

Prova 12  
09/12/2022 - 17:00

Femin., 1500m Livres

Absolutos  
Resultados

RN25 Absoluto	15:55.19	Diana Margarida DURAES	SLB	Felgueiras	23/11/2019
RN25 Sen	15:55.19	Diana Margarida DURAES	SLB	Felgueiras	23/11/2019
RN25 Jun17	16:11.67	Tamila Hryhorivna HOLUB	SCB	Porto	11/12/2015
RN25 Jun16	16:44.26	Tamila Hryhorivna HOLUB	SCB	Porto	19/12/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA					
1.	Angelica Maria ANDRE	94		Porto	<b>16:07.07</b>	<b>+0,76</b>	<b>855</b>					
	50m:	30.52	30.52	450m:	4:51.12	32.27	850m:	9:09.09	32.07	1250m:	13:25.84	32.26
	100m:	1:02.91	32.39	500m:	5:23.47	32.35	900m:	9:41.07	31.98	1300m:	13:58.15	32.31
	150m:	1:35.44	32.53	550m:	5:55.76	32.29	950m:	10:13.14	32.07	1350m:	14:30.38	32.23
	200m:	2:08.14	32.70	600m:	6:27.89	32.13	1000m:	10:45.14	32.00	1400m:	15:02.83	32.45
	250m:	2:40.90	32.76	650m:	7:00.21	32.32	1050m:	11:17.18	32.04	1450m:	15:35.23	32.40
	300m:	3:13.56	32.66	700m:	7:32.36	32.15	1100m:	11:49.16	31.98	1500m:	16:07.07	31.84
	350m:	3:46.24	32.68	750m:	8:04.69	32.33	1150m:	12:21.40	32.24			
	400m:	4:18.85	32.61	800m:	8:37.02	32.33	1200m:	12:53.58	32.18			
2.	Tamila Hryhorivna HOLUB	99		Braga	<b>16:15.73</b>	<b>+0,81</b>	<b>832</b>					
	50m:	30.41	30.41	450m:	4:48.36	32.24	850m:	9:08.44	32.77	1250m:	13:29.99	33.03
	100m:	1:02.59	32.18	500m:	5:20.75	32.39	900m:	9:41.13	32.69	1300m:	14:03.01	33.02
	150m:	1:34.97	32.38	550m:	5:53.06	32.31	950m:	10:13.86	32.73	1350m:	14:36.07	33.06
	200m:	2:07.42	32.45	600m:	6:25.49	32.43	1000m:	10:46.37	32.51	1400m:	15:09.34	33.27
	250m:	2:39.70	32.28	650m:	6:58.08	32.59	1050m:	11:18.91	32.54	1450m:	15:42.85	33.51
	300m:	3:11.84	32.14	700m:	7:30.60	32.52	1100m:	11:51.59	32.68	1500m:	16:15.73	32.88
	350m:	3:43.96	32.12	750m:	8:03.16	32.56	1150m:	12:24.17	32.58			
	400m:	4:16.12	32.16	800m:	8:35.67	32.51	1200m:	12:56.96	32.79			
3.	Diana Margarida DURAES	96		Benfica	<b>16:27.12</b>	<b>+0,76</b>	<b>804</b>					
	50m:	30.43	30.43	450m:	4:51.87	32.86	850m:	9:14.26	32.92	1250m:	13:40.47	33.55
	100m:	1:02.52	32.09	500m:	5:24.66	32.79	900m:	9:47.12	32.86	1300m:	14:13.82	33.35
	150m:	1:35.22	32.70	550m:	5:57.49	32.83	950m:	10:20.03	32.91	1350m:	14:47.23	33.41
	200m:	2:07.98	32.76	600m:	6:30.46	32.97	1000m:	10:53.24	33.21	1400m:	15:20.74	33.51
	250m:	2:40.65	32.67	650m:	7:03.21	32.75	1050m:	11:26.54	33.30	1450m:	15:54.26	33.52
	300m:	3:13.36	32.71	700m:	7:35.91	32.70	1100m:	11:59.97	33.43	1500m:	16:27.12	32.86
	350m:	3:46.08	32.72	750m:	8:08.62	32.71	1150m:	12:33.46	33.49			
	400m:	4:19.01	32.93	800m:	8:41.34	32.72	1200m:	13:06.92	33.46			
4.	Mariana Amaral MENDES	02		Sporting	<b>16:40.27</b>	<b>+0,80</b>	<b>773</b>					
	50m:	31.03	31.03	450m:	4:57.02	33.63	850m:	9:25.35	33.60	1250m:	13:53.83	33.59
	100m:	1:03.85	32.82	500m:	5:30.39	33.37	900m:	9:59.00	33.65	1300m:	14:27.43	33.60
	150m:	1:36.84	32.99	550m:	6:04.16	33.77	950m:	10:32.40	33.40	1350m:	15:01.15	33.72
	200m:	2:10.08	33.24	600m:	6:37.76	33.60	1000m:	11:06.11	33.71	1400m:	15:35.21	34.06
	250m:	2:43.43	33.35	650m:	7:11.27	33.51	1050m:	11:39.47	33.36	1450m:	16:08.37	33.16
	300m:	3:16.70	33.27	700m:	7:44.76	33.49	1100m:	12:12.92	33.45	1500m:	16:40.27	31.90
	350m:	3:50.17	33.47	750m:	8:18.23	33.47	1150m:	12:46.46	33.54			
	400m:	4:23.39	33.22	800m:	8:51.75	33.52	1200m:	13:20.24	33.78			
5.	Mafalda Sofia ROSA	03		Rio Maior	<b>16:41.84</b>	<b>+0,98</b>	<b>769</b>					
	50m:	31.11	31.11	450m:	4:57.79	33.43	850m:	9:24.42	33.60	1250m:	13:52.83	33.57
	100m:	1:04.00	32.89	500m:	5:31.16	33.37	900m:	9:58.17	33.75	1300m:	14:26.42	33.59
	150m:	1:37.37	33.37	550m:	6:04.45	33.29	950m:	10:31.43	33.26	1350m:	15:00.41	33.99
	200m:	2:10.73	33.36	600m:	6:37.82	33.37	1000m:	11:04.95	33.52	1400m:	15:34.15	33.74
	250m:	2:44.40	33.67	650m:	7:11.07	33.25	1050m:	11:38.50	33.55	1450m:	16:07.99	33.84
	300m:	3:17.63	33.23	700m:	7:44.36	33.29	1100m:	12:12.16	33.66	1500m:	16:41.84	33.85
	350m:	3:51.06	33.43	750m:	8:17.52	33.16	1150m:	12:45.75	33.59			
	400m:	4:24.36	33.30	800m:	8:50.82	33.30	1200m:	13:19.26	33.51			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano Cod	Clube		Tempo Final	TReac	Pts FINA	
6.	Beatriz Nunes CARDEAL	04	Academico Viseu		17:11.72	+0,67	704	
	50m:	30.72 30.72	450m:	5:04.36 34.28	850m:	9:41.40 34.81	1250m:	14:19.90 34.96
	100m:	1:04.50 33.78	500m:	5:38.59 34.23	900m:	10:16.09 34.69	1300m:	14:54.70 34.80
	150m:	1:38.64 34.14	550m:	6:13.07 34.48	950m:	10:50.86 34.77	1350m:	15:29.32 34.62
	200m:	2:12.71 34.07	600m:	6:47.66 34.59	1000m:	11:25.88 35.02	1400m:	16:04.08 34.76
	250m:	2:46.78 34.07	650m:	7:22.30 34.64	1050m:	12:00.57 34.69	1450m:	16:38.55 34.47
	300m:	3:21.10 34.32	700m:	7:57.04 34.74	1100m:	12:35.43 34.86	1500m:	17:11.72 33.17
	350m:	3:55.47 34.37	750m:	8:31.71 34.67	1150m:	13:10.21 34.78		
	400m:	4:30.08 34.61	800m:	9:06.59 34.88	1200m:	13:44.94 34.73		
7.	Carolina Pereira VIANA	04	Sporting		17:19.72	+0,85	688	
	50m:	30.78 30.78	450m:	5:02.22 34.81	850m:	9:44.02 35.48	1250m:	14:26.10 35.02
	100m:	1:03.97 33.19	500m:	5:37.07 34.85	900m:	10:19.67 35.65	1300m:	15:01.20 35.10
	150m:	1:37.21 33.24	550m:	6:12.09 35.02	950m:	10:55.35 35.68	1350m:	15:36.25 35.05
	200m:	2:10.87 33.66	600m:	6:47.46 35.37	1000m:	11:30.52 35.17	1400m:	16:11.04 34.79
	250m:	2:44.68 33.81	650m:	7:22.67 35.21	1050m:	12:05.67 35.15	1450m:	16:45.66 34.62
	300m:	3:18.65 33.97	700m:	7:58.01 35.34	1100m:	12:40.91 35.24	1500m:	17:19.72 34.06
	350m:	3:52.71 34.06	750m:	8:33.12 35.11	1150m:	13:15.86 34.95		
	400m:	4:27.41 34.70	800m:	9:08.54 35.42	1200m:	13:51.08 35.22		
8.	Maria Ornelas ARMAS	98	Vikings		17:30.21	+0,89	667	
	50m:	31.53 31.53	450m:	5:08.81 35.50	850m:	9:50.59 35.09	1250m:	14:33.86 35.39
	100m:	1:05.32 33.79	500m:	5:43.97 35.16	900m:	10:25.80 35.21	1300m:	15:09.31 35.45
	150m:	1:39.35 34.03	550m:	6:19.06 35.09	950m:	11:00.85 35.05	1350m:	15:44.68 35.37
	200m:	2:13.69 34.34	600m:	6:54.21 35.15	1000m:	11:36.15 35.30	1400m:	16:20.39 35.71
	250m:	2:48.41 34.72	650m:	7:29.66 35.45	1050m:	12:11.43 35.28	1450m:	16:55.64 35.25
	300m:	3:23.14 34.73	700m:	8:04.80 35.14	1100m:	12:47.01 35.58	1500m:	17:30.21 34.57
	350m:	3:58.12 34.98	750m:	8:40.20 35.40	1150m:	13:22.35 35.34		
	400m:	4:33.31 35.19	800m:	9:15.50 35.30	1200m:	13:58.47 36.12		
9.	Rita Sofia NUNES	05	Colegio Efanor		17:52.37	+0,84	627	
	50m:	32.10 32.10	450m:	5:15.43 35.69	850m:	10:04.12 36.10	1250m:	14:53.09 35.89
	100m:	1:06.89 34.79	500m:	5:51.05 35.62	900m:	10:40.27 36.15	1300m:	15:29.48 36.39
	150m:	1:42.38 35.49	550m:	6:27.03 35.98	950m:	11:16.41 36.14	1350m:	16:05.42 35.94
	200m:	2:17.47 35.09	600m:	7:03.20 36.17	1000m:	11:52.59 36.18	1400m:	16:41.39 35.97
	250m:	2:53.20 35.73	650m:	7:39.32 36.12	1050m:	12:28.48 35.89	1450m:	17:17.48 36.09
	300m:	3:29.10 35.90	700m:	8:15.80 36.48	1100m:	13:04.79 36.31	1500m:	17:52.37 34.89
	350m:	4:04.37 35.27	750m:	8:52.01 36.21	1150m:	13:40.94 36.15		
	400m:	4:39.74 35.37	800m:	9:28.02 36.01	1200m:	14:17.20 36.26		
10.	Marta Lima PIMENTEL	04	Porto		17:53.41	+0,95	625	
	50m:	32.02 32.02	450m:	5:14.61 35.93	850m:	10:03.86 36.14	1250m:	14:54.24 36.28
	100m:	1:06.29 34.27	500m:	5:50.65 36.04	900m:	10:40.06 36.20	1300m:	15:30.42 36.18
	150m:	1:41.15 34.86	550m:	6:26.78 36.13	950m:	11:16.35 36.29	1350m:	16:06.48 36.06
	200m:	2:16.56 35.41	600m:	7:02.72 35.94	1000m:	11:52.66 36.31	1400m:	16:42.53 36.05
	250m:	2:51.93 35.37	650m:	7:38.68 35.96	1050m:	12:29.05 36.39	1450m:	17:18.55 36.02
	300m:	3:27.22 35.29	700m:	8:15.00 36.32	1100m:	13:05.61 36.56	1500m:	17:53.41 34.86
	350m:	4:03.03 35.81	750m:	8:51.37 36.37	1150m:	13:42.01 36.40		
	400m:	4:38.68 35.65	800m:	9:27.72 36.35	1200m:	14:17.96 35.95		
11.	Joana Silva ALVES	05	Benedita		18:25.36	+0,76	572	
	50m:	32.87 32.87	450m:	5:23.51 36.90	850m:	10:19.48 37.16	1250m:	15:17.66 37.23
	100m:	1:08.68 35.81	500m:	6:00.25 36.74	900m:	10:56.82 37.34	1300m:	15:55.31 37.65
	150m:	1:44.71 36.03	550m:	6:36.99 36.74	950m:	11:34.32 37.50	1350m:	16:32.79 37.48
	200m:	2:21.00 36.29	600m:	7:13.97 36.98	1000m:	12:11.49 37.17	1400m:	17:10.44 37.65
	250m:	2:57.30 36.30	650m:	7:50.92 36.95	1050m:	12:48.51 37.02	1450m:	17:48.08 37.64
	300m:	3:33.70 36.40	700m:	8:28.07 37.15	1100m:	13:26.11 37.60	1500m:	18:25.36 37.28
	350m:	4:10.20 36.50	750m:	9:05.12 37.05	1150m:	14:03.42 37.31		
	400m:	4:46.61 36.41	800m:	9:42.32 37.20	1200m:	14:40.43 37.01		



## Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
DNS	Daniela Silva LIGEIRO	04	Viana Natacao			
DNS	Mariana Coelho SANTOS	04	Lagoa AC			

## Juniores

<b>1.</b>	<b>Carolina Esteves PEIXOTO</b>	<b>06</b>	<b>Braga</b>	<b>17:37.76</b>	<b>+0,86</b>	<b>653</b>	
	50m: 31.94 31.94	450m: 5:11.41	35.36	850m: 9:54.32	35.44	1250m: 14:40.43	35.88
	100m: 1:05.88 33.94	500m: 5:46.93	35.52	900m: 10:29.92	35.60	1300m: 15:16.04	35.61
	150m: 1:40.56 34.68	550m: 6:22.23	35.30	950m: 11:05.76	35.84	1350m: 15:51.99	35.95
	200m: 2:15.32 34.76	600m: 6:57.36	35.13	1000m: 11:41.62	35.86	1400m: 16:27.70	35.71
	250m: 2:50.16 34.84	650m: 7:32.53	35.17	1050m: 12:17.23	35.61	1450m: 17:03.05	35.35
	300m: 3:25.43 35.27	700m: 8:07.96	35.43	1100m: 12:52.92	35.69	1500m: 17:37.76	34.71
	350m: 4:00.78 35.35	750m: 8:43.45	35.49	1150m: 13:28.63	35.71		
	400m: 4:36.05 35.27	800m: 9:18.88	35.43	1200m: 14:04.55	35.92		
<b>2.</b>	<b>Leonor Verissimo FARIA</b>	<b>06</b>	<b>Nucleo de Pombal</b>	<b>17:39.29</b>	<b>+0,81</b>	<b>650</b>	
	50m: 32.14 32.14	450m: 5:16.60	35.57	850m: 10:00.00	35.31	1250m: 14:45.13	35.94
	100m: 1:06.90 34.76	500m: 5:52.33	35.73	900m: 10:35.56	35.56	1300m: 15:20.85	35.72
	150m: 1:42.34 35.44	550m: 6:27.81	35.48	950m: 11:11.01	35.45	1350m: 15:56.24	35.39
	200m: 2:18.15 35.81	600m: 7:03.27	35.46	1000m: 11:46.39	35.38	1400m: 16:31.39	35.15
	250m: 2:54.05 35.90	650m: 7:38.42	35.15	1050m: 12:22.05	35.66	1450m: 17:05.99	34.60
	300m: 3:29.90 35.85	700m: 8:13.77	35.35	1100m: 12:57.76	35.71	1500m: 17:39.29	33.30
	350m: 4:05.53 35.63	750m: 8:49.30	35.53	1150m: 13:33.55	35.79		
	400m: 4:41.03 35.50	800m: 9:24.69	35.39	1200m: 14:09.19	35.64		
<b>3.</b>	<b>Beatriz Silva LOURO</b>	<b>07</b>	<b>Louletano / Loule Concelho</b>	<b>17:49.47</b>	<b>+0,72</b>	<b>632</b>	
	50m: 30.76 30.76	450m: 5:09.39	35.55	850m: 9:56.11	35.95	1250m: 14:49.19	36.74
	100m: 1:04.54 33.78	500m: 5:45.07	35.68	900m: 10:32.58	36.47	1300m: 15:25.88	36.69
	150m: 1:38.84 34.30	550m: 6:20.61	35.54	950m: 11:09.26	36.68	1350m: 16:02.16	36.28
	200m: 2:13.31 34.47	600m: 6:56.37	35.76	1000m: 11:45.84	36.58	1400m: 16:38.61	36.45
	250m: 2:48.12 34.81	650m: 7:32.20	35.83	1050m: 12:22.41	36.57	1450m: 17:14.93	36.32
	300m: 3:23.23 35.11	700m: 8:07.99	35.79	1100m: 12:58.95	36.54	1500m: 17:49.47	34.54
	350m: 3:58.66 35.43	750m: 8:44.17	36.18	1150m: 13:35.53	36.58		
	400m: 4:33.84 35.18	800m: 9:20.16	35.99	1200m: 14:12.45	36.92		
<b>4.</b>	<b>Joana Barbas RAMOS</b>	<b>06</b>	<b>Gafanha da Encarnacao</b>	<b>17:50.26</b>	<b>+0,82</b>	<b>631</b>	
	50m: 32.83 32.83	450m: 5:18.84	35.92	850m: 10:06.86	36.14	1250m: 14:53.37	35.37
	100m: 1:07.68 34.85	500m: 5:54.81	35.97	900m: 10:43.04	36.18	1300m: 15:28.57	35.20
	150m: 1:43.10 35.42	550m: 6:30.67	35.86	950m: 11:19.42	36.38	1350m: 16:03.75	35.18
	200m: 2:18.82 35.72	600m: 7:06.80	36.13	1000m: 11:55.32	35.90	1400m: 16:39.55	35.80
	250m: 2:55.02 36.20	650m: 7:42.93	36.13	1050m: 12:30.98	35.66	1450m: 17:15.26	35.71
	300m: 3:31.09 36.07	700m: 8:18.84	35.91	1100m: 13:06.99	36.01	1500m: 17:50.26	35.00
	350m: 4:07.00 35.91	750m: 8:54.61	35.77	1150m: 13:42.71	35.72		
	400m: 4:42.92 35.92	800m: 9:30.72	36.11	1200m: 14:18.00	35.29		
<b>5.</b>	<b>Catarina Gaspar PIRES</b>	<b>06</b>	<b>Porto</b>	<b>17:53.80</b>	<b>+0,82</b>	<b>624</b>	
	50m: 32.09 32.09	450m: 5:12.44	35.46	850m: 9:59.78	36.19	1250m: 14:51.49	36.60
	100m: 1:06.31 34.22	500m: 5:47.91	35.47	900m: 10:35.77	35.99	1300m: 15:28.23	36.74
	150m: 1:41.05 34.74	550m: 6:23.65	35.74	950m: 11:12.13	36.36	1350m: 16:04.89	36.66
	200m: 2:15.87 34.82	600m: 6:59.15	35.50	1000m: 11:48.88	36.75	1400m: 16:41.67	36.78
	250m: 2:50.72 34.85	650m: 7:34.94	35.79	1050m: 12:25.07	36.19	1450m: 17:18.02	36.35
	300m: 3:25.96 35.24	700m: 8:10.89	35.95	1100m: 13:01.77	36.70	1500m: 17:53.80	35.78
	350m: 4:01.42 35.46	750m: 8:47.32	36.43	1150m: 13:38.51	36.74		
	400m: 4:36.98 35.56	800m: 9:23.59	36.27	1200m: 14:14.89	36.38		

## Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
6.	Maria Esteves VALENTE	06	Benfica	<b>18:08.25</b>	<b>+0,78</b>	600	
	50m: 33.03 33.03	450m: 5:21.81	36.01	850m: 10:10.09	36.39	1250m: 15:03.18	36.70
	100m: 1:08.90 35.87	500m: 5:58.01	36.20	900m: 10:46.78	36.69	1300m: 15:40.07	36.89
	150m: 1:45.56 36.66	550m: 6:33.62	35.61	950m: 11:23.17	36.39	1350m: 16:17.53	37.46
	200m: 2:21.67 36.11	600m: 7:09.31	35.69	1000m: 11:59.98	36.81	1400m: 16:54.91	37.38
	250m: 2:57.57 35.90	650m: 7:45.25	35.94	1050m: 12:36.60	36.62	1450m: 17:32.28	37.37
	300m: 3:33.29 35.72	700m: 8:21.15	35.90	1100m: 13:12.83	36.23	1500m: 18:08.25	35.97
	350m: 4:09.52 36.23	750m: 8:57.26	36.11	1150m: 13:49.42	36.59		
	400m: 4:45.80 36.28	800m: 9:33.70	36.44	1200m: 14:26.48	37.06		
7.	Margarida Vieira PINTO	07	Braga	<b>18:12.81</b>	<b>+0,81</b>	592	
	50m: 31.77 31.77	450m: 5:15.10	36.04	850m: 10:08.21	36.76	1250m: 15:06.91	37.65
	100m: 1:06.36 34.59	500m: 5:51.33	36.23	900m: 10:45.24	37.03	1300m: 15:44.24	37.33
	150m: 1:41.35 34.99	550m: 6:27.81	36.48	950m: 11:22.68	37.44	1350m: 16:21.67	37.43
	200m: 2:16.59 35.24	600m: 7:04.30	36.49	1000m: 12:00.11	37.43	1400m: 16:59.45	37.78
	250m: 2:52.10 35.51	650m: 7:41.10	36.80	1050m: 12:37.25	37.14	1450m: 17:36.69	37.24
	300m: 3:27.43 35.33	700m: 8:17.66	36.56	1100m: 13:14.33	37.08	1500m: 18:12.81	36.12
	350m: 4:03.15 35.72	750m: 8:54.44	36.78	1150m: 13:51.73	37.40		
	400m: 4:39.06 35.91	800m: 9:31.45	37.01	1200m: 14:29.26	37.53		
8.	Carolina Vizinho CABRAL	07	Natacao de Vagos	<b>18:17.60</b>	<b>+0,90</b>	585	
	50m: 32.57 32.57	450m: 5:23.14	36.82	850m: 10:19.52	37.27	1250m: 15:16.36	36.96
	100m: 1:08.05 35.48	500m: 6:00.07	36.93	900m: 10:56.67	37.15	1300m: 15:53.57	37.21
	150m: 1:44.01 35.96	550m: 6:36.63	36.56	950m: 11:34.18	37.51	1350m: 16:30.70	37.13
	200m: 2:20.27 36.26	600m: 7:13.48	36.85	1000m: 12:11.07	36.89	1400m: 17:07.54	36.84
	250m: 2:56.69 36.42	650m: 7:50.52	37.04	1050m: 12:48.46	37.39	1450m: 17:44.31	36.77
	300m: 3:33.07 36.38	700m: 8:27.69	37.17	1100m: 13:25.76	37.30	1500m: 18:17.60	33.29
	350m: 4:10.12 37.05	750m: 9:04.94	37.25	1150m: 14:02.61	36.85		
	400m: 4:46.32 36.20	800m: 9:42.25	37.31	1200m: 14:39.40	36.79		
9.	Lia Beatriz GOMES	06	Vitoria Guimaraes	<b>18:21.08</b>	<b>+0,81</b>	579	
	50m: 32.12 32.12	450m: 5:21.12	37.39	850m: 10:18.42	37.03	1250m: 15:17.12	37.59
	100m: 1:06.80 34.68	500m: 5:58.28	37.16	900m: 10:56.09	37.67	1300m: 15:53.87	36.75
	150m: 1:41.73 34.93	550m: 6:35.45	37.17	950m: 11:33.68	37.59	1350m: 16:31.22	37.35
	200m: 2:17.46 35.73	600m: 7:12.68	37.23	1000m: 12:11.47	37.79	1400m: 17:08.53	37.31
	250m: 2:53.62 36.16	650m: 7:49.72	37.04	1050m: 12:48.35	36.88	1450m: 17:45.41	36.88
	300m: 3:29.91 36.29	700m: 8:27.06	37.34	1100m: 13:25.42	37.07	1500m: 18:21.08	35.67
	350m: 4:06.55 36.64	750m: 9:03.98	36.92	1150m: 14:02.69	37.27		
	400m: 4:43.73 37.18	800m: 9:41.39	37.41	1200m: 14:39.53	36.84		
10.	Leonor Carreiro RODRIGUES	07	Benfica	<b>18:31.63</b>	<b>+0,77</b>	563	
	50m: 32.35 32.35	450m: 5:21.44	36.26	850m: 10:15.83	37.63	1250m: 15:21.41	38.69
	100m: 1:08.13 35.78	500m: 5:57.72	36.28	900m: 10:53.33	37.50	1300m: 15:59.87	38.46
	150m: 1:44.12 35.99	550m: 6:33.87	36.15	950m: 11:31.27	37.94	1350m: 16:38.11	38.24
	200m: 2:20.44 36.32	600m: 7:10.21	36.34	1000m: 12:09.19	37.92	1400m: 17:16.37	38.26
	250m: 2:56.59 36.15	650m: 7:47.05	36.84	1050m: 12:47.25	38.06	1450m: 17:54.39	38.02
	300m: 3:32.66 36.07	700m: 8:23.74	36.69	1100m: 13:25.55	38.30	1500m: 18:31.63	37.24
	350m: 4:08.90 36.24	750m: 9:00.86	37.12	1150m: 14:04.17	38.62		
	400m: 4:45.18 36.28	800m: 9:38.20	37.34	1200m: 14:42.72	38.55		
11.	Marta Andre AGUILAR	07	Nautico Academico	<b>18:37.31</b>	<b>+0,78</b>	554	
	50m: 32.88 32.88	450m: 5:25.60	37.12	850m: 10:23.70	37.63	1250m: 15:27.83	38.03
	100m: 1:08.81 35.93	500m: 6:02.39	36.79	900m: 11:01.12	37.42	1300m: 16:06.40	38.57
	150m: 1:45.20 36.39	550m: 6:39.66	37.27	950m: 11:38.61	37.49	1350m: 16:44.87	38.47
	200m: 2:21.70 36.50	600m: 7:16.73	37.07	1000m: 12:16.82	38.21	1400m: 17:23.08	38.21
	250m: 2:58.24 36.54	650m: 7:53.79	37.06	1050m: 12:54.65	37.83	1450m: 18:00.84	37.76
	300m: 3:35.11 36.87	700m: 8:31.02	37.23	1100m: 13:32.86	38.21	1500m: 18:37.31	36.47
	350m: 4:11.87 36.76	750m: 9:09.02	38.00	1150m: 14:11.12	38.26		
	400m: 4:48.48 36.61	800m: 9:46.07	37.05	1200m: 14:49.80	38.68		

**Prova 12, Femin., 1500m Livres, Juniores**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
12.	<b>Rita Cunha GOMES</b>	07		<b>Viana Natacao</b>	<b>18:39.20</b>	<b>+0,92</b>	<b>551</b>
	50m: 33.61 33.61	450m: 5:30.32	36.92	850m: 10:30.24	37.64	1250m: 15:33.19	38.26
	100m: 1:09.86 36.25	500m: 6:07.22	36.90	900m: 11:07.85	37.61	1300m: 16:11.34	38.15
	150m: 1:46.99 37.13	550m: 6:44.44	37.22	950m: 11:45.60	37.75	1350m: 16:49.16	37.82
	200m: 2:24.52 37.53	600m: 7:21.78	37.34	1000m: 12:23.28	37.68	1400m: 17:26.83	37.67
	250m: 3:02.07 37.55	650m: 7:59.02	37.24	1050m: 13:00.86	37.58	1450m: 18:03.34	36.51
	300m: 3:39.35 37.28	700m: 8:36.68	37.66	1100m: 13:38.48	37.62	1500m: 18:39.20	35.86
	350m: 4:16.49 37.14	750m: 9:14.61	37.93	1150m: 14:16.72	38.24		
	400m: 4:53.40 36.91	800m: 9:52.60	37.99	1200m: 14:54.93	38.21		
13.	<b>Maria Teresa LUIZ</b>	06		<b>Lagoa AC</b>	<b>18:45.19</b>	<b>+0,87</b>	<b>543</b>
	50m: 32.74 32.74	450m: 5:28.97	37.77	850m: 10:31.76	38.00	1250m: 15:36.05	38.26
	100m: 1:08.59 35.85	500m: 6:06.48	37.51	900m: 11:09.65	37.89	1300m: 16:14.31	38.26
	150m: 1:45.48 36.89	550m: 6:43.99	37.51	950m: 11:47.63	37.98	1350m: 16:52.75	38.44
	200m: 2:22.27 36.79	600m: 7:21.78	37.79	1000m: 12:25.59	37.96	1400m: 17:31.16	38.41
	250m: 2:58.90 36.63	650m: 7:59.30	37.52	1050m: 13:03.63	38.04	1450m: 18:09.26	38.10
	300m: 3:36.24 37.34	700m: 8:37.49	38.19	1100m: 13:41.48	37.85	1500m: 18:45.19	35.93
	350m: 4:13.59 37.35	750m: 9:15.89	38.40	1150m: 14:19.41	37.93		
	400m: 4:51.20 37.61	800m: 9:53.76	37.87	1200m: 14:57.79	38.38		
14.	<b>Bianca Filipa ALMEIDA</b>	07		<b>Alges e Agueda XXI</b>	<b>18:45.93</b>	<b>+0,87</b>	<b>542</b>
	50m: 33.03 33.03	450m: 5:26.20	37.07	850m: 10:29.07	37.96	1250m: 15:35.19	38.79
	100m: 1:08.69 35.66	500m: 6:03.89	37.69	900m: 11:07.09	38.02	1300m: 16:13.60	38.41
	150m: 1:45.06 36.37	550m: 6:41.67	37.78	950m: 11:45.07	37.98	1350m: 16:51.98	38.38
	200m: 2:21.56 36.50	600m: 7:19.45	37.78	1000m: 12:23.20	38.13	1400m: 17:30.42	38.44
	250m: 2:58.16 36.60	650m: 7:57.26	37.81	1050m: 13:01.36	38.16	1450m: 18:08.35	37.93
	300m: 3:34.97 36.81	700m: 8:35.56	38.30	1100m: 13:39.74	38.38	1500m: 18:45.93	37.58
	350m: 4:12.03 37.06	750m: 9:13.49	37.93	1150m: 14:18.03	38.29		
	400m: 4:49.13 37.10	800m: 9:51.11	37.62	1200m: 14:56.40	38.37		
15.	<b>Margarida Correia MADEIRA</b>	06		<b>Nautico Marinha Grande</b>	<b>18:46.80</b>	<b>+0,80</b>	<b>540</b>
	50m: 33.00 33.00	450m: 5:31.18	37.54	850m: 10:33.21	37.49	1250m: 15:39.54	38.73
	100m: 1:09.33 36.33	500m: 6:08.57	37.39	900m: 11:10.85	37.64	1300m: 16:17.57	38.03
	150m: 1:46.59 37.26	550m: 6:46.31	37.74	950m: 11:49.24	38.39	1350m: 16:55.38	37.81
	200m: 2:23.94 37.35	600m: 7:24.36	38.05	1000m: 12:27.43	38.19	1400m: 17:32.90	37.52
	250m: 3:01.27 37.33	650m: 8:02.16	37.80	1050m: 13:05.51	38.08	1450m: 18:10.21	37.31
	300m: 3:38.95 37.68	700m: 8:40.15	37.99	1100m: 13:43.97	38.46	1500m: 18:46.80	36.59
	350m: 4:16.25 37.30	750m: 9:18.11	37.96	1150m: 14:22.39	38.42		
	400m: 4:53.64 37.39	800m: 9:55.72	37.61	1200m: 15:00.81	38.42		
16.	<b>Ines Miranda DIOGO</b>	07		<b>Nautico Academico</b>	<b>18:52.88</b>	<b>+0,78</b>	<b>532</b>
	50m: 33.04 33.04	450m: 5:30.10	37.28	850m: 10:33.19	38.39	1250m: 15:40.98	38.75
	100m: 1:09.50 36.46	500m: 6:08.01	37.91	900m: 11:11.54	38.35	1300m: 16:19.69	38.71
	150m: 1:46.30 36.80	550m: 6:45.41	37.40	950m: 11:49.72	38.18	1350m: 16:58.36	38.67
	200m: 2:23.30 37.00	600m: 7:23.03	37.62	1000m: 12:28.18	38.46	1400m: 17:36.85	38.49
	250m: 3:00.65 37.35	650m: 8:00.95	37.92	1050m: 13:06.55	38.37	1450m: 18:15.29	38.44
	300m: 3:38.07 37.42	700m: 8:38.61	37.66	1100m: 13:45.06	38.51	1500m: 18:52.88	37.59
	350m: 4:15.43 37.36	750m: 9:16.81	38.20	1150m: 14:23.70	38.64		
	400m: 4:52.82 37.39	800m: 9:54.80	37.99	1200m: 15:02.23	38.53		
17.	<b>Ines Aires NOGUEIRA</b>	06		<b>Fluvial Portuense</b>	<b>18:55.83</b>	<b>+0,75</b>	<b>527</b>
	50m: 32.36 32.36	450m: 5:30.43	37.54	850m: 10:34.77	38.52	1250m: 15:42.72	38.50
	100m: 1:08.38 36.02	500m: 6:07.97	37.54	900m: 11:13.42	38.65	1300m: 16:22.05	39.33
	150m: 1:45.02 36.64	550m: 6:45.38	37.41	950m: 11:52.18	38.76	1350m: 17:01.17	39.12
	200m: 2:22.32 37.30	600m: 7:23.17	37.79	1000m: 12:30.50	38.32	1400m: 17:39.92	38.75
	250m: 3:00.01 37.69	650m: 8:01.83	38.66	1050m: 13:09.12	38.62	1450m: 18:18.50	38.58
	300m: 3:37.74 37.73	700m: 8:40.26	38.43	1100m: 13:47.86	38.74	1500m: 18:55.83	37.33
	350m: 4:15.53 37.79	750m: 9:18.42	38.16	1150m: 14:26.08	38.22		
	400m: 4:52.89 37.36	800m: 9:56.25	37.83	1200m: 15:04.22	38.14		

## Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Matilde Violante VIANA	07	CNLeiria	<b>19:03.61</b>	<b>+0,85</b>	<b>517</b>	
	50m: 33.14 33.14	450m: 5:32.90	38.17	850m: 10:39.71	38.64	1250m: 15:50.82	39.05
	100m: 1:09.18 36.04	500m: 6:11.09	38.19	900m: 11:18.64	38.93	1300m: 16:30.03	39.21
	150m: 1:46.32 37.14	550m: 6:49.07	37.98	950m: 11:57.02	38.38	1350m: 17:09.01	38.98
	200m: 2:23.77 37.45	600m: 7:27.56	38.49	1000m: 12:35.92	38.90	1400m: 17:47.67	38.66
	250m: 3:01.48 37.71	650m: 8:05.83	38.27	1050m: 13:15.17	39.25	1450m: 18:26.00	38.33
	300m: 3:39.02 37.54	700m: 8:44.42	38.59	1100m: 13:53.74	38.57	1500m: 19:03.61	37.61
	350m: 4:16.77 37.75	750m: 9:22.94	38.52	1150m: 14:32.97	39.23		
	400m: 4:54.73 37.96	800m: 10:01.07	38.13	1200m: 15:11.77	38.80		
19.	Margarida Santos BOTELHO	07	Naval Setubalense	<b>19:04.66</b>	<b>+0,78</b>	<b>515</b>	
	50m: 33.10 33.10	450m: 5:34.54	38.10	850m: 10:41.85	38.41	1250m: 15:52.53	39.33
	100m: 1:09.65 36.55	500m: 6:13.25	38.71	900m: 11:20.26	38.41	1300m: 16:31.01	38.48
	150m: 1:47.23 37.58	550m: 6:51.31	38.06	950m: 11:58.20	37.94	1350m: 17:10.48	39.47
	200m: 2:25.02 37.79	600m: 7:30.26	38.95	1000m: 12:36.87	38.67	1400m: 17:49.17	38.69
	250m: 3:03.02 38.00	650m: 8:08.05	37.79	1050m: 13:16.02	39.15	1450m: 18:27.83	38.66
	300m: 3:40.70 37.68	700m: 8:47.07	39.02	1100m: 13:54.84	38.82	1500m: 19:04.66	36.83
	350m: 4:17.99 37.29	750m: 9:25.49	38.42	1150m: 14:33.64	38.80		
	400m: 4:56.44 38.45	800m: 10:03.44	37.95	1200m: 15:13.20	39.56		
20.	Marta Filipa BUCHA	06	Viver Santarem	<b>19:05.69</b>	<b>+0,89</b>	<b>514</b>	
	50m: 32.77 32.77	450m: 5:33.08	37.90	850m: 10:40.41	38.51	1250m: 15:51.02	39.22
	100m: 1:08.88 36.11	500m: 6:11.05	37.97	900m: 11:19.08	38.67	1300m: 16:30.63	39.61
	150m: 1:46.26 37.38	550m: 6:49.43	38.38	950m: 11:57.55	38.47	1350m: 17:09.60	38.97
	200m: 2:24.07 37.81	600m: 7:27.76	38.33	1000m: 12:36.28	38.73	1400m: 17:48.80	39.20
	250m: 3:01.70 37.63	650m: 8:05.99	38.23	1050m: 13:14.89	38.61	1450m: 18:28.11	39.31
	300m: 3:39.66 37.96	700m: 8:44.52	38.53	1100m: 13:53.80	38.91	1500m: 19:05.69	37.58
	350m: 4:17.13 37.47	750m: 9:23.20	38.68	1150m: 14:32.80	39.00		
	400m: 4:55.18 38.05	800m: 10:01.90	38.70	1200m: 15:11.80	39.00		
21.	Margarida Ribeiro CUNHA	07	Braga	<b>19:10.91</b>	<b>+0,80</b>	<b>507</b>	
	50m: 31.97 31.97	450m: 5:31.60	38.14	850m: 10:42.51	39.30	1250m: 15:55.74	39.83
	100m: 1:07.24 35.27	500m: 6:10.22	38.62	900m: 11:21.22	38.71	1300m: 16:34.91	39.17
	150m: 1:44.16 36.92	550m: 6:49.14	38.92	950m: 12:00.12	38.90	1350m: 17:14.56	39.65
	200m: 2:21.76 37.60	600m: 7:28.10	38.96	1000m: 12:39.19	39.07	1400m: 17:53.86	39.30
	250m: 2:59.98 38.22	650m: 8:06.96	38.86	1050m: 13:18.72	39.53	1450m: 18:32.84	38.98
	300m: 3:37.63 37.65	700m: 8:45.79	38.83	1100m: 13:57.96	39.24	1500m: 19:10.91	38.07
	350m: 4:15.54 37.91	750m: 9:24.36	38.57	1150m: 14:37.03	39.07		
	400m: 4:53.46 37.92	800m: 10:03.21	38.85	1200m: 15:15.91	38.88		
22.	Elena Del Rio BERNAT	07	Alges	<b>19:16.74</b>	<b>+0,79</b>	<b>499</b>	
	50m: 33.09 33.09	450m: 5:34.56	38.44	850m: 10:42.47	38.32	1250m: 15:59.61	39.60
	100m: 1:09.62 36.53	500m: 6:12.86	38.30	900m: 11:21.11	38.64	1300m: 16:38.69	39.08
	150m: 1:46.99 37.37	550m: 6:51.22	38.36	950m: 12:00.25	39.14	1350m: 17:19.11	40.42
	200m: 2:24.72 37.73	600m: 7:30.38	39.16	1000m: 12:40.06	39.81	1400m: 17:59.22	40.11
	250m: 3:02.68 37.96	650m: 8:08.58	38.20	1050m: 13:20.03	39.97	1450m: 18:39.04	39.82
	300m: 3:40.41 37.73	700m: 8:47.02	38.44	1100m: 13:59.80	39.77	1500m: 19:16.74	37.70
	350m: 4:18.16 37.75	750m: 9:25.56	38.54	1150m: 14:40.00	40.20		
	400m: 4:56.12 37.96	800m: 10:04.15	38.59	1200m: 15:20.01	40.01		