

Prova 17 Femin., 800m Livres Juvenis A
05-04-2019 - 17:00 Resultados

Rec Nac Absoluto 8:29.33 DURAES Diana Margarida POR Tarragona (ESP) 23-06-2018
Rec Nac Juv A 8:50.68 HOLUB Tamila Hryhorivna SCB Oeiras 27-07-2014

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	Avancado EUL	9:27.80	+0,77	622	
	50m: 33.03 33.03	250m: 2:57.16 36.05	450m: 5:20.25 35.72	650m: 7:42.21 35.73			
	100m: 1:08.88 35.85	300m: 3:32.97 35.81	500m: 5:55.62 35.37	700m: 8:17.77 35.56			
	150m: 1:45.06 36.18	350m: 4:09.04 36.07	550m: 6:31.01 35.39	750m: 8:53.34 35.57			
	200m: 2:21.11 36.05	400m: 4:44.53 35.49	600m: 7:06.48 35.47	800m: 9:27.80 34.46			
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:32.90	+0,81	605	
	50m: 32.05 32.05	250m: 2:55.73 36.00	450m: 5:21.89 36.15	650m: 7:47.37 36.06			
	100m: 1:07.70 35.65	300m: 3:32.49 36.76	500m: 5:58.82 36.93	700m: 8:24.08 36.71			
	150m: 1:43.46 35.76	350m: 4:08.69 36.20	550m: 6:34.83 36.01	750m: 8:58.89 34.81			
	200m: 2:19.73 36.27	400m: 4:45.74 37.05	600m: 7:11.31 36.48	800m: 9:32.90 34.01			
3.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:32.99	+0,73	605	
	50m: 31.78 31.78	250m: 2:54.25 35.86	450m: 5:19.57 36.19	650m: 7:45.36 36.52			
	100m: 1:06.61 34.83	300m: 3:30.33 36.08	500m: 5:56.07 36.50	700m: 8:21.91 36.55			
	150m: 1:42.39 35.78	350m: 4:06.78 36.45	550m: 6:32.63 36.56	750m: 8:58.25 36.34			
	200m: 2:18.39 36.00	400m: 4:43.38 36.60	600m: 7:08.84 36.21	800m: 9:32.99 34.74			
4.	PINHO Carolina Teixeira	04	Porto	9:33.22	+0,75	604	
	50m: 32.25 32.25	250m: 2:54.45 36.25	450m: 5:18.76 36.14	650m: 7:44.44 36.90			
	100m: 1:07.01 34.76	300m: 3:30.30 35.85	500m: 5:54.99 36.23	700m: 8:21.40 36.96			
	150m: 1:42.95 35.94	350m: 4:06.56 36.26	550m: 6:31.35 36.36	750m: 8:58.33 36.93			
	200m: 2:18.20 35.25	400m: 4:42.62 36.06	600m: 7:07.54 36.19	800m: 9:33.22 34.89			
5.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	9:38.45	+0,87	588	
	50m: 32.72 32.72	250m: 2:56.92 36.74	450m: 5:22.97 36.78	650m: 7:50.40 37.28			
	100m: 1:07.86 35.14	300m: 3:33.14 36.22	500m: 5:59.11 36.14	700m: 8:27.07 36.67			
	150m: 1:44.20 36.34	350m: 4:09.91 36.77	550m: 6:36.25 37.14	750m: 9:03.82 36.75			
	200m: 2:20.18 35.98	400m: 4:46.19 36.28	600m: 7:13.12 36.87	800m: 9:38.45 34.63			
6.	MOURA Maria Ferreira	04	Sporting	9:38.76	+0,72	587	
	50m: 31.88 31.88	250m: 2:55.14 36.18	450m: 5:20.83 36.33	650m: 7:47.46 37.14			
	100m: 1:06.84 34.96	300m: 3:31.31 36.17	500m: 5:57.00 36.17	700m: 8:24.84 37.38			
	150m: 1:42.85 36.01	350m: 4:07.80 36.49	550m: 6:33.58 36.58	750m: 9:01.75 36.91			
	200m: 2:18.96 36.11	400m: 4:44.50 36.70	600m: 7:10.32 36.74	800m: 9:38.76 37.01			
7.	PRETO Filipa Manso	04	Porto	9:40.95	+0,74	581	
	50m: 32.28 32.28	250m: 2:55.95 36.33	450m: 5:22.00 36.86	650m: 7:50.04 37.21			
	100m: 1:07.56 35.28	300m: 3:32.18 36.23	500m: 5:58.69 36.69	700m: 8:27.20 37.16			
	150m: 1:43.53 35.97	350m: 4:08.46 36.28	550m: 6:35.72 37.03	750m: 9:04.69 37.49			
	200m: 2:19.62 36.09	400m: 4:45.14 36.68	600m: 7:12.83 37.11	800m: 9:40.95 36.26			
8.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:41.96	+0,89	578	
	50m: 32.59 32.59	250m: 2:58.11 36.76	450m: 5:24.89 36.38	650m: 7:52.97 36.95			
	100m: 1:08.30 35.71	300m: 3:34.76 36.65	500m: 6:01.95 37.06	700m: 8:30.29 37.32			
	150m: 1:44.71 36.41	350m: 4:11.24 36.48	550m: 6:38.81 36.86	750m: 9:06.68 36.39			
	200m: 2:21.35 36.64	400m: 4:48.51 37.27	600m: 7:16.02 37.21	800m: 9:41.96 35.28			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	9:42.76	+0,72	575	
	50m: 31.43 31.43	250m: 2:52.17	35.56	450m: 5:19.65	37.28	650m: 7:50.90	37.66
	100m: 1:05.96 34.53	300m: 3:28.28	36.11	500m: 5:57.33	37.68	700m: 8:29.29	38.39
	150m: 1:41.18 35.22	350m: 4:04.84	36.56	550m: 6:35.01	37.68	750m: 9:06.63	37.34
	200m: 2:16.61 35.43	400m: 4:42.37	37.53	600m: 7:13.24	38.23	800m: 9:42.76	36.13
10.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:54.78	+0,87	541	
	50m: 33.28 33.28	250m: 3:01.86	37.82	450m: 5:33.53	37.94	650m: 8:03.35	37.63
	100m: 1:09.41 36.13	300m: 3:39.49	37.63	500m: 6:11.57	38.04	700m: 8:41.08	37.73
	150m: 1:46.46 37.05	350m: 4:17.53	38.04	550m: 6:48.56	36.99	750m: 9:18.57	37.49
	200m: 2:24.04 37.58	400m: 4:55.59	38.06	600m: 7:25.72	37.16	800m: 9:54.78	36.21
11.	INACIO Marta Macedo	04	Sporting	9:55.61	+0,88	539	
	50m: 32.82 32.82	250m: 2:59.46	36.90	450m: 5:29.24	37.68	650m: 8:01.98	38.30
	100m: 1:08.61 35.79	300m: 3:36.66	37.20	500m: 6:07.29	38.05	700m: 8:40.14	38.16
	150m: 1:45.42 36.81	350m: 4:13.95	37.29	550m: 6:45.21	37.92	750m: 9:18.56	38.42
	200m: 2:22.56 37.14	400m: 4:51.56	37.61	600m: 7:23.68	38.47	800m: 9:55.61	37.05
12.	SILVA Ines Martins	04	Vilacondense	9:57.38	+0,88	534	
	50m: 33.39 33.39	250m: 3:01.02	37.81	450m: 5:33.42	38.28	650m: 8:06.60	38.26
	100m: 1:08.82 35.43	300m: 3:38.91	37.89	500m: 6:11.95	38.53	700m: 8:44.34	37.74
	150m: 1:45.76 36.94	350m: 4:17.13	38.22	550m: 6:50.04	38.09	750m: 9:21.57	37.23
	200m: 2:23.21 37.45	400m: 4:55.14	38.01	600m: 7:28.34	38.30	800m: 9:57.38	35.81
13.	GALANTE Ines Carvalho	04	Vilacondense	9:59.08	+0,83	529	
	50m: 32.10 32.10	250m: 3:01.93	37.69	450m: 5:34.91	37.49	650m: 8:07.58	37.58
	100m: 1:08.75 36.65	300m: 3:40.81	38.88	500m: 6:13.60	38.69	700m: 8:46.21	38.63
	150m: 1:45.55 36.80	350m: 4:18.40	37.59	550m: 6:51.16	37.56	750m: 9:22.73	36.52
	200m: 2:24.24 38.69	400m: 4:57.42	39.02	600m: 7:30.00	38.84	800m: 9:59.08	36.35
14.	NARRA Vera Figueiredo	04	Amadora	9:59.77	+0,77	528	
	50m: 34.08 34.08	250m: 3:03.67	37.18	450m: 5:34.17	37.63	650m: 8:06.05	37.94
	100m: 1:10.96 36.88	300m: 3:41.15	37.48	500m: 6:12.15	37.98	700m: 8:44.13	38.08
	150m: 1:48.39 37.43	350m: 4:18.71	37.56	550m: 6:49.99	37.84	750m: 9:22.50	38.37
	200m: 2:26.49 38.10	400m: 4:56.54	37.83	600m: 7:28.11	38.12	800m: 9:59.77	37.27
15.	FERNANDES Maria Elias	04	Desportiva Viana	10:00.03	+0,97	527	
	50m: 32.97 32.97	250m: 3:02.71	37.57	450m: 5:34.99	38.32	650m: 8:07.70	38.19
	100m: 1:09.56 36.59	300m: 3:40.65	37.94	500m: 6:13.08	38.09	700m: 8:46.08	38.38
	150m: 1:47.38 37.82	350m: 4:18.65	38.00	550m: 6:51.06	37.98	750m: 9:23.60	37.52
	200m: 2:25.14 37.76	400m: 4:56.67	38.02	600m: 7:29.51	38.45	800m: 10:00.03	36.43
16.	LIGEIRO Daniela Silva	04	Viana Natacao	10:03.65	+0,76	517	
	50m: 32.74 32.74	250m: 3:04.00	38.10	450m: 5:37.44	38.70	650m: 8:12.09	38.80
	100m: 1:09.80 37.06	300m: 3:42.02	38.02	500m: 6:16.00	38.56	700m: 8:49.93	37.84
	150m: 1:47.57 37.77	350m: 4:20.56	38.54	550m: 6:54.57	38.57	750m: 9:27.70	37.77
	200m: 2:25.90 38.33	400m: 4:58.74	38.18	600m: 7:33.29	38.72	800m: 10:03.65	35.95
17.	LOPES Raquel Raposo	04	Cova da Piedade	10:04.20	+0,84	516	
	50m: 34.28 34.28	250m: 3:05.36	38.52	450m: 5:38.13	38.60	650m: 8:12.15	38.45
	100m: 1:10.90 36.62	300m: 3:43.14	37.78	500m: 6:16.37	38.24	700m: 8:50.05	37.90
	150m: 1:49.05 38.15	350m: 4:21.65	38.51	550m: 6:55.29	38.92	750m: 9:27.67	37.62
	200m: 2:26.84 37.79	400m: 4:59.53	37.88	600m: 7:33.70	38.41	800m: 10:04.20	36.53

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PEDRO Daniela Alexandra	04	Sporting	10:04.91	+0,75	514	
	50m: 33.13 33.13	250m: 3:04.16	38.30	450m: 5:37.79	38.49	650m: 8:11.67	38.42
	100m: 1:10.14 37.01	300m: 3:42.66	38.50	500m: 6:15.91	38.12	700m: 8:50.20	38.53
	150m: 1:47.97 37.83	350m: 4:21.00	38.34	550m: 6:54.65	38.74	750m: 9:27.60	37.40
	200m: 2:25.86 37.89	400m: 4:59.30	38.30	600m: 7:33.25	38.60	800m: 10:04.91	37.31
19.	JESUS Leonor Santos	04	Natacao Olhao	10:05.83	+0,87	512	
	50m: 34.33 34.33	250m: 3:05.13	38.01	450m: 5:37.52	38.28	650m: 8:13.54	39.19
	100m: 1:11.53 37.20	300m: 3:42.95	37.82	500m: 6:16.12	38.60	700m: 8:51.51	37.97
	150m: 1:49.51 37.98	350m: 4:20.96	38.01	550m: 6:55.28	39.16	750m: 9:28.98	37.47
	200m: 2:27.12 37.61	400m: 4:59.24	38.28	600m: 7:34.35	39.07	800m: 10:05.83	36.85
20.	HENRIQUES Carolina Porem	04	Sporting	10:06.71	+0,69	510	
	50m: 34.34 34.34	250m: 3:06.35	37.93	450m: 5:38.62	37.75	650m: 8:12.23	38.27
	100m: 1:12.46 38.12	300m: 3:44.56	38.21	500m: 6:17.24	38.62	700m: 8:51.18	38.95
	150m: 1:50.06 37.60	350m: 4:22.39	37.83	550m: 6:55.15	37.91	750m: 9:29.07	37.89
	200m: 2:28.42 38.36	400m: 5:00.87	38.48	600m: 7:33.96	38.81	800m: 10:06.71	37.64
21.	FREIXIEIRO Beatriz Maria	04	Rio Maior	10:08.44	+0,79	505	
	50m: 33.26 33.26	250m: 3:04.90	38.22	450m: 5:39.79	38.59	650m: 8:14.60	38.65
	100m: 1:10.25 36.99	300m: 3:43.61	38.71	500m: 6:18.42	38.63	700m: 8:53.17	38.57
	150m: 1:48.35 38.10	350m: 4:22.35	38.74	550m: 6:57.33	38.91	750m: 9:31.65	38.48
	200m: 2:26.68 38.33	400m: 5:01.20	38.85	600m: 7:35.95	38.62	800m: 10:08.44	36.79
22.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	10:09.27	+0,85	503	
	50m: 34.13 34.13	250m: 3:06.40	38.42	450m: 5:40.70	38.28	650m: 8:15.01	38.26
	100m: 1:11.56 37.43	300m: 3:45.01	38.61	500m: 6:19.56	38.86	700m: 8:53.64	38.63
	150m: 1:49.57 38.01	350m: 4:23.83	38.82	550m: 6:58.40	38.84	750m: 9:32.04	38.40
	200m: 2:27.98 38.41	400m: 5:02.42	38.59	600m: 7:36.75	38.35	800m: 10:09.27	37.23
23.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	10:09.83	+0,83	502	
	50m: 33.24 33.24	250m: 3:05.41	38.50	450m: 5:40.40	38.35	650m: 8:15.02	38.22
	100m: 1:10.28 37.04	300m: 3:44.53	39.12	500m: 6:19.60	39.20	700m: 8:53.81	38.79
	150m: 1:48.10 37.82	350m: 4:23.00	38.47	550m: 6:57.78	38.18	750m: 9:32.04	38.23
	200m: 2:26.91 38.81	400m: 5:02.05	39.05	600m: 7:36.80	39.02	800m: 10:09.83	37.79
24.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	10:10.58	+0,75	500	
	50m: 33.65 33.65	250m: 3:05.06	38.35	450m: 5:40.15	38.78	650m: 8:17.65	39.33
	100m: 1:10.84 37.19	300m: 3:43.24	38.18	500m: 6:19.49	39.34	700m: 8:56.80	39.15
	150m: 1:48.65 37.81	350m: 4:22.50	39.26	550m: 6:58.42	38.93	750m: 9:34.40	37.60
	200m: 2:26.71 38.06	400m: 5:01.37	38.87	600m: 7:38.32	39.90	800m: 10:10.58	36.18
25.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	10:11.30	+0,65	498	
	50m: 32.42 32.42	250m: 3:04.43	38.58	450m: 5:39.65	38.79	650m: 8:15.94	38.86
	100m: 1:09.66 37.24	300m: 3:43.33	38.90	500m: 6:18.73	39.08	700m: 8:55.50	39.56
	150m: 1:47.68 38.02	350m: 4:21.91	38.58	550m: 6:57.62	38.89	750m: 9:34.06	38.56
	200m: 2:25.85 38.17	400m: 5:00.86	38.95	600m: 7:37.08	39.46	800m: 10:11.30	37.24
26.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	10:19.52	+0,85	479	
	50m: 32.60 32.60	250m: 3:06.88	38.89	450m: 5:44.51	39.22	650m: 8:22.87	39.07
	100m: 1:10.58 37.98	300m: 3:46.71	39.83	500m: 6:24.57	40.06	700m: 9:02.58	39.71
	150m: 1:48.71 38.13	350m: 4:25.51	38.80	550m: 7:03.98	39.41	750m: 9:41.38	38.80
	200m: 2:27.99 39.28	400m: 5:05.29	39.78	600m: 7:43.80	39.82	800m: 10:19.52	38.14

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MONTEIRO Barbara Oliveira	04	Braga	10:21.89	+0,94	473	
	50m: 34.20 34.20	250m: 3:05.80 38.35	450m: 5:42.30 38.73	650m: 8:22.31 40.19			
	100m: 1:11.28 37.08	300m: 3:44.66 38.86	500m: 6:22.06 39.76	700m: 9:03.06 40.75			
	150m: 1:49.17 37.89	350m: 4:23.78 39.12	550m: 7:01.66 39.60	750m: 9:43.10 40.04			
	200m: 2:27.45 38.28	400m: 5:03.57 39.79	600m: 7:42.12 40.46	800m: 10:21.89 38.79			

Prova 17
05-04-2019 - 17:00

Femin., 800m Livres

Juvenis B
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981
PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	9:24.59	+0,78	633	
	50m: 31.78 31.78	250m: 2:54.86 36.00	450m: 5:17.52 35.39	650m: 7:39.89 35.53			
	100m: 1:06.77 34.99	300m: 3:30.91 36.05	500m: 5:52.97 35.45	700m: 8:15.56 35.67			
	150m: 1:42.91 36.14	350m: 4:06.95 36.04	550m: 6:28.82 35.85	750m: 8:50.79 35.23			
	200m: 2:18.86 35.95	400m: 4:42.13 35.18	600m: 7:04.36 35.54	800m: 9:24.59 33.80			
2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	9:27.51	+0,76	623	
	50m: 31.94 31.94	250m: 2:52.92 35.46	450m: 5:17.12 35.85	650m: 7:42.85 36.02			
	100m: 1:07.04 35.10	300m: 3:29.07 36.15	500m: 5:53.59 36.47	700m: 8:19.14 36.29			
	150m: 1:41.88 34.84	350m: 4:04.89 35.82	550m: 6:29.86 36.27	750m: 8:53.98 34.84			
	200m: 2:17.46 35.58	400m: 4:41.27 36.38	600m: 7:06.83 36.97	800m: 9:27.51 33.53			
3.	PIRES Marta Joao	05	Alges	9:31.88	+0,64	609	
	50m: 31.99 31.99	250m: 2:54.26 35.59	450m: 5:19.84 36.23	650m: 7:46.30 36.12			
	100m: 1:07.31 35.32	300m: 3:30.36 36.10	500m: 5:56.46 36.62	700m: 8:22.75 36.45			
	150m: 1:42.77 35.46	350m: 4:06.71 36.35	550m: 6:33.40 36.94	750m: 8:58.26 35.51			
	200m: 2:18.67 35.90	400m: 4:43.61 36.90	600m: 7:10.18 36.78	800m: 9:31.88 33.62			
4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:32.05	+0,70	608	
	50m: 32.05 32.05	250m: 2:53.54 35.93	450m: 5:19.42 36.18	650m: 7:46.27 36.15			
	100m: 1:06.98 34.93	300m: 3:30.04 36.50	500m: 5:56.20 36.78	700m: 8:23.31 37.04			
	150m: 1:41.60 34.62	350m: 4:06.32 36.28	550m: 6:32.92 36.72	750m: 8:58.46 35.15			
	200m: 2:17.61 36.01	400m: 4:43.24 36.92	600m: 7:10.12 37.20	800m: 9:32.05 33.59			
5.	SIMOES Ana Beatriz	05	Sporting	9:41.46	+0,82	579	
	50m: 32.57 32.57	250m: 2:58.38 37.21	450m: 5:27.13 37.02	650m: 7:55.29 36.91			
	100m: 1:07.95 35.38	300m: 3:35.66 37.28	500m: 6:04.37 37.24	700m: 8:31.99 36.70			
	150m: 1:44.40 36.45	350m: 4:13.00 37.34	550m: 6:41.41 37.04	750m: 9:08.28 36.29			
	200m: 2:21.17 36.77	400m: 4:50.11 37.11	600m: 7:18.38 36.97	800m: 9:41.46 33.18			
6.	SEBASTIAO Sofia Antunes	05	Amadora	9:46.07	+0,95	565	
	50m: 33.51 33.51	250m: 2:57.91 36.54	450m: 5:25.84 37.65	650m: 7:56.19 37.25			
	100m: 1:08.95 35.44	300m: 3:34.26 36.35	500m: 6:03.22 37.38	700m: 8:33.97 37.78			
	150m: 1:45.22 36.27	350m: 4:11.57 37.31	550m: 6:41.60 38.38	750m: 9:10.73 36.76			
	200m: 2:21.37 36.15	400m: 4:48.19 36.62	600m: 7:18.94 37.34	800m: 9:46.07 35.34			
7.	HUTYY Adriana Carolina	05	Braga	9:48.75	+0,86	558	
	50m: 32.80 32.80	250m: 2:57.74 36.63	450m: 5:26.04 36.60	650m: 7:56.06 37.25			
	100m: 1:08.62 35.82	300m: 3:35.01 37.27	500m: 6:04.08 38.04	700m: 8:34.62 38.56			
	150m: 1:43.97 35.35	350m: 4:11.67 36.66	550m: 6:40.83 36.75	750m: 9:11.71 37.09			
	200m: 2:21.11 37.14	400m: 4:49.44 37.77	600m: 7:18.81 37.98	800m: 9:48.75 37.04			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CABRAL Ana Matos	05	Condeixa Clube	9:53.34	+0,77	545	
	50m: 32.13 32.13	250m: 2:59.13	37.04	450m: 5:30.88	38.06	650m: 8:03.35	37.50
	100m: 1:08.17 36.04	300m: 3:36.96	37.83	500m: 6:09.65	38.77	700m: 8:41.03	37.68
	150m: 1:44.92 36.75	350m: 4:14.52	37.56	550m: 6:47.71	38.06	750m: 9:17.76	36.73
	200m: 2:22.09 37.17	400m: 4:52.82	38.30	600m: 7:25.85	38.14	800m: 9:53.34	35.58
9.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	9:59.94	+0,87	527	
	50m: 33.31 33.31	250m: 3:01.93	37.64	450m: 5:34.24	38.27	650m: 8:07.81	37.83
	100m: 1:09.32 36.01	300m: 3:40.06	38.13	500m: 6:12.80	38.56	700m: 8:45.72	37.91
	150m: 1:46.73 37.41	350m: 4:18.00	37.94	550m: 6:51.36	38.56	750m: 9:23.22	37.50
	200m: 2:24.29 37.56	400m: 4:55.97	37.97	600m: 7:29.98	38.62	800m: 9:59.94	36.72
10.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	10:02.53	+0,72	520	
	50m: 33.15 33.15	250m: 3:01.49	38.04	450m: 5:35.02	38.74	650m: 8:10.12	38.80
	100m: 1:08.81 35.66	300m: 3:39.41	37.92	500m: 6:13.77	38.75	700m: 8:48.36	38.24
	150m: 1:46.12 37.31	350m: 4:17.86	38.45	550m: 6:52.69	38.92	750m: 9:26.41	38.05
	200m: 2:23.45 37.33	400m: 4:56.28	38.42	600m: 7:31.32	38.63	800m: 10:02.53	36.12
11.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	10:04.83	+0,77	514	
	50m: 32.84 32.84	250m: 3:03.90	38.73	450m: 5:39.25	39.01	650m: 8:13.41	38.32
	100m: 1:08.88 36.04	300m: 3:42.66	38.76	500m: 6:17.70	38.45	700m: 8:51.77	38.36
	150m: 1:46.89 38.01	350m: 4:21.47	38.81	550m: 6:56.77	39.07	750m: 9:29.54	37.77
	200m: 2:25.17 38.28	400m: 5:00.24	38.77	600m: 7:35.09	38.32	800m: 10:04.83	35.29
12.	COSTA Mariana Martins	05	Famalicao	10:05.25	+0,80	513	
	50m: 32.89 32.89	250m: 3:03.85	37.78	450m: 5:37.05	38.48	650m: 8:12.17	38.71
	100m: 1:10.26 37.37	300m: 3:41.75	37.90	500m: 6:15.73	38.68	700m: 8:50.90	38.73
	150m: 1:47.99 37.73	350m: 4:20.08	38.33	550m: 6:54.40	38.67	750m: 9:28.53	37.63
	200m: 2:26.07 38.08	400m: 4:58.57	38.49	600m: 7:33.46	39.06	800m: 10:05.25	36.72
13.	PIRES Laura Joao	05	Natacao do Fundao	10:05.48	+0,94	513	
	50m: 34.79 34.79	250m: 3:05.44	38.37	450m: 5:38.53	38.37	650m: 8:12.63	38.59
	100m: 1:11.63 36.84	300m: 3:43.34	37.90	500m: 6:16.91	38.38	700m: 8:51.14	38.51
	150m: 1:49.45 37.82	350m: 4:21.79	38.45	550m: 6:55.38	38.47	750m: 9:29.69	38.55
	200m: 2:27.07 37.62	400m: 5:00.16	38.37	600m: 7:34.04	38.66	800m: 10:05.48	35.79
14.	COSTA Mafalda Santos	05	Colegio Monte Maior	10:06.47	+0,91	510	
	50m: 32.76 32.76	250m: 3:02.38	37.74	450m: 5:35.80	38.85	650m: 8:10.78	38.88
	100m: 1:09.74 36.98	300m: 3:40.60	38.22	500m: 6:14.53	38.73	700m: 8:50.49	39.71
	150m: 1:47.03 37.29	350m: 4:18.38	37.78	550m: 6:52.90	38.37	750m: 9:29.04	38.55
	200m: 2:24.64 37.61	400m: 4:56.95	38.57	600m: 7:31.90	39.00	800m: 10:06.47	37.43
15.	SANTOS Mariana Marques	05	Gesloures	10:08.12	+0,80	506	
	50m: 33.05 33.05	250m: 3:05.70	38.00	450m: 5:39.58	38.20	650m: 8:14.89	38.64
	100m: 1:10.66 37.61	300m: 3:44.27	38.57	500m: 6:18.95	39.37	700m: 8:53.94	39.05
	150m: 1:48.78 38.12	350m: 4:22.45	38.18	550m: 6:57.01	38.06	750m: 9:31.39	37.45
	200m: 2:27.70 38.92	400m: 5:01.38	38.93	600m: 7:36.25	39.24	800m: 10:08.12	36.73
16.	JUNQUEIRA Manuela Paccola	05	Naval de Peniche	10:14.12	+0,97	491	
	50m: 33.79 33.79	250m: 3:06.23	38.58	450m: 5:40.16	38.24	650m: 8:16.69	39.11
	100m: 1:10.93 37.14	300m: 3:44.97	38.74	500m: 6:19.33	39.17	700m: 8:56.27	39.58
	150m: 1:48.92 37.99	350m: 4:23.29	38.32	550m: 6:58.38	39.05	750m: 9:35.69	39.42
	200m: 2:27.65 38.73	400m: 5:01.92	38.63	600m: 7:37.58	39.20	800m: 10:14.12	38.43

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	RINO Maria Pedro	05	Academia dos Acores	10:15.16	+0,75	489	
	50m: 34.61 34.61	250m: 3:07.51 38.85	450m: 5:43.17 38.99	650m: 8:18.22 38.90			
	100m: 1:12.10 37.49	300m: 3:46.24 38.73	500m: 6:22.43 39.26	700m: 8:57.83 39.61			
	150m: 1:49.94 37.84	350m: 4:25.06 38.82	550m: 7:00.63 38.20	750m: 9:37.20 39.37			
	200m: 2:28.66 38.72	400m: 5:04.18 39.12	600m: 7:39.32 38.69	800m: 10:15.16 37.96			
18.	LOISAS Beatriz Ferreira	05	Columbifila Cantanhedense	10:27.35	+0,72	461	
	50m: 34.42 34.42	250m: 3:08.28 39.14	450m: 5:46.48 39.77	650m: 8:27.86 40.57			
	100m: 1:11.88 37.46	300m: 3:47.36 39.08	500m: 6:26.72 40.24	700m: 9:08.19 40.33			
	150m: 1:50.69 38.81	350m: 4:27.21 39.85	550m: 7:07.25 40.53	750m: 9:48.49 40.30			
	200m: 2:29.14 38.45	400m: 5:06.71 39.50	600m: 7:47.29 40.04	800m: 10:27.35 38.86			
19.	NOBRE Beatriz Gaspar	05	Gualdim Pais	10:36.97	+0,93	440	
	50m: 34.08 34.08	250m: 3:07.94 39.39	450m: 5:49.26 41.49	650m: 8:35.60 41.85			
	100m: 1:11.81 37.73	300m: 3:47.13 39.19	500m: 6:30.29 41.03	700m: 9:16.99 41.39			
	150m: 1:50.42 38.61	350m: 4:27.59 40.46	550m: 7:12.44 42.15	750m: 9:57.80 40.81			
	200m: 2:28.55 38.13	400m: 5:07.77 40.18	600m: 7:53.75 41.31	800m: 10:36.97 39.17			
DNF	BENTO Maria Madalena	05	BUZIOS - Coruche				

Prova 17 Femin., 800m Livres Juniores Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita <i>Minimos CE Jun</i>	02	Condeixa Clube	9:04.37	+0,70	706	
	50m: 31.12 31.12	250m: 2:47.32 33.98	450m: 5:05.44 34.30	650m: 7:23.72 34.28			
	100m: 1:04.80 33.68	300m: 3:21.92 34.60	500m: 5:40.24 34.80	700m: 7:58.50 34.78			
	150m: 1:38.86 34.06	350m: 3:56.41 34.49	550m: 6:14.54 34.30	750m: 8:31.98 33.48			
	200m: 2:13.34 34.48	400m: 4:31.14 34.73	600m: 6:49.44 34.90	800m: 9:04.37 32.39			
2.	ROSA Mafalda Sofia	03	Rio Maior	9:06.53	+0,79	697	
	50m: 31.62 31.62	250m: 2:47.66 34.26	450m: 5:05.30 34.31	650m: 7:23.67 34.48			
	100m: 1:05.16 33.54	300m: 3:22.04 34.38	500m: 5:39.92 34.62	700m: 7:58.28 34.61			
	150m: 1:38.96 33.80	350m: 3:56.35 34.31	550m: 6:14.36 34.44	750m: 8:32.74 34.46			
	200m: 2:13.40 34.44	400m: 4:30.99 34.64	600m: 6:49.19 34.83	800m: 9:06.53 33.79			
3.	RAMOS Ana Rita	02	Porto	9:07.73	+0,74	693	
	50m: 31.58 31.58	250m: 2:47.33 34.27	450m: 5:05.29 35.00	650m: 7:24.83 34.78			
	100m: 1:05.34 33.76	300m: 3:21.58 34.25	500m: 5:40.14 34.85	700m: 7:59.69 34.86			
	150m: 1:39.00 33.66	350m: 3:55.84 34.26	550m: 6:14.99 34.85	750m: 8:34.23 34.54			
	200m: 2:13.06 34.06	400m: 4:30.29 34.45	600m: 6:50.05 35.06	800m: 9:07.73 33.50			
4.	MARTINS Francisca Soares	03	Foca	9:09.12	+0,75	688	
	50m: 31.83 31.83	250m: 2:48.70 34.31	450m: 5:07.61 34.33	650m: 7:27.68 35.02			
	100m: 1:05.69 33.86	300m: 3:23.37 34.67	500m: 5:42.49 34.88	700m: 8:02.86 35.18			
	150m: 1:40.11 34.42	350m: 3:58.28 34.91	550m: 6:17.41 34.92	750m: 8:36.80 33.94			
	200m: 2:14.39 34.28	400m: 4:33.28 35.00	600m: 6:52.66 35.25	800m: 9:09.12 32.32			

Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	AMORIM Maria Leonor	03	Porto	9:09.32	+0,72	687	
	50m: 31.66 31.66	250m: 2:48.72 34.61	450m: 5:07.44 34.62	650m: 7:26.87 35.01			
	100m: 1:05.44 33.78	300m: 3:23.17 34.45	500m: 5:42.12 34.68	700m: 8:01.73 34.86			
	150m: 1:39.83 34.39	350m: 3:57.96 34.79	550m: 6:17.13 35.01	750m: 8:36.44 34.71			
	200m: 2:14.11 34.28	400m: 4:32.82 34.86	600m: 6:51.86 34.73	800m: 9:09.32 32.88			
6.	PINA Ana Sofia	02	O Crasto	9:15.67	+0,71	664	
	50m: 31.48 31.48	250m: 2:49.29 34.77	450m: 5:08.51 34.93	650m: 7:29.72 35.56			
	100m: 1:05.41 33.93	300m: 3:23.93 34.64	500m: 5:43.54 35.03	700m: 8:05.19 35.47			
	150m: 1:40.08 34.67	350m: 3:58.76 34.83	550m: 6:18.85 35.31	750m: 8:40.98 35.79			
	200m: 2:14.52 34.44	400m: 4:33.58 34.82	600m: 6:54.16 35.31	800m: 9:15.67 34.69			
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:19.34	+0,77	651	
	50m: 32.58 32.58	250m: 2:52.13 35.46	450m: 5:12.90 35.29	650m: 7:34.22 35.53			
	100m: 1:06.97 34.39	300m: 3:27.01 34.88	500m: 5:47.86 34.96	700m: 8:09.17 34.95			
	150m: 1:42.04 35.07	350m: 4:02.46 35.45	550m: 6:23.39 35.53	750m: 8:44.99 35.82			
	200m: 2:16.67 34.63	400m: 4:37.61 35.15	600m: 6:58.69 35.30	800m: 9:19.34 34.35			
8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	9:25.78	+0,86	629	
	50m: 32.22 32.22	250m: 2:53.34 35.59	450m: 5:17.09 35.85	650m: 7:40.51 36.28			
	100m: 1:06.90 34.68	300m: 3:29.15 35.81	500m: 5:52.65 35.56	700m: 8:16.45 35.94			
	150m: 1:42.39 35.49	350m: 4:05.36 36.21	550m: 6:28.46 35.81	750m: 8:52.00 35.55			
	200m: 2:17.75 35.36	400m: 4:41.24 35.88	600m: 7:04.23 35.77	800m: 9:25.78 33.78			
9.	SOUSA Ana Reis	02	Alges	9:36.07	+0,75	595	
	50m: 31.40 31.40	250m: 2:50.73 36.23	450m: 5:19.62 37.02	650m: 7:46.72 36.45			
	100m: 1:05.05 33.65	300m: 3:28.01 37.28	500m: 5:56.80 37.18	700m: 8:23.36 36.64			
	150m: 1:39.04 33.99	350m: 4:05.41 37.40	550m: 6:33.37 36.57	750m: 8:59.50 36.14			
	200m: 2:14.50 35.46	400m: 4:42.60 37.19	600m: 7:10.27 36.90	800m: 9:36.07 36.57			
10.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	9:44.65	+0,78	570	
	50m: 33.98 33.98	250m: 2:58.41 36.36	450m: 5:24.12 36.49	650m: 7:54.12 37.36			
	100m: 1:09.86 35.88	300m: 3:34.61 36.20	500m: 6:01.50 37.38	700m: 8:31.54 37.42			
	150m: 1:46.07 36.21	350m: 4:11.09 36.48	550m: 6:39.09 37.59	750m: 9:09.10 37.56			
	200m: 2:22.05 35.98	400m: 4:47.63 36.54	600m: 7:16.76 37.67	800m: 9:44.65 35.55			
11.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:47.02	+0,72	563	
	50m: 32.90 32.90	250m: 2:59.41 37.00	450m: 5:27.53 36.92	650m: 7:56.60 36.91			
	100m: 1:08.69 35.79	300m: 3:36.35 36.94	500m: 6:05.12 37.59	700m: 8:34.00 37.40			
	150m: 1:45.24 36.55	350m: 4:13.63 37.28	550m: 6:42.51 37.39	750m: 9:10.34 36.34			
	200m: 2:22.41 37.17	400m: 4:50.61 36.98	600m: 7:19.69 37.18	800m: 9:47.02 36.68			
12.	VARANDAS Joana Filipa	02	Laranjeiro	9:47.36	+0,85	562	
	50m: 32.55 32.55	250m: 2:57.31 36.89	450m: 5:27.09 38.19	650m: 7:56.87 38.18			
	100m: 1:07.59 35.04	300m: 3:34.73 37.42	500m: 6:03.70 36.61	700m: 8:33.75 36.88			
	150m: 1:43.77 36.18	350m: 4:11.77 37.04	550m: 6:41.33 37.63	750m: 9:11.19 37.44			
	200m: 2:20.42 36.65	400m: 4:48.90 37.13	600m: 7:18.69 37.36	800m: 9:47.36 36.17			
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:49.58	+0,75	555	
	50m: 33.44 33.44	250m: 2:59.03 37.01	450m: 5:27.09 37.77	650m: 7:57.43 37.94			
	100m: 1:09.10 35.66	300m: 3:35.68 36.65	500m: 6:04.85 37.76	700m: 8:34.99 37.56			
	150m: 1:45.41 36.31	350m: 4:12.51 36.83	550m: 6:42.34 37.49	750m: 9:13.03 38.04			
	200m: 2:22.02 36.61	400m: 4:49.32 36.81	600m: 7:19.49 37.15	800m: 9:49.58 36.55			

Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SOUSA Ines Matos	03	Uniao Coimbra	9:50.54	+0,73	553	
	50m: 33.27 33.27	250m: 2:59.01	36.35	450m: 5:26.67	36.95	650m: 7:57.60	38.15
	100m: 1:09.09 35.82	300m: 3:35.67	36.66	500m: 6:04.29	37.62	700m: 8:35.78	38.18
	150m: 1:45.66 36.57	350m: 4:12.46	36.79	550m: 6:41.64	37.35	750m: 9:13.41	37.63
	200m: 2:22.66 37.00	400m: 4:49.72	37.26	600m: 7:19.45	37.81	800m: 9:50.54	37.13
15.	AMANTES Beatriz Quintao	03	Uniao Piedense	9:55.58	+0,67	539	
	50m: 33.71 33.71	250m: 3:01.97	37.19	450m: 5:30.07	37.07	650m: 8:02.27	37.73
	100m: 1:10.44 36.73	300m: 3:39.03	37.06	500m: 6:07.95	37.88	700m: 8:40.30	38.03
	150m: 1:47.74 37.30	350m: 4:15.79	36.76	550m: 6:46.11	38.16	750m: 9:18.68	38.38
	200m: 2:24.78 37.04	400m: 4:53.00	37.21	600m: 7:24.54	38.43	800m: 9:55.58	36.90
16.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	10:04.11	+0,73	516	
	50m: 32.35 32.35	250m: 2:58.71	37.33	450m: 5:30.73	38.68	650m: 8:06.65	39.27
	100m: 1:07.99 35.64	300m: 3:36.25	37.54	500m: 6:09.36	38.63	700m: 8:46.34	39.69
	150m: 1:44.13 36.14	350m: 4:13.95	37.70	550m: 6:48.27	38.91	750m: 9:25.27	38.93
	200m: 2:21.38 37.25	400m: 4:52.05	38.10	600m: 7:27.38	39.11	800m: 10:04.11	38.84
17.	LIMA Jessica Soares	02	Braga	10:07.29	+0,90	508	
	50m: 32.82 32.82	250m: 3:01.31	37.51	450m: 5:35.51	38.62	650m: 8:11.57	39.12
	100m: 1:09.27 36.45	300m: 3:39.63	38.32	500m: 6:14.47	38.96	700m: 8:50.48	38.91
	150m: 1:46.40 37.13	350m: 4:17.83	38.20	550m: 6:53.45	38.98	750m: 9:29.19	38.71
	200m: 2:23.80 37.40	400m: 4:56.89	39.06	600m: 7:32.45	39.00	800m: 10:07.29	38.10

Prova 17
05-04-2019 - 17:00

Femin., 800m Livres

Seniores
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018

CMPL 19 +: 8:38.56 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida <i>Minimos CM</i>	96	Benfica	8:37.78	+0,74	820	
	50m: 30.24 30.24	250m: 2:40.04	33.05	450m: 4:50.68	32.46	650m: 7:01.39	32.72
	100m: 1:01.98 31.74	300m: 3:12.40	32.36	500m: 5:23.22	32.54	700m: 7:33.98	32.59
	150m: 1:34.57 32.59	350m: 3:45.41	33.01	550m: 5:56.01	32.79	750m: 8:06.51	32.53
	200m: 2:06.99 32.42	400m: 4:18.22	32.81	600m: 6:28.67	32.66	800m: 8:37.78	31.27
2.	ANDRE Angelica Maria	94	Fluvial Portuense	8:55.16	+0,76	743	
	50m: 31.29 31.29	250m: 2:44.98	33.89	450m: 5:00.05	33.88	650m: 7:14.96	33.82
	100m: 1:04.19 32.90	300m: 3:18.64	33.66	500m: 5:34.01	33.96	700m: 7:48.51	33.55
	150m: 1:37.64 33.45	350m: 3:52.43	33.79	550m: 6:07.63	33.62	750m: 8:22.15	33.64
	200m: 2:11.09 33.45	400m: 4:26.17	33.74	600m: 6:41.14	33.51	800m: 8:55.16	33.01
3.	HENRIQUES Ines Jacinto	00	Sporting	8:57.34	+0,76	734	
	50m: 31.49 31.49	250m: 2:46.05	33.68	450m: 5:00.94	33.69	650m: 7:16.63	34.23
	100m: 1:05.02 33.53	300m: 3:19.49	33.44	500m: 5:34.66	33.72	700m: 7:50.49	33.86
	150m: 1:38.80 33.78	350m: 3:53.37	33.88	550m: 6:08.56	33.90	750m: 8:24.44	33.95
	200m: 2:12.37 33.57	400m: 4:27.25	33.88	600m: 6:42.40	33.84	800m: 8:57.34	32.90

Prova 17, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	9:28.56	+0,74	619	
	50m: 31.88 31.88	250m: 2:49.17 34.99	450m: 5:14.44 36.60	650m: 7:40.36 36.31			
	100m: 1:05.08 33.20	300m: 3:25.20 36.03	500m: 5:51.03 36.59	700m: 8:17.18 36.82			
	150m: 1:39.53 34.45	350m: 4:01.33 36.13	550m: 6:27.44 36.41	750m: 8:53.30 36.12			
	200m: 2:14.18 34.65	400m: 4:37.84 36.51	600m: 7:04.05 36.61	800m: 9:28.56 35.26			
5.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	9:29.40	+0,79	617	
	50m: 31.79 31.79	250m: 2:52.94 35.61	450m: 5:17.69 36.11	650m: 7:42.31 35.79			
	100m: 1:06.82 35.03	300m: 3:29.29 36.35	500m: 5:54.25 36.56	700m: 8:18.38 36.07			
	150m: 1:41.55 34.73	350m: 4:05.24 35.95	550m: 6:30.16 35.91	750m: 8:53.86 35.48			
	200m: 2:17.33 35.78	400m: 4:41.58 36.34	600m: 7:06.52 36.36	800m: 9:29.40 35.54			
6.	AMADOR Joana Costa	01	Galitos / Bresimar	9:29.79	+0,68	615	
	50m: 32.01 32.01	250m: 2:51.22 35.19	450m: 5:15.55 36.62	650m: 7:41.04 36.57			
	100m: 1:06.18 34.17	300m: 3:26.44 35.22	500m: 5:51.60 36.05	700m: 8:17.07 36.03			
	150m: 1:41.13 34.95	350m: 4:02.51 36.07	550m: 6:28.02 36.42	750m: 8:53.80 36.73			
	200m: 2:16.03 34.90	400m: 4:38.93 36.42	600m: 7:04.47 36.45	800m: 9:29.79 35.99			
7.	RODRIGUES Filipa Serrano	01	Benfica	9:36.52	+0,75	594	
	50m: 31.52 31.52	250m: 2:49.86 34.77	450m: 5:13.87 36.61	650m: 7:43.55 37.66			
	100m: 1:05.19 33.67	300m: 3:25.11 35.25	500m: 5:51.06 37.19	700m: 8:20.83 37.28			
	150m: 1:40.29 35.10	350m: 4:01.19 36.08	550m: 6:28.83 37.77	750m: 8:59.15 38.32			
	200m: 2:15.09 34.80	400m: 4:37.26 36.07	600m: 7:05.89 37.06	800m: 9:36.52 37.37			
8.	CARVALHO Eva Guerreiro	99	Benfica	10:13.76	+0,79	492	
	50m: 33.16 33.16	250m: 3:03.45 38.05	450m: 5:39.02 39.21	650m: 8:16.72 39.35			
	100m: 1:09.55 36.39	300m: 3:42.16 38.71	500m: 6:18.66 39.64	700m: 8:55.86 39.14			
	150m: 1:47.25 37.70	350m: 4:20.82 38.66	550m: 6:57.98 39.32	750m: 9:35.17 39.31			
	200m: 2:25.40 38.15	400m: 4:59.81 38.99	600m: 7:37.37 39.39	800m: 10:13.76 38.59			
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Prova 17 Femin., 800m Livres Absolutos Resultados
05-04-2019 - 17:00

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / CMPL 19 +: 8:38.56 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida <i>Minimos CM</i>	96	Benfica	8:37.78	+0,74	820	
	50m: 30.24 30.24	250m: 2:40.04 33.05	450m: 4:50.68 32.46	650m: 7:01.39 32.72			
	100m: 1:01.98 31.74	300m: 3:12.40 32.36	500m: 5:23.22 32.54	700m: 7:33.98 32.59			
	150m: 1:34.57 32.59	350m: 3:45.41 33.01	550m: 5:56.01 32.79	750m: 8:06.51 32.53			
	200m: 2:06.99 32.42	400m: 4:18.22 32.81	600m: 6:28.67 32.66	800m: 8:37.78 31.27			

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	ANDRE Angelica Maria	94	Fluvial Portuense	8:55.16	+0,76	743	
	50m: 31.29 31.29	250m: 2:44.98 33.89	450m: 5:00.05 33.88	650m: 7:14.96 33.82			
	100m: 1:04.19 32.90	300m: 3:18.64 33.66	500m: 5:34.01 33.96	700m: 7:48.51 33.55			
	150m: 1:37.64 33.45	350m: 3:52.43 33.79	550m: 6:07.63 33.62	750m: 8:22.15 33.64			
	200m: 2:11.09 33.45	400m: 4:26.17 33.74	600m: 6:41.14 33.51	800m: 8:55.16 33.01			
3.	HENRIQUES Ines Jacinto	00	Sporting	8:57.34	+0,76	734	
	50m: 31.49 31.49	250m: 2:46.05 33.68	450m: 5:00.94 33.69	650m: 7:16.63 34.23			
	100m: 1:05.02 33.53	300m: 3:19.49 33.44	500m: 5:34.66 33.72	700m: 7:50.49 33.86			
	150m: 1:38.80 33.78	350m: 3:53.37 33.88	550m: 6:08.56 33.90	750m: 8:24.44 33.95			
	200m: 2:12.37 33.57	400m: 4:27.25 33.88	600m: 6:42.40 33.84	800m: 8:57.34 32.90			
4.	QUEIROZ Ana Rita <i>Minimos CE Jun</i>	02	Condeixa Clube	9:04.37	+0,70	706	
	50m: 31.12 31.12	250m: 2:47.32 33.98	450m: 5:05.44 34.30	650m: 7:23.72 34.28			
	100m: 1:04.80 33.68	300m: 3:21.92 34.60	500m: 5:40.24 34.80	700m: 7:58.50 34.78			
	150m: 1:38.86 34.06	350m: 3:56.41 34.49	550m: 6:14.54 34.30	750m: 8:31.98 33.48			
	200m: 2:13.34 34.48	400m: 4:31.14 34.73	600m: 6:49.44 34.90	800m: 9:04.37 32.39			
5.	ROSA Mafalda Sofia	03	Rio Maior	9:06.53	+0,79	697	
	50m: 31.62 31.62	250m: 2:47.66 34.26	450m: 5:05.30 34.31	650m: 7:23.67 34.48			
	100m: 1:05.16 33.54	300m: 3:22.04 34.38	500m: 5:39.92 34.62	700m: 7:58.28 34.61			
	150m: 1:38.96 33.80	350m: 3:56.35 34.31	550m: 6:14.36 34.44	750m: 8:32.74 34.46			
	200m: 2:13.40 34.44	400m: 4:30.99 34.64	600m: 6:49.19 34.83	800m: 9:06.53 33.79			
6.	RAMOS Ana Rita	02	Porto	9:07.73	+0,74	693	
	50m: 31.58 31.58	250m: 2:47.33 34.27	450m: 5:05.29 35.00	650m: 7:24.83 34.78			
	100m: 1:05.34 33.76	300m: 3:21.58 34.25	500m: 5:40.14 34.85	700m: 7:59.69 34.86			
	150m: 1:39.00 33.66	350m: 3:55.84 34.26	550m: 6:14.99 34.85	750m: 8:34.23 34.54			
	200m: 2:13.06 34.06	400m: 4:30.29 34.45	600m: 6:50.05 35.06	800m: 9:07.73 33.50			
7.	MARTINS Francisca Soares	03	Foca	9:09.12	+0,75	688	
	50m: 31.83 31.83	250m: 2:48.70 34.31	450m: 5:07.61 34.33	650m: 7:27.68 35.02			
	100m: 1:05.69 33.86	300m: 3:23.37 34.67	500m: 5:42.49 34.88	700m: 8:02.86 35.18			
	150m: 1:40.11 34.42	350m: 3:58.28 34.91	550m: 6:17.41 34.92	750m: 8:36.80 33.94			
	200m: 2:14.39 34.28	400m: 4:33.28 35.00	600m: 6:52.66 35.25	800m: 9:09.12 32.32			
8.	AMORIM Maria Leonor	03	Porto	9:09.32	+0,72	687	
	50m: 31.66 31.66	250m: 2:48.72 34.61	450m: 5:07.44 34.62	650m: 7:26.87 35.01			
	100m: 1:05.44 33.78	300m: 3:23.17 34.45	500m: 5:42.12 34.68	700m: 8:01.73 34.86			
	150m: 1:39.83 34.39	350m: 3:57.96 34.79	550m: 6:17.13 35.01	750m: 8:36.44 34.71			
	200m: 2:14.11 34.28	400m: 4:32.82 34.86	600m: 6:51.86 34.73	800m: 9:09.32 32.88			
9.	PINA Ana Sofia	02	O Crasto	9:15.67	+0,71	664	
	50m: 31.48 31.48	250m: 2:49.29 34.77	450m: 5:08.51 34.93	650m: 7:29.72 35.56			
	100m: 1:05.41 33.93	300m: 3:23.93 34.64	500m: 5:43.54 35.03	700m: 8:05.19 35.47			
	150m: 1:40.08 34.67	350m: 3:58.76 34.83	550m: 6:18.85 35.31	750m: 8:40.98 35.79			
	200m: 2:14.52 34.44	400m: 4:33.58 34.82	600m: 6:54.16 35.31	800m: 9:15.67 34.69			
10.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:19.34	+0,77	651	
	50m: 32.58 32.58	250m: 2:52.13 35.46	450m: 5:12.90 35.29	650m: 7:34.22 35.53			
	100m: 1:06.97 34.39	300m: 3:27.01 34.88	500m: 5:47.86 34.96	700m: 8:09.17 34.95			
	150m: 1:42.04 35.07	350m: 4:02.46 35.45	550m: 6:23.39 35.53	750m: 8:44.99 35.82			
	200m: 2:16.67 34.63	400m: 4:37.61 35.15	600m: 6:58.69 35.30	800m: 9:19.34 34.35			

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	LOPES Daniela Magalhaes	05	Famalicao	9:24.59	+0,78	633	
	50m: 31.78 31.78	250m: 2:54.86	36.00	450m: 5:17.52	35.39	650m: 7:39.89	35.53
	100m: 1:06.77 34.99	300m: 3:30.91	36.05	500m: 5:52.97	35.45	700m: 8:15.56	35.67
	150m: 1:42.91 36.14	350m: 4:06.95	36.04	550m: 6:28.82	35.85	750m: 8:50.79	35.23
	200m: 2:18.86 35.95	400m: 4:42.13	35.18	600m: 7:04.36	35.54	800m: 9:24.59	33.80
12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	9:25.78	+0,86	629	
	50m: 32.22 32.22	250m: 2:53.34	35.59	450m: 5:17.09	35.85	650m: 7:40.51	36.28
	100m: 1:06.90 34.68	300m: 3:29.15	35.81	500m: 5:52.65	35.56	700m: 8:16.45	35.94
	150m: 1:42.39 35.49	350m: 4:05.36	36.21	550m: 6:28.46	35.81	750m: 8:52.00	35.55
	200m: 2:17.75 35.36	400m: 4:41.24	35.88	600m: 7:04.23	35.77	800m: 9:25.78	33.78
13.	NOBRE Marisa Isabel	05	Columbifila Cantanhedense	9:27.51	+0,76	623	
	50m: 31.94 31.94	250m: 2:52.92	35.46	450m: 5:17.12	35.85	650m: 7:42.85	36.02
	100m: 1:07.04 35.10	300m: 3:29.07	36.15	500m: 5:53.59	36.47	700m: 8:19.14	36.29
	150m: 1:41.88 34.84	350m: 4:04.89	35.82	550m: 6:29.86	36.27	750m: 8:53.98	34.84
	200m: 2:17.46 35.58	400m: 4:41.27	36.38	600m: 7:06.83	36.97	800m: 9:27.51	33.53
14.	SANTOS Leonor Esteves	04	Avancado EUL	9:27.80	+0,77	622	
	50m: 33.03 33.03	250m: 2:57.16	36.05	450m: 5:20.25	35.72	650m: 7:42.21	35.73
	100m: 1:08.88 35.85	300m: 3:32.97	35.81	500m: 5:55.62	35.37	700m: 8:17.77	35.56
	150m: 1:45.06 36.18	350m: 4:09.04	36.07	550m: 6:31.01	35.39	750m: 8:53.34	35.57
	200m: 2:21.11 36.05	400m: 4:44.53	35.49	600m: 7:06.48	35.47	800m: 9:27.80	34.46
15.	ALVES Sara Sofia	01	Columbifila Cantanhedense	9:28.56	+0,74	619	
	50m: 31.88 31.88	250m: 2:49.17	34.99	450m: 5:14.44	36.60	650m: 7:40.36	36.31
	100m: 1:05.08 33.20	300m: 3:25.20	36.03	500m: 5:51.03	36.59	700m: 8:17.18	36.82
	150m: 1:39.53 34.45	350m: 4:01.33	36.13	550m: 6:27.44	36.41	750m: 8:53.30	36.12
	200m: 2:14.18 34.65	400m: 4:37.84	36.51	600m: 7:04.05	36.61	800m: 9:28.56	35.26
16.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	9:29.40	+0,79	617	
	50m: 31.79 31.79	250m: 2:52.94	35.61	450m: 5:17.69	36.11	650m: 7:42.31	35.79
	100m: 1:06.82 35.03	300m: 3:29.29	36.35	500m: 5:54.25	36.56	700m: 8:18.38	36.07
	150m: 1:41.55 34.73	350m: 4:05.24	35.95	550m: 6:30.16	35.91	750m: 8:53.86	35.48
	200m: 2:17.33 35.78	400m: 4:41.58	36.34	600m: 7:06.52	36.36	800m: 9:29.40	35.54
17.	AMADOR Joana Costa	01	Galitos / Bresimar	9:29.79	+0,68	615	
	50m: 32.01 32.01	250m: 2:51.22	35.19	450m: 5:15.55	36.62	650m: 7:41.04	36.57
	100m: 1:06.18 34.17	300m: 3:26.44	35.22	500m: 5:51.60	36.05	700m: 8:17.07	36.03
	150m: 1:41.13 34.95	350m: 4:02.51	36.07	550m: 6:28.02	36.42	750m: 8:53.80	36.73
	200m: 2:16.03 34.90	400m: 4:38.93	36.42	600m: 7:04.47	36.45	800m: 9:29.79	35.99
18.	PIRES Marta Joao	05	Alges	9:31.88	+0,64	609	
	50m: 31.99 31.99	250m: 2:54.26	35.59	450m: 5:19.84	36.23	650m: 7:46.30	36.12
	100m: 1:07.31 35.32	300m: 3:30.36	36.10	500m: 5:56.46	36.62	700m: 8:22.75	36.45
	150m: 1:42.77 35.46	350m: 4:06.71	36.35	550m: 6:33.40	36.94	750m: 8:58.26	35.51
	200m: 2:18.67 35.90	400m: 4:43.61	36.90	600m: 7:10.18	36.78	800m: 9:31.88	33.62
19.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:32.05	+0,70	608	
	50m: 32.05 32.05	250m: 2:53.54	35.93	450m: 5:19.42	36.18	650m: 7:46.27	36.15
	100m: 1:06.98 34.93	300m: 3:30.04	36.50	500m: 5:56.20	36.78	700m: 8:23.31	37.04
	150m: 1:41.60 34.62	350m: 4:06.32	36.28	550m: 6:32.92	36.72	750m: 8:58.46	35.15
	200m: 2:17.61 36.01	400m: 4:43.24	36.92	600m: 7:10.12	37.20	800m: 9:32.05	33.59

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:32.90	+0,81	605	
	50m: 32.05 32.05	250m: 2:55.73	36.00	450m: 5:21.89	36.15	650m: 7:47.37	36.06
	100m: 1:07.70 35.65	300m: 3:32.49	36.76	500m: 5:58.82	36.93	700m: 8:24.08	36.71
	150m: 1:43.46 35.76	350m: 4:08.69	36.20	550m: 6:34.83	36.01	750m: 8:58.89	34.81
	200m: 2:19.73 36.27	400m: 4:45.74	37.05	600m: 7:11.31	36.48	800m: 9:32.90	34.01
21.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:32.99	+0,73	605	
	50m: 31.78 31.78	250m: 2:54.25	35.86	450m: 5:19.57	36.19	650m: 7:45.36	36.52
	100m: 1:06.61 34.83	300m: 3:30.33	36.08	500m: 5:56.07	36.50	700m: 8:21.91	36.55
	150m: 1:42.39 35.78	350m: 4:06.78	36.45	550m: 6:32.63	36.56	750m: 8:58.25	36.34
	200m: 2:18.39 36.00	400m: 4:43.38	36.60	600m: 7:08.84	36.21	800m: 9:32.99	34.74
22.	PINHO Carolina Teixeira	04	Porto	9:33.22	+0,75	604	
	50m: 32.25 32.25	250m: 2:54.45	36.25	450m: 5:18.76	36.14	650m: 7:44.44	36.90
	100m: 1:07.01 34.76	300m: 3:30.30	35.85	500m: 5:54.99	36.23	700m: 8:21.40	36.96
	150m: 1:42.95 35.94	350m: 4:06.56	36.26	550m: 6:31.35	36.36	750m: 8:58.33	36.93
	200m: 2:18.20 35.25	400m: 4:42.62	36.06	600m: 7:07.54	36.19	800m: 9:33.22	34.89
23.	SOUSA Ana Reis	02	Alges	9:36.07	+0,75	595	
	50m: 31.40 31.40	250m: 2:50.73	36.23	450m: 5:19.62	37.02	650m: 7:46.72	36.45
	100m: 1:05.05 33.65	300m: 3:28.01	37.28	500m: 5:56.80	37.18	700m: 8:23.36	36.64
	150m: 1:39.04 33.99	350m: 4:05.41	37.40	550m: 6:33.37	36.57	750m: 8:59.50	36.14
	200m: 2:14.50 35.46	400m: 4:42.60	37.19	600m: 7:10.27	36.90	800m: 9:36.07	36.57
24.	RODRIGUES Filipa Serrano	01	Benfica	9:36.52	+0,75	594	
	50m: 31.52 31.52	250m: 2:49.86	34.77	450m: 5:13.87	36.61	650m: 7:43.55	37.66
	100m: 1:05.19 33.67	300m: 3:25.11	35.25	500m: 5:51.06	37.19	700m: 8:20.83	37.28
	150m: 1:40.29 35.10	350m: 4:01.19	36.08	550m: 6:28.83	37.77	750m: 8:59.15	38.32
	200m: 2:15.09 34.80	400m: 4:37.26	36.07	600m: 7:05.89	37.06	800m: 9:36.52	37.37
25.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	9:38.45	+0,87	588	
	50m: 32.72 32.72	250m: 2:56.92	36.74	450m: 5:22.97	36.78	650m: 7:50.40	37.28
	100m: 1:07.86 35.14	300m: 3:33.14	36.22	500m: 5:59.11	36.14	700m: 8:27.07	36.67
	150m: 1:44.20 36.34	350m: 4:09.91	36.77	550m: 6:36.25	37.14	750m: 9:03.82	36.75
	200m: 2:20.18 35.98	400m: 4:46.19	36.28	600m: 7:13.12	36.87	800m: 9:38.45	34.63
26.	MOURA Maria Ferreira	04	Sporting	9:38.76	+0,72	587	
	50m: 31.88 31.88	250m: 2:55.14	36.18	450m: 5:20.83	36.33	650m: 7:47.46	37.14
	100m: 1:06.84 34.96	300m: 3:31.31	36.17	500m: 5:57.00	36.17	700m: 8:24.84	37.38
	150m: 1:42.85 36.01	350m: 4:07.80	36.49	550m: 6:33.58	36.58	750m: 9:01.75	36.91
	200m: 2:18.96 36.11	400m: 4:44.50	36.70	600m: 7:10.32	36.74	800m: 9:38.76	37.01
27.	PRETO Filipa Manso	04	Porto	9:40.95	+0,74	581	
	50m: 32.28 32.28	250m: 2:55.95	36.33	450m: 5:22.00	36.86	650m: 7:50.04	37.21
	100m: 1:07.56 35.28	300m: 3:32.18	36.23	500m: 5:58.69	36.69	700m: 8:27.20	37.16
	150m: 1:43.53 35.97	350m: 4:08.46	36.28	550m: 6:35.72	37.03	750m: 9:04.69	37.49
	200m: 2:19.62 36.09	400m: 4:45.14	36.68	600m: 7:12.83	37.11	800m: 9:40.95	36.26
28.	SIMOES Ana Beatriz	05	Sporting	9:41.46	+0,82	579	
	50m: 32.57 32.57	250m: 2:58.38	37.21	450m: 5:27.13	37.02	650m: 7:55.29	36.91
	100m: 1:07.95 35.38	300m: 3:35.66	37.28	500m: 6:04.37	37.24	700m: 8:31.99	36.70
	150m: 1:44.40 36.45	350m: 4:13.00	37.34	550m: 6:41.41	37.04	750m: 9:08.28	36.29
	200m: 2:21.17 36.77	400m: 4:50.11	37.11	600m: 7:18.38	36.97	800m: 9:41.46	33.18

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:41.96	+0,89	578	
	50m: 32.59 32.59	250m: 2:58.11 36.76	450m: 5:24.89 36.38	650m: 7:52.97 36.95			
	100m: 1:08.30 35.71	300m: 3:34.76 36.65	500m: 6:01.95 37.06	700m: 8:30.29 37.32			
	150m: 1:44.71 36.41	350m: 4:11.24 36.48	550m: 6:38.81 36.86	750m: 9:06.68 36.39			
	200m: 2:21.35 36.64	400m: 4:48.51 37.27	600m: 7:16.02 37.21	800m: 9:41.96 35.28			
30.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	9:42.76	+0,72	575	
	50m: 31.43 31.43	250m: 2:52.17 35.56	450m: 5:19.65 37.28	650m: 7:50.90 37.66			
	100m: 1:05.96 34.53	300m: 3:28.28 36.11	500m: 5:57.33 37.68	700m: 8:29.29 38.39			
	150m: 1:41.18 35.22	350m: 4:04.84 36.56	550m: 6:35.01 37.68	750m: 9:06.63 37.34			
	200m: 2:16.61 35.43	400m: 4:42.37 37.53	600m: 7:13.24 38.23	800m: 9:42.76 36.13			
31.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	9:44.65	+0,78	570	
	50m: 33.98 33.98	250m: 2:58.41 36.36	450m: 5:24.12 36.49	650m: 7:54.12 37.36			
	100m: 1:09.86 35.88	300m: 3:34.61 36.20	500m: 6:01.50 37.38	700m: 8:31.54 37.42			
	150m: 1:46.07 36.21	350m: 4:11.09 36.48	550m: 6:39.09 37.59	750m: 9:09.10 37.56			
	200m: 2:22.05 35.98	400m: 4:47.63 36.54	600m: 7:16.76 37.67	800m: 9:44.65 35.55			
32.	SEBASTIAO Sofia Antunes	05	Amadora	9:46.07	+0,95	565	
	50m: 33.51 33.51	250m: 2:57.91 36.54	450m: 5:25.84 37.65	650m: 7:56.19 37.25			
	100m: 1:08.95 35.44	300m: 3:34.26 36.35	500m: 6:03.22 37.38	700m: 8:33.97 37.78			
	150m: 1:45.22 36.27	350m: 4:11.57 37.31	550m: 6:41.60 38.38	750m: 9:10.73 36.76			
	200m: 2:21.37 36.15	400m: 4:48.19 36.62	600m: 7:18.94 37.34	800m: 9:46.07 35.34			
33.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:47.02	+0,72	563	
	50m: 32.90 32.90	250m: 2:59.41 37.00	450m: 5:27.53 36.92	650m: 7:56.60 36.91			
	100m: 1:08.69 35.79	300m: 3:36.35 36.94	500m: 6:05.12 37.59	700m: 8:34.00 37.40			
	150m: 1:45.24 36.55	350m: 4:13.63 37.28	550m: 6:42.51 37.39	750m: 9:10.34 36.34			
	200m: 2:22.41 37.17	400m: 4:50.61 36.98	600m: 7:19.69 37.18	800m: 9:47.02 36.68			
34.	VARANDAS Joana Filipa	02	Laranjeiro	9:47.36	+0,85	562	
	50m: 32.55 32.55	250m: 2:57.31 36.89	450m: 5:27.09 38.19	650m: 7:56.87 38.18			
	100m: 1:07.59 35.04	300m: 3:34.73 37.42	500m: 6:03.70 36.61	700m: 8:33.75 36.88			
	150m: 1:43.77 36.18	350m: 4:11.77 37.04	550m: 6:41.33 37.63	750m: 9:11.19 37.44			
	200m: 2:20.42 36.65	400m: 4:48.90 37.13	600m: 7:18.69 37.36	800m: 9:47.36 36.17			
35.	HUTYY Adriana Carolina	05	Braga	9:48.75	+0,86	558	
	50m: 32.80 32.80	250m: 2:57.74 36.63	450m: 5:26.04 36.60	650m: 7:56.06 37.25			
	100m: 1:08.62 35.82	300m: 3:35.01 37.27	500m: 6:04.08 38.04	700m: 8:34.62 38.56			
	150m: 1:43.97 35.35	350m: 4:11.67 36.66	550m: 6:40.83 36.75	750m: 9:11.71 37.09			
	200m: 2:21.11 37.14	400m: 4:49.44 37.77	600m: 7:18.81 37.98	800m: 9:48.75 37.04			
36.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:49.58	+0,75	555	
	50m: 33.44 33.44	250m: 2:59.03 37.01	450m: 5:27.09 37.77	650m: 7:57.43 37.94			
	100m: 1:09.10 35.66	300m: 3:35.68 36.65	500m: 6:04.85 37.76	700m: 8:34.99 37.56			
	150m: 1:45.41 36.31	350m: 4:12.51 36.83	550m: 6:42.34 37.49	750m: 9:13.03 38.04			
	200m: 2:22.02 36.61	400m: 4:49.32 36.81	600m: 7:19.49 37.15	800m: 9:49.58 36.55			
37.	SOUSA Ines Matos	03	Uniao Coimbra	9:50.54	+0,73	553	
	50m: 33.27 33.27	250m: 2:59.01 36.35	450m: 5:26.67 36.95	650m: 7:57.60 38.15			
	100m: 1:09.09 35.82	300m: 3:35.67 36.66	500m: 6:04.29 37.62	700m: 8:35.78 38.18			
	150m: 1:45.66 36.57	350m: 4:12.46 36.79	550m: 6:41.64 37.35	750m: 9:13.41 37.63			
	200m: 2:22.66 37.00	400m: 4:49.72 37.26	600m: 7:19.45 37.81	800m: 9:50.54 37.13			

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	CABRAL Ana Matos	05	Condeixa Clube	9:53.34	+0,77	545	
	50m: 32.13 32.13	250m: 2:59.13	37.04	450m: 5:30.88	38.06	650m: 8:03.35	37.50
	100m: 1:08.17 36.04	300m: 3:36.96	37.83	500m: 6:09.65	38.77	700m: 8:41.03	37.68
	150m: 1:44.92 36.75	350m: 4:14.52	37.56	550m: 6:47.71	38.06	750m: 9:17.76	36.73
	200m: 2:22.09 37.17	400m: 4:52.82	38.30	600m: 7:25.85	38.14	800m: 9:53.34	35.58
39.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:54.78	+0,87	541	
	50m: 33.28 33.28	250m: 3:01.86	37.82	450m: 5:33.53	37.94	650m: 8:03.35	37.63
	100m: 1:09.41 36.13	300m: 3:39.49	37.63	500m: 6:11.57	38.04	700m: 8:41.08	37.73
	150m: 1:46.46 37.05	350m: 4:17.53	38.04	550m: 6:48.56	36.99	750m: 9:18.57	37.49
	200m: 2:24.04 37.58	400m: 4:55.59	38.06	600m: 7:25.72	37.16	800m: 9:54.78	36.21
40.	AMANTES Beatriz Quintao	03	Uniao Piedense	9:55.58	+0,67	539	
	50m: 33.71 33.71	250m: 3:01.97	37.19	450m: 5:30.07	37.07	650m: 8:02.27	37.73
	100m: 1:10.44 36.73	300m: 3:39.03	37.06	500m: 6:07.95	37.88	700m: 8:40.30	38.03
	150m: 1:47.74 37.30	350m: 4:15.79	36.76	550m: 6:46.11	38.16	750m: 9:18.68	38.38
	200m: 2:24.78 37.04	400m: 4:53.00	37.21	600m: 7:24.54	38.43	800m: 9:55.58	36.90
41.	INACIO Marta Macedo	04	Sporting	9:55.61	+0,88	539	
	50m: 32.82 32.82	250m: 2:59.46	36.90	450m: 5:29.24	37.68	650m: 8:01.98	38.30
	100m: 1:08.61 35.79	300m: 3:36.66	37.20	500m: 6:07.29	38.05	700m: 8:40.14	38.16
	150m: 1:45.42 36.81	350m: 4:13.95	37.29	550m: 6:45.21	37.92	750m: 9:18.56	38.42
	200m: 2:22.56 37.14	400m: 4:51.56	37.61	600m: 7:23.68	38.47	800m: 9:55.61	37.05
42.	SILVA Ines Martins	04	Vilacondense	9:57.38	+0,88	534	
	50m: 33.39 33.39	250m: 3:01.02	37.81	450m: 5:33.42	38.28	650m: 8:06.60	38.26
	100m: 1:08.82 35.43	300m: 3:38.91	37.89	500m: 6:11.95	38.53	700m: 8:44.34	37.74
	150m: 1:45.76 36.94	350m: 4:17.13	38.22	550m: 6:50.04	38.09	750m: 9:21.57	37.23
	200m: 2:23.21 37.45	400m: 4:55.14	38.01	600m: 7:28.34	38.30	800m: 9:57.38	35.81
43.	GALANTE Ines Carvalho	04	Vilacondense	9:59.08	+0,83	529	
	50m: 32.10 32.10	250m: 3:01.93	37.69	450m: 5:34.91	37.49	650m: 8:07.58	37.58
	100m: 1:08.75 36.65	300m: 3:40.81	38.88	500m: 6:13.60	38.69	700m: 8:46.21	38.63
	150m: 1:45.55 36.80	350m: 4:18.40	37.59	550m: 6:51.16	37.56	750m: 9:22.73	36.52
	200m: 2:24.24 38.69	400m: 4:57.42	39.02	600m: 7:30.00	38.84	800m: 9:59.08	36.35
44.	NARRA Vera Figueiredo	04	Amadora	9:59.77	+0,77	528	
	50m: 34.08 34.08	250m: 3:03.67	37.18	450m: 5:34.17	37.63	650m: 8:06.05	37.94
	100m: 1:10.96 36.88	300m: 3:41.15	37.48	500m: 6:12.15	37.98	700m: 8:44.13	38.08
	150m: 1:48.39 37.43	350m: 4:18.71	37.56	550m: 6:49.99	37.84	750m: 9:22.50	38.37
	200m: 2:26.49 38.10	400m: 4:56.54	37.83	600m: 7:28.11	38.12	800m: 9:59.77	37.27
45.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	9:59.94	+0,87	527	
	50m: 33.31 33.31	250m: 3:01.93	37.64	450m: 5:34.24	38.27	650m: 8:07.81	37.83
	100m: 1:09.32 36.01	300m: 3:40.06	38.13	500m: 6:12.80	38.56	700m: 8:45.72	37.91
	150m: 1:46.73 37.41	350m: 4:18.00	37.94	550m: 6:51.36	38.56	750m: 9:23.22	37.50
	200m: 2:24.29 37.56	400m: 4:55.97	37.97	600m: 7:29.98	38.62	800m: 9:59.94	36.72
46.	FERNANDES Maria Elias	04	Desportiva Viana	10:00.03	+0,97	527	
	50m: 32.97 32.97	250m: 3:02.71	37.57	450m: 5:34.99	38.32	650m: 8:07.70	38.19
	100m: 1:09.56 36.59	300m: 3:40.65	37.94	500m: 6:13.08	38.09	700m: 8:46.08	38.38
	150m: 1:47.38 37.82	350m: 4:18.65	38.00	550m: 6:51.06	37.98	750m: 9:23.60	37.52
	200m: 2:25.14 37.76	400m: 4:56.67	38.02	600m: 7:29.51	38.45	800m: 10:00.03	36.43

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	10:02.53	+0,72	520	
	50m: 33.15 33.15	250m: 3:01.49 38.04	450m: 5:35.02 38.74	650m: 8:10.12 38.80			
	100m: 1:08.81 35.66	300m: 3:39.41 37.92	500m: 6:13.77 38.75	700m: 8:48.36 38.24			
	150m: 1:46.12 37.31	350m: 4:17.86 38.45	550m: 6:52.69 38.92	750m: 9:26.41 38.05			
	200m: 2:23.45 37.33	400m: 4:56.28 38.42	600m: 7:31.32 38.63	800m: 10:02.53 36.12			
48.	LIGEIRO Daniela Silva	04	Viana Natacao	10:03.65	+0,76	517	
	50m: 32.74 32.74	250m: 3:04.00 38.10	450m: 5:37.44 38.70	650m: 8:12.09 38.80			
	100m: 1:09.80 37.06	300m: 3:42.02 38.02	500m: 6:16.00 38.56	700m: 8:49.93 37.84			
	150m: 1:47.57 37.77	350m: 4:20.56 38.54	550m: 6:54.57 38.57	750m: 9:27.70 37.77			
	200m: 2:25.90 38.33	400m: 4:58.74 38.18	600m: 7:33.29 38.72	800m: 10:03.65 35.95			
49.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	10:04.11	+0,73	516	
	50m: 32.35 32.35	250m: 2:58.71 37.33	450m: 5:30.73 38.68	650m: 8:06.65 39.27			
	100m: 1:07.99 35.64	300m: 3:36.25 37.54	500m: 6:09.36 38.63	700m: 8:46.34 39.69			
	150m: 1:44.13 36.14	350m: 4:13.95 37.70	550m: 6:48.27 38.91	750m: 9:25.27 38.93			
	200m: 2:21.38 37.25	400m: 4:52.05 38.10	600m: 7:27.38 39.11	800m: 10:04.11 38.84			
50.	LOPES Raquel Raposo	04	Cova da Piedade	10:04.20	+0,84	516	
	50m: 34.28 34.28	250m: 3:05.36 38.52	450m: 5:38.13 38.60	650m: 8:12.15 38.45			
	100m: 1:10.90 36.62	300m: 3:43.14 37.78	500m: 6:16.37 38.24	700m: 8:50.05 37.90			
	150m: 1:49.05 38.15	350m: 4:21.65 38.51	550m: 6:55.29 38.92	750m: 9:27.67 37.62			
	200m: 2:26.84 37.79	400m: 4:59.53 37.88	600m: 7:33.70 38.41	800m: 10:04.20 36.53			
51.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	10:04.83	+0,77	514	
	50m: 32.84 32.84	250m: 3:03.90 38.73	450m: 5:39.25 39.01	650m: 8:13.41 38.32			
	100m: 1:08.88 36.04	300m: 3:42.66 38.76	500m: 6:17.70 38.45	700m: 8:51.77 38.36			
	150m: 1:46.89 38.01	350m: 4:21.47 38.81	550m: 6:56.77 39.07	750m: 9:29.54 37.77			
	200m: 2:25.17 38.28	400m: 5:00.24 38.77	600m: 7:35.09 38.32	800m: 10:04.83 35.29			
52.	PEDRO Daniela Alexandra	04	Sporting	10:04.91	+0,75	514	
	50m: 33.13 33.13	250m: 3:04.16 38.30	450m: 5:37.79 38.49	650m: 8:11.67 38.42			
	100m: 1:10.14 37.01	300m: 3:42.66 38.50	500m: 6:15.91 38.12	700m: 8:50.20 38.53			
	150m: 1:47.97 37.83	350m: 4:21.00 38.34	550m: 6:54.65 38.74	750m: 9:27.60 37.40			
	200m: 2:25.86 37.89	400m: 4:59.30 38.30	600m: 7:33.25 38.60	800m: 10:04.91 37.31			
53.	COSTA Mariana Martins	05	Famalicao	10:05.25	+0,80	513	
	50m: 32.89 32.89	250m: 3:03.85 37.78	450m: 5:37.05 38.48	650m: 8:12.17 38.71			
	100m: 1:10.26 37.37	300m: 3:41.75 37.90	500m: 6:15.73 38.68	700m: 8:50.90 38.73			
	150m: 1:47.99 37.73	350m: 4:20.08 38.33	550m: 6:54.40 38.67	750m: 9:28.53 37.63			
	200m: 2:26.07 38.08	400m: 4:58.57 38.49	600m: 7:33.46 39.06	800m: 10:05.25 36.72			
54.	PIRES Laura Joao	05	Natacao do Fundao	10:05.48	+0,94	513	
	50m: 34.79 34.79	250m: 3:05.44 38.37	450m: 5:38.53 38.37	650m: 8:12.63 38.59			
	100m: 1:11.63 36.84	300m: 3:43.34 37.90	500m: 6:16.91 38.38	700m: 8:51.14 38.51			
	150m: 1:49.45 37.82	350m: 4:21.79 38.45	550m: 6:55.38 38.47	750m: 9:29.69 38.55			
	200m: 2:27.07 37.62	400m: 5:00.16 38.37	600m: 7:34.04 38.66	800m: 10:05.48 35.79			
55.	JESUS Leonor Santos	04	Natacao Olhao	10:05.83	+0,87	512	
	50m: 34.33 34.33	250m: 3:05.13 38.01	450m: 5:37.52 38.28	650m: 8:13.54 39.19			
	100m: 1:11.53 37.20	300m: 3:42.95 37.82	500m: 6:16.12 38.60	700m: 8:51.51 37.97			
	150m: 1:49.51 37.98	350m: 4:20.96 38.01	550m: 6:55.28 39.16	750m: 9:28.98 37.47			
	200m: 2:27.12 37.61	400m: 4:59.24 38.28	600m: 7:34.35 39.07	800m: 10:05.83 36.85			

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	COSTA Mafalda Santos	05	Colegio Monte Maior	10:06.47	+0,91	510	
	50m: 32.76 32.76	250m: 3:02.38 37.74	450m: 5:35.80 38.85	650m: 8:10.78 38.88			
	100m: 1:09.74 36.98	300m: 3:40.60 38.22	500m: 6:14.53 38.73	700m: 8:50.49 39.71			
	150m: 1:47.03 37.29	350m: 4:18.38 37.78	550m: 6:52.90 38.37	750m: 9:29.04 38.55			
	200m: 2:24.64 37.61	400m: 4:56.95 38.57	600m: 7:31.90 39.00	800m: 10:06.47 37.43			
57.	HENRIQUES Carolina Porem	04	Sporting	10:06.71	+0,69	510	
	50m: 34.34 34.34	250m: 3:06.35 37.93	450m: 5:38.62 37.75	650m: 8:12.23 38.27			
	100m: 1:12.46 38.12	300m: 3:44.56 38.21	500m: 6:17.24 38.62	700m: 8:51.18 38.95			
	150m: 1:50.06 37.60	350m: 4:22.39 37.83	550m: 6:55.15 37.91	750m: 9:29.07 37.89			
	200m: 2:28.42 38.36	400m: 5:00.87 38.48	600m: 7:33.96 38.81	800m: 10:06.71 37.64			
58.	LIMA Jessica Soares	02	Braga	10:07.29	+0,90	508	
	50m: 32.82 32.82	250m: 3:01.31 37.51	450m: 5:35.51 38.62	650m: 8:11.57 39.12			
	100m: 1:09.27 36.45	300m: 3:39.63 38.32	500m: 6:14.47 38.96	700m: 8:50.48 38.91			
	150m: 1:46.40 37.13	350m: 4:17.83 38.20	550m: 6:53.45 38.98	750m: 9:29.19 38.71			
	200m: 2:23.80 37.40	400m: 4:56.89 39.06	600m: 7:32.45 39.00	800m: 10:07.29 38.10			
59.	SANTOS Mariana Marques	05	Gesloures	10:08.12	+0,80	506	
	50m: 33.05 33.05	250m: 3:05.70 38.00	450m: 5:39.58 38.20	650m: 8:14.89 38.64			
	100m: 1:10.66 37.61	300m: 3:44.27 38.57	500m: 6:18.95 39.37	700m: 8:53.94 39.05			
	150m: 1:48.78 38.12	350m: 4:22.45 38.18	550m: 6:57.01 38.06	750m: 9:31.39 37.45			
	200m: 2:27.70 38.92	400m: 5:01.38 38.93	600m: 7:36.25 39.24	800m: 10:08.12 36.73			
60.	FREIXEIRO Beatriz Maria	04	Rio Maior	10:08.44	+0,79	505	
	50m: 33.26 33.26	250m: 3:04.90 38.22	450m: 5:39.79 38.59	650m: 8:14.60 38.65			
	100m: 1:10.25 36.99	300m: 3:43.61 38.71	500m: 6:18.42 38.63	700m: 8:53.17 38.57			
	150m: 1:48.35 38.10	350m: 4:22.35 38.74	550m: 6:57.33 38.91	750m: 9:31.65 38.48			
	200m: 2:26.68 38.33	400m: 5:01.20 38.85	600m: 7:35.95 38.62	800m: 10:08.44 36.79			
61.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	10:09.27	+0,85	503	
	50m: 34.13 34.13	250m: 3:06.40 38.42	450m: 5:40.70 38.28	650m: 8:15.01 38.26			
	100m: 1:11.56 37.43	300m: 3:45.01 38.61	500m: 6:19.56 38.86	700m: 8:53.64 38.63			
	150m: 1:49.57 38.01	350m: 4:23.83 38.82	550m: 6:58.40 38.84	750m: 9:32.04 38.40			
	200m: 2:27.98 38.41	400m: 5:02.42 38.59	600m: 7:36.75 38.35	800m: 10:09.27 37.23			
62.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	10:09.83	+0,83	502	
	50m: 33.24 33.24	250m: 3:05.41 38.50	450m: 5:40.40 38.35	650m: 8:15.02 38.22			
	100m: 1:10.28 37.04	300m: 3:44.53 39.12	500m: 6:19.60 39.20	700m: 8:53.81 38.79			
	150m: 1:48.10 37.82	350m: 4:23.00 38.47	550m: 6:57.78 38.18	750m: 9:32.04 38.23			
	200m: 2:26.91 38.81	400m: 5:02.05 39.05	600m: 7:36.80 39.02	800m: 10:09.83 37.79			
63.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	10:10.58	+0,75	500	
	50m: 33.65 33.65	250m: 3:05.06 38.35	450m: 5:40.15 38.78	650m: 8:17.65 39.33			
	100m: 1:10.84 37.19	300m: 3:43.24 38.18	500m: 6:19.49 39.34	700m: 8:56.80 39.15			
	150m: 1:48.65 37.81	350m: 4:22.50 39.26	550m: 6:58.42 38.93	750m: 9:34.40 37.60			
	200m: 2:26.71 38.06	400m: 5:01.37 38.87	600m: 7:38.32 39.90	800m: 10:10.58 36.18			
64.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	10:11.30	+0,65	498	
	50m: 32.42 32.42	250m: 3:04.43 38.58	450m: 5:39.65 38.79	650m: 8:15.94 38.86			
	100m: 1:09.66 37.24	300m: 3:43.33 38.90	500m: 6:18.73 39.08	700m: 8:55.50 39.56			
	150m: 1:47.68 38.02	350m: 4:21.91 38.58	550m: 6:57.62 38.89	750m: 9:34.06 38.56			
	200m: 2:25.85 38.17	400m: 5:00.86 38.95	600m: 7:37.08 39.46	800m: 10:11.30 37.24			

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
65.	CARVALHO Eva Guerreiro	99	Benfica	10:13.76	+0,79	492	
	50m: 33.16 33.16	250m: 3:03.45 38.05	450m: 5:39.02 39.21	650m: 8:16.72 39.35			
	100m: 1:09.55 36.39	300m: 3:42.16 38.71	500m: 6:18.66 39.64	700m: 8:55.86 39.14			
	150m: 1:47.25 37.70	350m: 4:20.82 38.66	550m: 6:57.98 39.32	750m: 9:35.17 39.31			
	200m: 2:25.40 38.15	400m: 4:59.81 38.99	600m: 7:37.37 39.39	800m: 10:13.76 38.59			
66.	JUNQUEIRA Manuela Paccola	05	Naval de Peniche	10:14.12	+0,97	491	
	50m: 33.79 33.79	250m: 3:06.23 38.58	450m: 5:40.16 38.24	650m: 8:16.69 39.11			
	100m: 1:10.93 37.14	300m: 3:44.97 38.74	500m: 6:19.33 39.17	700m: 8:56.27 39.58			
	150m: 1:48.92 37.99	350m: 4:23.29 38.32	550m: 6:58.38 39.05	750m: 9:35.69 39.42			
	200m: 2:27.65 38.73	400m: 5:01.92 38.63	600m: 7:37.58 39.20	800m: 10:14.12 38.43			
67.	RINO Maria Pedro	05	Academia dos Acores	10:15.16	+0,75	489	
	50m: 34.61 34.61	250m: 3:07.51 38.85	450m: 5:43.17 38.99	650m: 8:18.22 38.90			
	100m: 1:12.10 37.49	300m: 3:46.24 38.73	500m: 6:22.43 39.26	700m: 8:57.83 39.61			
	150m: 1:49.94 37.84	350m: 4:25.06 38.82	550m: 7:00.63 38.20	750m: 9:37.20 39.37			
	200m: 2:28.66 38.72	400m: 5:04.18 39.12	600m: 7:39.32 38.69	800m: 10:15.16 37.96			
68.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	10:19.52	+0,85	479	
	50m: 32.60 32.60	250m: 3:06.88 38.89	450m: 5:44.51 39.22	650m: 8:22.87 39.07			
	100m: 1:10.58 37.98	300m: 3:46.71 39.83	500m: 6:24.57 40.06	700m: 9:02.58 39.71			
	150m: 1:48.71 38.13	350m: 4:25.51 38.80	550m: 7:03.98 39.41	750m: 9:41.38 38.80			
	200m: 2:27.99 39.28	400m: 5:05.29 39.78	600m: 7:43.80 39.82	800m: 10:19.52 38.14			
69.	MONTEIRO Barbara Oliveira	04	Braga	10:21.89	+0,94	473	
	50m: 34.20 34.20	250m: 3:05.80 38.35	450m: 5:42.30 38.73	650m: 8:22.31 40.19			
	100m: 1:11.28 37.08	300m: 3:44.66 38.86	500m: 6:22.06 39.76	700m: 9:03.06 40.75			
	150m: 1:49.17 37.89	350m: 4:23.78 39.12	550m: 7:01.66 39.60	750m: 9:43.10 40.04			
	200m: 2:27.45 38.28	400m: 5:03.57 39.79	600m: 7:42.12 40.46	800m: 10:21.89 38.79			
70.	LOISAS Beatriz Ferreira	05	Columbifila Cantanhedense	10:27.35	+0,72	461	
	50m: 34.42 34.42	250m: 3:08.28 39.14	450m: 5:46.48 39.77	650m: 8:27.86 40.57			
	100m: 1:11.88 37.46	300m: 3:47.36 39.08	500m: 6:26.72 40.24	700m: 9:08.19 40.33			
	150m: 1:50.69 38.81	350m: 4:27.21 39.85	550m: 7:07.25 40.53	750m: 9:48.49 40.30			
	200m: 2:29.14 38.45	400m: 5:06.71 39.50	600m: 7:47.29 40.04	800m: 10:27.35 38.86			
71.	NOBRE Beatriz Gaspar	05	Gualdim Pais	10:36.97	+0,93	440	
	50m: 34.08 34.08	250m: 3:07.94 39.39	450m: 5:49.26 41.49	650m: 8:35.60 41.85			
	100m: 1:11.81 37.73	300m: 3:47.13 39.19	500m: 6:30.29 41.03	700m: 9:16.99 41.39			
	150m: 1:50.42 38.61	350m: 4:27.59 40.46	550m: 7:12.44 42.15	750m: 9:57.80 40.81			
	200m: 2:28.55 38.13	400m: 5:07.77 40.18	600m: 7:53.75 41.31	800m: 10:36.97 39.17			
DNS	CHEROUATI Souad Nefissa	89	Benfica				
DNF	BENTO Maria Madalena	05	BUZIOS - Coruche				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	10:01.92	+0,80	522	
	50m: 31.72 31.72	250m: 3:01.33 37.92	450m: 5:35.07 39.11	650m: 8:09.15 37.63			
	100m: 1:07.29 35.57	300m: 3:38.63 37.30	500m: 6:13.60 38.53	700m: 8:47.75 38.60			
	150m: 1:45.63 38.34	350m: 4:17.57 38.94	550m: 6:51.87 38.27	750m: 9:25.90 38.15			
	200m: 2:23.41 37.78	400m: 4:55.96 38.39	600m: 7:31.52 39.65	800m: 10:01.92 36.02			