

Prova 33 Femin., 800m Livres Juvenis A
03/04/2022 - 9:00 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 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:53.63	+0,78	544	
	50m: 32.57 32.57	250m: 2:59.88 37.60	450m: 5:30.65 37.56	650m: 8:02.09 37.89			
	100m: 1:08.27 35.70	300m: 3:37.72 37.84	500m: 6:08.47 37.82	700m: 8:40.20 38.11			
	150m: 1:45.04 36.77	350m: 4:15.40 37.68	550m: 6:46.10 37.63	750m: 9:17.62 37.42			
	200m: 2:22.28 37.24	400m: 4:53.09 37.69	600m: 7:24.20 38.10	800m: 9:53.63 36.01			
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	9:55.26	+0,86	540	
	50m: 33.10 33.10	250m: 3:02.85 38.43	450m: 5:34.53 38.21	650m: 8:07.06 38.58			
	100m: 1:09.13 36.03	300m: 3:40.59 37.74	500m: 6:12.29 37.76	700m: 8:44.44 37.38			
	150m: 1:47.10 37.97	350m: 4:18.67 38.08	550m: 6:50.63 38.34	750m: 9:21.81 37.37			
	200m: 2:24.42 37.32	400m: 4:56.32 37.65	600m: 7:28.48 37.85	800m: 9:55.26 33.45			
3.	AGUILAR Marta Andre	07	Nautico Academico	9:59.39	+0,61	529	
	50m: 34.13 34.13	250m: 3:04.00 37.13	450m: 5:34.72 38.38	650m: 8:08.11 39.09			
	100m: 1:10.89 36.76	300m: 3:41.25 37.25	500m: 6:12.87 38.15	700m: 8:46.26 38.15			
	150m: 1:49.30 38.41	350m: 4:19.06 37.81	550m: 6:51.60 38.73	750m: 9:24.14 37.88			
	200m: 2:26.87 37.57	400m: 4:56.34 37.28	600m: 7:29.02 37.42	800m: 9:59.39 35.25			
4.	GOMES Rita Cunha	07	Viana Natacao	9:59.73		528	
	50m: 34.28 34.28	250m: 3:03.77 37.47	450m: 5:36.12 37.64	650m: 8:08.40 37.86			
	100m: 1:10.98 36.70	300m: 3:42.32 38.55	500m: 6:14.13 38.01	700m: 8:45.92 37.52			
	150m: 1:48.27 37.29	350m: 4:20.12 37.80	550m: 6:52.16 38.03	750m: 9:22.89 36.97			
	200m: 2:26.30 38.03	400m: 4:58.48 38.36	600m: 7:30.54 38.38	800m: 9:59.73 36.84			
5.	VIANA Matilde Violante	07	Ba-Leiria	10:01.59	+0,84	523	
	50m: 33.15 33.15	250m: 3:04.56 38.42	450m: 5:37.54 38.35	650m: 8:10.35 38.26			
	100m: 1:09.97 36.82	300m: 3:42.81 38.25	500m: 6:15.71 38.17	700m: 8:48.26 37.91			
	150m: 1:48.01 38.04	350m: 4:20.97 38.16	550m: 6:53.98 38.27	750m: 9:25.04 36.78			
	200m: 2:26.14 38.13	400m: 4:59.19 38.22	600m: 7:32.09 38.11	800m: 10:01.59 36.55			
6.	PINTO Margarida Vieira	07	Braga	10:03.88	+0,72	517	
	50m: 32.63 32.63	250m: 3:03.23 38.42	450m: 5:36.61 38.69	650m: 8:11.47 38.78			
	100m: 1:09.30 36.67	300m: 3:41.20 37.97	500m: 6:15.23 38.62	700m: 8:50.47 39.00			
	150m: 1:47.02 37.72	350m: 4:19.74 38.54	550m: 6:54.11 38.88	750m: 9:28.41 37.94			
	200m: 2:24.81 37.79	400m: 4:57.92 38.18	600m: 7:32.69 38.58	800m: 10:03.88 35.47			
7.	CAMARA Ines Cruz	07	Desportivo Nacional	10:06.11	+0,85	511	
	50m: 33.78 33.78	250m: 3:04.87 38.18	450m: 5:37.51 38.19	650m: 8:11.30 38.41			
	100m: 1:10.62 36.84	300m: 3:42.93 38.06	500m: 6:15.87 38.36	700m: 8:50.32 39.02			
	150m: 1:48.33 37.71	350m: 4:21.17 38.24	550m: 6:54.13 38.26	750m: 9:28.60 38.28			
	200m: 2:26.69 38.36	400m: 4:59.32 38.15	600m: 7:32.89 38.76	800m: 10:06.11 37.51			
8.	RODRIGUES Leonor Carreiro	07	Benfica	10:07.12	+0,71	509	
	50m: 33.42 33.42	250m: 3:03.63 38.56	450m: 5:38.15 39.01	650m: 8:13.43 38.80			
	100m: 1:09.95 36.53	300m: 3:41.83 38.20	500m: 6:16.76 38.61	700m: 8:51.89 38.46			
	150m: 1:47.44 37.49	350m: 4:20.39 38.56	550m: 6:56.04 39.28	750m: 9:30.27 38.38			
	200m: 2:25.07 37.63	400m: 4:59.14 38.75	600m: 7:34.63 38.59	800m: 10:07.12 36.85			
9.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	10:19.68	+0,70	478	
	50m: 29.29 29.29	250m: 2:59.91 49.00	450m: 5:39.97 39.88	650m: 8:20.54 40.28			
	100m: 1:02.02 32.73	300m: 3:40.86 40.95	500m: 6:19.86 39.89	700m: 9:00.15 39.61			
	150m: 1:36.57 34.55	350m: 4:20.47 39.61	550m: 7:00.19 40.33	750m: 9:40.19 40.04			
	200m: 2:10.91 34.34	400m: 5:00.09 39.62	600m: 7:40.26 40.07	800m: 10:19.68 39.49			

Prova 33, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI				

Prova 33 03/04/2022 - 9:00

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 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	9:57.04		535	
	50m: 31.03 31.03	250m: 2:57.86 37.85	450m: 5:29.77 38.00	650m: 8:03.47 38.56			
	100m: 1:06.08 35.05	300m: 3:35.62 37.76	500m: 6:08.11 38.34	700m: 8:42.14 38.67			
	150m: 1:42.80 36.72	350m: 4:13.49 37.87	550m: 6:46.35 38.24	750m: 9:20.04 37.90			
	200m: 2:20.01 37.21	400m: 4:51.77 38.28	600m: 7:24.91 38.56	800m: 9:57.04 37.00			
2.	BARBOSA Sofia Teixeira	08	Porto	10:04.76	+0,79	515	
	50m: 33.38 33.38	250m: 3:06.21 38.25	450m: 5:39.88 38.60	650m: 8:14.46 38.74			
	100m: 1:10.51 37.13	300m: 3:44.61 38.40	500m: 6:18.35 38.47	700m: 8:52.66 38.20			
	150m: 1:49.39 38.88	350m: 4:22.95 38.34	550m: 6:57.14 38.79	750m: 9:30.23 37.57			
	200m: 2:27.96 38.57	400m: 5:01.28 38.33	600m: 7:35.72 38.58	800m: 10:04.76 34.53			
3.	FREITAS Diana Gomes	08	Amigos da Montanha	10:08.64	+0,95	505	
	50m: 34.63 34.63	250m: 3:06.67 38.25	450m: 5:41.59 38.92	650m: 8:16.34 38.37			
	100m: 1:12.32 37.69	300m: 3:45.39 38.72	500m: 6:20.42 38.83	700m: 8:54.93 38.59			
	150m: 1:50.09 37.77	350m: 4:23.84 38.45	550m: 6:59.28 38.86	750m: 9:32.10 37.17			
	200m: 2:28.42 38.33	400m: 5:02.67 38.83	600m: 7:37.97 38.69	800m: 10:08.64 36.54			
4.	SOARES Leonor Carvalho	08	Porto	10:11.08	+0,90	499	
	50m: 33.92 33.92	250m: 3:06.11 38.65	450m: 5:40.56 38.65	650m: 8:15.91 38.99			
	100m: 1:10.65 36.73	300m: 3:44.31 38.20	500m: 6:19.11 38.55	700m: 8:54.67 38.76			
	150m: 1:49.26 38.61	350m: 4:23.26 38.95	550m: 6:58.27 39.16	750m: 9:33.35 38.68			
	200m: 2:27.46 38.20	400m: 5:01.91 38.65	600m: 7:36.92 38.65	800m: 10:11.08 37.73			
5.	LOPES Catarina Maria	08	BUZIOS-Coruche	10:15.53	+0,78	488	
	50m: 34.64 34.64	250m: 3:09.23 39.46	450m: 5:46.13 39.45	650m: 8:22.06 38.77			
	100m: 1:12.57 37.93	300m: 3:48.58 39.35	500m: 6:25.12 38.99	700m: 9:00.74 38.68			
	150m: 1:50.96 38.39	350m: 4:27.69 39.11	550m: 7:04.18 39.06	750m: 9:38.98 38.24			
	200m: 2:29.77 38.81	400m: 5:06.68 38.99	600m: 7:43.29 39.11	800m: 10:15.53 36.55			
6.	JORGE Sofia Pereira	08	Galitos / Bresimar	10:16.20	+0,97	486	
	50m: 33.83 33.83	250m: 3:05.32 38.28	450m: 5:41.59 38.56	650m: 8:18.94 38.81			
	100m: 1:11.07 37.24	300m: 3:44.87 39.55	500m: 6:21.33 39.74	700m: 8:58.73 39.79			
	150m: 1:48.48 37.41	350m: 4:23.44 38.57	550m: 7:00.18 38.85	750m: 9:37.04 38.31			
	200m: 2:27.04 38.56	400m: 5:03.03 39.59	600m: 7:40.13 39.95	800m: 10:16.20 39.16			
7.	FERREIRA Constanca Santos	08	Alges	10:18.00	+0,63	482	
	50m: 34.47 34.47	250m: 3:09.01 39.21	450m: 5:45.30 39.40	650m: 8:22.17 38.98			
	100m: 1:12.00 37.53	300m: 3:47.88 38.87	500m: 6:24.49 39.19	700m: 9:01.17 39.00			
	150m: 1:50.80 38.80	350m: 4:26.62 38.74	550m: 7:04.07 39.58	750m: 9:40.40 39.23			
	200m: 2:29.80 39.00	400m: 5:05.90 39.28	600m: 7:43.19 39.12	800m: 10:18.00 37.60			
8.	CARVALHO Constanca Isabel	08	Alges	10:21.32	+0,81	475	
	50m: 34.68 34.68	250m: 3:08.89 39.18	450m: 5:46.48 39.38	650m: 8:24.39 39.64			
	100m: 1:11.94 37.26	300m: 3:48.08 39.19	500m: 6:25.77 39.29	700m: 9:04.05 39.66			
	150m: 1:50.60 38.66	350m: 4:27.66 39.58	550m: 7:05.01 39.24	750m: 9:43.23 39.18			
	200m: 2:29.71 39.11	400m: 5:07.10 39.44	600m: 7:44.75 39.74	800m: 10:21.32 38.09			

Prova 33, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	NEVES Ana Carolina	08	Fluvial Portuense	10:21.91	+0,69	473	
	50m: 33.70 33.70	250m: 3:07.80 38.98	450m: 5:45.08 39.45	650m: 8:24.54 40.12			
	100m: 1:11.03 37.33	300m: 3:46.95 39.15	500m: 6:24.70 39.62	700m: 9:04.34 39.80			
	150m: 1:49.70 38.67	350m: 4:26.19 39.24	550m: 7:04.50 39.80	750m: 9:43.88 39.54			
	200m: 2:28.82 39.12	400m: 5:05.63 39.44	600m: 7:44.42 39.92	800m: 10:21.91 38.03			
10.	COSTA Maria Joao	08	Vilacondense	10:24.97	+0,82	466	
	50m: 33.80 33.80	250m: 3:09.11 39.61	450m: 5:47.28 39.82	650m: 8:27.54 40.49			
	100m: 1:11.25 37.45	300m: 3:48.34 39.23	500m: 6:26.98 39.70	700m: 9:07.03 39.49			
	150m: 1:50.27 39.02	350m: 4:27.83 39.49	550m: 7:07.23 40.25	750m: 9:46.81 39.78			
	200m: 2:29.50 39.23	400m: 5:07.46 39.63	600m: 7:47.05 39.82	800m: 10:24.97 38.16			
11.	PIRES Ana Beatriz	08	Uniao Piedense	10:28.18	+0,95	459	
	50m: 35.22 35.22	250m: 3:11.20 39.06	450m: 5:47.94 39.50	650m: 8:28.54 40.66			
	100m: 1:13.18 37.96	300m: 3:50.28 39.08	500m: 6:27.59 39.65	700m: 9:09.24 40.70			
	150m: 1:52.75 39.57	350m: 4:29.37 39.09	550m: 7:07.62 40.03	750m: 9:50.18 40.94			
	200m: 2:32.14 39.39	400m: 5:08.44 39.07	600m: 7:47.88 40.26	800m: 10:28.18 38.00			
12.	LUIZ Margarida Maria	08	Lagoa AC	10:28.32		459	
	50m: 34.57 34.57	250m: 3:11.21 39.64	450m: 5:50.49 39.84	650m: 8:31.66 40.46			
	100m: 1:12.48 37.91	300m: 3:51.03 39.82	500m: 6:30.47 39.98	700m: 9:10.92 39.26			
	150m: 1:52.19 39.71	350m: 4:30.97 39.94	550m: 7:10.80 40.33	750m: 9:50.85 39.93			
	200m: 2:31.57 39.38	400m: 5:10.65 39.68	600m: 7:51.20 40.40	800m: 10:28.32 37.47			
13.	NUNES Carolina Mendes	08	Estarreja	10:36.49	+0,89	441	
	50m: 35.19 35.19	250m: 3:11.97 39.54	450m: 5:52.45 40.48	650m: 8:36.37 41.46			
	100m: 1:13.49 38.30	300m: 3:51.45 39.48	500m: 6:33.00 40.55	700m: 9:17.05 40.68			
	150m: 1:53.10 39.61	350m: 4:31.68 40.23	550m: 7:13.89 40.89	750m: 9:57.22 40.17			
	200m: 2:32.43 39.33	400m: 5:11.97 40.29	600m: 7:54.91 41.02	800m: 10:36.49 39.27			
14.	GOMES Rita Silva	08	Colegio Efanor	10:41.71	+0,96	431	
	50m: 35.73 35.73	250m: 3:13.58 39.74	450m: 5:56.76 40.49	650m: 8:40.76 41.17			
	100m: 1:14.47 38.74	300m: 3:54.49 40.91	500m: 6:37.92 41.16	700m: 9:22.10 41.34			
	150m: 1:54.15 39.68	350m: 4:35.64 41.15	550m: 7:18.82 40.90	750m: 10:02.86 40.76			
	200m: 2:33.84 39.69	400m: 5:16.27 40.63	600m: 7:59.59 40.77	800m: 10:41.71 38.85			
15.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	10:45.28	+0,62	424	
	50m: 34.85 34.85	250m: 3:12.47 40.38	450m: 5:57.08 41.16	650m: 8:43.02 41.40			
	100m: 1:12.91 38.06	300m: 3:53.69 41.22	500m: 6:38.73 41.65	700m: 9:24.76 41.74			
	150m: 1:51.78 38.87	350m: 4:34.70 41.01	550m: 7:20.03 41.30	750m: 10:05.74 40.98			
	200m: 2:32.09 40.31	400m: 5:15.92 41.22	600m: 8:01.62 41.59	800m: 10:45.28 39.54			

Prova 33, Femin., 800m Livres

Prova 33 Femin., 800m Livres Juvenis
03/04/2022 - 9:00 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 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:53.63	+0,78	544	
	50m: 32.57 32.57	250m: 2:59.88	37.60	450m: 5:30.65	37.56	650m: 8:02.09	37.89
	100m: 1:08.27 35.70	300m: 3:37.72	37.84	500m: 6:08.47	37.82	700m: 8:40.20	38.11
	150m: 1:45.04 36.77	350m: 4:15.40	37.68	550m: 6:46.10	37.63	750m: 9:17.62	37.42
	200m: 2:22.28 37.24	400m: 4:53.09	37.69	600m: 7:24.20	38.10	800m: 9:53.63	36.01
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	9:55.26	+0,86	540	
	50m: 33.10 33.10	250m: 3:02.85	38.43	450m: 5:34.53	38.21	650m: 8:07.06	38.58
	100m: 1:09.13 36.03	300m: 3:40.59	37.74	500m: 6:12.29	37.76	700m: 8:44.44	37.38
	150m: 1:47.10 37.97	350m: 4:18.67	38.08	550m: 6:50.63	38.34	750m: 9:21.81	37.37
	200m: 2:24.42 37.32	400m: 4:56.32	37.65	600m: 7:28.48	37.85	800m: 9:55.26	33.45
3.	NEVES Maria Gomes	08	Braga	9:57.04		535	
	50m: 31.03 31.03	250m: 2:57.86	37.85	450m: 5:29.77	38.00	650m: 8:03.47	38.56
	100m: 1:06.08 35.05	300m: 3:35.62	37.76	500m: 6:08.11	38.34	700m: 8:42.14	38.67
	150m: 1:42.80 36.72	350m: 4:13.49	37.87	550m: 6:46.35	38.24	750m: 9:20.04	37.90
	200m: 2:20.01 37.21	400m: 4:51.77	38.28	600m: 7:24.91	38.56	800m: 9:57.04	37.00
4.	AGUILAR Marta Andre	07	Nautico Academico	9:59.39	+0,61	529	
	50m: 34.13 34.13	250m: 3:04.00	37.13	450m: 5:34.72	38.38	650m: 8:08.11	39.09
	100m: 1:10.89 36.76	300m: 3:41.25	37.25	500m: 6:12.87	38.15	700m: 8:46.26	38.15
	150m: 1:49.30 38.41	350m: 4:19.06	37.81	550m: 6:51.60	38.73	750m: 9:24.14	37.88
	200m: 2:26.87 37.57	400m: 4:56.34	37.28	600m: 7:29.02	37.42	800m: 9:59.39	35.25
5.	GOMES Rita Cunha	07	Viana Natacao	9:59.73		528	
	50m: 34.28 34.28	250m: 3:03.77	37.47	450m: 5:36.12	37.64	650m: 8:08.40	37.86
	100m: 1:10.98 36.70	300m: 3:42.32	38.55	500m: 6:14.13	38.01	700m: 8:45.92	37.52
	150m: 1:48.27 37.29	350m: 4:20.12	37.80	550m: 6:52.16	38.03	750m: 9:22.89	36.97
	200m: 2:26.30 38.03	400m: 4:58.48	38.36	600m: 7:30.54	38.38	800m: 9:59.73	36.84
6.	VIANA Matilde Violante	07	Ba-Leiria	10:01.59	+0,84	523	
	50m: 33.15 33.15	250m: 3:04.56	38.42	450m: 5:37.54	38.35	650m: 8:10.35	38.26
	100m: 1:09.97 36.82	300m: 3:42.81	38.25	500m: 6:15.71	38.17	700m: 8:48.26	37.91
	150m: 1:48.01 38.04	350m: 4:20.97	38.16	550m: 6:53.98	38.27	750m: 9:25.04	36.78
	200m: 2:26.14 38.13	400m: 4:59.19	38.22	600m: 7:32.09	38.11	800m: 10:01.59	36.55
7.	PINTO Margarida Vieira	07	Braga	10:03.88	+0,72	517	
	50m: 32.63 32.63	250m: 3:03.23	38.42	450m: 5:36.61	38.69	650m: 8:11.47	38.78
	100m: 1:09.30 36.67	300m: 3:41.20	37.97	500m: 6:15.23	38.62	700m: 8:50.47	39.00
	150m: 1:47.02 37.72	350m: 4:19.74	38.54	550m: 6:54.11	38.88	750m: 9:28.41	37.94
	200m: 2:24.81 37.79	400m: 4:57.92	38.18	600m: 7:32.69	38.58	800m: 10:03.88	35.47
8.	BARBOSA Sofia Teixeira	08	Porto	10:04.76	+0,79	515	
	50m: 33.38 33.38	250m: 3:06.21	38.25	450m: 5:39.88	38.60	650m: 8:14.46	38.74
	100m: 1:10.51 37.13	300m: 3:44.61	38.40	500m: 6:18.35	38.47	700m: 8:52.66	38.20
	150m: 1:49.39 38.88	350m: 4:22.95	38.34	550m: 6:57.14	38.79	750m: 9:30.23	37.57
	200m: 2:27.96 38.57	400m: 5:01.28	38.33	600m: 7:35.72	38.58	800m: 10:04.76	34.53

Prova 33, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CAMARA Ines Cruz	07	Desportivo Nacional	10:06.11	+0,85	511	
	50m: 33.78 33.78	250m: 3:04.87 38.18	450m: 5:37.51 38.19	650m: 8:11.30 38.41			
	100m: 1:10.62 36.84	300m: 3:42.93 38.06	500m: 6:15.87 38.36	700m: 8:50.32 39.02			
	150m: 1:48.33 37.71	350m: 4:21.17 38.24	550m: 6:54.13 38.26	750m: 9:28.60 38.28			
	200m: 2:26.69 38.36	400m: 4:59.32 38.15	600m: 7:32.89 38.76	800m: 10:06.11 37.51			
10.	RODRIGUES Leonor Carreiro	07	Benfica	10:07.12	+0,71	509	
	50m: 33.42 33.42	250m: 3:03.63 38.56	450m: 5:38.15 39.01	650m: 8:13.43 38.80			
	100m: 1:09.95 36.53	300m: 3:41.83 38.20	500m: 6:16.76 38.61	700m: 8:51.89 38.46			
	150m: 1:47.44 37.49	350m: 4:20.39 38.56	550m: 6:56.04 39.28	750m: 9:30.27 38.38			
	200m: 2:25.07 37.63	400m: 4:59.14 38.75	600m: 7:34.63 38.59	800m: 10:07.12 36.85			
11.	FREITAS Diana Gomes	08	Amigos da Montanha	10:08.64	+0,95	505	
	50m: 34.63 34.63	250m: 3:06.67 38.25	450m: 5:41.59 38.92	650m: 8:16.34 38.37			
	100m: 1:12.32 37.69	300m: 3:45.39 38.72	500m: 6:20.42 38.83	700m: 8:54.93 38.59			
	150m: 1:50.09 37.77	350m: 4:23.84 38.45	550m: 6:59.28 38.86	750m: 9:32.10 37.17			
	200m: 2:28.42 38.33	400m: 5:02.67 38.83	600m: 7:37.97 38.69	800m: 10:08.64 36.54			
12.	SOARES Leonor Carvalho	08	Porto	10:11.08	+0,90	499	
	50m: 33.92 33.92	250m: 3:06.11 38.65	450m: 5:40.56 38.65	650m: 8:15.91 38.99			
	100m: 1:10.65 36.73	300m: 3:44.31 38.20	500m: 6:19.11 38.55	700m: 8:54.67 38.76			
	150m: 1:49.26 38.61	350m: 4:23.26 38.95	550m: 6:58.27 39.16	750m: 9:33.35 38.68			
	200m: 2:27.46 38.20	400m: 5:01.91 38.65	600m: 7:36.92 38.65	800m: 10:11.08 37.73			
13.	LOPES Catarina Maria	08	BUZIOS-Coruche	10:15.53	+0,78	488	
	50m: 34.64 34.64	250m: 3:09.23 39.46	450m: 5:46.13 39.45	650m: 8:22.06 38.77			
	100m: 1:12.57 37.93	300m: 3:48.58 39.35	500m: 6:25.12 38.99	700m: 9:00.74 38.68			
	150m: 1:50.96 38.39	350m: 4:27.69 39.11	550m: 7:04.18 39.06	750m: 9:38.98 38.24			
	200m: 2:29.77 38.81	400m: 5:06.68 38.99	600m: 7:43.29 39.11	800m: 10:15.53 36.55			
14.	JORGE Sofia Pereira	08	Galitos / Bresimar	10:16.20	+0,97	486	
	50m: 33.83 33.83	250m: 3:05.32 38.28	450m: 5:41.59 38.56	650m: 8:18.94 38.81			
	100m: 1:11.07 37.24	300m: 3:44.87 39.55	500m: 6:21.33 39.74	700m: 8:58.73 39.79			
	150m: 1:48.48 37.41	350m: 4:23.44 38.57	550m: 7:00.18 38.85	750m: 9:37.04 38.31			
	200m: 2:27.04 38.56	400m: 5:03.03 39.59	600m: 7:40.13 39.95	800m: 10:16.20 39.16			
15.	FERREIRA Constanca Santos	08	Alges	10:18.00	+0,63	482	
	50m: 34.47 34.47	250m: 3:09.01 39.21	450m: 5:45.30 39.40	650m: 8:22.17 38.98			
	100m: 1:12.00 37.53	300m: 3:47.88 38.87	500m: 6:24.49 39.19	700m: 9:01.17 39.00			
	150m: 1:50.80 38.80	350m: 4:26.62 38.74	550m: 7:04.07 39.58	750m: 9:40.40 39.23			
	200m: 2:29.80 39.00	400m: 5:05.90 39.28	600m: 7:43.19 39.12	800m: 10:18.00 37.60			
16.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	10:19.68	+0,70	478	
	50m: 29.29 29.29	250m: 2:59.91 49.00	450m: 5:39.97 39.88	650m: 8:20.54 40.28			
	100m: 1:02.02 32.73	300m: 3:40.86 40.95	500m: 6:19.86 39.89	700m: 9:00.15 39.61			
	150m: 1:36.57 34.55	350m: 4:20.47 39.61	550m: 7:00.19 40.33	750m: 9:40.19 40.04			
	200m: 2:10.91 34.34	400m: 5:00.09 39.62	600m: 7:40.26 40.07	800m: 10:19.68 39.49			
17.	CARVALHO Constanca Isabel	08	Alges	10:21.32	+0,81	475	
	50m: 34.68 34.68	250m: 3:08.89 39.18	450m: 5:46.48 39.38	650m: 8:24.39 39.64			
	100m: 1:11.94 37.26	300m: 3:48.08 39.19	500m: 6:25.77 39.29	700m: 9:04.05 39.66			
	150m: 1:50.60 38.66	350m: 4:27.66 39.58	550m: 7:05.01 39.24	750m: 9:43.23 39.18			
	200m: 2:29.71 39.11	400m: 5:07.10 39.44	600m: 7:44.75 39.74	800m: 10:21.32 38.09			

Prova 33, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	NEVES Ana Carolina	08	Fluvial Portuense	10:21.91	+0,69	473	
	50m: 33.70 33.70	250m: 3:07.80 38.98	450m: 5:45.08 39.45	650m: 8:24.54 40.12			
	100m: 1:11.03 37.33	300m: 3:46.95 39.15	500m: 6:24.70 39.62	700m: 9:04.34 39.80			
	150m: 1:49.70 38.67	350m: 4:26.19 39.24	550m: 7:04.50 39.80	750m: 9:43.88 39.54			
	200m: 2:28.82 39.12	400m: 5:05.63 39.44	600m: 7:44.42 39.92	800m: 10:21.91 38.03			
19.	COSTA Maria Joao	08	Vilacondense	10:24.97	+0,82	466	
	50m: 33.80 33.80	250m: 3:09.11 39.61	450m: 5:47.28 39.82	650m: 8:27.54 40.49			
	100m: 1:11.25 37.45	300m: 3:48.34 39.23	500m: 6:26.98 39.70	700m: 9:07.03 39.49			
	150m: 1:50.27 39.02	350m: 4:27.83 39.49	550m: 7:07.23 40.25	750m: 9:46.81 39.78			
	200m: 2:29.50 39.23	400m: 5:07.46 39.63	600m: 7:47.05 39.82	800m: 10:24.97 38.16			
20.	PIRES Ana Beatriz	08	Uniao Piedense	10:28.18	+0,95	459	
	50m: 35.22 35.22	250m: 3:11.20 39.06	450m: 5:47.94 39.50	650m: 8:28.54 40.66			
	100m: 1:13.18 37.96	300m: 3:50.28 39.08	500m: 6:27.59 39.65	700m: 9:09.24 40.70			
	150m: 1:52.75 39.57	350m: 4:29.37 39.09	550m: 7:07.62 40.03	750m: 9:50.18 40.94			
	200m: 2:32.14 39.39	400m: 5:08.44 39.07	600m: 7:47.88 40.26	800m: 10:28.18 38.00			
21.	LUIZ Margarida Maria	08	Lagoa AC	10:28.32		459	
	50m: 34.57 34.57	250m: 3:11.21 39.64	450m: 5:50.49 39.84	650m: 8:31.66 40.46			
	100m: 1:12.48 37.91	300m: 3:51.03 39.82	500m: 6:30.47 39.98	700m: 9:10.92 39.26			
	150m: 1:52.19 39.71	350m: 4:30.97 39.94	550m: 7:10.80 40.33	750m: 9:50.85 39.93			
	200m: 2:31.57 39.38	400m: 5:10.65 39.68	600m: 7:51.20 40.40	800m: 10:28.32 37.47			
22.	NUNES Carolina Mendes	08	Estarreja	10:36.49	+0,89	441	
	50m: 35.19 35.19	250m: 3:11.97 39.54	450m: 5:52.45 40.48	650m: 8:36.37 41.46			
	100m: 1:13.49 38.30	300m: 3:51.45 39.48	500m: 6:33.00 40.55	700m: 9:17.05 40.68			
	150m: 1:53.10 39.61	350m: 4:31.68 40.23	550m: 7:13.89 40.89	750m: 9:57.22 40.17			
	200m: 2:32.43 39.33	400m: 5:11.97 40.29	600m: 7:54.91 41.02	800m: 10:36.49 39.27			
23.	GOMES Rita Silva	08	Colegio Efanor	10:41.71	+0,96	431	
	50m: 35.73 35.73	250m: 3:13.58 39.74	450m: 5:56.76 40.49	650m: 8:40.76 41.17			
	100m: 1:14.47 38.74	300m: 3:54.49 40.91	500m: 6:37.92 41.16	700m: 9:22.10 41.34			
	150m: 1:54.15 39.68	350m: 4:35.64 41.15	550m: 7:18.82 40.90	750m: 10:02.86 40.76			
	200m: 2:33.84 39.69	400m: 5:16.27 40.63	600m: 7:59.59 40.77	800m: 10:41.71 38.85			
24.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	10:45.28	+0,62	424	
	50m: 34.85 34.85	250m: 3:12.47 40.38	450m: 5:57.08 41.16	650m: 8:43.02 41.40			
	100m: 1:12.91 38.06	300m: 3:53.69 41.22	500m: 6:38.73 41.65	700m: 9:24.76 41.74			
	150m: 1:51.78 38.87	350m: 4:34.70 41.01	550m: 7:20.03 41.30	750m: 10:05.74 40.98			
	200m: 2:32.09 40.31	400m: 5:15.92 41.22	600m: 8:01.62 41.59	800m: 10:45.28 39.54			
DNS	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI				