

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 7	Femin., 800m Livres				Juvenis
15-12-2018 - 9:30					Resultados
RN25 Absoluto	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017
RN25 Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19-12-2004
RN25 Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibbes (FRA)	20-12-1980

Tac-JUVAFem Juv A: 10:09.47 / Tac-JUVBFem Juv B: 10:27.05

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	PIRES Marta Joao	05	147235	Alges	9:28.60		599	
	50m: 32.72 32.72		250m: 2:57.07 35.94	450m: 5:20.70 35.53	650m: 7:44.94 35.50			
	100m: 1:08.69 35.97		300m: 3:33.18 36.11	500m: 5:56.94 36.24	700m: 8:20.72 35.78			
	150m: 1:44.76 36.07		350m: 4:09.37 36.19	550m: 6:33.01 36.07	750m: 8:55.54 34.82			
	200m: 2:21.13 36.37		400m: 4:45.17 35.80	600m: 7:09.44 36.43	800m: 9:28.60 33.06			
2.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	9:28.92		598	
	50m: 32.75 32.75		250m: 2:56.88 36.29	450m: 5:20.70 35.82	650m: 7:44.44 35.94			
	100m: 1:08.34 35.59		300m: 3:32.72 35.84	500m: 5:57.00 36.30	700m: 8:19.60 35.16			
	150m: 1:44.40 36.06		350m: 4:08.55 35.83	550m: 6:32.40 35.40	750m: 8:53.77 34.17			
	200m: 2:20.59 36.19		400m: 4:44.88 36.33	600m: 7:08.50 36.10	800m: 9:28.92 35.15			
3.	SIMOES Ana Beatriz	05	153354	Sporting	9:35.49		577	
	50m: 32.91 32.91		250m: 2:58.59 36.43	450m: 5:25.05 36.58	650m: 7:50.42 36.09			
	100m: 1:08.76 35.85		300m: 3:35.15 36.56	500m: 6:01.33 36.28	700m: 8:26.66 36.24			
	150m: 1:45.36 36.60		350m: 4:11.75 36.60	550m: 6:37.97 36.64	750m: 9:02.10 35.44			
	200m: 2:22.16 36.80		400m: 4:48.47 36.72	600m: 7:14.33 36.36	800m: 9:35.49 33.39			
4.	ALVES Joana Silva	05	200038	Benedita	9:41.96		558	
	50m: 32.90 32.90		250m: 2:59.24 36.69	450m: 5:26.58 36.84	650m: 7:54.52 36.91			
	100m: 1:09.21 36.31		300m: 3:36.06 36.82	500m: 6:03.64 37.06	700m: 8:31.15 36.63			
	150m: 1:45.77 36.56		350m: 4:12.82 36.76	550m: 6:40.72 37.08	750m: 9:07.70 36.55			
	200m: 2:22.55 36.78		400m: 4:49.74 36.92	600m: 7:17.61 36.89	800m: 9:41.96 34.26			
5.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	9:44.41		551	
	50m: 32.31 32.31		250m: 2:57.53 36.61	450m: 5:24.59 36.75	650m: 7:53.75 37.64			
	100m: 1:07.64 35.33		300m: 3:34.40 36.87	500m: 6:01.46 36.87	700m: 8:31.32 37.57			
	150m: 1:44.02 36.38		350m: 4:11.11 36.71	550m: 6:38.56 37.10	750m: 9:08.75 37.43			
	200m: 2:20.92 36.90		400m: 4:47.84 36.73	600m: 7:16.11 37.55	800m: 9:44.41 35.66			
6.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	9:45.84		547	
	50m: 33.11 33.11		250m: 2:59.12 36.63	450m: 5:27.31 36.72	650m: 7:55.54 37.31			
	100m: 1:09.15 36.04		300m: 3:36.24 37.12	500m: 6:04.21 36.90	700m: 8:33.11 37.57			
	150m: 1:45.63 36.48		350m: 4:13.58 37.34	550m: 6:41.24 37.03	750m: 9:10.09 36.98			
	200m: 2:22.49 36.86		400m: 4:50.59 37.01	600m: 7:18.23 36.99	800m: 9:45.84 35.75			
7.	SEBASTIAO Sofia Antunes	05	147121	Amadora	9:48.96		539	
	50m: 32.32 32.32		250m: 2:57.95 36.84	450m: 5:27.64 37.50	650m: 7:58.13 37.36			
	100m: 1:08.04 35.72		300m: 3:35.08 37.13	500m: 6:05.39 37.75	700m: 8:35.58 37.45			
	150m: 1:44.36 36.32		350m: 4:12.24 37.16	550m: 6:43.15 37.76	750m: 9:13.16 37.58			
	200m: 2:21.11 36.75		400m: 4:50.14 37.90	600m: 7:20.77 37.62	800m: 9:48.96 35.80			
8.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	9:52.80		528	
	50m: 33.37 33.37		250m: 3:02.39 37.35	450m: 5:34.23 38.21	650m: 8:04.11 37.16			
	100m: 1:09.97 36.60		300m: 3:40.39 38.00	500m: 6:11.80 37.57	700m: 8:41.40 37.29			
	150m: 1:47.18 37.21		350m: 4:18.22 37.83	550m: 6:49.49 37.69	750m: 9:17.93 36.53			
	200m: 2:25.04 37.86		400m: 4:56.02 37.80	600m: 7:26.95 37.46	800m: 9:52.80 34.87			
9.	PIRES Laura Joao	05	148663	Natacao do Fundao	9:53.21		527	
	50m: 34.43 34.43		250m: 3:01.84 37.30	450m: 5:31.05 37.57	650m: 8:02.06 37.83			
	100m: 1:10.72 36.29		300m: 3:38.82 36.98	500m: 6:08.40 37.35	700m: 8:40.22 38.16			
	150m: 1:47.84 37.12		350m: 4:15.97 37.15	550m: 6:46.25 37.85	750m: 9:17.85 37.63			
	200m: 2:24.54 36.70		400m: 4:53.48 37.51	600m: 7:24.23 37.98	800m: 9:53.21 35.36			

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 7, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CANINHAS Maria Pinto	05	201666	Natacao do Fundao	9:57.30		516	
	50m: 34.47 34.47	250m: 3:06.40	37.83	450m: 5:36.28	37.46	650m: 8:07.38	37.81	
	100m: 1:12.00 37.53	300m: 3:44.16	37.76	500m: 6:14.10	37.82	700m: 8:44.81	37.43	
	150m: 1:50.43 38.43	350m: 4:21.42	37.26	550m: 6:51.91	37.81	750m: 9:22.49	37.68	
	200m: 2:28.57 38.14	400m: 4:58.82	37.40	600m: 7:29.57	37.66	800m: 9:57.30	34.81	
11.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	9:59.45		511	
	50m: 32.58 32.58	250m: 2:58.34	36.70	450m: 5:28.41	38.00	650m: 8:04.14	39.23	
	100m: 1:08.32 35.74	300m: 3:35.75	37.41	500m: 6:05.58	37.17	700m: 8:43.37	39.23	
	150m: 1:44.85 36.53	350m: 4:12.87	37.12	550m: 6:44.55	38.97	750m: 9:21.73	38.36	
	200m: 2:21.64 36.79	400m: 4:50.41	37.54	600m: 7:24.91	40.36	800m: 9:59.45	37.72	
12.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	10:03.76		500	
	50m: 34.50 34.50	250m: 3:07.13	38.20	450m: 5:40.66	38.28	650m: 8:14.05	38.20	
	100m: 1:12.43 37.93	300m: 3:45.26	38.13	500m: 6:18.85	38.19	700m: 8:51.98	37.93	
	150m: 1:50.59 38.16	350m: 4:23.73	38.47	550m: 6:56.96	38.11	750m: 9:29.01	37.03	
	200m: 2:28.93 38.34	400m: 5:02.38	38.65	600m: 7:35.85	38.89	800m: 10:03.76	34.75	
13.	SILVA Mariana Andreia	05	141810	Sporting	10:08.93		487	
	50m: 33.70 33.70	250m: 3:07.33	39.00	450m: 5:41.68	39.18	650m: 8:15.05	38.22	
	100m: 1:10.44 36.74	300m: 3:45.87	38.54	500m: 6:20.47	38.79	700m: 8:53.62	38.57	
	150m: 1:49.29 38.85	350m: 4:24.53	38.66	550m: 6:58.60	38.13	750m: 9:32.17	38.55	
	200m: 2:28.33 39.04	400m: 5:02.50	37.97	600m: 7:36.83	38.23	800m: 10:08.93	36.76	
14.	FERREIRA Joana Rocha	05	201560	Benfica	10:09.34		486	
	50m: 35.16 35.16	250m: 3:09.10	38.64	450m: 5:44.36	38.87	650m: 8:17.24	37.62	
	100m: 1:12.98 37.82	300m: 3:47.71	38.61	500m: 6:22.89	38.53	700m: 8:55.49	38.25	
	150m: 1:51.44 38.46	350m: 4:26.57	38.86	550m: 7:01.19	38.30	750m: 9:33.38	37.89	
	200m: 2:30.46 39.02	400m: 5:05.49	38.92	600m: 7:39.62	38.43	800m: 10:09.34	35.96	
15.	ARAUJO Maria Clara	05	133482	Naval do Funchal	10:14.15		475	
	50m: 33.76 33.76	250m: 3:06.71	39.03	450m: 5:42.30	39.47	650m: 8:18.99	39.59	
	100m: 1:11.21 37.45	300m: 3:45.84	39.13	500m: 6:21.41	39.11	700m: 8:58.40	39.41	
	150m: 1:49.18 37.97	350m: 4:24.63	38.79	550m: 7:00.62	39.21	750m: 9:37.08	38.68	
	200m: 2:27.68 38.50	400m: 5:02.83	38.20	600m: 7:39.40	38.78	800m: 10:14.15	37.07	
16.	FRANCA Nicole Patriarca	05	153435	CPCD-Povoa St Iria	10:22.59		456	
	50m: 33.86 33.86	250m: 3:10.58	39.85	450m: 5:48.53	39.20	650m: 8:28.32	38.87	
	100m: 1:12.00 38.14	300m: 3:50.21	39.63	500m: 6:28.39	39.86	700m: 9:08.76	40.44	
	150m: 1:51.64 39.64	350m: 4:29.84	39.63	550m: 7:08.62	40.23	750m: 9:46.43	37.67	
	200m: 2:30.73 39.09	400m: 5:09.33	39.49	600m: 7:49.45	40.83	800m: 10:22.59	36.16	
17.	SALGADO Soraia Maria	05	132513	Fisica Torres Vedras	10:27.84		445	
	50m: 33.36 33.36	250m: 3:10.62	39.97	450m: 5:50.54	40.56	650m: 8:28.92	39.67	
	100m: 1:11.96 38.60	300m: 3:51.04	40.42	500m: 6:30.09	39.55	700m: 9:08.74	39.82	
	150m: 1:51.43 39.47	350m: 4:29.93	38.89	550m: 7:09.19	39.10	750m: 9:49.08	40.34	
	200m: 2:30.65 39.22	400m: 5:09.98	40.05	600m: 7:49.25	40.06	800m: 10:27.84	38.76	
18.	SANTOS Mariana Marques	05	150757	Geslours	10:29.17		442	
	50m: 34.87 34.87	250m: 3:10.42	39.14	450m: 5:48.57	39.96	650m: 8:28.45	39.88	
	100m: 1:12.90 38.03	300m: 3:49.44	39.02	500m: 6:28.69	40.12	700m: 9:09.03	40.58	
	150m: 1:51.80 38.90	350m: 4:29.02	39.58	550m: 7:08.52	39.83	750m: 9:49.69	40.66	
	200m: 2:31.28 39.48	400m: 5:08.61	39.59	600m: 7:48.57	40.05	800m: 10:29.17	39.48	

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	9:19.26		629	
	50m: 30.00 30.00	250m: 2:48.48	35.59	450m: 5:13.27	35.79	650m: 7:35.66	35.09	
	100m: 1:02.79 32.79	300m: 3:24.67	36.19	500m: 5:49.29	36.02	700m: 8:10.75	35.09	
	150m: 1:37.41 34.62	350m: 4:00.98	36.31	550m: 6:25.29	36.00	750m: 8:45.94	35.19	
	200m: 2:12.89 35.48	400m: 4:37.48	36.50	600m: 7:00.57	35.28	800m: 9:19.26	33.32	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 7, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	SANTOS Leonor Esteves	04	130603	Avancado EUL	9:19.66		628	
	50m: 32.63 32.63	250m: 2:54.65	35.67	450m: 5:16.80	35.53	650m: 7:38.03	35.43	
	100m: 1:07.88 35.25	300m: 3:30.15	35.50	500m: 5:51.99	35.19	700m: 8:13.11	35.08	
	150m: 1:43.49 35.61	350m: 4:05.66	35.51	550m: 6:27.58	35.59	750m: 8:47.35	34.24	
	200m: 2:18.98 35.49	400m: 4:41.27	35.61	600m: 7:02.60	35.02	800m: 9:19.66	32.31	
3.	VIANA Margarida Violante	04	132662	Bairro dos Anjos/ Leiria	9:28.55		599	
	50m: 32.60 32.60	250m: 2:56.70	36.22	450m: 5:20.02	35.71	650m: 7:43.57	36.04	
	100m: 1:08.14 35.54	300m: 3:32.26	35.56	500m: 5:55.61	35.59	700m: 8:19.27	35.70	
	150m: 1:44.14 36.00	350m: 4:08.37	36.11	550m: 6:31.66	36.05	750m: 8:54.55	35.28	
	200m: 2:20.48 36.34	400m: 4:44.31	35.94	600m: 7:07.53	35.87	800m: 9:28.55	34.00	
4.	INACIO Marta Macedo	04	132536	Sporting	9:34.63		580	
	50m: 32.37 32.37	250m: 2:55.84	36.21	450m: 5:21.19	36.22	650m: 7:46.60	36.41	
	100m: 1:07.42 35.05	300m: 3:31.98	36.14	500m: 5:57.60	36.41	700m: 8:22.93	36.33	
	150m: 1:43.39 35.97	350m: 4:08.52	36.54	550m: 6:34.05	36.45	750m: 8:59.67	36.74	
	200m: 2:19.63 36.24	400m: 4:44.97	36.45	600m: 7:10.19	36.14	800m: 9:34.63	34.96	
5.	FREIXIEIRO Beatriz Maria	04	201459	Rio Maior	9:36.58		574	
	50m: 32.16 32.16	250m: 2:57.35	36.41	450m: 5:23.59	36.67	650m: 7:49.91	36.73	
	100m: 1:07.44 35.28	300m: 3:33.91	36.56	500m: 6:00.03	36.44	700m: 8:26.29	36.38	
	150m: 1:44.09 36.65	350m: 4:10.49	36.58	550m: 6:36.64	36.61	750m: 9:02.43	36.14	
	200m: 2:20.94 36.85	400m: 4:46.92	36.43	600m: 7:13.18	36.54	800m: 9:36.58	34.15	
6.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	9:37.06		573	
	50m: 32.47 32.47	250m: 2:55.70	36.38	450m: 5:21.85	36.38	650m: 7:48.52	36.55	
	100m: 1:07.46 34.99	300m: 3:32.44	36.74	500m: 5:58.62	36.77	700m: 8:25.32	36.80	
	150m: 1:43.02 35.56	350m: 4:08.94	36.50	550m: 6:35.34	36.72	750m: 9:02.09	36.77	
	200m: 2:19.32 36.30	400m: 4:45.47	36.53	600m: 7:11.97	36.63	800m: 9:37.06	34.97	
7.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	9:45.10		549	
	50m: 32.37 32.37	250m: 2:56.69	36.52	450m: 5:24.44	37.09	650m: 7:53.81	37.29	
	100m: 1:08.16 35.79	300m: 3:33.40	36.71	500m: 6:01.67	37.23	700m: 8:31.27	37.46	
	150m: 1:44.04 35.88	350m: 4:10.30	36.90	550m: 6:39.15	37.48	750m: 9:08.44	37.17	
	200m: 2:20.17 36.13	400m: 4:47.35	37.05	600m: 7:16.52	37.37	800m: 9:45.10	36.66	
8.	ALVES Maria Francisca	04	132906	Bairro dos Anjos/ Leiria	9:45.34		549	
	50m: 32.35 32.35	250m: 2:57.24	36.87	450m: 5:26.07	36.91	650m: 7:55.36	37.33	
	100m: 1:07.64 35.29	300m: 3:34.43	37.19	500m: 6:03.24	37.17	700m: 8:32.82	37.46	
	150m: 1:44.01 36.37	350m: 4:11.76	37.33	550m: 6:40.38	37.14	750m: 9:10.33	37.51	
	200m: 2:20.37 36.36	400m: 4:49.16	37.40	600m: 7:18.03	37.65	800m: 9:45.34	35.01	
9.	COSTA Catarina Nunes	04	131376	Geslours	9:53.98		525	
	50m: 35.07 35.07	250m: 3:06.11	38.12	450m: 5:36.91	37.69	650m: 8:05.37	36.86	
	100m: 1:12.07 37.00	300m: 3:43.93	37.82	500m: 6:14.26	37.35	700m: 8:41.96	36.59	
	150m: 1:49.87 37.80	350m: 4:21.53	37.60	550m: 6:51.29	37.03	750m: 9:18.16	36.20	
	200m: 2:27.99 38.12	400m: 4:59.22	37.69	600m: 7:28.51	37.22	800m: 9:53.98	35.82	
10.	JESUS Leonor Santos	04	126749	Natacao de Olhao	9:54.85		523	
	50m: 33.03 33.03	250m: 2:58.51	36.50	450m: 5:30.84	37.85	650m: 8:03.08	37.35	
	100m: 1:09.03 36.00	300m: 3:36.12	37.61	500m: 6:09.58	38.74	700m: 8:41.81	38.73	
	150m: 1:45.47 36.44	350m: 4:14.69	38.57	550m: 6:47.49	37.91	750m: 9:19.24	37.43	
	200m: 2:22.01 36.54	400m: 4:52.99	38.30	600m: 7:25.73	38.24	800m: 9:54.85	35.61	
11.	LOPES Raquel Raposo	04	153469	Cova da Piedade	9:55.41		521	
	50m: 34.17 34.17	250m: 3:05.02	37.85	450m: 5:35.81	37.32	650m: 8:05.52	37.58	
	100m: 1:11.07 36.90	300m: 3:42.88	37.86	500m: 6:13.09	37.28	700m: 8:43.06	37.54	
	150m: 1:49.16 38.09	350m: 4:20.96	38.08	550m: 6:50.60	37.51	750m: 9:20.14	37.08	
	200m: 2:27.17 38.01	400m: 4:58.49	37.53	600m: 7:27.94	37.34	800m: 9:55.41	35.27	
12.	PEDRO Daniela Alexandra	04	130864	Sporting	9:56.19		519	
	50m: 33.90 33.90	250m: 3:05.13	37.57	450m: 5:36.48	38.02	650m: 8:08.18	37.33	
	100m: 1:11.41 37.51	300m: 3:42.97	37.84	500m: 6:15.19	38.71	700m: 8:44.80	36.62	
	150m: 1:49.27 37.86	350m: 4:20.91	37.94	550m: 6:52.88	37.69	750m: 9:22.46	37.66	
	200m: 2:27.56 38.29	400m: 4:58.46	37.55	600m: 7:30.85	37.97	800m: 9:56.19	33.73	

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Prova 7, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	PEREIRA Anais Cloe	04	147048	Sporting	10:02.74		502	
	50m: 34.12 34.12	250m: 3:05.23	37.94	450m: 5:37.73	38.60	650m: 8:10.71	37.74	
	100m: 1:11.40 37.28	300m: 3:43.19	37.96	500m: 6:16.14	38.41	700m: 8:48.75	38.04	
	150m: 1:49.52 38.12	350m: 4:21.39	38.20	550m: 6:54.59	38.45	750m: 9:26.88	38.13	
	200m: 2:27.29 37.77	400m: 4:59.13	37.74	600m: 7:32.97	38.38	800m: 10:02.74	35.86	
14.	NARRA Vera Figueiredo	04	131121	Amadora	10:03.30		501	
	50m: 33.30 33.30	250m: 3:04.39	38.00	450m: 5:36.56	38.58	650m: 8:09.40	38.58	
	100m: 1:10.30 37.00	300m: 3:41.99	37.60	500m: 6:14.61	38.05	700m: 8:47.78	38.38	
	150m: 1:48.15 37.85	350m: 4:20.32	38.33	550m: 6:52.99	38.38	750m: 9:26.10	38.32	
	200m: 2:26.39 38.24	400m: 4:57.98	37.66	600m: 7:30.82	37.83	800m: 10:03.30	37.20	
15.	MIRA Leonor Maria	04	130557	BUZIOS-Coruche	10:03.83		500	
	50m: 33.27 33.27	250m: 3:05.82	37.82	450m: 5:38.41	38.23	650m: 8:11.69	38.26	
	100m: 1:10.74 37.47	300m: 3:43.77	37.95	500m: 6:16.59	38.18	700m: 8:49.79	38.10	
	150m: 1:49.14 38.40	350m: 4:22.35	38.58	550m: 6:54.89	38.30	750m: 9:27.78	37.99	
	200m: 2:28.00 38.86	400m: 5:00.18	37.83	600m: 7:33.43	38.54	800m: 10:03.83	36.05	
16.	GERALDES Madalena Graca	04	131511	Sporting	10:06.37		493	
	50m: 33.79 33.79	250m: 3:05.25	37.98	450m: 5:38.05	37.95	650m: 8:11.83	38.49	
	100m: 1:11.00 37.21	300m: 3:43.19	37.94	500m: 6:16.28	38.23	700m: 8:50.58	38.75	
	150m: 1:49.39 38.39	350m: 4:21.68	38.49	550m: 6:55.02	38.74	750m: 9:29.02	38.44	
	200m: 2:27.27 37.88	400m: 5:00.10	38.42	600m: 7:33.34	38.32	800m: 10:06.37	37.35	
17.	REIS Maria Joao	04	129248	Nautico Marinha Grande	10:09.31		486	
	50m: 34.44 34.44	250m: 3:07.53	38.20	450m: 5:41.61	38.64	650m: 8:16.30	38.38	
	100m: 1:12.11 37.67	300m: 3:45.61	38.08	500m: 6:20.77	39.16	700m: 8:54.61	38.31	
	150m: 1:50.74 38.63	350m: 4:23.93	38.32	550m: 6:59.84	39.07	750m: 9:32.97	38.36	
	200m: 2:29.33 38.59	400m: 5:02.97	39.04	600m: 7:37.92	38.08	800m: 10:09.31	36.34	
18.	GUTERRES Mariana Fragoso	04	200475	Benfica	10:13.31		477	
	50m: 33.89 33.89	250m: 3:04.30	37.80	450m: 5:38.62	38.70	650m: 8:16.39	39.58	
	100m: 1:11.01 37.12	300m: 3:42.89	38.59	500m: 6:17.54	38.92	700m: 8:55.44	39.05	
	150m: 1:48.57 37.56	350m: 4:21.17	38.28	550m: 6:57.43	39.89	750m: 9:34.78	39.34	
	200m: 2:26.50 37.93	400m: 4:59.92	38.75	600m: 7:36.81	39.38	800m: 10:13.31	38.53	
19.	MENDES Ana Sebastiao	04	129455	Portinado	10:18.70		465	
	50m: 37.26 37.26	250m: 3:09.11	38.59	450m: 5:44.96	38.83	650m: 8:22.01	38.81	
	100m: 1:14.17 36.91	300m: 3:47.79	38.68	500m: 6:24.40	39.44	700m: 9:01.68	39.67	
	150m: 1:51.82 37.65	350m: 4:26.95	39.16	550m: 7:03.75	39.35	750m: 9:40.59	38.91	
	200m: 2:30.52 38.70	400m: 5:06.13	39.18	600m: 7:43.20	39.45	800m: 10:18.70	38.11	
20.	SOUSA Joana Francisca	04	130520	Sao Roque	10:20.70		460	
	50m: 33.76 33.76	250m: 3:07.68	38.81	450m: 5:44.57	39.22	650m: 8:23.86	40.17	
	100m: 1:11.74 37.98	300m: 3:46.69	39.01	500m: 6:23.97	39.40	700m: 9:03.66	39.80	
	150m: 1:50.25 38.51	350m: 4:25.71	39.02	550m: 7:03.69	39.72	750m: 9:43.16	39.50	
	200m: 2:28.87 38.62	400m: 5:05.35	39.64	600m: 7:43.69	40.00	800m: 10:20.70	37.54	