

RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 3

Femin., 5000m Livres

16 anos e mais velhos

03/04/2022 - 13:00

Resultados

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
AA20+							
1.	DURAES Diana Margarida	96	Benfica	57:29.33		703	
	100m: 1:07.70 1:07.70	1400m: 16:01.20 1:08.71	2700m: 30:52.27 1:08.78	4000m: 45:52.08 1:09.66			
	200m: 2:16.28 1:08.58	1500m: 17:09.94 1:08.74	2800m: 32:01.27 1:09.00	4100m: 47:01.73 1:09.65			
	300m: 3:24.93 1:08.65	1600m: 18:18.28 1:08.34	2900m: 33:10.27 1:09.00	4200m: 48:11.71 1:09.98			
	400m: 4:33.73 1:08.80	1700m: 19:26.77 1:08.49	3000m: 34:19.21 1:08.94	4300m: 49:21.59 1:09.88			
	500m: 5:42.65 1:08.92	1800m: 20:35.28 1:08.51	3100m: 35:28.18 1:08.97	4400m: 50:31.10 1:09.51			
	600m: 6:51.72 1:09.07	1900m: 21:43.60 1:08.32	3200m: 36:36.89 1:08.71	4500m: 51:40.87 1:09.77			
	700m: 8:00.38 1:08.66	2000m: 22:52.00 1:08.40	3300m: 37:46.33 1:09.44	4600m: 52:50.24 1:09.37			
	800m: 9:09.12 1:08.74	2100m: 24:00.33 1:08.33	3400m: 38:55.49 1:09.16	4700m: 54:00.23 1:09.99			
	900m: 10:17.90 1:08.78	2200m: 25:09.05 1:08.72	3500m: 40:04.89 1:09.40	4800m: 55:10.00 1:09.77			
	1000m: 11:26.47 1:08.57	2300m: 26:17.86 1:08.81	3600m: 41:14.00 1:09.11	4900m: 56:20.51 1:10.51			
	1100m: 12:35.24 1:08.77	2400m: 27:26.43 1:08.57	3700m: 42:23.59 1:09.59	5000m: 57:29.33 1:08.82			
	1200m: 13:43.85 1:08.61	2500m: 28:34.82 1:08.39	3800m: 43:33.05 1:09.46				
	1300m: 14:52.49 1:08.64	2600m: 29:43.49 1:08.67	3900m: 44:42.42 1:09.37				
2.	MENDES Mariana Amaral	02	Sporting	59:21.49		639	
	100m: 1:09.51 1:09.51	1400m: 16:33.17 1:10.91	2700m: 31:57.00 1:11.27	4000m: 47:28.20 1:12.25			
	200m: 2:20.53 1:11.02	1500m: 17:44.11 1:10.94	2800m: 33:08.22 1:11.22	4100m: 48:40.09 1:11.89			
	300m: 3:31.88 1:11.35	1600m: 18:54.77 1:10.66	2900m: 34:19.62 1:11.40	4200m: 49:52.07 1:11.98			
	400m: 4:43.40 1:11.52	1700m: 20:05.42 1:10.65	3000m: 35:30.62 1:11.00	4300m: 51:03.83 1:11.76			
	500m: 5:54.90 1:11.50	1800m: 21:16.11 1:10.69	3100m: 36:42.04 1:11.42	4400m: 52:15.32 1:11.49			
	600m: 7:05.63 1:10.73	1900m: 22:27.31 1:11.20	3200m: 37:53.90 1:11.86	4500m: 53:26.90 1:11.58			
	700m: 8:16.65 1:11.02	2000m: 23:38.48 1:11.17	3300m: 39:05.37 1:11.47	4600m: 54:38.50 1:11.60			
	800m: 9:27.52 1:10.87	2100m: 24:49.55 1:11.07	3400m: 40:17.12 1:11.75	4700m: 55:49.77 1:11.27			
	900m: 10:38.50 1:10.98	2200m: 26:00.60 1:11.05	3500m: 41:28.83 1:11.71	4800m: 57:01.28 1:11.51			
	1000m: 11:49.36 1:10.86	2300m: 27:11.93 1:11.33	3600m: 42:40.40 1:11.57	4900m: 58:12.51 1:11.23			
	1100m: 13:00.53 1:11.17	2400m: 28:23.30 1:11.37	3700m: 43:52.15 1:11.75	5000m: 59:21.49 1:08.98			
	1200m: 14:11.43 1:10.90	2500m: 29:34.71 1:11.41	3800m: 45:03.74 1:11.59				
	1300m: 15:22.26 1:10.83	2600m: 30:45.73 1:11.02	3900m: 46:15.95 1:12.21				
3.	ARMAS Maria Ornelas	98	Vikings	1:03:44.11		516	
	100m: 1:10.88 1:10.88	1400m: 17:19.26 1:16.13	2700m: 33:56.06 1:16.86	4000m: 50:43.15 1:18.06			
	200m: 2:23.60 1:12.72	1500m: 18:35.52 1:16.26	2800m: 35:12.79 1:16.73	4100m: 52:01.29 1:18.14			
	300m: 3:36.54 1:12.94	1600m: 19:51.85 1:16.33	2900m: 36:29.86 1:17.07	4200m: 53:19.89 1:18.60			
	400m: 4:49.51 1:12.97	1700m: 21:07.88 1:16.03	3000m: 37:47.09 1:17.23	4300m: 54:38.03 1:18.14			
	500m: 6:03.00 1:13.49	1800m: 22:24.52 1:16.64	3100m: 39:04.53 1:17.44	4400m: 55:56.10 1:18.07			
	600m: 7:17.51 1:14.51	1900m: 23:41.02 1:16.50	3200m: 40:21.73 1:17.20	4500m: 57:14.52 1:18.42			
	700m: 8:32.17 1:14.66	2000m: 24:58.17 1:17.15	3300m: 41:39.20 1:17.47	4600m: 58:33.15 1:18.63			
	800m: 9:46.70 1:14.53	2100m: 26:14.74 1:16.57	3400m: 42:56.14 1:16.94	4700m: 59:51.57 1:18.42			
	900m: 11:01.38 1:14.68	2200m: 27:31.49 1:16.75	3500m: 44:13.33 1:17.19	4800m: 1:01:09.86 1:18.29			
	1000m: 12:16.89 1:15.51	2300m: 28:48.44 1:16.95	3600m: 45:31.27 1:17.94	4900m: 1:02:27.43 1:17.57			
	1100m: 13:32.19 1:15.30	2400m: 30:05.43 1:16.99	3700m: 46:48.78 1:17.51	5000m: 1:03:44.11 1:16.68			
	1200m: 14:47.51 1:15.32	2500m: 31:22.10 1:16.67	3800m: 48:06.94 1:18.16				
	1300m: 16:03.13 1:15.62	2600m: 32:39.20 1:17.10	3900m: 49:25.09 1:18.15				
DNS	ANDRE Angelica Maria	94	Porto				

Splash Meet Manager, 11.72441

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ORGANIZAÇÃO



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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022



Prova 3, Femin., 5000m Livres

AA1819

1. PIMENTEL Marta Lima	04	Fluvial Portuense	1:02:25.39	549
100m: 1:10.83 1:10.83	1400m: 17:05.56 1:14.12	2700m: 33:19.01 1:15.31	4000m: 49:43.82 1:15.92	
200m: 2:23.16 1:12.33	1500m: 18:20.04 1:14.48	2800m: 34:34.42 1:15.41	4100m: 51:00.16 1:16.34	
300m: 3:36.11 1:12.95	1600m: 19:34.62 1:14.58	2900m: 35:50.06 1:15.64	4200m: 52:16.45 1:16.29	
400m: 4:48.98 1:12.87	1700m: 20:48.72 1:14.10	3000m: 37:05.55 1:15.49	4300m: 53:33.08 1:16.63	
500m: 6:02.34 1:13.36	1800m: 22:03.27 1:14.55	3100m: 38:20.95 1:15.40	4400m: 54:49.57 1:16.49	
600m: 7:15.30 1:12.96	1900m: 23:18.32 1:15.05	3200m: 39:36.53 1:15.58	4500m: 56:05.90 1:16.33	
700m: 8:28.84 1:13.54	2000m: 24:33.18 1:14.86	3300m: 40:52.22 1:15.69	4600m: 57:22.35 1:16.45	
800m: 9:42.30 1:13.46	2100m: 25:47.86 1:14.68	3400m: 42:08.27 1:16.05	4700m: 58:38.94 1:16.59	
900m: 10:56.02 1:13.72	2200m: 27:02.72 1:14.86	3500m: 43:23.96 1:15.69	4800m: 59:55.23 1:16.29	
1000m: 12:09.88 1:13.86	2300m: 28:17.68 1:14.96	3600m: 44:40.00 1:16.04	4900m: 1:01:11.34 1:16.11	
1100m: 13:23.54 1:13.66	2400m: 29:32.87 1:15.19	3700m: 45:55.84 1:15.84	5000m: 1:02:25.39 1:14.05	
1200m: 14:37.39 1:13.85	2500m: 30:48.15 1:15.28	3800m: 47:11.56 1:15.72		
1300m: 15:51.44 1:14.05	2600m: 32:03.70 1:15.55	3900m: 48:27.90 1:16.34		
2. RODRIGUES Joana Francisca	04	Condeixa Clube	1:03:15.55	528
100m: 1:12.04 1:12.04	1400m: 17:28.44 1:15.74	2700m: 33:54.30 1:15.89	4000m: 50:30.86 1:17.38	
200m: 2:26.06 1:14.02	1500m: 18:44.07 1:15.63	2800m: 35:10.14 1:15.84	4100m: 51:47.73 1:16.87	
300m: 3:40.78 1:14.72	1600m: 19:59.48 1:15.41	2900m: 36:26.24 1:16.10	4200m: 53:04.46 1:16.73	
400m: 4:55.28 1:14.50	1700m: 21:15.05 1:15.57	3000m: 37:43.06 1:16.82	4300m: 54:21.08 1:16.62	
500m: 6:10.21 1:14.93	1800m: 22:30.95 1:15.90	3100m: 38:59.74 1:16.68	4400m: 55:37.77 1:16.69	
600m: 7:25.27 1:15.06	1900m: 23:46.81 1:15.86	3200m: 40:16.14 1:16.40	4500m: 56:54.35 1:16.58	
700m: 8:40.66 1:15.39	2000m: 25:02.91 1:16.10	3300m: 41:32.82 1:16.68	4600m: 58:11.25 1:16.90	
800m: 9:55.74 1:15.08	2100m: 26:18.60 1:15.69	3400m: 42:49.87 1:17.05	4700m: 59:28.10 1:16.85	
900m: 11:10.82 1:15.08	2200m: 27:34.57 1:15.97	3500m: 44:06.40 1:16.53	4800m: 1:00:44.43 1:16.33	
1000m: 12:26.49 1:15.67	2300m: 28:50.48 1:15.91	3600m: 45:22.88 1:16.48	4900m: 1:02:00.85 1:16.42	
1100m: 13:41.91 1:15.42	2400m: 30:06.37 1:15.89	3700m: 46:39.57 1:16.69	5000m: 1:03:15.55 1:14.70	
1200m: 14:57.38 1:15.47	2500m: 31:22.37 1:16.00	3800m: 47:56.35 1:16.78		
1300m: 16:12.70 1:15.32	2600m: 32:38.41 1:16.04	3900m: 49:13.48 1:17.13		
3. GASPARD Beatriz Ferreira	04	Academica de Coimbra	1:04:03.61	508
100m: 1:13.40 1:13.40	1400m: 17:37.46 1:17.04	2700m: 34:23.29 1:17.08	4000m: 51:10.86 1:18.29	
200m: 2:28.09 1:14.69	1500m: 18:53.86 1:16.40	2800m: 35:40.73 1:17.44	4100m: 52:28.63 1:17.77	
300m: 3:43.28 1:15.19	1600m: 20:10.95 1:17.09	2900m: 36:58.07 1:17.34	4200m: 53:46.30 1:17.67	
400m: 4:58.70 1:15.42	1700m: 21:27.97 1:17.02	3000m: 38:15.20 1:17.13	4300m: 55:03.06 1:16.76	
500m: 6:13.37 1:14.67	1800m: 22:45.66 1:17.69	3100m: 39:33.14 1:17.94	4400m: 56:20.13 1:17.07	
600m: 7:28.48 1:15.11	1900m: 24:03.24 1:17.58	3200m: 40:50.27 1:17.13	4500m: 57:37.62 1:17.49	
700m: 8:43.79 1:15.31	2000m: 25:21.03 1:17.79	3300m: 42:07.88 1:17.61	4600m: 58:55.19 1:17.57	
800m: 9:59.46 1:15.67	2100m: 26:38.60 1:17.57	3400m: 43:25.29 1:17.41	4700m: 1:00:13.39 1:18.20	
900m: 11:15.22 1:15.76	2200m: 27:56.26 1:17.66	3500m: 44:42.85 1:17.56	4800m: 1:01:31.84 1:18.45	
1000m: 12:30.86 1:15.64	2300m: 29:13.96 1:17.70	3600m: 45:59.65 1:16.80	4900m: 1:02:48.55 1:16.71	
1100m: 13:47.25 1:16.39	2400m: 30:31.56 1:17.60	3700m: 47:16.97 1:17.32	5000m: 1:04:03.61 1:15.06	
1200m: 15:03.86 1:16.61	2500m: 31:49.05 1:17.49	3800m: 48:34.36 1:17.39		
1300m: 16:20.42 1:16.56	2600m: 33:06.21 1:17.16	3900m: 49:52.57 1:18.21		
4. LIGEIRO Daniela Silva	04	Viana Natacao	1:04:57.27	487
100m: 1:14.20 1:14.20	1200m: 15:16.61 1:17.30	2300m: 29:35.89 1:18.47	3400m: 44:06.02 1:20.16	
200m: 2:29.85 1:15.65	1300m: 16:34.05 1:17.44	2400m: 30:54.25 1:18.36	3500m: 45:24.73 1:18.71	
300m: 3:46.13 1:16.28	1400m: 17:51.94 1:17.89	2500m: 32:12.47 1:18.22	3600m: 46:43.15 1:18.42	
400m: 5:02.10 1:15.97	1500m: 19:09.71 1:17.77	2600m: 33:31.42 1:18.95	3700m: 48:02.29 1:19.14	
500m: 6:18.19 1:16.09	1600m: 20:27.55 1:17.84	2700m: 34:50.19 1:18.77	3800m: 49:21.12 1:18.83	
600m: 7:35.08 1:16.89	1700m: 21:45.34 1:17.79	2800m: 36:09.00 1:18.81	3900m: 50:40.60 1:19.48	
700m: 8:51.60 1:16.52	1800m: 23:03.51 1:18.17	2900m: 37:27.76 1:18.76	4000m: 52:00.66 1:20.06	
800m: 10:08.54 1:16.94	1900m: 24:21.48 1:17.97	3000m: 38:47.07 1:19.31	4100m: 53:19.76 1:19.10	
900m: 11:25.26 1:16.72	2000m: 25:39.87 1:18.39	3100m: 40:06.44 1:19.37	4200m: 54:37.50 1:17.74	
1000m: 12:42.26 1:17.00	2100m: 26:58.70 1:18.83	3200m: 41:26.10 1:19.66	4300m: 55:54.81 1:17.31	
1100m: 13:59.31 1:17.05	2200m: 28:17.42 1:18.72	3300m: 42:45.86 1:19.76	4400m: 57:12.32 1:17.51	

Splash Meet Manager, 11.72441

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PARCEIROS



RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 3, Femin., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4500m:	58:29.99	1:17.67	4700m1:01:05.41	1:17.51	4900m1:03:39.96	1:17.43	
4600m:	59:47.90	1:17.91	4800m1:02:22.53	1:17.12	5000m1:04:57.27	1:17.31	

AA1617

1.	PEIXOTO Carolina Esteves	06	Braga	1:03:59.81	510
	100m: 1:13.65 1:13.65	1400m: 17:32.45 1:16.23	2700m: 34:11.89 1:17.51	4000m: 51:04.50 1:18.39	
	200m: 2:28.42 1:14.77	1500m: 18:48.59 1:16.14	2800m: 35:29.53 1:17.64	4100m: 52:22.72 1:18.22	
	300m: 3:43.54 1:15.12	1600m: 20:05.16 1:16.57	2900m: 36:46.98 1:17.45	4200m: 53:41.04 1:18.32	
	400m: 4:58.64 1:15.10	1700m: 21:22.24 1:17.08	3000m: 38:04.63 1:17.65	4300m: 55:00.20 1:19.16	
	500m: 6:13.84 1:15.20	1800m: 22:38.50 1:16.26	3100m: 39:22.49 1:17.86	4400m: 56:18.79 1:18.59	
	600m: 7:28.64 1:14.80	1900m: 23:55.25 1:16.75	3200m: 40:40.65 1:18.16	4500m: 57:36.85 1:18.06	
	700m: 8:43.87 1:15.23	2000m: 25:12.11 1:16.86	3300m: 41:58.73 1:18.08	4600m: 58:53.44 1:16.59	
	800m: 9:59.31 1:15.44	2100m: 26:29.28 1:17.17	3400m: 43:17.06 1:18.33	4700m: 1:00:10.67 1:17.23	
	900m: 11:14.76 1:15.45	2200m: 27:46.02 1:16.74	3500m: 44:35.08 1:18.02	4800m: 1:01:27.79 1:17.12	
	1000m: 12:29.92 1:15.16	2300m: 29:02.94 1:16.92	3600m: 45:53.37 1:18.29	4900m: 1:02:44.73 1:16.94	
	1100m: 13:45.47 1:15.55	2400m: 30:20.12 1:17.18	3700m: 47:11.58 1:18.21	5000m: 1:03:59.81 1:15.08	
	1200m: 15:00.60 1:15.13	2500m: 31:37.24 1:17.12	3800m: 48:28.88 1:17.30		
	1300m: 16:16.22 1:15.62	2600m: 32:54.38 1:17.14	3900m: 49:46.11 1:17.23		
2.	NUNES Rita Sofia	05	Colegio Efanor	1:05:41.29	471
	100m: 1:13.63 1:13.63	1400m: 17:48.64 1:19.51	2700m: 35:10.98 1:20.00	4000m: 52:25.95 1:20.64	
	200m: 2:29.55 1:15.92	1500m: 19:08.25 1:19.61	2800m: 36:31.20 1:20.22	4100m: 53:46.88 1:20.93	
	300m: 3:45.13 1:15.58	1600m: 20:28.08 1:19.83	2900m: 37:52.51 1:21.31	4200m: 55:07.22 1:20.34	
	400m: 5:00.51 1:15.38	1700m: 21:48.49 1:20.41	3000m: 39:11.06 1:18.55	4300m: 56:27.58 1:20.36	
	500m: 6:16.16 1:15.65	1800m: 23:08.82 1:20.33	3100m: 40:29.98 1:18.92	4400m: 57:47.10 1:19.52	
	600m: 7:31.86 1:15.70	1900m: 24:29.15 1:20.33	3200m: 41:47.77 1:17.79	4500m: 59:07.11 1:20.01	
	700m: 8:47.34 1:15.48	2000m: 25:49.60 1:20.45	3300m: 43:06.22 1:18.45	4600m: 1:00:27.05 1:19.94	
	800m: 10:03.28 1:15.94	2100m: 27:09.83 1:20.23	3400m: 44:25.39 1:19.17	4700m: 1:01:46.70 1:19.65	
	900m: 11:18.65 1:15.37	2200m: 28:30.38 1:20.55	3500m: 45:44.83 1:19.44	4800m: 1:03:06.78 1:20.08	
	1000m: 12:33.63 1:14.98	2300m: 29:50.80 1:20.42	3600m: 47:05.43 1:20.60	4900m: 1:04:24.84 1:18.06	
	1100m: 13:51.70 1:18.07	2400m: 31:10.52 1:19.72	3700m: 48:25.67 1:20.24	5000m: 1:05:41.29 1:16.45	
	1200m: 15:10.30 1:18.60	2500m: 32:30.54 1:20.02	3800m: 49:45.49 1:19.82		
	1300m: 16:29.13 1:18.83	2600m: 33:50.98 1:20.44	3900m: 51:05.31 1:19.82		
3.	FERREIRA Joana Rocha	05	Benfica	1:06:01.28	464
	100m: 1:15.89 1:15.89	1400m: 18:27.68 1:18.26	2700m: 35:40.62 1:19.54	4000m: 52:54.77 1:20.14	
	200m: 2:34.75 1:18.86	1500m: 19:46.98 1:19.30	2800m: 37:00.58 1:19.96	4100m: 54:15.05 1:20.28	
	300m: 3:54.96 1:20.21	1600m: 21:06.79 1:19.81	2900m: 38:20.49 1:19.91	4200m: 55:35.55 1:20.50	
	400m: 5:15.17 1:20.21	1700m: 22:26.75 1:19.96	3000m: 39:39.13 1:18.64	4300m: 56:55.75 1:20.20	
	500m: 6:35.65 1:20.48	1800m: 23:46.34 1:19.59	3100m: 40:58.00 1:18.87	4400m: 58:14.70 1:18.95	
	600m: 7:55.49 1:19.84	1900m: 25:05.49 1:19.15	3200m: 42:17.18 1:19.18	4500m: 59:33.61 1:18.91	
	700m: 9:15.30 1:19.81	2000m: 26:24.75 1:19.26	3300m: 43:36.67 1:19.49	4600m: 1:00:52.60 1:18.99	
	800m: 10:34.33 1:19.03	2100m: 27:44.41 1:19.66	3400m: 44:56.03 1:19.36	4700m: 1:02:10.97 1:18.37	
	900m: 11:53.45 1:19.12	2200m: 29:03.98 1:19.57	3500m: 46:15.50 1:19.47	4800m: 1:03:29.22 1:18.25	
	1000m: 13:12.46 1:19.01	2300m: 30:23.56 1:19.58	3600m: 47:34.62 1:19.12	4900m: 1:04:47.17 1:17.95	
	1100m: 14:31.55 1:19.09	2400m: 31:42.75 1:19.19	3700m: 48:54.58 1:19.96	5000m: 1:06:01.28 1:14.11	
	1200m: 15:50.27 1:18.72	2500m: 33:01.73 1:18.98	3800m: 50:14.50 1:19.92		
	1300m: 17:09.42 1:19.15	2600m: 34:21.08 1:19.35	3900m: 51:34.63 1:20.13		

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 3, Femin., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	REIS Mariana Tavares	05	Agua de Pau	1:17:15.58		289	
	100m: 1:19.34 1:19.34	1400m: 20:39.45	1:32.07	2700m: 40:46.13	1:34.47	4000m: 1:01:33.73	1:36.67
	200m: 2:43.67 1:24.33	1500m: 22:11.02	1:31.57	2800m: 42:20.67	1:34.54	4100m: 1:03:10.91	1:37.18
	300m: 4:09.17 1:25.50	1600m: 23:42.41	1:31.39	2900m: 43:55.21	1:34.54	4200m: 1:04:47.34	1:36.43
	400m: 5:36.14 1:26.97	1700m: 25:13.06	1:30.65	3000m: 45:29.90	1:34.69	4300m: 1:06:22.16	1:34.82
	500m: 7:04.01 1:27.87	1800m: 26:44.72	1:31.66	3100m: 47:05.03	1:35.13	4400m: 1:07:57.98	1:35.82
	600m: 8:32.92 1:28.91	1900m: 28:16.47	1:31.75	3200m: 48:41.62	1:36.59	4500m: 1:09:33.70	1:35.72
	700m: 10:02.75 1:29.83	2000m: 29:49.41	1:32.94	3300m: 50:18.45	1:36.83	4600m: 1:11:10.12	1:36.42
	800m: 11:32.59 1:29.84	2100m: 31:22.57	1:33.16	3400m: 51:54.48	1:36.03	4700m: 1:12:42.99	1:32.87
	900m: 13:02.79 1:30.20	2200m: 32:56.61	1:34.04	3500m: 53:31.21	1:36.73	4800m: 1:14:17.03	1:34.04
	1000m: 14:33.47 1:30.68	2300m: 34:30.28	1:33.67	3600m: 55:07.71	1:36.50	4900m: 1:15:48.50	1:31.47
	1100m: 16:04.30 1:30.83	2400m: 36:04.27	1:33.99	3700m: 56:44.28	1:36.57	5000m: 1:17:15.58	1:27.08
	1200m: 17:35.82 1:31.52	2500m: 37:37.43	1:33.16	3800m: 58:20.32	1:36.04		
	1300m: 19:07.38 1:31.56	2600m: 39:11.66	1:34.23	3900m: 59:57.06	1:36.74		
5.	CABRAL Nuria Costa	06	Agua de Pau	1:17:40.39		285	
	100m: 1:21.25 1:21.25	1400m: 20:51.17	1:32.05	2700m: 41:05.64	1:34.67	4000m: 1:01:58.65	1:37.34
	200m: 2:48.01 1:26.76	1500m: 22:22.39	1:31.22	2800m: 42:41.26	1:35.62	4100m: 1:03:35.41	1:36.76
	300m: 4:17.34 1:29.33	1600m: 23:54.30	1:31.91	2900m: 44:16.99	1:35.73	4200m: 1:05:12.10	1:36.69
	400m: 5:46.10 1:28.76	1700m: 25:26.54	1:32.24	3000m: 45:51.56	1:34.57	4300m: 1:06:47.61	1:35.51
	500m: 7:15.23 1:29.13	1800m: 26:59.61	1:33.07	3100m: 47:25.85	1:34.29	4400m: 1:08:23.52	1:35.91
	600m: 8:44.61 1:29.38	1900m: 28:32.26	1:32.65	3200m: 49:01.94	1:36.09	4500m: 1:09:58.16	1:34.64
	700m: 10:14.18 1:29.57	2000m: 30:05.77	1:33.51	3300m: 50:38.51	1:36.57	4600m: 1:11:32.51	1:34.35
	800m: 11:44.06 1:29.88	2100m: 31:39.33	1:33.56	3400m: 52:15.34	1:36.83	4700m: 1:13:06.70	1:34.19
	900m: 13:13.98 1:29.92	2200m: 33:12.96	1:33.63	3500m: 53:53.47	1:38.13	4800m: 1:14:40.93	1:34.23
	1000m: 14:44.06 1:30.08	2300m: 34:47.15	1:34.19	3600m: 55:29.67	1:36.20	4900m: 1:16:13.15	1:32.22
	1100m: 16:15.16 1:31.10	2400m: 36:21.48	1:34.33	3700m: 57:07.29	1:37.62	5000m: 1:17:40.39	1:27.24
	1200m: 17:46.92 1:31.76	2500m: 37:55.78	1:34.30	3800m: 58:44.08	1:36.79		
	1300m: 19:19.12 1:32.20	2600m: 39:30.97	1:35.19	3900m: 1:00:21.31	1:37.23		
6.	COUTO Matilde Rodrigues	06	Agua de Pau	1:20:32.62		255	
	100m: 1:21.73 1:21.73	1400m: 21:43.57	1:35.45	2700m: 42:42.15	1:36.79	4000m: 1:04:12.23	1:39.10
	200m: 2:51.97 1:30.24	1500m: 23:18.55	1:34.98	2800m: 44:19.35	1:37.20	4100m: 1:05:50.18	1:37.95
	300m: 4:23.93 1:31.96	1600m: 24:54.66	1:36.11	2900m: 45:57.97	1:38.62	4200m: 1:07:28.19	1:38.01
	400m: 5:56.48 1:32.55	1700m: 26:31.03	1:36.37	3000m: 47:36.56	1:38.59	4300m: 1:09:07.11	1:38.92
	500m: 7:30.38 1:33.90	1800m: 28:08.57	1:37.54	3100m: 49:15.69	1:39.13	4400m: 1:10:46.40	1:39.29
	600m: 9:03.58 1:33.20	1900m: 29:45.47	1:36.90	3200m: 50:56.22	1:40.53	4500m: 1:12:25.49	1:39.09
	700m: 10:37.88 1:34.30	2000m: 31:22.89	1:37.42	3300m: 52:34.59	1:38.37	4600m: 1:14:04.22	1:38.73
	800m: 12:12.01 1:34.13	2100m: 32:59.11	1:36.22	3400m: 54:12.77	1:38.18	4700m: 1:15:43.51	1:39.29
	900m: 13:47.37 1:35.36	2200m: 34:36.26	1:37.15	3500m: 55:52.83	1:40.06	4800m: 1:17:23.03	1:39.52
	1000m: 15:22.82 1:35.45	2300m: 36:14.60	1:38.34	3600m: 57:32.01	1:39.18	4900m: 1:19:00.35	1:37.32
	1100m: 16:56.37 1:33.55	2400m: 37:51.95	1:37.35	3700m: 59:12.07	1:40.06	5000m: 1:20:32.62	1:32.27
	1200m: 18:31.78 1:35.41	2500m: 39:29.10	1:37.15	3800m: 1:00:52.54	1:40.47		
	1300m: 20:08.12 1:36.34	2600m: 41:05.36	1:36.26	3900m: 1:02:33.13	1:40.59		

Absolutos

RUMO A PARIS 2024

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022



Prova 3, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	57:29.33		703	
	100m: 1:07.70 1:07.70	1400m: 16:01.20 1:08.71	2700m: 30:52.27 1:08.78	4000m: 45:52.08 1:09.66			
	200m: 2:16.28 1:08.58	1500m: 17:09.94 1:08.74	2800m: 32:01.27 1:09.00	4100m: 47:01.73 1:09.65			
	300m: 3:24.93 1:08.65	1600m: 18:18.28 1:08.34	2900m: 33:10.27 1:09.00	4200m: 48:11.71 1:09.98			
	400m: 4:33.73 1:08.80	1700m: 19:26.77 1:08.49	3000m: 34:19.21 1:08.94	4300m: 49:21.59 1:09.88			
	500m: 5:42.65 1:08.92	1800m: 20:35.28 1:08.51	3100m: 35:28.18 1:08.97	4400m: 50:31.10 1:09.51			
	600m: 6:51.72 1:09.07	1900m: 21:43.60 1:08.32	3200m: 36:36.89 1:08.71	4500m: 51:40.87 1:09.77			
	700m: 8:00.38 1:08.66	2000m: 22:52.00 1:08.40	3300m: 37:46.33 1:09.44	4600m: 52:50.24 1:09.37			
	800m: 9:09.12 1:08.74	2100m: 24:00.33 1:08.33	3400m: 38:55.49 1:09.16	4700m: 54:00.23 1:09.99			
	900m: 10:17.90 1:08.78	2200m: 25:09.05 1:08.72	3500m: 40:04.89 1:09.40	4800m: 55:10.00 1:09.77			
	1000m: 11:26.47 1:08.57	2300m: 26:17.86 1:08.81	3600m: 41:14.00 1:09.11	4900m: 56:20.51 1:10.51			
	1100m: 12:35.24 1:08.77	2400m: 27:26.43 1:08.57	3700m: 42:23.59 1:09.59	5000m: 57:29.33 1:08.82			
	1200m: 13:43.85 1:08.61	2500m: 28:34.82 1:08.39	3800m: 43:33.05 1:09.46				
	1300m: 14:52.49 1:08.64	2600m: 29:43.49 1:08.67	3900m: 44:42.42 1:09.37				
2.	MENDES Mariana Amaral	02	Sporting	59:21.49		639	
	100m: 1:09.51 1:09.51	1400m: 16:33.17 1:10.91	2700m: 31:57.00 1:11.27	4000m: 47:28.20 1:12.25			
	200m: 2:20.53 1:11.02	1500m: 17:44.11 1:10.94	2800m: 33:08.22 1:11.22	4100m: 48:40.09 1:11.89			
	300m: 3:31.88 1:11.35	1600m: 18:54.77 1:10.66	2900m: 34:19.62 1:11.40	4200m: 49:52.07 1:11.98			
	400m: 4:43.40 1:11.52	1700m: 20:05.42 1:10.65	3000m: 35:30.62 1:11.00	4300m: 51:03.83 1:11.76			
	500m: 5:54.90 1:11.50	1800m: 21:16.11 1:10.69	3100m: 36:42.04 1:11.42	4400m: 52:15.32 1:11.49			
	600m: 7:05.63 1:10.73	1900m: 22:27.31 1:11.20	3200m: 37:53.90 1:11.86	4500m: 53:26.90 1:11.58			
	700m: 8:16.65 1:11.02	2000m: 23:38.48 1:11.17	3300m: 39:05.37 1:11.47	4600m: 54:38.50 1:11.60			
	800m: 9:27.52 1:10.87	2100m: 24:49.55 1:11.07	3400m: 40:17.12 1:11.75	4700m: 55:49.77 1:11.27			
	900m: 10:38.50 1:10.98	2200m: 26:00.60 1:11.05	3500m: 41:28.83 1:11.71	4800m: 57:01.28 1:11.51			
	1000m: 11:49.36 1:10.86	2300m: 27:11.93 1:11.33	3600m: 42:40.40 1:11.57	4900m: 58:12.51 1:11.23			
	1100m: 13:00.53 1:11.17	2400m: 28:23.30 1:11.37	3700m: 43:52.15 1:11.75	5000m: 59:21.49 1:08.98			
	1200m: 14:11.43 1:10.90	2500m: 29:34.71 1:11.41	3800m: 45:03.74 1:11.59				
	1300m: 15:22.26 1:10.83	2600m: 30:45.73 1:11.02	3900m: 46:15.95 1:12.21				
3.	PIMENTEL Marta Lima	04	Fluvial Portuense	1:02:25.39		549	
	100m: 1:10.83 1:10.83	1400m: 17:05.56 1:14.12	2700m: 33:19.01 1:15.31	4000m: 49:43.82 1:15.92			
	200m: 2:23.16 1:12.33	1500m: 18:20.04 1:14.48	2800m: 34:34.42 1:15.41	4100m: 51:00.16 1:16.34			
	300m: 3:36.11 1:12.95	1600m: 19:34.62 1:14.58	2900m: 35:50.06 1:15.64	4200m: 52:16.45 1:16.29			
	400m: 4:48.98 1:12.87	1700m: 20:48.72 1:14.10	3000m: 37:05.55 1:15.49	4300m: 53:33.08 1:16.63			
	500m: 6:02.34 1:13.36	1800m: 22:03.27 1:14.55	3100m: 38:20.95 1:15.40	4400m: 54:49.57 1:16.49			
	600m: 7:15.30 1:12.96	1900m: 23:18.32 1:15.05	3200m: 39:36.53 1:15.58	4500m: 56:05.90 1:16.33			
	700m: 8:28.84 1:13.54	2000m: 24:33.18 1:14.86	3300m: 40:52.22 1:15.69	4600m: 57:22.35 1:16.45			
	800m: 9:42.30 1:13.46	2100m: 25:47.86 1:14.68	3400m: 42:08.27 1:16.05	4700m: 58:38.94 1:16.59			
	900m: 10:56.02 1:13.72	2200m: 27:02.72 1:14.86	3500m: 43:23.96 1:15.69	4800m: 59:55.23 1:16.29			
	1000m: 12:09.88 1:13.86	2300m: 28:17.68 1:14.96	3600m: 44:40.00 1:16.04	4900m: 1:01:11.34 1:16.11			
	1100m: 13:23.54 1:13.66	2400m: 29:32.87 1:15.19	3700m: 45:55.84 1:15.84	5000m: 1:02:25.39 1:14.05			
	1200m: 14:37.39 1:13.85	2500m: 30:48.15 1:15.28	3800m: 47:11.56 1:15.72				
	1300m: 15:51.44 1:14.05	2600m: 32:03.70 1:15.55	3900m: 48:27.90 1:16.34				
4.	RODRIGUES Joana Francisca	04	Condeixa Clube	1:03:15.55		528	
	100m: 1:12.04 1:12.04	1300m: 16:12.70 1:15.32	2500m: 31:22.37 1:16.00	3700m: 46:39.57 1:16.69			
	200m: 2:26.06 1:14.02	1400m: 17:28.44 1:15.74	2600m: 32:38.41 1:16.04	3800m: 47:56.35 1:16.78			
	300m: 3:40.78 1:14.72	1500m: 18:44.07 1:15.63	2700m: 33:54.30 1:15.89	3900m: 49:13.48 1:17.13			
	400m: 4:55.28 1:14.50	1600m: 19:59.48 1:15.41	2800m: 35:10.14 1:15.84	4000m: 50:30.86 1:17.38			
	500m: 6:10.21 1:14.93	1700m: 21:15.05 1:15.57	2900m: 36:26.24 1:16.10	4100m: 51:47.73 1:16.87			
	600m: 7:25.27 1:15.06	1800m: 22:30.95 1:15.90	3000m: 37:43.06 1:16.82	4200m: 53:04.46 1:16.73			
	700m: 8:40.66 1:15.39	1900m: 23:46.81 1:15.86	3100m: 38:59.74 1:16.68	4300m: 54:21.08 1:16.62			
	800m: 9:55.74 1:15.08	2000m: 25:02.91 1:16.10	3200m: 40:16.14 1:16.40	4400m: 55:37.77 1:16.69			
	900m: 11:10.82 1:15.08	2100m: 26:18.60 1:15.69	3300m: 41:32.82 1:16.68	4500m: 56:54.35 1:16.58			
	1000m: 12:26.49 1:15.67	2200m: 27:34.57 1:15.97	3400m: 42:49.87 1:17.05	4600m: 58:11.25 1:16.90			
	1100m: 13:41.91 1:15.42	2300m: 28:50.48 1:15.91	3500m: 44:06.40 1:16.53	4700m: 59:28.10 1:16.85			
	1200m: 14:57.38 1:15.47	2400m: 30:06.37 1:15.89	3600m: 45:22.88 1:16.48	4800m: 1:00:44.43 1:16.33			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 3, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:02:00.85 1:16.42	5000m1:03:15.55	1:14.70				
5.	ARMAS Maria Ornelas	98	Vikings	1:03:44.11		516	
	100m: 1:10.88 1:10.88	1400m: 17:19.26 1:16.13	2700m: 33:56.06 1:16.86	4000m: 50:43.15 1:18.06			
	200m: 2:23.60 1:12.72	1500m: 18:35.52 1:16.26	2800m: 35:12.79 1:16.73	4100m: 52:01.29 1:18.14			
	300m: 3:36.54 1:12.94	1600m: 19:51.85 1:16.33	2900m: 36:29.86 1:17.07	4200m: 53:19.89 1:18.60			
	400m: 4:49.51 1:12.97	1700m: 21:07.88 1:16.03	3000m: 37:47.09 1:17.23	4300m: 54:38.03 1:18.14			
	500m: 6:03.00 1:13.49	1800m: 22:24.52 1:16.64	3100m: 39:04.53 1:17.44	4400m: 55:56.10 1:18.07			
	600m: 7:17.51 1:14.51	1900m: 23:41.02 1:16.50	3200m: 40:21.73 1:17.20	4500m: 57:14.52 1:18.42			
	700m: 8:32.17 1:14.66	2000m: 24:58.17 1:17.15	3300m: 41:39.20 1:17.47	4600m: 58:33.15 1:18.63			
	800m: 9:46.70 1:14.53	2100m: 26:14.74 1:16.57	3400m: 42:56.14 1:16.94	4700m: 59:51.57 1:18.42			
	900m: 11:01.38 1:14.68	2200m: 27:31.49 1:16.75	3500m: 44:13.33 1:17.19	4800m: 1:01:09.86 1:18.29			
	1000m: 12:16.89 1:15.51	2300m: 28:48.44 1:16.95	3600m: 45:31.27 1:17.94	4900m: 1:02:27.43 1:17.57			
	1100m: 13:32.19 1:15.30	2400m: 30:05.43 1:16.99	3700m: 46:48.78 1:17.51	5000m: 1:03:44.11 1:16.68			
	1200m: 14:47.51 1:15.32	2500m: 31:22.10 1:16.67	3800m: 48:06.94 1:18.16				
	1300m: 16:03.13 1:15.62	2600m: 32:39.20 1:17.10	3900m: 49:25.09 1:18.15				
6.	PEIXOTO Carolina Esteves	06	Braga	1:03:59.81		510	
	100m: 1:13.65 1:13.65	1400m: 17:32.45 1:16.23	2700m: 34:11.89 1:17.51	4000m: 51:04.50 1:18.39			
	200m: 2:28.42 1:14.77	1500m: 18:48.59 1:16.14	2800m: 35:29.53 1:17.64	4100m: 52:22.72 1:18.22			
	300m: 3:43.54 1:15.12	1600m: 20:05.16 1:16.57	2900m: 36:46.98 1:17.45	4200m: 53:41.04 1:18.32			
	400m: 4:58.64 1:15.10	1700m: 21:22.24 1:17.08	3000m: 38:04.63 1:17.65	4300m: 55:00.20 1:19.16			
	500m: 6:13.84 1:15.20	1800m: 22:38.50 1:16.26	3100m: 39:22.49 1:17.86	4400m: 56:18.79 1:18.59			
	600m: 7:28.64 1:14.80	1900m: 23:55.25 1:16.75	3200m: 40:40.65 1:18.16	4500m: 57:36.85 1:18.06			
	700m: 8:43.87 1:15.23	2000m: 25:12.11 1:16.86	3300m: 41:58.73 1:18.08	4600m: 58:53.44 1:16.59			
	800m: 9:59.31 1:15.44	2100m: 26:29.28 1:17.17	3400m: 43:17.06 1:18.33	4700m: 1:00:10.67 1:17.23			
	900m: 11:14.76 1:15.45	2200m: 27:46.02 1:16.74	3500m: 44:35.08 1:18.02	4800m: 1:01:27.79 1:17.12			
	1000m: 12:29.92 1:15.16	2300m: 29:02.94 1:16.92	3600m: 45:53.37 1:18.29	4900m: 1:02:44.73 1:16.94			
	1100m: 13:45.47 1:15.55	2400m: 30:20.12 1:17.18	3700m: 47:11.58 1:18.21	5000m: 1:03:59.81 1:15.08			
	1200m: 15:00.60 1:15.13	2500m: 31:37.24 1:17.12	3800m: 48:28.88 1:17.30				
	1300m: 16:16.22 1:15.62	2600m: 32:54.38 1:17.14	3900m: 49:46.11 1:17.23				
7.	GASPAR Beatriz Ferreira	04	Academica de Coimbra	1:04:03.61		508	
	100m: 1:13.40 1:13.40	1400m: 17:37.46 1:17.04	2700m: 34:23.29 1:17.08	4000m: 51:10.86 1:18.29			
	200m: 2:28.09 1:14.69	1500m: 18:53.86 1:16.40	2800m: 35:40.73 1:17.44	4100m: 52:28.63 1:17.77			
	300m: 3:43.28 1:15.19	1600m: 20:10.95 1:17.09	2900m: 36:58.07 1:17.34	4200m: 53:46.30 1:17.67			
	400m: 4:58.70 1:15.42	1700m: 21:27.97 1:17.02	3000m: 38:15.20 1:17.13	4300m: 55:03.06 1:16.76			
	500m: 6:13.37 1:14.67	1800m: 22:45.66 1:17.69	3100m: 39:33.14 1:17.94	4400m: 56:20.13 1:17.07			
	600m: 7:28.48 1:15.11	1900m: 24:03.24 1:17.58	3200m: 40:50.27 1:17.13	4500m: 57:37.62 1:17.49			
	700m: 8:43.79 1:15.31	2000m: 25:21.03 1:17.79	3300m: 42:07.88 1:17.61	4600m: 58:55.19 1:17.57			
	800m: 9:59.46 1:15.67	2100m: 26:38.60 1:17.57	3400m: 43:25.29 1:17.41	4700m: 1:00:13.39 1:18.20			
	900m: 11:15.22 1:15.76	2200m: 27:56.26 1:17.66	3500m: 44:42.85 1:17.56	4800m: 1:01:31.84 1:18.45			
	1000m: 12:30.86 1:15.64	2300m: 29:13.96 1:17.70	3600m: 45:59.65 1:16.80	4900m: 1:02:48.55 1:16.71			
	1100m: 13:47.25 1:16.39	2400m: 30:31.56 1:17.60	3700m: 47:16.97 1:17.32	5000m: 1:04:03.61 1:15.06			
	1200m: 15:03.86 1:16.61	2500m: 31:49.05 1:17.49	3800m: 48:34.36 1:17.39				
	1300m: 16:20.42 1:16.56	2600m: 33:06.21 1:17.16	3900m: 49:52.57 1:18.21				
8.	LIGEIRO Daniela Silva	04	Viana Natacao	1:04:57.27		487	
	100m: 1:14.20 1:14.20	1100m: 13:59.31 1:17.05	2100m: 26:58.70 1:18.83	3100m: 40:06.44 1:19.37			
	200m: 2:29.85 1:15.65	1200m: 15:16.61 1:17.30	2200m: 28:17.42 1:18.72	3200m: 41:26.10 1:19.66			
	300m: 3:46.13 1:16.28	1300m: 16:34.05 1:17.44	2300m: 29:35.89 1:18.47	3300m: 42:45.86 1:19.76			
	400m: 5:02.10 1:15.97	1400m: 17:51.94 1:17.89	2400m: 30:54.25 1:18.36	3400m: 44:06.02 1:20.16			
	500m: 6:18.19 1:16.09	1500m: 19:09.71 1:17.77	2500m: 32:12.47 1:18.22	3500m: 45:24.73 1:18.71			
	600m: 7:35.08 1:16.89	1600m: 20:27.55 1:17.84	2600m: 33:31.42 1:18.95	3600m: 46:43.15 1:18.42			
	700m: 8:51.60 1:16.52	1700m: 21:45.34 1:17.79	2700m: 34:50.19 1:18.77	3700m: 48:02.29 1:19.14			
	800m: 10:08.54 1:16.94	1800m: 23:03.51 1:18.17	2800m: 36:09.00 1:18.81	3800m: 49:21.12 1:18.83			
	900m: 11:25.26 1:16.72	1900m: 24:21.48 1:17.97	2900m: 37:27.76 1:18.76	3900m: 50:40.60 1:19.48			
	1000m: 12:42.26 1:17.00	2000m: 25:39.87 1:18.39	3000m: 38:47.07 1:19.31	4000m: 52:00.66 1:20.06			

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PARCEIROS



RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 3, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4100m: 53:19.76 1:19.10	4400m: 57:12.32 1:17.51	4700m: 1:01:05.41 1:17.51	5000m: 1:04:57.27 1:17.31			
	4200m: 54:37.50 1:17.74	4500m: 58:29.99 1:17.67	4800m: 1:02:22.53 1:17.12				
	4300m: 55:54.81 1:17.31	4600m: 59:47.90 1:17.91	4900m: 1:03:39.96 1:17.43				
9.	NUNES Rita Sofia	05	Colegio Efanor	1:05:41.29		471	
	100m: 1:13.63 1:13.63	1400m: 17:48.64 1:19.51	2700m: 35:10.98 1:20.00	4000m: 52:25.95 1:20.64			
	200m: 2:29.55 1:15.92	1500m: 19:08.25 1:19.61	2800m: 36:31.20 1:20.22	4100m: 53:46.88 1:20.93			
	300m: 3:45.13 1:15.58	1600m: 20:28.08 1:19.83	2900m: 37:52.51 1:21.31	4200m: 55:07.22 1:20.34			
	400m: 5:00.51 1:15.38	1700m: 21:48.49 1:20.41	3000m: 39:11.06 1:18.55	4300m: 56:27.58 1:20.36			
	500m: 6:16.16 1:15.65	1800m: 23:08.82 1:20.33	3100m: 40:29.98 1:18.92	4400m: 57:47.10 1:19.52			
	600m: 7:31.86 1:15.70	1900m: 24:29.15 1:20.33	3200m: 41:47.77 1:17.79	4500m: 59:07.11 1:20.01			
	700m: 8:47.34 1:15.48	2000m: 25:49.60 1:20.45	3300m: 43:06.22 1:18.45	4600m: 1:00:27.05 1:19.94			
	800m: 10:03.28 1:15.94	2100m: 27:09.83 1:20.23	3400m: 44:25.39 1:19.17	4700m: 1:01:46.70 1:19.65			
	900m: 11:18.65 1:15.37	2200m: 28:30.38 1:20.55	3500m: 45:44.83 1:19.44	4800m: 1:03:06.78 1:20.08			
	1000m: 12:33.63 1:14.98	2300m: 29:50.80 1:20.42	3600m: 47:05.43 1:20.60	4900m: 1:04:24.84 1:18.06			
	1100m: 13:51.70 1:18.07	2400m: 31:10.52 1:19.72	3700m: 48:25.67 1:20.24	5000m: 1:05:41.29 1:16.45			
	1200m: 15:10.30 1:18.60	2500m: 32:30.54 1:20.02	3800m: 49:45.49 1:19.82				
	1300m: 16:29.13 1:18.83	2600m: 33:50.98 1:20.44	3900m: 51:05.31 1:19.82				
10.	FERREIRA Joana Rocha	05	Benfica	1:06:01.28		464	
	100m: 1:15.89 1:15.89	1400m: 18:27.68 1:18.26	2700m: 35:40.62 1:19.54	4000m: 52:54.77 1:20.14			
	200m: 2:34.75 1:18.86	1500m: 19:46.98 1:19.30	2800m: 37:00.58 1:19.96	4100m: 54:15.05 1:20.28			
	300m: 3:54.96 1:20.21	1600m: 21:06.79 1:19.81	2900m: 38:20.49 1:19.91	4200m: 55:35.55 1:20.50			
	400m: 5:15.17 1:20.21	1700m: 22:26.75 1:19.96	3000m: 39:39.13 1:18.64	4300m: 56:55.75 1:20.20			
	500m: 6:35.65 1:20.48	1800m: 23:46.34 1:19.59	3100m: 40:58.00 1:18.87	4400m: 58:14.70 1:18.95			
	600m: 7:55.49 1:19.84	1900m: 25:05.49 1:19.15	3200m: 42:17.18 1:19.18	4500m: 59:33.61 1:18.91			
	700m: 9:15.30 1:19.81	2000m: 26:24.75 1:19.26	3300m: 43:36.67 1:19.49	4600m: 1:00:52.60 1:18.99			
	800m: 10:34.33 1:19.03	2100m: 27:44.41 1:19.66	3400m: 44:56.03 1:19.36	4700m: 1:02:10.97 1:18.37			
	900m: 11:53.45 1:19.12	2200m: 29:03.98 1:19.57	3500m: 46:15.50 1:19.47	4800m: 1:03:29.22 1:18.25			
	1000m: 13:12.46 1:19.01	2300m: 30:23.56 1:19.58	3600m: 47:34.62 1:19.12	4900m: 1:04:47.17 1:17.95			
	1100m: 14:31.55 1:19.09	2400m: 31:42.75 1:19.19	3700m: 48:54.58 1:19.96	5000m: 1:06:01.28 1:14.11			
	1200m: 15:50.27 1:18.72	2500m: 33:01.73 1:18.98	3800m: 50:14.50 1:19.92				
	1300m: 17:09.42 1:19.15	2600m: 34:21.08 1:19.35	3900m: 51:34.63 1:20.13				
11.	REIS Mariana Tavares	05	Agua de Pau	1:17:15.58		289	
	100m: 1:19.34 1:19.34	1400m: 20:39.45 1:32.07	2700m: 40:46.13 1:34.47	4000m: 1:01:33.73 1:36.67			
	200m: 2:43.67 1:24.33	1500m: 22:11.02 1:31.57	2800m: 42:20.67 1:34.54	4100m: 1:03:10.91 1:37.18			
	300m: 4:09.17 1:25.50	1600m: 23:42.41 1:31.39	2900m: 43:55.21 1:34.54	4200m: 1:04:47.34 1:36.43			
	400m: 5:36.14 1:26.97	1700m: 25:13.06 1:30.65	3000m: 45:29.90 1:34.69	4300m: 1:06:22.16 1:34.82			
	500m: 7:04.01 1:27.87	1800m: 26:44.72 1:31.66	3100m: 47:05.03 1:35.13	4400m: 1:07:57.98 1:35.82			
	600m: 8:32.92 1:28.91	1900m: 28:16.47 1:31.75	3200m: 48:41.62 1:36.59	4500m: 1:09:33.70 1:35.72			
	700m: 10:02.75 1:29.83	2000m: 29:49.41 1:32.94	3300m: 50:18.45 1:36.83	4600m: 1:11:10.12 1:36.42			
	800m: 11:32.59 1:29.84	2100m: 31:22.57 1:33.16	3400m: 51:54.48 1:36.03	4700m: 1:12:42.99 1:32.87			
	900m: 13:02.79 1:30.20	2200m: 32:56.61 1:34.04	3500m: 53:31.21 1:36.73	4800m: 1:14:17.03 1:34.04			
	1000m: 14:33.47 1:30.68	2300m: 34:30.28 1:33.67	3600m: 55:07.71 1:36.50	4900m: 1:15:48.50 1:31.47			
	1100m: 16:04.30 1:30.83	2400m: 36:04.27 1:33.99	3700m: 56:44.28 1:36.57	5000m: 1:17:15.58 1:27.08			
	1200m: 17:35.82 1:31.52	2500m: 37:37.43 1:33.16	3800m: 58:20.32 1:36.04				
	1300m: 19:07.38 1:31.56	2600m: 39:11.66 1:34.23	3900m: 59:57.06 1:36.74				

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RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 3, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CABRAL Nuria Costa	06	Agua de Pau	1:17:40.39		285	
	100m: 1:21.25 1:21.25	1400m: 20:51.17	1:32.05	2700m: 41:05.64	1:34.67	4000m: 1:01:58.65	1:37.34
	200m: 2:48.01 1:26.76	1500m: 22:22.39	1:31.22	2800m: 42:41.26	1:35.62	4100m: 1:03:35.41	1:36.76
	300m: 4:17.34 1:29.33	1600m: 23:54.30	1:31.91	2900m: 44:16.99	1:35.73	4200m: 1:05:12.10	1:36.69
	400m: 5:46.10 1:28.76	1700m: 25:26.54	1:32.24	3000m: 45:51.56	1:34.57	4300m: 1:06:47.61	1:35.51
	500m: 7:15.23 1:29.13	1800m: 26:59.61	1:33.07	3100m: 47:25.85	1:34.29	4400m: 1:08:23.52	1:35.91
	600m: 8:44.61 1:29.38	1900m: 28:32.26	1:32.65	3200m: 49:01.94	1:36.09	4500m: 1:09:58.16	1:34.64
	700m: 10:14.18 1:29.57	2000m: 30:05.77	1:33.51	3300m: 50:38.51	1:36.57	4600m: 1:11:32.51	1:34.35
	800m: 11:44.06 1:29.88	2100m: 31:39.33	1:33.56	3400m: 52:15.34	1:36.83	4700m: 1:13:06.70	1:34.19
	900m: 13:13.98 1:29.92	2200m: 33:12.96	1:33.63	3500m: 53:53.47	1:38.13	4800m: 1:14:40.93	1:34.23
	1000m: 14:44.06 1:30.08	2300m: 34:47.15	1:34.19	3600m: 55:29.67	1:36.20	4900m: 1:16:13.15	1:32.22
	1100m: 16:15.16 1:31.10	2400m: 36:21.48	1:34.33	3700m: 57:07.29	1:37.62	5000m: 1:17:40.39	1:27.24
	1200m: 17:46.92 1:31.76	2500m: 37:55.78	1:34.30	3800m: 58:44.08	1:36.79		
	1300m: 19:19.12 1:32.20	2600m: 39:30.97	1:35.19	3900m: 1:00:21.31	1:37.23		
13.	COUTO Matilde Rodrigues	06	Agua de Pau	1:20:32.62		255	
	100m: 1:21.73 1:21.73	1400m: 21:43.57	1:35.45	2700m: 42:42.15	1:36.79	4000m: 1:04:12.23	1:39.10
	200m: 2:51.97 1:30.24	1500m: 23:18.55	1:34.98	2800m: 44:19.35	1:37.20	4100m: 1:05:50.18	1:37.95
	300m: 4:23.93 1:31.96	1600m: 24:54.66	1:36.11	2900m: 45:57.97	1:38.62	4200m: 1:07:28.19	1:38.01
	400m: 5:56.48 1:32.55	1700m: 26:31.03	1:36.37	3000m: 47:36.56	1:38.59	4300m: 1:09:07.11	1:38.92
	500m: 7:30.38 1:33.90	1800m: 28:08.57	1:37.54	3100m: 49:15.69	1:39.13	4400m: 1:10:46.40	1:39.29
	600m: 9:03.58 1:33.20	1900m: 29:45.47	1:36.90	3200m: 50:56.22	1:40.53	4500m: 1:12:25.49	1:39.09
	700m: 10:37.88 1:34.30	2000m: 31:22.89	1:37.42	3300m: 52:34.59	1:38.37	4600m: 1:14:04.22	1:38.73
	800m: 12:12.01 1:34.13	2100m: 32:59.11	1:36.22	3400m: 54:12.77	1:38.18	4700m: 1:15:43.51	1:39.29
	900m: 13:47.37 1:35.36	2200m: 34:36.26	1:37.15	3500m: 55:52.83	1:40.06	4800m: 1:17:23.03	1:39.52
	1000m: 15:22.82 1:35.45	2300m: 36:14.60	1:38.34	3600m: 57:32.01	1:39.18	4900m: 1:19:00.35	1:37.32
	1100m: 16:56.37 1:33.55	2400m: 37:51.95	1:37.35	3700m: 59:12.07	1:40.06	5000m: 1:20:32.62	1:32.27
	1200m: 18:31.78 1:35.41	2500m: 39:29.10	1:37.15	3800m: 1:00:52.54	1:40.47		
	1300m: 20:08.12 1:36.34	2600m: 41:05.36	1:36.26	3900m: 1:02:33.13	1:40.59		
DNS	ANDRE Angelica Maria	94	Porto				

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