAO Alexandra Couto 02 CASP AE

Prova 45 Femin., 1500m Livres Junior 17  
29-07-2018 - 16:00 Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>17:49.23</b>	+0,71	648	
	50m: 32.30 32.30	450m: 5:13.59 35.39	850m: 9:58.47 35.92	1250m: 14:48.39 36.32			
	100m: 1:06.35 34.05	500m: 5:48.44 34.85	900m: 10:34.64 36.17	1300m: 15:24.98 36.59			
	150m: 1:41.55 35.20	550m: 6:23.98 35.54	950m: 11:10.75 36.11	1350m: 16:01.27 36.29			
	200m: 2:16.64 35.09	600m: 6:59.17 35.19	1000m: 11:46.93 36.18	1400m: 16:37.62 36.35			
	250m: 2:51.96 35.32	650m: 7:34.63 35.46	1050m: 12:23.27 36.34	1450m: 17:13.65 36.03			
	300m: 3:27.42 35.46	700m: 8:10.57 35.94	1100m: 12:59.47 36.20	1500m: 17:49.23 35.58			
	350m: 4:02.91 35.49	750m: 8:46.46 35.89	1150m: 13:35.94 36.47				
	400m: 4:38.20 35.29	800m: 9:22.55 36.09	1200m: 14:12.07 36.13				
2.	RODRIGUES Filipa Serrano	01	Benfica	<b>18:00.38</b>	+0,78	628	
	50m: 32.29 32.29	450m: 5:15.16 35.94	850m: 10:04.94 36.56	1250m: 14:58.75 36.75			
	100m: 1:06.81 34.52	500m: 5:50.90 35.74	900m: 10:41.72 36.78	1300m: 15:35.59 36.84			
	150m: 1:42.14 35.33	550m: 6:26.81 35.91	950m: 11:18.39 36.67	1350m: 16:11.60 36.01			
	200m: 2:17.37 35.23	600m: 7:02.62 35.81	1000m: 11:55.15 36.76	1400m: 16:48.35 36.75			
	250m: 2:52.92 35.55	650m: 7:38.97 36.35	1050m: 12:32.02 36.87	1450m: 17:24.90 36.55			
	300m: 3:28.21 35.29	700m: 8:15.19 36.22	1100m: 13:08.67 36.65	1500m: 18:00.38 35.48			
	350m: 4:03.70 35.49	750m: 8:51.84 36.65	1150m: 13:45.28 36.61				
	400m: 4:39.22 35.52	800m: 9:28.38 36.54	1200m: 14:22.00 36.72				

Prova 45, Femin., 1500m Livres

Prova 45 Femin., 1500m Livres Seniores  
29-07-2018 - 16:00 Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>16:50.08</b>	<b>+0,76</b>	<b>769</b>	
	50m: 31.43 31.43	450m: 5:03.07	34.14	850m: 9:34.23	33.84	1250m: 14:03.12	33.46
	100m: 1:05.09 33.66	500m: 5:37.01	33.94	900m: 10:08.02	33.79	1300m: 14:36.77	33.65
	150m: 1:39.22 34.13	550m: 6:11.06	34.05	950m: 10:41.72	33.70	1350m: 15:10.34	33.57
	200m: 2:12.98 33.76	600m: 6:44.94	33.88	1000m: 11:15.50	33.78	1400m: 15:44.28	33.94
	250m: 2:46.84 33.86	650m: 7:18.96	34.02	1050m: 11:49.01	33.51	1450m: 16:17.92	33.64
	300m: 3:20.88 34.04	700m: 7:52.82	33.86	1100m: 12:22.50	33.49	1500m: 16:50.08	32.16
	350m: 3:54.83 33.95	750m: 8:26.62	33.80	1150m: 12:55.86	33.36		
	400m: 4:28.93 34.10	800m: 9:00.39	33.77	1200m: 13:29.66	33.80		

Prova 45 Femin., 1500m Livres Absolutos  
29-07-2018 - 16:00 Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:47.35	HOLUB Tamila Hryhorivna	POR	Coimbra	31-05-2015
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>16:50.08</b>	<b>+0,76</b>	<b>769</b>	
	50m: 31.43 31.43	450m: 5:03.07	34.14	850m: 9:34.23	33.84	1250m: 14:03.12	33.46
	100m: 1:05.09 33.66	500m: 5:37.01	33.94	900m: 10:08.02	33.79	1300m: 14:36.77	33.65
	150m: 1:39.22 34.13	550m: 6:11.06	34.05	950m: 10:41.72	33.70	1350m: 15:10.34	33.57
	200m: 2:12.98 33.76	600m: 6:44.94	33.88	1000m: 11:15.50	33.78	1400m: 15:44.28	33.94
	250m: 2:46.84 33.86	650m: 7:18.96	34.02	1050m: 11:49.01	33.51	1450m: 16:17.92	33.64
	300m: 3:20.88 34.04	700m: 7:52.82	33.86	1100m: 12:22.50	33.49	1500m: 16:50.08	32.16
	350m: 3:54.83 33.95	750m: 8:26.62	33.80	1150m: 12:55.86	33.36		
	400m: 4:28.93 34.10	800m: 9:00.39	33.77	1200m: 13:29.66	33.80		
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>17:24.20</b>	<b>+0,78</b>	<b>696</b>	
	50m: 32.49 32.49	450m: 5:12.96	35.06	850m: 9:53.45	35.16	1250m: 14:31.95	34.73
	100m: 1:07.30 34.81	500m: 5:48.21	35.25	900m: 10:28.49	35.04	1300m: 15:06.79	34.84
	150m: 1:42.14 34.84	550m: 6:23.24	35.03	950m: 11:03.33	34.84	1350m: 15:41.71	34.92
	200m: 2:17.19 35.05	600m: 6:58.21	34.97	1000m: 11:38.14	34.81	1400m: 16:16.07	34.36
	250m: 2:52.20 35.01	650m: 7:33.26	35.05	1050m: 12:12.80	34.66	1450m: 16:50.55	34.48
	300m: 3:27.50 35.30	700m: 8:08.02	34.76	1100m: 12:47.66	34.86	1500m: 17:24.20	33.65
	350m: 4:02.77 35.27	750m: 8:43.30	35.28	1150m: 13:22.32	34.66		
	400m: 4:37.90 35.13	800m: 9:18.29	34.99	1200m: 13:57.22	34.90		

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	QUEIROZ Ana Rita	02	CASP AE	<b>17:39.53</b>	<b>+0,71</b>	<b>666</b>	
	50m: 31.86 31.86	450m: 5:11.94	35.38	850m: 9:54.21	35.18	1250m: 14:39.63	36.18
	100m: 1:06.08 34.22	500m: 5:47.58	35.64	900m: 10:29.53	35.32	1300m: 15:15.72	36.09
	150m: 1:40.76 34.68	550m: 6:22.71	35.13	950m: 11:05.01	35.48	1350m: 15:52.30	36.58
	200m: 2:15.55 34.79	600m: 6:57.80	35.09	1000m: 11:40.60	35.59	1400m: 16:28.31	36.01
	250m: 2:50.77 35.22	650m: 7:32.96	35.16	1050m: 12:16.06	35.46	1450m: 17:04.04	35.73
	300m: 3:26.04 35.27	700m: 8:08.16	35.20	1100m: 12:51.81	35.75	1500m: 17:39.53	35.49
	350m: 4:01.32 35.28	750m: 8:43.54	35.38	1150m: 13:27.31	35.50		
	400m: 4:36.56 35.24	800m: 9:19.03	35.49	1200m: 14:03.45	36.14		
4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>17:49.23</b>	<b>+0,71</b>	<b>648</b>	
	50m: 32.30 32.30	450m: 5:13.59	35.39	850m: 9:58.47	35.92	1250m: 14:48.39	36.32
	100m: 1:06.35 34.05	500m: 5:48.44	34.85	900m: 10:34.64	36.17	1300m: 15:24.98	36.59
	150m: 1:41.55 35.20	550m: 6:23.98	35.54	950m: 11:10.75	36.11	1350m: 16:01.27	36.29
	200m: 2:16.64 35.09	600m: 6:59.17	35.19	1000m: 11:46.93	36.18	1400m: 16:37.62	36.35
	250m: 2:51.96 35.32	650m: 7:34.63	35.46	1050m: 12:23.27	36.34	1450m: 17:13.65	36.03
	300m: 3:27.42 35.46	700m: 8:10.57	35.94	1100m: 12:59.47	36.20	1500m: 17:49.23	35.58
	350m: 4:02.91 35.49	750m: 8:46.46	35.89	1150m: 13:35.94	36.47		
	400m: 4:38.20 35.29	800m: 9:22.55	36.09	1200m: 14:12.07	36.13		
5.	RODRIGUES Filipa Serrano	01	Benfica	<b>18:00.38</b>	<b>+0,78</b>	<b>628</b>	
	50m: 32.29 32.29	450m: 5:15.16	35.94	850m: 10:04.94	36.56	1250m: 14:58.75	36.75
	100m: 1:06.81 34.52	500m: 5:50.90	35.74	900m: 10:41.72	36.78	1300m: 15:35.59	36.84
	150m: 1:42.14 35.33	550m: 6:26.81	35.91	950m: 11:18.39	36.67	1350m: 16:11.60	36.01
	200m: 2:17.37 35.23	600m: 7:02.62	35.81	1000m: 11:55.15	36.76	1400m: 16:48.35	36.75
	250m: 2:52.92 35.55	650m: 7:38.97	36.35	1050m: 12:32.02	36.87	1450m: 17:24.90	36.55
	300m: 3:28.21 35.29	700m: 8:15.19	36.22	1100m: 13:08.67	36.65	1500m: 18:00.38	35.48
	350m: 4:03.70 35.49	750m: 8:51.84	36.65	1150m: 13:45.28	36.61		
	400m: 4:39.22 35.52	800m: 9:28.38	36.54	1200m: 14:22.00	36.72		
DNS	FRAZAO Alexandra Couto	02	CASP AE				

Prova 45, Femin., 1500m Livres

Prova 45  
29-07-2018 - 16:00

Femin., 1500m Livres

Open  
Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:47.35	HOLUB Tamila Hryhorivna	POR	Coimbra	31-05-2015
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007
Rec Nac Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24-06-2016
Rec Nac Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05-07-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>HOLUB Tamila Hryhorivna</b>	99	Braga	<b>16:50.08</b>	<b>+0,76</b>	<b>769</b>	
	50m: 31.43 31.43	450m: 5:03.07	34.14	850m: 9:34.23	33.84	1250m: 14:03.12	33.46
	100m: 1:05.09 33.66	500m: 5:37.01	33.94	900m: 10:08.02	33.79	1300m: 14:36.77	33.65
	150m: 1:39.22 34.13	550m: 6:11.06	34.05	950m: 10:41.72	33.70	1350m: 15:10.34	33.57
	200m: 2:12.98 33.76	600m: 6:44.94	33.88	1000m: 11:15.50	33.78	1400m: 15:44.28	33.94
	250m: 2:46.84 33.86	650m: 7:18.96	34.02	1050m: 11:49.01	33.51	1450m: 16:17.92	33.64
	300m: 3:20.88 34.04	700m: 7:52.82	33.86	1100m: 12:22.50	33.49	1500m: 16:50.08	32.16
	350m: 3:54.83 33.95	750m: 8:26.62	33.80	1150m: 12:55.86	33.36		
	400m: 4:28.93 34.10	800m: 9:00.39	33.77	1200m: 13:29.66	33.80		
2.	<b>ALONSO LORENZO Paula</b>	95	Castilla-Leon	<b>17:22.57</b>	<b>+0,79</b>	<b>699</b>	
	50m: 31.33 31.33	450m: 5:08.04	34.77	850m: 9:47.73	35.14	1250m: 14:28.49	35.03
	100m: 1:05.45 34.12	500m: 5:42.87	34.83	900m: 10:23.11	35.38	1300m: 15:03.30	34.81
	150m: 1:39.84 34.39	550m: 6:17.74	34.87	950m: 10:58.14	35.03	1350m: 15:38.82	35.52
	200m: 2:14.33 34.49	600m: 6:52.83	35.09	1000m: 11:32.93	34.79	1400m: 16:13.87	35.05
	250m: 2:48.98 34.65	650m: 7:27.66	34.83	1050m: 12:08.28	35.35	1450m: 16:48.67	34.80
	300m: 3:23.97 34.99	700m: 8:02.70	35.04	1100m: 12:43.13	34.85	1500m: 17:22.57	33.90
	350m: 3:58.37 34.40	750m: 8:37.52	34.82	1150m: 13:18.21	35.08		
	400m: 4:33.27 34.90	800m: 9:12.59	35.07	1200m: 13:53.46	35.25		
3.	<b>MENDES Mariana Amaral</b>	02	Colegio Monte Maior	<b>17:24.20</b>	<b>+0,78</b>	<b>696</b>	
	50m: 32.49 32.49	450m: 5:12.96	35.06	850m: 9:53.45	35.16	1250m: 14:31.95	34.73
	100m: 1:07.30 34.81	500m: 5:48.21	35.25	900m: 10:28.49	35.04	1300m: 15:06.79	34.84
	150m: 1:42.14 34.84	550m: 6:23.24	35.03	950m: 11:03.33	34.84	1350m: 15:41.71	34.92
	200m: 2:17.19 35.05	600m: 6:58.21	34.97	1000m: 11:38.14	34.81	1400m: 16:16.07	34.36
	250m: 2:52.20 35.01	650m: 7:33.26	35.05	1050m: 12:12.80	34.66	1450m: 16:50.55	34.48
	300m: 3:27.50 35.30	700m: 8:08.02	34.76	1100m: 12:47.66	34.86	1500m: 17:24.20	33.65
	350m: 4:02.77 35.27	750m: 8:43.30	35.28	1150m: 13:22.32	34.66		
	400m: 4:37.90 35.13	800m: 9:18.29	34.99	1200m: 13:57.22	34.90		
4.	<b>QUEIROZ Ana Rita</b>	02	CASPAE	<b>17:39.53</b>	<b>+0,71</b>	<b>666</b>	
	50m: 31.86 31.86	450m: 5:11.94	35.38	850m: 9:54.21	35.18	1250m: 14:39.63	36.18
	100m: 1:06.08 34.22	500m: 5:47.58	35.64	900m: 10:29.53	35.32	1300m: 15:15.72	36.09
	150m: 1:40.76 34.68	550m: 6:22.71	35.13	950m: 11:05.01	35.48	1350m: 15:52.30	36.58
	200m: 2:15.55 34.79	600m: 6:57.80	35.09	1000m: 11:40.60	35.59	1400m: 16:28.31	36.01
	250m: 2:50.77 35.22	650m: 7:32.96	35.16	1050m: 12:16.06	35.46	1450m: 17:04.04	35.73
	300m: 3:26.04 35.27	700m: 8:08.16	35.20	1100m: 12:51.81	35.75	1500m: 17:39.53	35.49
	350m: 4:01.32 35.28	750m: 8:43.54	35.38	1150m: 13:27.31	35.50		
	400m: 4:36.56 35.24	800m: 9:19.03	35.49	1200m: 14:03.45	36.14		

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>17:49.23</b>	<b>+0,71</b>	<b>648</b>	
	50m: 32.30 32.30	450m: 5:13.59 35.39	850m: 9:58.47 35.92	1250m: 14:48.39 36.32			
	100m: 1:06.35 34.05	500m: 5:48.44 34.85	900m: 10:34.64 36.17	1300m: 15:24.98 36.59			
	150m: 1:41.55 35.20	550m: 6:23.98 35.54	950m: 11:10.75 36.11	1350m: 16:01.27 36.29			
	200m: 2:16.64 35.09	600m: 6:59.17 35.19	1000m: 11:46.93 36.18	1400m: 16:37.62 36.35			
	250m: 2:51.96 35.32	650m: 7:34.63 35.46	1050m: 12:23.27 36.34	1450m: 17:13.65 36.03			
	300m: 3:27.42 35.46	700m: 8:10.57 35.94	1100m: 12:59.47 36.20	1500m: 17:49.23 35.58			
	350m: 4:02.91 35.49	750m: 8:46.46 35.89	1150m: 13:35.94 36.47				
	400m: 4:38.20 35.29	800m: 9:22.55 36.09	1200m: 14:12.07 36.13				
6.	RODRIGUES Filipa Serrano	01	Benfica	<b>18:00.38</b>	<b>+0,78</b>	<b>628</b>	
	50m: 32.29 32.29	450m: 5:15.16 35.94	850m: 10:04.94 36.56	1250m: 14:58.75 36.75			
	100m: 1:06.81 34.52	500m: 5:50.90 35.74	900m: 10:41.72 36.78	1300m: 15:35.59 36.84			
	150m: 1:42.14 35.33	550m: 6:26.81 35.91	950m: 11:18.39 36.67	1350m: 16:11.60 36.01			
	200m: 2:17.37 35.23	600m: 7:02.62 35.81	1000m: 11:55.15 36.76	1400m: 16:48.35 36.75			
	250m: 2:52.92 35.55	650m: 7:38.97 36.35	1050m: 12:32.02 36.87	1450m: 17:24.90 36.55			
	300m: 3:28.21 35.29	700m: 8:15.19 36.22	1100m: 13:08.67 36.65	1500m: 18:00.38 35.48			
	350m: 4:03.70 35.49	750m: 8:51.84 36.65	1150m: 13:45.28 36.61				
	400m: 4:39.22 35.52	800m: 9:28.38 36.54	1200m: 14:22.00 36.72				
DNS	FRAZAO Alexandra Couto	02	CASPAE				