

Prova 102
27/07/2022 - 18:05

Femin., 1500m Livres

Open
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
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
Rec Nac Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24/06/2016
Rec Nac Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05/07/2009

TAC 19 + 50m: 17:55.98 - 25m: 17:53.31; 18 50m: 17:55.98 - 25m: 17:53.31; Jun17 50m: 18:35.24 - 25m: 18:25.15; Jun16 50m: 18:35.24 - 25m: 18:25.15; Juv A 50m: 19:45.00 - 25m: 19:15.00; Juv B 50m: 19:55.00 - 25m: 19:35.00

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HEIN Agostina	08	Argentina	16:43.70	+0,77	771	
	50m: 30.24 30.24	450m: 4:57.31 33.78	850m: 9:26.64 33.87	1250m: 13:55.81 33.89			
	100m: 1:02.84 32.60	500m: 5:30.85 33.54	900m: 10:00.24 33.60	1300m: 14:29.62 33.81			
	150m: 1:35.92 33.08	550m: 6:04.67 33.82	950m: 10:33.84 33.60	1350m: 15:03.39 33.77			
	200m: 2:09.39 33.47	600m: 6:38.19 33.52	1000m: 11:07.43 33.59	1400m: 15:36.83 33.44			
	250m: 2:43.01 33.62	650m: 7:11.95 33.76	1050m: 11:41.05 33.62	1450m: 16:10.54 33.71			
	300m: 3:16.43 33.42	700m: 7:45.38 33.43	1100m: 12:14.61 33.56	1500m: 16:43.70 33.16			
	350m: 3:49.89 33.46	750m: 8:19.09 33.71	1150m: 12:48.14 33.53				
	400m: 4:23.53 33.64	800m: 8:52.77 33.68	1200m: 13:21.92 33.78				
2.	PEREZ BLANCO Jimena	97	C.N. Barcelona	16:50.70	+0,67	755	
	50m: 31.20 31.20	450m: 5:01.09 33.66	850m: 9:31.47 33.89	1250m: 14:02.75 33.79			
	100m: 1:05.02 33.82	500m: 5:34.89 33.80	900m: 10:05.30 33.83	1300m: 14:36.83 34.08			
	150m: 1:39.09 34.07	550m: 6:08.63 33.74	950m: 10:39.37 34.07	1350m: 15:10.93 34.10			
	200m: 2:12.77 33.68	600m: 6:42.39 33.76	1000m: 11:13.33 33.96	1400m: 15:44.76 33.83			
	250m: 2:46.42 33.65	650m: 7:16.15 33.76	1050m: 11:47.12 33.79	1450m: 16:17.90 33.14			
	300m: 3:19.97 33.55	700m: 7:49.94 33.79	1100m: 12:20.91 33.79	1500m: 16:50.70 32.80			
	350m: 3:53.69 33.72	750m: 8:23.79 33.85	1150m: 12:54.87 33.96				
	400m: 4:27.43 33.74	800m: 8:57.58 33.79	1200m: 13:28.96 34.09				
3.	ANDRE Angelica Maria	94	Porto	16:54.22	+0,78	747	
	50m: 31.71 31.71	450m: 5:02.65 33.83	850m: 9:33.69 33.89	1250m: 14:05.52 33.75			
	100m: 1:05.25 33.54	500m: 5:36.59 33.94	900m: 10:07.62 33.93	1300m: 14:39.68 34.16			
	150m: 1:39.25 34.00	550m: 6:10.24 33.65	950m: 10:41.66 34.04	1350m: 15:13.64 33.96			
	200m: 2:13.33 34.08	600m: 6:44.15 33.91	1000m: 11:15.87 34.21	1400m: 15:47.77 34.13			
	250m: 2:47.26 33.93	650m: 7:17.91 33.76	1050m: 11:49.81 33.94	1450m: 16:21.49 33.72			
	300m: 3:21.12 33.86	700m: 7:51.89 33.98	1100m: 12:23.85 34.04	1500m: 16:54.22 32.73			
	350m: 3:55.07 33.95	750m: 8:25.65 33.76	1150m: 12:57.89 34.04				
	400m: 4:28.82 33.75	800m: 8:59.80 34.15	1200m: 13:31.77 33.88				

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 28 a 31 de Julho de 2022



Prova 102, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MENDES Mariana Amaral	02	Sporting	17:09.80	+0,83	714	
	50m: 32.32 32.32	450m: 5:07.01 34.22	850m: 9:42.68 34.57	1250m: 14:19.09 34.59			
	100m: 1:06.41 34.09	500m: 5:41.41 34.40	900m: 10:17.09 34.41	1300m: 14:53.70 34.61			
	150m: 1:40.67 34.26	550m: 6:15.76 34.35	950m: 10:51.46 34.37	1350m: 15:28.29 34.59			
	200m: 2:15.12 34.45	600m: 6:50.16 34.40	1000m: 11:25.95 34.49	1400m: 16:02.73 34.44			
	250m: 2:49.41 34.29	650m: 7:24.54 34.38	1050m: 12:00.56 34.61	1450m: 16:37.03 34.30			
	300m: 3:23.85 34.44	700m: 7:59.15 34.61	1100m: 12:35.11 34.55	1500m: 17:09.80 32.77			
	350m: 3:58.27 34.42	750m: 8:33.54 34.39	1150m: 13:09.88 34.77				
	400m: 4:32.79 34.52	800m: 9:08.11 34.57	1200m: 13:44.50 34.62				
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:23.11	+0,68	687	
	50m: 31.66 31.66	450m: 5:07.26 34.61	850m: 9:47.06 34.89	1250m: 14:29.12 35.00			
	100m: 1:05.31 33.65	500m: 5:41.74 34.48	900m: 10:22.30 35.24	1300m: 15:04.50 35.38			
	150m: 1:39.56 34.25	550m: 6:16.64 34.90	950m: 10:57.51 35.21	1350m: 15:39.58 35.08			
	200m: 2:14.08 34.52	600m: 6:51.46 34.82	1000m: 11:32.95 35.44	1400m: 16:14.93 35.35			
	250m: 2:48.85 34.77	650m: 7:26.70 35.24	1050m: 12:08.28 35.33	1450m: 16:49.68 34.75			
	300m: 3:23.40 34.55	700m: 8:01.90 35.20	1100m: 12:43.34 35.06	1500m: 17:23.11 33.43			
	350m: 3:58.11 34.71	750m: 8:37.21 35.31	1150m: 13:18.45 35.11				
	400m: 4:32.65 34.54	800m: 9:12.17 34.96	1200m: 13:54.12 35.67				
6.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:31.67	+0,73	670	
	50m: 31.78 31.78	450m: 5:10.37 35.11	850m: 9:52.64 35.14	1250m: 14:36.60 35.73			
	100m: 1:05.71 33.93	500m: 5:45.79 35.42	900m: 10:27.90 35.26	1300m: 15:12.25 35.65			
	150m: 1:40.08 34.37	550m: 6:21.09 35.30	950m: 11:03.36 35.46	1350m: 15:47.81 35.56			
	200m: 2:14.81 34.73	600m: 6:56.15 35.06	1000m: 11:38.67 35.31	1400m: 16:23.22 35.41			
	250m: 2:49.79 34.98	650m: 7:31.49 35.34	1050m: 12:14.21 35.54	1450m: 16:58.39 35.17			
	300m: 3:24.77 34.98	700m: 8:06.66 35.17	1100m: 12:49.57 35.36	1500m: 17:31.67 33.28			
	350m: 4:00.04 35.27	750m: 8:42.16 35.50	1150m: 13:25.22 35.65				
	400m: 4:35.26 35.22	800m: 9:17.50 35.34	1200m: 14:00.87 35.65				
7.	LOPES Daniela Magalhaes	05	Famalicao	17:53.40	+0,84	630	
	50m: 32.30 32.30	450m: 5:17.47 35.69	850m: 10:05.39 36.19	1250m: 14:54.41 36.21			
	100m: 1:07.54 35.24	500m: 5:53.92 36.45	900m: 10:41.53 36.14	1300m: 15:30.74 36.33			
	150m: 1:42.49 34.95	550m: 6:29.51 35.59	950m: 11:17.72 36.19	1350m: 16:06.87 36.13			
	200m: 2:18.32 35.83	600m: 7:05.30 35.79	1000m: 11:54.11 36.39	1400m: 16:43.02 36.15			
	250m: 2:54.08 35.76	650m: 7:41.02 35.72	1050m: 12:29.97 35.86	1450m: 17:18.43 35.41			
	300m: 3:30.09 36.01	700m: 8:17.14 36.12	1100m: 13:05.92 35.95	1500m: 17:53.40 34.97			
	350m: 4:05.75 35.66	750m: 8:53.10 35.96	1150m: 13:41.86 35.94				
	400m: 4:41.78 36.03	800m: 9:29.20 36.10	1200m: 14:18.20 36.34				
8.	PEIXOTO Carolina Esteves	06	Braga	18:02.24	+0,98	615	
	50m: 32.34 32.34	450m: 5:17.57 36.06	850m: 10:08.03 36.44	1250m: 15:00.68 36.66			
	100m: 1:06.78 34.44	500m: 5:53.88 36.31	900m: 10:44.51 36.48	1300m: 15:37.37 36.69			
	150m: 1:41.91 35.13	550m: 6:30.04 36.16	950m: 11:21.03 36.52	1350m: 16:14.10 36.73			
	200m: 2:17.55 35.64	600m: 7:06.24 36.20	1000m: 11:57.80 36.77	1400m: 16:50.91 36.81			
	250m: 2:53.33 35.78	650m: 7:42.49 36.25	1050m: 12:34.36 36.56	1450m: 17:27.18 36.27			
	300m: 3:29.37 36.04	700m: 8:18.78 36.29	1100m: 13:10.78 36.42	1500m: 18:02.24 35.06			
	350m: 4:05.39 36.02	750m: 8:55.35 36.57	1150m: 13:47.35 36.57				
	400m: 4:41.51 36.12	800m: 9:31.59 36.24	1200m: 14:24.02 36.67				



Prova 102, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	PIMENTEL Marta Lima	04	Fluvial Portuense	18:03.77	+0,83	612	
	50m: 32.10 32.10	450m: 5:17.03	36.47	850m: 10:09.19	36.25	1250m: 15:02.21	36.74
	100m: 1:06.32 34.22	500m: 5:53.51	36.48	900m: 10:45.86	36.67	1300m: 15:39.03	36.82
	150m: 1:41.16 34.84	550m: 6:30.04	36.53	950m: 11:22.39	36.53	1350m: 16:15.66	36.63
	200m: 2:16.50 35.34	600m: 7:06.56	36.52	1000m: 11:58.91	36.52	1400m: 16:52.38	36.72
	250m: 2:52.27 35.77	650m: 7:43.02	36.46	1050m: 12:35.64	36.73	1450m: 17:28.50	36.12
	300m: 3:28.19 35.92	700m: 8:19.77	36.75	1100m: 13:12.11	36.47	1500m: 18:03.77	35.27
	350m: 4:04.29 36.10	750m: 8:56.19	36.42	1150m: 13:48.92	36.81		
	400m: 4:40.56 36.27	800m: 9:32.94	36.75	1200m: 14:25.47	36.55		
10.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:07.67	+0,78	606	
	50m: 32.69 32.69	450m: 5:20.93	36.23	850m: 10:12.25	36.65	1250m: 15:05.97	37.13
	100m: 1:07.99 35.30	500m: 5:56.97	36.04	900m: 10:48.73	36.48	1300m: 15:42.62	36.65
	150m: 1:44.05 36.06	550m: 6:33.54	36.57	950m: 11:25.64	36.91	1350m: 16:19.67	37.05
	200m: 2:19.97 35.92	600m: 7:09.78	36.24	1000m: 12:01.89	36.25	1400m: 16:56.05	36.38
	250m: 2:56.48 36.51	650m: 7:46.44	36.66	1050m: 12:39.06	37.17	1450m: 17:32.19	36.14
	300m: 3:32.48 36.00	700m: 8:22.64	36.20	1100m: 13:15.54	36.48	1500m: 18:07.67	35.48
	350m: 4:08.80 36.32	750m: 8:59.28	36.64	1150m: 13:52.44	36.90		
	400m: 4:44.70 35.90	800m: 9:35.60	36.32	1200m: 14:28.84	36.40		
11.	NUNES Rita Sofia	05	Colegio Efanor	18:25.78	+0,84	576	
	50m: 33.23 33.23	450m: 5:25.36	37.02	850m: 10:23.31	37.31	1250m: 15:22.72	38.02
	100m: 1:08.75 35.52	500m: 6:02.40	37.04	900m: 11:00.57	37.26	1300m: 15:59.84	37.12
	150m: 1:45.00 36.25	550m: 6:39.76	37.36	950m: 11:37.88	37.31	1350m: 16:37.24	37.40
	200m: 2:21.60 36.60	600m: 7:16.93	37.17	1000m: 12:15.07	37.19	1400m: 17:14.20	36.96
	250m: 2:58.42 36.82	650m: 7:54.39	37.46	1050m: 12:52.71	37.64	1450m: 17:51.30	37.10
	300m: 3:34.61 36.19	700m: 8:31.62	37.23	1100m: 13:29.47	36.76	1500m: 18:25.78	34.48
	350m: 4:11.64 37.03	750m: 9:08.78	37.16	1150m: 14:07.48	38.01		
	400m: 4:48.34 36.70	800m: 9:46.00	37.22	1200m: 14:44.70	37.22		
12.	PIRES Catarina Gaspar	06	Porto	18:26.81	+0,83	575	
	50m: 33.85 33.85	450m: 5:30.28	36.83	850m: 10:26.71	36.98	1250m: 15:23.16	37.09
	100m: 1:10.71 36.86	500m: 6:07.30	37.02	900m: 11:03.90	37.19	1300m: 16:00.05	36.89
	150m: 1:47.13 36.42	550m: 6:44.19	36.89	950m: 11:41.01	37.11	1350m: 16:37.13	37.08
	200m: 2:24.30 37.17	600m: 7:21.49	37.30	1000m: 12:17.98	36.97	1400m: 17:14.07	36.94
	250m: 3:01.37 37.07	650m: 7:58.53	37.04	1050m: 12:54.84	36.86	1450m: 17:50.77	36.70
	300m: 3:38.76 37.39	700m: 8:35.86	37.33	1100m: 13:31.89	37.05	1500m: 18:26.81	36.04
	350m: 4:15.95 37.19	750m: 9:12.77	36.91	1150m: 14:08.97	37.08		
	400m: 4:53.45 37.50	800m: 9:49.73	36.96	1200m: 14:46.07	37.10		
13.	ALVES Joana Silva	05	Benedita	18:43.84	+0,81	549	
	50m: 32.37 32.37	450m: 5:26.75	37.83	850m: 10:30.92	37.78	1250m: 15:35.26	38.13
	100m: 1:07.84 35.47	500m: 6:04.32	37.57	900m: 11:09.02	38.10	1300m: 16:13.36	38.10
	150m: 1:43.80 35.96	550m: 6:42.39	38.07	950m: 11:47.22	38.20	1350m: 16:51.37	38.01
	200m: 2:20.24 36.44	600m: 7:20.81	38.42	1000m: 12:24.98	37.76	1400m: 17:29.17	37.80
	250m: 2:56.99 36.75	650m: 7:58.81	38.00	1050m: 13:02.95	37.97	1450m: 18:06.87	37.70
	300m: 3:33.92 36.93	700m: 8:36.92	38.11	1100m: 13:40.92	37.97	1500m: 18:43.84	36.97
	350m: 4:11.03 37.11	750m: 9:15.04	38.12	1150m: 14:19.12	38.20		
	400m: 4:48.92 37.89	800m: 9:53.14	38.10	1200m: 14:57.13	38.01		

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 28 a 31 de Julho de 2022



Prova 102, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	18:46.27	+0,79	545	
	50m: 32.95 32.95	450m: 5:32.61 37.85	850m: 10:34.96	38.18	1250m: 15:39.16	37.83	
	100m: 1:09.06 36.11	500m: 6:10.18 37.57	900m: 11:12.87	37.91	1300m: 16:16.62	37.46	
	150m: 1:46.57 37.51	550m: 6:48.09 37.91	950m: 11:50.77	37.90	1350m: 16:54.47	37.85	
	200m: 2:24.08 37.51	600m: 7:25.87 37.78	1000m: 12:28.75	37.98	1400m: 17:32.29	37.82	
	250m: 3:01.80 37.72	650m: 8:03.62 37.75	1050m: 13:07.33	38.58	1450m: 18:09.80	37.51	
	300m: 3:39.27 37.47	700m: 8:41.17 37.55	1100m: 13:45.51	38.18	1500m: 18:46.27	36.47	
	350m: 4:16.93 37.66	750m: 9:18.93 37.76	1150m: 14:23.80	38.29			
	400m: 4:54.76 37.83	800m: 9:56.78 37.85	1200m: 15:01.33	37.53			
15.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:52.04	+0,74	537	
	50m: 33.60 33.60	450m: 5:32.98 37.83	850m: 10:37.15	38.23	1250m: 15:42.37	38.27	
	100m: 1:09.96 36.36	500m: 6:10.52 37.54	900m: 11:15.01	37.86	1300m: 16:20.78	38.41	
	150m: 1:47.11 37.15	550m: 6:48.42 37.90	950m: 11:53.07	38.06	1350m: 16:59.41	38.63	
	200m: 2:24.55 37.44	600m: 7:26.47 38.05	1000m: 12:31.43	38.36	1400m: 17:37.69	38.28	
	250m: 3:02.31 37.76	650m: 8:04.56 38.09	1050m: 13:09.65	38.22	1450m: 18:15.33	37.64	
	300m: 3:39.91 37.60	700m: 8:42.56 38.00	1100m: 13:47.85	38.20	1500m: 18:52.04	36.71	
	350m: 4:17.43 37.52	750m: 9:20.76 38.20	1150m: 14:26.07	38.22			
	400m: 4:55.15 37.72	800m: 9:58.92 38.16	1200m: 15:04.10	38.03			
16.	COSTA Mafalda Santos	05	Colegio Monte Maior	19:28.71	+0,84	488	
	50m: 34.06 34.06	450m: 5:35.76 38.37	850m: 10:50.10	40.00	1250m: 16:10.29	40.20	
	100m: 1:10.90 36.84	500m: 6:14.29 38.53	900m: 11:30.00	39.90	1300m: 16:50.63	40.34	
	150m: 1:47.85 36.95	550m: 6:53.33 39.04	950m: 12:10.00	40.00	1350m: 17:30.46	39.83	
	200m: 2:25.39 37.54	600m: 7:32.37 39.04	1000m: 12:49.77	39.77	1400m: 18:10.21	39.75	
	250m: 3:03.35 37.96	650m: 8:11.73 39.36	1050m: 13:29.93	40.16	1450m: 18:49.77	39.56	
	300m: 3:41.24 37.89	700m: 8:51.02 39.29	1100m: 14:09.91	39.98	1500m: 19:28.71	38.94	
	350m: 4:19.31 38.07	750m: 9:30.54 39.52	1150m: 14:50.05	40.14			
	400m: 4:57.39 38.08	800m: 10:10.10 39.56	1200m: 15:30.09	40.04			
DNS	SANTILLAN Malena	08	Argentina				



Prova 102, Femin., 1500m Livres

Prova 102
27/07/2022 - 18:05

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
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
Rec Nac Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24/06/2016
Rec Nac Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05/07/2009

TAC 19 + 50m: 17:55.98 - 25m: 17:53.31; 18 50m: 17:55.98 - 25m: 17:53.31; Jun17 50m: 18:35.24 - 25m: 18:25.15; Jun16 50m: 18:35.24 - 25m: 18:25.15; Juv A 50m: 19:45.00 - 25m: 19:15.00; Juv B 50m: 19:55.00 - 25m: 19:35.00

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANDRE Angelica Maria	94	Porto	16:54.22	+0,78	747	
	50m: 31.71 31.71	450m: 5:02.65 33.83	850m: 9:33.69 33.89	1250m: 14:05.52 33.75			
	100m: 1:05.25 33.54	500m: 5:36.59 33.94	900m: 10:07.62 33.93	1300m: 14:39.68 34.16			
	150m: 1:39.25 34.00	550m: 6:10.24 33.65	950m: 10:41.66 34.04	1350m: 15:13.64 33.96			
	200m: 2:13.33 34.08	600m: 6:44.15 33.91	1000m: 11:15.87 34.21	1400m: 15:47.77 34.13			
	250m: 2:47.26 33.93	650m: 7:17.91 33.76	1050m: 11:49.81 33.94	1450m: 16:21.49 33.72			
	300m: 3:21.12 33.86	700m: 7:51.89 33.98	1100m: 12:23.85 34.04	1500m: 16:54.22 32.73			
	350m: 3:55.07 33.95	750m: 8:25.65 33.76	1150m: 12:57.89 34.04				
	400m: 4:28.82 33.75	800m: 8:59.80 34.15	1200m: 13:31.77 33.88				
2.	MENDES Mariana Amaral	02	Sporting	17:09.80	+0,83	714	
	50m: 32.32 32.32	450m: 5:07.01 34.22	850m: 9:42.68 34.57	1250m: 14:19.09 34.59			
	100m: 1:06.41 34.09	500m: 5:41.41 34.40	900m: 10:17.09 34.41	1300m: 14:53.70 34.61			
	150m: 1:40.67 34.26	550m: 6:15.76 34.35	950m: 10:51.46 34.37	1350m: 15:28.29 34.59			
	200m: 2:15.12 34.45	600m: 6:50.16 34.40	1000m: 11:25.95 34.49	1400m: 16:02.73 34.44			
	250m: 2:49.41 34.29	650m: 7:24.54 34.38	1050m: 12:00.56 34.61	1450m: 16:37.03 34.30			
	300m: 3:23.85 34.44	700m: 7:59.15 34.61	1100m: 12:35.11 34.55	1500m: 17:09.80 32.77			
	350m: 3:58.27 34.42	750m: 8:33.54 34.39	1150m: 13:09.88 34.77				
	400m: 4:32.79 34.52	800m: 9:08.11 34.57	1200m: 13:44.50 34.62				
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:23.11	+0,68	687	
	50m: 31.66 31.66	450m: 5:07.26 34.61	850m: 9:47.06 34.89	1250m: 14:29.12 35.00			
	100m: 1:05.31 33.65	500m: 5:41.74 34.48	900m: 10:22.30 35.24	1300m: 15:04.50 35.38			
	150m: 1:39.56 34.25	550m: 6:16.64 34.90	950m: 10:57.51 35.21	1350m: 15:39.58 35.08			
	200m: 2:14.08 34.52	600m: 6:51.46 34.82	1000m: 11:32.95 35.44	1400m: 16:14.93 35.35			
	250m: 2:48.85 34.77	650m: 7:26.70 35.24	1050m: 12:08.28 35.33	1450m: 16:49.68 34.75			
	300m: 3:23.40 34.55	700m: 8:01.90 35.20	1100m: 12:43.34 35.06	1500m: 17:23.11 33.43			
	350m: 3:58.11 34.71	750m: 8:37.21 35.31	1150m: 13:18.45 35.11				
	400m: 4:32.65 34.54	800m: 9:12.17 34.96	1200m: 13:54.12 35.67				

Prova 102, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:31.67	+0,73	670	
	50m: 31.78 31.78	450m: 5:10.37 35.11	850m: 9:52.64 35.14	1250m: 14:36.60 35.73			
	100m: 1:05.71 33.93	500m: 5:45.79 35.42	900m: 10:27.90 35.26	1300m: 15:12.25 35.65			
	150m: 1:40.08 34.37	550m: 6:21.09 35.30	950m: 11:03.36 35.46	1350m: 15:47.81 35.56			
	200m: 2:14.81 34.73	600m: 6:56.15 35.06	1000m: 11:38.67 35.31	1400m: 16:23.22 35.41			
	250m: 2:49.79 34.98	650m: 7:31.49 35.34	1050m: 12:14.21 35.54	1450m: 16:58.39 35.17			
	300m: 3:24.77 34.98	700m: 8:06.66 35.17	1100m: 12:49.57 35.36	1500m: 17:31.67 33.28			
	350m: 4:00.04 35.27	750m: 8:42.16 35.50	1150m: 13:25.22 35.65				
	400m: 4:35.26 35.22	800m: 9:17.50 35.34	1200m: 14:00.87 35.65				
5.	LOPES Daniela Magalhaes	05	Famalicao	17:53.40	+0,84	630	
	50m: 32.30 32.30	450m: 5:17.47 35.69	850m: 10:05.39 36.19	1250m: 14:54.41 36.21			
	100m: 1:07.54 35.24	500m: 5:53.92 36.45	900m: 10:41.53 36.14	1300m: 15:30.74 36.33			
	150m: 1:42.49 34.95	550m: 6:29.51 35.59	950m: 11:17.72 36.19	1350m: 16:06.87 36.13			
	200m: 2:18.32 35.83	600m: 7:05.30 35.79	1000m: 11:54.11 36.39	1400m: 16:43.02 36.15			
	250m: 2:54.08 35.76	650m: 7:41.02 35.72	1050m: 12:29.97 35.86	1450m: 17:18.43 35.41			
	300m: 3:30.09 36.01	700m: 8:17.14 36.12	1100m: 13:05.92 35.95	1500m: 17:53.40 34.97			
	350m: 4:05.75 35.66	750m: 8:53.10 35.96	1150m: 13:41.86 35.94				
	400m: 4:41.78 36.03	800m: 9:29.20 36.10	1200m: 14:18.20 36.34				
6.	PEIXOTO Carolina Esteves	06	Braga	18:02.24	+0,98	615	
	50m: 32.34 32.34	450m: 5:17.57 36.06	850m: 10:08.03 36.44	1250m: 15:00.68 36.66			
	100m: 1:06.78 34.44	500m: 5:53.88 36.31	900m: 10:44.51 36.48	1300m: 15:37.37 36.69			
	150m: 1:41.91 35.13	550m: 6:30.04 36.16	950m: 11:21.03 36.52	1350m: 16:14.10 36.73			
	200m: 2:17.55 35.64	600m: 7:06.24 36.20	1000m: 11:57.80 36.77	1400m: 16:50.91 36.81			
	250m: 2:53.33 35.78	650m: 7:42.49 36.25	1050m: 12:34.36 36.56	1450m: 17:27.18 36.27			
	300m: 3:29.37 36.04	700m: 8:18.78 36.29	1100m: 13:10.78 36.42	1500m: 18:02.24 35.06			
	350m: 4:05.39 36.02	750m: 8:55.35 36.57	1150m: 13:47.35 36.57				
	400m: 4:41.51 36.12	800m: 9:31.59 36.24	1200m: 14:24.02 36.67				
7.	PIMENTEL Marta Lima	04	Fluvial Portuense	18:03.77	+0,83	612	
	50m: 32.10 32.10	450m: 5:17.03 36.47	850m: 10:09.19 36.25	1250m: 15:02.21 36.74			
	100m: 1:06.32 34.22	500m: 5:53.51 36.48	900m: 10:45.86 36.67	1300m: 15:39.03 36.82			
	150m: 1:41.16 34.84	550m: 6:30.04 36.53	950m: 11:22.39 36.53	1350m: 16:15.66 36.63			
	200m: 2:16.50 35.34	600m: 7:06.56 36.52	1000m: 11:58.91 36.52	1400m: 16:52.38 36.72			
	250m: 2:52.27 35.77	650m: 7:43.02 36.46	1050m: 12:35.64 36.73	1450m: 17:28.50 36.12			
	300m: 3:28.19 35.92	700m: 8:19.77 36.75	1100m: 13:12.11 36.47	1500m: 18:03.77 35.27			
	350m: 4:04.29 36.10	750m: 8:56.19 36.42	1150m: 13:48.92 36.81				
	400m: 4:40.56 36.27	800m: 9:32.94 36.75	1200m: 14:25.47 36.55				
8.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:07.67	+0,78	606	
	50m: 32.69 32.69	450m: 5:20.93 36.23	850m: 10:12.25 36.65	1250m: 15:05.97 37.13			
	100m: 1:07.99 35.30	500m: 5:56.97 36.04	900m: 10:48.73 36.48	1300m: 15:42.62 36.65			
	150m: 1:44.05 36.06	550m: 6:33.54 36.57	950m: 11:25.64 36.91	1350m: 16:19.67 37.05			
	200m: 2:19.97 35.92	600m: 7:09.78 36.24	1000m: 12:01.89 36.25	1400m: 16:56.05 36.38			
	250m: 2:56.48 36.51	650m: 7:46.44 36.66	1050m: 12:39.06 37.17	1450m: 17:32.19 36.14			
	300m: 3:32.48 36.00	700m: 8:22.64 36.20	1100m: 13:15.54 36.48	1500m: 18:07.67 35.48			
	350m: 4:08.80 36.32	750m: 8:59.28 36.64	1150m: 13:52.44 36.90				
	400m: 4:44.70 35.90	800m: 9:35.60 36.32	1200m: 14:28.84 36.40				

Prova 102, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	NUNES Rita Sofia	05	Colegio Efanor	18:25.78	+0,84	576	
	50m: 33.23 33.23	450m: 5:25.36	37.02	850m: 10:23.31	37.31	1250m: 15:22.72	38.02
	100m: 1:08.75 35.52	500m: 6:02.40	37.04	900m: 11:00.57	37.26	1300m: 15:59.84	37.12
	150m: 1:45.00 36.25	550m: 6:39.76	37.36	950m: 11:37.88	37.31	1350m: 16:37.24	37.40
	200m: 2:21.60 36.60	600m: 7:16.93	37.17	1000m: 12:15.07	37.19	1400m: 17:14.20	36.96
	250m: 2:58.42 36.82	650m: 7:54.39	37.46	1050m: 12:52.71	37.64	1450m: 17:51.30	37.10
	300m: 3:34.61 36.19	700m: 8:31.62	37.23	1100m: 13:29.47	36.76	1500m: 18:25.78	34.48
	350m: 4:11.64 37.03	750m: 9:08.78	37.16	1150m: 14:07.48	38.01		
	400m: 4:48.34 36.70	800m: 9:46.00	37.22	1200m: 14:44.70	37.22		
10.	PIRES Catarina Gaspar	06	Porto	18:26.81	+0,83	575	
	50m: 33.85 33.85	450m: 5:30.28	36.83	850m: 10:26.71	36.98	1250m: 15:23.16	37.09
	100m: 1:10.71 36.86	500m: 6:07.30	37.02	900m: 11:03.90	37.19	1300m: 16:00.05	36.89
	150m: 1:47.13 36.42	550m: 6:44.19	36.89	950m: 11:41.01	37.11	1350m: 16:37.13	37.08
	200m: 2:24.30 37.17	600m: 7:21.49	37.30	1000m: 12:17.98	36.97	1400m: 17:14.07	36.94
	250m: 3:01.37 37.07	650m: 7:58.53	37.04	1050m: 12:54.84	36.86	1450m: 17:50.77	36.70
	300m: 3:38.76 37.39	700m: 8:35.86	37.33	1100m: 13:31.89	37.05	1500m: 18:26.81	36.04
	350m: 4:15.95 37.19	750m: 9:12.77	36.91	1150m: 14:08.97	37.08		
	400m: 4:53.45 37.50	800m: 9:49.73	36.96	1200m: 14:46.07	37.10		
11.	ALVES Joana Silva	05	Benedita	18:43.84	+0,81	549	
	50m: 32.37 32.37	450m: 5:26.75	37.83	850m: 10:30.92	37.78	1250m: 15:35.26	38.13
	100m: 1:07.84 35.47	500m: 6:04.32	37.57	900m: 11:09.02	38.10	1300m: 16:13.36	38.10
	150m: 1:43.80 35.96	550m: 6:42.39	38.07	950m: 11:47.22	38.20	1350m: 16:51.37	38.01
	200m: 2:20.24 36.44	600m: 7:20.81	38.42	1000m: 12:24.98	37.76	1400m: 17:29.17	37.80
	250m: 2:56.99 36.75	650m: 7:58.81	38.00	1050m: 13:02.95	37.97	1450m: 18:06.87	37.70
	300m: 3:33.92 36.93	700m: 8:36.92	38.11	1100m: 13:40.92	37.97	1500m: 18:43.84	36.97
	350m: 4:11.03 37.11	750m: 9:15.04	38.12	1150m: 14:19.12	38.20		
	400m: 4:48.92 37.89	800m: 9:53.14	38.10	1200m: 14:57.13	38.01		
12.	CARLOTA Catarina Isabel	05	BUIZIOS - Coruche	18:46.27	+0,79	545	
	50m: 32.95 32.95	450m: 5:32.61	37.85	850m: 10:34.96	38.18	1250m: 15:39.16	37.83
	100m: 1:09.06 36.11	500m: 6:10.18	37.57	900m: 11:12.87	37.91	1300m: 16:16.62	37.46
	150m: 1:46.57 37.51	550m: 6:48.09	37.91	950m: 11:50.77	37.90	1350m: 16:54.47	37.85
	200m: 2:24.08 37.51	600m: 7:25.87	37.78	1000m: 12:28.75	37.98	1400m: 17:32.29	37.82
	250m: 3:01.80 37.72	650m: 8:03.62	37.75	1050m: 13:07.33	38.58	1450m: 18:09.80	37.51
	300m: 3:39.27 37.47	700m: 8:41.17	37.55	1100m: 13:45.51	38.18	1500m: 18:46.27	36.47
	350m: 4:16.93 37.66	750m: 9:18.93	37.76	1150m: 14:23.80	38.29		
	400m: 4:54.76 37.83	800m: 9:56.78	37.85	1200m: 15:01.33	37.53		
13.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:52.04	+0,74	537	
	50m: 33.60 33.60	450m: 5:32.98	37.83	850m: 10:37.15	38.23	1250m: 15:42.37	38.27
	100m: 1:09.96 36.36	500m: 6:10.52	37.54	900m: 11:15.01	37.86	1300m: 16:20.78	38.41
	150m: 1:47.11 37.15	550m: 6:48.42	37.90	950m: 11:53.07	38.06	1350m: 16:59.41	38.63
	200m: 2:24.55 37.44	600m: 7:26.47	38.05	1000m: 12:31.43	38.36	1400m: 17:37.69	38.28
	250m: 3:02.31 37.76	650m: 8:04.56	38.09	1050m: 13:09.65	38.22	1450m: 18:15.33	37.64
	300m: 3:39.91 37.60	700m: 8:42.56	38.00	1100m: 13:47.85	38.20	1500m: 18:52.04	36.71
	350m: 4:17.43 37.52	750m: 9:20.76	38.20	1150m: 14:26.07	38.22		
	400m: 4:55.15 37.72	800m: 9:58.92	38.16	1200m: 15:04.10	38.03		

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN
Oeiras, 28 a 31 de Julho de 2022



Prova 102, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
14.	COSTA Mafalda Santos	05	Colegio Monte Maior	19:28.71	+0,84	488		
	50m: 34.06	34.06	450m: 5:35.76	38.37	850m: 10:50.10	40.00	1250m: 16:10.29	40.20
	100m: 1:10.90	36.84	500m: 6:14.29	38.53	900m: 11:30.00	39.90	1300m: 16:50.63	40.34
	150m: 1:47.85	36.95	550m: 6:53.33	39.04	950m: 12:10.00	40.00	1350m: 17:30.46	39.83
	200m: 2:25.39	37.54	600m: 7:32.37	39.04	1000m: 12:49.77	39.77	1400m: 18:10.21	39.75
	250m: 3:03.35	37.96	650m: 8:11.73	39.36	1050m: 13:29.93	40.16	1450m: 18:49.77	39.56
	300m: 3:41.24	37.89	700m: 8:51.02	39.29	1100m: 14:09.91	39.98	1500m: 19:28.71	38.94
	350m: 4:19.31	38.07	750m: 9:30.54	39.52	1150m: 14:50.05	40.14		
	400m: 4:57.39	38.08	800m: 10:10.10	39.56	1200m: 15:30.09	40.04		

