

Prova 1 Femin., 1500m Livres Juniores
31/03/2022 - 18:00 Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015

CEJun_Fem 14 - 17: 17:14.78 / CMJun_Fem 14 - 17: 16:54.49

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:45.38	+0,71	644	
	50m: 32.55 32.55	450m: 5:16.83 35.52	850m: 10:01.66 35.61	1250m: 14:47.91 36.02			
	100m: 1:07.24 34.69	500m: 5:52.42 35.59	900m: 10:37.32 35.66	1300m: 15:23.94 36.03			
	150m: 1:42.82 35.58	550m: 6:28.10 35.68	950m: 11:12.91 35.59	1350m: 15:59.74 35.80			
	200m: 2:18.40 35.58	600m: 7:03.96 35.86	1000m: 11:48.95 36.04	1400m: 16:35.72 35.98			
	250m: 2:54.11 35.71	650m: 7:39.28 35.32	1050m: 12:24.66 35.71	1450m: 17:10.89 35.17			
	300m: 3:30.01 35.90	700m: 8:14.90 35.62	1100m: 13:00.37 35.71	1500m: 17:45.38 34.49			
	350m: 4:05.48 35.47	750m: 8:50.45 35.55	1150m: 13:35.94 35.57				
	400m: 4:41.31 35.83	800m: 9:26.05 35.60	1200m: 14:11.89 35.95				
2.	LOPES Daniela Magalhaes	05	Famalicao	17:56.39	+0,76	625	
	50m: 32.25 32.25	450m: 5:17.13 35.88	850m: 10:04.13 35.85	1250m: 14:54.43 36.39			
	100m: 1:07.35 35.10	500m: 5:52.90 35.77	900m: 10:40.39 36.26	1300m: 15:31.23 36.80			
	150m: 1:42.94 35.59	550m: 6:28.60 35.70	950m: 11:16.34 35.95	1350m: 16:07.80 36.57			
	200m: 2:18.18 35.24	600m: 7:04.43 35.83	1000m: 11:52.66 36.32	1400m: 16:44.90 37.10			
	250m: 2:53.78 35.60	650m: 7:40.19 35.76	1050m: 12:28.42 35.76	1450m: 17:20.73 35.83			
	300m: 3:29.64 35.86	700m: 8:16.28 36.09	1100m: 13:05.23 36.81	1500m: 17:56.39 35.66			
	350m: 4:05.34 35.70	750m: 8:52.28 36.00	1150m: 13:41.37 36.14				
	400m: 4:41.25 35.91	800m: 9:28.28 36.00	1200m: 14:18.04 36.67				
3.	PEIXOTO Carolina Esteves	06	Braga	18:10.79	+0,84	600	
	50m: 32.28 32.28	450m: 5:20.02 36.12	850m: 10:12.53 36.27	1250m: 15:08.11 37.15			
	100m: 1:07.61 35.33	500m: 5:56.76 36.74	900m: 10:49.88 37.35	1300m: 15:45.25 37.14			
	150m: 1:42.98 35.37	550m: 6:33.04 36.28	950m: 11:26.76 36.88	1350m: 16:21.95 36.70			
	200m: 2:19.36 36.38	600m: 7:09.72 36.68	1000m: 12:03.62 36.86	1400m: 16:58.76 36.81			
	250m: 2:54.96 35.60	650m: 7:46.20 36.48	1050m: 12:40.50 36.88	1450m: 17:35.15 36.39			
	300m: 3:31.52 36.56	700m: 8:23.22 37.02	1100m: 13:17.51 37.01	1500m: 18:10.79 35.64			
	350m: 4:07.35 35.83	750m: 8:59.70 36.48	1150m: 13:53.73 36.22				
	400m: 4:43.90 36.55	800m: 9:36.26 36.56	1200m: 14:30.96 37.23				
4.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:37.69	+0,72	558	
	50m: 33.04 33.04	450m: 5:28.05 37.47	850m: 10:26.95 37.58	1250m: 15:29.97 37.94			
	100m: 1:08.92 35.88	500m: 6:05.35 37.30	900m: 11:04.56 37.61	1300m: 16:08.01 38.04			
	150m: 1:45.53 36.61	550m: 6:42.77 37.42	950m: 11:42.15 37.59	1350m: 16:45.87 37.86			
	200m: 2:22.06 36.53	600m: 7:19.97 37.20	1000m: 12:20.28 38.13	1400m: 17:23.46 37.59			
	250m: 2:59.09 37.03	650m: 7:57.22 37.25	1050m: 12:58.06 37.78	1450m: 18:01.01 37.55			
	300m: 3:36.15 37.06	700m: 8:34.49 37.27	1100m: 13:35.93 37.87	1500m: 18:37.69 36.68			
	350m: 4:13.22 37.07	750m: 9:11.90 37.41	1150m: 14:13.90 37.97				
	400m: 4:50.58 37.36	800m: 9:49.37 37.47	1200m: 14:52.03 38.13				
5.	NUNES Rita Sofia	05	Colegio Efanor	18:43.23	+0,90	550	
	50m: 33.12 33.12	450m: 5:29.38 37.51	850m: 10:31.96 37.69	1250m: 15:34.60 38.24			
	100m: 1:09.16 36.04	500m: 6:07.10 37.72	900m: 11:09.62 37.66	1300m: 16:12.54 37.94			
	150m: 1:46.86 37.70	550m: 6:44.44 37.34	950m: 11:46.30 36.68	1350m: 16:50.82 38.28			
	200m: 2:24.08 37.22	600m: 7:22.72 38.28	1000m: 12:24.26 37.96	1400m: 17:28.97 38.15			
	250m: 3:01.16 37.08	650m: 8:00.52 37.80	1050m: 13:02.13 37.87	1450m: 18:06.14 37.17			
	300m: 3:38.13 36.97	700m: 8:38.24 37.72	1100m: 13:40.18 38.05	1500m: 18:43.23 37.09			
	350m: 4:15.00 36.87	750m: 9:16.04 37.80	1150m: 14:18.00 37.82				
	400m: 4:51.87 36.87	800m: 9:54.27 38.23	1200m: 14:56.36 38.36				

Prova 1, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	COSTA Mafalda Santos	05	Colegio Monte Maior	18:51.46	+0,82	538	
	50m: 33.08 33.08	450m: 5:30.36 37.48	850m: 10:31.26 37.95	1250m: 15:37.88 38.49			
	100m: 1:09.43 36.35	500m: 6:07.66 37.30	900m: 11:09.43 38.17	1300m: 16:16.60 38.72			
	150m: 1:46.52 37.09	550m: 6:45.24 37.58	950m: 11:47.35 37.92	1350m: 16:55.60 39.00			
	200m: 2:23.58 37.06	600m: 7:22.71 37.47	1000m: 12:25.53 38.18	1400m: 17:34.61 39.01			
	250m: 3:01.09 37.51	650m: 8:00.28 37.57	1050m: 13:04.03 38.50	1450m: 18:13.62 39.01			
	300m: 3:38.36 37.27	700m: 8:38.03 37.75	1100m: 13:42.34 38.31	1500m: 18:51.46 37.84			
	350m: 4:15.65 37.29	750m: 9:15.71 37.68	1150m: 14:20.81 38.47				
	400m: 4:52.88 37.23	800m: 9:53.31 37.60	1200m: 14:59.39 38.58				
7.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	19:06.82	+0,75	517	
	50m: 32.79 32.79	450m: 5:33.49 38.54	850m: 10:43.09 38.79	1250m: 15:54.42 38.97			
	100m: 1:08.87 36.08	500m: 6:12.07 38.58	900m: 11:21.93 38.84	1300m: 16:33.50 39.08			
	150m: 1:46.23 37.36	550m: 6:50.88 38.81	950m: 12:01.09 39.16	1350m: 17:12.43 38.93			
	200m: 2:23.84 37.61	600m: 7:29.48 38.60	1000m: 12:40.10 39.01	1400m: 17:50.94 38.51			
	250m: 3:01.60 37.76	650m: 8:08.32 38.84	1050m: 13:18.88 38.78	1450m: 18:29.60 38.66			
	300m: 3:39.12 37.52	700m: 8:46.91 38.59	1100m: 13:57.61 38.73	1500m: 19:06.82 37.22			
	350m: 4:17.17 38.05	750m: 9:25.58 38.67	1150m: 14:36.53 38.92				
	400m: 4:54.95 37.78	800m: 10:04.30 38.72	1200m: 15:15.45 38.92				
DNS	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao				

Prova 1 Femin., 1500m Livres Seniores Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020

CEPL 19 +: 16:28.47 / CMPL 19 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	16:28.19	+0,83	808	
	<i>Minimos CE PL, Minimos CM PL</i>						
	50m: 30.76 30.76	450m: 4:50.52 32.65	850m: 9:14.32 33.24	1250m: 13:40.72 33.41			
	100m: 1:03.21 32.45	500m: 5:23.23 32.71	900m: 9:47.40 33.08	1300m: 14:14.57 33.85			
	150m: 1:35.54 32.33	550m: 5:56.13 32.90	950m: 10:20.63 33.23	1350m: 14:48.15 33.58			
	200m: 2:08.00 32.46	600m: 6:29.04 32.91	1000m: 10:53.91 33.28	1400m: 15:21.99 33.84			
	250m: 2:40.57 32.57	650m: 7:02.14 33.10	1050m: 11:27.00 33.09	1450m: 15:55.58 33.59			
	300m: 3:13.01 32.44	700m: 7:35.11 32.97	1100m: 12:00.46 33.46	1500m: 16:28.19 32.61			
	350m: 3:45.51 32.50	750m: 8:08.20 33.09	1150m: 12:33.75 33.29				
	400m: 4:17.87 32.36	800m: 8:41.08 32.88	1200m: 13:07.31 33.56				
2.	DURAES Diana Margarida	96	Benfica	16:34.61	+0,77	792	
	50m: 30.92 30.92	450m: 4:53.37 33.22	850m: 9:18.57 33.19	1250m: 13:47.41 33.25			
	100m: 1:03.17 32.25	500m: 5:26.48 33.11	900m: 9:51.98 33.41	1300m: 14:21.04 33.63			
	150m: 1:35.95 32.78	550m: 5:59.71 33.23	950m: 10:25.87 33.89	1350m: 14:54.89 33.85			
	200m: 2:08.60 32.65	600m: 6:32.76 33.05	1000m: 10:59.57 33.70	1400m: 15:28.56 33.67			
	250m: 2:41.47 32.87	650m: 7:05.88 33.12	1050m: 11:33.13 33.56	1450m: 16:02.01 33.45			
	300m: 3:14.22 32.75	700m: 7:38.95 33.07	1100m: 12:06.87 33.74	1500m: 16:34.61 32.60			
	350m: 3:47.26 33.04	750m: 8:12.30 33.35	1150m: 12:40.57 33.70				
	400m: 4:20.15 32.89	800m: 8:45.38 33.08	1200m: 13:14.16 33.59				

Prova 1, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	ANDRE Angelica Maria	94	Porto	16:48.19	+0,71	761	
	50m: 30.98 30.98	450m: 5:00.37	34.05	850m: 9:30.14	33.59	1250m: 14:00.90	33.55
	100m: 1:03.71 32.73	500m: 5:34.00	33.63	900m: 10:03.95	33.81	1300m: 14:34.98	34.08
	150m: 1:37.00 33.29	550m: 6:07.75	33.75	950m: 10:37.47	33.52	1350m: 15:08.93	33.95
	200m: 2:10.54 33.54	600m: 6:41.55	33.80	1000m: 11:11.44	33.97	1400m: 15:42.60	33.67
	250m: 2:44.45 33.91	650m: 7:15.40	33.85	1050m: 11:45.56	34.12	1450m: 16:16.02	33.42
	300m: 3:18.32 33.87	700m: 7:49.21	33.81	1100m: 12:19.60	34.04	1500m: 16:48.19	32.17
	350m: 3:52.51 34.19	750m: 8:22.91	33.70	1150m: 12:53.26	33.66		
	400m: 4:26.32 33.81	800m: 8:56.55	33.64	1200m: 13:27.35	34.09		
4.	MENDES Mariana Amaral	02	Sporting	17:24.67	+0,87	684	
	50m: 32.55 32.55	450m: 5:11.85	35.15	850m: 9:51.96	34.95	1250m: 14:32.03	35.04
	100m: 1:07.03 34.48	500m: 5:46.84	34.99	900m: 10:27.05	35.09	1300m: 15:07.03	35.00
	150m: 1:41.91 34.88	550m: 6:21.93	35.09	950m: 11:02.08	35.03	1350m: 15:42.14	35.11
	200m: 2:16.78 34.87	600m: 6:56.99	35.06	1000m: 11:37.10	35.02	1400m: 16:17.09	34.95
	250m: 2:51.84 35.06	650m: 7:32.07	35.08	1050m: 12:12.08	34.98	1450m: 16:51.68	34.59
	300m: 3:26.68 34.84	700m: 8:07.09	35.02	1100m: 12:46.95	34.87	1500m: 17:24.67	32.99
	350m: 4:01.69 35.01	750m: 8:42.13	35.04	1150m: 13:21.95	35.00		
	400m: 4:36.70 35.01	800m: 9:17.01	34.88	1200m: 13:56.99	35.04		
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:43.72		647	
	50m: 32.53 32.53	450m: 5:16.81	35.69	850m: 10:02.50	35.89	1250m: 14:47.75	35.59
	100m: 1:07.61 35.08	500m: 5:52.41	35.60	900m: 10:38.47	35.97	1300m: 15:23.52	35.77
	150m: 1:43.16 35.55	550m: 6:28.05	35.64	950m: 11:14.24	35.77	1350m: 15:59.03	35.51
	200m: 2:18.62 35.46	600m: 7:03.56	35.51	1000m: 11:50.25	36.01	1400m: 16:34.40	35.37
	250m: 2:54.34 35.72	650m: 7:39.17	35.61	1050m: 12:25.75	35.50	1450m: 17:09.58	35.18
	300m: 3:29.88 35.54	700m: 8:14.72	35.55	1100m: 13:01.13	35.38	1500m: 17:43.72	34.14
	350m: 4:05.56 35.68	750m: 8:50.77	36.05	1150m: 13:36.66	35.53		
	400m: 4:41.12 35.56	800m: 9:26.61	35.84	1200m: 14:12.16	35.50		
6.	ARMAS Maria Ornelas	98	Vikings	18:09.24	+0,90	603	
	50m: 32.64 32.64	450m: 5:18.35	35.97	850m: 10:10.13	36.40	1250m: 15:05.11	36.67
	100m: 1:07.74 35.10	500m: 5:54.80	36.45	900m: 10:47.07	36.94	1300m: 15:42.20	37.09
	150m: 1:42.94 35.20	550m: 6:31.06	36.26	950m: 11:23.41	36.34	1350m: 16:19.24	37.04
	200m: 2:18.89 35.95	600m: 7:07.94	36.88	1000m: 12:00.47	37.06	1400m: 16:56.58	37.34
	250m: 2:54.68 35.79	650m: 7:44.06	36.12	1050m: 12:37.36	36.89	1450m: 17:33.26	36.68
	300m: 3:30.72 36.04	700m: 8:20.67	36.61	1100m: 13:14.58	37.22	1500m: 18:09.24	35.98
	350m: 4:06.37 35.65	750m: 8:56.96	36.29	1150m: 13:51.35	36.77		
	400m: 4:42.38 36.01	800m: 9:33.73	36.77	1200m: 14:28.44	37.09		

Prova 1, Femin., 1500m Livres

Prova 1
31/03/2022 - 18:00

Femin., 1500m Livres

Absolutos
Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015

CEJun_Fem 14 - 17: 17:14.78 / CMJun_Fem 14 - 17: 16:54.49 / CEPL 19 +: 16:28.47 / CMPL 19 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna <i>Minimos CE PL, Minimos CM PL</i>	99	Braga	16:28.19	+0,83	808	
	50m: 30.76 30.76	450m: 4:50.52 32.65	850m: 9:14.32 33.24	1250m: 13:40.72 33.41			
	100m: 1:03.21 32.45	500m: 5:23.23 32.71	900m: 9:47.40 33.08	1300m: 14:14.57 33.85			
	150m: 1:35.54 32.33	550m: 5:56.13 32.90	950m: 10:20.63 33.23	1350m: 14:48.15 33.58			
	200m: 2:08.00 32.46	600m: 6:29.04 32.91	1000m: 10:53.91 33.28	1400m: 15:21.99 33.84			
	250m: 2:40.57 32.57	650m: 7:02.14 33.10	1050m: 11:27.00 33.09	1450m: 15:55.58 33.59			
	300m: 3:13.01 32.44	700m: 7:35.11 32.97	1100m: 12:00.46 33.46	1500m: 16:28.19 32.61			
	350m: 3:45.51 32.50	750m: 8:08.20 33.09	1150m: 12:33.75 33.29				
	400m: 4:17.87 32.36	800m: 8:41.08 32.88	1200m: 13:07.31 33.56				
2.	DURAES Diana Margarida	96	Benfica	16:34.61	+0,77	792	
	50m: 30.92 30.92	450m: 4:53.37 33.22	850m: 9:18.57 33.19	1250m: 13:47.41 33.25			
	100m: 1:03.17 32.25	500m: 5:26.48 33.11	900m: 9:51.98 33.41	1300m: 14:21.04 33.63			
	150m: 1:35.95 32.78	550m: 5:59.71 33.23	950m: 10:25.87 33.89	1350m: 14:54.89 33.85			
	200m: 2:08.60 32.65	600m: 6:32.76 33.05	1000m: 10:59.57 33.70	1400m: 15:28.56 33.67			
	250m: 2:41.47 32.87	650m: 7:05.88 33.12	1050m: 11:33.13 33.56	1450m: 16:02.01 33.45			
	300m: 3:14.22 32.75	700m: 7:38.95 33.07	1100m: 12:06.87 33.74	1500m: 16:34.61 32.60			
	350m: 3:47.26 33.04	750m: 8:12.30 33.35	1150m: 12:40.57 33.70				
	400m: 4:20.15 32.89	800m: 8:45.38 33.08	1200m: 13:14.16 33.59				
3.	ANDRE Angelica Maria	94	Porto	16:48.19	+0,71	761	
	50m: 30.98 30.98	450m: 5:00.37 34.05	850m: 9:30.14 33.59	1250m: 14:00.90 33.55			
	100m: 1:03.71 32.73	500m: 5:34.00 33.63	900m: 10:03.95 33.81	1300m: 14:34.98 34.08			
	150m: 1:37.00 33.29	550m: 6:07.75 33.75	950m: 10:37.47 33.52	1350m: 15:08.93 33.95			
	200m: 2:10.54 33.54	600m: 6:41.55 33.80	1000m: 11:11.44 33.97	1400m: 15:42.60 33.67			
	250m: 2:44.45 33.91	650m: 7:15.40 33.85	1050m: 11:45.56 34.12	1450m: 16:16.02 33.42			
	300m: 3:18.32 33.87	700m: 7:49.21 33.81	1100m: 12:19.60 34.04	1500m: 16:48.19 32.17			
	350m: 3:52.51 34.19	750m: 8:22.91 33.70	1150m: 12:53.26 33.66				
	400m: 4:26.32 33.81	800m: 8:56.55 33.64	1200m: 13:27.35 34.09				
4.	MENDES Mariana Amaral	02	Sporting	17:24.67	+0,87	684	
	50m: 32.55 32.55	450m: 5:11.85 35.15	850m: 9:51.96 34.95	1250m: 14:32.03 35.04			
	100m: 1:07.03 34.48	500m: 5:46.84 34.99	900m: 10:27.05 35.09	1300m: 15:07.03 35.00			
	150m: 1:41.91 34.88	550m: 6:21.93 35.09	950m: 11:02.08 35.03	1350m: 15:42.14 35.11			
	200m: 2:16.78 34.87	600m: 6:56.99 35.06	1000m: 11:37.10 35.02	1400m: 16:17.09 34.95			
	250m: 2:51.84 35.06	650m: 7:32.07 35.08	1050m: 12:12.08 34.98	1450m: 16:51.68 34.59			
	300m: 3:26.68 34.84	700m: 8:07.09 35.02	1100m: 12:46.95 34.87	1500m: 17:24.67 32.99			
	350m: 4:01.69 35.01	750m: 8:42.13 35.04	1150m: 13:21.95 35.00				
	400m: 4:36.70 35.01	800m: 9:17.01 34.88	1200m: 13:56.99 35.04				

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:43.72		647	
	50m: 32.53 32.53	450m: 5:16.81 35.69	850m: 10:02.50 35.89	1250m: 14:47.75 35.59			
	100m: 1:07.61 35.08	500m: 5:52.41 35.60	900m: 10:38.47 35.97	1300m: 15:23.52 35.77			
	150m: 1:43.16 35.55	550m: 6:28.05 35.64	950m: 11:14.24 35.77	1350m: 15:59.03 35.51			
	200m: 2:18.62 35.46	600m: 7:03.56 35.51	1000m: 11:50.25 36.01	1400m: 16:34.40 35.37			
	250m: 2:54.34 35.72	650m: 7:39.17 35.61	1050m: 12:25.75 35.50	1450m: 17:09.58 35.18			
	300m: 3:29.88 35.54	700m: 8:14.72 35.55	1100m: 13:01.13 35.38	1500m: 17:43.72 34.14			
	350m: 4:05.56 35.68	750m: 8:50.77 36.05	1150m: 13:36.66 35.53				
	400m: 4:41.12 35.56	800m: 9:26.61 35.84	1200m: 14:12.16 35.50				
6.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:45.38	+0,71	644	
	50m: 32.55 32.55	450m: 5:16.83 35.52	850m: 10:01.66 35.61	1250m: 14:47.91 36.02			
	100m: 1:07.24 34.69	500m: 5:52.42 35.59	900m: 10:37.32 35.66	1300m: 15:23.94 36.03			
	150m: 1:42.82 35.58	550m: 6:28.10 35.68	950m: 11:12.91 35.59	1350m: 15:59.74 35.80			
	200m: 2:18.40 35.58	600m: 7:03.96 35.86	1000m: 11:48.95 36.04	1400m: 16:35.72 35.98			
	250m: 2:54.11 35.71	650m: 7:39.28 35.32	1050m: 12:24.66 35.71	1450m: 17:10.89 35.17			
	300m: 3:30.01 35.90	700m: 8:14.90 35.62	1100m: 13:00.37 35.71	1500m: 17:45.38 34.49			
	350m: 4:05.48 35.47	750m: 8:50.45 35.55	1150m: 13:35.94 35.57				
	400m: 4:41.31 35.83	800m: 9:26.05 35.60	1200m: 14:11.89 35.95				
7.	LOPES Daniela Magalhaes	05	Famalicao	17:56.39	+0,76	625	
	50m: 32.25 32.25	450m: 5:17.13 35.88	850m: 10:04.13 35.85	1250m: 14:54.43 36.39			
	100m: 1:07.35 35.10	500m: 5:52.90 35.77	900m: 10:40.39 36.26	1300m: 15:31.23 36.80			
	150m: 1:42.94 35.59	550m: 6:28.60 35.70	950m: 11:16.34 35.95	1350m: 16:07.80 36.57			
	200m: 2:18.18 35.24	600m: 7:04.43 35.83	1000m: 11:52.66 36.32	1400m: 16:44.90 37.10			
	250m: 2:53.78 35.60	650m: 7:40.19 35.76	1050m: 12:28.42 35.76	1450m: 17:20.73 35.83			
	300m: 3:29.64 35.86	700m: 8:16.28 36.09	1100m: 13:05.23 36.81	1500m: 17:56.39 35.66			
	350m: 4:05.34 35.70	750m: 8:52.28 36.00	1150m: 13:41.37 36.14				
	400m: 4:41.25 35.91	800m: 9:28.28 36.00	1200m: 14:18.04 36.67				
8.	ARMAS Maria Ornelas	98	Vikings	18:09.24	+0,90	603	
	50m: 32.64 32.64	450m: 5:18.35 35.97	850m: 10:10.13 36.40	1250m: 15:05.11 36.67			
	100m: 1:07.74 35.10	500m: 5:54.80 36.45	900m: 10:47.07 36.94	1300m: 15:42.20 37.09			
	150m: 1:42.94 35.20	550m: 6:31.06 36.26	950m: 11:23.41 36.34	1350m: 16:19.24 37.04			
	200m: 2:18.89 35.95	600m: 7:07.94 36.88	1000m: 12:00.47 37.06	1400m: 16:56.58 37.34			
	250m: 2:54.68 35.79	650m: 7:44.06 36.12	1050m: 12:37.36 36.89	1450m: 17:33.26 36.68			
	300m: 3:30.72 36.04	700m: 8:20.67 36.61	1100m: 13:14.58 37.22	1500m: 18:09.24 35.98			
	350m: 4:06.37 35.65	750m: 8:56.96 36.29	1150m: 13:51.35 36.77				
	400m: 4:42.38 36.01	800m: 9:33.73 36.77	1200m: 14:28.44 37.09				
9.	PEIXOTO Carolina Esteves	06	Braga	18:10.79	+0,84	600	
	50m: 32.28 32.28	450m: 5:20.02 36.12	850m: 10:12.53 36.27	1250m: 15:08.11 37.15			
	100m: 1:07.61 35.33	500m: 5:56.76 36.74	900m: 10:49.88 37.35	1300m: 15:45.25 37.14			
	150m: 1:42.98 35.37	550m: 6:33.04 36.28	950m: 11:26.76 36.88	1350m: 16:21.95 36.70			
	200m: 2:19.36 36.38	600m: 7:09.72 36.68	1000m: 12:03.62 36.86	1400m: 16:58.76 36.81			
	250m: 2:54.96 35.60	650m: 7:46.20 36.48	1050m: 12:40.50 36.88	1450m: 17:35.15 36.39			
	300m: 3:31.52 36.56	700m: 8:23.22 37.02	1100m: 13:17.51 37.01	1500m: 18:10.79 35.64			
	350m: 4:07.35 35.83	750m: 8:59.70 36.48	1150m: 13:53.73 36.22				
	400m: 4:43.90 36.55	800m: 9:36.26 36.56	1200m: 14:30.96 37.23				

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:37.69	+0,72	558	
	50m: 33.04 33.04	450m: 5:28.05 37.47	850m: 10:26.95 37.58	1250m: 15:29.97 37.94			
	100m: 1:08.92 35.88	500m: 6:05.35 37.30	900m: 11:04.56 37.61	1300m: 16:08.01 38.04			
	150m: 1:45.53 36.61	550m: 6:42.77 37.42	950m: 11:42.15 37.59	1350m: 16:45.87 37.86			
	200m: 2:22.06 36.53	600m: 7:19.97 37.20	1000m: 12:20.28 38.13	1400m: 17:23.46 37.59			
	250m: 2:59.09 37.03	650m: 7:57.22 37.25	1050m: 12:58.06 37.78	1450m: 18:01.01 37.55			
	300m: 3:36.15 37.06	700m: 8:34.49 37.27	1100m: 13:35.93 37.87	1500m: 18:37.69 36.68			
	350m: 4:13.22 37.07	750m: 9:11.90 37.41	1150m: 14:13.90 37.97				
	400m: 4:50.58 37.36	800m: 9:49.37 37.47	1200m: 14:52.03 38.13				
11.	NUNES Rita Sofia	05	Colegio Efanor	18:43.23	+0,90	550	
	50m: 33.12 33.12	450m: 5:29.38 37.51	850m: 10:31.96 37.69	1250m: 15:34.60 38.24			
	100m: 1:09.16 36.04	500m: 6:07.10 37.72	900m: 11:09.62 37.66	1300m: 16:12.54 37.94			
	150m: 1:46.86 37.70	550m: 6:44.44 37.34	950m: 11:46.30 36.68	1350m: 16:50.82 38.28			
	200m: 2:24.08 37.22	600m: 7:22.72 38.28	1000m: 12:24.26 37.96	1400m: 17:28.97 38.15			
	250m: 3:01.16 37.08	650m: 8:00.52 37.80	1050m: 13:02.13 37.87	1450m: 18:06.14 37.17			
	300m: 3:38.13 36.97	700m: 8:38.24 37.72	1100m: 13:40.18 38.05	1500m: 18:43.23 37.09			
	350m: 4:15.00 36.87	750m: 9:16.04 37.80	1150m: 14:18.00 37.82				
	400m: 4:51.87 36.87	800m: 9:54.27 38.23	1200m: 14:56.36 38.36				
12.	COSTA Mafalda Santos	05	Colegio Monte Maior	18:51.46	+0,82	538	
	50m: 33.08 33.08	450m: 5:30.36 37.48	850m: 10:31.26 37.95	1250m: 15:37.88 38.49			
	100m: 1:09.43 36.35	500m: 6:07.66 37.30	900m: 11:09.43 38.17	1300m: 16:16.60 38.72			
	150m: 1:46.52 37.09	550m: 6:45.24 37.58	950m: 11:47.35 37.92	1350m: 16:55.60 39.00			
	200m: 2:23.58 37.06	600m: 7:22.71 37.47	1000m: 12:25.53 38.18	1400m: 17:34.61 39.01			
	250m: 3:01.09 37.51	650m: 8:00.28 37.57	1050m: 13:04.03 38.50	1450m: 18:13.62 39.01			
	300m: 3:38.36 37.27	700m: 8:38.03 37.75	1100m: 13:42.34 38.31	1500m: 18:51.46 37.84			
	350m: 4:15.65 37.29	750m: 9:15.71 37.68	1150m: 14:20.81 38.47				
	400m: 4:52.88 37.23	800m: 9:53.31 37.60	1200m: 14:59.39 38.58				
13.	CARLOTA Catarina Isabel	05	BUIZIOS-Coruche	19:06.82	+0,75	517	
	50m: 32.79 32.79	450m: 5:33.49 38.54	850m: 10:43.09 38.79	1250m: 15:54.42 38.97			
	100m: 1:08.87 36.08	500m: 6:12.07 38.58	900m: 11:21.93 38.84	1300m: 16:33.50 39.08			
	150m: 1:46.23 37.36	550m: 6:50.88 38.81	950m: 12:01.09 39.16	1350m: 17:12.43 38.93			
	200m: 2:23.84 37.61	600m: 7:29.48 38.60	1000m: 12:40.10 39.01	1400m: 17:50.94 38.51			
	250m: 3:01.60 37.76	650m: 8:08.32 38.84	1050m: 13:18.88 38.78	1450m: 18:29.60 38.66			
	300m: 3:39.12 37.52	700m: 8:46.91 38.59	1100m: 13:57.61 38.73	1500m: 19:06.82 37.22			
	350m: 4:17.17 38.05	750m: 9:25.58 38.67	1150m: 14:36.53 38.92				
	400m: 4:54.95 37.78	800m: 10:04.30 38.72	1200m: 15:15.45 38.92				
DNS	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao				