

Prova 24 Femin., 1500m Livres Juvenis A
02/04/2022 - 9:20 Resultados

Rec Nac Absoluto 16:15.12 DURAES Diana Margarida SLB Lisboa 09/02/2020
Rec Nac Juv A 16:54.60 HOLUB Tamila Hryhorivna POR Dordrecht (NED) 11/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	18:25.04	+0,84	577	
	50m: 33.77 33.77	450m: 5:30.87 37.25	850m: 10:29.91 37.10	1250m: 15:26.55 36.81			
	100m: 1:10.44 36.67	500m: 6:08.25 37.38	900m: 11:07.00 37.09	1300m: 16:03.40 36.85			
	150m: 1:47.06 36.62	550m: 6:46.04 37.79	950m: 11:44.36 37.36	1350m: 16:40.55 37.15			
	200m: 2:24.14 37.08	600m: 7:23.32 37.28	1000m: 12:21.60 37.24	1400m: 17:16.78 36.23			
	250m: 3:01.64 37.50	650m: 8:00.63 37.31	1050m: 12:58.80 37.20	1450m: 17:51.40 34.62			
	300m: 3:38.88 37.24	700m: 8:37.82 37.19	1100m: 13:35.97 37.17	1500m: 18:25.04 33.64			
	350m: 4:16.15 37.27	750m: 9:15.46 37.64	1150m: 14:13.29 37.32				
	400m: 4:53.62 37.47	800m: 9:52.81 37.35	1200m: 14:49.74 36.45				
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	18:52.45	+0,88	537	
	50m: 33.70 33.70	450m: 5:34.37 37.69	850m: 10:39.23 38.11	1250m: 15:45.74 38.46			
	100m: 1:10.80 37.10	500m: 6:11.92 37.55	900m: 11:17.50 38.27	1300m: 16:24.27 38.53			
	150m: 1:48.31 37.51	550m: 6:49.67 37.75	950m: 11:55.71 38.21	1350m: 17:02.26 37.99			
	200m: 2:25.87 37.56	600m: 7:27.83 38.16	1000m: 12:33.98 38.27	1400m: 17:40.51 38.25			
	250m: 3:03.59 37.72	650m: 8:06.14 38.31	1050m: 13:12.32 38.34	1450m: 18:17.98 37.47			
	300m: 3:41.31 37.72	700m: 8:44.27 38.13	1100m: 13:50.61 38.29	1500m: 18:52.45 34.47			
	350m: 4:18.90 37.59	750m: 9:22.65 38.38	1150m: 14:29.01 38.40				
	400m: 4:56.68 37.78	800m: 10:01.12 38.47	1200m: 15:07.28 38.27				
3.	VIANA Matilde Violante	07	Ba-Leiria	18:52.91	+0,74	536	
	50m: 33.42 33.42	450m: 5:34.34 38.15	850m: 10:35.94 37.87	1250m: 15:43.48 38.69			
	100m: 1:09.74 36.32	500m: 6:11.94 37.60	900m: 11:14.17 38.23	1300m: 16:22.35 38.87			
	150m: 1:46.81 37.07	550m: 6:49.80 37.86	950m: 11:52.76 38.59	1350m: 17:01.15 38.80			
	200m: 2:24.57 37.76	600m: 7:27.72 37.92	1000m: 12:31.14 38.38	1400m: 17:38.56 37.41			
	250m: 3:02.21 37.64	650m: 8:05.24 37.52	1050m: 13:09.15 38.01	1450m: 18:16.33 37.77			
	300m: 3:39.98 37.77	700m: 8:42.82 37.58	1100m: 13:47.56 38.41	1500m: 18:52.91 36.58			
	350m: 4:18.06 38.08	750m: 9:20.57 37.75	1150m: 14:25.88 38.32				
	400m: 4:56.19 38.13	800m: 9:58.07 37.50	1200m: 15:04.79 38.91				
4.	GOMES Barbara Sofia	07	Leixoes	19:09.48	+0,68	513	
	50m: 34.09 34.09	450m: 5:38.71 38.88	850m: 10:47.34 39.07	1250m: 16:01.06 39.02			
	100m: 1:10.88 36.79	500m: 6:17.08 38.37	900m: 11:25.86 38.52	1300m: 16:39.46 38.40			
	150m: 1:48.24 37.36	550m: 6:56.26 39.18	950m: 12:05.16 39.30	1350m: 17:18.33 38.87			
	200m: 2:26.26 38.02	600m: 7:33.65 37.39	1000m: 12:44.33 39.17	1400m: 17:57.27 38.94			
	250m: 3:04.20 37.94	650m: 8:12.86 39.21	1050m: 13:23.54 39.21	1450m: 18:34.80 37.53			
	300m: 3:42.55 38.35	700m: 8:51.25 38.39	1100m: 14:03.34 39.80	1500m: 19:09.48 34.68			
	350m: 4:21.04 38.49	750m: 9:30.29 39.04	1150m: 14:42.59 39.25				
	400m: 4:59.83 38.79	800m: 10:08.27 37.98	1200m: 15:22.04 39.45				
5.	GOMES Rita Cunha	07	Viana Natacao	19:11.21		511	
	50m: 35.12 35.12	450m: 5:39.50 39.32	850m: 10:49.86 39.08	1250m: 16:00.84 39.36			
	100m: 1:12.10 36.98	500m: 6:18.58 39.08	900m: 11:27.80 37.94	1300m: 16:39.48 38.64			
	150m: 1:49.80 37.70	550m: 6:58.05 39.47	950m: 12:06.64 38.84	1350m: 17:18.44 38.96			
	200m: 2:27.50 37.70	600m: 7:36.47 38.42	1000m: 12:45.08 38.44	1400m: 17:57.14 38.70			
	250m: 3:05.46 37.96	650m: 8:14.93 38.46	1050m: 13:24.14 39.06	1450m: 18:35.01 37.87			
	300m: 3:43.41 37.95	700m: 8:53.66 38.73	1100m: 14:03.28 39.14	1500m: 19:11.21 36.20			
	350m: 4:21.55 38.14	750m: 9:32.35 38.69	1150m: 14:43.12 39.84				
	400m: 5:00.18 38.63	800m: 10:10.78 38.43	1200m: 15:21.48 38.36				

Prova 24, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SANTOS Leonor Castanho	07	Sporting	19:14.00	+0,82	507	
	50m: 32.91 32.91	450m: 5:36.16	38.92	850m: 10:48.10	39.48	1250m: 16:00.81	39.15
	100m: 1:09.17 36.26	500m: 6:15.26	39.10	900m: 11:27.62	39.52	1300m: 16:40.38	39.57
	150m: 1:46.22 37.05	550m: 6:53.90	38.64	950m: 12:05.94	38.32	1350m: 17:18.53	38.15
	200m: 2:24.07 37.85	600m: 7:33.26	39.36	1000m: 12:45.17	39.23	1400m: 17:58.52	39.99
	250m: 3:01.84 37.77	650m: 8:11.89	38.63	1050m: 13:23.95	38.78	1450m: 18:37.56	39.04
	300m: 3:40.13 38.29	700m: 8:50.88	38.99	1100m: 14:02.89	38.94	1500m: 19:14.00	36.44
	350m: 4:18.14 38.01	750m: 9:28.99	38.11	1150m: 14:41.48	38.59		
	400m: 4:57.24 39.10	800m: 10:08.62	39.63	1200m: 15:21.66	40.18		
7.	AGUILAR Marta Andre	07	Nautico Academico	19:18.83	+0,64	501	
	50m: 33.35 33.35	450m: 5:30.47	37.87	850m: 10:38.17	39.07	1250m: 16:00.99	40.48
	100m: 1:09.37 36.02	500m: 6:08.64	38.17	900m: 11:17.91	39.74	1300m: 16:41.38	40.39
	150m: 1:45.95 36.58	550m: 6:47.00	38.36	950m: 11:57.70	39.79	1350m: 17:22.06	40.68
	200m: 2:22.84 36.89	600m: 7:24.32	37.32	1000m: 12:37.80	40.10	1400m: 18:02.09	40.03
	250m: 2:59.86 37.02	650m: 8:02.38	38.06	1050m: 13:18.09	40.29	1450m: 18:41.09	39.00
	300m: 3:37.29 37.43	700m: 8:40.93	38.55	1100m: 13:59.11	41.02	1500m: 19:18.83	37.74
	350m: 4:14.95 37.66	750m: 9:19.65	38.72	1150m: 14:40.06	40.95		
	400m: 4:52.60 37.65	800m: 9:59.10	39.45	1200m: 15:20.51	40.45		
8.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	19:33.76	+0,85	482	
	50m: 33.87 33.87	450m: 5:33.11	38.31	850m: 10:52.93	40.97	1250m: 16:15.57	40.18
	100m: 1:10.39 36.52	500m: 6:11.36	38.25	900m: 11:33.75	40.82	1300m: 16:55.64	40.07
	150m: 1:47.25 36.86	550m: 6:50.79	39.43	950m: 12:14.08	40.33	1350m: 17:36.50	40.86
	200m: 2:24.25 37.00	600m: 7:30.25	39.46	1000m: 12:54.49	40.41	1400m: 18:16.10	39.60
	250m: 3:01.94 37.69	650m: 8:10.68	40.43	1050m: 13:34.70	40.21	1450m: 18:55.19	39.09
	300m: 3:39.28 37.34	700m: 8:50.95	40.27	1100m: 14:15.20	40.50	1500m: 19:33.76	38.57
	350m: 4:16.97 37.69	750m: 9:31.31	40.36	1150m: 14:55.43	40.23		
	400m: 4:54.80 37.83	800m: 10:11.96	40.65	1200m: 15:35.39	39.96		
9.	BERNAT Elena Del Rio	07	Alges	20:26.60	+0,71	422	
	50m: 34.94 34.94	450m: 5:52.19	40.62	850m: 11:20.10	41.62	1250m: 16:56.19	42.62
	100m: 1:13.38 38.44	500m: 6:32.47	40.28	900m: 12:01.45	41.35	1300m: 17:38.98	42.79
	150m: 1:52.73 39.35	550m: 7:13.11	40.64	950m: 12:43.62	42.17	1350m: 18:22.32	43.34
	200m: 2:32.04 39.31	600m: 7:53.64	40.53	1000m: 13:25.27	41.65	1400m: 19:04.72	42.40
	250m: 3:12.04 40.00	650m: 8:34.58	40.94	1050m: 14:07.33	42.06	1450m: 19:46.29	41.57
	300m: 3:51.62 39.58	700m: 9:15.37	40.79	1100m: 14:49.12	41.79	1500m: 20:26.60	40.31
	350m: 4:31.89 40.27	750m: 9:57.11	41.74	1150m: 15:31.16	42.04		
	400m: 5:11.57 39.68	800m: 10:38.48	41.37	1200m: 16:13.57	42.41		

Prova 24, Femin., 1500m Livres

Prova 24 Femin., 1500m Livres Juvenis B
02/04/2022 - 9:20 Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08/07/2007

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	FERREIRA Carolina Amadeu	08	Leixoes	18:59.71	+0,62	526		
	50m: 34.28	34.28	450m: 5:43.51	38.69	850m: 10:49.15	38.22	1250m: 15:53.15	38.01
	100m: 1:12.14	37.86	500m: 6:21.62	38.11	900m: 11:27.23	38.08	1300m: 16:31.37	38.22
	150m: 1:50.32	38.18	550m: 6:59.60	37.98	950m: 12:05.36	38.13	1350m: 17:09.57	38.20
	200m: 2:29.21	38.89	600m: 7:37.88	38.28	1000m: 12:43.21	37.85	1400m: 17:47.40	37.83
	250m: 3:08.21	39.00	650m: 8:16.28	38.40	1050m: 13:21.12	37.91	1450m: 18:24.26	36.86
	300m: 3:47.24	39.03	700m: 8:54.75	38.47	1100m: 13:59.22	38.10	1500m: 18:59.71	35.45
	350m: 4:25.94	38.70	750m: 9:33.02	38.27	1150m: 14:37.15	37.93		
	400m: 5:04.82	38.88	800m: 10:10.93	37.91	1200m: 15:15.14	37.99		
2.	BARBOSA Sofia Teixeira	08	Porto	19:09.37	+0,91	513		
	50m: 33.79	33.79	450m: 5:38.86	38.65	850m: 10:46.99	38.57	1250m: 15:56.17	38.20
	100m: 1:10.83	37.04	500m: 6:17.28	38.42	900m: 11:26.27	39.28	1300m: 16:35.44	39.27
	150m: 1:48.67	37.84	550m: 6:55.44	38.16	950m: 12:05.10	38.83	1350m: 17:13.97	38.53
	200m: 2:26.67	38.00	600m: 7:33.78	38.34	1000m: 12:43.93	38.83	1400m: 17:53.37	39.40
	250m: 3:04.76	38.09	650m: 8:12.30	38.52	1050m: 13:21.97	38.04	1450m: 18:31.37	38.00
	300m: 3:43.32	38.56	700m: 8:51.27	38.97	1100m: 14:01.18	39.21	1500m: 19:09.37	38.00
	350m: 4:21.54	38.22	750m: 9:29.67	38.40	1150m: 14:39.40	38.22		
	400m: 5:00.21	38.67	800m: 10:08.42	38.75	1200m: 15:17.97	38.57		
3.	LOPES Catarina Maria	08	BUZIOS-Coruche	19:27.61	+0,88	489		
	50m: 35.32	35.32	450m: 5:44.33	39.65	850m: 10:58.41	39.94	1250m: 16:14.26	39.80
	100m: 1:13.53	38.21	500m: 6:23.60	39.27	900m: 11:37.79	39.38	1300m: 16:53.80	39.54
	150m: 1:51.35	37.82	550m: 7:02.71	39.11	950m: 12:17.54	39.75	1350m: 17:33.90	40.10
	200m: 2:29.94	38.59	600m: 7:41.71	39.00	1000m: 12:56.97	39.43	1400m: 18:12.73	38.83
	250m: 3:08.30	38.36	650m: 8:21.09	39.38	1050m: 13:37.00	40.03	1450m: 18:51.80	39.07
	300m: 3:47.00	38.70	700m: 9:00.07	38.98	1100m: 14:16.32	39.32	1500m: 19:27.61	35.81
	350m: 4:26.08	39.08	750m: 9:39.19	39.12	1150m: 14:55.65	39.33		
	400m: 5:04.68	38.60	800m: 10:18.47	39.28	1200m: 15:34.46	38.81		
4.	JORGE Sofia Pereira	08	Galitos / Bresimar	19:46.24	+0,89	467		
	50m: 34.90	34.90	450m: 5:49.94	39.81	850m: 11:06.75	40.54	1250m: 16:27.15	40.71
	100m: 1:12.88	37.98	500m: 6:29.48	39.54	900m: 11:46.39	39.64	1300m: 17:07.45	40.30
	150m: 1:52.36	39.48	550m: 7:08.96	39.48	950m: 12:26.15	39.76	1350m: 17:47.53	40.08
	200m: 2:31.39	39.03	600m: 7:48.51	39.55	1000m: 13:05.65	39.50	1400m: 18:27.67	40.14
	250m: 3:11.46	40.07	650m: 8:28.04	39.53	1050m: 13:45.62	39.97	1450m: 19:07.31	39.64
	300m: 3:50.61	39.15	700m: 9:07.33	39.29	1100m: 14:25.73	40.11	1500m: 19:46.24	38.93
	350m: 4:30.59	39.98	750m: 9:46.70	39.37	1150m: 15:06.39	40.66		
	400m: 5:10.13	39.54	800m: 10:26.21	39.51	1200m: 15:46.44	40.05		

Prova 24, Femin., 1500m Livres

Prova 24 Femin., 1500m Livres Juvenis
02/04/2022 - 9:20 Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11/07/2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08/07/2007

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	18:25.04	+0,84	577	
	50m: 33.77 33.77	450m: 5:30.87 37.25	850m: 10:29.91 37.10	1250m: 15:26.55 36.81			
	100m: 1:10.44 36.67	500m: 6:08.25 37.38	900m: 11:07.00 37.09	1300m: 16:03.40 36.85			
	150m: 1:47.06 36.62	550m: 6:46.04 37.79	950m: 11:44.36 37.36	1350m: 16:40.55 37.15			
	200m: 2:24.14 37.08	600m: 7:23.32 37.28	1000m: 12:21.60 37.24	1400m: 17:16.78 36.23			
	250m: 3:01.64 37.50	650m: 8:00.63 37.31	1050m: 12:58.80 37.20	1450m: 17:51.40 34.62			
	300m: 3:38.88 37.24	700m: 8:37.82 37.19	1100m: 13:35.97 37.17	1500m: 18:25.04 33.64			
	350m: 4:16.15 37.27	750m: 9:15.46 37.64	1150m: 14:13.29 37.32				
	400m: 4:53.62 37.47	800m: 9:52.81 37.35	1200m: 14:49.74 36.45				
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	18:52.45	+0,88	537	
	50m: 33.70 33.70	450m: 5:34.37 37.69	850m: 10:39.23 38.11	1250m: 15:45.74 38.46			
	100m: 1:10.80 37.10	500m: 6:11.92 37.55	900m: 11:17.50 38.27	1300m: 16:24.27 38.53			
	150m: 1:48.31 37.51	550m: 6:49.67 37.75	950m: 11:55.71 38.21	1350m: 17:02.26 37.99			
	200m: 2:25.87 37.56	600m: 7:27.83 38.16	1000m: 12:33.98 38.27	1400m: 17:40.51 38.25			
	250m: 3:03.59 37.72	650m: 8:06.14 38.31	1050m: 13:12.32 38.34	1450m: 18:17.98 37.47			
	300m: 3:41.31 37.72	700m: 8:44.27 38.13	1100m: 13:50.61 38.29	1500m: 18:52.45 34.47			
	350m: 4:18.90 37.59	750m: 9:22.65 38.38	1150m: 14:29.01 38.40				
	400m: 4:56.68 37.78	800m: 10:01.12 38.47	1200m: 15:07.28 38.27				
3.	VIANA Matilde Violante	07	Ba-Leiria	18:52.91	+0,74	536	
	50m: 33.42 33.42	450m: 5:34.34 38.15	850m: 10:35.94 37.87	1250m: 15:43.48 38.69			
	100m: 1:09.74 36.32	500m: 6:11.94 37.60	900m: 11:14.17 38.23	1300m: 16:22.35 38.87			
	150m: 1:46.81 37.07	550m: 6:49.80 37.86	950m: 11:52.76 38.59	1350m: 17:01.15 38.80			
	200m: 2:24.57 37.76	600m: 7:27.72 37.92	1000m: 12:31.14 38.38	1400m: 17:38.56 37.41			
	250m: 3:02.21 37.64	650m: 8:05.24 37.52	1050m: 13:09.15 38.01	1450m: 18:16.33 37.77			
	300m: 3:39.98 37.77	700m: 8:42.82 37.58	1100m: 13:47.56 38.41	1500m: 18:52.91 36.58			
	350m: 4:18.06 38.08	750m: 9:20.57 37.75	1150m: 14:25.88 38.32				
	400m: 4:56.19 38.13	800m: 9:58.07 37.50	1200m: 15:04.79 38.91				
4.	FERREIRA Carolina Amadeu	08	Leixoes	18:59.71	+0,62	526	
	50m: 34.28 34.28	450m: 5:43.51 38.69	850m: 10:49.15 38.22	1250m: 15:53.15 38.01			
	100m: 1:12.14 37.86	500m: 6:21.62 38.11	900m: 11:27.23 38.08	1300m: 16:31.37 38.22			
	150m: 1:50.32 38.18	550m: 6:59.60 37.98	950m: 12:05.36 38.13	1350m: 17:09.57 38.20			
	200m: 2:29.21 38.89	600m: 7:37.88 38.28	1000m: 12:43.21 37.85	1400m: 17:47.40 37.83			
	250m: 3:08.21 39.00	650m: 8:16.28 38.40	1050m: 13:21.12 37.91	1450m: 18:24.26 36.86			
	300m: 3:47.24 39.03	700m: 8:54.75 38.47	1100m: 13:59.22 38.10	1500m: 18:59.71 35.45			
	350m: 4:25.94 38.70	750m: 9:33.02 38.27	1150m: 14:37.15 37.93				
	400m: 5:04.82 38.88	800m: 10:10.93 37.91	1200m: 15:15.14 37.99				
5.	BARBOSA Sofia Teixeira	08	Porto	19:09.37	+0,91	513	
	50m: 33.79 33.79	450m: 5:38.86 38.65	850m: 10:46.99 38.57	1250m: 15:56.17 38.20			
	100m: 1:10.83 37.04	500m: 6:17.28 38.42	900m: 11:26.27 39.28	1300m: 16:35.44 39.27			
	150m: 1:48.67 37.84	550m: 6:55.44 38.16	950m: 12:05.10 38.83	1350m: 17:13.97 38.53			
	200m: 2:26.67 38.00	600m: 7:33.78 38.34	1000m: 12:43.93 38.83	1400m: 17:53.37 39.40			
	250m: 3:04.76 38.09	650m: 8:12.30 38.52	1050m: 13:21.97 38.04	1450m: 18:31.37 38.00			
	300m: 3:43.32 38.56	700m: 8:51.27 38.97	1100m: 14:01.18 39.21	1500m: 19:09.37 38.00			
	350m: 4:21.54 38.22	750m: 9:29.67 38.40	1150m: 14:39.40 38.22				
	400m: 5:00.21 38.67	800m: 10:08.42 38.75	1200m: 15:17.97 38.57				

Prova 24, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	GOMES Barbara Sofia	07	Leixoes	19:09.48	+0,68	513	
	50m: 34.09 34.09	450m: 5:38.71 38.88	850m: 10:47.34 39.07	1250m: 16:01.06 39.02			
	100m: 1:10.88 36.79	500m: 6:17.08 38.37	900m: 11:25.86 38.52	1300m: 16:39.46 38.40			
	150m: 1:48.24 37.36	550m: 6:56.26 39.18	950m: 12:05.16 39.30	1350m: 17:18.33 38.87			
	200m: 2:26.26 38.02	600m: 7:33.65 37.39	1000m: 12:44.33 39.17	1400m: 17:57.27 38.94			
	250m: 3:04.20 37.94	650m: 8:12.86 39.21	1050m: 13:23.54 39.21	1450m: 18:34.80 37.53			
	300m: 3:42.55 38.35	700m: 8:51.25 38.39	1100m: 14:03.34 39.80	1500m: 19:09.48 34.68			
	350m: 4:21.04 38.49	750m: 9:30.29 39.04	1150m: 14:42.59 39.25				
	400m: 4:59.83 38.79	800m: 10:08.27 37.98	1200m: 15:22.04 39.45				
7.	GOMES Rita Cunha	07	Viana Natacao	19:11.21		511	
	50m: 35.12 35.12	450m: 5:39.50 39.32	850m: 10:49.86 39.08	1250m: 16:00.84 39.36			
	100m: 1:12.10 36.98	500m: 6:18.58 39.08	900m: 11:27.80 37.94	1300m: 16:39.48 38.64			
	150m: 1:49.80 37.70	550m: 6:58.05 39.47	950m: 12:06.64 38.84	1350m: 17:18.44 38.96			
	200m: 2:27.50 37.70	600m: 7:36.47 38.42	1000m: 12:45.08 38.44	1400m: 17:57.14 38.70			
	250m: 3:05.46 37.96	650m: 8:14.93 38.46	1050m: 13:24.14 39.06	1450m: 18:35.01 37.87			
	300m: 3:43.41 37.95	700m: 8:53.66 38.73	1100m: 14:03.28 39.14	1500m: 19:11.21 36.20			
	350m: 4:21.55 38.14	750m: 9:32.35 38.69	1150m: 14:43.12 39.84				
	400m: 5:00.18 38.63	800m: 10:10.78 38.43	1200m: 15:21.48 38.36				
8.	SANTOS Leonor Castanho	07	Sporting	19:14.00	+0,82	507	
	50m: 32.91 32.91	450m: 5:36.16 38.92	850m: 10:48.10 39.48	1250m: 16:00.81 39.15			
	100m: 1:09.17 36.26	500m: 6:15.26 39.10	900m: 11:27.62 39.52	1300m: 16:40.38 39.57			
	150m: 1:46.22 37.05	550m: 6:53.90 38.64	950m: 12:05.94 38.32	1350m: 17:18.53 38.15			
	200m: 2:24.07 37.85	600m: 7:33.26 39.36	1000m: 12:45.17 39.23	1400m: 17:58.52 39.99			
	250m: 3:01.84 37.77	650m: 8:11.89 38.63	1050m: 13:23.95 38.78	1450m: 18:37.56 39.04			
	300m: 3:40.13 38.29	700m: 8:50.88 38.99	1100m: 14:02.89 38.94	1500m: 19:14.00 36.44			
	350m: 4:18.14 38.01	750m: 9:28.99 38.11	1150m: 14:41.48 38.59				
	400m: 4:57.24 39.10	800m: 10:08.62 39.63	1200m: 15:21.66 40.18				
9.	AGUILAR Marta Andre	07	Nautico Academico	19:18.83	+0,64	501	
	50m: 33.35 33.35	450m: 5:30.47 37.87	850m: 10:38.17 39.07	1250m: 16:00.99 40.48			
	100m: 1:09.37 36.02	500m: 6:08.64 38.17	900m: 11:17.91 39.74	1300m: 16:41.38 40.39			
	150m: 1:45.95 36.58	550m: 6:47.00 38.36	950m: 11:57.70 39.79	1350m: 17:22.06 40.68			
	200m: 2:22.84 36.89	600m: 7:24.32 37.32	1000m: 12:37.80 40.10	1400m: 18:02.09 40.03			
	250m: 2:59.86 37.02	650m: 8:02.38 38.06	1050m: 13:18.09 40.29	1450m: 18:41.09 39.00			
	300m: 3:37.29 37.43	700m: 8:40.93 38.55	1100m: 13:59.11 41.02	1500m: 19:18.83 37.74			
	350m: 4:14.95 37.66	750m: 9:19.65 38.72	1150m: 14:40.06 40.95				
	400m: 4:52.60 37.65	800m: 9:59.10 39.45	1200m: 15:20.51 40.45				
10.	LOPES Catarina Maria	08	BUZIOS-Coruche	19:27.61	+0,88	489	
	50m: 35.32 35.32	450m: 5:44.33 39.65	850m: 10:58.41 39.94	1250m: 16:14.26 39.80			
	100m: 1:13.53 38.21	500m: 6:23.60 39.27	900m: 11:37.79 39.38	1300m: 16:53.80 39.54			
	150m: 1:51.35 37.82	550m: 7:02.71 39.11	950m: 12:17.54 39.75	1350m: 17:33.90 40.10			
	200m: 2:29.94 38.59	600m: 7:41.71 39.00	1000m: 12:56.97 39.43	1400m: 18:12.73 38.83			
	250m: 3:08.30 38.36	650m: 8:21.09 39.38	1050m: 13:37.00 40.03	1450m: 18:51.80 39.07			
	300m: 3:47.00 38.70	700m: 9:00.07 38.98	1100m: 14:16.32 39.32	1500m: 19:27.61 35.81			
	350m: 4:26.08 39.08	750m: 9:39.19 39.12	1150m: 14:55.65 39.33				
	400m: 5:04.68 38.60	800m: 10:18.47 39.28	1200m: 15:34.46 38.81				

Prova 24, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	19:33.76	+0,85	482	
	50m: 33.87 33.87	450m: 5:33.11 38.31	850m: 10:52.93 40.97	1250m: 16:15.57 40.18			
	100m: 1:10.39 36.52	500m: 6:11.36 38.25	900m: 11:33.75 40.82	1300m: 16:55.64 40.07			
	150m: 1:47.25 36.86	550m: 6:50.79 39.43	950m: 12:14.08 40.33	1350m: 17:36.50 40.86			
	200m: 2:24.25 37.00	600m: 7:30.25 39.46	1000m: 12:54.49 40.41	1400m: 18:16.10 39.60			
	250m: 3:01.94 37.69	650m: 8:10.68 40.43	1050m: 13:34.70 40.21	1450m: 18:55.19 39.09			
	300m: 3:39.28 37.34	700m: 8:50.95 40.27	1100m: 14:15.20 40.50	1500m: 19:33.76 38.57			
	350m: 4:16.97 37.69	750m: 9:31.31 40.36	1150m: 14:55.43 40.23				
	400m: 4:54.80 37.83	800m: 10:11.96 40.65	1200m: 15:35.39 39.96				
12.	JORGE Sofia Pereira	08	Galitos / Bresimar	19:46.24	+0,89	467	
	50m: 34.90 34.90	450m: 5:49.94 39.81	850m: 11:06.75 40.54	1250m: 16:27.15 40.71			
	100m: 1:12.88 37.98	500m: 6:29.48 39.54	900m: 11:46.39 39.64	1300m: 17:07.45 40.30			
	150m: 1:52.36 39.48	550m: 7:08.96 39.48	950m: 12:26.15 39.76	1350m: 17:47.53 40.08			
	200m: 2:31.39 39.03	600m: 7:48.51 39.55	1000m: 13:05.65 39.50	1400m: 18:27.67 40.14			
	250m: 3:11.46 40.07	650m: 8:28.04 39.53	1050m: 13:45.62 39.97	1450m: 19:07.31 39.64			
	300m: 3:50.61 39.15	700m: 9:07.33 39.29	1100m: 14:25.73 40.11	1500m: 19:46.24 38.93			
	350m: 4:30.59 39.98	750m: 9:46.70 39.37	1150m: 15:06.39 40.66				
	400m: 5:10.13 39.54	800m: 10:26.21 39.51	1200m: 15:46.44 40.05				
13.	BERNAT Elena Del Rio	07	Alges	20:26.60	+0,71	422	
	50m: 34.94 34.94	450m: 5:52.19 40.62	850m: 11:20.10 41.62	1250m: 16:56.19 42.62			
	100m: 1:13.38 38.44	500m: 6:32.47 40.28	900m: 12:01.45 41.35	1300m: 17:38.98 42.79			
	150m: 1:52.73 39.35	550m: 7:13.11 40.64	950m: 12:43.62 42.17	1350m: 18:22.32 43.34			
	200m: 2:32.04 39.31	600m: 7:53.64 40.53	1000m: 13:25.27 41.65	1400m: 19:04.72 42.40			
	250m: 3:12.04 40.00	650m: 8:34.58 40.94	1050m: 14:07.33 42.06	1450m: 19:46.29 41.57			
	300m: 3:51.62 39.58	700m: 9:15.37 40.79	1100m: 14:49.12 41.79	1500m: 20:26.60 40.31			
	350m: 4:31.89 40.27	750m: 9:57.11 41.74	1150m: 15:31.16 42.04				
	400m: 5:11.57 39.68	800m: 10:38.48 41.37	1200m: 16:13.57 42.41				