

Prova 9

Femin., 1500m Livres

Juniores

04-04-2019 - 17:15

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
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015

CEJun_Fem 14 - 17: 17:14.78 / CMJ_Fem 14 - 17: 16:54.49 / JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita	02	Condeixa Clube	17:16.30	+0,74	700	
	50m: 31.46 31.46	450m: 5:05.04 34.21	850m: 9:44.49 34.96	1250m: 14:24.42 34.60			
	100m: 1:04.54 33.08	500m: 5:40.20 35.16	900m: 10:19.66 35.17	1300m: 14:59.38 34.96			
	150m: 1:38.11 33.57	550m: 6:14.96 34.76	950m: 10:54.55 34.89	1350m: 15:33.52 34.14			
	200m: 2:11.93 33.82	600m: 6:49.99 35.03	1000m: 11:29.96 35.41	1400m: 16:08.01 34.49			
	250m: 2:46.25 34.32	650m: 7:24.68 34.69	1050m: 12:04.58 34.62	1450m: 16:42.28 34.27			
	300m: 3:20.95 34.70	700m: 7:59.76 35.08	1100m: 12:39.60 35.02	1500m: 17:16.30 34.02			
	350m: 3:55.72 34.77	750m: 8:34.57 34.81	1150m: 13:14.75 35.15				
	400m: 4:30.83 35.11	800m: 9:09.53 34.96	1200m: 13:49.82 35.07				
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	17:19.16	+0,81	695	
	50m: 32.40 32.40	450m: 5:09.69 35.18	850m: 9:47.71 34.92	1250m: 14:27.96 35.29			
	100m: 1:06.47 34.07	500m: 5:44.15 34.46	900m: 10:22.34 34.63	1300m: 15:02.88 34.92			
	150m: 1:41.19 34.72	550m: 6:19.27 35.12	950m: 10:57.44 35.10	1350m: 15:37.76 34.88			
	200m: 2:15.56 34.37	600m: 6:53.80 34.53	1000m: 11:32.34 34.90	1400m: 16:12.43 34.67			
	250m: 2:50.27 34.71	650m: 7:28.77 34.97	1050m: 12:07.48 35.14	1450m: 16:46.82 34.39			
	300m: 3:25.00 34.73	700m: 8:03.41 34.64	1100m: 12:42.55 35.07	1500m: 17:19.16 32.34			
	350m: 4:00.00 35.00	750m: 8:38.25 34.84	1150m: 13:17.71 35.16				
	400m: 4:34.51 34.51	800m: 9:12.79 34.54	1200m: 13:52.67 34.96				
3.	RAMOS Ana Rita	02	Porto	17:19.83	+0,73	693	
	50m: 31.80 31.80	450m: 5:04.75 34.47	850m: 9:44.33 35.05	1250m: 14:24.95 34.92			
	100m: 1:05.44 33.64	500m: 5:39.72 34.97	900m: 10:19.50 35.17	1300m: 15:00.34 35.39			
	150m: 1:38.73 33.29	550m: 6:14.50 34.78	950m: 10:54.48 34.98	1350m: 15:35.75 35.41			
	200m: 2:12.83 34.10	600m: 6:49.61 35.11	1000m: 11:29.75 35.27	1400m: 16:11.38 35.63			
	250m: 2:46.89 34.06	650m: 7:24.40 34.79	1050m: 12:04.71 34.96	1450m: 16:46.45 35.07			
	300m: 3:21.46 34.57	700m: 7:59.40 35.00	1100m: 12:39.91 35.20	1500m: 17:19.83 33.38			
	350m: 3:55.69 34.23	750m: 8:34.15 34.75	1150m: 13:14.57 34.66				
	400m: 4:30.28 34.59	800m: 9:09.28 35.13	1200m: 13:50.03 35.46				
4.	ROSA Mafalda Sofia	03	Rio Maior	17:20.92	+0,81	691	
	50m: 32.74 32.74	450m: 5:09.76 34.83	850m: 9:46.68 34.72	1250m: 14:27.14 35.13			
	100m: 1:07.17 34.43	500m: 5:44.24 34.48	900m: 10:21.45 34.77	1300m: 15:02.17 35.03			
	150m: 1:41.90 34.73	550m: 6:19.03 34.79	950m: 10:56.29 34.84	1350m: 15:37.32 35.15			
	200m: 2:16.38 34.48	600m: 6:53.58 34.55	1000m: 11:31.37 35.08	1400m: 16:12.19 34.87			
	250m: 2:51.04 34.66	650m: 7:28.25 34.67	1050m: 12:06.55 35.18	1450m: 16:47.01 34.82			
	300m: 3:25.59 34.55	700m: 8:02.80 34.55	1100m: 12:41.68 35.13	1500m: 17:20.92 33.91			
	350m: 4:00.28 34.69	750m: 8:37.45 34.65	1150m: 13:16.63 34.95				
	400m: 4:34.93 34.65	800m: 9:11.96 34.51	1200m: 13:52.01 35.38				
5.	AMORIM Maria Leonor	03	Porto	17:27.95	+0,78	677	
	50m: 31.83 31.83	450m: 5:07.42 34.58	850m: 9:46.45 35.27	1250m: 14:29.38 36.14			
	100m: 1:05.74 33.91	500m: 5:42.11 34.69	900m: 10:21.48 35.03	1300m: 15:05.47 36.09			
	150m: 1:40.17 34.43	550m: 6:16.70 34.59	950m: 10:56.86 35.38	1350m: 15:41.55 36.08			
	200m: 2:14.78 34.61	600m: 6:51.41 34.71	1000m: 11:32.54 35.68	1400m: 16:17.34 35.79			
	250m: 2:49.08 34.30	650m: 7:26.38 34.97	1050m: 12:08.34 35.80	1450m: 16:53.12 35.78			
	300m: 3:23.68 34.60	700m: 8:01.31 34.93	1100m: 12:43.76 35.42	1500m: 17:27.95 34.83			
	350m: 3:58.22 34.54	750m: 8:36.34 35.03	1150m: 13:17.65 33.89				
	400m: 4:32.84 34.62	800m: 9:11.18 34.84	1200m: 13:53.24 35.59				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 9, Femin., 1500m Livres

Prova 9 Femin., 1500m Livres Seniores
04-04-2019 - 17:15 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

CMPL 19 +: 16:32.04 / JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	16:31.16	+0,80	800	
	<i>Minimos CM, Minimos JO</i>						
	50m: 30.95 30.95	450m: 4:56.62 33.39	850m: 9:22.54 33.36	1250m: 13:48.00 33.40			
	100m: 1:03.81 32.86	500m: 5:29.97 33.35	900m: 9:55.51 32.97	1300m: 14:20.81 32.81			
	150m: 1:37.10 33.29	550m: 6:03.27 33.30	950m: 10:28.81 33.30	1350m: 14:53.90 33.09			
	200m: 2:10.34 33.24	600m: 6:36.43 33.16	1000m: 11:01.91 33.10	1400m: 15:26.72 32.82			
	250m: 2:43.65 33.31	650m: 7:09.82 33.39	1050m: 11:35.15 33.24	1450m: 15:59.72 33.00			
	300m: 3:16.71 33.06	700m: 7:42.88 33.06	1100m: 12:08.32 33.17	1500m: 16:31.16 31.44			
	350m: 3:50.04 33.33	750m: 8:16.17 33.29	1150m: 12:41.52 33.20				
	400m: 4:23.23 33.19	800m: 8:49.18 33.01	1200m: 13:14.60 33.08				
2.	ANDRE Angelica Maria	94	Fluvial Portuense	16:59.54	+0,78	735	
	50m: 31.15 31.15	450m: 5:00.64 34.17	850m: 9:34.91 34.48	1250m: 14:10.54 34.31			
	100m: 1:04.16 33.01	500m: 5:35.11 34.47	900m: 10:09.24 34.33	1300m: 14:44.88 34.34			
	150m: 1:37.73 33.57	550m: 6:09.44 34.33	950m: 10:43.68 34.44	1350m: 15:19.08 34.20			
	200m: 2:11.46 33.73	600m: 6:43.58 34.14	1000m: 11:17.96 34.28	1400m: 15:53.28 34.20			
	250m: 2:45.41 33.95	650m: 7:18.04 34.46	1050m: 11:52.36 34.40	1450m: 16:27.27 33.99			
	300m: 3:19.00 33.59	700m: 7:52.53 34.49	1100m: 12:27.00 34.64	1500m: 16:59.54 32.27			
	350m: 3:52.82 33.82	750m: 8:26.34 33.81	1150m: 13:01.65 34.65				
	400m: 4:26.47 33.65	800m: 9:00.43 34.09	1200m: 13:36.23 34.58				
3.	ALVES Sara Sofia	01	Columbofila Cantanhedense	18:06.99	+0,78	607	
	50m: 32.38 32.38	450m: 5:18.07 36.04	850m: 10:11.59 37.03	1250m: 15:05.81 36.86			
	100m: 1:06.45 34.07	500m: 5:55.04 36.97	900m: 10:48.71 37.12	1300m: 15:42.61 36.80			
	150m: 1:41.40 34.95	550m: 6:31.40 36.36	950m: 11:25.47 36.76	1350m: 16:19.01 36.40			
	200m: 2:17.24 35.84	600m: 7:07.99 36.59	1000m: 12:01.89 36.42	1400m: 16:55.36 36.35			
	250m: 2:52.90 35.66	650m: 7:44.74 36.75	1050m: 12:38.64 36.75	1450m: 17:31.74 36.38			
	300m: 3:28.98 36.08	700m: 8:21.48 36.74	1100m: 13:15.71 37.07	1500m: 18:06.99 35.25			
	350m: 4:05.14 36.16	750m: 8:58.12 36.64	1150m: 13:51.98 36.27				
	400m: 4:42.03 36.89	800m: 9:34.56 36.44	1200m: 14:28.95 36.97				

Prova 9, Femin., 1500m Livres

Prova 9 Femin., 1500m Livres Absolutos
04-04-2019 - 17:15 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	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015
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

PreJun_Fem Juv: 17:45.82 / CEJun_Fem 14 - 17: 17:14.78 / CMJ_Fem 14 - 17: 16:54.49 / CMPL 19 +: 16:32.04 /

JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	16:31.16	+0,80	800	
	<i>Minimos CM, Minimos JO</i>						
	50m: 30.95 30.95	450m: 4:56.62 33.39	850m: 9:22.54 33.36	1250m: 13:48.00 33.40			
	100m: 1:03.81 32.86	500m: 5:29.97 33.35	900m: 9:55.51 32.97	1300m: 14:20.81 32.81			
	150m: 1:37.10 33.29	550m: 6:03.27 33.30	950m: 10:28.81 33.30	1350m: 14:53.90 33.09			
	200m: 2:10.34 33.24	600m: 6:36.43 33.16	1000m: 11:01.91 33.10	1400m: 15:26.72 32.82			
	250m: 2:43.65 33.31	650m: 7:09.82 33.39	1050m: 11:35.15 33.24	1450m: 15:59.72 33.00			
	300m: 3:16.71 33.06	700m: 7:42.88 33.06	1100m: 12:08.32 33.17	1500m: 16:31.16 31.44			
	350m: 3:50.04 33.33	750m: 8:16.17 33.29	1150m: 12:41.52 33.20				
	400m: 4:23.23 33.19	800m: 8:49.18 33.01	1200m: 13:14.60 33.08				
2.	ANDRE Angelica Maria	94	Fluvial Portuense	16:59.54	+0,78	735	
	50m: 31.15 31.15	450m: 5:00.64 34.17	850m: 9:34.91 34.48	1250m: 14:10.54 34.31			
	100m: 1:04.16 33.01	500m: 5:35.11 34.47	900m: 10:09.24 34.33	1300m: 14:44.88 34.34			
	150m: 1:37.73 33.57	550m: 6:09.44 34.33	950m: 10:43.68 34.44	1350m: 15:19.08 34.20			
	200m: 2:11.46 33.73	600m: 6:43.58 34.14	1000m: 11:17.96 34.28	1400m: 15:53.28 34.20			
	250m: 2:45.41 33.95	650m: 7:18.04 34.46	1050m: 11:52.36 34.40	1450m: 16:27.27 33.99			
	300m: 3:19.00 33.59	700m: 7:52.53 34.49	1100m: 12:27.00 34.64	1500m: 16:59.54 32.27			
	350m: 3:52.82 33.82	750m: 8:26.34 33.81	1150m: 13:01.65 34.65				
	400m: 4:26.47 33.65	800m: 9:00.43 34.09	1200m: 13:36.23 34.58				
3.	QUEIROZ Ana Rita	02	Condeixa Clube	17:16.30	+0,74	700	
	50m: 31.46 31.46	450m: 5:05.04 34.21	850m: 9:44.49 34.96	1250m: 14:24.42 34.60			
	100m: 1:04.54 33.08	500m: 5:40.20 35.16	900m: 10:19.66 35.17	1300m: 14:59.38 34.96			
	150m: 1:38.11 33.57	550m: 6:14.96 34.76	950m: 10:54.55 34.89	1350m: 15:33.52 34.14			
	200m: 2:11.93 33.82	600m: 6:49.99 35.03	1000m: 11:29.96 35.41	1400m: 16:08.01 34.49			
	250m: 2:46.25 34.32	650m: 7:24.68 34.69	1050m: 12:04.58 34.62	1450m: 16:42.28 34.27			
	300m: 3:20.95 34.70	700m: 7:59.76 35.08	1100m: 12:39.60 35.02	1500m: 17:16.30 34.02			
	350m: 3:55.72 34.77	750m: 8:34.57 34.81	1150m: 13:14.75 35.15				
	400m: 4:30.83 35.11	800m: 9:09.53 34.96	1200m: 13:49.82 35.07				
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	17:19.16	+0,81	695	
	50m: 32.40 32.40	450m: 5:09.69 35.18	850m: 9:47.71 34.92	1250m: 14:27.96 35.29			
	100m: 1:06.47 34.07	500m: 5:44.15 34.46	900m: 10:22.34 34.63	1300m: 15:02.88 34.92			
	150m: 1:41.19 34.72	550m: 6:19.27 35.12	950m: 10:57.44 35.10	1350m: 15:37.76 34.88			
	200m: 2:15.56 34.37	600m: 6:53.80 34.53	1000m: 11:32.34 34.90	1400m: 16:12.43 34.67			
	250m: 2:50.27 34.71	650m: 7:28.77 34.97	1050m: 12:07.48 35.14	1450m: 16:46.82 34.39			
	300m: 3:25.00 34.73	700m: 8:03.41 34.64	1100m: 12:42.55 35.07	1500m: 17:19.16 32.34			
	350m: 4:00.00 35.00	750m: 8:38.25 34.84	1150m: 13:17.71 35.16				
	400m: 4:34.51 34.51	800m: 9:12.79 34.54	1200m: 13:52.67 34.96				

Prova 9, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RAMOS Ana Rita	02	Porto	17:19.83	+0,73	693	
	50m: 31.80 31.80	450m: 5:04.75 34.47	850m: 9:44.33 35.05	1250m: 14:24.95 34.92			
	100m: 1:05.44 33.64	500m: 5:39.72 34.97	900m: 10:19.50 35.17	1300m: 15:00.34 35.39			
	150m: 1:38.73 33.29	550m: 6:14.50 34.78	950m: 10:54.48 34.98	1350m: 15:35.75 35.41			
	200m: 2:12.83 34.10	600m: 6:49.61 35.11	1000m: 11:29.75 35.27	1400m: 16:11.38 35.63			
	250m: 2:46.89 34.06	650m: 7:24.40 34.79	1050m: 12:04.71 34.96	1450m: 16:46.45 35.07			
	300m: 3:21.46 34.57	700m: 7:59.40 35.00	1100m: 12:39.91 35.20	1500m: 17:19.83 33.38			
	350m: 3:55.69 34.23	750m: 8:34.15 34.75	1150m: 13:14.57 34.66				
	400m: 4:30.28 34.59	800m: 9:09.28 35.13	1200m: 13:50.03 35.46				
6.	ROSA Mafalda Sofia	03	Rio Maior	17:20.92	+0,81	691	
	50m: 32.74 32.74	450m: 5:09.76 34.83	850m: 9:46.68 34.72	1250m: 14:27.14 35.13			
	100m: 1:07.17 34.43	500m: 5:44.24 34.48	900m: 10:21.45 34.77	1300m: 15:02.17 35.03			
	150m: 1:41.90 34.73	550m: 6:19.03 34.79	950m: 10:56.29 34.84	1350m: 15:37.32 35.15			
	200m: 2:16.38 34.48	600m: 6:53.58 34.55	1000m: 11:31.37 35.08	1400m: 16:12.19 34.87			
	250m: 2:51.04 34.66	650m: 7:28.25 34.67	1050m: 12:06.55 35.18	1450m: 16:47.01 34.82			
	300m: 3:25.59 34.55	700m: 8:02.80 34.55	1100m: 12:41.68 35.13	1500m: 17:20.92 33.91			
	350m: 4:00.28 34.69	750m: 8:37.45 34.65	1150m: 13:16.63 34.95				
	400m: 4:34.93 34.65	800m: 9:11.96 34.51	1200m: 13:52.01 35.38				
7.	AMORIM Maria Leonor	03	Porto	17:27.95	+0,78	677	
	50m: 31.83 31.83	450m: 5:07.42 34.58	850m: 9:46.45 35.27	1250m: 14:29.38 36.14			
	100m: 1:05.74 33.91	500m: 5:42.11 34.69	900m: 10:21.48 35.03	1300m: 15:05.47 36.09			
	150m: 1:40.17 34.43	550m: 6:16.70 34.59	950m: 10:56.86 35.38	1350m: 15:41.55 36.08			
	200m: 2:14.78 34.61	600m: 6:51.41 34.71	1000m: 11:32.54 35.68	1400m: 16:17.34 35.79			
	250m: 2:49.08 34.30	650m: 7:26.38 34.97	1050m: 12:08.34 35.80	1450m: 16:53.12 35.78			
	300m: 3:23.68 34.60	700m: 8:01.31 34.93	1100m: 12:43.76 35.42	1500m: 17:27.95 34.83			
	350m: 3:58.22 34.54	750m: 8:36.34 35.03	1150m: 13:17.65 33.89				
	400m: 4:32.84 34.62	800m: 9:11.18 34.84	1200m: 13:53.24 35.59				
8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	18:06.99	+0,78	607	
	50m: 32.38 32.38	450m: 5:18.07 36.04	850m: 10:11.59 37.03	1250m: 15:05.81 36.86			
	100m: 1:06.45 34.07	500m: 5:55.04 36.97	900m: 10:48.71 37.12	1300m: 15:42.61 36.80			
	150m: 1:41.40 34.95	550m: 6:31.40 36.36	950m: 11:25.47 36.76	1350m: 16:19.01 36.40			
	200m: 2:17.24 35.84	600m: 7:07.99 36.59	1000m: 12:01.89 36.42	1400m: 16:55.36 36.35			
	250m: 2:52.90 35.66	650m: 7:44.74 36.75	1050m: 12:38.64 36.75	1450m: 17:31.74 36.38			
	300m: 3:28.98 36.08	700m: 8:21.48 36.74	1100m: 13:15.71 37.07	1500m: 18:06.99 35.25			
	350m: 4:05.14 36.16	750m: 8:58.12 36.64	1150m: 13:51.98 36.27				
	400m: 4:42.03 36.89	800m: 9:34.56 36.44	1200m: 14:28.95 36.97				
EXH	CHEROUATI Souad Nefissa	89	Benfica	17:22.13	+0,83	689	
	50m: 32.01 32.01	450m: 5:07.16 34.76	850m: 9:45.43 34.89	1250m: 14:27.71 35.36			
	100m: 1:05.85 33.84	500m: 5:41.71 34.55	900m: 10:20.44 35.01	1300m: 15:02.97 35.26			
	150m: 1:40.10 34.25	550m: 6:16.30 34.59	950m: 10:55.78 35.34	1350m: 15:38.35 35.38			
	200m: 2:14.43 34.33	600m: 6:51.02 34.72	1000m: 11:31.36 35.58	1400m: 16:13.43 35.08			
	250m: 2:48.92 34.49	650m: 7:25.86 34.84	1050m: 12:06.66 35.30	1450m: 16:48.44 35.01			
	300m: 3:23.36 34.44	700m: 8:00.74 34.88	1100m: 12:41.96 35.30	1500m: 17:22.13 33.69			
	350m: 3:57.91 34.55	750m: 8:35.69 34.95	1150m: 13:17.15 35.19				
	400m: 4:32.40 34.49	800m: 9:10.54 34.85	1200m: 13:52.35 35.20				