

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34
01/08/2021 - 18:50

Femin., 800m Livres

Juvenis B
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10/09/1981

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	9:47.19	+0,82	562	
	50m: 33.28 33.28	250m: 2:59.31 36.34	450m: 5:26.85 36.94	650m: 7:56.11 37.46			
	100m: 1:09.49 36.21	300m: 3:36.49 37.18	500m: 6:04.10 37.25	700m: 8:33.70 37.59			
	150m: 1:46.15 36.66	350m: 4:13.28 36.79	550m: 6:41.35 37.25	750m: 9:11.17 37.47			
	200m: 2:22.97 36.82	400m: 4:49.91 36.63	600m: 7:18.65 37.30	800m: 9:47.19 36.02			
2.	PINTO Margarida Vieira	07	Braga	9:58.91	+0,74	530	
	50m: 32.77 32.77	250m: 3:02.70 38.10	450m: 5:35.53 38.09	650m: 8:07.28 38.13			
	100m: 1:09.31 36.54	300m: 3:40.68 37.98	500m: 6:13.41 37.88	700m: 8:45.34 38.06			
	150m: 1:46.74 37.43	350m: 4:19.12 38.44	550m: 6:51.41 38.00	750m: 9:22.92 37.58			
	200m: 2:24.60 37.86	400m: 4:57.44 38.32	600m: 7:29.15 37.74	800m: 9:58.91 35.99			
3.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	9:59.26	+0,86	529	
	50m: 33.60 33.60	250m: 3:02.64 37.64	450m: 5:33.41 38.13	650m: 8:06.65 38.41			
	100m: 1:09.94 36.34	300m: 3:40.11 37.47	500m: 6:11.66 38.25	700m: 8:44.77 38.12			
	150m: 1:47.61 37.67	350m: 4:17.63 37.52	550m: 6:50.15 38.49	750m: 9:22.88 38.11			
	200m: 2:25.00 37.39	400m: 4:55.28 37.65	600m: 7:28.24 38.09	800m: 9:59.26 36.38			
4.	VIANA Matilde Violante	07	Ba-Leiria	10:05.76	+0,82	512	
	50m: 34.60 34.60	250m: 3:07.84 38.44	450m: 5:41.73 38.33	650m: 8:14.74 38.21			
	100m: 1:12.06 37.46	300m: 3:46.38 38.54	500m: 6:19.22 37.49	700m: 8:51.99 37.25			
	150m: 1:50.76 38.70	350m: 4:25.11 38.73	550m: 6:57.34 38.12	750m: 9:30.68 38.69			
	200m: 2:29.40 38.64	400m: 5:03.40 38.29	600m: 7:36.53 39.19	800m: 10:05.76 35.08			
5.	RODRIGUES Leonor Carreiro	07	Benfica	10:06.05	+0,68	511	
	50m: 34.68 34.68	250m: 3:04.52 37.59	450m: 5:38.07 38.40	650m: 8:12.85 38.58			
	100m: 1:11.93 37.25	300m: 3:42.93 38.41	500m: 6:16.66 38.59	700m: 8:51.61 38.76			
	150m: 1:49.24 37.31	350m: 4:21.18 38.25	550m: 6:55.29 38.63	750m: 9:29.53 37.92			
	200m: 2:26.93 37.69	400m: 4:59.67 38.49	600m: 7:34.27 38.98	800m: 10:06.05 36.52			
6.	LOURO Beatriz Silva	07	Louletano/Loule Concelho	10:09.63	+0,80	502	
	50m: 33.29 33.29	250m: 3:02.90 38.04	450m: 5:38.13 38.76	650m: 8:14.30 38.80			
	100m: 1:10.01 36.72	300m: 3:41.49 38.59	500m: 6:17.12 38.99	700m: 8:53.38 39.08			
	150m: 1:47.03 37.02	350m: 4:20.17 38.68	550m: 6:56.00 38.88	750m: 9:31.81 38.43			
	200m: 2:24.86 37.83	400m: 4:59.37 39.20	600m: 7:35.50 39.50	800m: 10:09.63 37.82			
7.	ALVES Sara Sofia	07	Naval Setubalense	10:17.62	+0,80	483	
	50m: 34.33 34.33	250m: 3:09.14 39.17	450m: 5:45.36 39.25	650m: 8:22.24 39.22			
	100m: 1:12.26 37.93	300m: 3:47.92 38.78	500m: 6:24.61 39.25	700m: 9:01.25 39.01			
	150m: 1:51.10 38.84	350m: 4:26.94 39.02	550m: 7:03.85 39.24	750m: 9:40.06 38.81			
	200m: 2:29.97 38.87	400m: 5:06.11 39.17	600m: 7:43.02 39.17	800m: 10:17.62 37.56			
8.	FERNANDES Leonor Garcia	07	O Crasto	10:25.61	+0,91	465	
	50m: 34.71 34.71	250m: 3:11.76 40.07	450m: 5:51.26 40.16	650m: 8:30.05 39.83			
	100m: 1:13.00 38.29	300m: 3:51.49 39.73	500m: 6:30.61 39.35	700m: 9:09.73 39.68			
	150m: 1:51.78 38.78	350m: 4:31.04 39.55	550m: 7:10.43 39.82	750m: 9:48.58 38.85			
	200m: 2:31.69 39.91	400m: 5:11.10 40.06	600m: 7:50.22 39.79	800m: 10:25.61 37.03			
9.	SANTOS Leonor Castanho	07	Sporting	10:26.17	+0,70	464	
	50m: 34.78 34.78	250m: 3:11.20 39.66	450m: 5:50.47 39.33	650m: 8:28.77 39.18			
	100m: 1:12.76 37.98	300m: 3:51.37 40.17	500m: 6:30.36 39.89	700m: 9:08.87 40.10			
	150m: 1:51.74 38.98	350m: 4:31.09 39.72	550m: 7:09.58 39.22	750m: 9:48.30 39.43			
	200m: 2:31.54 39.80	400m: 5:11.14 40.05	600m: 7:49.59 40.01	800m: 10:26.17 37.87			

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PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MACEDO Laura Pinheiro	07	Albicastrense	10:26.57	+0,83	463	
	50m: 34.52 34.52	250m: 3:11.74 39.84	450m: 5:51.81 40.21	650m: 8:31.68 39.16			
	100m: 1:12.81 38.29	300m: 3:51.55 39.81	500m: 6:31.61 39.80	700m: 9:10.89 39.21			
	150m: 1:52.26 39.45	350m: 4:31.28 39.73	550m: 7:11.59 39.98	750m: 9:50.12 39.23			
	200m: 2:31.90 39.64	400m: 5:11.60 40.32	600m: 7:52.52 40.93	800m: 10:26.57 36.45			
11.	GOMES Rita Cunha	07	Viana Natacao	10:30.88	+1,04	453	
	50m: 33.93 33.93	250m: 3:07.09 40.01	450m: 5:49.48 40.60	650m: 8:32.00 40.71			
	100m: 1:10.22 36.29	300m: 3:47.15 40.06	500m: 6:30.55 41.07	700m: 9:11.86 39.86			
	150m: 1:48.22 38.00	350m: 4:28.02 40.87	550m: 7:11.30 40.75	750m: 9:52.26 40.40			
	200m: 2:27.08 38.86	400m: 5:08.88 40.86	600m: 7:51.29 39.99	800m: 10:30.88 38.62			
12.	RODRIGUES Catarina Ferreira	07	Geslours	10:31.59	+0,76	452	
	50m: 34.84 34.84	250m: 3:12.60 39.82	450m: 5:52.64 39.73	650m: 8:34.95 40.54			
	100m: 1:13.69 38.85	300m: 3:52.90 40.30	500m: 6:33.10 40.46	700m: 9:15.35 40.40			
	150m: 1:53.08 39.39	350m: 4:32.73 39.83	550m: 7:14.11 41.01	750m: 9:53.53 38.18			
	200m: 2:32.78 39.70	400m: 5:12.91 40.18	600m: 7:54.41 40.30	800m: 10:31.59 38.06			
13.	SANTOS Leonor Costa	07	Galitos/ Bresimar	10:45.48	+0,96	423	
	50m: 35.31 35.31	250m: 3:13.90 40.46	450m: 5:58.17 41.19	650m: 8:43.80 41.24			
	100m: 1:14.07 38.76	300m: 3:54.66 40.76	500m: 6:39.86 41.69	700m: 9:24.45 40.65			
	150m: 1:53.48 39.41	350m: 4:35.57 40.91	550m: 7:21.31 41.45	750m: 10:05.60 41.15			
	200m: 2:33.44 39.96	400m: 5:16.98 41.41	600m: 8:02.56 41.25	800m: 10:45.48 39.88			
DNS	SIMAO Laura Roque	07	Nautico Marinha Grande				

Prova 34
01/08/2021 - 18:50
Femin., 800m Livres
Juvenis A
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

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:21.69	+0,79	642	
	50m: 32.00 32.00	250m: 2:52.33 35.43	450m: 5:14.90 35.99	650m: 7:37.33 35.49			
	100m: 1:06.41 34.41	300m: 3:27.97 35.64	500m: 5:50.47 35.57	700m: 8:12.78 35.45			
	150m: 1:41.60 35.19	350m: 4:03.48 35.51	550m: 6:26.05 35.58	750m: 8:48.09 35.31			
	200m: 2:16.90 35.30	400m: 4:38.91 35.43	600m: 7:01.84 35.79	800m: 9:21.69 33.60			
2.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	9:40.69	+0,87	581	
	50m: 32.62 32.62	250m: 2:57.13 36.69	450m: 5:24.36 37.02	650m: 7:51.32 36.92			
	100m: 1:07.86 35.24	300m: 3:33.60 36.47	500m: 6:01.16 36.80	700m: 8:28.59 37.27			
	150m: 1:43.96 36.10	350m: 4:10.48 36.88	550m: 6:37.85 36.69	750m: 9:05.43 36.84			
	200m: 2:20.44 36.48	400m: 4:47.34 36.86	600m: 7:14.40 36.55	800m: 9:40.69 35.26			
3.	PIRES Catarina Gaspar	06	Porto	9:41.70	+0,86	578	
	50m: 32.36 32.36	250m: 2:55.99 36.70	450m: 5:24.19 37.03	650m: 7:53.39 37.36			
	100m: 1:07.16 34.80	300m: 3:33.01 37.02	500m: 6:01.50 37.31	700m: 8:30.05 36.66			
	150m: 1:43.10 35.94	350m: 4:09.88 36.87	550m: 6:38.74 37.24	750m: 9:06.64 36.59			
	200m: 2:19.29 36.19	400m: 4:47.16 37.28	600m: 7:16.03 37.29	800m: 9:41.70 35.06			
4.	PEIXOTO Carolina Esteves	06	Braga	9:43.51	+0,89	573	
	50m: 32.10 32.10	250m: 2:56.29 37.07	450m: 5:25.18 37.05	650m: 7:53.63 37.03			
	100m: 1:06.26 34.16	300m: 3:33.67 37.38	500m: 6:02.36 37.18	700m: 8:31.20 37.57			
	150m: 1:42.40 36.14	350m: 4:10.89 37.22	550m: 6:39.29 36.93	750m: 9:07.64 36.44			
	200m: 2:19.22 36.82	400m: 4:48.13 37.24	600m: 7:16.60 37.31	800m: 9:43.51 35.87			

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Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	VALENTE Maria Esteves	06	Benfica	9:50.31	+0,85	553	
	50m: 33.42 33.42	250m: 3:00.37	37.18	450m: 5:29.64	37.44	650m: 7:59.42	37.77
	100m: 1:09.46 36.04	300m: 3:37.50	37.13	500m: 6:07.03	37.39	700m: 8:36.67	37.25
	150m: 1:46.30 36.84	350m: 4:14.71	37.21	550m: 6:44.32	37.29	750m: 9:13.94	37.27
	200m: 2:23.19 36.89	400m: 4:52.20	37.49	600m: 7:21.65	37.33	800m: 9:50.31	36.37
6.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	9:54.34	+0,67	542	
	50m: 33.82 33.82	250m: 3:03.42	37.90	450m: 5:33.14	37.47	650m: 8:04.30	37.57
	100m: 1:10.76 36.94	300m: 3:40.66	37.24	500m: 6:11.15	38.01	700m: 8:42.10	37.80
	150m: 1:48.18 37.42	350m: 4:18.01	37.35	550m: 6:49.21	38.06	750m: 9:18.23	36.13
	200m: 2:25.52 37.34	400m: 4:55.67	37.66	600m: 7:26.73	37.52	800m: 9:54.34	36.11
7.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	9:54.97	+0,75	540	
	50m: 32.19 32.19	250m: 2:56.88	36.90	450m: 5:28.80	38.30	650m: 8:02.68	38.30
	100m: 1:07.80 35.61	300m: 3:34.46	37.58	500m: 6:07.35	38.55	700m: 8:41.08	38.40
	150m: 1:43.92 36.12	350m: 4:12.44	37.98	550m: 6:46.10	38.75	750m: 9:18.48	37.40
	200m: 2:19.98 36.06	400m: 4:50.50	38.06	600m: 7:24.38	38.28	800m: 9:54.97	36.49
8.	AMORIM Ines Santos	06	Desportiva de Viana	9:55.18	+0,91	540	
	50m: 32.76 32.76	250m: 2:58.83	37.27	450m: 5:29.71	38.05	650m: 8:02.67	38.56
	100m: 1:08.55 35.79	300m: 3:36.19	37.36	500m: 6:07.83	38.12	700m: 8:40.55	37.88
	150m: 1:44.77 36.22	350m: 4:14.27	38.08	550m: 6:46.29	38.46	750m: 9:18.66	38.11
	200m: 2:21.56 36.79	400m: 4:51.66	37.39	600m: 7:24.11	37.82	800m: 9:55.18	36.52
9.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	9:58.27	+0,83	532	
	50m: 33.80 33.80	250m: 3:02.62	37.89	450m: 5:33.81	38.01	650m: 8:06.00	37.91
	100m: 1:09.93 36.13	300m: 3:40.31	37.69	500m: 6:11.39	37.58	700m: 8:44.09	38.09
	150m: 1:47.52 37.59	350m: 4:18.08	37.77	550m: 6:49.87	38.48	750m: 9:22.02	37.93
	200m: 2:24.73 37.21	400m: 4:55.80	37.72	600m: 7:28.09	38.22	800m: 9:58.27	36.25
10.	SILVA Ana Francisca	06	Alcobaca	9:59.65	+0,88	528	
	50m: 32.88 32.88	250m: 3:01.04	37.37	450m: 5:31.39	37.39	650m: 8:04.78	38.66
	100m: 1:08.98 36.10	300m: 3:38.38	37.34	500m: 6:09.16	37.77	700m: 8:43.31	38.53
	150m: 1:46.30 37.32	350m: 4:16.17	37.79	550m: 6:47.64	38.48	750m: 9:21.89	38.58
	200m: 2:23.67 37.37	400m: 4:54.00	37.83	600m: 7:26.12	38.48	800m: 9:59.65	37.76
11.	GOMES Lia Beatriz	06	Vitoria Guimaraes	10:07.81	+0,80	507	
	50m: 33.04 33.04	250m: 3:00.32	37.18	450m: 5:34.71	38.99	650m: 8:12.68	39.30
	100m: 1:09.11 36.07	300m: 3:38.58	38.26	500m: 6:14.19	39.48	700m: 8:51.80	39.12
	150m: 1:45.92 36.81	350m: 4:17.02	38.44	550m: 6:53.80	39.61	750m: 9:30.35	38.55
	200m: 2:23.14 37.22	400m: 4:55.72	38.70	600m: 7:33.38	39.58	800m: 10:07.81	37.46
12.	COSTA Anita Gouveia	06	Condeixa Clube	10:08.20	+0,73	506	
	50m: 33.34 33.34	250m: 3:02.03	37.70	450m: 5:37.49	39.63	650m: 8:12.32	37.96
	100m: 1:09.85 36.51	300m: 3:40.09	38.06	500m: 6:16.10	38.61	700m: 8:51.90	39.58
	150m: 1:46.99 37.14	350m: 4:18.99	38.90	550m: 6:55.15	39.05	750m: 9:30.90	39.00
	200m: 2:24.33 37.34	400m: 4:57.86	38.87	600m: 7:34.36	39.21	800m: 10:08.20	37.30
13.	TEIXEIRA Ines Correia	06	Amadora	10:18.35	+0,81	481	
	50m: 33.20 33.20	250m: 3:05.45	38.23	450m: 5:41.40	39.33	650m: 8:20.52	40.02
	100m: 1:10.50 37.30	300m: 3:44.15	38.70	500m: 6:20.61	39.21	700m: 9:00.43	39.91
	150m: 1:48.45 37.95	350m: 4:22.85	38.70	550m: 7:00.46	39.85	750m: 9:39.24	38.81
	200m: 2:27.22 38.77	400m: 5:02.07	39.22	600m: 7:40.50	40.04	800m: 10:18.35	39.11
14.	FROIS Maria Francisca	06	Ba-Leiria	10:23.59	+0,81	469	
	50m: 33.39 33.39	250m: 3:10.57	39.50	450m: 5:48.76	39.45	650m: 8:28.15	40.06
	100m: 1:12.17 38.78	300m: 3:50.09	39.52	500m: 6:29.02	40.26	700m: 9:06.62	38.47
	150m: 1:51.57 39.40	350m: 4:30.08	39.99	550m: 7:08.08	39.06	750m: 9:46.34	39.72
	200m: 2:31.07 39.50	400m: 5:09.31	39.23	600m: 7:48.09	40.01	800m: 10:23.59	37.25

ORGANIZAÇÃO



PARCEIROS



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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt				

Prova 34
01/08/2021 - 18:50

Femin., 800m Livres

Juvenis [A e B]
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:21.69	+0,79	642	
	50m: 32.00 32.00	250m: 2:52.33 35.43	450m: 5:14.90 35.99	650m: 7:37.33 35.49			
	100m: 1:06.41 34.41	300m: 3:27.97 35.64	500m: 5:50.47 35.57	700m: 8:12.78 35.45			
	150m: 1:41.60 35.19	350m: 4:03.48 35.51	550m: 6:26.05 35.58	750m: 8:48.09 35.31			
	200m: 2:16.90 35.30	400m: 4:38.91 35.43	600m: 7:01.84 35.79	800m: 9:21.69 33.60			
2.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	9:40.69	+0,87	581	
	50m: 32.62 32.62	250m: 2:57.13 36.69	450m: 5:24.36 37.02	650m: 7:51.32 36.92			
	100m: 1:07.86 35.24	300m: 3:33.60 36.47	500m: 6:01.16 36.80	700m: 8:28.59 37.27			
	150m: 1:43.96 36.10	350m: 4:10.48 36.88	550m: 6:37.85 36.69	750m: 9:05.43 36.84			
	200m: 2:20.44 36.48	400m: 4:47.34 36.86	600m: 7:14.40 36.55	800m: 9:40.69 35.26			
3.	PIRES Catarina Gaspar	06	Porto	9:41.70	+0,86	578	
	50m: 32.36 32.36	250m: 2:55.99 36.70	450m: 5:24.19 37.03	650m: 7:53.39 37.36			
	100m: 1:07.16 34.80	300m: 3:33.01 37.02	500m: 6:01.50 37.31	700m: 8:30.05 36.66			
	150m: 1:43.10 35.94	350m: 4:09.88 36.87	550m: 6:38.74 37.24	750m: 9:06.64 36.59			
	200m: 2:19.29 36.19	400m: 4:47.16 37.28	600m: 7:16.03 37.29	800m: 9:41.70 35.06			
4.	PEIXOTO Carolina Esteves	06	Braga	9:43.51	+0,89	573	
	50m: 32.10 32.10	250m: 2:56.29 37.07	450m: 5:25.18 37.05	650m: 7:53.63 37.03			
	100m: 1:06.26 34.16	300m: 3:33.67 37.38	500m: 6:02.36 37.18	700m: 8:31.20 37.57			
	150m: 1:42.40 36.14	350m: 4:10.89 37.22	550m: 6:39.29 36.93	750m: 9:07.64 36.44			
	200m: 2:19.22 36.82	400m: 4:48.13 37.24	600m: 7:16.60 37.31	800m: 9:43.51 35.87			
5.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	9:47.19	+0,82	562	
	50m: 33.28 33.28	250m: 2:59.31 36.34	450m: 5:26.85 36.94	650m: 7:56.11 37.46			
	100m: 1:09.49 36.21	300m: 3:36.49 37.18	500m: 6:04.10 37.25	700m: 8:33.70 37.59			
	150m: 1:46.15 36.66	350m: 4:13.28 36.79	550m: 6:41.35 37.25	750m: 9:11.17 37.47			
	200m: 2:22.97 36.82	400m: 4:49.91 36.63	600m: 7:18.65 37.30	800m: 9:47.19 36.02			
6.	VALENTE Maria Esteves	06	Benfica	9:50.31	+0,85	553	
	50m: 33.42 33.42	250m: 3:00.37 37.18	450m: 5:29.64 37.44	650m: 7:59.42 37.77			
	100m: 1:09.46 36.04	300m: 3:37.50 37.13	500m: 6:07.03 37.39	700m: 8:36.67 37.25			
	150m: 1:46.30 36.84	350m: 4:14.71 37.21	550m: 6:44.32 37.29	750m: 9:13.94 37.27			
	200m: 2:23.19 36.89	400m: 4:52.20 37.49	600m: 7:21.65 37.33	800m: 9:50.31 36.37			
7.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	9:54.34	+0,67	542	
	50m: 33.82 33.82	250m: 3:03.42 37.90	450m: 5:33.14 37.47	650m: 8:04.30 37.57			
	100m: 1:10.76 36.94	300m: 3:40.66 37.24	500m: 6:11.15 38.01	700m: 8:42.10 37.80			
	150m: 1:48.18 37.42	350m: 4:18.01 37.35	550m: 6:49.21 38.06	750m: 9:18.23 36.13			
	200m: 2:25.52 37.34	400m: 4:55.67 37.66	600m: 7:26.73 37.52	800m: 9:54.34 36.11			
8.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	9:54.97	+0,75	540	
	50m: 32.19 32.19	250m: 2:56.88 36.90	450m: 5:28.80 38.30	650m: 8:02.68 38.30			
	100m: 1:07.80 35.61	300m: 3:34.46 37.58	500m: 6:07.35 38.55	700m: 8:41.08 38.40			
	150m: 1:43.92 36.12	350m: 4:12.44 37.98	550m: 6:46.10 38.75	750m: 9:18.48 37.40			
	200m: 2:19.98 36.06	400m: 4:50.50 38.06	600m: 7:24.38 38.28	800m: 9:54.97 36.49			

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	AMORIM Ines Santos	06	Desportiva de Viana	9:55.18	+0,91	540	
	50m: 32.76 32.76	250m: 2:58.83 37.27	450m: 5:29.71 38.05	650m: 8:02.67 38.56			
	100m: 1:08.55 35.79	300m: 3:36.19 37.36	500m: 6:07.83 38.12	700m: 8:40.55 37.88			
	150m: 1:44.77 36.22	350m: 4:14.27 38.08	550m: 6:46.29 38.46	750m: 9:18.66 38.11			
	200m: 2:21.56 36.79	400m: 4:51.66 37.39	600m: 7:24.11 37.82	800m: 9:55.18 36.52			
10.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	9:58.27	+0,83	532	
	50m: 33.80 33.80	250m: 3:02.62 37.89	450m: 5:33.81 38.01	650m: 8:06.00 37.91			
	100m: 1:09.93 36.13	300m: 3:40.31 37.69	500m: 6:11.39 37.58	700m: 8:44.09 38.09			
	150m: 1:47.52 37.59	350m: 4:18.08 37.77	550m: 6:49.87 38.48	750m: 9:22.02 37.93			
	200m: 2:24.73 37.21	400m: 4:55.80 37.72	600m: 7:28.09 38.22	800m: 9:58.27 36.25			
11.	PINTO Margarida Vieira	07	Braga	9:58.91	+0,74	530	
	50m: 32.77 32.77	250m: 3:02.70 38.10	450m: 5:35.53 38.09	650m: 8:07.28 38.13			
	100m: 1:09.31 36.54	300m: 3:40.68 37.98	500m: 6:13.41 37.88	700m: 8:45.34 38.06			
	150m: 1:46.74 37.43	350m: 4:19.12 38.44	550m: 6:51.41 38.00	750m: 9:22.92 37.58			
	200m: 2:24.60 37.86	400m: 4:57.44 38.32	600m: 7:29.15 37.74	800m: 9:58.91 35.99			
12.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	9:59.26	+0,86	529	
	50m: 33.60 33.60	250m: 3:02.64 37.64	450m: 5:33.41 38.13	650m: 8:06.65 38.41			
	100m: 1:09.94 36.34	300m: 3:40.11 37.47	500m: 6:11.66 38.25	700m: 8:44.77 38.12			
	150m: 1:47.61 37.67	350m: 4:17.63 37.52	550m: 6:50.15 38.49	750m: 9:22.88 38.11			
	200m: 2:25.00 37.39	400m: 4:55.28 37.65	600m: 7:28.24 38.09	800m: 9:59.26 36.38			
13.	SILVA Ana Francisca	06	Alcobaca	9:59.65	+0,88	528	
	50m: 32.88 32.88	250m: 3:01.04 37.37	450m: 5:31.39 37.39	650m: 8:04.78 38.66			
	100m: 1:08.98 36.10	300m: 3:38.38 37.34	500m: 6:09.16 37.77	700m: 8:43.31 38.53			
	150m: 1:46.30 37.32	350m: 4:16.17 37.79	550m: 6:47.64 38.48	750m: 9:21.89 38.58			
	200m: 2:23.67 37.37	400m: 4:54.00 37.83	600m: 7:26.12 38.48	800m: 9:59.65 37.76			
14.	VIANA Matilde Violante	07	Ba-Leiria	10:05.76	+0,82	512	
	50m: 34.60 34.60	250m: 3:07.84 38.44	450m: 5:41.73 38.33	650m: 8:14.74 38.21			
	100m: 1:12.06 37.46	300m: 3:46.38 38.54	500m: 6:19.22 37.49	700m: 8:51.99 37.25			
	150m: 1:50.76 38.70	350m: 4:25.11 38.73	550m: 6:57.34 38.12	750m: 9:30.68 38.69			
	200m: 2:29.40 38.64	400m: 5:03.40 38.29	600m: 7:36.53 39.19	800m: 10:05.76 35.08			
15.	RODRIGUES Leonor Carreiro	07	Benfica	10:06.05	+0,68	511	
	50m: 34.68 34.68	250m: 3:04.52 37.59	450m: 5:38.07 38.40	650m: 8:12.85 38.58			
	100m: 1:11.93 37.25	300m: 3:42.93 38.41	500m: 6:16.66 38.59	700m: 8:51.61 38.76			
	150m: 1:49.24 37.31	350m: 4:21.18 38.25	550m: 6:55.29 38.63	750m: 9:29.53 37.92			
	200m: 2:26.93 37.69	400m: 4:59.67 38.49	600m: 7:34.27 38.98	800m: 10:06.05 36.52			
16.	GOMES Lia Beatriz	06	Vitoria Guimaraes	10:07.81	+0,80	507	
	50m: 33.04 33.04	250m: 3:00.32 37.18	450m: 5:34.71 38.99	650m: 8:12.68 39.30			
	100m: 1:09.11 36.07	300m: 3:38.58 38.26	500m: 6:14.19 39.48	700m: 8:51.80 39.12			
	150m: 1:45.92 36.81	350m: 4:17.02 38.44	550m: 6:53.80 39.61	750m: 9:30.35 38.55			
	200m: 2:23.14 37.22	400m: 4:55.72 38.70	600m: 7:33.38 39.58	800m: 10:07.81 37.46			
17.	COSTA Anita Gouveia	06	Condeixa Clube	10:08.20	+0,73	506	
	50m: 33.34 33.34	250m: 3:02.03 37.70	450m: 5:37.49 39.63	650m: 8:12.32 37.96			
	100m: 1:09.85 36.51	300m: 3:40.09 38.06	500m: 6:16.10 38.61	700m: 8:51.90 39.58			
	150m: 1:46.99 37.14	350m: 4:18.99 38.90	550m: 6:55.15 39.05	750m: 9:30.90 39.00			
	200m: 2:24.33 37.34	400m: 4:57.86 38.87	600m: 7:34.36 39.21	800m: 10:08.20 37.30			
18.	LOURO Beatriz Silva	07	Louletano/Loule Concelho	10:09.63	+0,80	502	
	50m: 33.29 33.29	250m: 3:02.90 38.04	450m: 5:38.13 38.76	650m: 8:14.30 38.80			
	100m: 1:10.01 36.72	300m: 3:41.49 38.59	500m: 6:17.12 38.99	700m: 8:53.38 39.08			
	150m: 1:47.03 37.02	350m: 4:20.17 38.68	550m: 6:56.00 38.88	750m: 9:31.81 38.43			
	200m: 2:24.86 37.83	400m: 4:59.37 39.20	600m: 7:35.50 39.50	800m: 10:09.63 37.82			

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Prova 34, Femin., 800m Livres, Juvenis [A e B]

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	ALVES Sara Sofia	07	Naval Setubalense	10:17.62	+0,80	483	
	50m: 34.33 34.33	250m: 3:09.14 39.17	450m: 5:45.36 39.25	650m: 8:22.24 39.22			
	100m: 1:12.26 37.93	300m: 3:47.92 38.78	500m: 6:24.61 39.25	700m: 9:01.25 39.01			
	150m: 1:51.10 38.84	350m: 4:26.94 39.02	550m: 7:03.85 39.24	750m: 9:40.06 38.81			
	200m: 2:29.97 38.87	400m: 5:06.11 39.17	600m: 7:43.02 39.17	800m: 10:17.62 37.56			
20.	TEIXEIRA Ines Correia	06	Amadora	10:18.35	+0,81	481	
	50m: 33.20 33.20	250m: 3:05.45 38.23	450m: 5:41.40 39.33	650m: 8:20.52 40.02			
	100m: 1:10.50 37.30	300m: 3:44.15 38.70	500m: 6:20.61 39.21	700m: 9:00.43 39.91			
	150m: 1:48.45 37.95	350m: 4:22.85 38.70	550m: 7:00.46 39.85	750m: 9:39.24 38.81			
	200m: 2:27.22 38.77	400m: 5:02.07 39.22	600m: 7:40.50 40.04	800m: 10:18.35 39.11			
21.	FROIS Maria Francisca	06	Ba-Leiria	10:23.59	+0,81	469	
	50m: 33.39 33.39	250m: 3:10.57 39.50	450m: 5:48.76 39.45	650m: 8:28.15 40.06			
	100m: 1:12.17 38.78	300m: 3:50.09 39.52	500m: 6:29.02 40.26	700m: 9:06.62 38.47			
	150m: 1:51.57 39.40	350m: 4:30.08 39.99	550m: 7:08.08 39.06	750m: 9:46.34 39.72			
	200m: 2:31.07 39.50	400m: 5:09.31 39.23	600m: 7:48.09 40.01	800m: 10:23.59 37.25			
22.	FERNANDES Leonor Garcia	07	O Crasto	10:25.61	+0,91	465	
	50m: 34.71 34.71	250m: 3:11.76 40.07	450m: 5:51.26 40.16	650m: 8:30.05 39.83			
	100m: 1:13.00 38.29	300m: 3:51.49 39.73	500m: 6:30.61 39.35	700m: 9:09.73 39.68			
	150m: 1:51.78 38.78	350m: 4:31.04 39.55	550m: 7:10.43 39.82	750m: 9:48.58 38.85			
	200m: 2:31.69 39.91	400m: 5:11.10 40.06	600m: 7:50.22 39.79	800m: 10:25.61 37.03			
23.	SANTOS Leonor Castanho	07	Sporting	10:26.17	+0,70	464	
	50m: 34.78 34.78	250m: 3:11.20 39.66	450m: 5:50.47 39.33	650m: 8:28.77 39.18			
	100m: 1:12.76 37.98	300m: 3:51.37 40.17	500m: 6:30.36 39.89	700m: 9:08.87 40.10			
	150m: 1:51.74 38.98	350m: 4:31.09 39.72	550m: 7:09.58 39.22	750m: 9:48.30 39.43			
	200m: 2:31.54 39.80	400m: 5:11.14 40.05	600m: 7:49.59 40.01	800m: 10:26.17 37.87			
24.	MACEDO Laura Pinheiro	07	Albicastrense	10:26.57	+0,83	463	
	50m: 34.52 34.52	250m: 3:11.74 39.84	450m: 5:51.81 40.21	650m: 8:31.68 39.16			
	100m: 1:12.81 38.29	300m: 3:51.55 39.81	500m: 6:31.61 39.80	700m: 9:10.89 39.21			
	150m: 1:52.26 39.45	350m: 4:31.28 39.73	550m: 7:11.59 39.98	750m: 9:50.12 39.23			
	200m: 2:31.90 39.64	400m: 5:11.60 40.32	600m: 7:52.52 40.93	800m: 10:26.57 36.45			
25.	GOMES Rita Cunha	07	Viana Natacao	10:30.88	+1,04	453	
	50m: 33.93 33.93	250m: 3:07.09 40.01	450m: 5:49.48 40.60	650m: 8:32.00 40.71			
	100m: 1:10.22 36.29	300m: 3:47.15 40.06	500m: 6:30.55 41.07	700m: 9:11.86 39.86			
	150m: 1:48.22 38.00	350m: 4:28.02 40.87	550m: 7:11.30 40.75	750m: 9:52.26 40.40			
	200m: 2:27.08 38.86	400m: 5:08.88 40.86	600m: 7:51.29 39.99	800m: 10:30.88 38.62			
26.	RODRIGUES Catarina Ferreira	07	Geslours	10:31.59	+0,76	452	
	50m: 34.84 34.84	250m: 3:12.60 39.82	450m: 5:52.64 39.73	650m: 8:34.95 40.54			
	100m: 1:13.69 38.85	300m: 3:52.90 40.30	500m: 6:33.10 40.46	700m: 9:15.35 40.40			
	150m: 1:53.08 39.39	350m: 4:32.73 39.83	550m: 7:14.11 41.01	750m: 9:53.53 38.18			
	200m: 2:32.78 39.70	400m: 5:12.91 40.18	600m: 7:54.41 40.30	800m: 10:31.59 38.06			
27.	SANTOS Leonor Costa	07	Galitos/ Bresimar	10:45.48	+0,96	423	
	50m: 35.31 35.31	250m: 3:13.90 40.46	450m: 5:58.17 41.19	650m: 8:43.80 41.24			
	100m: 1:14.07 38.76	300m: 3:54.66 40.76	500m: 6:39.86 41.69	700m: 9:24.45 40.65			
	150m: 1:53.48 39.41	350m: 4:35.57 40.91	550m: 7:21.31 41.45	750m: 10:05.60 41.15			
	200m: 2:33.44 39.96	400m: 5:16.98 41.41	600m: 8:02.56 41.25	800m: 10:45.48 39.88			
DNS	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt				
DNS	SIMAO Laura Roque	07	Nautico Marinha Grande				

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Prova 34, Femin., 800m Livres

Prova 34

01/08/2021 - 18:50

Femin., 800m Livres

Juniores

Resultados

Rec Nac Absoluto	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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	9:09.73	+0,82	685	
	50m: 31.96 31.96 250m: 2:50.16 34.86 450m: 5:08.68 34.39 650m: 7:27.14 34.57						
	100m: 1:05.90 33.94 300m: 3:25.15 34.99 500m: 5:43.29 34.61 700m: 8:02.01 34.87						
	150m: 1:40.23 34.33 350m: 3:59.78 34.63 550m: 6:17.75 34.46 750m: 8:36.24 34.23						
	200m: 2:15.30 35.07 400m: 4:34.29 34.51 600m: 6:52.57 34.82 800m: 9:09.73 33.49						
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:12.66	+0,74	674	
	50m: 31.29 31.29 250m: 2:48.90 34.90 450m: 5:09.86 35.13 650m: 7:30.70 34.99						
	100m: 1:04.96 33.67 300m: 3:24.14 35.24 500m: 5:45.21 35.35 700m: 8:05.35 34.65						
	150m: 1:39.21 34.25 350m: 3:59.25 35.11 550m: 6:20.61 35.40 750m: 8:39.82 34.47						
	200m: 2:14.00 34.79 400m: 4:34.73 35.48 600m: 6:55.71 35.10 800m: 9:12.66 32.84						
3.	PIRES Marta Joao	05	Alges	9:20.02	+0,78	648	
	50m: 31.66 31.66 250m: 2:50.96 35.27 450m: 5:13.19 35.30 650m: 7:35.77 35.54						
	100m: 1:05.92 34.26 300m: 3:26.37 35.41 500m: 5:48.76 35.57 700m: 8:11.31 35.54						
	150m: 1:40.66 34.74 350m: 4:02.10 35.73 550m: 6:24.60 35.84 750m: 8:46.42 35.11						
	200m: 2:15.69 35.03 400m: 4:37.89 35.79 600m: 7:00.23 35.63 800m: 9:20.02 33.60						
4.	ALVES Joana Silva	05	Benedita	9:31.60	+0,71	610	
	50m: 31.04 31.04 250m: 2:53.89 36.01 450m: 5:19.81 35.86 650m: 7:46.00 36.29						
	100m: 1:05.74 34.70 300m: 3:30.19 36.30 500m: 5:56.44 36.63 700m: 8:22.47 36.47						
	150m: 1:41.53 35.79 350m: 4:06.89 36.70 550m: 6:32.82 36.38 750m: 8:57.32 34.85						
	200m: 2:17.88 36.35 400m: 4:43.95 37.06 600m: 7:09.71 36.89 800m: 9:31.60 34.28						
5.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:34.02	+0,73	602	
	50m: 31.93 31.93 250m: 2:50.97 35.40 450m: 5:16.83 36.85 650m: 7:43.50 36.95						
	100m: 1:06.00 34.07 300m: 3:26.80 35.83 500m: 5:53.33 36.50 700m: 8:20.45 36.95						
	150m: 1:40.42 34.42 350m: 4:03.17 36.37 550m: 6:29.73 36.40 750m: 8:57.67 37.22						
	200m: 2:15.57 35.15 400m: 4:39.98 36.81 600m: 7:06.55 36.82 800m: 9:34.02 36.35						
6.	RODRIGUES Joana Francisca	04	Individual ANC	9:36.40	+0,82	594	
	50m: 31.59 31.59 250m: 2:53.70 36.28 450m: 5:19.45 36.45 650m: 7:47.04 37.05						
	100m: 1:06.01 34.42 300m: 3:29.94 36.24 500m: 5:56.01 36.56 700m: 8:23.76 36.72						
	150m: 1:41.73 35.72 350m: 4:06.48 36.54 550m: 6:33.09 37.08 750m: 9:00.73 36.97						
	200m: 2:17.42 35.69 400m: 4:43.00 36.52 600m: 7:09.99 36.90 800m: 9:36.40 35.67						
7.	LOPES Francisca Macedo	05	Vilacondense	9:37.09	+0,86	592	
	50m: 32.01 32.01 250m: 2:55.42 36.24 450m: 5:21.25 36.52 650m: 7:47.68 36.51						
	100m: 1:07.21 35.20 300m: 3:31.68 36.26 500m: 5:57.73 36.48 700m: 8:24.59 36.91						
	150m: 1:43.07 35.86 350m: 4:08.21 36.53 550m: 6:34.53 36.80 750m: 9:01.34 36.75						
	200m: 2:19.18 36.11 400m: 4:44.73 36.52 600m: 7:11.17 36.64 800m: 9:37.09 35.75						
8.	GASPAR Beatriz Ferreira	04	Individual ANC	9:38.84	+0,80	587	
	50m: 32.19 32.19 250m: 2:55.71 36.13 450m: 5:22.04 36.35 650m: 7:49.57 36.80						
	100m: 1:07.84 35.65 300m: 3:32.22 36.51 500m: 5:58.87 36.83 700m: 8:26.70 37.13						
	150m: 1:43.52 35.68 350m: 4:08.69 36.47 550m: 6:35.66 36.79 750m: 9:03.33 36.63						
	200m: 2:19.58 36.06 400m: 4:45.69 37.00 600m: 7:12.77 37.11 800m: 9:38.84 35.51						

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Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:40.04	+0,79	583	
	50m: 32.20 32.20	250m: 2:55.57 36.43	450m: 5:22.32 36.78	650m: 7:50.92 37.56			
	100m: 1:07.34 35.14	300m: 3:32.02 36.45	500m: 5:59.23 36.91	700m: 8:27.95 37.03			
	150m: 1:43.12 35.78	350m: 4:08.72 36.70	550m: 6:36.52 37.29	750m: 9:04.58 36.63			
	200m: 2:19.14 36.02	400m: 4:45.54 36.82	600m: 7:13.36 36.84	800m: 9:40.04 35.46			
10.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:42.03	+0,76	577	
	50m: 33.10 33.10	250m: 3:00.00 37.32	450m: 5:27.72 36.98	650m: 7:55.43 36.88			
	100m: 1:09.03 35.93	300m: 3:36.93 36.93	500m: 6:04.67 36.95	700m: 8:31.95 36.52			
	150m: 1:46.00 36.97	350m: 4:13.88 36.95	550m: 6:41.73 37.06	750m: 9:07.46 35.51			
	200m: 2:22.68 36.68	400m: 4:50.74 36.86	600m: 7:18.55 36.82	800m: 9:42.03 34.57			
11.	MARTINS Ines Correia	04	Porto	9:42.61	+0,81	576	
	50m: 32.76 32.76	250m: 2:58.03 36.41	450m: 5:24.85 36.78	650m: 7:52.71 37.14			
	100m: 1:08.83 36.07	300m: 3:34.52 36.49	500m: 6:01.69 36.84	700m: 8:29.78 37.07			
	150m: 1:45.27 36.44	350m: 4:11.28 36.76	550m: 6:38.69 37.00	750m: 9:06.74 36.96			
	200m: 2:21.62 36.35	400m: 4:48.07 36.79	600m: 7:15.57 36.88	800m: 9:42.61 35.87			
12.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	9:54.20	+0,69	543	
	50m: 32.45 32.45	250m: 2:59.48 37.03	450m: 5:28.71 37.48	650m: 8:01.57 38.21			
	100m: 1:08.63 36.18	300m: 3:36.57 37.09	500m: 6:07.12 38.41	700m: 8:39.64 38.07			
	150m: 1:45.40 36.77	350m: 4:13.95 37.38	550m: 6:45.70 38.58	750m: 9:17.45 37.81			
	200m: 2:22.45 37.05	400m: 4:51.23 37.28	600m: 7:23.36 37.66	800m: 9:54.20 36.75			
13.	LIGEIRO Daniela Silva	04	Viana Natacao	10:00.94	+0,75	525	
	50m: 33.05 33.05	250m: 3:02.25 37.82	450m: 5:33.93 37.79	650m: 8:07.06 37.84			
	100m: 1:09.30 36.25	300m: 3:40.13 37.88	500m: 6:12.18 38.25	700m: 8:45.28 38.22			
	150m: 1:46.79 37.49	350m: 4:18.17 38.04	550m: 6:50.39 38.21	750m: 9:23.46 38.18			
	200m: 2:24.43 37.64	400m: 4:56.14 37.97	600m: 7:29.22 38.83	800m: 10:00.94 37.48			

Prova 34 Femin., 800m Livres

01/08/2021 - 18:50

Absolutos

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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CONCEICAO Ema Jeronimo	03	Fisica de Torres Vedras	8:54.69	+0,80	745	
	50m: 30.59 30.59	250m: 2:44.28 33.67	450m: 4:59.77 33.75	650m: 7:15.33 33.88			
	100m: 1:03.52 32.93	300m: 3:17.98 33.70	500m: 5:33.52 33.75	700m: 7:49.48 34.15			
	150m: 1:36.72 33.20	350m: 3:51.87 33.89	550m: 6:07.51 33.99	750m: 8:22.64 33.16			
	200m: 2:10.61 33.89	400m: 4:26.02 34.15	600m: 6:41.45 33.94	800m: 8:54.69 32.05			
2.	CARDEAL Joana Nunes	02	Academico Viseu	9:05.32	+0,76	702	
	50m: 30.66 30.66	250m: 2:46.87 34.84	450m: 5:05.19 34.38	650m: 7:23.27 34.48			
	100m: 1:03.76 33.10	300m: 3:21.65 34.78	500m: 5:39.82 34.63	700m: 7:57.82 34.55			
	150m: 1:37.69 33.93	350m: 3:56.38 34.73	550m: 6:14.34 34.52	750m: 8:31.83 34.01			
	200m: 2:12.03 34.34	400m: 4:30.81 34.43	600m: 6:48.79 34.45	800m: 9:05.32 33.49			
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:09.67	+0,78	686	
	50m: 32.08 32.08	250m: 2:48.73 34.40	450m: 5:07.19 34.72	650m: 7:26.98 34.99			
	100m: 1:05.90 33.82	300m: 3:23.22 34.49	500m: 5:42.15 34.96	700m: 8:01.79 34.81			
	150m: 1:40.11 34.21	350m: 3:57.80 34.58	550m: 6:17.04 34.89	750m: 8:36.69 34.90			
	200m: 2:14.33 34.22	400m: 4:32.47 34.67	600m: 6:51.99 34.95	800m: 9:09.67 32.98			

ORGANIZAÇÃO



PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	LOPES Daniela Magalhaes	05	Famalicao	9:09.73	+0,82	685	
	50m: 31.96 31.96 250m: 2:50.16 34.86 450m: 5:08.68 34.39 650m: 7:27.14 34.57						
	100m: 1:05.90 33.94 300m: 3:25.15 34.99 500m: 5:43.29 34.61 700m: 8:02.01 34.87						
	150m: 1:40.23 34.33 350m: 3:59.78 34.63 550m: 6:17.75 34.46 750m: 8:36.24 34.23						
	200m: 2:15.30 35.07 400m: 4:34.29 34.51 600m: 6:52.57 34.82 800m: 9:09.73 33.49						
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:12.66	+0,74	674	
	50m: 31.29 31.29 250m: 2:48.90 34.90 450m: 5:09.86 35.13 650m: 7:30.70 34.99						
	100m: 1:04.96 33.67 300m: 3:24.14 35.24 500m: 5:45.21 35.35 700m: 8:05.35 34.65						
	150m: 1:39.21 34.25 350m: 3:59.25 35.11 550m: 6:20.61 35.40 750m: 8:39.82 34.47						
	200m: 2:14.00 34.79 400m: 4:34.73 35.48 600m: 6:55.71 35.10 800m: 9:12.66 32.84						
6.	QUEIROZ Ana Rita	02	Individual ANC	9:14.97	+0,79	666	
	50m: 31.89 31.89 250m: 2:49.64 34.74 450m: 5:09.80 34.86 650m: 7:30.68 35.00						
	100m: 1:05.61 33.72 300m: 3:24.48 34.84 500m: 5:44.80 35.00 700m: 8:06.17 35.49						
	150m: 1:40.34 34.73 350m: 3:59.55 35.07 550m: 6:20.18 35.38 750m: 8:40.08 33.91						
	200m: 2:14.90 34.56 400m: 4:34.94 35.39 600m: 6:55.68 35.50 800m: 9:14.97 34.89						
7.	RAMOS Ana Rita	02	Porto	9:16.65	+0,83	660	
	50m: 30.92 30.92 250m: 2:47.01 34.64 450m: 5:07.27 35.00 650m: 7:30.05 35.60						
	100m: 1:04.32 33.40 300m: 3:22.11 35.10 500m: 5:43.15 35.88 700m: 8:05.75 35.70						
	150m: 1:38.01 33.69 350m: 3:57.01 34.90 550m: 6:18.53 35.38 750m: 8:41.16 35.41						
	200m: 2:12.37 34.36 400m: 4:32.27 35.26 600m: 6:54.45 35.92 800m: 9:16.65 35.49						
8.	PIRES Marta Joao	05	Alges	9:20.02	+0,78	648	
	50m: 31.66 31.66 250m: 2:50.96 35.27 450m: 5:13.19 35.30 650m: 7:35.77 35.54						
	100m: 1:05.92 34.26 300m: 3:26.37 35.41 500m: 5:48.76 35.57 700m: 8:11.31 35.54						
	150m: 1:40.66 34.74 350m: 4:02.10 35.73 550m: 6:24.60 35.84 750m: 8:46.42 35.11						
	200m: 2:15.69 35.03 400m: 4:37.89 35.79 600m: 7:00.23 35.63 800m: 9:20.02 33.60						
9.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:30.45	+0,83	613	
	50m: 32.17 32.17 250m: 2:53.92 36.23 450m: 5:18.43 36.05 650m: 7:43.69 36.40						
	100m: 1:06.50 34.33 300m: 3:29.79 35.87 500m: 5:54.71 36.28 700m: 8:20.45 36.76						
	150m: 1:41.93 35.43 350m: 4:06.11 36.32 550m: 6:30.67 35.96 750m: 8:56.40 35.95						
	200m: 2:17.69 35.76 400m: 4:42.38 36.27 600m: 7:07.29 36.62 800m: 9:30.45 34.05						
10.	ALVES Joana Silva	05	Benedita	9:31.60	+0,71	610	
	50m: 31.04 31.04 250m: 2:53.89 36.01 450m: 5:19.81 35.86 650m: 7:46.00 36.29						
	100m: 1:05.74 34.70 300m: 3:30.19 36.30 500m: 5:56.44 36.63 700m: 8:22.47 36.47						
	150m: 1:41.53 35.79 350m: 4:06.89 36.70 550m: 6:32.82 36.38 750m: 8:57.32 34.85						
	200m: 2:17.88 36.35 400m: 4:43.95 37.06 600m: 7:09.71 36.89 800m: 9:31.60 34.28						
11.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:34.02	+0,73	602	
	50m: 31.93 31.93 250m: 2:50.97 35.40 450m: 5:16.83 36.85 650m: 7:43.50 36.95						
	100m: 1:06.00 34.07 300m: 3:26.80 35.83 500m: 5:53.33 36.50 700m: 8:20.45 36.95						
	150m: 1:40.42 34.42 350m: 4:03.17 36.37 550m: 6:29.73 36.40 750m: 8:57.67 37.22						
	200m: 2:15.57 35.15 400m: 4:39.98 36.81 600m: 7:06.55 36.82 800m: 9:34.02 36.35						
12.	RODRIGUES Joana Francisca	04	Individual ANC	9:36.40	+0,82	594	
	50m: 31.59 31.59 250m: 2:53.70 36.28 450m: 5:19.45 36.45 650m: 7:47.04 37.05						
	100m: 1:06.01 34.42 300m: 3:29.94 36.24 500m: 5:56.01 36.56 700m: 8:23.76 36.72						
	150m: 1:41.73 35.72 350m: 4:06.48 36.54 550m: 6:33.09 37.08 750m: 9:00.73 36.97						
	200m: 2:17.42 35.69 400m: 4:43.00 36.52 600m: 7:09.99 36.90 800m: 9:36.40 35.67						
13.	LOPES Francisca Macedo	05	Vilacondense	9:37.09	+0,86	592	
	50m: 32.01 32.01 250m: 2:55.42 36.24 450m: 5:21.25 36.52 650m: 7:47.68 36.51						
	100m: 1:07.21 35.20 300m: 3:31.68 36.26 500m: 5:57.73 36.48 700m: 8:24.59 36.91						
	150m: 1:43.07 35.86 350m: 4:08.21 36.53 550m: 6:34.53 36.80 750m: 9:01.34 36.75						
	200m: 2:19.18 36.11 400m: 4:44.73 36.52 600m: 7:11.17 36.64 800m: 9:37.09 35.75						

ORGANIZAÇÃO



PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	GASPAR Beatriz Ferreira	04	Individual ANC	9:38.84	+0,80	587	
	50m: 32.19 32.19	250m: 2:55.71	36.13	450m: 5:22.04	36.35	650m: 7:49.57	36.80
	100m: 1:07.84 35.65	300m: 3:32.22	36.51	500m: 5:58.87	36.83	700m: 8:26.70	37.13
	150m: 1:43.52 35.68	350m: 4:08.69	36.47	550m: 6:35.66	36.79	750m: 9:03.33	36.63
	200m: 2:19.58 36.06	400m: 4:45.69	37.00	600m: 7:12.77	37.11	800m: 9:38.84	35.51
15.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:40.04	+0,79	583	
	50m: 32.20 32.20	250m: 2:55.57	36.43	450m: 5:22.32	36.78	650m: 7:50.92	37.56
	100m: 1:07.34 35.14	300m: 3:32.02	36.45	500m: 5:59.23	36.91	700m: 8:27.95	37.03
	150m: 1:43.12 35.78	350m: 4:08.72	36.70	550m: 6:36.52	37.29	750m: 9:04.58	36.63
	200m: 2:19.14 36.02	400m: 4:45.54	36.82	600m: 7:13.36	36.84	800m: 9:40.04	35.46
16.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:42.03	+0,76	577	
	50m: 33.10 33.10	250m: 3:00.00	37.32	450m: 5:27.72	36.98	650m: 7:55.43	36.88
	100m: 1:09.03 35.93	300m: 3:36.93	36.93	500m: 6:04.67	36.95	700m: 8:31.95	36.52
	150m: 1:46.00 36.97	350m: 4:13.88	36.95	550m: 6:41.73	37.06	750m: 9:07.46	35.51
	200m: 2:22.68 36.68	400m: 4:50.74	36.86	600m: 7:18.55	36.82	800m: 9:42.03	34.57
17.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	9:42.36	+0,81	576	
	50m: 32.98 32.98	250m: 2:59.80	36.56	450m: 5:27.95	36.87	650m: 7:54.61	36.31
	100m: 1:09.18 36.20	300m: 3:37.19	37.39	500m: 6:04.51	36.56	700m: 8:31.43	36.82
	150m: 1:46.07 36.89	350m: 4:14.20	37.01	550m: 6:41.53	37.02	750m: 9:07.38	35.95
	200m: 2:23.24 37.17	400m: 4:51.08	36.88	600m: 7:18.30	36.77	800m: 9:42.36	34.98
18.	MARTINS Ines Correia	04	Porto	9:42.61	+0,81	576	
	50m: 32.76 32.76	250m: 2:58.03	36.41	450m: 5:24.85	36.78	650m: 7:52.71	37.14
	100m: 1:08.83 36.07	300m: 3:34.52	36.49	500m: 6:01.69	36.84	700m: 8:29.78	37.07
	150m: 1:45.27 36.44	350m: 4:11.28	36.76	550m: 6:38.69	37.00	750m: 9:06.74	36.96
	200m: 2:21.62 36.35	400m: 4:48.07	36.79	600m: 7:15.57	36.88	800m: 9:42.61	35.87
19.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	9:54.20	+0,69	543	
	50m: 32.45 32.45	250m: 2:59.48	37.03	450m: 5:28.71	37.48	650m: 8:01.57	38.21
	100m: 1:08.63 36.18	300m: 3:36.57	37.09	500m: 6:07.12	38.41	700m: 8:39.64	38.07
	150m: 1:45.40 36.77	350m: 4:13.95	37.38	550m: 6:45.70	38.58	750m: 9:17.45	37.81
	200m: 2:22.45 37.05	400m: 4:51.23	37.28	600m: 7:23.36	37.66	800m: 9:54.20	36.75
20.	LIGEIRO Daniela Silva	04	Viana Natacao	10:00.94	+0,75	525	
	50m: 33.05 33.05	250m: 3:02.25	37.82	450m: 5:33.93	37.79	650m: 8:07.06	37.84
	100m: 1:09.30 36.25	300m: 3:40.13	37.88	500m: 6:12.18	38.25	700m: 8:45.28	38.22
	150m: 1:46.79 37.49	350m: 4:18.17	38.04	550m: 6:50.39	38.21	750m: 9:23.46	38.18
	200m: 2:24.43 37.64	400m: 4:56.14	37.97	600m: 7:29.22	38.83	800m: 10:00.94	37.48
DNS	ROSA Mafalda Sofia	03	Rio Maior				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres

Prova 34
01/08/2021 - 18:50

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. Joao da Madeira	25/07/2009

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CONCEICAO Ema Jeronimo	03	Fisica de Torres Vedras	8:54.69	+0,80	745	
	50m: 30.59 30.59	250m: 2:44.28 33.67	450m: 4:59.77 33.75	650m: 7:15.33 33.88			
	100m: 1:03.52 32.93	300m: 3:17.98 33.70	500m: 5:33.52 33.75	700m: 7:49.48 34.15			
	150m: 1:36.72 33.20	350m: 3:51.87 33.89	550m: 6:07.51 33.99	750m: 8:22.64 33.16			
	200m: 2:10.61 33.89	400m: 4:26.02 34.15	600m: 6:41.45 33.94	800m: 8:54.69 32.05			
2.	CARDEAL Joana Nunes	02	Academico Viseu	9:05.32	+0,76	702	
	50m: 30.66 30.66	250m: 2:46.87 34.84	450m: 5:05.19 34.38	650m: 7:23.27 34.48			
	100m: 1:03.76 33.10	300m: 3:21.65 34.78	500m: 5:39.82 34.63	700m: 7:57.82 34.55			
	150m: 1:37.69 33.93	350m: 3:56.38 34.73	550m: 6:14.34 34.52	750m: 8:31.83 34.01			
	200m: 2:12.03 34.34	400m: 4:30.81 34.43	600m: 6:48.79 34.45	800m: 9:05.32 33.49			
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:09.67	+0,78	686	
	50m: 32.08 32.08	250m: 2:48.73 34.40	450m: 5:07.19 34.72	650m: 7:26.98 34.99			
	100m: 1:05.90 33.82	300m: 3:23.22 34.49	500m: 5:42.15 34.96	700m: 8:01.79 34.81			
	150m: 1:40.11 34.21	350m: 3:57.80 34.58	550m: 6:17.04 34.89	750m: 8:36.69 34.90			
	200m: 2:14.33 34.22	400m: 4:32.47 34.67	600m: 6:51.99 34.95	800m: 9:09.67 32.98			
4.	LOPES Daniela Magalhaes	05	Famalicao	9:09.73	+0,82	685	
	50m: 31.96 31.96	250m: 2:50.16 34.86	450m: 5:08.68 34.39	650m: 7:27.14 34.57			
	100m: 1:05.90 33.94	300m: 3:25.15 34.99	500m: 5:43.29 34.61	700m: 8:02.01 34.87			
	150m: 1:40.23 34.33	350m: 3:59.78 34.63	550m: 6:17.75 34.46	750m: 8:36.24 34.23			
	200m: 2:15.30 35.07	400m: 4:34.29 34.51	600m: 6:52.57 34.82	800m: 9:09.73 33.49			
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:12.66	+0,74	674	
	50m: 31.29 31.29	250m: 2:48.90 34.90	450m: 5:09.86 35.13	650m: 7:30.70 34.99			
	100m: 1:04.96 33.67	300m: 3:24.14 35.24	500m: 5:45.21 35.35	700m: 8:05.35 34.65			
	150m: 1:39.21 34.25	350m: 3:59.25 35.11	550m: 6:20.61 35.40	750m: 8:39.82 34.47			
	200m: 2:14.00 34.79	400m: 4:34.73 35.48	600m: 6:55.71 35.10	800m: 9:12.66 32.84			
6.	QUEIROZ Ana Rita	02	Individual ANC	9:14.97	+0,79	666	
	50m: 31.89 31.89	250m: 2:49.64 34.74	450m: 5:09.80 34.86	650m: 7:30.68 35.00			
	100m: 1:05.61 33.72	300m: 3:24.48 34.84	500m: 5:44.80 35.00	700m: 8:06.17 35.49			
	150m: 1:40.34 34.73	350m: 3:59.55 35.07	550m: 6:20.18 35.38	750m: 8:40.08 33.91			
	200m: 2:14.90 34.56	400m: 4:34.94 35.39	600m: 6:55.68 35.50	800m: 9:14.97 34.89			
7.	RAMOS Ana Rita	02	Porto	9:16.65	+0,83	660	
	50m: 30.92 30.92	250m: 2:47.01 34.64	450m: 5:07.27 35.00	650m: 7:30.05 35.60			
	100m: 1:04.32 33.40	300m: 3:22.11 35.10	500m: 5:43.15 35.88	700m: 8:05.75 35.70			
	150m: 1:38.01 33.69	350m: 3:57.01 34.90	550m: 6:18.53 35.38	750m: 8:41.16 35.41			
	200m: 2:12.37 34.36	400m: 4:32.27 35.26	600m: 6:54.45 35.92	800m: 9:16.65 35.49			

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PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PIRES Marta Joao	05	Alges	9:20.02	+0,78	648	
	50m: 31.66 31.66	250m: 2:50.96 35.27	450m: 5:13.19 35.30	650m: 7:35.77 35.54			
	100m: 1:05.92 34.26	300m: 3:26.37 35.41	500m: 5:48.76 35.57	700m: 8:11.31 35.54			
	150m: 1:40.66 34.74	350m: 4:02.10 35.73	550m: 6:24.60 35.84	750m: 8:46.42 35.11			
	200m: 2:15.69 35.03	400m: 4:37.89 35.79	600m: 7:00.23 35.63	800m: 9:20.02 33.60			
9.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:21.69	+0,79	642	
	50m: 32.00 32.00	250m: 2:52.33 35.43	450m: 5:14.90 35.99	650m: 7:37.33 35.49			
	100m: 1:06.41 34.41	300m: 3:27.97 35.64	500m: 5:50.47 35.57	700m: 8:12.78 35.45			
	150m: 1:41.60 35.19	350m: 4:03.48 35.51	550m: 6:26.05 35.58	750m: 8:48.09 35.31			
	200m: 2:16.90 35.30	400m: 4:38.91 35.43	600m: 7:01.84 35.79	800m: 9:21.69 33.60			
10.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:30.45	+0,83	613	
	50m: 32.17 32.17	250m: 2:53.92 36.23	450m: 5:18.43 36.05	650m: 7:43.69 36.40			
	100m: 1:06.50 34.33	300m: 3:29.79 35.87	500m: 5:54.71 36.28	700m: 8:20.45 36.76			
	150m: 1:41.93 35.43	350m: 4:06.11 36.32	550m: 6:30.67 35.96	750m: 8:56.40 35.95			
	200m: 2:17.69 35.76	400m: 4:42.38 36.27	600m: 7:07.29 36.62	800m: 9:30.45 34.05			
11.	ALVES Joana Silva	05	Benedita	9:31.60	+0,71	610	
	50m: 31.04 31.04	250m: 2:53.89 36.01	450m: 5:19.81 35.86	650m: 7:46.00 36.29			
	100m: 1:05.74 34.70	300m: 3:30.19 36.30	500m: 5:56.44 36.63	700m: 8:22.47 36.47			
	150m: 1:41.53 35.79	350m: 4:06.89 36.70	550m: 6:32.82 36.38	750m: 8:57.32 34.85			
	200m: 2:17.88 36.35	400m: 4:43.95 37.06	600m: 7:09.71 36.89	800m: 9:31.60 34.28			
12.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	9:34.02	+0,73	602	
	50m: 31.93 31.93	250m: 2:50.97 35.40	450m: 5:16.83 36.85	650m: 7:43.50 36.95			
	100m: 1:06.00 34.07	300m: 3:26.80 35.83	500m: 5:53.33 36.50	700m: 8:20.45 36.95			
	150m: 1:40.42 34.42	350m: 4:03.17 36.37	550m: 6:29.73 36.40	750m: 8:57.67 37.22			
	200m: 2:15.57 35.15	400m: 4:39.98 36.81	600m: 7:06.55 36.82	800m: 9:34.02 36.35			
13.	RODRIGUES Joana Francisca	04	Individual ANC	9:36.40	+0,82	594	
	50m: 31.59 31.59	250m: 2:53.70 36.28	450m: 5:19.45 36.45	650m: 7:47.04 37.05			
	100m: 1:06.01 34.42	300m: 3:29.94 36.24	500m: 5:56.01 36.56	700m: 8:23.76 36.72			
	150m: 1:41.73 35.72	350m: 4:06.48 36.54	550m: 6:33.09 37.08	750m: 9:00.73 36.97			
	200m: 2:17.42 35.69	400m: 4:43.00 36.52	600m: 7:09.99 36.90	800m: 9:36.40 35.67			
14.	LOPES Francisca Macedo	05	Vilacondense	9:37.09	+0,86	592	
	50m: 32.01 32.01	250m: 2:55.42 36.24	450m: 5:21.25 36.52	650m: 7:47.68 36.51			
	100m: 1:07.21 35.20	300m: 3:31.68 36.26	500m: 5:57.73 36.48	700m: 8:24.59 36.91			
	150m: 1:43.07 35.86	350m: 4:08.21 36.53	550m: 6:34.53 36.80	750m: 9:01.34 36.75			
	200m: 2:19.18 36.11	400m: 4:44.73 36.52	600m: 7:11.17 36.64	800m: 9:37.09 35.75			
15.	GASPAR Beatriz Ferreira	04	Individual ANC	9:38.84	+0,80	587	
	50m: 32.19 32.19	250m: 2:55.71 36.13	450m: 5:22.04 36.35	650m: 7:49.57 36.80			
	100m: 1:07.84 35.65	300m: 3:32.22 36.51	500m: 5:58.87 36.83	700m: 8:26.70 37.13			
	150m: 1:43.52 35.68	350m: 4:08.69 36.47	550m: 6:35.66 36.79	750m: 9:03.33 36.63			
	200m: 2:19.58 36.06	400m: 4:45.69 37.00	600m: 7:12.77 37.11	800m: 9:38.84 35.51			
16.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:40.04	+0,79	583	
	50m: 32.20 32.20	250m: 2:55.57 36.43	450m: 5:22.32 36.78	650m: 7:50.92 37.56			
	100m: 1:07.34 35.14	300m: 3:32.02 36.45	500m: 5:59.23 36.91	700m: 8:27.95 37.03			
	150m: 1:43.12 35.78	350m: 4:08.72 36.70	550m: 6:36.52 37.29	750m: 9:04.58 36.63			
	200m: 2:19.14 36.02	400m: 4:45.54 36.82	600m: 7:13.36 36.84	800m: 9:40.04 35.46			
17.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	9:40.69	+0,87	581	
	50m: 32.62 32.62	250m: 2:57.13 36.69	450m: 5:24.36 37.02	650m: 7:51.32 36.92			
	100m: 1:07.86 35.24	300m: 3:33.60 36.47	500m: 6:01.16 36.80	700m: 8:28.59 37.27			
	150m: 1:43.96 36.10	350m: 4:10.48 36.88	550m: 6:37.85 36.69	750m: 9:05.43 36.84			
	200m: 2:20.44 36.48	400m: 4:47.34 36.86	600m: 7:14.40 36.55	800m: 9:40.69 35.26			

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Prova 34, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PIRES Catarina Gaspar	06	Porto	9:41.70	+0,86	578	
	50m: 32.36 32.36	250m: 2:55.99 36.70	450m: 5:24.19 37.03	650m: 7:53.39 37.36			
	100m: 1:07.16 34.80	300m: 3:33.01 37.02	500m: 6:01.50 37.31	700m: 8:30.05 36.66			
	150m: 1:43.10 35.94	350m: 4:09.88 36.87	550m: 6:38.74 37.24	750m: 9:06.64 36.59			
	200m: 2:19.29 36.19	400m: 4:47.16 37.28	600m: 7:16.03 37.29	800m: 9:41.70 35.06			
19.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:42.03	+0,76	577	
	50m: 33.10 33.10	250m: 3:00.00 37.32	450m: 5:27.72 36.98	650m: 7:55.43 36.88			
	100m: 1:09.03 35.93	300m: 3:36.93 36.93	500m: 6:04.67 36.95	700m: 8:31.95 36.52			
	150m: 1:46.00 36.97	350m: 4:13.88 36.95	550m: 6:41.73 37.06	750m: 9:07.46 35.51			
	200m: 2:22.68 36.68	400m: 4:50.74 36.86	600m: 7:18.55 36.82	800m: 9:42.03 34.57			
20.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	9:42.36	+0,81	576	
	50m: 32.98 32.98	250m: 2:59.80 36.56	450m: 5:27.95 36.87	650m: 7:54.61 36.31			
	100m: 1:09.18 36.20	300m: 3:37.19 37.39	500m: 6:04.51 36.56	700m: 8:31.43 36.82			
	150m: 1:46.07 36.89	350m: 4:14.20 37.01	550m: 6:41.53 37.02	750m: 9:07.38 35.95			
	200m: 2:23.24 37.17	400m: 4:51.08 36.88	600m: 7:18.30 36.77	800m: 9:42.36 34.98			
21.	MARTINS Ines Correia	04	Porto	9:42.61	+0,81	576	
	50m: 32.76 32.76	250m: 2:58.03 36.41	450m: 5:24.85 36.78	650m: 7:52.71 37.14			
	100m: 1:08.83 36.07	300m: 3:34.52 36.49	500m: 6:01.69 36.84	700m: 8:29.78 37.07			
	150m: 1:45.27 36.44	350m: 4:11.28 36.76	550m: 6:38.69 37.00	750m: 9:06.74 36.96			
	200m: 2:21.62 36.35	400m: 4:48.07 36.79	600m: 7:15.57 36.88	800m: 9:42.61 35.87			
22.	PEIXOTO Carolina Esteves	06	Braga	9:43.51	+0,89	573	
	50m: 32.10 32.10	250m: 2:56.29 37.07	450m: 5:25.18 37.05	650m: 7:53.63 37.03			
	100m: 1:06.26 34.16	300m: 3:33.67 37.38	500m: 6:02.36 37.18	700m: 8:31.20 37.57			
	150m: 1:42.40 36.14	350m: 4:10.89 37.22	550m: 6:39.29 36.93	750m: 9:07.64 36.44			
	200m: 2:19.22 36.82	400m: 4:48.13 37.24	600m: 7:16.60 37.31	800m: 9:43.51 35.87			
23.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	9:47.19	+0,82	562	
	50m: 33.28 33.28	250m: 2:59.31 36.34	450m: 5:26.85 36.94	650m: 7:56.11 37.46			
	100m: 1:09.49 36.21	300m: 3:36.49 37.18	500m: 6:04.10 37.25	700m: 8:33.70 37.59			
	150m: 1:46.15 36.66	350m: 4:13.28 36.79	550m: 6:41.35 37.25	750m: 9:11.17 37.47			
	200m: 2:22.97 36.82	400m: 4:49.91 36.63	600m: 7:18.65 37.30	800m: 9:47.19 36.02			
24.	VALENTE Maria Esteves	06	Benfica	9:50.31	+0,85	553	
	50m: 33.42 33.42	250m: 3:00.37 37.18	450m: 5:29.64 37.44	650m: 7:59.42 37.77			
	100m: 1:09.46 36.04	300m: 3:37.50 37.13	500m: 6:07.03 37.39	700m: 8:36.67 37.25			
	150m: 1:46.30 36.84	350m: 4:14.71 37.21	550m: 6:44.32 37.29	750m: 9:13.94 37.27			
	200m: 2:23.19 36.89	400m: 4:52.20 37.49	600m: 7:21.65 37.33	800m: 9:50.31 36.37			
25.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	9:54.20	+0,69	543	
	50m: 32.45 32.45	250m: 2:59.48 37.03	450m: 5:28.71 37.48	650m: 8:01.57 38.21			
	100m: 1:08.63 36.18	300m: 3:36.57 37.09	500m: 6:07.12 38.41	700m: 8:39.64 38.07			
	150m: 1:45.40 36.77	350m: 4:13.95 37.38	550m: 6:45.70 38.58	750m: 9:17.45 37.81			
	200m: 2:22.45 37.05	400m: 4:51.23 37.28	600m: 7:23.36 37.66	800m: 9:54.20 36.75			
26.	GASPAR Beatriz Andre	06	Fundacao Beatriz Santos	9:54.34	+0,67	542	
	50m: 33.82 33.82	250m: 3:03.42 37.90	450m: 5:33.14 37.47	650m: 8:04.30 37.57			
	100m: 1:10.76 36.94	300m: 3:40.66 37.24	500m: 6:11.15 38.01	700m: 8:42.10 37.80			
	150m: 1:48.18 37.42	350m: 4:18.01 37.35	550m: 6:49.21 38.06	750m: 9:18.23 36.13			
	200m: 2:25.52 37.34	400m: 4:55.67 37.66	600m: 7:26.73 37.52	800m: 9:54.34 36.11			
27.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	9:54.97	+0,75	540	
	50m: 32.19 32.19	250m: 2:56.88 36.90	450m: 5:28.80 38.30	650m: 8:02.68 38.30			
	100m: 1:07.80 35.61	300m: 3:34.46 37.58	500m: 6:07.35 38.55	700m: 8:41.08 38.40			
	150m: 1:43.92 36.12	350m: 4:12.44 37.98	550m: 6:46.10 38.75	750m: 9:18.48 37.40			
	200m: 2:19.98 36.06	400m: 4:50.50 38.06	600m: 7:24.38 38.28	800m: 9:54.97 36.49			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	AMORIM Ines Santos	06	Desportiva de Viana	9:55.18	+0,91	540	
	50m: 32.76 32.76	250m: 2:58.83 37.27	450m: 5:29.71 38.05	650m: 8:02.67 38.56			
	100m: 1:08.55 35.79	300m: 3:36.19 37.36	500m: 6:07.83 38.12	700m: 8:40.55 37.88			
	150m: 1:44.77 36.22	350m: 4:14.27 38.08	550m: 6:46.29 38.46	750m: 9:18.66 38.11			
	200m: 2:21.56 36.79	400m: 4:51.66 37.39	600m: 7:24.11 37.82	800m: 9:55.18 36.52			
29.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	9:58.27	+0,83	532	
	50m: 33.80 33.80	250m: 3:02.62 37.89	450m: 5:33.81 38.01	650m: 8:06.00 37.91			
	100m: 1:09.93 36.13	300m: 3:40.31 37.69	500m: 6:11.39 37.58	700m: 8:44.09 38.09			
	150m: 1:47.52 37.59	350m: 4:18.08 37.77	550m: 6:49.87 38.48	750m: 9:22.02 37.93			
	200m: 2:24.73 37.21	400m: 4:55.80 37.72	600m: 7:28.09 38.22	800m: 9:58.27 36.25			
30.	PINTO Margarida Vieira	07	Braga	9:58.91	+0,74	530	
	50m: 32.77 32.77	250m: 3:02.70 38.10	450m: 5:35.53 38.09	650m: 8:07.28 38.13			
	100m: 1:09.31 36.54	300m: 3:40.68 37.98	500m: 6:13.41 37.88	700m: 8:45.34 38.06			
	150m: 1:46.74 37.43	350m: 4:19.12 38.44	550m: 6:51.41 38.00	750m: 9:22.92 37.58			
	200m: 2:24.60 37.86	400m: 4:57.44 38.32	600m: 7:29.15 37.74	800m: 9:58.91 35.99			
31.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	9:59.26	+0,86	529	
	50m: 33.60 33.60	250m: 3:02.64 37.64	450m: 5:33.41 38.13	650m: 8:06.65 38.41			
	100m: 1:09.94 36.34	300m: 3:40.11 37.47	500m: 6:11.66 38.25	700m: 8:44.77 38.12			
	150m: 1:47.61 37.67	350m: 4:17.63 37.52	550m: 6:50.15 38.49	750m: 9:22.88 38.11			
	200m: 2:25.00 37.39	400m: 4:55.28 37.65	600m: 7:28.24 38.09	800m: 9:59.26 36.38			
32.	SILVA Ana Francisca	06	Alcobaca	9:59.65	+0,88	528	
	50m: 32.88 32.88	250m: 3:01.04 37.37	450m: 5:31.39 37.39	650m: 8:04.78 38.66			
	100m: 1:08.98 36.10	300m: 3:38.38 37.34	500m: 6:09.16 37.77	700m: 8:43.31 38.53			
	150m: 1:46.30 37.32	350m: 4:16.17 37.79	550m: 6:47.64 38.48	750m: 9:21.89 38.58			
	200m: 2:23.67 37.37	400m: 4:54.00 37.83	600m: 7:26.12 38.48	800m: 9:59.65 37.76			
33.	LIGEIRO Daniela Silva	04	Viana Natacao	10:00.94	+0,75	525	
	50m: 33.05 33.05	250m: 3:02.25 37.82	450m: 5:33.93 37.79	650m: 8:07.06 37.84			
	100m: 1:09.30 36.25	300m: 3:40.13 37.88	500m: 6:12.18 38.25	700m: 8:45.28 38.22			
	150m: 1:46.79 37.49	350m: 4:18.17 38.04	550m: 6:50.39 38.21	750m: 9:23.46 38.18			
	200m: 2:24.43 37.64	400m: 4:56.14 37.97	600m: 7:29.22 38.83	800m: 10:00.94 37.48			
34.	VIANA Matilde Violante	07	Ba-Leiria	10:05.76	+0,82	512	
	50m: 34.60 34.60	250m: 3:07.84 38.44	450m: 5:41.73 38.33	650m: 8:14.74 38.21			
	100m: 1:12.06 37.46	300m: 3:46.38 38.54	500m: 6:19.22 37.49	700m: 8:51.99 37.25			
	150m: 1:50.76 38.70	350m: 4:25.11 38.73	550m: 6:57.34 38.12	750m: 9:30.68 38.69			
	200m: 2:29.40 38.64	400m: 5:03.40 38.29	600m: 7:36.53 39.19	800m: 10:05.76 35.08			
35.	RODRIGUES Leonor Carreiro	07	Benfica	10:06.05	+0,68	511	
	50m: 34.68 34.68	250m: 3:04.52 37.59	450m: 5:38.07 38.40	650m: 8:12.85 38.58			
	100m: 1:11.93 37.25	300m: 3:42.93 38.41	500m: 6:16.66 38.59	700m: 8:51.61 38.76			
	150m: 1:49.24 37.31	350m: 4:21.18 38.25	550m: 6:55.29 38.63	750m: 9:29.53 37.92			
	200m: 2:26.93 37.69	400m: 4:59.67 38.49	600m: 7:34.27 38.98	800m: 10:06.05 36.52			
36.	GOMES Lia Beatriz	06	Vitoria Guimaraes	10:07.81	+0,80	507	
	50m: 33.04 33.04	250m: 3:00.32 37.18	450m: 5:34.71 38.99	650m: 8:12.68 39.30			
	100m: 1:09.11 36.07	300m: 3:38.58 38.26	500m: 6:14.19 39.48	700m: 8:51.80 39.12			
	150m: 1:45.92 36.81	350m: 4:17.02 38.44	550m: 6:53.80 39.61	750m: 9:30.35 38.55			
	200m: 2:23.14 37.22	400m: 4:55.72 38.70	600m: 7:33.38 39.58	800m: 10:07.81 37.46			
37.	COSTA Anita Gouveia	06	Condeixa Clube	10:08.20	+0,73	506	
	50m: 33.34 33.34	250m: 3:02.03 37.70	450m: 5:37.49 39.63	650m: 8:12.32 37.96			
	100m: 1:09.85 36.51	300m: 3:40.09 38.06	500m: 6:16.10 38.61	700m: 8:51.90 39.58			
	150m: 1:46.99 37.14	350m: 4:18.99 38.90	550m: 6:55.15 39.05	750m: 9:30.90 39.00			
	200m: 2:24.33 37.34	400m: 4:57.86 38.87	600m: 7:34.36 39.21	800m: 10:08.20 37.30			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	LOURO Beatriz Silva	07	Louletano/Loule Concelho	10:09.63	+0,80	502	
	50m: 33.29 33.29	250m: 3:02.90 38.04	450m: 5:38.13 38.76	650m: 8:14.30 38.80			
	100m: 1:10.01 36.72	300m: 3:41.49 38.59	500m: 6:17.12 38.99	700m: 8:53.38 39.08			
	150m: 1:47.03 37.02	350m: 4:20.17 38.68	550m: 6:56.00 38.88	750m: 9:31.81 38.43			
	200m: 2:24.86 37.83	400m: 4:59.37 39.20	600m: 7:35.50 39.50	800m: 10:09.63 37.82			
39.	ALVES Sara Sofia	07	Naval Setubalense	10:17.62	+0,80	483	
	50m: 34.33 34.33	250m: 3:09.14 39.17	450m: 5:45.36 39.25	650m: 8:22.24 39.22			
	100m: 1:12.26 37.93	300m: 3:47.92 38.78	500m: 6:24.61 39.25	700m: 9:01.25 39.01			
	150m: 1:51.10 38.84	350m: 4:26.94 39.02	550m: 7:03.85 39.24	750m: 9:40.06 38.81			
	200m: 2:29.97 38.87	400m: 5:06.11 39.17	600m: 7:43.02 39.17	800m: 10:17.62 37.56			
40.	TEIXEIRA Ines Correia	06	Amadora	10:18.35	+0,81	481	
	50m: 33.20 33.20	250m: 3:05.45 38.23	450m: 5:41.40 39.33	650m: 8:20.52 40.02			
	100m: 1:10.50 37.30	300m: 3:44.15 38.70	500m: 6:20.61 39.21	700m: 9:00.43 39.91			
	150m: 1:48.45 37.95	350m: 4:22.85 38.70	550m: 7:00.46 39.85	750m: 9:39.24 38.81			
	200m: 2:27.22 38.77	400m: 5:02.07 39.22	600m: 7:40.50 40.04	800m: 10:18.35 39.11			
41.	FROIS Maria Francisca	06	Ba-Leiria	10:23.59	+0,81	469	
	50m: 33.39 33.39	250m: 3:10.57 39.50	450m: 5:48.76 39.45	650m: 8:28.15 40.06			
	100m: 1:12.17 38.78	300m: 3:50.09 39.52	500m: 6:29.02 40.26	700m: 9:06.62 38.47			
	150m: 1:51.57 39.40	350m: 4:30.08 39.99	550m: 7:08.08 39.06	750m: 9:46.34 39.72			
	200m: 2:31.07 39.50	400m: 5:09.31 39.23	600m: 7:48.09 40.01	800m: 10:23.59 37.25			
42.	FERNANDES Leonor Garcia	07	O Crasto	10:25.61	+0,91	465	
	50m: 34.71 34.71	250m: 3:11.76 40.07	450m: 5:51.26 40.16	650m: 8:30.05 39.83			
	100m: 1:13.00 38.29	300m: 3:51.49 39.73	500m: 6:30.61 39.35	700m: 9:09.73 39.68			
	150m: 1:51.78 38.78	350m: 4:31.04 39.55	550m: 7:10.43 39.82	750m: 9:48.58 38.85			
	200m: 2:31.69 39.91	400m: 5:11.10 40.06	600m: 7:50.22 39.79	800m: 10:25.61 37.03			
43.	SANTOS Leonor Castanho	07	Sporting	10:26.17	+0,70	464	
	50m: 34.78 34.78	250m: 3:11.20 39.66	450m: 5:50.47 39.33	650m: 8:28.77 39.18			
	100m: 1:12.76 37.98	300m: 3:51.37 40.17	500m: 6:30.36 39.89	700m: 9:08.87 40.10			
	150m: 1:51.74 38.98	350m: 4:31.09 39.72	550m: 7:09.58 39.22	750m: 9:48.30 39.43			
	200m: 2:31.54 39.80	400m: 5:11.14 40.05	600m: 7:49.59 40.01	800m: 10:26.17 37.87			
44.	MACEDO Laura Pinheiro	07	Albicastrense	10:26.57	+0,83	463	
	50m: 34.52 34.52	250m: 3:11.74 39.84	450m: 5:51.81 40.21	650m: 8:31.68 39.16			
	100m: 1:12.81 38.29	300m: 3:51.55 39.81	500m: 6:31.61 39.80	700m: 9:10.89 39.21			
	150m: 1:52.26 39.45	350m: 4:31.28 39.73	550m: 7:11.59 39.98	750m: 9:50.12 39.23			
	200m: 2:31.90 39.64	400m: 5:11.60 40.32	600m: 7:52.52 40.93	800m: 10:26.57 36.45			
45.	GOMES Rita Cunha	07	Viana Natacao	10:30.88	+1,04	453	
	50m: 33.93 33.93	250m: 3:07.09 40.01	450m: 5:49.48 40.60	650m: 8:32.00 40.71			
	100m: 1:10.22 36.29	300m: 3:47.15 40.06	500m: 6:30.55 41.07	700m: 9:11.86 39.86			
	150m: 1:48.22 38.00	350m: 4:28.02 40.87	550m: 7:11.30 40.75	750m: 9:52.26 40.40			
	200m: 2:27.08 38.86	400m: 5:08.88 40.86	600m: 7:51.29 39.99	800m: 10:30.88 38.62			
46.	RODRIGUES Catarina Ferreira	07	Geslours	10:31.59	+0,76	452	
	50m: 34.84 34.84	250m: 3:12.60 39.82	450m: 5:52.64 39.73	650m: 8:34.95 40.54			
	100m: 1:13.69 38.85	300m: 3:52.90 40.30	500m: 6:33.10 40.46	700m: 9:15.35 40.40			
	150m: 1:53.08 39.39	350m: 4:32.73 39.83	550m: 7:14.11 41.01	750m: 9:53.53 38.18			
	200m: 2:32.78 39.70	400m: 5:12.91 40.18	600m: 7:54.41 40.30	800m: 10:31.59 38.06			
47.	SANTOS Leonor Costa	07	Galitos/ Bresimar	10:45.48	+0,96	423	
	50m: 35.31 35.31	250m: 3:13.90 40.46	450m: 5:58.17 41.19	650m: 8:43.80 41.24			
	100m: 1:14.07 38.76	300m: 3:54.66 40.76	500m: 6:39.86 41.69	700m: 9:24.45 40.65			
	150m: 1:53.48 39.41	350m: 4:35.57 40.91	550m: 7:21.31 41.45	750m: 10:05.60 41.15			
	200m: 2:33.44 39.96	400m: 5:16.98 41.41	600m: 8:02.56 41.25	800m: 10:45.48 39.88			

ORGANIZAÇÃO



PARCEIROS



Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 30 Julho a 01 Agosto de 2021



Prova 34, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt				
DNS	ROSA Mafalda Sofia	03	Rio Maior				
DNS	SIMAO Laura Roque	07	Nautico Marinha Grande				

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