

Prova 1 3000m Livres Absoluto  
24-02-2019 Resultados

MMarca Absoluto	33:37.15	PINA Guilherme Filipe	BSCN	Rio Maior	26-04-2014
MMarca AA15	34:04.66	MARQUES Diogo Manuel	ASSSCC	Rio Maior	13-04-2013
MMarca Absoluto	36:06.47	ROSA Mafalda Sofia	CNRM	Coimbra	24-02-2018
MMarca AA1415	36:06.47	ROSA Mafalda Sofia	CNRM	Coimbra	24-02-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
-------	------	-----	-------	-------------	-------	----------	-----

AA1415, Femin.

<b>1.</b>	<b>RODRIGUES Joana Francisca04</b>	<b>Uniao Coimbra</b>	<b>36:53.71</b>	<b>575</b>
	100m: 1:09.99 1:09.99	900m: 10:58.33 1:13.92	1700m: 20:50.40 1:13.98	2500m: 30:44.44 1:14.50
	200m: 2:22.41 1:12.42	1000m: 12:11.82 1:13.49	1800m: 22:04.74 1:14.34	2600m: 31:59.07 1:14.63
	300m: 3:36.28 1:13.87	1100m: 13:25.69 1:13.87	1900m: 23:18.44 1:13.70	2700m: 33:13.82 1:14.75
	400m: 4:49.73 1:13.45	1200m: 14:39.63 1:13.94	2000m: 24:32.89 1:14.45	2800m: 34:28.21 1:14.39
	500m: 6:03.74 1:14.01	1300m: 15:53.48 1:13.85	2100m: 25:47.21 1:14.32	2900m: 35:42.11 1:13.90
	600m: 7:17.25 1:13.51	1400m: 17:07.83 1:14.35	2200m: 27:01.05 1:13.84	3000m: 36:53.71 1:11.60
	700m: 8:31.09 1:13.84	1500m: 18:22.04 1:14.21	2300m: 28:15.76 1:14.71	
	800m: 9:44.41 1:13.32	1600m: 19:36.42 1:14.38	2400m: 29:29.94 1:14.18	
<b>2.</b>	<b>GASPAR Beatriz Ferreira 04</b>	<b>Bombeiros Mealhada / CA</b>	<b>37:40.95</b>	<b>539</b>
	100m: 1:11.32 1:11.32	900m: 11:08.31 1:15.62	1700m: 21:15.78 1:16.15	2500m: 31:25.97 1:15.27
	200m: 2:24.56 1:13.24	1000m: 12:23.69 1:15.38	1800m: 22:32.16 1:16.38	2600m: 32:41.57 1:15.60
	300m: 3:38.59 1:14.03	1100m: 13:39.35 1:15.66	1900m: 23:48.56 1:16.40	2700m: 33:57.29 1:15.72
	400m: 4:53.12 1:14.53	1200m: 14:55.00 1:15.65	2000m: 25:05.73 1:17.17	2800m: 35:12.64 1:15.35
	500m: 6:07.72 1:14.60	1300m: 16:10.64 1:15.64	2100m: 26:22.57 1:16.84	2900m: 36:28.02 1:15.38
	600m: 7:22.60 1:14.88	1400m: 17:26.67 1:16.03	2200m: 27:38.90 1:16.33	3000m: 37:40.95 1:12.93
	700m: 8:37.27 1:14.67	1500m: 18:43.10 1:16.43	2300m: 28:54.98 1:16.08	
	800m: 9:52.69 1:15.42	1600m: 19:59.63 1:16.53	2400m: 30:10.70 1:15.72	
<b>3.</b>	<b>CUNHA Mariana Pacheco 04</b>	<b>Fluvial Portuense</b>	<b>38:46.24</b>	<b>495</b>
	100m: 1:11.01 1:11.01	900m: 11:21.18 1:17.58	1700m: 21:50.70 1:18.60	2500m: 32:21.47 1:18.67
	200m: 2:25.95 1:14.94	1000m: 12:39.65 1:18.47	1800m: 23:09.25 1:18.55	2600m: 33:40.82 1:19.35
	300m: 3:41.47 1:15.52	1100m: 13:58.59 1:18.94	1900m: 24:28.21 1:18.96	2700m: 34:58.42 1:17.60
	400m: 4:56.86 1:15.39	1200m: 15:17.23 1:18.64	2000m: 25:47.06 1:18.85	2800m: 36:15.04 1:16.62
	500m: 6:13.08 1:16.22	1300m: 16:36.16 1:18.93	2100m: 27:04.43 1:17.37	2900m: 37:31.13 1:16.09
	600m: 7:29.67 1:16.59	1400m: 17:55.35 1:19.19	2200m: 28:23.41 1:18.98	3000m: 38:46.24 1:15.11
	700m: 8:46.63 1:16.96	1500m: 19:14.52 1:19.17	2300m: 29:42.71 1:19.30	
	800m: 10:03.60 1:16.97	1600m: 20:32.10 1:17.58	2400m: 31:02.80 1:20.09	
<b>4.</b>	<b>LOPES Daniela Magalhaes 05</b>	<b>Famalicao</b>	<b>38:50.80</b>	<b>492</b>
	100m: 1:12.78 1:12.78	900m: 11:33.98 1:18.42	1700m: 22:06.20 1:19.33	2500m: 32:30.38 1:17.57
	200m: 2:28.22 1:15.44	1000m: 12:52.85 1:18.87	1800m: 23:24.25 1:18.05	2600m: 33:48.53 1:18.15
	300m: 3:44.94 1:16.72	1100m: 14:11.71 1:18.86	1900m: 24:42.42 1:18.17	2700m: 35:05.85 1:17.32
	400m: 5:02.64 1:17.70	1200m: 15:30.78 1:19.07	2000m: 26:00.75 1:18.33	2800m: 36:22.78 1:16.93
	500m: 6:20.64 1:18.00	1300m: 16:49.57 1:18.79	2100m: 27:19.55 1:18.80	2900m: 37:38.85 1:16.07
	600m: 7:38.82 1:18.18	1400m: 18:08.15 1:18.58	2200m: 28:37.81 1:18.26	3000m: 38:50.80 1:11.95
	700m: 8:57.40 1:18.58	1500m: 19:27.42 1:19.27	2300m: 29:55.53 1:17.72	
	800m: 10:15.56 1:18.16	1600m: 20:46.87 1:19.45	2400m: 31:12.81 1:17.28	
<b>5.</b>	<b>FLORENCIO Matilde Alves 04</b>	<b>Condeixa Clube</b>	<b>39:06.26</b>	<b>483</b>
	100m: 1:12.90 1:12.90	900m: 11:31.13 1:18.09	1700m: 22:01.14 1:19.04	2500m: 32:33.89 1:20.06
	200m: 2:29.17 1:16.27	1000m: 12:49.23 1:18.10	1800m: 23:20.10 1:18.96	2600m: 33:53.52 1:19.63
	300m: 3:45.88 1:16.71	1100m: 14:08.16 1:18.93	1900m: 24:38.80 1:18.70	2700m: 35:13.36 1:19.84
	400m: 5:01.26 1:15.38	1200m: 15:27.12 1:18.96	2000m: 25:57.93 1:19.13	2800m: 36:32.07 1:18.71
	500m: 6:18.48 1:17.22	1300m: 16:45.89 1:18.77	2100m: 27:16.64 1:18.71	2900m: 37:50.06 1:17.99
	600m: 7:35.92 1:17.44	1400m: 18:04.73 1:18.84	2200m: 28:35.32 1:18.68	3000m: 39:06.26 1:16.20
	700m: 8:55.23 1:19.31	1500m: 19:23.06 1:18.33	2300m: 29:54.19 1:18.87	
	800m: 10:13.04 1:17.81	1600m: 20:42.10 1:19.04	2400m: 31:13.83 1:19.64	

Prova 1, Femin., 3000m Livres, AA1415

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MONTEIRO Ana Carolina	04	Uniao Coimbra	<b>39:22.47</b>		<b>473</b>	
	100m: 1:12.23 1:12.23		900m: 11:34.17 1:18.66	1700m: 22:07.18 1:20.40	2500m: 32:47.72	1:20.12	
	200m: 2:27.71 1:15.48		1000m: 12:52.99 1:18.82	1800m: 23:26.69 1:19.51	2600m: 34:07.69	1:19.97	
	300m: 3:44.87 1:17.16		1100m: 14:11.70 1:18.71	1900m: 24:47.67 1:20.98	2700m: 35:27.96	1:20.27	
	400m: 5:02.42 1:17.55		1200m: 15:30.77 1:19.07	2000m: 26:07.68 1:20.01	2800m: 36:47.30	1:19.34	
	500m: 6:20.45 1:18.03		1300m: 16:49.29 1:18.52	2100m: 27:28.59 1:20.91	2900m: 38:05.87	1:18.57	
	600m: 7:38.58 1:18.13		1400m: 18:07.98 1:18.69	2200m: 28:48.44 1:19.85	3000m: 39:22.47	1:16.60	
	700m: 8:57.24 1:18.66		1500m: 19:27.31 1:19.33	2300m: 30:08.19 1:19.75			
	800m: 10:15.51 1:18.27		1600m: 20:46.78 1:19.47	2400m: 31:27.60 1:19.41			
7.	PEREIRA Carolina Rei	05	Natacao de Vagos	<b>40:35.60</b>		<b>431</b>	
	100m: 1:14.25 1:14.25		900m: 11:51.11 1:19.71	1700m: 22:45.76 1:22.75	2500m: 33:49.30	1:23.77	
	200m: 2:33.51 1:19.26		1000m: 13:10.78 1:19.67	1800m: 24:09.21 1:23.45	2600m: 35:11.08	1:21.78	
	300m: 3:53.30 1:19.79		1100m: 14:31.75 1:20.97	1900m: 25:31.57 1:22.36	2700m: 36:33.39	1:22.31	
	400m: 5:13.26 1:19.96		1200m: 15:53.79 1:22.04	2000m: 26:53.68 1:22.11	2800m: 37:55.17	1:21.78	
	500m: 6:33.40 1:20.14		1300m: 17:15.45 1:21.66	2100m: 28:16.94 1:23.26	2900m: 39:16.32	1:21.15	
	600m: 7:52.74 1:19.34		1400m: 18:37.81 1:22.36	2200m: 29:41.12 1:24.18	3000m: 40:35.60	1:19.28	
	700m: 9:11.64 1:18.90		1500m: 20:00.50 1:22.69	2300m: 31:04.13 1:23.01			
	800m: 10:31.40 1:19.76		1600m: 21:23.01 1:22.51	2400m: 32:25.53 1:21.40			

DNS VIANA Margarida Violante 04 Bairro dos Anjos/ Leiria

AA15, Masc.

1.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	<b>35:31.66</b>		<b>545</b>	
	100m: 1:08.07 1:08.07		900m: 10:39.15 1:11.49	1700m: 20:09.52 1:11.55	2500m: 29:36.78	1:11.41	
	200m: 2:19.40 1:11.33		1000m: 11:50.07 1:10.92	1800m: 21:21.15 1:11.63	2600m: 30:48.43	1:11.65	
	300m: 3:31.16 1:11.76		1100m: 13:01.50 1:11.43	1900m: 22:32.83 1:11.68	2700m: 31:59.69	1:11.26	
	400m: 4:42.77 1:11.61		1200m: 14:12.37 1:10.87	2000m: 23:43.89 1:11.06	2800m: 33:11.57	1:11.88	
	500m: 5:54.72 1:11.95		1300m: 15:23.87 1:11.50	2100m: 24:53.69 1:09.80	2900m: 34:22.44	1:10.87	
	600m: 7:05.90 1:11.18		1400m: 16:35.27 1:11.40	2200m: 26:04.36 1:10.67	3000m: 35:31.66	1:09.22	
	700m: 8:16.63 1:10.73		1500m: 17:46.46 1:11.19	2300m: 27:14.76 1:10.40			
	800m: 9:27.66 1:11.03		1600m: 18:57.97 1:11.51	2400m: 28:25.37 1:10.61			
2.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>35:42.36</b>		<b>537</b>	
	100m: 1:11.04 1:11.04		900m: 10:41.42 1:11.52	1700m: 20:14.48 1:11.26	2500m: 29:49.13	1:11.54	
	200m: 2:22.29 1:11.25		1000m: 11:53.44 1:12.02	1800m: 21:25.67 1:11.19	2600m: 31:00.49	1:11.36	
	300m: 3:33.99 1:11.70		1100m: 13:05.00 1:11.56	1900m: 22:37.62 1:11.95	2700m: 32:11.79	1:11.30	
	400m: 4:45.32 1:11.33		1200m: 14:16.87 1:11.87	2000m: 23:49.25 1:11.63	2800m: 33:23.85	1:12.06	
	500m: 5:57.27 1:11.95		1300m: 15:28.38 1:11.51	2100m: 25:01.31 1:12.06	2900m: 34:34.82	1:10.97	
	600m: 7:07.79 1:10.52		1400m: 16:40.02 1:11.64	2200m: 26:13.56 1:12.25	3000m: 35:42.36	1:07.54	
	700m: 8:18.61 1:10.82		1500m: 17:51.90 1:11.88	2300m: 27:25.72 1:12.16			
	800m: 9:29.90 1:11.29		1600m: 19:03.22 1:11.32	2400m: 28:37.59 1:11.87			
3.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	<b>35:49.24</b>		<b>532</b>	
	100m: 1:08.45 1:08.45		900m: 10:39.16 1:11.83	1700m: 20:11.75 1:11.84	2500m: 29:51.21	1:13.44	
	200m: 2:19.17 1:10.72		1000m: 11:50.13 1:10.97	1800m: 21:23.96 1:12.21	2600m: 31:03.72	1:12.51	
	300m: 3:30.18 1:11.01		1100m: 13:01.46 1:11.33	1900m: 22:37.27 1:13.31	2700m: 32:15.77	1:12.05	
	400m: 4:42.41 1:12.23		1200m: 14:12.42 1:10.96	2000m: 23:49.13 1:11.86	2800m: 33:27.87	1:12.10	
	500m: 5:54.33 1:11.92		1300m: 15:24.12 1:11.70	2100m: 25:01.32 1:12.19	2900m: 34:39.29	1:11.42	
	600m: 7:05.90 1:11.57		1400m: 16:36.08 1:11.96	2200m: 26:13.35 1:12.03	3000m: 35:49.24	1:09.95	
	700m: 8:16.63 1:10.73		1500m: 17:47.82 1:11.74	2300m: 27:25.63 1:12.28			
	800m: 9:27.33 1:10.70		1600m: 18:59.91 1:12.09	2400m: 28:37.77 1:12.14			

Prova 1, Masc., 3000m Livres, AA15

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	<b>NUNES Diogo Severino</b>	04	Natacao de Valongo	<b>35:49.92</b>		<b>531</b>	
	100m: 1:09.34 1:09.34	900m: 10:43.66 1:12.84	1700m: 20:24.33 1:11.63	2500m: 29:55.53 1:12.51			
	200m: 2:21.26 1:11.92	1000m: 11:56.54 1:12.88	1800m: 21:35.77 1:11.44	2600m: 31:08.21 1:12.68			
	300m: 3:33.19 1:11.93	1100m: 13:09.19 1:12.65	1900m: 22:47.52 1:11.75	2700m: 32:19.76 1:11.55			
	400m: 4:45.44 1:12.25	1200m: 14:21.34 1:12.15	2000m: 23:58.63 1:11.11	2800m: 33:31.18 1:11.42			
	500m: 5:56.49 1:11.05	1300m: 15:34.53 1:13.19	2100m: 25:09.11 1:10.48	2900m: 34:42.61 1:11.43			
	600m: 7:07.41 1:10.92	1400m: 16:47.59 1:13.06	2200m: 26:20.38 1:11.27	3000m: 35:49.92 1:07.31			
	700m: 8:18.59 1:11.18	1500m: 18:00.83 1:13.24	2300m: 27:31.41 1:11.03				
	800m: 9:30.82 1:12.23	1600m: 19:12.70 1:11.87	2400m: 28:43.02 1:11.61				
5.	<b>SILVA Nuno Marques</b>	04	Bairro dos Anjos/ Leiria	<b>36:00.16</b>		<b>524</b>	
	100m: 1:08.56 1:08.56	900m: 10:50.98 1:13.82	1700m: 20:34.79 1:12.62	2500m: 30:06.28 1:11.66			
	200m: 2:19.96 1:11.40	1000m: 12:04.83 1:13.85	1800m: 21:47.18 1:12.39	2600m: 31:18.60 1:12.32			
	300m: 3:31.72 1:11.76	1100m: 13:18.27 1:13.44	1900m: 22:58.28 1:11.10	2700m: 32:30.21 1:11.61			
	400m: 4:43.97 1:12.25	1200m: 14:31.47 1:13.20	2000m: 24:10.07 1:11.79	2800m: 33:41.94 1:11.73			
	500m: 5:56.86 1:12.89	1300m: 15:44.58 1:13.11	2100m: 25:20.90 1:10.83	2900m: 34:52.95 1:11.01			
	600m: 7:10.11 1:13.25	1400m: 16:57.30 1:12.72	2200m: 26:32.06 1:11.16	3000m: 36:00.16 1:07.21			
	700m: 8:23.45 1:13.34	1500m: 18:09.78 1:12.48	2300m: 27:43.26 1:11.20				
	800m: 9:37.16 1:13.71	1600m: 19:22.17 1:12.39	2400m: 28:54.62 1:11.36				
6.	<b>RIBEIRO Diogo Matos</b>	04	Uniao Coimbra	<b>36:39.76</b>		<b>496</b>	
	100m: 1:09.81 1:09.81	900m: 10:36.73 1:10.69	1700m: 20:20.71 1:14.64	2500m: 30:20.71 1:15.46			
	200m: 2:20.65 1:10.84	1000m: 11:48.60 1:11.87	1800m: 21:34.86 1:14.15	2600m: 31:36.67 1:15.96			
	300m: 3:31.84 1:11.19	1100m: 13:01.14 1:12.54	1900m: 22:49.86 1:15.00	2700m: 32:53.35 1:16.68			
	400m: 4:43.67 1:11.83	1200m: 14:13.07 1:11.93	2000m: 24:03.54 1:13.68	2800m: 34:08.70 1:15.35			
	500m: 5:55.09 1:11.42	1300m: 15:25.58 1:12.51	2100m: 25:18.14 1:14.60	2900m: 35:24.57 1:15.87			
	600m: 7:05.45 1:10.36	1400m: 16:38.29 1:12.71	2200m: 26:33.17 1:15.03	3000m: 36:39.76 1:15.19			
	700m: 8:15.32 1:09.87	1500m: 17:51.96 1:13.67	2300m: 27:48.53 1:15.36				
	800m: 9:26.04 1:10.72	1600m: 19:06.07 1:14.11	2400m: 29:05.25 1:16.72				
7.	<b>SANTOS Gabriel Moreira</b>	04	Famalicao	<b>38:11.97</b>		<b>439</b>	
	100m: 1:08.37 1:08.37	900m: 11:05.79 1:17.32	1700m: 21:24.48 1:18.36	2500m: 31:50.53 1:18.66			
	200m: 2:20.13 1:11.76	1000m: 12:21.60 1:15.81	1800m: 22:43.04 1:18.56	2600m: 33:08.85 1:18.32			
	300m: 3:32.09 1:11.96	1100m: 13:37.94 1:16.34	1900m: 24:01.37 1:18.33	2700m: 34:26.83 1:17.98			
	400m: 4:45.76 1:13.67	1200m: 14:55.17 1:17.23	2000m: 25:19.28 1:17.91	2800m: 35:43.43 1:16.60			
	500m: 6:00.33 1:14.57	1300m: 16:12.34 1:17.17	2100m: 26:37.28 1:18.00	2900m: 36:59.05 1:15.62			
	600m: 7:16.69 1:16.36	1400m: 17:29.75 1:17.41	2200m: 27:55.52 1:18.24	3000m: 38:11.97 1:12.92			
	700m: 8:31.88 1:15.19	1500m: 18:48.28 1:18.53	2300m: 29:13.51 1:17.99				
	800m: 9:48.47 1:16.59	1600m: 20:06.12 1:17.84	2400m: 30:31.87 1:18.36				

Absoluto, Masc.

1.	<b>MARQUES Gustavo Pires</b>	04	Fundacao Beatriz Santos	<b>35:31.66</b>		<b>545</b>	
	100m: 1:08.07 1:08.07	900m: 10:39.15 1:11.49	1700m: 20:09.52 1:11.55	2500m: 29:36.78 1:11.41			
	200m: 2:19.40 1:11.33	1000m: 11:50.07 1:10.92	1800m: 21:21.15 1:11.63	2600m: 30:48.43 1:11.65			
	300m: 3:31.16 1:11.76	1100m: 13:01.50 1:11.43	1900m: 22:32.83 1:11.68	2700m: 31:59.69 1:11.26			
	400m: 4:42.77 1:11.61	1200m: 14:12.37 1:10.87	2000m: 23:43.89 1:11.06	2800m: 33:11.57 1:11.88			
	500m: 5:54.72 1:11.95	1300m: 15:23.87 1:11.50	2100m: 24:53.69 1:09.80	2900m: 34:22.44 1:10.87			
	600m: 7:05.90 1:11.18	1400m: 16:35.27 1:11.40	2200m: 26:04.36 1:10.67	3000m: 35:31.66 1:09.22			
	700m: 8:16.63 1:10.73	1500m: 17:46.46 1:11.19	2300m: 27:14.76 1:10.40				
	800m: 9:27.66 1:11.03	1600m: 18:57.97 1:11.51	2400m: 28:25.37 1:10.61				

Prova 1, Masc., 3000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	<b>DIAS Jose Diogo</b>	04	Fundacao Beatriz Santos	<b>35:42.36</b>		<b>537</b>	
	100m: 1:11.04 1:11.04	900m: 10:41.42 1:11.52	1700m: 20:14.48 1:11.26	2500m: 29:49.13 1:11.54			
	200m: 2:22.29 1:11.25	1000m: 11:53.44 1:12.02	1800m: 21:25.67 1:11.19	2600m: 31:00.49 1:11.36			
	300m: 3:33.99 1:11.70	1100m: 13:05.00 1:11.56	1900m: 22:37.62 1:11.95	2700m: 32:11.79 1:11.30			
	400m: 4:45.32 1:11.33	1200m: 14:16.87 1:11.87	2000m: 23:49.25 1:11.63	2800m: 33:23.85 1:12.06			
	500m: 5:57.27 1:11.95	1300m: 15:28.38 1:11.51	2100m: 25:01.31 1:12.06	2900m: 34:34.82 1:10.97			
	600m: 7:07.79 1:10.52	1400m: 16:40.02 1:11.64	2200m: 26:13.56 1:12.25	3000m: 35:42.36 1:07.54			
	700m: 8:18.61 1:10.82	1500m: 17:51.90 1:11.88	2300m: 27:25.72 1:12.16				
	800m: 9:29.90 1:11.29	1600m: 19:03.22 1:11.32	2400m: 28:37.59 1:11.87				
3.	<b>CLARA Vitor Belo</b>	04	Bairro dos Anjos/ Leiria	<b>35:49.24</b>		<b>532</b>	
	100m: 1:08.45 1:08.45	900m: 10:39.16 1:11.83	1700m: 20:11.75 1:11.84	2500m: 29:51.21 1:13.44			
	200m: 2:19.17 1:10.72	1000m: 11:50.13 1:10.97	1800m: 21:23.96 1:12.21	2600m: 31:03.72 1:12.51			
	300m: 3:30.18 1:11.01	1100m: 13:01.46 1:11.33	1900m: 22:37.27 1:13.31	2700m: 32:15.77 1:12.05			
	400m: 4:42.41 1:12.23	1200m: 14:12.42 1:10.96	2000m: 23:49.13 1:11.86	2800m: 33:27.87 1:12.10			
	500m: 5:54.33 1:11.92	1300m: 15:24.12 1:11.70	2100m: 25:01.32 1:12.19	2900m: 34:39.29 1:11.42			
	600m: 7:05.90 1:11.57	1400m: 16:36.08 1:11.96	2200m: 26:13.35 1:12.03	3000m: 35:49.24 1:09.95			
	700m: 8:16.63 1:10.73	1500m: 17:47.82 1:11.74	2300m: 27:25.63 1:12.28				
	800m: 9:27.33 1:10.70	1600m: 18:59.91 1:12.09	2400m: 28:37.77 1:12.14				
4.	<b>NUNES Diogo Severino</b>	04	Natacao de Valongo	<b>35:49.92</b>		<b>531</b>	
	100m: 1:09.34 1:09.34	900m: 10:43.66 1:12.84	1700m: 20:24.33 1:11.63	2500m: 29:55.53 1:12.51			
	200m: 2:21.26 1:11.92	1000m: 11:56.54 1:12.88	1800m: 21:35.77 1:11.44	2600m: 31:08.21 1:12.68			
	300m: 3:33.19 1:11.93	1100m: 13:09.19 1:12.65	1900m: 22:47.52 1:11.75	2700m: 32:19.76 1:11.55			
	400m: 4:45.44 1:12.25	1200m: 14:21.34 1:12.15	2000m: 23:58.63 1:11.11	2800m: 33:31.18 1:11.42			
	500m: 5:56.49 1:11.05	1300m: 15:34.53 1:13.19	2100m: 25:09.11 1:10.48	2900m: 34:42.61 1:11.43			
	600m: 7:07.41 1:10.92	1400m: 16:47.59 1:13.06	2200m: 26:20.38 1:11.27	3000m: 35:49.92 1:07.31			
	700m: 8:18.59 1:11.18	1500m: 18:00.83 1:13.24	2300m: 27:31.41 1:11.03				
	800m: 9:30.82 1:12.23	1600m: 19:12.70 1:11.87	2400m: 28:43.02 1:11.61				
5.	<b>SILVA Nuno Marques</b>	04	Bairro dos Anjos/ Leiria	<b>36:00.16</b>		<b>524</b>	
	100m: 1:08.56 1:08.56	900m: 10:50.98 1:13.82	1700m: 20:34.79 1:12.62	2500m: 30:06.28 1:11.66			
	200m: 2:19.96 1:11.40	1000m: 12:04.83 1:13.85	1800m: 21:47.18 1:12.39	2600m: 31:18.60 1:12.32			
	300m: 3:31.72 1:11.76	1100m: 13:18.27 1:13.44	1900m: 22:58.28 1:11.10	2700m: 32:30.21 1:11.61			
	400m: 4:43.97 1:12.25	1200m: 14:31.47 1:13.20	2000m: 24:10.07 1:11.79	2800m: 33:41.94 1:11.73			
	500m: 5:56.86 1:12.89	1300m: 15:44.58 1:13.11	2100m: 25:20.90 1:10.83	2900m: 34:52.95 1:11.01			
	600m: 7:10.11 1:13.25	1400m: 16:57.30 1:12.72	2200m: 26:32.06 1:11.16	3000m: 36:00.16 1:07.21			
	700m: 8:23.45 1:13.34	1500m: 18:09.78 1:12.48	2300m: 27:43.26 1:11.20				
	800m: 9:37.16 1:13.71	1600m: 19:22.17 1:12.39	2400m: 28:54.62 1:11.36				
6.	<b>RIBEIRO Diogo Matos</b>	04	Uniao Coimbra	<b>36:39.76</b>		<b>496</b>	
	100m: 1:09.81 1:09.81	900m: 10:36.73 1:10.69	1700m: 20:20.71 1:14.64	2500m: 30:20.71 1:15.46			
	200m: 2:20.65 1:10.84	1000m: 11:48.60 1:11.87	1800m: 21:34.86 1:14.15	2600m: 31:36.67 1:15.96			
	300m: 3:31.84 1:11.19	1100m: 13:01.14 1:12.54	1900m: 22:49.86 1:15.00	2700m: 32:53.35 1:16.68			
	400m: 4:43.67 1:11.83	1200m: 14:13.07 1:11.93	2000m: 24:03.54 1:13.68	2800m: 34:08.70 1:15.35			
	500m: 5:55.09 1:11.42	1300m: 15:25.58 1:12.51	2100m: 25:18.14 1:14.60	2900m: 35:24.57 1:15.87			
	600m: 7:05.45 1:10.36	1400m: 16:38.29 1:12.71	2200m: 26:33.17 1:15.03	3000m: 36:39.76 1:15.19			
	700m: 8:15.32 1:09.87	1500m: 17:51.96 1:13.67	2300m: 27:48.53 1:15.36				
	800m: 9:26.04 1:10.72	1600m: 19:06.07 1:14.11	2400m: 29:05.25 1:16.72				
7.	<b>SANTOS Gabriel Moreira</b>	04	Famalicao	<b>38:11.97</b>		<b>439</b>	
	100m: 1:08.37 1:08.37	900m: 11:05.79 1:17.32	1700m: 21:24.48 1:18.36	2500m: 31:50.53 1:18.66			
	200m: 2:20.13 1:11.76	1000m: 12:21.60 1:15.81	1800m: 22:43.04 1:18.56	2600m: 33:08.85 1:18.32			
	300m: 3:32.09 1:11.96	1100m: 13:37.94 1:16.34	1900m: 24:01.37 1:18.33	2700m: 34:26.83 1:17.98			
	400m: 4:45.76 1:13.67	1200m: 14:55.17 1:17.23	2000m: 25:19.28 1:17.91	2800m: 35:43.43 1:16.60			
	500m: 6:00.33 1:14.57	1300m: 16:12.34 1:17.17	2100m: 26:37.28 1:18.00	2900m: 36:59.05 1:15.62			
	600m: 7:16.69 1:16.36	1400m: 17:29.75 1:17.41	2200m: 27:55.52 1:18.24	3000m: 38:11.97 1:12.92			
	700m: 8:31.88 1:15.19	1500m: 18:48.28 1:18.53	2300m: 29:13.51 1:17.99				
	800m: 9:48.47 1:16.59	1600m: 20:06.12 1:17.84	2400m: 30:31.87 1:18.36				

Prova 1, 3000m Livres

Absoluto, Femin.

<b>1. RODRIGUES Joana Francisca04</b>	<b>Uniao Coimbra</b>	<b>36:53.71</b>	<b>575</b>
100m: 1:09.99 1:09.99	900m: 10:58.33 1:13.92	1700m: 20:50.40 1:13.98	2500m: 30:44.44 1:14.50
200m: 2:22.41 1:12.42	1000m: 12:11.82 1:13.49	1800m: 22:04.74 1:14.34	2600m: 31:59.07 1:14.63
300m: 3:36.28 1:13.87	1100m: 13:25.69 1:13.87	1900m: 23:18.44 1:13.70	2700m: 33:13.82 1:14.75
400m: 4:49.73 1:13.45	1200m: 14:39.63 1:13.94	2000m: 24:32.89 1:14.45	2800m: 34:28.21 1:14.39
500m: 6:03.74 1:14.01	1300m: 15:53.48 1:13.85	2100m: 25:47.21 1:14.32	2900m: 35:42.11 1:13.90
600m: 7:17.25 1:13.51	1400m: 17:07.83 1:14.35	2200m: 27:01.05 1:13.84	3000m: 36:53.71 1:11.60
700m: 8:31.09 1:13.84	1500m: 18:22.04 1:14.21	2300m: 28:15.76 1:14.71	
800m: 9:44.41 1:13.32	1600m: 19:36.42 1:14.38	2400m: 29:29.94 1:14.18	
<b>2. GASPAS Beatriz Ferreira 04</b>	<b>Bombeiros Mealhada / CA</b>	<b>37:40.95</b>	<b>539</b>
100m: 1:11.32 1:11.32	900m: 11:08.31 1:15.62	1700m: 21:15.78 1:16.15	2500m: 31:25.97 1:15.27
200m: 2:24.56 1:13.24	1000m: 12:23.69 1:15.38	1800m: 22:32.16 1:16.38	2600m: 32:41.57 1:15.60
300m: 3:38.59 1:14.03	1100m: 13:39.35 1:15.66	1900m: 23:48.56 1:16.40	2700m: 33:57.29 1:15.72
400m: 4:53.12 1:14.53	1200m: 14:55.00 1:15.65	2000m: 25:05.73 1:17.17	2800m: 35:12.64 1:15.35
500m: 6:07.72 1:14.60	1300m: 16:10.64 1:15.64	2100m: 26:22.57 1:16.84	2900m: 36:28.02 1:15.38
600m: 7:22.60 1:14.88	1400m: 17:26.67 1:16.03	2200m: 27:38.90 1:16.33	3000m: 37:40.95 1:12.93
700m: 8:37.27 1:14.67	1500m: 18:43.10 1:16.43	2300m: 28:54.98 1:16.08	
800m: 9:52.69 1:15.42	1600m: 19:59.63 1:16.53	2400m: 30:10.70 1:15.72	
<b>3. CUNHA Mariana Pacheco 04</b>	<b>Fluvial Portuense</b>	<b>38:46.24</b>	<b>495</b>
100m: 1:11.01 1:11.01	900m: 11:21.18 1:17.58	1700m: 21:50.70 1:18.60	2500m: 32:21.47 1:18.67
200m: 2:25.95 1:14.94	1000m: 12:39.65 1:18.47	1800m: 23:09.25 1:18.55	2600m: 33:40.82 1:19.35
300m: 3:41.47 1:15.52	1100m: 13:58.59 1:18.94	1900m: 24:28.21 1:18.96	2700m: 34:58.42 1:17.60
400m: 4:56.86 1:15.39	1200m: 15:17.23 1:18.64	2000m: 25:47.06 1:18.85	2800m: 36:15.04 1:16.62
500m: 6:13.08 1:16.22	1300m: 16:36.16 1:18.93	2100m: 27:04.43 1:17.37	2900m: 37:31.13 1:16.09
600m: 7:29.67 1:16.59	1400m: 17:55.35 1:19.19	2200m: 28:23.41 1:18.98	3000m: 38:46.24 1:15.11
700m: 8:46.63 1:16.96	1500m: 19:14.52 1:19.17	2300m: 29:42.71 1:19.30	
800m: 10:03.60 1:16.97	1600m: 20:32.10 1:17.58	2400m: 31:02.80 1:20.09	
<b>4. LOPES Daniela Magalhaes 05</b>	<b>Famalicao</b>	<b>38:50.80</b>	<b>492</b>
100m: 1:12.78 1:12.78	900m: 11:33.98 1:18.42	1700m: 22:06.20 1:19.33	2500m: 32:30.38 1:17.57
200m: 2:28.22 1:15.44	1000m: 12:52.85 1:18.87	1800m: 23:24.25 1:18.05	2600m: 33:48.53 1:18.15
300m: 3:44.94 1:16.72	1100m: 14:11.71 1:18.86	1900m: 24:42.42 1:18.17	2700m: 35:05.85 1:17.32
400m: 5:02.64 1:17.70	1200m: 15:30.78 1:19.07	2000m: 26:00.75 1:18.33	2800m: 36:22.78 1:16.93
500m: 6:20.64 1:18.00	1300m: 16:49.57 1:18.79	2100m: 27:19.55 1:18.80	2900m: 37:38.85 1:16.07
600m: 7:38.82 1:18.18	1400m: 18:08.15 1:18.58	2200m: 28:37.81 1:18.26	3000m: 38:50.80 1:11.95
700m: 8:57.40 1:18.58	1500m: 19:27.42 1:19.27	2300m: 29:55.53 1:17.72	
800m: 10:15.56 1:18.16	1600m: 20:46.87 1:19.45	2400m: 31:12.81 1:17.28	
<b>5. FLORENCIO Matilde Alves 04</b>	<b>Condeixa Clube</b>	<b>39:06.26</b>	<b>483</b>
100m: 1:12.90 1:12.90	900m: 11:31.13 1:18.09	1700m: 22:01.14 1:19.04	2500m: 32:33.89 1:20.06
200m: 2:29.17 1:16.27	1000m: 12:49.23 1:18.10	1800m: 23:20.10 1:18.96	2600m: 33:53.52 1:19.63
300m: 3:45.88 1:16.71	1100m: 14:08.16 1:18.93	1900m: 24:38.80 1:18.70	2700m: 35:13.36 1:19.84
400m: 5:01.26 1:15.38	1200m: 15:27.12 1:18.96	2000m: 25:57.93 1:19.13	2800m: 36:32.07 1:18.71
500m: 6:18.48 1:17.22	1300m: 16:45.89 1:18.77	2100m: 27:16.64 1:18.71	2900m: 37:50.06 1:17.99
600m: 7:35.92 1:17.44	1400m: 18:04.73 1:18.84	2200m: 28:35.32 1:18.68	3000m: 39:06.26 1:16.20
700m: 8:55.23 1:19.31	1500m: 19:23.06 1:18.33	2300m: 29:54.19 1:18.87	
800m: 10:13.04 1:17.81	1600m: 20:42.10 1:19.04	2400m: 31:13.83 1:19.64	
<b>6. MONTEIRO Ana Carolina 04</b>	<b>Uniao Coimbra</b>	<b>39:22.47</b>	<b>473</b>
100m: 1:12.23 1:12.23	900m: 11:34.17 1:18.66	1700m: 22:07.18 1:20.40	2500m: 32:47.72 1:20.12
200m: 2:27.71 1:15.48	1000m: 12:52.99 1:18.82	1800m: 23:26.69 1:19.51	2600m: 34:07.69 1:19.97
300m: 3:44.87 1:17.16	1100m: 14:11.70 1:18.71	1900m: 24:47.67 1:20.98	2700m: 35:27.96 1:20.27
400m: 5:02.42 1:17.55	1200m: 15:30.77 1:19.07	2000m: 26:07.68 1:20.01	2800m: 36:47.30 1:19.34
500m: 6:20.45 1:18.03	1300m: 16:49.29 1:18.52	2100m: 27:28.59 1:20.91	2900m: 38:05.87 1:18.57
600m: 7:38.58 1:18.13	1400m: 18:07.98 1:18.69	2200m: 28:48.44 1:19.85	3000m: 39:22.47 1:16.60
700m: 8:57.24 1:18.66	1500m: 19:27.31 1:19.33	2300m: 30:08.19 1:19.75	
800m: 10:15.51 1:18.27	1600m: 20:46.78 1:19.47	2400m: 31:27.60 1:19.41	

Prova 1, Femin., 3000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	PEREIRA Carolina Rei	05	Natacao de Vagos	<b>40:35.60</b>		431	
	100m: 1:14.25 1:14.25	900m: 11:51.11 1:19.71	1700m: 22:45.76 1:22.75	2500m: 33:49.30 1:23.77			
	200m: 2:33.51 1:19.26	1000m: 13:10.78 1:19.67	1800m: 24:09.21 1:23.45	2600m: 35:11.08 1:21.78			
	300m: 3:53.30 1:19.79	1100m: 14:31.75 1:20.97	1900m: 25:31.57 1:22.36	2700m: 36:33.39 1:22.31			
	400m: 5:13.26 1:19.96	1200m: 15:53.79 1:22.04	2000m: 26:53.68 1:22.11	2800m: 37:55.17 1:21.78			
	500m: 6:33.40 1:20.14	1300m: 17:15.45 1:21.66	2100m: 28:16.94 1:23.26	2900m: 39:16.32 1:21.15			
	600m: 7:52.74 1:19.34	1400m: 18:37.81 1:22.36	2200m: 29:41.12 1:24.18	3000m: 40:35.60 1:19.28			
	700m: 9:11.64 1:18.90	1500m: 20:00.50 1:22.69	2300m: 31:04.13 1:23.01				
	800m: 10:31.40 1:19.76	1600m: 21:23.01 1:22.51	2400m: 32:25.53 1:21.40				
DNS	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria				
EXH	CARVALHO Antonio Lombardi	04	Belenenses	<b>38:07.61</b>		441	
	100m: 1:11.82 1:11.82	900m: 11:22.82 1:16.39	1700m: 21:38.80 1:17.13	2500m: 31:56.50 1:15.87			
	200m: 2:26.98 1:15.16	1000m: 12:40.02 1:17.20	1800m: 22:56.40 1:17.60	2600m: 33:12.29 1:15.79			
	300m: 3:42.79 1:15.81	1100m: 13:57.54 1:17.52	1900m: 24:15.37 1:18.97	2700m: 34:26.82 1:14.53			
	400m: 4:58.95 1:16.16	1200m: 15:13.52 1:15.98	2000m: 25:33.26 1:17.89	2800m: 35:40.75 1:13.93			
	500m: 6:14.86 1:15.91	1300m: 16:31.09 1:17.57	2100m: 26:51.11 1:17.85	2900m: 36:55.22 1:14.47			
	600m: 7:31.24 1:16.38	1400m: 17:47.78 1:16.69	2200m: 28:08.72 1:17.61	3000m: 38:07.61 1:12.39			
	700m: 8:48.79 1:17.55	1500m: 19:05.50 1:17.72	2300m: 29:24.35 1:15.63				
	800m: 10:06.43 1:17.64	1600m: 20:21.67 1:16.17	2400m: 30:40.63 1:16.28				