

Prova 33	Femin., 800m Livres					Absolutos
23-12-2018 - 16:15						Resultados
RN25 Absoluto	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)		03-08-2017
RN25 Sen	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)		03-08-2017
RN25 Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto		13-12-2015
RN25 Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto		21-12-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
Seniores						
1.	DURAES Diana Margarida	96	Benfica	8:23.23	+0,74	864
	<i>Rec Nacional, Minimos CEuropa PC, Abs e Sen</i>					
	50m: 29.61 29.61	250m: 2:35.96 31.44	450m: 4:42.29 31.59	650m: 6:49.33 31.99		
	100m: 1:01.14 31.53	300m: 3:07.44 31.48	500m: 5:13.95 31.66	700m: 7:21.26 31.93		
	150m: 1:32.89 31.75	350m: 3:39.01 31.57	550m: 5:45.64 31.69	750m: 7:52.75 31.49		
	200m: 2:04.52 31.63	400m: 4:10.70 31.69	600m: 6:17.34 31.70	800m: 8:23.23 30.48		
2.	HOLUB Tamila Hryhorivna	99	Braga	8:33.43	+0,78	813
	<i>Minimos CEuropa PC</i>					
	50m: 29.74 29.74	250m: 2:37.26 32.09	450m: 4:46.28 32.25	650m: 6:56.04 32.42		
	100m: 1:01.34 31.60	300m: 3:09.47 32.21	500m: 5:18.65 32.37	700m: 7:28.85 32.81		
	150m: 1:33.26 31.92	350m: 3:41.67 32.20	550m: 5:51.00 32.35	750m: 8:01.74 32.89		
	200m: 2:05.17 31.91	400m: 4:14.03 32.36	600m: 6:23.62 32.62	800m: 8:33.43 31.69		
3.	ANDRE Angelica Maria	94	Fluvial Portuense	8:44.55	+0,73	763
	50m: 29.90 29.90	250m: 2:39.80 33.23	450m: 4:53.00 33.36	650m: 7:05.90 33.07		
	100m: 1:01.37 31.47	300m: 3:12.94 33.14	500m: 5:26.60 33.60	700m: 7:38.96 33.06		
	150m: 1:33.69 32.32	350m: 3:46.25 33.31	550m: 5:59.73 33.13	750m: 8:11.72 32.76		
	200m: 2:06.57 32.88	400m: 4:19.64 33.39	600m: 6:32.83 33.10	800m: 8:44.55 32.83		
4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	9:05.73	+0,77	677
	50m: 31.51 31.51	250m: 2:46.19 34.10	450m: 5:03.51 34.61	650m: 7:23.02 34.89		
	100m: 1:04.72 33.21	300m: 3:19.98 33.79	500m: 5:38.43 34.92	700m: 7:57.74 34.72		
	150m: 1:38.15 33.43	350m: 3:54.33 34.35	550m: 6:13.30 34.87	750m: 8:32.83 35.09		
	200m: 2:12.09 33.94	400m: 4:28.90 34.57	600m: 6:48.13 34.83	800m: 9:05.73 32.90		
5.	RODRIGUES Filipa Serrano	01	Benfica	9:09.48	+0,76	663
	50m: 30.87 30.87	250m: 2:45.93 34.08	450m: 5:03.58 34.52	650m: 7:24.05 35.27		
	100m: 1:04.27 33.40	300m: 3:20.42 34.49	500m: 5:38.33 34.75	700m: 7:59.66 35.61		
	150m: 1:38.06 33.79	350m: 3:54.68 34.26	550m: 6:13.53 35.20	750m: 8:35.14 35.48		
	200m: 2:11.85 33.79	400m: 4:29.06 34.38	600m: 6:48.78 35.25	800m: 9:09.48 34.34		
6.	AMADOR Joana Costa	01	Galitos / Bresimar	9:12.19	+0,72	654
	50m: 31.28 31.28	250m: 2:47.73 34.44	450m: 5:06.51 34.89	650m: 7:26.19 35.26		
	100m: 1:05.03 33.75	300m: 3:22.35 34.62	500m: 5:41.28 34.77	700m: 8:01.55 35.36		
	150m: 1:39.09 34.06	350m: 3:56.88 34.53	550m: 6:16.19 34.91	750m: 8:37.30 35.75		
	200m: 2:13.29 34.20	400m: 4:31.62 34.74	600m: 6:50.93 34.74	800m: 9:12.19 34.89		
7.	CARVALHO Eva Guerreiro	99	Benfica	9:33.48	+0,76	583
	50m: 32.88 32.88	250m: 2:55.81 35.80	450m: 5:19.85 35.72	650m: 7:46.30 36.86		
	100m: 1:07.90 35.02	300m: 3:31.42 35.61	500m: 5:56.32 36.47	700m: 8:22.68 36.38		
	150m: 1:43.87 35.97	350m: 4:07.77 36.35	550m: 6:32.86 36.54	750m: 8:58.78 36.10		
	200m: 2:20.01 36.14	400m: 4:44.13 36.36	600m: 7:09.44 36.58	800m: 9:33.48 34.70		
DNS	CHEROUATI Souad Nefissa	89	Benfica			

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 33, Femin., 800m Livres

Juniores

1. FRAZAO Alexandra Couto	02	Condeixa Clube	8:45.84	+0,79	757
50m: 30.84 30.84	250m: 2:42.06 32.92	450m: 4:53.75 32.82	650m: 7:05.66 33.16		
100m: 1:03.25 32.41	300m: 3:15.11 33.05	500m: 5:26.52 32.77	700m: 7:39.34 33.68		
150m: 1:36.17 32.92	350m: 3:47.86 32.75	550m: 5:59.57 33.05	750m: 8:13.05 33.71		
200m: 2:09.14 32.97	400m: 4:20.93 33.07	600m: 6:32.50 32.93	800m: 8:45.84 32.79		
2. MENDES Mariana Amaral	02	Colegio Monte Maior	8:49.31	+0,79	742
50m: 31.47 31.47	250m: 2:44.08 33.21	450m: 4:57.40 33.33	650m: 7:10.64 33.40		
100m: 1:04.50 33.03	300m: 3:17.43 33.35	500m: 5:30.64 33.24	700m: 7:44.09 33.45		
150m: 1:37.51 33.01	350m: 3:50.76 33.33	550m: 6:03.91 33.27	750m: 8:17.28 33.19		
200m: 2:10.87 33.36	400m: 4:24.07 33.31	600m: 6:37.24 33.33	800m: 8:49.31 32.03		
3. QUEIROZ Ana Rita	02	Condeixa Clube	8:53.56	+0,74	725
50m: 30.71 30.71	250m: 2:45.72 34.41	450m: 5:01.15 33.27	650m: 7:14.39 33.35		
100m: 1:03.75 33.04	300m: 3:20.26 34.54	500m: 5:34.78 33.63	700m: 7:47.81 33.42		
150m: 1:37.20 33.45	350m: 3:54.03 33.77	550m: 6:07.89 33.11	750m: 8:20.90 33.09		
200m: 2:11.31 34.11	400m: 4:27.88 33.85	600m: 6:41.04 33.15	800m: 8:53.56 32.66		
4. SOUSA Ana Reis	02	Alges	9:01.26	+0,75	694
50m: 30.32 30.32	250m: 2:45.61 34.71	450m: 5:01.27 33.71	650m: 7:19.93 35.22		
100m: 1:03.04 32.72	300m: 3:19.96 34.35	500m: 5:35.65 34.38	700m: 7:53.82 33.89		
150m: 1:36.56 33.52	350m: 3:53.80 33.84	550m: 6:10.37 34.72	750m: 8:27.55 33.73		
200m: 2:10.90 34.34	400m: 4:27.56 33.76	600m: 6:44.71 34.34	800m: 9:01.26 33.71		
5. PINA Ana Sofia	02	O Crasto	9:05.35	+0,79	679
50m: 31.20 31.20	250m: 2:46.72 33.94	450m: 5:05.65 34.89	650m: 7:24.67 34.60		
100m: 1:04.86 33.66	300m: 3:21.11 34.39	500m: 5:40.44 34.79	700m: 7:58.93 34.26		
150m: 1:38.73 33.87	350m: 3:55.84 34.73	550m: 6:15.05 34.61	750m: 8:33.18 34.25		
200m: 2:12.78 34.05	400m: 4:30.76 34.92	600m: 6:50.07 35.02	800m: 9:05.35 32.17		
6. RAMOS Ana Rita	02	Porto	9:05.46	+0,80	678
50m: 31.40 31.40	250m: 2:47.05 34.29	450m: 5:04.58 34.54	650m: 7:22.62 34.58		
100m: 1:05.05 33.65	300m: 3:21.21 34.16	500m: 5:38.91 34.33	700m: 7:57.33 34.71		
150m: 1:38.83 33.78	350m: 3:55.47 34.26	550m: 6:13.18 34.27	750m: 8:32.12 34.79		
200m: 2:12.76 33.93	400m: 4:30.04 34.57	600m: 6:48.04 34.86	800m: 9:05.46 33.34		
7. AMORIM Maria Leonor	03	Porto	9:09.84	+0,81	662
50m: 32.10 32.10	250m: 2:48.86 34.26	450m: 5:06.40 33.55	650m: 7:26.21 35.12		
100m: 1:06.39 34.29	300m: 3:23.62 34.76	500m: 5:40.97 34.57	700m: 8:01.21 35.00		
150m: 1:40.51 34.12	350m: 3:58.01 34.39	550m: 6:15.99 35.02	750m: 8:36.14 34.93		
200m: 2:14.60 34.09	400m: 4:32.85 34.84	600m: 6:51.09 35.10	800m: 9:09.84 33.70		
8. MARTINS Francisca Soares	03	Foca	9:16.31	+0,77	639
50m: 31.33 31.33	250m: 2:48.07 34.49	450m: 5:08.55 35.28	650m: 7:30.68 35.73		
100m: 1:05.19 33.86	300m: 3:22.94 34.87	500m: 5:43.99 35.44	700m: 8:06.54 35.86		
150m: 1:39.31 34.12	350m: 3:58.05 35.11	550m: 6:19.40 35.41	750m: 8:42.08 35.54		
200m: 2:13.58 34.27	400m: 4:33.27 35.22	600m: 6:54.95 35.55	800m: 9:16.31 34.23		
9. MARTINS Joana Ribeiro	03	Benfica	9:23.90	+0,80	614
50m: 32.00 32.00	250m: 2:52.64 34.98	450m: 5:15.14 35.70	650m: 7:38.88 35.79		
100m: 1:06.86 34.86	300m: 3:27.89 35.25	500m: 5:51.01 35.87	700m: 8:14.67 35.79		
150m: 1:42.20 35.34	350m: 4:03.66 35.77	550m: 6:27.10 36.09	750m: 8:50.29 35.62		
200m: 2:17.66 35.46	400m: 4:39.44 35.78	600m: 7:03.09 35.99	800m: 9:23.90 33.61		
10. CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	9:28.93	+0,82	598
50m: 31.87 31.87	250m: 2:52.56 35.89	450m: 5:17.19 36.66	650m: 7:43.42 36.47		
100m: 1:06.15 34.28	300m: 3:28.20 35.64	500m: 5:53.65 36.46	700m: 8:19.64 36.22		
150m: 1:41.20 35.05	350m: 4:04.23 36.03	550m: 6:30.18 36.53	750m: 8:55.54 35.90		
200m: 2:16.67 35.47	400m: 4:40.53 36.30	600m: 7:06.95 36.77	800m: 9:28.93 33.39		

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PARCEIROS



Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
11.	FOMINA Anna	02	Louletano / Loule Concelho	9:32.06	+0,77	588
	50m: 32.30 32.30	250m: 2:55.50 36.17	450m: 5:19.13 36.14	650m: 7:46.13 37.11		
	100m: 1:07.71 35.41	300m: 3:31.51 36.01	500m: 5:55.71 36.58	700m: 8:23.25 37.12		
	150m: 1:43.28 35.57	350m: 4:08.00 36.49	550m: 6:32.73 37.02	750m: 8:59.25 36.00		
	200m: 2:19.33 36.05	400m: 4:42.99 34.99	600m: 7:09.02 36.29	800m: 9:32.06 32.81		
12.	VARANDAS Joana Filipa	02	Laranjeiro	9:33.91	+0,84	582
	50m: 33.05 33.05	250m: 2:56.19 35.88	450m: 5:20.57 36.06	650m: 7:46.60 36.66		
	100m: 1:08.49 35.44	300m: 3:32.02 35.83	500m: 5:56.88 36.31	700m: 8:23.14 36.54		
	150m: 1:44.10 35.61	350m: 4:08.25 36.23	550m: 6:33.66 36.78	750m: 8:59.05 35.91		
	200m: 2:20.31 36.21	400m: 4:44.51 36.26	600m: 7:09.94 36.28	800m: 9:33.91 34.86		
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:37.10	+0,72	573
	50m: 32.50 32.50	250m: 2:55.15 36.06	450m: 5:20.24 36.13	650m: 7:48.07 37.08		
	100m: 1:07.44 34.94	300m: 3:31.35 36.20	500m: 5:56.94 36.70	700m: 8:24.78 36.71		
	150m: 1:43.29 35.85	350m: 4:07.85 36.50	550m: 6:33.95 37.01	750m: 9:01.60 36.82		
	200m: 2:19.09 35.80	400m: 4:44.11 36.26	600m: 7:10.99 37.04	800m: 9:37.10 35.50		
14.	AMANTES Beatriz Quintao	03	Uniao Piedense	9:37.15	+0,78	572
	50m: 32.40 32.40	250m: 2:56.95 36.31	450m: 5:21.49 36.27	650m: 7:49.50 37.76		
	100m: 1:08.10 35.70	300m: 3:33.09 36.14	500m: 5:57.69 36.20	700m: 8:26.30 36.80		
	150m: 1:44.17 36.07	350m: 4:09.20 36.11	550m: 6:35.06 37.37	750m: 9:02.93 36.63		
	200m: 2:20.64 36.47	400m: 4:45.22 36.02	600m: 7:11.74 36.68	800m: 9:37.15 34.22		
15.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	9:37.97	+0,99	570
	50m: 32.88 32.88	250m: 2:55.10 35.74	450m: 5:19.82 36.86	650m: 7:47.98 37.40		
	100m: 1:08.18 35.30	300m: 3:30.97 35.87	500m: 5:56.04 36.22	700m: 8:25.60 37.62		
	150m: 1:43.61 35.43	350m: 4:06.52 35.55	550m: 6:33.61 37.57	750m: 9:02.46 36.86		
	200m: 2:19.36 35.75	400m: 4:42.96 36.44	600m: 7:10.58 36.97	800m: 9:37.97 35.51		
16.	PELAIO Maria Joao	03	Ginasio Figueirense	9:40.23	+0,81	563
	50m: 33.04 33.04	250m: 2:57.44 36.60	450m: 5:23.98 36.91	650m: 7:51.26 37.02		
	100m: 1:08.34 35.30	300m: 3:33.68 36.24	500m: 6:01.05 37.07	700m: 8:28.17 36.91		
	150m: 1:44.40 36.06	350m: 4:10.30 36.62	550m: 6:37.81 36.76	750m: 9:04.71 36.54		
	200m: 2:20.84 36.44	400m: 4:47.07 36.77	600m: 7:14.24 36.43	800m: 9:40.23 35.52		
17.	PIRES Filipa Almeida	03	Uniao Coimbra	9:41.78	+0,96	559
	50m: 32.68 32.68	250m: 2:57.71 36.78	450m: 5:25.02 37.00	650m: 7:52.61 36.92		
	100m: 1:08.32 35.64	300m: 3:34.25 36.54	500m: 6:01.79 36.77	700m: 8:29.96 37.35		
	150m: 1:44.63 36.31	350m: 4:11.24 36.99	550m: 6:38.87 37.08	750m: 9:06.90 36.94		
	200m: 2:20.93 36.30	400m: 4:48.02 36.78	600m: 7:15.69 36.82	800m: 9:41.78 34.88		
18.	SOUSA Ines Matos	03	Uniao Coimbra	9:46.91	+0,82	544
	50m: 32.93 32.93	250m: 2:58.40 36.82	450m: 5:26.02 37.12	650m: 7:55.58 37.45		
	100m: 1:08.54 35.61	300m: 3:35.12 36.72	500m: 6:03.03 37.01	700m: 8:33.01 37.43		
	150m: 1:44.96 36.42	350m: 4:11.85 36.73	550m: 6:40.63 37.60	750m: 9:10.35 37.34		
	200m: 2:21.58 36.62	400m: 4:48.90 37.05	600m: 7:18.13 37.50	800m: 9:46.91 36.56		
19.	LIMA Jessica Soares	02	Braga	9:52.00	+0,89	530
	50m: 32.55 32.55	250m: 2:56.89 36.47	450m: 5:26.22 37.54	650m: 7:58.64 38.31		
	100m: 1:07.92 35.37	300m: 3:34.05 37.16	500m: 6:04.04 37.82	700m: 8:37.03 38.39		
	150m: 1:44.10 36.18	350m: 4:11.25 37.20	550m: 6:42.09 38.05	750m: 9:14.89 37.86		
	200m: 2:20.42 36.32	400m: 4:48.68 37.43	600m: 7:20.33 38.24	800m: 9:52.00 37.11		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome				Ano	Clube				Tempo Final		TReac	FINA
20.	BARBOSA Adriana Freixo				03	Viana Natacao				9:52.32		+0,89	529
	50m:	31.78	31.78	250m:	2:56.33	36.56	450m:	5:26.37	37.81	650m:	7:58.37	38.40	
	100m:	1:07.53	35.75	300m:	3:33.40	37.07	500m:	6:03.98	37.61	700m:	8:36.98	38.61	
	150m:	1:43.50	35.97	350m:	4:10.75	37.35	550m:	6:41.96	37.98	750m:	9:15.44	38.46	
	200m:	2:19.77	36.27	400m:	4:48.56	37.81	600m:	7:19.97	38.01	800m:	9:52.32	36.88	

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