

Campeonato Nacional de Juvenis  
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA  
Funchal, 01 a 04 de Agosto de 2019



Prova 45  
04-08-2019 - 16:00

Femin., 800m Livres

Juvenis  
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 |
| Rec Nac Juv B    | 9:07.70 | SILVA Alexandra Maria   | POR | Split (CRO)     | 10-09-1981 |

Pontos: FINA 2019

| Lugar | Nome                    | Ano           | Clube                     | Tempo Final    | TReac        | Pts FINA      | Pts   |
|-------|-------------------------|---------------|---------------------------|----------------|--------------|---------------|-------|
| 1.    | LOPES Daniela Magalhaes | 05            | Famalicao                 | <b>9:16.49</b> | <b>+0,74</b> | <b>661</b>    |       |
|       | 50m: 32.35 32.35        | 250m: 2:54.28 | 35.65                     | 450m: 5:15.12  | 35.18        | 650m: 7:34.42 | 34.58 |
|       | 100m: 1:07.25 34.90     | 300m: 3:29.48 | 35.20                     | 500m: 5:49.89  | 34.77        | 700m: 8:08.87 | 34.45 |
|       | 150m: 1:43.27 36.02     | 350m: 4:05.11 | 35.63                     | 550m: 6:25.20  | 35.31        | 750m: 8:43.24 | 34.37 |
|       | 200m: 2:18.63 35.36     | 400m: 4:39.94 | 34.83                     | 600m: 6:59.84  | 34.64        | 800m: 9:16.49 | 33.25 |
| 2.    | ROSA Mariana Carmo      | 05            | Louzan Natacao/EFAPEL     | <b>9:22.49</b> | <b>+0,63</b> | <b>640</b>    |       |
|       | 50m: 32.13 32.13        | 250m: 2:52.00 | 34.82                     | 450m: 5:13.04  | 35.26        | 650m: 7:36.31 | 35.60 |
|       | 100m: 1:07.21 35.08     | 300m: 3:27.38 | 35.38                     | 500m: 5:49.13  | 36.09        | 700m: 8:12.43 | 36.12 |
|       | 150m: 1:41.95 34.74     | 350m: 4:02.34 | 34.96                     | 550m: 6:24.74  | 35.61        | 750m: 8:48.06 | 35.63 |
|       | 200m: 2:17.18 35.23     | 400m: 4:37.78 | 35.44                     | 600m: 7:00.71  | 35.97        | 800m: 9:22.49 | 34.43 |
| 3.    | SANTOS Leonor Esteves   | 04            | Avancado EUL              | <b>9:26.89</b> | <b>+0,76</b> | <b>625</b>    |       |
|       | 50m: 32.81 32.81        | 250m: 2:55.60 | 35.73                     | 450m: 5:17.99  | 35.65        | 650m: 7:41.11 | 36.08 |
|       | 100m: 1:08.44 35.63     | 300m: 3:31.04 | 35.44                     | 500m: 5:53.49  | 35.50        | 700m: 8:16.72 | 35.61 |
|       | 150m: 1:44.41 35.97     | 350m: 4:06.71 | 35.67                     | 550m: 6:29.50  | 36.01        | 750m: 8:52.39 | 35.67 |
|       | 200m: 2:19.87 35.46     | 400m: 4:42.34 | 35.63                     | 600m: 7:05.03  | 35.53        | 800m: 9:26.89 | 34.50 |
| 4.    | NOBRE Marisa Isabel     | 05            | Columbofila Cantanhedense | <b>9:28.34</b> | <b>+0,73</b> | <b>620</b>    |       |
|       | 50m: 31.79 31.79        | 250m: 2:52.78 | 35.75                     | 450m: 5:17.85  | 35.74        | 650m: 7:43.12 | 36.28 |
|       | 100m: 1:06.23 34.44     | 300m: 3:29.46 | 36.68                     | 500m: 5:54.83  | 36.98        | 700m: 8:19.19 | 36.07 |
|       | 150m: 1:40.86 34.63     | 350m: 4:05.47 | 36.01                     | 550m: 6:30.41  | 35.58        | 750m: 8:54.44 | 35.25 |
|       | 200m: 2:17.03 36.17     | 400m: 4:42.11 | 36.64                     | 600m: 7:06.84  | 36.43        | 800m: 9:28.34 | 33.90 |
| 5.    | PRETO Filipa Manso      | 04            | Porto                     | <b>9:28.51</b> | <b>+0,81</b> | <b>620</b>    |       |
|       | 50m: 33.22 33.22        | 250m: 2:55.82 | 35.47                     | 450m: 5:18.66  | 35.63        | 650m: 7:42.14 | 35.81 |
|       | 100m: 1:08.71 35.49     | 300m: 3:31.55 | 35.73                     | 500m: 5:54.56  | 35.90        | 700m: 8:18.17 | 36.03 |
|       | 150m: 1:44.42 35.71     | 350m: 4:07.03 | 35.48                     | 550m: 6:30.38  | 35.82        | 750m: 8:53.88 | 35.71 |
|       | 200m: 2:20.35 35.93     | 400m: 4:43.03 | 36.00                     | 600m: 7:06.33  | 35.95        | 800m: 9:28.51 | 34.63 |
| 6.    | PIRES Marta Joao        | 05            | Alges                     | <b>9:31.37</b> | <b>+0,72</b> | <b>610</b>    |       |
|       | 50m: 33.73 33.73        | 250m: 2:59.04 | 36.26                     | 450m: 5:23.25  | 35.28        | 650m: 7:46.45 | 35.37 |
|       | 100m: 1:10.36 36.63     | 300m: 3:35.44 | 36.40                     | 500m: 5:59.25  | 36.00        | 700m: 8:21.79 | 35.34 |
|       | 150m: 1:46.44 36.08     | 350m: 4:11.44 | 36.00                     | 550m: 6:35.07  | 35.82        | 750m: 8:57.08 | 35.29 |
|       | 200m: 2:22.78 36.34     | 400m: 4:47.97 | 36.53                     | 600m: 7:11.08  | 36.01        | 800m: 9:31.37 | 34.29 |
| 7.    | CARDEAL Beatriz Nunes   | 04            | Academico Viseu           | <b>9:31.65</b> | <b>+0,73</b> | <b>609</b>    |       |
|       | 50m: 32.33 32.33        | 250m: 2:55.28 | 35.84                     | 450m: 5:18.99  | 35.51        | 650m: 7:43.97 | 36.06 |
|       | 100m: 1:07.69 35.36     | 300m: 3:31.33 | 36.05                     | 500m: 5:55.14  | 36.15        | 700m: 8:20.84 | 36.87 |
|       | 150m: 1:43.24 35.55     | 350m: 4:07.09 | 35.76                     | 550m: 6:31.23  | 36.09        | 750m: 8:57.07 | 36.23 |
|       | 200m: 2:19.44 36.20     | 400m: 4:43.48 | 36.39                     | 600m: 7:07.91  | 36.68        | 800m: 9:31.65 | 34.58 |
| 8.    | PIMENTEL Marta Lima     | 04            | Fluvial Portuense         | <b>9:33.70</b> | <b>+0,82</b> | <b>603</b>    |       |
|       | 50m: 32.15 32.15        | 250m: 2:54.28 | 36.36                     | 450m: 5:19.55  | 36.24        | 650m: 7:46.10 | 36.61 |
|       | 100m: 1:06.89 34.74     | 300m: 3:30.80 | 36.52                     | 500m: 5:56.41  | 36.86        | 700m: 8:23.04 | 36.94 |
|       | 150m: 1:42.18 35.29     | 350m: 4:07.17 | 36.37                     | 550m: 6:32.92  | 36.51        | 750m: 8:59.07 | 36.03 |
|       | 200m: 2:17.92 35.74     | 400m: 4:43.31 | 36.14                     | 600m: 7:09.49  | 36.57        | 800m: 9:33.70 | 34.63 |
| 9.    | GASPAR Beatriz Ferreira | 04            | Bombeiros Mealhada/ CA    | <b>9:35.48</b> | <b>+0,79</b> | <b>597</b>    |       |
|       | 50m: 32.33 32.33        | 250m: 2:55.48 | 35.83                     | 450m: 5:21.48  | 36.55        | 650m: 7:48.22 | 36.26 |
|       | 100m: 1:07.84 35.51     | 300m: 3:31.86 | 36.38                     | 500m: 5:58.52  | 37.04        | 700m: 8:24.88 | 36.66 |
|       | 150m: 1:43.56 35.72     | 350m: 4:08.09 | 36.23                     | 550m: 6:34.95  | 36.43        | 750m: 9:00.64 | 35.76 |
|       | 200m: 2:19.65 36.09     | 400m: 4:44.93 | 36.84                     | 600m: 7:11.96  | 37.01        | 800m: 9:35.48 | 34.84 |

Splash Meet Manager, 11.60446

Registered to Federacao Portuguesa de Natacao

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Prova 45, Femin., 800m Livres, Juvenis

| Lugar | Nome                     | Ano           | Clube                    | Tempo Final    | TReac        | Pts FINA      | Pts   |
|-------|--------------------------|---------------|--------------------------|----------------|--------------|---------------|-------|
| 10.   | ALVES Joana Silva        | 05            | Benedita                 | <b>9:38.80</b> | <b>+0,79</b> | <b>587</b>    |       |
|       | 50m: 32.43 32.43         | 250m: 2:58.88 | 37.00                    | 450m: 5:25.98  | 36.50        | 650m: 7:52.86 | 36.55 |
|       | 100m: 1:08.41 35.98      | 300m: 3:35.94 | 37.06                    | 500m: 6:03.01  | 37.03        | 700m: 8:28.84 | 35.98 |
|       | 150m: 1:45.01 36.60      | 350m: 4:12.73 | 36.79                    | 550m: 6:39.03  | 36.02        | 750m: 9:04.68 | 35.84 |
|       | 200m: 2:21.88 36.87      | 400m: 4:49.48 | 36.75                    | 600m: 7:16.31  | 37.28        | 800m: 9:38.80 | 34.12 |
| 11.   | SEBASTIAO Sofia Antunes  | 05            | Amadora                  | <b>9:41.12</b> | <b>+0,77</b> | <b>580</b>    |       |
|       | 50m: 32.20 32.20         | 250m: 2:55.67 | 36.00                    | 450m: 5:23.18  | 36.43        | 650m: 7:52.20 | 36.55 |
|       | 100m: 1:07.66 35.46      | 300m: 3:32.62 | 36.95                    | 500m: 6:00.93  | 37.75        | 700m: 8:29.31 | 37.11 |
|       | 150m: 1:42.94 35.28      | 350m: 4:09.38 | 36.76                    | 550m: 6:37.93  | 37.00        | 750m: 9:05.47 | 36.16 |
|       | 200m: 2:19.67 36.73      | 400m: 4:46.75 | 37.37                    | 600m: 7:15.65  | 37.72        | 800m: 9:41.12 | 35.65 |
| 12.   | PINHO Carolina Teixeira  | 04            | Porto                    | <b>9:41.38</b> | <b>+0,72</b> | <b>579</b>    |       |
|       | 50m: 32.70 32.70         | 250m: 2:57.09 | 36.40                    | 450m: 5:23.38  | 36.41        | 650m: 7:51.35 | 36.66 |
|       | 100m: 1:08.35 35.65      | 300m: 3:33.77 | 36.68                    | 500m: 6:00.56  | 37.18        | 700m: 8:28.46 | 37.11 |
|       | 150m: 1:44.04 35.69      | 350m: 4:10.12 | 36.35                    | 550m: 6:37.31  | 36.75        | 750m: 9:04.94 | 36.48 |
|       | 200m: 2:20.69 36.65      | 400m: 4:46.97 | 36.85                    | 600m: 7:14.69  | 37.38        | 800m: 9:41.38 | 36.44 |
| 13.   | SIMOES Ana Beatriz       | 05            | Sporting                 | <b>9:43.28</b> | <b>+0,76</b> | <b>574</b>    |       |
|       | 50m: 32.31 32.31         | 250m: 2:59.15 | 37.40                    | 450m: 5:29.20  | 37.06        | 650m: 7:57.14 | 37.30 |
|       | 100m: 1:07.89 35.58      | 300m: 3:36.86 | 37.71                    | 500m: 6:06.46  | 37.26        | 700m: 8:33.84 | 36.70 |
|       | 150m: 1:44.50 36.61      | 350m: 4:14.41 | 37.55                    | 550m: 6:42.88  | 36.42        | 750m: 9:09.83 | 35.99 |
|       | 200m: 2:21.75 37.25      | 400m: 4:52.14 | 37.73                    | 600m: 7:19.84  | 36.96        | 800m: 9:43.28 | 33.45 |
| 14.   | VIANA Margarida Violante | 04            | Bairro dos Anjos/ Leiria | <b>9:43.37</b> | <b>+0,80</b> | <b>573</b>    |       |
|       | 50m: 33.25 33.25         | 250m: 2:59.87 | 36.88                    | 450m: 5:28.29  | 36.94        | 650m: 7:55.63 | 36.53 |
|       | 100m: 1:09.51 36.26      | 300m: 3:37.06 | 37.19                    | 500m: 6:05.25  | 36.96        | 700m: 8:32.42 | 36.79 |
|       | 150m: 1:46.23 36.72      | 350m: 4:14.09 | 37.03                    | 550m: 6:42.19  | 36.94        | 750m: 9:08.86 | 36.44 |
|       | 200m: 2:22.99 36.76      | 400m: 4:51.35 | 37.26                    | 600m: 7:19.10  | 36.91        | 800m: 9:43.37 | 34.51 |
| 15.   | GALANTE Ines Carvalho    | 04            | Vilacondense             | <b>9:50.83</b> | <b>+0,78</b> | <b>552</b>    |       |
|       | 50m: 32.96 32.96         | 250m: 3:01.07 | 37.77                    | 450m: 5:31.94  | 37.61        | 650m: 8:01.50 | 37.28 |
|       | 100m: 1:08.86 35.90      | 300m: 3:38.78 | 37.71                    | 500m: 6:09.36  | 37.42        | 700m: 8:38.97 | 37.47 |
|       | 150m: 1:45.80 36.94      | 350m: 4:16.70 | 37.92                    | 550m: 6:46.82  | 37.46        | 750m: 9:15.15 | 36.18 |
|       | 200m: 2:23.30 37.50      | 400m: 4:54.33 | 37.63                    | 600m: 7:24.22  | 37.40        | 800m: 9:50.83 | 35.68 |
| 16.   | CARLOTA Catarina Isabel  | 05            | BUZIOS-Coruche           | <b>9:51.03</b> | <b>+0,75</b> | <b>551</b>    |       |
|       | 50m: 33.90 33.90         | 250m: 3:02.21 | 37.38                    | 450m: 5:32.39  | 37.34        | 650m: 8:02.04 | 37.03 |
|       | 100m: 1:10.48 36.58      | 300m: 3:39.78 | 37.57                    | 500m: 6:10.13  | 37.74        | 700m: 8:38.93 | 36.89 |
|       | 150m: 1:47.66 37.18      | 350m: 4:17.32 | 37.54                    | 550m: 6:47.57  | 37.44        | 750m: 9:15.29 | 36.36 |
|       | 200m: 2:24.83 37.17      | 400m: 4:55.05 | 37.73                    | 600m: 7:25.01  | 37.44        | 800m: 9:51.03 | 35.74 |
| 17.   | MARTINS Ines Correia     | 04            | Porto                    | <b>9:53.28</b> | <b>+0,74</b> | <b>545</b>    |       |
|       | 50m: 33.92 33.92         | 250m: 3:01.16 | 37.14                    | 450m: 5:30.34  | 37.41        | 650m: 8:01.00 | 37.65 |
|       | 100m: 1:10.36 36.44      | 300m: 3:38.35 | 37.19                    | 500m: 6:07.91  | 37.57        | 700m: 8:38.78 | 37.78 |
|       | 150m: 1:47.27 36.91      | 350m: 4:15.68 | 37.33                    | 550m: 6:45.75  | 37.84        | 750m: 9:16.18 | 37.40 |
|       | 200m: 2:24.02 36.75      | 400m: 4:52.93 | 37.25                    | 600m: 7:23.35  | 37.60        | 800m: 9:53.28 | 37.10 |
| 18.   | COSTA Mafalda Santos     | 05            | Colegio Monte Maior      | <b>9:55.15</b> | <b>+0,89</b> | <b>540</b>    |       |
|       | 50m: 32.91 32.91         | 250m: 3:01.06 | 37.71                    | 450m: 5:32.51  | 37.20        | 650m: 8:03.67 | 37.63 |
|       | 100m: 1:09.06 36.15      | 300m: 3:39.56 | 38.50                    | 500m: 6:10.28  | 37.77        | 700m: 8:41.64 | 37.97 |
|       | 150m: 1:45.95 36.89      | 350m: 4:17.25 | 37.69                    | 550m: 6:48.20  | 37.92        | 750m: 9:18.95 | 37.31 |
|       | 200m: 2:23.35 37.40      | 400m: 4:55.31 | 38.06                    | 600m: 7:26.04  | 37.84        | 800m: 9:55.15 | 36.20 |
| 19.   | NOGUEIRA Nara Soraia     | 05            | Natacao de Valongo       | <b>9:55.58</b> | <b>+0,70</b> | <b>539</b>    |       |
|       | 50m: 33.40 33.40         | 250m: 3:02.71 | 37.68                    | 450m: 5:34.43  | 37.92        | 650m: 8:06.05 | 37.83 |
|       | 100m: 1:09.71 36.31      | 300m: 3:40.47 | 37.76                    | 500m: 6:12.52  | 38.09        | 700m: 8:44.04 | 37.99 |
|       | 150m: 1:47.21 37.50      | 350m: 4:18.43 | 37.96                    | 550m: 6:50.17  | 37.65        | 750m: 9:20.72 | 36.68 |
|       | 200m: 2:25.03 37.82      | 400m: 4:56.51 | 38.08                    | 600m: 7:28.22  | 38.05        | 800m: 9:55.58 | 34.86 |

Prova 45, Femin., 800m Livres, Juvenis

| Lugar | Nome                      | Ano                 | Clube                   | Tempo Final          | TReac        | Pts FINA   | Pts |
|-------|---------------------------|---------------------|-------------------------|----------------------|--------------|------------|-----|
| 20.   | SILVA Ines Martins        | 04                  | Vilacondense            | <b>9:56.43</b>       | <b>+0,82</b> | <b>537</b> |     |
|       | 50m: 32.49 32.49          | 250m: 3:00.13 37.73 | 450m: 5:32.73 38.34     | 650m: 8:05.97 38.01  |              |            |     |
|       | 100m: 1:07.87 35.38       | 300m: 3:38.36 38.23 | 500m: 6:11.09 38.36     | 700m: 8:44.14 38.17  |              |            |     |
|       | 150m: 1:44.32 36.45       | 350m: 4:16.00 37.64 | 550m: 6:49.34 38.25     | 750m: 9:20.60 36.46  |              |            |     |
|       | 200m: 2:22.40 38.08       | 400m: 4:54.39 38.39 | 600m: 7:27.96 38.62     | 800m: 9:56.43 35.83  |              |            |     |
| 21.   | SANTOS Mariana Marques    | 05                  | Gesloures               | <b>9:56.95</b>       | <b>+0,67</b> | <b>535</b> |     |
|       | 50m: 33.91 33.91          | 250m: 3:02.00 37.32 | 450m: 5:32.84 37.98     | 650m: 8:05.33 38.27  |              |            |     |
|       | 100m: 1:10.40 36.49       | 300m: 3:39.48 37.48 | 500m: 6:10.95 38.11     | 700m: 8:43.55 38.22  |              |            |     |
|       | 150m: 1:47.71 37.31       | 350m: 4:16.98 37.50 | 550m: 6:49.02 38.07     | 750m: 9:21.13 37.58  |              |            |     |
|       | 200m: 2:24.68 36.97       | 400m: 4:54.86 37.88 | 600m: 7:27.06 38.04     | 800m: 9:56.95 35.82  |              |            |     |
| 22.   | MONTEIRO Ines Maria       | 04                  | Naval Praia da Vitoria  | <b>9:57.09</b>       | <b>+0,86</b> | <b>535</b> |     |
|       | 50m: 34.68 34.68          | 250m: 3:05.02 37.64 | 450m: 5:36.23 37.51     | 650m: 8:05.96 37.62  |              |            |     |
|       | 100m: 1:12.21 37.53       | 300m: 3:42.71 37.69 | 500m: 6:13.70 37.47     | 700m: 8:43.44 37.48  |              |            |     |
|       | 150m: 1:49.70 37.49       | 350m: 4:20.46 37.75 | 550m: 6:50.82 37.12     | 750m: 9:20.79 37.35  |              |            |     |
|       | 200m: 2:27.38 37.68       | 400m: 4:58.72 38.26 | 600m: 7:28.34 37.52     | 800m: 9:57.09 36.30  |              |            |     |
| 23.   | FERNANDES Maria Elias     | 04                  | Desportiva Viana        | <b>9:57.18</b>       | <b>+0,92</b> | <b>534</b> |     |
|       | 50m: 32.91 32.91          | 250m: 3:02.46 37.76 | 450m: 5:34.32 37.93     | 650m: 8:06.64 37.92  |              |            |     |
|       | 100m: 1:09.40 36.49       | 300m: 3:40.38 37.92 | 500m: 6:12.68 38.36     | 700m: 8:44.85 38.21  |              |            |     |
|       | 150m: 1:46.87 37.47       | 350m: 4:18.05 37.67 | 550m: 6:50.70 38.02     | 750m: 9:22.50 37.65  |              |            |     |
|       | 200m: 2:24.70 37.83       | 400m: 4:56.39 38.34 | 600m: 7:28.72 38.02     | 800m: 9:57.18 34.68  |              |            |     |
| 24.   | SILVA Ana Catarina        | 04                  | Fundacao Beatriz Santos | <b>9:57.46</b>       | <b>+0,83</b> | <b>534</b> |     |
|       | 50m: 34.03 34.03          | 250m: 3:03.42 37.75 | 450m: 5:34.80 37.60     | 650m: 8:06.39 37.46  |              |            |     |
|       | 100m: 1:11.11 37.08       | 300m: 3:41.51 38.09 | 500m: 6:13.12 38.32     | 700m: 8:44.15 37.76  |              |            |     |
|       | 150m: 1:48.20 37.09       | 350m: 4:19.13 37.62 | 550m: 6:50.83 37.71     | 750m: 9:21.38 37.23  |              |            |     |
|       | 200m: 2:25.67 37.47       | 400m: 4:57.20 38.07 | 600m: 7:28.93 38.10     | 800m: 9:57.46 36.08  |              |            |     |
| 25.   | PEDRO Daniela Alexandra   | 04                  | Sporting                | <b>9:57.56</b>       | <b>+0,74</b> | <b>533</b> |     |
|       | 50m: 34.16 34.16          | 250m: 3:05.57 38.42 | 450m: 5:37.77 37.52     | 650m: 8:08.39 37.54  |              |            |     |
|       | 100m: 1:11.73 37.57       | 300m: 3:43.79 38.22 | 500m: 6:15.80 38.03     | 700m: 8:46.12 37.73  |              |            |     |
|       | 150m: 1:49.55 37.82       | 350m: 4:21.75 37.96 | 550m: 6:53.23 37.43     | 750m: 9:23.27 37.15  |              |            |     |
|       | 200m: 2:27.15 37.60       | 400m: 5:00.25 38.50 | 600m: 7:30.85 37.62     | 800m: 9:57.56 34.29  |              |            |     |
| 26.   | PEREIRA Anais Cloe        | 04                  | Sporting                | <b>9:57.81</b>       | <b>+0,77</b> | <b>533</b> |     |
|       | 50m: 33.99 33.99          | 250m: 3:03.87 37.94 | 450m: 5:34.61 37.70     | 650m: 8:06.06 38.11  |              |            |     |
|       | 100m: 1:10.78 36.79       | 300m: 3:41.48 37.61 | 500m: 6:12.41 37.80     | 700m: 8:44.64 38.58  |              |            |     |
|       | 150m: 1:48.14 37.36       | 350m: 4:19.11 37.63 | 550m: 6:50.17 37.76     | 750m: 9:22.26 37.62  |              |            |     |
|       | 200m: 2:25.93 37.79       | 400m: 4:56.91 37.80 | 600m: 7:27.95 37.78     | 800m: 9:57.81 35.55  |              |            |     |
| 27.   | CABRAL Ana Matos          | 05                  | Condeixa Clube          | <b>9:58.47</b>       | <b>+0,73</b> | <b>531</b> |     |
|       | 50m: 33.65 33.65          | 250m: 3:03.87 37.66 | 450m: 5:35.48 38.17     | 650m: 8:07.52 37.79  |              |            |     |
|       | 100m: 1:11.07 37.42       | 300m: 3:41.83 37.96 | 500m: 6:13.58 38.10     | 700m: 8:45.49 37.97  |              |            |     |
|       | 150m: 1:48.58 37.51       | 350m: 4:19.52 37.69 | 550m: 6:51.92 38.34     | 750m: 9:22.50 37.01  |              |            |     |
|       | 200m: 2:26.21 37.63       | 400m: 4:57.31 37.79 | 600m: 7:29.73 37.81     | 800m: 9:58.47 35.97  |              |            |     |
| 28.   | JESUS Leonor Santos       | 04                  | Natacao Olhao           | <b>10:00.85</b>      | <b>+0,85</b> | <b>525</b> |     |
|       | 50m: 33.87 33.87          | 250m: 3:03.30 37.83 | 450m: 5:34.64 38.09     | 650m: 8:07.07 38.72  |              |            |     |
|       | 100m: 1:10.56 36.69       | 300m: 3:41.13 37.83 | 500m: 6:12.61 37.97     | 700m: 8:45.88 38.81  |              |            |     |
|       | 150m: 1:47.84 37.28       | 350m: 4:18.69 37.56 | 550m: 6:50.55 37.94     | 750m: 9:23.79 37.91  |              |            |     |
|       | 200m: 2:25.47 37.63       | 400m: 4:56.55 37.86 | 600m: 7:28.35 37.80     | 800m: 10:00.85 37.06 |              |            |     |
| 29.   | MONTEIRO Barbara Oliveira | 04                  | Braga                   | <b>10:01.83</b>      | <b>+1,04</b> | <b>522</b> |     |
|       | 50m: 34.51 34.51          | 250m: 3:02.89 37.58 | 450m: 5:34.51 38.15     | 650m: 8:08.55 38.49  |              |            |     |
|       | 100m: 1:11.01 36.50       | 300m: 3:40.64 37.75 | 500m: 6:12.70 38.19     | 700m: 8:47.24 38.69  |              |            |     |
|       | 150m: 1:48.03 37.02       | 350m: 4:18.04 37.40 | 550m: 6:51.08 38.38     | 750m: 9:25.71 38.47  |              |            |     |
|       | 200m: 2:25.31 37.28       | 400m: 4:56.36 38.32 | 600m: 7:30.06 38.98     | 800m: 10:01.83 36.12 |              |            |     |

Prova 45, Femin., 800m Livres, Juvenis

| Lugar | Nome                   | Ano           | Clube              | Tempo Final     | TReac        | Pts FINA       | Pts   |
|-------|------------------------|---------------|--------------------|-----------------|--------------|----------------|-------|
| 30.   | FERNANDES Maria Teresa | 05            | Alges              | <b>10:04.42</b> | <b>+0,69</b> | <b>515</b>     |       |
|       | 50m: 33.72 33.72       | 250m: 3:05.88 | 38.13              | 450m: 5:38.11   | 37.51        | 650m: 8:10.21  | 37.88 |
|       | 100m: 1:11.26 37.54    | 300m: 3:44.19 | 38.31              | 500m: 6:16.03   | 37.92        | 700m: 8:48.64  | 38.43 |
|       | 150m: 1:49.46 38.20    | 350m: 4:22.40 | 38.21              | 550m: 6:54.06   | 38.03        | 750m: 9:26.81  | 38.17 |
|       | 200m: 2:27.75 38.29    | 400m: 5:00.60 | 38.20              | 600m: 7:32.33   | 38.27        | 800m: 10:04.42 | 37.61 |
| 31.   | NARRA Vera Figueiredo  | 04            | Amadora            | <b>10:05.88</b> | <b>+0,67</b> | <b>512</b>     |       |
|       | 50m: 32.96 32.96       | 250m: 3:02.71 | 37.70              | 450m: 5:34.22   | 38.13        | 650m: 8:08.87  | 38.76 |
|       | 100m: 1:09.71 36.75    | 300m: 3:40.89 | 38.18              | 500m: 6:12.90   | 38.68        | 700m: 8:47.79  | 38.92 |
|       | 150m: 1:46.97 37.26    | 350m: 4:18.20 | 37.31              | 550m: 6:51.24   | 38.34        | 750m: 9:27.19  | 39.40 |
|       | 200m: 2:25.01 38.04    | 400m: 4:56.09 | 37.89              | 600m: 7:30.11   | 38.87        | 800m: 10:05.88 | 38.69 |
| 32.   | NEVES Natalia Passeira | 05            | Natacao de Valongo | <b>10:07.63</b> | <b>+0,85</b> | <b>507</b>     |       |
|       | 50m: 32.97 32.97       | 250m: 3:05.30 | 38.91              | 450m: 5:38.55   | 37.87        | 650m: 8:13.77  | 39.07 |
|       | 100m: 1:09.92 36.95    | 300m: 3:43.51 | 38.21              | 500m: 6:16.78   | 38.23        | 700m: 8:52.35  | 38.58 |
|       | 150m: 1:48.18 38.26    | 350m: 4:22.66 | 39.15              | 550m: 6:56.07   | 39.29        | 750m: 9:30.89  | 38.54 |
|       | 200m: 2:26.39 38.21    | 400m: 5:00.68 | 38.02              | 600m: 7:34.70   | 38.63        | 800m: 10:07.63 | 36.74 |
| 33.   | FERREIRA Joana Rosa    | 05            | Naval de Peniche   | <b>10:08.37</b> | <b>+0,73</b> | <b>506</b>     |       |
|       | 50m: 32.58 32.58       | 250m: 3:03.82 | 38.58              | 450m: 5:38.42   | 38.67        | 650m: 8:14.72  | 39.39 |
|       | 100m: 1:09.22 36.64    | 300m: 3:42.16 | 38.34              | 500m: 6:16.88   | 38.46        | 700m: 8:53.73  | 39.01 |
|       | 150m: 1:47.16 37.94    | 350m: 4:20.94 | 38.78              | 550m: 6:56.16   | 39.28        | 750m: 9:32.42  | 38.69 |
|       | 200m: 2:25.24 38.08    | 400m: 4:59.75 | 38.81              | 600m: 7:35.33   | 39.17        | 800m: 10:08.37 | 35.95 |
| 34.   | TROIA Beatriz Rosa     | 04            | Vilacondense       | <b>10:08.46</b> | <b>+0,69</b> | <b>505</b>     |       |
|       | 50m: 34.34 34.34       | 250m: 3:04.36 | 37.98              | 450m: 5:37.35   | 38.82        | 650m: 8:12.28  | 39.45 |
|       | 100m: 1:11.19 36.85    | 300m: 3:43.00 | 38.64              | 500m: 6:15.78   | 38.43        | 700m: 8:51.32  | 39.04 |
|       | 150m: 1:48.28 37.09    | 350m: 4:20.70 | 37.70              | 550m: 6:54.18   | 38.40        | 750m: 9:30.22  | 38.90 |
|       | 200m: 2:26.38 38.10    | 400m: 4:58.53 | 37.83              | 600m: 7:32.83   | 38.65        | 800m: 10:08.46 | 38.24 |
| 35.   | RIOS Maria Manuel      | 04            | Leixoes            | <b>10:10.01</b> | <b>+0,67</b> | <b>501</b>     |       |
|       | 50m: 32.99 32.99       | 250m: 3:05.14 | 38.88              | 450m: 5:40.57   | 38.25        | 650m: 8:14.98  | 38.41 |
|       | 100m: 1:10.00 37.01    | 300m: 3:44.47 | 39.33              | 500m: 6:19.34   | 38.77        | 700m: 8:54.22  | 39.24 |
|       | 150m: 1:47.72 37.72    | 350m: 4:23.05 | 38.58              | 550m: 6:57.93   | 38.59        | 750m: 9:32.03  | 37.81 |
|       | 200m: 2:26.26 38.54    | 400m: 5:02.32 | 39.27              | 600m: 7:36.57   | 38.64        | 800m: 10:10.01 | 37.98 |
| 36.   | PIRES Laura Joao       | 05            | Natacao do Fundao  | <b>10:10.35</b> | <b>+0,82</b> | <b>501</b>     |       |
|       | 50m: 34.62 34.62       | 250m: 3:05.86 | 38.14              | 450m: 5:39.81   | 38.73        | 650m: 8:15.50  | 38.80 |
|       | 100m: 1:11.71 37.09    | 300m: 3:44.38 | 38.52              | 500m: 6:18.68   | 38.87        | 700m: 8:54.29  | 38.79 |
|       | 150m: 1:49.53 37.82    | 350m: 4:22.69 | 38.31              | 550m: 6:57.44   | 38.76        | 750m: 9:33.32  | 39.03 |
|       | 200m: 2:27.72 38.19    | 400m: 5:01.08 | 38.39              | 600m: 7:36.70   | 39.26        | 800m: 10:10.35 | 37.03 |
| 37.   | ARAUJO Maria Clara     | 05            | Naval do Funchal   | <b>10:12.59</b> | <b>+0,66</b> | <b>495</b>     |       |
|       | 50m: 33.74 33.74       | 250m: 3:04.45 | 38.29              | 450m: 5:41.03   | 38.80        | 650m: 8:17.02  | 39.07 |
|       | 100m: 1:10.80 37.06    | 300m: 3:43.94 | 39.49              | 500m: 6:19.79   | 38.76        | 700m: 8:56.03  | 39.01 |
|       | 150m: 1:47.94 37.14    | 350m: 4:22.89 | 38.95              | 550m: 6:58.79   | 39.00        | 750m: 9:34.67  | 38.64 |
|       | 200m: 2:26.16 38.22    | 400m: 5:02.23 | 39.34              | 600m: 7:37.95   | 39.16        | 800m: 10:12.59 | 37.92 |
| 38.   | INACIO Marta Macedo    | 04            | Sporting           | <b>10:15.51</b> | <b>+0,79</b> | <b>488</b>     |       |
|       | 50m: 35.27 35.27       | 250m: 3:07.98 | 38.45              | 450m: 5:43.53   | 38.44        | 650m: 8:19.53  | 38.77 |
|       | 100m: 1:12.90 37.63    | 300m: 3:47.05 | 39.07              | 500m: 6:22.40   | 38.87        | 700m: 8:58.46  | 38.93 |
|       | 150m: 1:51.03 38.13    | 350m: 4:25.90 | 38.85              | 550m: 7:01.53   | 39.13        | 750m: 9:36.85  | 38.39 |
|       | 200m: 2:29.53 38.50    | 400m: 5:05.09 | 39.19              | 600m: 7:40.76   | 39.23        | 800m: 10:15.51 | 38.66 |
| 39.   | LOPES Raquel Raposo    | 04            | Cova da Piedade    | <b>10:17.94</b> | <b>+0,80</b> | <b>482</b>     |       |
|       | 50m: 35.27 35.27       | 250m: 3:06.51 | 38.54              | 450m: 5:41.52   | 38.98        | 650m: 8:19.72  | 39.64 |
|       | 100m: 1:12.27 37.00    | 300m: 3:44.99 | 38.48              | 500m: 6:20.95   | 39.43        | 700m: 8:59.76  | 40.04 |
|       | 150m: 1:50.18 37.91    | 350m: 4:24.03 | 39.04              | 550m: 7:00.54   | 39.59        | 750m: 9:39.26  | 39.50 |
|       | 200m: 2:27.97 37.79    | 400m: 5:02.54 | 38.51              | 600m: 7:40.08   | 39.54        | 800m: 10:17.94 | 38.68 |

Prova 45, Femin., 800m Livres, Juvenis

| Lugar | Nome   | Ano           | Clube                     | Tempo Final     | TReac        | Pts FINA       | Pts   |
|-------|--|---------------|---------------------------|-----------------|--------------|----------------|-------|
| 40.   | <b>NOBRE Beatriz Gaspar</b>  | 05            | Gualdim Pais              | <b>10:18.15</b> | <b>+0,94</b> | <b>482</b>     |       |
|       | 50m: 35.15 35.15   | 250m: 3:11.15 | 39.26                     | 450m: 5:49.27   | 39.68        | 650m: 8:27.56  | 38.53 |
|       | 100m: 1:13.88 38.73  | 300m: 3:50.76 | 39.61                     | 500m: 6:29.37   | 40.10        | 700m: 9:05.65  | 38.09 |
|       | 150m: 1:52.83 38.95  | 350m: 4:30.07 | 39.31                     | 550m: 7:09.40   | 40.03        | 750m: 9:42.56  | 36.91 |
|       | 200m: 2:31.89 39.06  | 400m: 5:09.59 | 39.52                     | 600m: 7:49.03   | 39.63        | 800m: 10:18.15 | 35.59 |
| 41.   | <b>RINO Maria Pedro</b>  | 05            | Academia Acores           | <b>10:20.33</b> | <b>+0,91</b> | <b>477</b>     |       |
|       | 50m: 35.00 35.00   | 250m: 3:09.11 | 38.43                     | 450m: 5:46.46   | 39.22        | 650m: 8:25.97  | 39.88 |
|       | 100m: 1:13.26 38.26  | 300m: 3:48.38 | 39.27                     | 500m: 6:26.39   | 39.93        | 700m: 9:05.04  | 39.07 |
|       | 150m: 1:51.99 38.73  | 350m: 4:27.28 | 38.90                     | 550m: 7:06.07   | 39.68        | 750m: 9:42.61  | 37.57 |
|       | 200m: 2:30.68 38.69  | 400m: 5:07.24 | 39.96                     | 600m: 7:46.09   | 40.02        | 800m: 10:20.33 | 37.72 |
| 42.   | <b>MOITEIRO Bruna Silva</b>  | 04            | Nautico Marinha Grande    | <b>10:22.18</b> | <b>+0,76</b> | <b>473</b>     |       |
|       | 50m: 34.53 34.53   | 250m: 3:10.98 | 39.53                     | 450m: 5:49.08   | 39.45        | 650m: 8:25.84  | 38.78 |
|       | 100m: 1:12.73 38.20  | 300m: 3:50.02 | 39.04                     | 500m: 6:28.68   | 39.60        | 700m: 9:05.00  | 39.16 |
|       | 150m: 1:51.77 39.04  | 350m: 4:29.84 | 39.82                     | 550m: 7:07.70   | 39.02        | 750m: 9:44.04  | 39.04 |
|       | 200m: 2:31.45 39.68  | 400m: 5:09.63 | 39.79                     | 600m: 7:47.06   | 39.36        | 800m: 10:22.18 | 38.14 |
| 43.   | <b>LOISAS Beatriz Ferreira</b>                                       | 05            | Columbofila Cantanhedense | <b>10:22.33</b> | <b>+0,81</b> | <b>472</b>     |       |
|       | 50m: 34.79 34.79   | 250m: 3:12.00 | 39.00                     | 450m: 5:49.71   | 39.24        | 650m: 8:27.40  | 39.00 |
|       | 100m: 1:14.05 39.26  | 300m: 3:51.62 | 39.62                     | 500m: 6:29.95   | 40.24        | 700m: 9:06.77  | 39.37 |
|       | 150m: 1:53.03 38.98  | 350m: 4:31.24 | 39.62                     | 550m: 7:09.32   | 39.37        | 750m: 9:44.92  | 38.15 |
|       | 200m: 2:33.00 39.97  | 400m: 5:10.47 | 39.23                     | 600m: 7:48.40   | 39.08        | 800m: 10:22.33 | 37.41 |
| 44.   | <b>SILVA Maria Ines</b>  | 05            | Porto                     | <b>10:31.50</b> | <b>+0,54</b> | <b>452</b>     |       |
|       | 50m: 33.11 33.11   | 250m: 3:06.63 | 39.21                     | 450m: 5:47.05   | 39.98        | 650m: 8:30.42  | 40.49 |
|       | 100m: 1:10.25 37.14  | 300m: 3:46.49 | 39.86                     | 500m: 6:27.76   | 40.71        | 700m: 9:11.29  | 40.87 |
|       | 150m: 1:48.83 38.58  | 350m: 4:26.45 | 39.96                     | 550m: 7:08.47   | 40.71        | 750m: 9:51.76  | 40.47 |
|       | 200m: 2:27.42 38.59  | 400m: 5:07.07 | 40.62                     | 600m: 7:49.93   | 41.46        | 800m: 10:31.50 | 39.74 |
| DSQ   | <b>HUTYY Adriana Carolina</b><br><i>403 - Falsa partida - SW 4.4</i> | 05            | Braga                     |                 |              |                |       |



Prova 45, Femin., 800m Livres

Prova 45  
04-08-2019 - 16:00

Femin., 800m Livres

Open  
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 |
| 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 |
| Rec Nac Inf A    | 9:14.85 | SILVA Alexandra Maria   | POR  | Skovde (SWE)       | 10-08-1980 |
| Rec Nac Inf B    | 9:30.42 | RUIVO Filipa Vilas      | DNMG | S. João da Madeira | 25-07-2009 |

Pontos: FINA 2019

| Lugar | Nome   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--|---------------------|---------------------|---------------------|-------|----------|-----|
| 1.    | HOLUB Tamila Hryhorivna<br><i>Minimos CEPL</i> | 99                  | Braga               | <b>8:36.52</b>      | +0,68 | 826      |     |
|       | 50m: 30.38 30.38                               | 250m: 2:39.42 32.27 | 450m: 4:49.01 32.33 | 650m: 6:59.00 32.59 |       |          |     |
|       | 100m: 1:02.53 32.15                            | 300m: 3:11.84 32.42 | 500m: 5:21.51 32.50 | 700m: 7:31.90 32.90 |       |          |     |
|       | 150m: 1:34.68 32.15                            | 350m: 3:44.22 32.38 | 550m: 5:53.77 32.26 | 750m: 8:04.56 32.66 |       |          |     |
|       | 200m: 2:07.15 32.47                            | 400m: 4:16.68 32.46 | 600m: 6:26.41 32.64 | 800m: 8:36.52 31.96 |       |          |     |
| 2.    | DURAES Diana Margarida<br><i>Minimos CEPL</i>  | 96                  | Benfica             | <b>8:39.86</b>      | +0,72 | 810      |     |
|       | 50m: 30.50 30.50                               | 250m: 2:40.48 32.59 | 450m: 4:51.29 32.54 | 650m: 7:02.04 32.45 |       |          |     |
|       | 100m: 1:02.99 32.49                            | 300m: 3:13.32 32.84 | 500m: 5:24.10 32.81 | 700m: 7:35.05 33.01 |       |          |     |
|       | 150m: 1:35.34 32.35                            | 350m: 3:45.86 32.54 | 550m: 5:56.74 32.64 | 750m: 8:07.57 32.52 |       |          |     |
|       | 200m: 2:07.89 32.55                            | 400m: 4:18.75 32.89 | 600m: 6:29.59 32.85 | 800m: 8:39.86 32.29 |       |          |     |
| 3.    | ANDRE Angelica Maria                           | 94                  | Fluvial Portuense   | <b>9:01.53</b>      | +0,73 | 717      |     |
|       | 50m: 31.85 31.85                               | 250m: 2:46.69 33.85 | 450m: 5:01.69 33.78 | 650m: 7:18.45 34.17 |       |          |     |
|       | 100m: 1:05.49 33.64                            | 300m: 3:20.34 33.65 | 500m: 5:35.80 34.11 | 700m: 7:52.58 34.13 |       |          |     |
|       | 150m: 1:39.47 33.98                            | 350m: 3:54.10 33.76 | 550m: 6:09.92 34.12 | 750m: 8:27.02 34.44 |       |          |     |
|       | 200m: 2:12.84 33.37                            | 400m: 4:27.91 33.81 | 600m: 6:44.28 34.36 | 800m: 9:01.53 34.51 |       |          |     |
| 4.    | RAMOS Ana Rita                                 | 02                  | Porto               | <b>9:04.98</b>      | +0,69 | 703      |     |
|       | 50m: 31.41 31.41                               | 250m: 2:47.29 33.73 | 450m: 5:03.99 34.28 | 650m: 7:21.84 34.08 |       |          |     |
|       | 100m: 1:04.89 33.48                            | 300m: 3:21.50 34.21 | 500m: 5:38.62 34.63 | 700m: 7:56.47 34.63 |       |          |     |
|       | 150m: 1:39.38 34.49                            | 350m: 3:55.46 33.96 | 550m: 6:12.87 34.25 | 750m: 8:30.97 34.50 |       |          |     |
|       | 200m: 2:13.56 34.18                            | 400m: 4:29.71 34.25 | 600m: 6:47.76 34.89 | 800m: 9:04.98 34.01 |       |          |     |
| 5.    | QUEIROZ Ana Rita                               | 02                  | Condeixa Clube      | <b>9:12.42</b>      | +0,68 | 675      |     |
|       | 50m: 31.76 31.76                               | 250m: 2:48.76 34.40 | 450m: 5:08.20 34.58 | 650m: 7:27.27 34.51 |       |          |     |
|       | 100m: 1:05.66 33.90                            | 300m: 3:23.70 34.94 | 500m: 5:43.19 34.99 | 700m: 8:02.67 35.40 |       |          |     |
|       | 150m: 1:39.86 34.20                            | 350m: 3:58.71 35.01 | 550m: 6:17.90 34.71 | 750m: 8:37.64 34.97 |       |          |     |
|       | 200m: 2:14.36 34.50                            | 400m: 4:33.62 34.91 | 600m: 6:52.76 34.86 | 800m: 9:12.42 34.78 |       |          |     |
| 6.    | LOPES Daniela Magalhaes                        | 05                  | Famalicao           | <b>9:16.49</b>      | +0,74 | 661      |     |
|       | 50m: 32.35 32.35                               | 250m: 2:54.28 35.65 | 450m: 5:15.12 35.18 | 650m: 7:34.42 34.58 |       |          |     |
|       | 100m: 1:07.25 34.90                            | 300m: 3:29.48 35.20 | 500m: 5:49.89 34.77 | 700m: 8:08.87 34.45 |       |          |     |
|       | 150m: 1:43.27 36.02                            | 350m: 4:05.11 35.63 | 550m: 6:25.20 35.31 | 750m: 8:43.24 34.37 |       |          |     |
|       | 200m: 2:18.63 35.36                            | 400m: 4:39.94 34.83 | 600m: 6:59.84 34.64 | 800m: 9:16.49 33.25 |       |          |     |
| 7.    | AMORIM Maria Leonor                            | 03                  | Porto               | <b>9:18.35</b>      | +0,74 | 654      |     |
|       | 50m: 31.80 31.80                               | 250m: 2:50.16 34.82 | 450m: 5:10.83 35.28 | 650m: 7:33.94 35.59 |       |          |     |
|       | 100m: 1:05.97 34.17                            | 300m: 3:24.97 34.81 | 500m: 5:46.62 35.79 | 700m: 8:09.10 35.16 |       |          |     |
|       | 150m: 1:40.54 34.57                            | 350m: 4:00.24 35.27 | 550m: 6:22.48 35.86 | 750m: 8:44.47 35.37 |       |          |     |
|       | 200m: 2:15.34 34.80                            | 400m: 4:35.55 35.31 | 600m: 6:58.35 35.87 | 800m: 9:18.35 33.88 |       |          |     |

Prova 45, Femin., 800m Livres, Open

| Lugar | Nome                     | Ano           | Clube                     | Tempo Final    | TReac        | Pts FINA      | Pts   |
|-------|--------------------------|---------------|---------------------------|----------------|--------------|---------------|-------|
| 8.    | MARTINS Francisca Soares | 03            | Foca                      | <b>9:21.27</b> | <b>+0,69</b> | <b>644</b>    |       |
|       | 50m: 31.31 31.31         | 250m: 2:48.66 | 34.62                     | 450m: 5:10.45  | 35.73        | 650m: 7:34.69 | 36.19 |
|       | 100m: 1:05.21 33.90      | 300m: 3:23.67 | 35.01                     | 500m: 5:46.38  | 35.93        | 700m: 8:11.19 | 36.50 |
|       | 150m: 1:39.65 34.44      | 350m: 3:58.91 | 35.24                     | 550m: 6:22.33  | 35.95        | 750m: 8:47.32 | 36.13 |
|       | 200m: 2:14.04 34.39      | 400m: 4:34.72 | 35.81                     | 600m: 6:58.50  | 36.17        | 800m: 9:21.27 | 33.95 |
| 9.    | ALVES Sara Sofia         | 01            | Columbofila Cantanhedense | <b>9:21.43</b> | <b>+0,72</b> | <b>643</b>    |       |
|       | 50m: 31.68 31.68         | 250m: 2:49.11 | 34.74                     | 450m: 5:10.77  | 35.83        | 650m: 7:34.99 | 36.02 |
|       | 100m: 1:05.33 33.65      | 300m: 3:24.19 | 35.08                     | 500m: 5:46.61  | 35.84        | 700m: 8:11.13 | 36.14 |
|       | 150m: 1:40.01 34.68      | 350m: 3:59.47 | 35.28                     | 550m: 6:22.69  | 36.08        | 750m: 8:47.16 | 36.03 |
|       | 200m: 2:14.37 34.36      | 400m: 4:34.94 | 35.47                     | 600m: 6:58.97  | 36.28        | 800m: 9:21.43 | 34.27 |
| 10.   | ROSA Mariana Carmo       | 05            | Louzan Natacao/EFAPEL     | <b>9:22.49</b> | <b>+0,63</b> | <b>640</b>    |       |
|       | 50m: 32.13 32.13         | 250m: 2:52.00 | 34.82                     | 450m: 5:13.04  | 35.26        | 650m: 7:36.31 | 35.60 |
|       | 100m: 1:07.21 35.08      | 300m: 3:27.38 | 35.38                     | 500m: 5:49.13  | 36.09        | 700m: 8:12.43 | 36.12 |
|       | 150m: 1:41.95 34.74      | 350m: 4:02.34 | 34.96                     | 550m: 6:24.74  | 35.61        | 750m: 8:48.06 | 35.63 |
|       | 200m: 2:17.18 35.23      | 400m: 4:37.78 | 35.44                     | 600m: 7:00.71  | 35.97        | 800m: 9:22.49 | 34.43 |
| 11.   | CONCEICAO Ema Jeronimo   | 03            | Fisica Torres Vedras      | <b>9:26.51</b> | <b>+0,77</b> | <b>626</b>    |       |
|       | 50m: 31.92 31.92         | 250m: 2:51.90 | 35.57                     | 450m: 5:16.19  | 36.25        | 650m: 7:40.83 | 36.25 |
|       | 100m: 1:06.33 34.41      | 300m: 3:27.71 | 35.81                     | 500m: 5:52.22  | 36.03        | 700m: 8:16.98 | 36.15 |
|       | 150m: 1:41.02 34.69      | 350m: 4:03.51 | 35.80                     | 550m: 6:28.48  | 36.26        | 750m: 8:52.26 | 35.28 |
|       | 200m: 2:16.33 35.31      | 400m: 4:39.94 | 36.43                     | 600m: 7:04.58  | 36.10        | 800m: 9:26.51 | 34.25 |
| 12.   | SANTOS Leonor Esteves    | 04            | Avancado EUL              | <b>9:26.89</b> | <b>+0,76</b> | <b>625</b>    |       |
|       | 50m: 32.81 32.81         | 250m: 2:55.60 | 35.73                     | 450m: 5:17.99  | 35.65        | 650m: 7:41.11 | 36.08 |
|       | 100m: 1:08.44 35.63      | 300m: 3:31.04 | 35.44                     | 500m: 5:53.49  | 35.50        | 700m: 8:16.72 | 35.61 |
|       | 150m: 1:44.41 35.97      | 350m: 4:06.71 | 35.67                     | 550m: 6:29.50  | 36.01        | 750m: 8:52.39 | 35.67 |
|       | 200m: 2:19.87 35.46      | 400m: 4:42.34 | 35.63                     | 600m: 7:05.03  | 35.53        | 800m: 9:26.89 | 34.50 |
| 13.   | NOBRE Marisa Isabel      | 05            | Columbofila Cantanhedense | <b>9:28.34</b> | <b>+0,73</b> | <b>620</b>    |       |
|       | 50m: 31.79 31.79         | 250m: 2:52.78 | 35.75                     | 450m: 5:17.85  | 35.74        | 650m: 7:43.12 | 36.28 |
|       | 100m: 1:06.23 34.44      | 300m: 3:29.46 | 36.68                     | 500m: 5:54.83  | 36.98        | 700m: 8:19.19 | 36.07 |
|       | 150m: 1:40.86 34.63      | 350m: 4:05.47 | 36.01                     | 550m: 6:30.41  | 35.58        | 750m: 8:54.44 | 35.25 |
|       | 200m: 2:17.03 36.17      | 400m: 4:42.11 | 36.64                     | 600m: 7:06.84  | 36.43        | 800m: 9:28.34 | 33.90 |
| 14.   | PRETO Filipa Manso       | 04            | Porto                     | <b>9:28.51</b> | <b>+0,81</b> | <b>620</b>    |       |
|       | 50m: 33.22 33.22         | 250m: 2:55.82 | 35.47                     | 450m: 5:18.66  | 35.63        | 650m: 7:42.14 | 35.81 |
|       | 100m: 1:08.71 35.49      | 300m: 3:31.55 | 35.73                     | 500m: 5:54.56  | 35.90        | 700m: 8:18.17 | 36.03 |
|       | 150m: 1:44.42 35.71      | 350m: 4:07.03 | 35.48                     | 550m: 6:30.38  | 35.82        | 750m: 8:53.88 | 35.71 |
|       | 200m: 2:20.35 35.93      | 400m: 4:43.03 | 36.00                     | 600m: 7:06.33  | 35.95        | 800m: 9:28.51 | 34.63 |
| 15.   | PIRES Marta Joao         | 05            | Alges                     | <b>9:31.37</b> | <b>+0,72</b> | <b>610</b>    |       |
|       | 50m: 33.73 33.73         | 250m: 2:59.04 | 36.26                     | 450m: 5:23.25  | 35.28        | 650m: 7:46.45 | 35.37 |
|       | 100m: 1:10.36 36.63      | 300m: 3:35.44 | 36.40                     | 500m: 5:59.25  | 36.00        | 700m: 8:21.79 | 35.34 |
|       | 150m: 1:46.44 36.08      | 350m: 4:11.44 | 36.00                     | 550m: 6:35.07  | 35.82        | 750m: 8:57.08 | 35.29 |
|       | 200m: 2:22.78 36.34      | 400m: 4:47.97 | 36.53                     | 600m: 7:11.08  | 36.01        | 800m: 9:31.37 | 34.29 |
| 16.   | CARDEAL Beatriz Nunes    | 04            | Academico Viseu           | <b>9:31.65</b> | <b>+0,73</b> | <b>609</b>    |       |
|       | 50m: 32.33 32.33         | 250m: 2:55.28 | 35.84                     | 450m: 5:18.99  | 35.51        | 650m: 7:43.97 | 36.06 |
|       | 100m: 1:07.69 35.36      | 300m: 3:31.33 | 36.05                     | 500m: 5:55.14  | 36.15        | 700m: 8:20.84 | 36.87 |
|       | 150m: 1:43.24 35.55      | 350m: 4:07.09 | 35.76                     | 550m: 6:31.23  | 36.09        | 750m: 8:57.07 | 36.23 |
|       | 200m: 2:19.44 36.20      | 400m: 4:43.48 | 36.39                     | 600m: 7:07.91  | 36.68        | 800m: 9:31.65 | 34.58 |
| 17.   | PIMENTEL Marta Lima      | 04            | Fluvial Portuense         | <b>9:33.70</b> | <b>+0,82</b> | <b>603</b>    |       |
|       | 50m: 32.15 32.15         | 250m: 2:54.28 | 36.36                     | 450m: 5:19.55  | 36.24        | 650m: 7:46.10 | 36.61 |
|       | 100m: 1:06.89 34.74      | 300m: 3:30.80 | 36.52                     | 500m: 5:56.41  | 36.86        | 700m: 8:23.04 | 36.94 |
|       | 150m: 1:42.18 35.29      | 350m: 4:07.17 | 36.37                     | 550m: 6:32.92  | 36.51        | 750m: 8:59.07 | 36.03 |
|       | 200m: 2:17.92 35.74      | 400m: 4:43.31 | 36.14                     | 600m: 7:09.49  | 36.57        | 800m: 9:33.70 | 34.63 |

Prova 45, Femin., 800m Livres, Open

| Lugar | Nome                            | Ano                 | Clube                     | Tempo Final         | TReac        | Pts FINA   | Pts |
|-------|---------------------------------|---------------------|---------------------------|---------------------|--------------|------------|-----|
| 18.   | <b>GASPAR Beatriz Ferreira</b>  | 04                  | Bombeiros Mealhada/ CA    | <b>9:35.48</b>      | <b>+0,79</b> | <b>597</b> |     |
|       | 50m: 32.33 32.33                | 250m: 2:55.48 35.83 | 450m: 5:21.48 36.55       | 650m: 7:48.22 36.26 |              |            |     |
|       | 100m: 1:07.84 35.51             | 300m: 3:31.86 36.38 | 500m: 5:58.52 37.04       | 700m: 8:24.88 36.66 |              |            |     |
|       | 150m: 1:43.56 35.72             | 350m: 4:08.09 36.23 | 550m: 6:34.95 36.43       | 750m: 9:00.64 35.76 |              |            |     |
|       | 200m: 2:19.65 36.09             | 400m: 4:44.93 36.84 | 600m: 7:11.96 37.01       | 800m: 9:35.48 34.84 |              |            |     |
| 19.   | <b>PINHEIRO Ines Mariana</b>    | 03                  | Academica de Coimbra      | <b>9:38.00</b>      | <b>+0,70</b> | <b>590</b> |     |
|       | 50m: 33.20 33.20                | 250m: 2:58.93 37.13 | 450m: 5:25.47 36.51       | 650m: 7:52.80 37.06 |              |            |     |
|       | 100m: 1:08.95 35.75             | 300m: 3:35.75 36.82 | 500m: 6:01.93 36.46       | 700m: 8:30.04 37.24 |              |            |     |
|       | 150m: 1:45.34 36.39             | 350m: 4:12.44 36.69 | 550m: 6:38.38 36.45       | 750m: 9:05.21 35.17 |              |            |     |
|       | 200m: 2:21.80 36.46             | 400m: 4:48.96 36.52 | 600m: 7:15.74 37.36       | 800m: 9:38.00 32.79 |              |            |     |
| 20.   | <b>ALVES Joana Silva</b>        | 05                  | Benedita                  | <b>9:38.80</b>      | <b>+0,79</b> | <b>587</b> |     |
|       | 50m: 32.43 32.43                | 250m: 2:58.88 37.00 | 450m: 5:25.98 36.50       | 650m: 7:52.86 36.55 |              |            |     |
|       | 100m: 1:08.41 35.98             | 300m: 3:35.94 37.06 | 500m: 6:03.01 37.03       | 700m: 8:28.84 35.98 |              |            |     |
|       | 150m: 1:45.01 36.60             | 350m: 4:12.73 36.79 | 550m: 6:39.03 36.02       | 750m: 9:04.68 35.84 |              |            |     |
|       | 200m: 2:21.88 36.87             | 400m: 4:49.48 36.75 | 600m: 7:16.31 37.28       | 800m: 9:38.80 34.12 |              |            |     |
| 21.   | <b>VELOSO Teresa Miguel</b>     | 00                  | Sporting                  | <b>9:39.36</b>      | <b>+0,74</b> | <b>585</b> |     |
|       | 50m: 32.67 32.67                | 250m: 2:57.30 36.68 | 450m: 5:22.39 36.07       | 650m: 7:48.46 36.76 |              |            |     |
|       | 100m: 1:08.32 35.65             | 300m: 3:33.61 36.31 | 500m: 5:58.65 36.26       | 700m: 8:25.34 36.88 |              |            |     |
|       | 150m: 1:44.59 36.27             | 350m: 4:10.13 36.52 | 550m: 6:34.97 36.32       | 750m: 9:02.62 37.28 |              |            |     |
|       | 200m: 2:20.62 36.03             | 400m: 4:46.32 36.19 | 600m: 7:11.70 36.73       | 800m: 9:39.36 36.74 |              |            |     |
| 22.   | <b>SILVA Camila Alexandra</b>   | 03                  | Columbifila Cantanhedense | <b>9:39.72</b>      | <b>+0,79</b> | <b>584</b> |     |
|       | 50m: 32.92 32.92                | 250m: 2:57.70 36.62 | 450m: 5:26.20 37.31       | 650m: 7:53.02 36.60 |              |            |     |
|       | 100m: 1:08.44 35.52             | 300m: 3:34.64 36.94 | 500m: 6:02.99 36.79       | 700m: 8:29.83 36.81 |              |            |     |
|       | 150m: 1:44.31 35.87             | 350m: 4:11.65 37.01 | 550m: 6:39.49 36.50       | 750m: 9:05.54 35.71 |              |            |     |
|       | 200m: 2:21.08 36.77             | 400m: 4:48.89 37.24 | 600m: 7:16.42 36.93       | 800m: 9:39.72 34.18 |              |            |     |
| 23.   | <b>SEBASTIAO Sofia Antunes</b>  | 05                  | Amadora                   | <b>9:41.12</b>      | <b>+0,77</b> | <b>580</b> |     |
|       | 50m: 32.20 32.20                | 250m: 2:55.67 36.00 | 450m: 5:23.18 36.43       | 650m: 7:52.20 36.55 |              |            |     |
|       | 100m: 1:07.66 35.46             | 300m: 3:32.62 36.95 | 500m: 6:00.93 37.75       | 700m: 8:29.31 37.11 |              |            |     |
|       | 150m: 1:42.94 35.28             | 350m: 4:09.38 36.76 | 550m: 6:37.93 37.00       | 750m: 9:05.47 36.16 |              |            |     |
|       | 200m: 2:19.67 36.73             | 400m: 4:46.75 37.37 | 600m: 7:15.65 37.72       | 800m: 9:41.12 35.65 |              |            |     |
| 24.   | <b>PINHO Carolina Teixeira</b>  | 04                  | Porto                     | <b>9:41.38</b>      | <b>+0,72</b> | <b>579</b> |     |
|       | 50m: 32.70 32.70                | 250m: 2:57.09 36.40 | 450m: 5:23.38 36.41       | 650m: 7:51.35 36.66 |              |            |     |
|       | 100m: 1:08.35 35.65             | 300m: 3:33.77 36.68 | 500m: 6:00.56 37.18       | 700m: 8:28.46 37.11 |              |            |     |
|       | 150m: 1:44.04 35.69             | 350m: 4:10.12 36.35 | 550m: 6:37.31 36.75       | 750m: 9:04.94 36.48 |              |            |     |
|       | 200m: 2:20.69 36.65             | 400m: 4:46.97 36.85 | 600m: 7:14.69 37.38       | 800m: 9:41.38 36.44 |              |            |     |
| 25.   | <b>RODRIGUES Helena Nunes</b>   | 03                  | Alges e Agueda XXI        | <b>9:43.03</b>      | <b>+0,76</b> | <b>574</b> |     |
|       | 50m: 32.43 32.43                | 250m: 2:56.20 36.74 | 450m: 5:24.92 37.22       | 650m: 7:54.88 37.41 |              |            |     |
|       | 100m: 1:07.43 35.00             | 300m: 3:32.94 36.74 | 500m: 6:02.45 37.53       | 700m: 8:32.07 37.19 |              |            |     |
|       | 150m: 1:43.08 35.65             | 350m: 4:10.32 37.38 | 550m: 6:40.15 37.70       | 750m: 9:08.43 36.36 |              |            |     |
|       | 200m: 2:19.46 36.38             | 400m: 4:47.70 37.38 | 600m: 7:17.47 37.32       | 800m: 9:43.03 34.60 |              |            |     |
| 26.   | <b>SIMOES Ana Beatriz</b>       | 05                  | Sporting                  | <b>9:43.28</b>      | <b>+0,76</b> | <b>574</b> |     |
|       | 50m: 32.31 32.31                | 250m: 2:59.15 37.40 | 450m: 5:29.20 37.06       | 650m: 7:57.14 37.30 |              |            |     |
|       | 100m: 1:07.89 35.58             | 300m: 3:36.86 37.71 | 500m: 6:06.46 37.26       | 700m: 8:33.84 36.70 |              |            |     |
|       | 150m: 1:44.50 36.61             | 350m: 4:14.41 37.55 | 550m: 6:42.88 36.42       | 750m: 9:09.83 35.99 |              |            |     |
|       | 200m: 2:21.75 37.25             | 400m: 4:52.14 37.73 | 600m: 7:19.84 36.96       | 800m: 9:43.28 33.45 |              |            |     |
| 27.   | <b>VIANA Margarida Violante</b> | 04                  | Bairro dos Anjos/ Leiria  | <b>9:43.37</b>      | <b>+0,80</b> | <b>573</b> |     |
|       | 50m: 33.25 33.25                | 250m: 2:59.87 36.88 | 450m: 5:28.29 36.94       | 650m: 7:55.63 36.53 |              |            |     |
|       | 100m: 1:09.51 36.26             | 300m: 3:37.06 37.19 | 500m: 6:05.25 36.96       | 700m: 8:32.42 36.79 |              |            |     |
|       | 150m: 1:46.23 36.72             | 350m: 4:14.09 37.03 | 550m: 6:42.19 36.94       | 750m: 9:08.86 36.44 |              |            |     |
|       | 200m: 2:22.99 36.76             | 400m: 4:51.35 37.26 | 600m: 7:19.10 36.91       | 800m: 9:43.37 34.51 |              |            |     |



Prova 45, Femin., 800m Livres, Open

| Lugar | Nome                           | Ano                 | Clube                   | Tempo Final         | TReac        | Pts FINA   | Pts |
|-------|--------------------------------|---------------------|-------------------------|---------------------|--------------|------------|-----|
| 28.   | <b>GALANTE Ines Carvalho</b>   | 04                  | Vilacondense            | <b>9:50.83</b>      | <b>+0,78</b> | <b>552</b> |     |
|       | 50m: 32.96 32.96               | 250m: 3:01.07 37.77 | 450m: 5:31.94 37.61     | 650m: 8:01.50 37.28 |              |            |     |
|       | 100m: 1:08.86 35.90            | 300m: 3:38.78 37.71 | 500m: 6:09.36 37.42     | 700m: 8:38.97 37.47 |              |            |     |
|       | 150m: 1:45.80 36.94            | 350m: 4:16.70 37.92 | 550m: 6:46.82 37.46     | 750m: 9:15.15 36.18 |              |            |     |
|       | 200m: 2:23.30 37.50            | 400m: 4:54.33 37.63 | 600m: 7:24.22 37.40     | 800m: 9:50.83 35.68 |              |            |     |
| 29.   | <b>CARLOTA Catarina Isabel</b> | 05                  | BUZIOS-Coruche          | <b>9:51.03</b>      | <b>+0,75</b> | <b>551</b> |     |
|       | 50m: 33.90 33.90               | 250m: 3:02.21 37.38 | 450m: 5:32.39 37.34     | 650m: 8:02.04 37.03 |              |            |     |
|       | 100m: 1:10.48 36.58            | 300m: 3:39.78 37.57 | 500m: 6:10.13 37.74     | 700m: 8:38.93 36.89 |              |            |     |
|       | 150m: 1:47.66 37.18            | 350m: 4:17.32 37.54 | 550m: 6:47.57 37.44     | 750m: 9:15.29 36.36 |              |            |     |
|       | 200m: 2:24.83 37.17            | 400m: 4:55.05 37.73 | 600m: 7:25.01 37.44     | 800m: 9:51.03 35.74 |              |            |     |
| 30.   | <b>MARTINS Ines Correia</b>    | 04                  | Porto                   | <b>9:53.28</b>      | <b>+0,74</b> | <b>545</b> |     |
|       | 50m: 33.92 33.92               | 250m: 3:01.16 37.14 | 450m: 5:30.34 37.41     | 650m: 8:01.00 37.65 |              |            |     |
|       | 100m: 1:10.36 36.44            | 300m: 3:38.35 37.19 | 500m: 6:07.91 37.57     | 700m: 8:38.78 37.78 |              |            |     |
|       | 150m: 1:47.27 36.91            | 350m: 4:15.68 37.33 | 550m: 6:45.75 37.84     | 750m: 9:16.18 37.40 |              |            |     |
|       | 200m: 2:24.02 36.75            | 400m: 4:52.93 37.25 | 600m: 7:23.35 37.60     | 800m: 9:53.28 37.10 |              |            |     |
| 31.   | <b>FONSECA Laura Luz</b>       | 03                  | Bombeiros Ponta Delgada | <b>9:53.96</b>      | <b>+0,77</b> | <b>543</b> |     |
|       | 50m: 33.16 33.16               | 250m: 3:00.76 37.49 | 450m: 5:31.41 37.48     | 650m: 8:02.38 37.76 |              |            |     |
|       | 100m: 1:09.09 35.93            | 300m: 3:38.19 37.43 | 500m: 6:09.03 37.62     | 700m: 8:40.19 37.81 |              |            |     |
|       | 150m: 1:46.06 36.97            | 350m: 4:15.96 37.77 | 550m: 6:46.78 37.75     | 750m: 9:17.87 37.68 |              |            |     |
|       | 200m: 2:23.27 37.21            | 400m: 4:53.93 37.97 | 600m: 7:24.62 37.84     | 800m: 9:53.96 36.09 |              |            |     |
| 32.   | <b>COSTA Mafalda Santos</b>    | 05                  | Colegio Monte Maior     | <b>9:55.15</b>      | <b>+0,89</b> | <b>540</b> |     |
|       | 50m: 32.91 32.91               | 250m: 3:01.06 37.71 | 450m: 5:32.51 37.20     | 650m: 8:03.67 37.63 |              |            |     |
|       | 100m: 1:09.06 36.15            | 300m: 3:39.56 38.50 | 500m: 6:10.28 37.77     | 700m: 8:41.64 37.97 |              |            |     |
|       | 150m: 1:45.95 36.89            | 350m: 4:17.25 37.69 | 550m: 6:48.20 37.92     | 750m: 9:18.95 37.31 |              |            |     |
|       | 200m: 2:23.35 37.40            | 400m: 4:55.31 38.06 | 600m: 7:26.04 37.84     | 800m: 9:55.15 36.20 |              |            |     |
| 33.   | <b>NOGUEIRA Nara Soraia</b>    | 05                  | Natacao de Valongo      | <b>9:55.58</b>      | <b>+0,70</b> | <b>539</b> |     |
|       | 50m: 33.40 33.40               | 250m: 3:02.71 37.68 | 450m: 5:34.43 37.92     | 650m: 8:06.05 37.83 |              |            |     |
|       | 100m: 1:09.71 36.31            | 300m: 3:40.47 37.76 | 500m: 6:12.52 38.09     | 700m: 8:44.04 37.99 |              |            |     |
|       | 150m: 1:47.21 37.50            | 350m: 4:18.43 37.96 | 550m: 6:50.17 37.65     | 750m: 9:20.72 36.68 |              |            |     |
|       | 200m: 2:25.03 37.82            | 400m: 4:56.51 38.08 | 600m: 7:28.22 38.05     | 800m: 9:55.58 34.86 |              |            |     |
| 34.   | <b>SILVA Ines Martins</b>      | 04                  | Vilacondense            | <b>9:56.43</b>      | <b>+0,82</b> | <b>537</b> |     |
|       | 50m: 32.49 32.49               | 250m: 3:00.13 37.73 | 450m: 5:32.73 38.34     | 650m: 8:05.97 38.01 |              |            |     |
|       | 100m: 1:07.87 35.38            | 300m: 3:38.36 38.23 | 500m: 6:11.09 38.36     | 700m: 8:44.14 38.17 |              |            |     |
|       | 150m: 1:44.32 36.45            | 350m: 4:16.00 37.64 | 550m: 6:49.34 38.25     | 750m: 9:20.60 36.46 |              |            |     |
|       | 200m: 2:22.40 38.08            | 400m: 4:54.39 38.39 | 600m: 7:27.96 38.62     | 800m: 9:56.43 35.83 |              |            |     |
| 35.   | <b>SOUSA Ines Matos</b>        | 03                  | Uniao Coimbra           | <b>9:56.64</b>      | <b>+0,74</b> | <b>536</b> |     |
|       | 50m: 34.49 34.49               | 250m: 3:01.47 36.84 | 450m: 5:31.72 37.83     | 650m: 8:04.34 38.03 |              |            |     |
|       | 100m: 1:11.69 37.20            | 300m: 3:38.86 37.39 | 500m: 6:09.71 37.99     | 700m: 8:42.43 38.09 |              |            |     |
|       | 150m: 1:47.86 36.17            | 350m: 4:16.21 37.35 | 550m: 6:47.92 38.21     | 750m: 9:19.79 37.36 |              |            |     |
|       | 200m: 2:24.63 36.77            | 400m: 4:53.89 37.68 | 600m: 7:26.31 38.39     | 800m: 9:56.64 36.85 |              |            |     |
| 36.   | <b>SANTOS Mariana Marques</b>  | 05                  | Gesloures               | <b>9:56.95</b>      | <b>+0,67</b> | <b>535</b> |     |
|       | 50m: 33.91 33.91               | 250m: 3:02.00 37.32 | 450m: 5:32.84 37.98     | 650m: 8:05.33 38.27 |              |            |     |
|       | 100m: 1:10.40 36.49            | 300m: 3:39.48 37.48 | 500m: 6:10.95 38.11     | 700m: 8:43.55 38.22 |              |            |     |
|       | 150m: 1:47.71 37.31            | 350m: 4:16.98 37.50 | 550m: 6:49.02 38.07     | 750m: 9:21.13 37.58 |              |            |     |
|       | 200m: 2:24.68 36.97            | 400m: 4:54.86 37.88 | 600m: 7:27.06 38.04     | 800m: 9:56.95 35.82 |              |            |     |
| 37.   | <b>MONTEIRO Ines Maria</b>     | 04                  | Naval Praia da Vitoria  | <b>9:57.09</b>      | <b>+0,86</b> | <b>535</b> |     |
|       | 50m: 34.68 34.68               | 250m: 3:05.02 37.64 | 450m: 5:36.23 37.51     | 650m: 8:05.96 37.62 |              |            |     |
|       | 100m: 1:12.21 37.53            | 300m: 3:42.71 37.69 | 500m: 6:13.70 37.47     | 700m: 8:43.44 37.48 |              |            |     |
|       | 150m: 1:49.70 37.49            | 350m: 4:20.46 37.75 | 550m: 6:50.82 37.12     | 750m: 9:20.79 37.35 |              |            |     |
|       | 200m: 2:27.38 37.68            | 400m: 4:58.72 38.26 | 600m: 7:28.34 37.52     | 800m: 9:57.09 36.30 |              |            |     |

Prova 45, Femin., 800m Livres, Open

| Lugar | Nome                      | Ano           | Clube                   | Tempo Final     | TReac        | Pts FINA       | Pts   |
|-------|---------------------------|---------------|-------------------------|-----------------|--------------|----------------|-------|
| 38.   | FERNANDES Maria Elias     | 04            | Desportiva Viana        | <b>9:57.18</b>  | <b>+0,92</b> | <b>534</b>     |       |
|       | 50m: 32.91 32.91          | 250m: 3:02.46 | 37.76                   | 450m: 5:34.32   | 37.93        | 650m: 8:06.64  | 37.92 |
|       | 100m: 1:09.40 36.49       | 300m: 3:40.38 | 37.92                   | 500m: 6:12.68   | 38.36        | 700m: 8:44.85  | 38.21 |
|       | 150m: 1:46.87 37.47       | 350m: 4:18.05 | 37.67                   | 550m: 6:50.70   | 38.02        | 750m: 9:22.50  | 37.65 |
|       | 200m: 2:24.70 37.83       | 400m: 4:56.39 | 38.34                   | 600m: 7:28.72   | 38.02        | 800m: 9:57.18  | 34.68 |
| 39.   | SILVA Ana Catarina        | 04            | Fundacao Beatriz Santos | <b>9:57.46</b>  | <b>+0,83</b> | <b>534</b>     |       |
|       | 50m: 34.03 34.03          | 250m: 3:03.42 | 37.75                   | 450m: 5:34.80   | 37.60        | 650m: 8:06.39  | 37.46 |
|       | 100m: 1:11.11 37.08       | 300m: 3:41.51 | 38.09                   | 500m: 6:13.12   | 38.32        | 700m: 8:44.15  | 37.76 |
|       | 150m: 1:48.20 37.09       | 350m: 4:19.13 | 37.62                   | 550m: 6:50.83   | 37.71        | 750m: 9:21.38  | 37.23 |
|       | 200m: 2:25.67 37.47       | 400m: 4:57.20 | 38.07                   | 600m: 7:28.93   | 38.10        | 800m: 9:57.46  | 36.08 |
| 40.   | PEDRO Daniela Alexandra   | 04            | Sporting                | <b>9:57.56</b>  | <b>+0,74</b> | <b>533</b>     |       |
|       | 50m: 34.16 34.16          | 250m: 3:05.57 | 38.42                   | 450m: 5:37.77   | 37.52        | 650m: 8:08.39  | 37.54 |
|       | 100m: 1:11.73 37.57       | 300m: 3:43.79 | 38.22                   | 500m: 6:15.80   | 38.03        | 700m: 8:46.12  | 37.73 |
|       | 150m: 1:49.55 37.82       | 350m: 4:21.75 | 37.96                   | 550m: 6:53.23   | 37.43        | 750m: 9:23.27  | 37.15 |
|       | 200m: 2:27.15 37.60       | 400m: 5:00.25 | 38.50                   | 600m: 7:30.85   | 37.62        | 800m: 9:57.56  | 34.29 |
| 41.   | PEREIRA Anais Cloe        | 04            | Sporting                | <b>9:57.81</b>  | <b>+0,77</b> | <b>533</b>     |       |
|       | 50m: 33.99 33.99          | 250m: 3:03.87 | 37.94                   | 450m: 5:34.61   | 37.70        | 650m: 8:06.06  | 38.11 |
|       | 100m: 1:10.78 36.79       | 300m: 3:41.48 | 37.61                   | 500m: 6:12.41   | 37.80        | 700m: 8:44.64  | 38.58 |
|       | 150m: 1:48.14 37.36       | 350m: 4:19.11 | 37.63                   | 550m: 6:50.17   | 37.76        | 750m: 9:22.26  | 37.62 |
|       | 200m: 2:25.93 37.79       | 400m: 4:56.91 | 37.80                   | 600m: 7:27.95   | 37.78        | 800m: 9:57.81  | 35.55 |
| 42.   | CABRAL Ana Matos          | 05            | Condeixa Clube          | <b>9:58.47</b>  | <b>+0,73</b> | <b>531</b>     |       |
|       | 50m: 33.65 33.65          | 250m: 3:03.87 | 37.66                   | 450m: 5:35.48   | 38.17        | 650m: 8:07.52  | 37.79 |
|       | 100m: 1:11.07 37.42       | 300m: 3:41.83 | 37.96                   | 500m: 6:13.58   | 38.10        | 700m: 8:45.49  | 37.97 |
|       | 150m: 1:48.58 37.51       | 350m: 4:19.52 | 37.69                   | 550m: 6:51.92   | 38.34        | 750m: 9:22.50  | 37.01 |
|       | 200m: 2:26.21 37.63       | 400m: 4:57.31 | 37.79                   | 600m: 7:29.73   | 37.81        | 800m: 9:58.47  | 35.97 |
| 43.   | JESUS Leonor Santos       | 04            | Natacao Olhao           | <b>10:00.85</b> | <b>+0,85</b> | <b>525</b>     |       |
|       | 50m: 33.87 33.87          | 250m: 3:03.30 | 37.83                   | 450m: 5:34.64   | 38.09        | 650m: 8:07.07  | 38.72 |
|       | 100m: 1:10.56 36.69       | 300m: 3:41.13 | 37.83                   | 500m: 6:12.61   | 37.97        | 700m: 8:45.88  | 38.81 |
|       | 150m: 1:47.84 37.28       | 350m: 4:18.69 | 37.56                   | 550m: 6:50.55   | 37.94        | 750m: 9:23.79  | 37.91 |
|       | 200m: 2:25.47 37.63       | 400m: 4:56.55 | 37.86                   | 600m: 7:28.35   | 37.80        | 800m: 10:00.85 | 37.06 |
| 44.   | MONTEIRO Barbara Oliveira | 04            | Braga                   | <b>10:01.83</b> | <b>+1,04</b> | <b>522</b>     |       |
|       | 50m: 34.51 34.51          | 250m: 3:02.89 | 37.58                   | 450m: 5:34.51   | 38.15        | 650m: 8:08.55  | 38.49 |
|       | 100m: 1:11.01 36.50       | 300m: 3:40.64 | 37.75                   | 500m: 6:12.70   | 38.19        | 700m: 8:47.24  | 38.69 |
|       | 150m: 1:48.03 37.02       | 350m: 4:18.04 | 37.40                   | 550m: 6:51.08   | 38.38        | 750m: 9:25.71  | 38.47 |
|       | 200m: 2:25.31 37.28       | 400m: 4:56.36 | 38.32                   | 600m: 7:30.06   | 38.98        | 800m: 10:01.83 | 36.12 |
| 45.   | FERREIRA Catarina Trigo   | 02            | Natacao de Lisboa       | <b>10:02.50</b> | <b>+0,75</b> | <b>520</b>     |       |
|       | 50m: 31.86 31.86          | 250m: 3:01.92 | 38.31                   | 450m: 5:35.16   | 38.34        | 650m: 8:08.83  | 38.84 |
|       | 100m: 1:07.87 36.01       | 300m: 3:40.41 | 38.49                   | 500m: 6:13.34   | 38.18        | 700m: 8:47.59  | 38.76 |
|       | 150m: 1:45.42 37.55       | 350m: 4:18.73 | 38.32                   | 550m: 6:51.49   | 38.15        | 750m: 9:25.80  | 38.21 |
|       | 200m: 2:23.61 38.19       | 400m: 4:56.82 | 38.09                   | 600m: 7:29.99   | 38.50        | 800m: 10:02.50 | 36.70 |
| 46.   | AMANTES Beatriz Quintao   | 03            | Uniao Piedense          | <b>10:02.82</b> | <b>+0,71</b> | <b>520</b>     |       |
|       | 50m: 33.23 33.23          | 250m: 3:01.75 | 37.47                   | 450m: 5:33.81   | 37.82        | 650m: 8:08.41  | 39.12 |
|       | 100m: 1:09.71 36.48       | 300m: 3:39.67 | 37.92                   | 500m: 6:12.04   | 38.23        | 700m: 8:47.49  | 39.08 |
|       | 150m: 1:46.97 37.26       | 350m: 4:17.62 | 37.95                   | 550m: 6:50.26   | 38.22        | 750m: 9:25.92  | 38.43 |
|       | 200m: 2:24.28 37.31       | 400m: 4:55.99 | 38.37                   | 600m: 7:29.29   | 39.03        | 800m: 10:02.82 | 36.90 |
| 47.   | FERNANDES Maria Teresa    | 05            | Alges                   | <b>10:04.42</b> | <b>+0,69</b> | <b>515</b>     |       |
|       | 50m: 33.72 33.72          | 250m: 3:05.88 | 38.13                   | 450m: 5:38.11   | 37.51        | 650m: 8:10.21  | 37.88 |
|       | 100m: 1:11.26 37.54       | 300m: 3:44.19 | 38.31                   | 500m: 6:16.03   | 37.92        | 700m: 8:48.64  | 38.43 |
|       | 150m: 1:49.46 38.20       | 350m: 4:22.40 | 38.21                   | 550m: 6:54.06   | 38.03        | 750m: 9:26.81  | 38.17 |
|       | 200m: 2:27.75 38.29       | 400m: 5:00.60 | 38.20                   | 600m: 7:32.33   | 38.27        | 800m: 10:04.42 | 37.61 |

Prova 45, Femin., 800m Livres, Open

| Lugar | Nome                   | Ano                 | Clube                      | Tempo Final          | TReac        | Pts FINA   | Pts |
|-------|------------------------|---------------------|----------------------------|----------------------|--------------|------------|-----|
| 48.   | NARRA Vera Figueiredo  | 04                  | Amadora                    | <b>10:05.88</b>      | <b>+0,67</b> | <b>512</b> |     |
|       | 50m: 32.96 32.96       | 250m: 3:02.71 37.70 | 450m: 5:34.22 38.13        | 650m: 8:08.87 38.76  |              |            |     |
|       | 100m: 1:09.71 36.75    | 300m: 3:40.89 38.18 | 500m: 6:12.90 38.68        | 700m: 8:47.79 38.92  |              |            |     |
|       | 150m: 1:46.97 37.26    | 350m: 4:18.20 37.31 | 550m: 6:51.24 38.34        | 750m: 9:27.19 39.40  |              |            |     |
|       | 200m: 2:25.01 38.04    | 400m: 4:56.09 37.89 | 600m: 7:30.11 38.87        | 800m: 10:05.88 38.69 |              |            |     |
| 49.   | FOMINA Anna            | 02                  | Louletano / Loule Concelho | <b>10:06.48</b>      | <b>+0,68</b> | <b>510</b> |     |
|       | 50m: 33.91 33.91       | 250m: 3:00.42 37.21 | 450m: 5:34.41 38.79        | 650m: 8:10.00 39.01  |              |            |     |
|       | 100m: 1:10.02 36.11    | 300m: 3:37.82 37.40 | 500m: 6:13.09 38.68        | 700m: 8:49.02 39.02  |              |            |     |
|       | 150m: 1:46.79 36.77    | 350m: 4:16.34 38.52 | 550m: 6:51.58 38.49        | 750m: 9:28.26 39.24  |              |            |     |
|       | 200m: 2:23.21 36.42    | 400m: 4:55.62 39.28 | 600m: 7:30.99 39.41        | 800m: 10:06.48 38.22 |              |            |     |
| 50.   | NEVES Natalia Passeira | 05                  | Natacao de Valongo         | <b>10:07.63</b>      | <b>+0,85</b> | <b>507</b> |     |
|       | 50m: 32.97 32.97       | 250m: 3:05.30 38.91 | 450m: 5:38.55 37.87        | 650m: 8:13.77 39.07  |              |            |     |
|       | 100m: 1:09.92 36.95    | 300m: 3:43.51 38.21 | 500m: 6:16.78 38.23        | 700m: 8:52.35 38.58  |              |            |     |
|       | 150m: 1:48.18 38.26    | 350m: 4:22.66 39.15 | 550m: 6:56.07 39.29        | 750m: 9:30.89 38.54  |              |            |     |
|       | 200m: 2:26.39 38.21    | 400m: 5:00.68 38.02 | 600m: 7:34.70 38.63        | 800m: 10:07.63 36.74 |              |            |     |
| 51.   | FERREIRA Joana Rosa    | 05                  | Naval de Peniche           | <b>10:08.37</b>      | <b>+0,73</b> | <b>506</b> |     |
|       | 50m: 32.58 32.58       | 250m: 3:03.82 38.58 | 450m: 5:38.42 38.67        | 650m: 8:14.72 39.39  |              |            |     |
|       | 100m: 1:09.22 36.64    | 300m: 3:42.16 38.34 | 500m: 6:16.88 38.46        | 700m: 8:53.73 39.01  |              |            |     |
|       | 150m: 1:47.16 37.94    | 350m: 4:20.94 38.78 | 550m: 6:56.16 39.28        | 750m: 9:32.42 38.69  |              |            |     |
|       | 200m: 2:25.24 38.08    | 400m: 4:59.75 38.81 | 600m: 7:35.33 39.17        | 800m: 10:08.37 35.95 |              |            |     |
| 52.   | TROIA Beatriz Rosa     | 04                  | Vilacondense               | <b>10:08.46</b>      | <b>+0,69</b> | <b>505</b> |     |
|       | 50m: 34.34 34.34       | 250m: 3:04.36 37.98 | 450m: 5:37.35 38.82        | 650m: 8:12.28 39.45  |              |            |     |
|       | 100m: 1:11.19 36.85    | 300m: 3:43.00 38.64 | 500m: 6:15.78 38.43        | 700m: 8:51.32 39.04  |              |            |     |
|       | 150m: 1:48.28 37.09    | 350m: 4:20.70 37.70 | 550m: 6:54.18 38.40        | 750m: 9:30.22 38.90  |              |            |     |
|       | 200m: 2:26.38 38.10    | 400m: 4:58.53 37.83 | 600m: 7:32.83 38.65        | 800m: 10:08.46 38.24 |              |            |     |
| 53.   | RIOS Maria Manuel      | 04                  | Leixoes                    | <b>10:10.01</b>      | <b>+0,67</b> | <b>501</b> |     |
|       | 50m: 32.99 32.99       | 250m: 3:05.14 38.88 | 450m: 5:40.57 38.25        | 650m: 8:14.98 38.41  |              |            |     |
|       | 100m: 1:10.00 37.01    | 300m: 3:44.47 39.33 | 500m: 6:19.34 38.77        | 700m: 8:54.22 39.24  |              |            |     |
|       | 150m: 1:47.72 37.72    | 350m: 4:23.05 38.58 | 550m: 6:57.93 38.59        | 750m: 9:32.03 37.81  |              |            |     |
|       | 200m: 2:26.26 38.54    | 400m: 5:02.32 39.27 | 600m: 7:36.57 38.64        | 800m: 10:10.01 37.98 |              |            |     |
| 54.   | PIRES Laura Joao       | 05                  | Natacao do Fundao          | <b>10:10.35</b>      | <b>+0,82</b> | <b>501</b> |     |
|       | 50m: 34.62 34.62       | 250m: 3:05.86 38.14 | 450m: 5:39.81 38.73        | 650m: 8:15.50 38.80  |              |            |     |
|       | 100m: 1:11.71 37.09    | 300m: 3:44.38 38.52 | 500m: 6:18.68 38.87        | 700m: 8:54.29 38.79  |              |            |     |
|       | 150m: 1:49.53 37.82    | 350m: 4:22.69 38.31 | 550m: 6:57.44 38.76        | 750m: 9:33.32 39.03  |              |            |     |
|       | 200m: 2:27.72 38.19    | 400m: 5:01.08 38.39 | 600m: 7:36.70 39.26        | 800m: 10:10.35 37.03 |              |            |     |
| 55.   | ARAUJO Maria Clara     | 05                  | Naval do Funchal           | <b>10:12.59</b>      | <b>+0,66</b> | <b>495</b> |     |
|       | 50m: 33.74 33.74       | 250m: 3:04.45 38.29 | 450m: 5:41.03 38.80        | 650m: 8:17.02 39.07  |              |            |     |
|       | 100m: 1:10.80 37.06    | 300m: 3:43.94 39.49 | 500m: 6:19.79 38.76        | 700m: 8:56.03 39.01  |              |            |     |
|       | 150m: 1:47.94 37.14    | 350m: 4:22.89 38.95 | 550m: 6:58.79 39.00        | 750m: 9:34.67 38.64  |              |            |     |
|       | 200m: 2:26.16 38.22    | 400m: 5:02.23 39.34 | 600m: 7:37.95 39.16        | 800m: 10:12.59 37.92 |              |            |     |
| 56.   | INACIO Marta Macedo    | 04                  | Sporting                   | <b>10:15.51</b>      | <b>+0,79</b> | <b>488</b> |     |
|       | 50m: 35.27 35.27       | 250m: 3:07.98 38.45 | 450m: 5:43.53 38.44        | 650m: 8:19.53 38.77  |              |            |     |
|       | 100m: 1:12.90 37.63    | 300m: 3:47.05 39.07 | 500m: 6:22.40 38.87        | 700m: 8:58.46 38.93  |              |            |     |
|       | 150m: 1:51.03 38.13    | 350m: 4:25.90 38.85 | 550m: 7:01.53 39.13        | 750m: 9:36.85 38.39  |              |            |     |
|       | 200m: 2:29.53 38.50    | 400m: 5:05.09 39.19 | 600m: 7:40.76 39.23        | 800m: 10:15.51 38.66 |              |            |     |
| 57.   | LOPES Raquel Raposo    | 04                  | Cova da Piedade            | <b>10:17.94</b>      | <b>+0,80</b> | <b>482</b> |     |
|       | 50m: 35.27 35.27       | 250m: 3:06.51 38.54 | 450m: 5:41.52 38.98        | 650m: 8:19.72 39.64  |              |            |     |
|       | 100m: 1:12.27 37.00    | 300m: 3:44.99 38.48 | 500m: 6:20.95 39.43        | 700m: 8:59.76 40.04  |              |            |     |
|       | 150m: 1:50.18 37.91    | 350m: 4:24.03 39.04 | 550m: 7:00.54 39.59        | 750m: 9:39.26 39.50  |              |            |     |
|       | 200m: 2:27.97 37.79    | 400m: 5:02.54 38.51 | 600m: 7:40.08 39.54        | 800m: 10:17.94 38.68 |              |            |     |

Prova 45, Femin., 800m Livres, Open

| Lugar | Nome   | Ano           | Clube                     | Tempo Final     | TReac        | Pts FINA       | Pts   |
|-------|--|---------------|---------------------------|-----------------|--------------|----------------|-------|
| 58.   | <b>NOBRE Beatriz Gaspar</b>  | 05            | Gualdim Pais              | <b>10:18.15</b> | <b>+0,94</b> | <b>482</b>     |       |
|       | 50m: 35.15 35.15   | 250m: 3:11.15 | 39.26                     | 450m: 5:49.27   | 39.68        | 650m: 8:27.56  | 38.53 |
|       | 100m: 1:13.88 38.73  | 300m: 3:50.76 | 39.61                     | 500m: 6:29.37   | 40.10        | 700m: 9:05.65  | 38.09 |
|       | 150m: 1:52.83 38.95  | 350m: 4:30.07 | 39.31                     | 550m: 7:09.40   | 40.03        | 750m: 9:42.56  | 36.91 |
|       | 200m: 2:31.89 39.06  | 400m: 5:09.59 | 39.52                     | 600m: 7:49.03   | 39.63        | 800m: 10:18.15 | 35.59 |
| 59.   | <b>RINO Maria Pedro</b>  | 05            | Academia Acores           | <b>10:20.33</b> | <b>+0,91</b> | <b>477</b>     |       |
|       | 50m: 35.00 35.00   | 250m: 3:09.11 | 38.43                     | 450m: 5:46.46   | 39.22        | 650m: 8:25.97  | 39.88 |
|       | 100m: 1:13.26 38.26  | 300m: 3:48.38 | 39.27                     | 500m: 6:26.39   | 39.93        | 700m: 9:05.04  | 39.07 |
|       | 150m: 1:51.99 38.73  | 350m: 4:27.28 | 38.90                     | 550m: 7:06.07   | 39.68        | 750m: 9:42.61  | 37.57 |
|       | 200m: 2:30.68 38.69  | 400m: 5:07.24 | 39.96                     | 600m: 7:46.09   | 40.02        | 800m: 10:20.33 | 37.72 |
| 60.   | <b>MOITEIRO Bruna Silva</b>  | 04            | Nautico Marinha Grande    | <b>10:22.18</b> | <b>+0,76</b> | <b>473</b>     |       |
|       | 50m: 34.53 34.53   | 250m: 3:10.98 | 39.53                     | 450m: 5:49.08   | 39.45        | 650m: 8:25.84  | 38.78 |
|       | 100m: 1:12.73 38.20  | 300m: 3:50.02 | 39.04                     | 500m: 6:28.68   | 39.60        | 700m: 9:05.00  | 39.16 |
|       | 150m: 1:51.77 39.04  | 350m: 4:29.84 | 39.82                     | 550m: 7:07.70   | 39.02        | 750m: 9:44.04  | 39.04 |
|       | 200m: 2:31.45 39.68  | 400m: 5:09.63 | 39.79                     | 600m: 7:47.06   | 39.36        | 800m: 10:22.18 | 38.14 |
| 61.   | <b>LOISAS Beatriz Ferreira</b>                                       | 05            | Columbofila Cantanhedense | <b>10:22.33</b> | <b>+0,81</b> | <b>472</b>     |       |
|       | 50m: 34.79 34.79   | 250m: 3:12.00 | 39.00                     | 450m: 5:49.71   | 39.24        | 650m: 8:27.40  | 39.00 |
|       | 100m: 1:14.05 39.26  | 300m: 3:51.62 | 39.62                     | 500m: 6:29.95   | 40.24        | 700m: 9:06.77  | 39.37 |
|       | 150m: 1:53.03 38.98  | 350m: 4:31.24 | 39.62                     | 550m: 7:09.32   | 39.37        | 750m: 9:44.92  | 38.15 |
|       | 200m: 2:33.00 39.97  | 400m: 5:10.47 | 39.23                     | 600m: 7:48.40   | 39.08        | 800m: 10:22.33 | 37.41 |
| 62.   | <b>SILVA Maria Ines</b>  | 05            | Porto                     | <b>10:31.50</b> | <b>+0,54</b> | <b>452</b>     |       |
|       | 50m: 33.11 33.11   | 250m: 3:06.63 | 39.21                     | 450m: 5:47.05   | 39.98        | 650m: 8:30.42  | 40.49 |
|       | 100m: 1:10.25 37.14  | 300m: 3:46.49 | 39.86                     | 500m: 6:27.76   | 40.71        | 700m: 9:11.29  | 40.87 |
|       | 150m: 1:48.83 38.58  | 350m: 4:26.45 | 39.96                     | 550m: 7:08.47   | 40.71        | 750m: 9:51.76  | 40.47 |
|       | 200m: 2:27.42 38.59  | 400m: 5:07.07 | 40.62                     | 600m: 7:49.93   | 41.46        | 800m: 10:31.50 | 39.74 |
| DSQ   | <b>HUTYY Adriana Carolina</b><br><i>403 - Falsa partida - SW 4.4</i> | 05            | Braga                     |                 |              |                |       |

Prova 45 Femin., 800m Livres Absolutos  
04-08-2019 - 16:00 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 |
| 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 |

Pontos: FINA 2019

| Lugar | Nome  | Ano           | Clube   | Tempo Final    | TReac        | Pts FINA      | Pts   |
|-------|---|---------------|---------|----------------|--------------|---------------|-------|
| 1.    | <b>HOLUB Tamila Hryhorivna</b><br><i>Minimos CEPL</i> | 99            | Braga   | <b>8:36.52</b> | <b>+0,68</b> | <b>826</b>    |       |
|       | 50m: 30.38 30.38                                      | 250m: 2:39.42 | 32.27   | 450m: 4:49.01  | 32.33        | 650m: 6:59.00 | 32.59 |
|       | 100m: 1:02.53 32.15                                   | 300m: 3:11.84 | 32.42   | 500m: 5:21.51  | 32.50        | 700m: 7:31.90 | 32.90 |
|       | 150m: 1:34.68 32.15                                   | 350m: 3:44.22 | 32.38   | 550m: 5:53.77  | 32.26        | 750m: 8:04.56 | 32.66 |
|       | 200m: 2:07.15 32.47                                   | 400m: 4:16.68 | 32.46   | 600m: 6:26.41  | 32.64        | 800m: 8:36.52 | 31.96 |
| 2.    | <b>DURAES Diana Margarida</b><br><i>Minimos CEPL</i>  | 96            | Benfica | <b>8:39.86</b> | <b>+0,72</b> | <b>810</b>    |       |
|       | 50m: 30.50 30.50                                      | 250m: 2:40.48 | 32.59   | 450m: 4:51.29  | 32.54        | 650m: 7:02.04 | 32.45 |
|       | 100m: 1:02.99 32.49                                   | 300m: 3:13.32 | 32.84   | 500m: 5:24.10  | 32.81        | 700m: 7:35.05 | 33.01 |
|       | 150m: 1:35.34 32.35                                   | 350m: 3:45.86 | 32.54   | 550m: 5:56.74  | 32.64        | 750m: 8:07.57 | 32.52 |
|       | 200m: 2:07.89 32.55                                   | 400m: 4:18.75 | 32.89   | 600m: 6:29.59  | 32.85        | 800m: 8:39.86 | 32.29 |



Prova 45, Femin., 800m Livres, Absolutos

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac        | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|--------------|----------|-----|
| 3.    | ANDRE Angelica Maria     | 94                  | Fluvial Portuense         | <b>9:01.53</b>      | <b>+0,73</b> | 717      |     |
|       | 50m: 31.85 31.85         | 250m: 2:46.69 33.85 | 450m: 5:01.69 33.78       | 650m: 7:18.45 34.17 |              |          |     |
|       | 100m: 1:05.49 33.64      | 300m: 3:20.34 33.65 | 500m: 5:35.80 34.11       | 700m: 7:52.58 34.13 |              |          |     |
|       | 150m: 1:39.47 33.98      | 350m: 3:54.10 33.76 | 550m: 6:09.92 34.12       | 750m: 8:27.02 34.44 |              |          |     |
|       | 200m: 2:12.84 33.37      | 400m: 4:27.91 33.81 | 600m: 6:44.28 34.36       | 800m: 9:01.53 34.51 |              |          |     |
| 4.    | RAMOS Ana Rita           | 02                  | Porto                     | <b>9:04.98</b>      | <b>+0,69</b> | 703      |     |
|       | 50m: 31.41 31.41         | 250m: 2:47.29 33.73 | 450m: 5:03.99 34.28       | 650m: 7:21.84 34.08 |              |          |     |
|       | 100m: 1:04.89 33.48      | 300m: 3:21.50 34.21 | 500m: 5:38.62 34.63       | 700m: 7:56.47 34.63 |              |          |     |
|       | 150m: 1:39.38 34.49      | 350m: 3:55.46 33.96 | 550m: 6:12.87 34.25       | 750m: 8:30.97 34.50 |              |          |     |
|       | 200m: 2:13.56 34.18      | 400m: 4:29.71 34.25 | 600m: 6:47.76 34.89       | 800m: 9:04.98 34.01 |              |          |     |
| 5.    | QUEIROZ Ana Rita         | 02                  | Condeixa Clube            | <b>9:12.42</b>      | <b>+0,68</b> | 675      |     |
|       | 50m: 31.76 31.76         | 250m: 2:48.76 34.40 | 450m: 5:08.20 34.58       | 650m: 7:27.27 34.51 |              |          |     |
|       | 100m: 1:05.66 33.90      | 300m: 3:23.70 34.94 | 500m: 5:43.19 34.99       | 700m: 8:02.67 35.40 |              |          |     |
|       | 150m: 1:39.86 34.20      | 350m: 3:58.71 35.01 | 550m: 6:17.90 34.71       | 750m: 8:37.64 34.97 |              |          |     |
|       | 200m: 2:14.36 34.50      | 400m: 4:33.62 34.91 | 600m: 6:52.76 34.86       | 800m: 9:12.42 34.78 |              |          |     |
| 6.    | AMORIM Maria Leonor      | 03                  | Porto                     | <b>9:18.35</b>      | <b>+0,74</b> | 654      |     |
|       | 50m: 31.80 31.80         | 250m: 2:50.16 34.82 | 450m: 5:10.83 35.28       | 650m: 7:33.94 35.59 |              |          |     |
|       | 100m: 1:05.97 34.17      | 300m: 3:24.97 34.81 | 500m: 5:46.62 35.79       | 700m: 8:09.10 35.16 |              |          |     |
|       | 150m: 1:40.54 34.57      | 350m: 4:00.24 35.27 | 550m: 6:22.48 35.86       | 750m: 8:44.47 35.37 |              |          |     |
|       | 200m: 2:15.34 34.80      | 400m: 4:35.55 35.31 | 600m: 6:58.35 35.87       | 800m: 9:18.35 33.88 |              |          |     |
| 7.    | MARTINS Francisca Soares | 03                  | Foca                      | <b>9:21.27</b>      | <b>+0,69</b> | 644      |     |
|       | 50m: 31.31 31.31         | 250m: 2:48.66 34.62 | 450m: 5:10.45 35.73       | 650m: 7:34.69 36.19 |              |          |     |
|       | 100m: 1:05.21 33.90      | 300m: 3:23.67 35.01 | 500m: 5:46.38 35.93       | 700m: 8:11.19 36.50 |              |          |     |
|       | 150m: 1:39.65 34.44      | 350m: 3:58.91 35.24 | 550m: 6:22.33 35.95       | 750m: 8:47.32 36.13 |              |          |     |
|       | 200m: 2:14.04 34.39      | 400m: 4:34.72 35.81 | 600m: 6:58.50 36.17       | 800m: 9:21.27 33.95 |              |          |     |
| 8.    | ALVES Sara Sofia         | 01                  | Columbofila Cantanhedense | <b>9:21.43</b>      | <b>+0,72</b> | 643      |     |
|       | 50m: 31.68 31.68         | 250m: 2:49.11 34.74 | 450m: 5:10.77 35.83       | 650m: 7:34.99 36.02 |              |          |     |
|       | 100m: 1:05.33 33.65      | 300m: 3:24.19 35.08 | 500m: 5:46.61 35.84       | 700m: 8:11.13 36.14 |              |          |     |
|       | 150m: 1:40.01 34.68      | 350m: 3:59.47 35.28 | 550m: 6:22.69 36.08       | 750m: 8:47.16 36.03 |              |          |     |
|       | 200m: 2:14.37 34.36      | 400m: 4:34.94 35.47 | 600m: 6:58.97 36.28       | 800m: 9:21.43 34.27 |              |          |     |
| 9.    | CONCEICAO Ema Jeronimo   | 03                  | Fisica Torres Vedras      | <b>9:26.51</b>      | <b>+0,77</b> | 626      |     |
|       | 50m: 31.92 31.92         | 250m: 2:51.90 35.57 | 450m: 5:16.19 36.25       | 650m: 7:40.83 36.25 |              |          |     |
|       | 100m: 1:06.33 34.41      | 300m: 3:27.71 35.81 | 500m: 5:52.22 36.03       | 700m: 8:16.98 36.15 |              |          |     |
|       | 150m: 1:41.02 34.69      | 350m: 4:03.51 35.80 | 550m: 6:28.48 36.26       | 750m: 8:52.26 35.28 |              |          |     |
|       | 200m: 2:16.33 35.31      | 400m: 4:39.94 36.43 | 600m: 7:04.58 36.10       | 800m: 9:26.51 34.25 |              |          |     |
| 10.   | PINHEIRO Ines Mariana    | 03                  | Academica de Coimbra      | <b>9:38.00</b>      | <b>+0,70</b> | 590      |     |
|       | 50m: 33.20 33.20         | 250m: 2:58.93 37.13 | 450m: 5:25.47 36.51       | 650m: 7:52.80 37.06 |              |          |     |
|       | 100m: 1:08.95 35.75      | 300m: 3:35.75 36.82 | 500m: 6:01.93 36.46       | 700m: 8:30.04 37.24 |              |          |     |
|       | 150m: 1:45.34 36.39      | 350m: 4:12.44 36.69 | 550m: 6:38.38 36.45       | 750m: 9:05.21 35.17 |              |          |     |
|       | 200m: 2:21.80 36.46      | 400m: 4:48.96 36.52 | 600m: 7:15.74 37.36       | 800m: 9:38.00 32.79 |              |          |     |
| 11.   | VELOSO Teresa Miguel     | 00                  | Sporting                  | <b>9:39.36</b>      | <b>+0,74</b> | 585      |     |
|       | 50m: 32.67 32.67         | 250m: 2:57.30 36.68 | 450m: 5:22.39 36.07       | 650m: 7:48.46 36.76 |              |          |     |
|       | 100m: 1:08.32 35.65      | 300m: 3:33.61 36.31 | 500m: 5:58.65 36.26       | 700m: 8:25.34 36.88 |              |          |     |
|       | 150m: 1:44.59 36.27      | 350m: 4:10.13 36.52 | 550m: 6:34.97 36.32       | 750m: 9:02.62 37.28 |              |          |     |
|       | 200m: 2:20.62 36.03      | 400m: 4:46.32 36.19 | 600m: 7:11.70 36.73       | 800m: 9:39.36 36.74 |              |          |     |
| 12.   | SILVA Camila Alexandra   | 03                  | Columbofila Cantanhedense | <b>9:39.72</b>      | <b>+0,79</b> | 584      |     |
|       | 50m: 32.92 32.92         | 250m: 2:57.70 36.62 | 450m: 5:26.20 37.31       | 650m: 7:53.02 36.60 |              |          |     |
|       | 100m: 1:08.44 35.52      | 300m: 3:34.64 36.94 | 500m: 6:02.99 36.79       | 700m: 8:29.83 36.81 |              |          |     |
|       | 150m: 1:44.31 35.87      | 350m: 4:11.65 37.01 | 550m: 6:39.49 36.50       | 750m: 9:05.54 35.71 |              |          |     |
|       | 200m: 2:21.08 36.77      | 400m: 4:48.89 37.24 | 600m: 7:16.42 36.93       | 800m: 9:39.72 34.18 |              |          |     |



Prova 45, Femin., 800m Livres, Absolutos

| Lugar | Nome                    | Ano           | Clube                   | Tempo Final     | TReac        | Pts FINA       | Pts   |
|-------|-------------------------|---------------|-------------------------|-----------------|--------------|----------------|-------|
| 13.   | RODRIGUES Helena Nunes  | 03            | Alges e Agueda XXI      | <b>9:43.03</b>  | <b>+0,76</b> | <b>574</b>     |       |
|       | 50m: 32.43 32.43        | 250m: 2:56.20 | 36.74                   | 450m: 5:24.92   | 37.22        | 650m: 7:54.88  | 37.41 |
|       | 100m: 1:07.43 35.00     | 300m: 3:32.94 | 36.74                   | 500m: 6:02.45   | 37.53        | 700m: 8:32.07  | 37.19 |
|       | 150m: 1:43.08 35.65     | 350m: 4:10.32 | 37.38                   | 550m: 6:40.15   | 37.70        | 750m: 9:08.43  | 36.36 |
|       | 200m: 2:19.46 36.38     | 400m: 4:47.70 | 37.38                   | 600m: 7:17.47   | 37.32        | 800m: 9:43.03  | 34.60 |
| 14.   | FONSECA Laura Luz       | 03            | Bombeiros Ponta Delgada | <b>9:53.96</b>  | <b>+0,77</b> | <b>543</b>     |       |
|       | 50m: 33.16 33.16        | 250m: 3:00.76 | 37.49                   | 450m: 5:31.41   | 37.48        | 650m: 8:02.38  | 37.76 |
|       | 100m: 1:09.09 35.93     | 300m: 3:38.19 | 37.43                   | 500m: 6:09.03   | 37.62        | 700m: 8:40.19  | 37.81 |
|       | 150m: 1:46.06 36.97     | 350m: 4:15.96 | 37.77                   | 550m: 6:46.78   | 37.75        | 750m: 9:17.87  | 37.68 |
|       | 200m: 2:23.27 37.21     | 400m: 4:53.93 | 37.97                   | 600m: 7:24.62   | 37.84        | 800m: 9:53.96  | 36.09 |
| 15.   | SOUSA Ines Matos        | 03            | Uniao Coimbra           | <b>9:56.64</b>  | <b>+0,74</b> | <b>536</b>     |       |
|       | 50m: 34.49 34.49        | 250m: 3:01.47 | 36.84                   | 450m: 5:31.72   | 37.83        | 650m: 8:04.34  | 38.03 |
|       | 100m: 1:11.69 37.20     | 300m: 3:38.86 | 37.39                   | 500m: 6:09.71   | 37.99        | 700m: 8:42.43  | 38.09 |
|       | 150m: 1:47.86 36.17     | 350m: 4:16.21 | 37.35                   | 550m: 6:47.92   | 38.21        | 750m: 9:19.79  | 37.36 |
|       | 200m: 2:24.63 36.77     | 400m: 4:53.89 | 37.68                   | 600m: 7:26.31   | 38.39        | 800m: 9:56.64  | 36.85 |
| 16.   | FERREIRA Catarina Trigo | 02            | Natacao de Lisboa       | <b>10:02.50</b> | <b>+0,75</b> | <b>520</b>     |       |
|       | 50m: 31.86 31.86        | 250m: 3:01.92 | 38.31                   | 450m: 5:35.16   | 38.34        | 650m: 8:08.83  | 38.84 |
|       | 100m: 1:07.87 36.01     | 300m: 3:40.41 | 38.49                   | 500m: 6:13.34   | 38.18        | 700m: 8:47.59  | 38.76 |
|       | 150m: 1:45.42 37.55     | 350m: 4:18.73 | 38.32                   | 550m: 6:51.49   | 38.15        | 750m: 9:25.80  | 38.21 |
|       | 200m: 2:23.61 38.19     | 400m: 4:56.82 | 38.09                   | 600m: 7:29.99   | 38.50        | 800m: 10:02.50 | 36.70 |
| 17.   | AMANTES Beatriz Quintao | 03            | Uniao Piedense          | <b>10:02.82</b> | <b>+0,71</b> | <b>520</b>     |       |
|       | 50m: 33.23 33.23        | 250m: 3:01.75 | 37.47                   | 450m: 5:33.81   | 37.82        | 650m: 8:08.41  | 39.12 |
|       | 100m: 1:09.71 36.48     | 300m: 3:39.67 | 37.92                   | 500m: 6:12.04   | 38.23        | 700m: 8:47.49  | 39.08 |
|       | 150m: 1:46.97 37.26     | 350m: 4:17.62 | 37.95                   | 550m: 6:50.26   | 38.22        | 750m: 9:25.92  | 38.43 |
|       | 200m: 2:24.28 37.31     | 400m: 4:55.99 | 38.37                   | 600m: 7:29.29   | 39.03        | 800m: 10:02.82 | 36.90 |