

Prova 1	Femin., 800m Livres				Absolutos
30-11-2019 - 9:00					Resultados
Rec Nac Absoluto	8:23.23	DURAES Diana Margarida	SLB	Felgueiras	23-12-2018
Rec Nac Sen	8:23.23	DURAES Diana Margarida	SLB	Felgueiras	23-12-2018
Rec Nac Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13-12-2015
Rec Nac Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21-12-2014
Rec Nac Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19-12-2004
Rec Nac Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibbes (FRA)	20-12-1980
Rec Nac Inf A	9:03.90	SILVA Alexandra Maria	FCP	Porto	13-07-1980
Rec Nac Inf B	9:33.95	RUIVO Filipa Vilas	DNMG	Nazaré	16-05-2009

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	130603	Avancado EUL	9:10.36	+0,84	660	33,0(-)
	50m: 32.41 32.41			250m: 2:51.47 35.22	450m: 5:11.55 34.79	650m: 7:29.59 34.54		
	100m: 1:06.97 34.56			300m: 3:26.52 35.05	500m: 5:46.07 34.52	700m: 8:04.20 34.61		
	150m: 1:41.74 34.77			350m: 4:01.67 35.15	550m: 6:20.43 34.36	750m: 8:38.18 33.98		
	200m: 2:16.25 34.51			400m: 4:36.76 35.09	600m: 6:55.05 34.62	800m: 9:10.36 32.18		
2.	CONCEICAO Ema Jeronimo	03	129812	Fisica Torres Vedras	9:16.25	+0,77	639	31,0(-)
	50m: 31.71 31.71			250m: 2:51.61 35.18	450m: 5:11.87 35.06	650m: 7:33.65 35.53		
	100m: 1:06.69 34.98			300m: 3:26.61 35.00	500m: 5:46.95 35.08	700m: 8:08.83 35.18		
	150m: 1:41.62 34.93			350m: 4:01.56 34.95	550m: 6:22.43 35.48	750m: 8:43.93 35.10		
	200m: 2:16.43 34.81			400m: 4:36.81 35.25	600m: 6:58.12 35.69	800m: 9:16.25 32.32		
3.	ROSA Mariana Carmo	05	130218	Louzan Natacao/EFAPEL	9:16.47	+0,76	639	30,0(-)
	50m: 32.29 32.29			250m: 2:51.23 35.03	450m: 5:12.39 35.31	650m: 7:33.61 35.34		
	100m: 1:06.39 34.10			300m: 3:26.32 35.09	500m: 5:47.67 35.28	700m: 8:09.09 35.48		
	150m: 1:41.20 34.81			350m: 4:01.72 35.40	550m: 6:23.05 35.38	750m: 8:44.19 35.10		
	200m: 2:16.20 35.00			400m: 4:37.08 35.36	600m: 6:58.27 35.22	800m: 9:16.47 32.28		
4.	GASPAR Beatriz Ferreira	04	126345	Uniao Coimbra	9:33.67	+0,77	583	29,0(-)
	50m: 31.75 31.75			250m: 2:54.06 35.71	450m: 5:20.08 36.59	650m: 7:45.77 36.17		
	100m: 1:06.99 35.24			300m: 3:30.11 36.05	500m: 5:56.86 36.78	700m: 8:22.92 37.15		
	150m: 1:42.52 35.53			350m: 4:06.68 36.57	550m: 6:33.79 36.93	750m: 8:58.91 35.99		
	200m: 2:18.35 35.83			400m: 4:43.49 36.81	600m: 7:09.60 35.81	800m: 9:33.67 34.76		
5.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	9:42.76	+0,81	556	28,0(-)
	50m: 32.55 32.55			250m: 2:57.87 36.78	450m: 5:26.05 37.10	650m: 7:54.61 37.05		
	100m: 1:08.03 35.48			300m: 3:34.99 37.12	500m: 6:03.72 37.67	700m: 8:31.23 36.62		
	150m: 1:44.41 36.38			350m: 4:11.93 36.94	550m: 6:40.58 36.86	750m: 9:07.84 36.61		
	200m: 2:21.09 36.68			400m: 4:48.95 37.02	600m: 7:17.56 36.98	800m: 9:42.76 34.92		
6.	LIGEIRO Daniela Silva	04	127210	Viana Natacao	9:47.02	+0,72	544	27,0(-)
	50m: 32.38 32.38			250m: 2:58.51 36.98	450m: 5:26.94 37.22	650m: 7:55.91 36.97		
	100m: 1:08.13 35.75			300m: 3:35.84 37.33	500m: 6:04.12 37.18	700m: 8:33.17 37.26		
	150m: 1:44.71 36.58			350m: 4:12.83 36.99	550m: 6:41.30 37.18	750m: 9:10.34 37.17		
	200m: 2:21.53 36.82			400m: 4:49.72 36.89	600m: 7:18.94 37.64	800m: 9:47.02 36.68		
7.	NIZA Beatriz Mocego	06	148435	Amadora	9:48.98	+0,89	539	26,0(-)
	50m: 32.85 32.85			250m: 2:57.86 36.85	450m: 5:28.36 37.70	650m: 7:58.15 37.34		
	100m: 1:08.52 35.67			300m: 3:35.52 37.66	500m: 6:06.14 37.78	700m: 8:36.07 37.92		
	150m: 1:44.68 36.16			350m: 4:13.04 37.52	550m: 6:43.53 37.39	750m: 9:13.32 37.25		
	200m: 2:21.01 36.33			400m: 4:50.66 37.62	600m: 7:20.81 37.28	800m: 9:48.98 35.66		
8.	NUNES Rita Sofia	05	129103	Colegio Efanor	9:51.52	+0,97	532	25,0(-)
	50m: 32.67 32.67			250m: 3:00.75 37.72	450m: 5:31.60 37.99	650m: 8:01.94 37.66		
	100m: 1:09.00 36.33			300m: 3:38.17 37.42	500m: 6:09.20 37.60	700m: 8:39.41 37.47		
	150m: 1:45.90 36.90			350m: 4:15.81 37.64	550m: 6:46.66 37.46	750m: 9:16.47 37.06		
	200m: 2:23.03 37.13			400m: 4:53.61 37.80	600m: 7:24.28 37.62	800m: 9:51.52 35.05		
9.	FERREIRA Catarina Trigo	02	124523	Natacao de Lisboa	9:54.64	+0,76	523	24,0(-)
	50m: 32.41 32.41			250m: 3:00.15 37.49	450m: 5:31.87 38.07	650m: 8:03.17 37.96		
	100m: 1:08.39 35.98			300m: 3:37.99 37.84	500m: 6:09.48 37.61	700m: 8:41.47 38.30		
	150m: 1:45.51 37.12			350m: 4:15.81 37.82	550m: 6:47.35 37.87	750m: 9:18.69 37.22		
	200m: 2:22.66 37.15			400m: 4:53.80 37.99	600m: 7:25.21 37.86	800m: 9:54.64 35.95		

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	PARRA Joana Santos	06	132301	Natacao Olhao	9:55.42	+1,05	521	23,0(-)
	50m: 32.29 32.29			250m: 3:00.33 38.03	450m: 5:31.69 38.19	650m: 8:03.08 38.35		
	100m: 1:08.08 35.79			300m: 3:38.18 37.85	500m: 6:09.81 38.12	700m: 8:41.89 38.81		
	150m: 1:44.89 36.81			350m: 4:16.43 38.25	550m: 6:47.51 37.70	750m: 9:19.27 37.38		
	200m: 2:22.30 37.41			400m: 4:53.50 37.07	600m: 7:24.73 37.22	800m: 9:55.42 36.15		
11.	RAMOS Joana Barbas	06	153484	Gafanha da Encarnacao	9:55.48	+0,77	521	22,0(-)
	50m: 34.46 34.46			250m: 3:03.68 37.29	450m: 5:33.95 37.71	650m: 8:04.18 36.80		
	100m: 1:11.70 37.24			300m: 3:41.24 37.56	500m: 6:11.48 37.53	700m: 8:42.12 37.94		
	150m: 1:48.93 37.23			350m: 4:18.69 37.45	550m: 6:49.68 38.20	750m: 9:19.89 37.77		
	200m: 2:26.39 37.46			400m: 4:56.24 37.55	600m: 7:27.38 37.70	800m: 9:55.48 35.59		
12.	BARAO Margarida Carvalho	04	130241	Colegio Vasco da Gama	10:02.92	+0,73	502	21,0(-)
	50m: 32.88 32.88			250m: 3:01.79 37.78	450m: 5:34.80 37.84	650m: 8:09.56 38.89		
	100m: 1:09.14 36.26			300m: 3:40.37 38.58	500m: 6:13.07 38.27	700m: 8:48.64 39.08		
	150m: 1:46.24 37.10			350m: 4:18.52 38.15	550m: 6:51.84 38.77	750m: 9:26.67 38.03		
	200m: 2:24.01 37.77			400m: 4:56.96 38.44	600m: 7:30.67 38.83	800m: 10:02.92 36.25		
13.	COSTA Maria Jardim	06	205248	Desportivo Nacional	10:05.26	+0,80	496	20,0(-)
	50m: 32.51 32.51			250m: 3:00.33 37.80	450m: 5:32.86 38.40	650m: 8:09.01 39.22		
	100m: 1:08.60 36.09			300m: 3:38.41 38.08	500m: 6:11.32 38.46	700m: 8:48.51 39.50		
	150m: 1:45.52 36.92			350m: 4:16.14 37.73	550m: 6:50.40 39.08	750m: 9:27.70 39.19		
	200m: 2:22.53 37.01			400m: 4:54.46 38.32	600m: 7:29.79 39.39	800m: 10:05.26 37.56		
14.	PACHECO Maria Manuel	03	120072	Bombeiros Ponta Delgada	10:06.49	+0,74	493	19,0(-)
	50m: 32.29 32.29			250m: 2:58.46 37.64	450m: 5:33.52 39.47	650m: 8:10.95 39.26		
	100m: 1:07.42 35.13			300m: 3:36.40 37.94	500m: 6:13.01 39.49	700m: 8:50.11 39.16		
	150m: 1:43.72 36.30			350m: 4:14.95 38.55	550m: 6:52.28 39.27	750m: 9:28.96 38.85		
	200m: 2:20.82 37.10			400m: 4:54.05 39.10	600m: 7:31.69 39.41	800m: 10:06.49 37.53		
15.	HENRIQUES Maria Vitoria	03	128311	Fafe	10:06.74	+0,85	493	18,0(-)
	50m: 32.91 32.91			250m: 3:02.14 38.22	450m: 5:37.06 38.69	650m: 8:13.50 38.79		
	100m: 1:09.50 36.59			300m: 3:40.69 38.55	500m: 6:16.24 39.18	700m: 8:52.13 38.63		
	150m: 1:46.52 37.02			350m: 4:19.52 38.83	550m: 6:55.80 39.56	750m: 9:30.47 38.34		
	200m: 2:23.92 37.40			400m: 4:58.37 38.85	600m: 7:34.71 38.91	800m: 10:06.74 36.27		
16.	MACHADO Raquel Cruz	03	124869	Estamos Juntos	10:11.21	+0,73	482	17,0(-)
	50m: 33.01 33.01			250m: 3:05.49 38.28	450m: 5:39.92 38.43	650m: 8:16.78 38.90		
	100m: 1:10.16 37.15			300m: 3:43.79 38.30	500m: 6:19.25 39.33	700m: 8:55.25 38.47		
	150m: 1:48.55 38.39			350m: 4:22.68 38.89	550m: 6:58.39 39.14	750m: 9:33.76 38.51		
	200m: 2:27.21 38.66			400m: 5:01.49 38.81	600m: 7:37.88 39.49	800m: 10:11.21 37.45		
17.	SILVA Sofia Oliveira	99	121399	Naval Setubalense	10:13.00	+0,80	478	16,0(-)
	50m: 31.87 31.87			250m: 3:04.28 38.58	450m: 5:39.37 38.68	650m: 8:16.47 39.13		
	100m: 1:08.05 36.18			300m: 3:43.14 38.86	500m: 6:18.57 39.20	700m: 8:56.24 39.77		
	150m: 1:46.47 38.42			350m: 4:22.39 39.25	550m: 6:57.77 39.20	750m: 9:35.71 39.47		
	200m: 2:25.70 39.23			400m: 5:00.69 38.30	600m: 7:37.34 39.57	800m: 10:13.00 37.29		
18.	CRUZ Cintia Cristina	02	123674	Alcobaca	10:14.83	+0,83	473	15,0(-)
	50m: 33.87 33.87			250m: 3:08.10 39.11	450m: 5:43.66 38.98	650m: 8:19.63 39.08		
	100m: 1:11.45 37.58			300m: 3:47.00 38.90	500m: 6:22.69 39.03	700m: 8:58.92 39.29		
	150m: 1:50.02 38.57			350m: 4:25.88 38.88	550m: 7:01.70 39.01	750m: 9:37.61 38.69		
	200m: 2:28.99 38.97			400m: 5:04.68 38.80	600m: 7:40.55 38.85	800m: 10:14.83 37.22		
19.	SILVA Mariana Azevedo	05	132296	Sanjoanense/FEPSA	10:16.98	+1,09	468	14,0(-)
	50m: 33.63 33.63			250m: 3:08.03 39.03	450m: 5:43.66 39.15	650m: 8:21.67 39.45		
	100m: 1:11.49 37.86			300m: 3:46.68 38.65	500m: 6:23.18 39.52	700m: 9:01.39 39.72		
	150m: 1:50.47 38.98			350m: 4:25.72 39.04	550m: 7:03.06 39.88	750m: 9:40.77 39.38		
	200m: 2:29.00 38.53			400m: 5:04.51 38.79	600m: 7:42.22 39.16	800m: 10:16.98 36.21		
20.	BALL Marianna Thais	05	205698	Natacao de Lagos	10:18.69	+0,98	465	13,0(-)
	50m: 33.70 33.70			250m: 3:07.34 38.99	450m: 5:42.56 39.89	650m: 8:20.19 39.04		
	100m: 1:10.57 36.87			300m: 3:45.16 37.82	500m: 6:23.20 40.64	700m: 8:59.94 39.75		
	150m: 1:49.28 38.71			350m: 4:23.61 38.45	550m: 7:02.91 39.71	750m: 9:38.93 38.99		
	200m: 2:28.35 39.07			400m: 5:02.67 39.06	600m: 7:41.15 38.24	800m: 10:18.69 39.76		

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	ARAUJO Maria Clara	05	133482	Naval do Funchal	10:19.82	+0,68	462	12,0(-)
	50m: 32.86 32.86		250m: 3:05.57 39.18	450m: 5:43.78 39.68	650m: 8:22.51 39.55			
	100m: 1:09.84 36.98		300m: 3:44.50 38.93	500m: 6:23.25 39.47	700m: 9:02.51 40.00			
	150m: 1:47.75 37.91		350m: 4:23.98 39.48	550m: 7:02.83 39.58	750m: 9:42.31 39.80			
	200m: 2:26.39 38.64		400m: 5:04.10 40.12	600m: 7:42.96 40.13	800m: 10:19.82 37.51			
22.	CASTRO Maria Joao	04	125702	Sporting de Aveiro	10:23.64	+0,86	454	11,0(-)
	50m: 34.82 34.82		250m: 3:10.65 39.16	450m: 5:48.95 39.75	650m: 8:25.74 39.82			
	100m: 1:12.89 38.07		300m: 3:50.33 39.68	500m: 6:28.03 39.08	700m: 9:05.96 40.22			
	150m: 1:52.15 39.26		350m: 4:29.75 39.42	550m: 7:06.56 38.53	750m: 9:46.29 40.33			
	200m: 2:31.49 39.34		400m: 5:09.20 39.45	600m: 7:45.92 39.36	800m: 10:23.64 37.35			
23.	LOURA Raquel Maria	06	201341	Natacao de Faro	10:30.64	+0,78	439	10,0(-)
	50m: 32.93 32.93		250m: 3:10.36 40.31	450m: 5:52.49 41.23	650m: 8:33.48 39.93			
	100m: 1:10.87 37.94		300m: 3:50.46 40.10	500m: 6:32.93 40.44	700m: 9:13.83 40.35			
	150m: 1:50.55 39.68		350m: 4:31.07 40.61	550m: 7:13.35 40.42	750m: 9:53.35 39.52			
	200m: 2:30.05 39.50		400m: 5:11.26 40.19	600m: 7:53.55 40.20	800m: 10:30.64 37.29			
24.	PAULA Alexandra Ribeiro	93	13865	Natacao de Beja	10:33.04	+0,85	434	9,0(-)
	50m: 32.86 32.86		250m: 3:05.61 39.11	450m: 5:47.55 40.61	650m: 8:31.47 40.90			
	100m: 1:09.67 36.81		300m: 3:45.70 40.09	500m: 6:28.36 40.81	700m: 9:12.91 41.44			
	150m: 1:47.55 37.88		350m: 4:26.12 40.42	550m: 7:09.09 40.73	750m: 9:53.97 41.06			
	200m: 2:26.50 38.95		400m: 5:06.94 40.82	600m: 7:50.57 41.48	800m: 10:33.04 39.07			
25.	CUNHA Sofia Simao	06	201905	Pimpoes/Cimai	10:33.44	+0,94	433	8,0(-)
	50m: 34.49 34.49		250m: 3:10.34 39.39	450m: 5:49.29 39.68	650m: 8:30.49 40.81			
	100m: 1:12.50 38.01		300m: 3:50.05 39.71	500m: 6:28.99 39.70	700m: 9:11.31 40.82			
	150m: 1:51.80 39.30		350m: 4:29.86 39.81	550m: 7:09.18 40.19	750m: 9:52.91 41.60			
	200m: 2:30.95 39.15		400m: 5:09.61 39.75	600m: 7:49.68 40.50	800m: 10:33.44 40.53			
26.	ROSA Sara Henriques	05	129112	Nucleo Sporting da Terceira	10:35.48	+0,84	429	7,0(-)
	50m: 33.64 33.64		250m: 3:05.48 38.50	450m: 5:44.59 40.51	650m: 8:31.72 42.47			
	100m: 1:10.32 36.68		300m: 3:44.56 39.08	500m: 6:26.29 41.70	700m: 9:14.25 42.53			
	150m: 1:48.64 38.32		350m: 4:24.49 39.93	550m: 7:07.40 41.11	750m: 9:56.26 42.01			
	200m: 2:26.98 38.34		400m: 5:04.08 39.59	600m: 7:49.25 41.85	800m: 10:35.48 39.22			
27.	FERNANDES Ines Goncalves	06	132489	Nautico Abrantes	10:36.10	+0,74	427	6,0(-)
	50m: 33.77 33.77		250m: 3:08.97 40.31	450m: 5:49.99 40.53	650m: 8:34.25 41.65			
	100m: 1:10.54 36.77		300m: 3:49.06 40.09	500m: 6:30.64 40.65	700m: 9:15.28 41.03			
	150m: 1:49.15 38.61		350m: 4:29.40 40.34	550m: 7:11.75 41.11	750m: 9:55.82 40.54			
	200m: 2:28.66 39.51		400m: 5:09.46 40.06	600m: 7:52.60 40.85	800m: 10:36.10 40.28			
28.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	10:37.29	+0,99	425	5,0(-)
	50m: 34.10 34.10		250m: 3:14.66 41.04	450m: 5:55.94 40.62	650m: 8:37.56 40.29			
	100m: 1:12.76 38.66		300m: 3:54.41 39.75	500m: 6:35.88 39.94	700m: 9:17.61 40.05			
	150m: 1:52.90 40.14		350m: 4:35.33 40.92	550m: 7:16.45 40.57	750m: 9:58.43 40.82			
	200m: 2:33.62 40.72		400m: 5:15.32 39.99	600m: 7:57.27 40.82	800m: 10:37.29 38.86			
29.	GOMES Maria Isabel	06	202295	Naval de Ponta Delgada	10:38.93	+0,85	422	4,0(-)
	50m: 34.76 34.76		250m: 3:13.71 40.43	450m: 5:57.20 40.79	650m: 8:41.55 40.52			
	100m: 1:13.28 38.52		300m: 3:54.21 40.50	500m: 6:38.63 41.43	700m: 9:21.86 40.31			
	150m: 1:53.40 40.12		350m: 4:35.36 41.15	550m: 7:19.68 41.05	750m: 10:01.58 39.72			
	200m: 2:33.28 39.88		400m: 5:16.41 41.05	600m: 8:01.03 41.35	800m: 10:38.93 37.35			
30.	MARQUES Marta Hermenegildo	05	148605	Litoral Alentejano	10:42.07	+0,87	416	3,0(-)
	50m: 34.62 34.62		250m: 3:14.32 40.20	450m: 5:58.02 41.03	650m: 8:42.45 41.17			
	100m: 1:13.36 38.74		300m: 3:55.16 40.84	500m: 6:39.43 41.41	700m: 9:23.27 40.82			
	150m: 1:53.61 40.25		350m: 4:36.00 40.84	550m: 7:20.78 41.35	750m: 10:03.45 40.18			
	200m: 2:34.12 40.51		400m: 5:16.99 40.99	600m: 8:01.28 40.50	800m: 10:42.07 38.62			
31.	PASSOS Margarida Jesus	05	200219	Portinado	10:57.23	+1,05	387	2,0(-)
	50m: 34.30 34.30		250m: 3:14.98 40.69	450m: 6:01.65 41.91	650m: 8:51.75 42.36			
	100m: 1:13.39 39.09		300m: 3:56.51 41.53	500m: 6:44.14 42.49	700m: 9:34.51 42.76			
	150m: 1:53.62 40.23		350m: 4:37.86 41.35	550m: 7:26.47 42.33	750m: 10:16.92 42.41			
	200m: 2:34.29 40.67		400m: 5:19.74 41.88	600m: 8:09.39 42.92	800m: 10:57.23 40.31			

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts				
32.	MARCALO Maria Duarte	07	204390	Palmela	12:10.56	+0,85	282	1,0(-				
	50m:	37.57	37.57	250m:	3:40.49	45.54	450m:	6:48.90	48.04	650m:	9:57.06	46.27
	100m:	1:20.98	43.41	300m:	4:26.80	46.31	500m:	7:35.95	47.05	700m:	10:44.10	47.04
	150m:	2:07.09	46.11	350m:	5:13.68	46.88	550m:	8:22.91	46.96	750m:	11:29.20	45.10
	200m:	2:54.95	47.86	400m:	6:00.86	47.18	600m:	9:10.79	47.88	800m:	12:10.56	41.36

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