

Prova 12 Femin., 1500m Livres Open
 28/07/2023 - 17:00 Resultados

Recordes Nacionais 50m Open	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
Recordes Nacionais 50m Sen	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
Recordes Nacionais 50m Jun17	16:20.80	HOLUB, Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Recordes Nacionais 50m Jun16	16:43.22	HOLUB, Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015
Recordes Nacionais 50m Juv A	16:54.60	HOLUB, Tamila Hryhorivna	POR	Dordrecht (NED)	11/07/2014
Recordes Nacionais 50m Juv B	17:34.28	VELOSO, Maria Miguel	CNAC	Coimbra	08/07/2007
Recordes Nacionais 50m Inf A	18:05.56	ROSA, Mafalda Sofia	CNRM	Rio Maior	24/06/2016
Recordes Nacionais 50m Inf B	18:11.07	RUIVO, Filipa Vilas	DNMG	Coimbra	05/07/2009

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juvenis B

1. CRAVEIRO, Luana Ferreira	09	Nautico Marinha Grande	18:23.44	+0,39	580
50m: 32.03 32.03	450m: 5:24.12	36.27 850m: 10:20.16	36.42 1250m: 15:19.64	37.68	
100m: 1:07.48 35.45	500m: 6:01.02	36.90 900m: 10:57.58	37.42 1300m: 15:56.51	36.87	
150m: 1:44.19 36.71	550m: 6:38.27	37.25 950m: 11:34.90	37.32 1350m: 16:34.07	37.56	
200m: 2:20.82 36.63	600m: 7:15.25	36.98 1000m: 12:11.42	36.52 1400m: 17:10.99	36.92	
250m: 2:57.40 36.58	650m: 7:52.18	36.93 1050m: 12:49.37	37.95 1450m: 17:47.41	36.42	
300m: 3:34.28 36.88	700m: 8:29.33	37.15 1100m: 13:26.33	36.96 1500m: 18:23.44	36.03	
350m: 4:11.04 36.76	750m: 9:06.05	36.72 1150m: 14:03.42	37.09		
400m: 4:47.85 36.81	800m: 9:43.74	37.69 1200m: 14:41.96	38.54		
2. GONCALVES, Leonor Queiroz	09	Braga	18:32.64	+0,68	566
50m: 32.58 32.58	450m: 5:25.13	37.20 850m: 10:23.99	37.62 1250m: 15:26.03	37.86	
100m: 1:08.19 35.61	500m: 6:01.96	36.83 900m: 11:01.50	37.51 1300m: 16:03.70	37.67	
150m: 1:44.52 36.33	550m: 6:39.36	37.40 950m: 11:39.47	37.97 1350m: 16:41.78	38.08	
200m: 2:20.94 36.42	600m: 7:16.33	36.97 1000m: 12:17.12	37.65 1400m: 17:19.50	37.72	
250m: 2:57.57 36.63	650m: 7:53.86	37.53 1050m: 12:54.98	37.86 1450m: 17:56.43	36.93	
300m: 3:34.17 36.60	700m: 8:30.60	36.74 1100m: 13:32.64	37.66 1500m: 18:32.64	36.21	
350m: 4:10.93 36.76	750m: 9:09.01	38.41 1150m: 14:10.62	37.98		
400m: 4:47.93 37.00	800m: 9:46.37	37.36 1200m: 14:48.17	37.55		
3. PINTO, Maria Carvalho	09	Viana Natacao	18:32.65	+0,79	566
50m: 32.45 32.45	450m: 5:26.65	37.18 850m: 10:25.64	37.44 1250m: 15:26.52	37.74	
100m: 1:08.00 35.55	500m: 6:03.77	37.12 900m: 11:02.96	37.32 1300m: 16:04.16	37.64	
150m: 1:44.47 36.47	550m: 6:41.12	37.35 950m: 11:40.77	37.81 1350m: 16:41.60	37.44	
200m: 2:21.61 37.14	600m: 7:18.40	37.28 1000m: 12:18.56	37.79 1400m: 17:19.74	38.14	
250m: 2:58.62 37.01	650m: 7:55.92	37.52 1050m: 12:56.05	37.49 1450m: 17:57.06	37.32	
300m: 3:35.29 36.67	700m: 8:33.43	37.51 1100m: 13:33.45	37.40 1500m: 18:32.65	35.59	
350m: 4:12.28 36.99	750m: 9:10.98	37.55 1150m: 14:11.14	37.69		
400m: 4:49.47 37.19	800m: 9:48.20	37.22 1200m: 14:48.78	37.64		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MOREIRA, Madalena Valente	09		Colegio Efanor	19:02.42	+0,84	523	
	50m: 33.69	33.69	450m: 5:37.59	38.19	850m: 10:44.70	38.31	1250m: 15:51.67	37.93
	100m: 1:10.97	37.28	500m: 6:15.84	38.25	900m: 11:22.32	37.62	1300m: 16:30.41	38.74
	150m: 1:48.76	37.79	550m: 6:53.87	38.03	950m: 12:00.91	38.59	1350m: 17:08.70	38.29
	200m: 2:26.65	37.89	600m: 7:32.63	38.76	1000m: 12:39.91	39.00	1400m: 17:47.17	38.47
	250m: 3:04.94	38.29	650m: 8:10.87	38.24	1050m: 13:18.31	38.40	1450m: 18:25.14	37.97
	300m: 3:43.09	38.15	700m: 8:49.52	38.65	1100m: 13:57.40	39.09	1500m: 19:02.42	37.28
	350m: 4:21.30	38.21	750m: 9:27.61	38.09	1150m: 14:35.50	38.10		
	400m: 4:59.40	38.10	800m: 10:06.39	38.78	1200m: 15:13.74	38.24		
5.	SANTOS, Joana Pereira	09		Rio Maior	19:19.17	+0,79	500	
	50m: 34.59	34.59	450m: 5:39.07	38.62	850m: 10:49.49	38.74	1250m: 16:04.35	39.66
	100m: 1:11.51	36.92	500m: 6:18.06	38.99	900m: 11:28.49	39.00	1300m: 16:44.42	40.07
	150m: 1:49.15	37.64	550m: 6:56.31	38.25	950m: 12:07.86	39.37	1350m: 17:23.66	39.24
	200m: 2:26.49	37.34	600m: 7:35.75	39.44	1000m: 12:47.47	39.61	1400m: 18:02.52	38.86
	250m: 3:04.86	38.37	650m: 8:14.41	38.66	1050m: 13:26.51	39.04	1450m: 18:41.64	39.12
	300m: 3:42.99	38.13	700m: 8:53.29	38.88	1100m: 14:05.79	39.28	1500m: 19:19.17	37.53
	350m: 4:21.71	38.72	750m: 9:31.78	38.49	1150m: 14:45.24	39.45		
	400m: 5:00.45	38.74	800m: 10:10.75	38.97	1200m: 15:24.69	39.45		
6.	MARTINS, Carolina Correia	09		Porto	19:31.24	+0,74	485	
	50m: 34.22	34.22	450m: 5:40.52	38.47	850m: 10:52.62	39.34	1250m: 16:11.80	38.97
	100m: 1:11.64	37.42	500m: 6:19.44	38.92	900m: 11:32.94	40.32	1300m: 16:51.51	39.71
	150m: 1:48.84	37.20	550m: 6:57.63	38.19	950m: 12:12.51	39.57	1350m: 17:31.89	40.38
	200m: 2:26.28	37.44	600m: 7:37.12	39.49	1000m: 12:53.54	41.03	1400m: 18:11.87	39.98
	250m: 3:04.99	38.71	650m: 8:15.56	38.44	1050m: 13:32.79	39.25	1450m: 18:51.54	39.67
	300m: 3:43.61	38.62	700m: 8:54.48	38.92	1100m: 14:13.18	40.39	1500m: 19:31.24	39.70
	350m: 4:22.29	38.68	750m: 9:33.84	39.36	1150m: 14:53.03	39.85		
	400m: 5:02.05	39.76	800m: 10:13.28	39.44	1200m: 15:32.83	39.80		
7.	MARGARIDO, Paula Aguiar	09		Juventude Atlantico	19:40.74	+0,72	473	
	50m: 34.96	34.96	450m: 5:50.42	39.06	850m: 11:05.69	39.00	1250m: 16:24.36	39.65
	100m: 1:14.16	39.20	500m: 6:29.90	39.48	900m: 11:45.56	39.87	1300m: 17:04.70	40.34
	150m: 1:53.37	39.21	550m: 7:09.41	39.51	950m: 12:25.11	39.55	1350m: 17:44.28	39.58
	200m: 2:33.04	39.67	600m: 7:49.02	39.61	1000m: 13:05.39	40.28	1400m: 18:24.00	39.72
	250m: 3:12.09	39.05	650m: 8:28.47	39.45	1050m: 13:44.59	39.20	1450m: 19:02.88	38.88
	300m: 3:51.99	39.90	700m: 9:08.10	39.63	1100m: 14:24.86	40.27	1500m: 19:40.74	37.86
	350m: 4:31.49	39.50	750m: 9:47.03	38.93	1150m: 15:04.60	39.74		
	400m: 5:11.36	39.87	800m: 10:26.69	39.66	1200m: 15:44.71	40.11		
8.	SANTOS, Mariana Silva	09		Porto	19:46.60	+0,73	466	
	50m: 35.35	35.35	450m: 5:48.40	39.64	850m: 11:07.14	39.96	1250m: 16:27.80	40.14
	100m: 1:13.88	38.53	500m: 6:27.80	39.40	900m: 11:47.10	39.96	1300m: 17:07.92	40.12
	150m: 1:51.93	38.05	550m: 7:07.57	39.77	950m: 12:27.50	40.40	1350m: 17:48.73	40.81
	200m: 2:31.27	39.34	600m: 7:47.20	39.63	1000m: 13:07.54	40.04	1400m: 18:29.00	40.27
	250m: 3:10.57	39.30	650m: 8:26.82	39.62	1050m: 13:47.83	40.29	1450m: 19:09.19	40.19
	300m: 3:50.41	39.84	700m: 9:06.87	40.05	1100m: 14:27.62	39.79	1500m: 19:46.60	37.41
	350m: 4:29.59	39.18	750m: 9:47.00	40.13	1150m: 15:07.69	40.07		
	400m: 5:08.76	39.17	800m: 10:27.18	40.18	1200m: 15:47.66	39.97		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	PEDREIRO, Francisca Soreto	09		Galitos / Bresimar	19:56.10	+0,74	455	
	50m: 34.21	34.21	450m: 5:48.76	39.72	850m: 11:11.42	40.30	1250m: 16:38.07	40.92
	100m: 1:12.15	37.94	500m: 6:29.25	40.49	900m: 11:52.52	41.10	1300m: 17:19.08	41.01
	150m: 1:50.71	38.56	550m: 7:08.97	39.72	950m: 12:33.04	40.52	1350m: 17:59.32	40.24
	200m: 2:30.20	39.49	600m: 7:50.09	41.12	1000m: 13:14.17	41.13	1400m: 18:39.80	40.48
	250m: 3:09.57	39.37	650m: 8:29.71	39.62	1050m: 13:54.90	40.73	1450m: 19:19.11	39.31
	300m: 3:49.56	39.99	700m: 9:10.74	41.03	1100m: 14:35.82	40.92	1500m: 19:56.10	36.99
	350m: 4:28.94	39.38	750m: 9:50.08	39.34	1150m: 15:16.43	40.61		
	400m: 5:09.04	40.10	800m: 10:31.12	41.04	1200m: 15:57.15	40.72		
10.	CRUZ, Constanca Lopes	09		Colegio Monte Maior	20:02.38	+0,66	448	
	50m: 34.65	34.65	450m: 5:48.70	40.20	850m: 11:11.47	40.33	1250m: 16:40.28	41.64
	100m: 1:12.14	37.49	500m: 6:29.42	40.72	900m: 11:52.22	40.75	1300m: 17:21.40	41.12
	150m: 1:50.67	38.53	550m: 7:09.34	39.92	950m: 12:32.92	40.70	1350m: 18:02.22	40.82
	200m: 2:30.07	39.40	600m: 7:49.97	40.63	1000m: 13:14.32	41.40	1400m: 18:43.10	40.88
	250m: 3:09.56	39.49	650m: 8:30.39	40.42	1050m: 13:54.87	40.55	1450m: 19:23.40	40.30
	300m: 3:48.71	39.15	700m: 9:10.18	39.79	1100m: 14:36.31	41.44	1500m: 20:02.38	38.98
	350m: 4:28.31	39.60	750m: 9:50.69	40.51	1150m: 15:17.29	40.98		
	400m: 5:08.50	40.19	800m: 10:31.14	40.45	1200m: 15:58.64	41.35		
11.	JESUS, Margarida Santos	09		Natacao Olhao	20:06.64	+0,87	443	
	50m: 34.97	34.97	450m: 5:53.18	40.53	850m: 11:16.97	40.45	1250m: 16:44.01	41.63
	100m: 1:12.66	37.69	500m: 6:33.07	39.89	900m: 11:56.83	39.86	1300m: 17:25.37	41.36
	150m: 1:52.02	39.36	550m: 7:13.67	40.60	950m: 12:38.06	41.23	1350m: 18:07.46	42.09
	200m: 2:31.51	39.49	600m: 7:53.86	40.19	1000m: 13:18.18	40.12	1400m: 18:47.92	40.46
	250m: 3:12.01	40.50	650m: 8:34.48	40.62	1050m: 13:59.28	41.10	1450m: 19:28.68	40.76
	300m: 3:52.00	39.99	700m: 9:15.10	40.62	1100m: 14:39.78	40.50	1500m: 20:06.64	37.96
	350m: 4:32.19	40.19	750m: 9:56.25	41.15	1150m: 15:21.37	41.59		
	400m: 5:12.65	40.46	800m: 10:36.52	40.27	1200m: 16:02.38	41.01		
12.	VICENTE, Clara Alexandra	09		Lagoa AC	20:08.47	+0,83	441	
	50m: 34.40	34.40	450m: 5:50.31	40.59	850m: 11:16.71	41.07	1250m: 16:47.14	41.27
	100m: 1:12.02	37.62	500m: 6:30.80	40.49	900m: 11:57.32	40.61	1300m: 17:28.28	41.14
	150m: 1:50.98	38.96	550m: 7:11.08	40.28	950m: 12:38.47	41.15	1350m: 18:09.29	41.01
	200m: 2:30.26	39.28	600m: 7:51.98	40.90	1000m: 13:20.02	41.55	1400m: 18:49.56	40.27
	250m: 3:09.98	39.72	650m: 8:32.72	40.74	1050m: 14:01.38	41.36	1450m: 19:30.09	40.53
	300m: 3:49.54	39.56	700m: 9:13.74	41.02	1100m: 14:43.11	41.73	1500m: 20:08.47	38.38
	350m: 4:29.63	40.09	750m: 9:54.61	40.87	1150m: 15:24.42	41.31		
	400m: 5:09.72	40.09	800m: 10:35.64	41.03	1200m: 16:05.87	41.45		
13.	PEREIRA, Eduarda Ribeiro	09		Naval do Funchal	20:19.77	+0,70	429	
	50m: 34.08	34.08	450m: 5:55.24	41.15	850m: 11:23.53	41.49	1250m: 16:55.83	41.44
	100m: 1:12.24	38.16	500m: 6:35.65	40.41	900m: 12:05.08	41.55	1300m: 17:37.32	41.49
	150m: 1:51.94	39.70	550m: 7:17.07	41.42	950m: 12:46.40	41.32	1350m: 18:19.12	41.80
	200m: 2:31.79	39.85	600m: 7:58.04	40.97	1000m: 13:27.42	41.02	1400m: 18:59.68	40.56
	250m: 3:12.33	40.54	650m: 8:39.17	41.13	1050m: 14:09.11	41.69	1450m: 19:40.69	41.01
	300m: 3:52.82	40.49	700m: 9:19.92	40.75	1100m: 14:50.46	41.35	1500m: 20:19.77	39.08
	350m: 4:33.50	40.68	750m: 10:01.11	41.19	1150m: 15:32.85	42.39		
	400m: 5:14.09	40.59	800m: 10:42.04	40.93	1200m: 16:14.39	41.54		

Prova 12, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	RODRIGUES, Clara Sobreiro	09		Pimpoes/Cimai	20:28.89	+0,77	420	
	50m: 35.77	35.77	450m: 6:05.65	41.25	850m: 11:36.61	40.93	1250m: 17:06.80	40.63
	100m: 1:17.40	41.63	500m: 6:47.82	42.17	900m: 12:18.42	41.81	1300m: 17:48.66	41.86
	150m: 1:58.07	40.67	550m: 7:28.63	40.81	950m: 12:59.29	40.87	1350m: 18:29.08	40.42
	200m: 2:39.60	41.53	600m: 8:10.80	42.17	1000m: 13:41.16	41.87	1400m: 19:10.71	41.63
	250m: 3:19.94	40.34	650m: 8:51.07	40.27	1050m: 14:21.83	40.67	1450m: 19:50.63	39.92
	300m: 4:01.84	41.90	700m: 9:33.35	42.28	1100m: 15:03.37	41.54	1500m: 20:28.89	38.26
	350m: 4:42.77	40.93	750m: 10:13.91	40.56	1150m: 15:44.18	40.81		
	400m: 5:24.40	41.63	800m: 10:55.68	41.77	1200m: 16:26.17	41.99		
15.	LIMA, Beatriz Ribeiro	09		Geslours	20:30.17	+0,81	418	
	50m: 34.51	34.51	450m: 5:53.02	40.92	850m: 11:22.30	42.15	1250m: 17:00.45	42.59
	100m: 1:12.28	37.77	500m: 6:33.56	40.54	900m: 12:03.76	41.46	1300m: 17:43.76	43.31
	150m: 1:51.06	38.78	550m: 7:14.59	41.03	950m: 12:44.97	41.21	1350m: 18:26.11	42.35
	200m: 2:30.84	39.78	600m: 7:55.70	41.11	1000m: 13:27.34	42.37	1400m: 19:09.03	42.92
	250m: 3:11.09	40.25	650m: 8:36.89	41.19	1050m: 14:09.76	42.42	1450m: 19:49.99	40.96
	300m: 3:51.26	40.17	700m: 9:17.61	40.72	1100m: 14:52.01	42.25	1500m: 20:30.17	40.18
	350m: 4:31.79	40.53	750m: 9:58.98	41.37	1150m: 15:34.85	42.84		
	400m: 5:12.10	40.31	800m: 10:40.15	41.17	1200m: 16:17.86	43.01		
16.	LANCA, Ines Maria	09		Uniao Piedense	20:37.23	+0,82	411	
	50m: 34.36	34.36	450m: 5:51.67	39.81	850m: 11:22.39	42.09	1250m: 17:04.44	42.74
	100m: 1:13.28	38.92	500m: 6:32.21	40.54	900m: 12:05.10	42.71	1300m: 17:47.23	42.79
	150m: 1:52.82	39.54	550m: 7:13.47	41.26	950m: 12:47.18	42.08	1350m: 18:29.28	42.05
	200m: 2:32.50	39.68	600m: 7:54.88	41.41	1000m: 13:30.32	43.14	1400m: 19:12.20	42.92
	250m: 3:11.85	39.35	650m: 8:35.85	40.97	1050m: 14:12.32	42.00	1450m: 19:54.76	42.56
	300m: 3:51.96	40.11	700m: 9:17.15	41.30	1100m: 14:55.41	43.09	1500m: 20:37.23	42.47
	350m: 4:31.44	39.48	750m: 9:58.17	41.02	1150m: 15:38.41	43.00		
	400m: 5:11.86	40.42	800m: 10:40.30	42.13	1200m: 16:21.70	43.29		

Juvenis A

1.	FREITAS, Diana Gomes	08		Amigos da Montanha	18:25.33	+0,74	577	
	50m: 32.99	32.99	450m: 5:26.89	36.91	850m: 10:22.33	37.35	1250m: 15:21.62	37.65
	100m: 1:08.52	35.53	500m: 6:03.56	36.67	900m: 10:59.56	37.23	1300m: 15:58.56	36.94
	150m: 1:44.95	36.43	550m: 6:40.43	36.87	950m: 11:37.23	37.67	1350m: 16:35.80	37.24
	200m: 2:21.79	36.84	600m: 7:16.85	36.42	1000m: 12:14.27	37.04	1400m: 17:12.72	36.92
	250m: 2:58.67	36.88	650m: 7:53.71	36.86	1050m: 12:51.89	37.62	1450m: 17:49.73	37.01
	300m: 3:35.66	36.99	700m: 8:30.75	37.04	1100m: 13:28.98	37.09	1500m: 18:25.33	35.60
	350m: 4:12.89	37.23	750m: 9:08.19	37.44	1150m: 14:06.69	37.71		
	400m: 4:49.98	37.09	800m: 9:44.98	36.79	1200m: 14:43.97	37.28		

Prova 12, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	LOPES, Catarina Maria	08		BUZIOS-Coruche	18:37.91	+0,65	558	
	50m: 33.83	33.83	450m: 5:27.16	36.79	850m: 10:26.12	37.82	1250m: 15:28.63	37.81
	100m: 1:09.63	35.80	500m: 6:04.48	37.32	900m: 11:03.70	37.58	1300m: 16:06.51	37.88
	150m: 1:46.21	36.58	550m: 6:41.28	36.80	950m: 11:41.65	37.95	1350m: 16:44.68	38.17
	200m: 2:22.56	36.35	600m: 7:18.84	37.56	1000m: 12:19.52	37.87	1400m: 17:23.09	38.41
	250m: 2:59.60	37.04	650m: 7:56.16	37.32	1050m: 12:57.59	38.07	1450m: 18:01.04	37.95
	300m: 3:36.81	37.21	700m: 8:33.14	36.98	1100m: 13:35.38	37.79	1500m: 18:37.91	36.87
	350m: 4:13.29	36.48	750m: 9:10.78	37.64	1150m: 14:12.93	37.55		
	400m: 4:50.37	37.08	800m: 9:48.30	37.52	1200m: 14:50.82	37.89		
3.	FERREIRA, Carolina Amadeu	08		Leixoes	18:47.62	+0,73	543	
	50m: 32.39	32.39	450m: 5:27.56	37.39	850m: 10:30.91	38.30	1250m: 15:37.75	38.24
	100m: 1:07.98	35.59	500m: 6:04.89	37.33	900m: 11:09.31	38.40	1300m: 16:16.16	38.41
	150m: 1:44.56	36.58	550m: 6:42.53	37.64	950m: 11:47.55	38.24	1350m: 16:54.42	38.26
	200m: 2:21.47	36.91	600m: 7:20.35	37.82	1000m: 12:26.11	38.56	1400m: 17:32.84	38.42
	250m: 2:58.29	36.82	650m: 7:58.09	37.74	1050m: 13:04.55	38.44	1450m: 18:10.71	37.87
	300m: 3:35.52	37.23	700m: 8:36.13	38.04	1100m: 13:42.81	38.26	1500m: 18:47.62	36.91
	350m: 4:12.93	37.41	750m: 9:14.29	38.16	1150m: 14:20.85	38.04		
	400m: 4:50.17	37.24	800m: 9:52.61	38.32	1200m: 14:59.51	38.66		
4.	LUIZ, Margarida Maria	08		Lagoa AC	18:55.35	+0,69	532	
	50m: 34.16	34.16	450m: 5:35.45	37.89	850m: 10:40.45	38.40	1250m: 15:47.12	38.81
	100m: 1:11.16	37.00	500m: 6:13.32	37.87	900m: 11:18.63	38.18	1300m: 16:25.72	38.60
	150m: 1:48.52	37.36	550m: 6:51.32	38.00	950m: 11:57.05	38.42	1350m: 17:03.45	37.73
	200m: 2:26.19	37.67	600m: 7:29.37	38.05	1000m: 12:34.99	37.94	1400m: 17:41.54	38.09
	250m: 3:03.84	37.65	650m: 8:07.46	38.09	1050m: 13:13.41	38.42	1450m: 18:18.70	37.16
	300m: 3:41.84	38.00	700m: 8:45.72	38.26	1100m: 13:51.47	38.06	1500m: 18:55.35	36.65
	350m: 4:19.99	38.15	750m: 9:23.94	38.22	1150m: 14:29.95	38.48		
	400m: 4:57.56	37.57	800m: 10:02.05	38.11	1200m: 15:08.31	38.36		
5.	BAIONA, Raquel Santos	08		Colegio Monte Maior	19:21.98	+0,87	497	
	50m: 35.54	35.54	450m: 5:44.90	38.65	850m: 10:54.21	38.91	1250m: 16:08.72	38.96
	100m: 1:13.81	38.27	500m: 6:23.45	38.55	900m: 11:33.62	39.41	1300m: 16:47.84	39.12
	150m: 1:52.16	38.35	550m: 7:01.88	38.43	950m: 12:12.68	39.06	1350m: 17:26.82	38.98
	200m: 2:30.92	38.76	600m: 7:40.53	38.65	1000m: 12:51.95	39.27	1400m: 18:06.17	39.35
	250m: 3:09.94	39.02	650m: 8:18.85	38.32	1050m: 13:31.11	39.16	1450m: 18:44.52	38.35
	300m: 3:48.82	38.88	700m: 8:57.57	38.72	1100m: 14:10.54	39.43	1500m: 19:21.98	37.46
	350m: 4:27.51	38.69	750m: 9:36.25	38.68	1150m: 14:50.20	39.66		
	400m: 5:06.25	38.74	800m: 10:15.30	39.05	1200m: 15:29.76	39.56		
6.	JORGE, Sofia Pereira	08		Galitos / Bresimar	19:24.15	+0,84	494	
	50m: 34.03	34.03	450m: 5:43.71	38.99	850m: 10:55.87	39.25	1250m: 16:09.47	38.78
	100m: 1:11.84	37.81	500m: 6:22.53	38.82	900m: 11:35.04	39.17	1300m: 16:48.94	39.47
	150m: 1:50.12	38.28	550m: 7:02.05	39.52	950m: 12:14.37	39.33	1350m: 17:28.22	39.28
	200m: 2:28.80	38.68	600m: 7:40.61	38.56	1000m: 12:53.83	39.46	1400m: 18:07.63	39.41
	250m: 3:07.84	39.04	650m: 8:19.58	38.97	1050m: 13:33.25	39.42	1450m: 18:46.27	38.64
	300m: 3:46.64	38.80	700m: 8:58.76	39.18	1100m: 14:12.40	39.15	1500m: 19:24.15	37.88
	350m: 4:25.54	38.90	750m: 9:37.85	39.09	1150m: 14:51.73	39.33		
	400m: 5:04.72	39.18	800m: 10:16.62	38.77	1200m: 15:30.69	38.96		

Prova 12, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	CORTESAO, Maria Manuel	08	Nautico Academico	19:31.18	+0,76	485	
	50m: 34.46 34.46	450m: 5:43.60	38.93	850m: 10:56.05	39.23	1250m: 16:11.76	39.80
	100m: 1:12.46 38.00	500m: 6:22.45	38.85	900m: 11:35.37	39.32	1300m: 16:51.78	40.02
	150m: 1:50.51 38.05	550m: 7:01.31	38.86	950m: 12:14.94	39.57	1350m: 17:31.84	40.06
	200m: 2:29.50 38.99	600m: 7:40.35	39.04	1000m: 12:54.26	39.32	1400m: 18:11.92	40.08
	250m: 3:07.84 38.34	650m: 8:19.48	39.13	1050m: 13:33.85	39.59	1450m: 18:51.71	39.79
	300m: 3:46.75 38.91	700m: 8:58.67	39.19	1100m: 14:13.14	39.29	1500m: 19:31.18	39.47
	350m: 4:25.48 38.73	750m: 9:37.54	38.87	1150m: 14:52.57	39.43		
	400m: 5:04.67 39.19	800m: 10:16.82	39.28	1200m: 15:31.96	39.39		
8.	MACEDO, Alice Mendes	08	Estamos Juntos	19:48.17	+0,93	464	
	50m: 34.48 34.48	450m: 5:46.56	39.77	850m: 11:06.83	40.20	1250m: 16:30.98	40.23
	100m: 1:12.51 38.03	500m: 6:26.99	40.43	900m: 11:48.39	41.56	1300m: 17:11.60	40.62
	150m: 1:50.67 38.16	550m: 7:06.58	39.59	950m: 12:28.51	40.12	1350m: 17:51.26	39.66
	200m: 2:29.83 39.16	600m: 7:46.47	39.89	1000m: 13:09.10	40.59	1400m: 18:31.30	40.04
	250m: 3:08.24 38.41	650m: 8:25.85	39.38	1050m: 13:49.05	39.95	1450m: 19:10.13	38.83
	300m: 3:47.79 39.55	700m: 9:06.28	40.43	1100m: 14:29.91	40.86	1500m: 19:48.17	38.04
	350m: 4:26.44 38.65	750m: 9:46.15	39.87	1150m: 15:10.35	40.44		
	400m: 5:06.79 40.35	800m: 10:26.63	40.48	1200m: 15:50.75	40.40		
9.	BARBOSA, Sofia Teixeira	08	Colegio Efanor	19:52.10	+0,84	460	
	50m: 33.76 33.76	450m: 5:44.18	39.50	850m: 11:04.88	41.28	1250m: 16:31.45	40.47
	100m: 1:11.43 37.67	500m: 6:23.59	39.41	900m: 11:45.28	40.40	1300m: 17:11.90	40.45
	150m: 1:49.40 37.97	550m: 7:02.96	39.37	950m: 12:26.39	41.11	1350m: 17:52.48	40.58
	200m: 2:27.21 37.81	600m: 7:42.53	39.57	1000m: 13:07.48	41.09	1400m: 18:31.99	39.51
	250m: 3:06.40 39.19	650m: 8:22.57	40.04	1050m: 13:48.60	41.12	1450m: 19:11.53	39.54
	300m: 3:45.84 39.44	700m: 9:02.83	40.26	1100m: 14:29.99	41.39	1500m: 19:52.10	40.57
	350m: 4:25.70 39.86	750m: 9:43.08	40.25	1150m: 15:10.03	40.04		
	400m: 5:04.68 38.98	800m: 10:23.60	40.52	1200m: 15:50.98	40.95		
10.	PINTO, Lara Filipa	08	Porto	19:58.56	+0,50	452	
	50m: 35.47 35.47	450m: 5:48.35	39.00	850m: 11:07.98	40.46	1250m: 16:36.15	41.68
	100m: 1:14.50 39.03	500m: 6:27.85	39.50	900m: 11:47.35	39.37	1300m: 17:17.08	40.93
	150m: 1:53.08 38.58	550m: 7:06.86	39.01	950m: 12:28.51	41.16	1350m: 17:57.94	40.86
	200m: 2:32.34 39.26	600m: 7:46.43	39.57	1000m: 13:09.85	41.34	1400m: 18:38.78	40.84
	250m: 3:11.57 39.23	650m: 8:26.32	39.89	1050m: 13:51.46	41.61	1450m: 19:19.18	40.40
	300m: 3:50.86 39.29	700m: 9:06.76	40.44	1100m: 14:32.11	40.65	1500m: 19:58.56	39.38
	350m: 4:29.74 38.88	750m: 9:46.84	40.08	1150m: 15:14.07	41.96		
	400m: 5:09.35 39.61	800m: 10:27.52	40.68	1200m: 15:54.47	40.40		
11.	LARANJEIRA, Marta Matos	08	Vikings	20:01.82	+0,85	449	
	50m: 35.87 35.87	450m: 5:54.68	40.16	850m: 11:16.81	41.02	1250m: 16:41.05	40.87
	100m: 1:14.82 38.95	500m: 6:34.79	40.11	900m: 11:56.72	39.91	1300m: 17:22.32	41.27
	150m: 1:53.89 39.07	550m: 7:15.46	40.67	950m: 12:37.63	40.91	1350m: 18:03.70	41.38
	200m: 2:33.53 39.64	600m: 7:55.16	39.70	1000m: 13:18.88	41.25	1400m: 18:43.35	39.65
	250m: 3:14.35 40.82	650m: 8:35.59	40.43	1050m: 13:58.31	39.43	1450m: 19:23.61	40.26
	300m: 3:54.34 39.99	700m: 9:14.91	39.32	1100m: 14:38.47	40.16	1500m: 20:01.82	38.21
	350m: 4:34.74 40.40	750m: 9:55.29	40.38	1150m: 15:19.45	40.98		
	400m: 5:14.52 39.78	800m: 10:35.79	40.50	1200m: 16:00.18	40.73		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres
Juniores

1. PEIXOTO, Carolina Esteves	06	Braga	17:52.59	+0,78	632
50m: 32.33 32.33	450m: 5:16.94 35.85	850m: 10:03.75 36.27	1250m: 14:53.45 36.53		
100m: 1:06.61 34.28	500m: 5:52.62 35.68	900m: 10:39.69 35.94	1300m: 15:29.84 36.39		
150m: 1:42.26 35.65	550m: 6:28.52 35.90	950m: 11:15.88 36.19	1350m: 16:06.58 36.74		
200m: 2:17.65 35.39	600m: 7:04.33 35.81	1000m: 11:51.85 35.97	1400m: 16:42.66 36.08		
250m: 2:53.68 36.03	650m: 7:40.23 35.90	1050m: 12:28.15 36.30	1450m: 17:18.77 36.11		
300m: 3:29.31 35.63	700m: 8:15.81 35.58	1100m: 13:04.34 36.19	1500m: 17:52.59 33.82		
350m: 4:05.27 35.96	750m: 8:51.72 35.91	1150m: 13:40.71 36.37			
400m: 4:41.09 35.82	800m: 9:27.48 35.76	1200m: 14:16.92 36.21			
2. RAMOS, Joana Barbas	06	Gafanha da Encarnacao	17:52.83	+0,77	631
50m: 32.53 32.53	450m: 5:14.73 35.53	850m: 10:02.97 36.21	1250m: 14:53.88 36.40		
100m: 1:07.16 34.63	500m: 5:50.45 35.72	900m: 10:39.21 36.24	1300m: 15:30.28 36.40		
150m: 1:42.17 35.01	550m: 6:26.31 35.86	950m: 11:15.58 36.37	1350m: 16:06.78 36.50		
200m: 2:17.51 35.34	600m: 7:02.30 35.99	1000m: 11:51.97 36.39	1400m: 16:42.87 36.09		
250m: 2:52.99 35.48	650m: 7:38.44 36.14	1050m: 12:28.31 36.34	1450m: 17:18.83 35.96		
300m: 3:28.37 35.38	700m: 8:14.41 35.97	1100m: 13:04.64 36.33	1500m: 17:52.83 34.00		
350m: 4:03.69 35.32	750m: 8:50.51 36.10	1150m: 13:41.05 36.41			
400m: 4:39.20 35.51	800m: 9:26.76 36.25	1200m: 14:17.48 36.43			
3. AGUILAR, Marta Andre	07	Nautico Academico	18:00.83	+0,70	617
50m: 32.69 32.69	450m: 5:16.43 35.34	850m: 10:04.53 36.52	1250m: 14:59.31 37.17		
100m: 1:07.75 35.06	500m: 5:52.38 35.95	900m: 10:41.16 36.63	1300m: 15:36.11 36.80		
150m: 1:42.63 34.88	550m: 6:27.79 35.41	950m: 11:17.35 36.19	1350m: 16:12.43 36.32		
200m: 2:18.29 35.66	600m: 7:04.02 36.23	1000m: 11:53.99 36.64	1400m: 16:49.38 36.95		
250m: 2:53.75 35.46	650m: 7:39.97 35.95	1050m: 12:30.91 36.92	1450m: 17:25.21 35.83		
300m: 3:29.66 35.91	700m: 8:16.16 36.19	1100m: 13:08.11 37.20	1500m: 18:00.83 35.62		
350m: 4:05.06 35.40	750m: 8:51.98 35.82	1150m: 13:44.96 36.85			
400m: 4:41.09 36.03	800m: 9:28.01 36.03	1200m: 14:22.14 37.18			
4. CABRAL, Carolina Vizinho	07	Natacao de Vagos	18:07.96	+0,76	605
50m: 32.26 32.26	450m: 5:17.47 35.93	850m: 10:11.08 37.03	1250m: 15:06.30 36.52		
100m: 1:07.33 35.07	500m: 5:53.97 36.50	900m: 10:48.62 37.54	1300m: 15:43.37 37.07		
150m: 1:42.46 35.13	550m: 6:29.94 35.97	950m: 11:24.96 36.34	1350m: 16:20.42 37.05		
200m: 2:18.12 35.66	600m: 7:06.68 36.74	1000m: 12:02.12 37.16	1400m: 16:57.63 37.21		
250m: 2:53.74 35.62	650m: 7:42.95 36.27	1050m: 12:38.84 36.72	1450m: 17:33.76 36.13		
300m: 3:29.59 35.85	700m: 8:20.13 37.18	1100m: 13:16.11 37.27	1500m: 18:07.96 34.20		
350m: 4:05.40 35.81	750m: 8:56.53 36.40	1150m: 13:52.80 36.69			
400m: 4:41.54 36.14	800m: 9:34.05 37.52	1200m: 14:29.78 36.98			
5. PIRES, Catarina Gaspar	06	Porto	18:12.16	+0,93	598
50m: 32.81 32.81	450m: 5:22.09 36.86	850m: 10:16.35 37.12	1250m: 15:10.54 37.59		
100m: 1:07.82 35.01	500m: 5:59.01 36.92	900m: 10:52.56 36.21	1300m: 15:46.57 36.03		
150m: 1:43.67 35.85	550m: 6:35.94 36.93	950m: 11:29.71 37.15	1350m: 16:23.96 37.39		
200m: 2:19.61 35.94	600m: 7:12.61 36.67	1000m: 12:06.09 36.38	1400m: 17:00.19 36.23		
250m: 2:55.63 36.02	650m: 7:49.73 37.12	1050m: 12:43.27 37.18	1450m: 17:36.97 36.78		
300m: 3:32.07 36.44	700m: 8:26.24 36.51	1100m: 13:19.43 36.16	1500m: 18:12.16 35.19		
350m: 4:08.52 36.45	750m: 9:02.98 36.74	1150m: 13:56.71 37.28			
400m: 4:45.23 36.71	800m: 9:39.23 36.25	1200m: 14:32.95 36.24			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	FARIA, Leonor Verissimo	06	Nucleo de Pombal	18:14.33	+0,62	595	
	50m: 32.77 32.77	450m: 5:22.36	36.96	850m: 10:15.30	36.83	1250m: 15:11.12	36.87
	100m: 1:07.78 35.01	500m: 5:58.80	36.44	900m: 10:51.98	36.68	1300m: 15:48.27	37.15
	150m: 1:43.60 35.82	550m: 6:35.25	36.45	950m: 11:29.01	37.03	1350m: 16:25.22	36.95
	200m: 2:19.62 36.02	600m: 7:11.71	36.46	1000m: 12:05.96	36.95	1400m: 17:01.93	36.71
	250m: 2:55.97 36.35	650m: 7:48.26	36.55	1050m: 12:43.29	37.33	1450m: 17:38.89	36.96
	300m: 3:32.35 36.38	700m: 8:25.04	36.78	1100m: 13:20.07	36.78	1500m: 18:14.33	35.44
	350m: 4:09.01 36.66	750m: 9:01.74	36.70	1150m: 13:57.25	37.18		
	400m: 4:45.40 36.39	800m: 9:38.47	36.73	1200m: 14:34.25	37.00		
7.	LOURO, Beatriz Silva	07	Louletano / Loule Concelho	18:29.61	+0,66	570	
	50m: 31.96 31.96	450m: 5:18.98	36.91	850m: 10:18.89	37.89	1250m: 15:22.03	38.16
	100m: 1:06.24 34.28	500m: 5:55.97	36.99	900m: 10:56.36	37.47	1300m: 15:59.82	37.79
	150m: 1:41.59 35.35	550m: 6:33.49	37.52	950m: 11:34.19	37.83	1350m: 16:37.32	37.50
	200m: 2:16.88 35.29	600m: 7:10.93	37.44	1000m: 12:12.08	37.89	1400m: 17:15.12	37.80
	250m: 2:52.83 35.95	650m: 7:48.23	37.30	1050m: 12:49.86	37.78	1450m: 17:52.45	37.33
	300m: 3:28.94 36.11	700m: 8:25.66	37.43	1100m: 13:27.91	38.05	1500m: 18:29.61	37.16
	350m: 4:05.31 36.37	750m: 9:03.39	37.73	1150m: 14:05.96	38.05		
	400m: 4:42.07 36.76	800m: 9:41.00	37.61	1200m: 14:43.87	37.91		
8.	SA, Maria Luis	06	Fluvial Portuense	18:36.47	+0,67	560	
	50m: 31.61 31.61	450m: 5:25.00	37.07	850m: 10:27.38	38.08	1250m: 15:29.67	37.76
	100m: 1:07.18 35.57	500m: 6:02.75	37.75	900m: 11:05.27	37.89	1300m: 16:07.69	38.02
	150m: 1:43.75 36.57	550m: 6:39.95	37.20	950m: 11:42.96	37.69	1350m: 16:45.87	38.18
	200m: 2:20.45 36.70	600m: 7:17.48	37.53	1000m: 12:20.50	37.54	1400m: 17:23.85	37.98
	250m: 2:57.16 36.71	650m: 7:55.43	37.95	1050m: 12:58.13	37.63	1450m: 18:00.78	36.93
	300m: 3:33.95 36.79	700m: 8:33.28	37.85	1100m: 13:35.75	37.62	1500m: 18:36.47	35.69
	350m: 4:10.76 36.81	750m: 9:11.28	38.00	1150m: 14:13.90	38.15		
	400m: 4:47.93 37.17	800m: 9:49.30	38.02	1200m: 14:51.91	38.01		
9.	VALENTE, Maria Esteves	06	Benfica	18:38.80	+0,81	556	
	50m: 33.90 33.90	450m: 5:28.90	37.29	850m: 10:27.82	37.69	1250m: 15:30.23	37.65
	100m: 1:09.97 36.07	500m: 6:06.55	37.65	900m: 11:06.00	38.18	1300m: 16:08.69	38.46
	150m: 1:46.75 36.78	550m: 6:43.13	36.58	950m: 11:43.71	37.71	1350m: 16:46.34	37.65
	200m: 2:23.43 36.68	600m: 7:20.51	37.38	1000m: 12:21.28	37.57	1400m: 17:24.67	38.33
	250m: 3:00.27 36.84	650m: 7:57.50	36.99	1050m: 12:58.58	37.30	1450m: 18:02.34	37.67
	300m: 3:37.36 37.09	700m: 8:34.76	37.26	1100m: 13:36.43	37.85	1500m: 18:38.80	36.46
	350m: 4:14.40 37.04	750m: 9:12.16	37.40	1150m: 14:14.22	37.79		
	400m: 4:51.61 37.21	800m: 9:50.13	37.97	1200m: 14:52.58	38.36		
10.	VIANA, Matilde Violante	07	Nautico de Leiria	19:05.59	+0,81	518	
	50m: 34.02 34.02	450m: 5:36.37	38.36	850m: 10:44.27	38.73	1250m: 15:53.81	38.92
	100m: 1:10.77 36.75	500m: 6:14.75	38.38	900m: 11:22.91	38.64	1300m: 16:32.35	38.54
	150m: 1:48.20 37.43	550m: 6:53.44	38.69	950m: 12:01.75	38.84	1350m: 17:10.84	38.49
	200m: 2:25.49 37.29	600m: 7:31.66	38.22	1000m: 12:39.92	38.17	1400m: 17:49.17	38.33
	250m: 3:03.42 37.93	650m: 8:10.25	38.59	1050m: 13:18.51	38.59	1450m: 18:27.54	38.37
	300m: 3:41.72 38.30	700m: 8:48.70	38.45	1100m: 13:57.13	38.62	1500m: 19:05.59	38.05
	350m: 4:20.12 38.40	750m: 9:27.13	38.43	1150m: 14:36.32	39.19		
	400m: 4:58.01 37.89	800m: 10:05.54	38.41	1200m: 15:14.89	38.57		

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	BUCHA, Marta Filipa	06	Viver Santarem	19:11.59	+0,85	510	
	50m: 34.63 34.63	450m: 5:39.29	38.15	850m: 10:47.13	39.05	1250m: 15:57.91	39.04
	100m: 1:12.24 37.61	500m: 6:17.59	38.30	900m: 11:25.91	38.78	1300m: 16:36.58	38.67
	150m: 1:50.57 38.33	550m: 6:55.95	38.36	950m: 12:04.56	38.65	1350m: 17:15.84	39.26
	200m: 2:28.83 38.26	600m: 7:34.16	38.21	1000m: 12:43.17	38.61	1400m: 17:55.14	39.30
	250m: 3:07.19 38.36	650m: 8:12.61	38.45	1050m: 13:22.07	38.90	1450m: 18:34.05	38.91
	300m: 3:45.23 38.04	700m: 8:51.05	38.44	1100m: 14:00.93	38.86	1500m: 19:11.59	37.54
	350m: 4:23.24 38.01	750m: 9:29.55	38.50	1150m: 14:39.78	38.85		
	400m: 5:01.14 37.90	800m: 10:08.08	38.53	1200m: 15:18.87	39.09		
12.	GOMES, Rita Cunha	07	Viana Natacao	19:27.14	+0,89	490	
	50m: 34.40 34.40	450m: 5:44.25	38.91	850m: 10:55.67	38.63	1250m: 16:12.23	39.27
	100m: 1:12.19 37.79	500m: 6:23.45	39.20	900m: 11:35.03	39.36	1300m: 16:52.05	39.82
	150m: 1:50.06 37.87	550m: 7:02.04	38.59	950m: 12:14.16	39.13	1350m: 17:31.01	38.96
	200m: 2:29.07 39.01	600m: 7:41.33	39.29	1000m: 12:54.31	40.15	1400m: 18:10.67	39.66
	250m: 3:07.67 38.60	650m: 8:20.14	38.81	1050m: 13:33.55	39.24	1450m: 18:49.01	38.34
	300m: 3:46.97 39.30	700m: 8:59.25	39.11	1100m: 14:13.56	40.01	1500m: 19:27.14	38.13
	350m: 4:25.74 38.77	750m: 9:37.93	38.68	1150m: 14:52.84	39.28		
	400m: 5:05.34 39.60	800m: 10:17.04	39.11	1200m: 15:32.96	40.12		
13.	BOTELHO, Margarida Santos	07	Naval Setubalense	19:28.70	+0,76	488	
	50m: 34.74 34.74	450m: 5:47.76	39.26	850m: 11:00.62	38.94	1250m: 16:15.16	40.21
	100m: 1:13.01 38.27	500m: 6:27.17	39.41	900m: 11:39.96	39.34	1300m: 16:54.35	39.19
	150m: 1:52.38 39.37	550m: 7:06.49	39.32	950m: 12:18.51	38.55	1350m: 17:33.90	39.55
	200m: 2:31.61 39.23	600m: 7:45.42	38.93	1000m: 12:57.56	39.05	1400m: 18:12.97	39.07
	250m: 3:10.65 39.04	650m: 8:24.55	39.13	1050m: 13:36.92	39.36	1450m: 18:52.51	39.54
	300m: 3:50.36 39.71	700m: 9:03.23	38.68	1100m: 14:15.99	39.07	1500m: 19:28.70	36.19
	350m: 4:29.39 39.03	750m: 9:42.96	39.73	1150m: 14:55.89	39.90		
	400m: 5:08.50 39.11	800m: 10:21.68	38.72	1200m: 15:34.95	39.06		

Seniores

1.	MENDES, Mariana Amaral	02	Sporting	17:10.24	+0,64	713	
	50m: 31.52 31.52	450m: 5:05.95	34.51	850m: 9:42.28	34.41	1250m: 14:18.70	34.83
	100m: 1:05.23 33.71	500m: 5:40.31	34.36	900m: 10:16.70	34.42	1300m: 14:53.27	34.57
	150m: 1:39.25 34.02	550m: 6:14.94	34.63	950m: 10:51.17	34.47	1350m: 15:28.00	34.73
	200m: 2:13.64 34.39	600m: 6:49.70	34.76	1000m: 11:25.67	34.50	1400m: 16:02.56	34.56
	250m: 2:48.03 34.39	650m: 7:24.22	34.52	1050m: 12:00.19	34.52	1450m: 16:36.97	34.41
	300m: 3:22.44 34.41	700m: 7:58.93	34.71	1100m: 12:34.76	34.57	1500m: 17:10.24	33.27
	350m: 3:56.95 34.51	750m: 8:33.57	34.64	1150m: 13:09.38	34.62		
	400m: 4:31.44 34.49	800m: 9:07.87	34.30	1200m: 13:43.87	34.49		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	VIANA, Carolina Pereira	04	Sporting	17:19.13	+0,81	695	
	50m: 31.30 31.30	450m: 5:06.08	34.55 850m: 9:43.43	34.71	1250m: 14:22.74	35.05	
	100m: 1:04.91 33.61	500m: 5:40.56	34.48 900m: 10:18.12	34.69	1300m: 14:58.44	35.70	
	150m: 1:39.42 34.51	550m: 6:15.17	34.61 950m: 10:52.81	34.69	1350m: 15:33.79	35.35	
	200m: 2:13.75 34.33	600m: 6:49.84	34.67 1000m: 11:27.76	34.95	1400m: 16:09.12	35.33	
	250m: 2:48.18 34.43	650m: 7:24.44	34.60 1050m: 12:02.73	34.97	1450m: 16:44.49	35.37	
	300m: 3:22.53 34.35	700m: 7:59.35	34.91 1100m: 12:37.60	34.87	1500m: 17:19.13	34.64	
	350m: 3:57.10 34.57	750m: 8:33.91	34.56 1150m: 13:12.50	34.90			
	400m: 4:31.53 34.43	800m: 9:08.72	34.81 1200m: 13:47.69	35.19			
3.	FIDALGO, Aroa Silva	02	Nautico Sevilla	17:42.46	+0,79	650	
	50m: 31.81 31.81	450m: 5:06.82	34.79 850m: 9:45.16	34.90	1250m: 14:40.32	37.71	
	100m: 1:05.72 33.91	500m: 5:41.19	34.37 900m: 10:20.82	35.66	1300m: 15:18.06	37.74	
	150m: 1:39.99 34.27	550m: 6:15.48	34.29 950m: 10:56.72	35.90	1350m: 15:54.94	36.88	
	200m: 2:14.23 34.24	600m: 6:49.69	34.21 1000m: 11:34.62	37.90	1400m: 16:31.70	36.76	
	250m: 2:48.56 34.33	650m: 7:24.77	35.08 1050m: 12:11.58	36.96	1450m: 17:08.04	36.34	
	300m: 3:22.96 34.40	700m: 8:00.14	35.37 1100m: 12:48.47	36.89	1500m: 17:42.46	34.42	
	350m: 3:57.66 34.70	750m: 8:34.91	34.77 1150m: 13:25.44	36.97			
	400m: 4:32.03 34.37	800m: 9:10.26	35.35 1200m: 14:02.61	37.17			
4.	LOPES, Daniela Magalhaes	05	Famalicao	17:42.93	+0,85	649	
	50m: 31.49 31.49	450m: 5:11.51	35.62 850m: 9:57.30	35.93	1250m: 14:45.24	36.39	
	100m: 1:05.55 34.06	500m: 5:47.33	35.82 900m: 10:33.00	35.70	1300m: 15:21.17	35.93	
	150m: 1:40.28 34.73	550m: 6:22.77	35.44 950m: 11:09.00	36.00	1350m: 15:57.45	36.28	
	200m: 2:14.91 34.63	600m: 6:58.31	35.54 1000m: 11:45.14	36.14	1400m: 16:33.00	35.55	
	250m: 2:50.01 35.10	650m: 7:33.93	35.62 1050m: 12:21.01	35.87	1450m: 17:08.92	35.92	
	300m: 3:24.96 34.95	700m: 8:09.31	35.38 1100m: 12:56.86	35.85	1500m: 17:42.93	34.01	
	350m: 4:00.60 35.64	750m: 8:45.60	36.29 1150m: 13:32.94	36.08			
	400m: 4:35.89 35.29	800m: 9:21.37	35.77 1200m: 14:08.85	35.91			
5.	NUNES, Rita Sofia	05	Colegio Efanor	17:55.50	+0,86	626	
	50m: 32.51 32.51	450m: 5:17.51	35.78 850m: 10:06.87	36.23	1250m: 14:55.34	36.18	
	100m: 1:07.67 35.16	500m: 5:53.81	36.30 900m: 10:42.82	35.95	1300m: 15:31.89	36.55	
	150m: 1:43.25 35.58	550m: 6:29.71	35.90 950m: 11:18.53	35.71	1350m: 16:08.17	36.28	
	200m: 2:19.05 35.80	600m: 7:05.91	36.20 1000m: 11:54.48	35.95	1400m: 16:44.61	36.44	
	250m: 2:54.53 35.48	650m: 7:41.92	36.01 1050m: 12:30.62	36.14	1450m: 17:20.56	35.95	
	300m: 3:30.24 35.71	700m: 8:18.35	36.43 1100m: 13:06.82	36.20	1500m: 17:55.50	34.94	
	350m: 4:05.86 35.62	750m: 8:54.31	35.96 1150m: 13:42.79	35.97			
	400m: 4:41.73 35.87	800m: 9:30.64	36.33 1200m: 14:19.16	36.37			
6.	ARMAS, Maria Ornelas	98	Vikings	18:08.76	+0,87	604	
	50m: 31.98 31.98	450m: 5:16.16	36.19 850m: 10:07.11	36.65	1250m: 15:03.56	37.44	
	100m: 1:06.24 34.26	500m: 5:52.39	36.23 900m: 10:43.50	36.39	1300m: 15:40.84	37.28	
	150m: 1:41.32 35.08	550m: 6:28.60	36.21 950m: 11:20.33	36.83	1350m: 16:17.97	37.13	
	200m: 2:16.78 35.46	600m: 7:04.93	36.33 1000m: 11:57.21	36.88	1400m: 16:55.38	37.41	
	250m: 2:52.28 35.50	650m: 7:41.37	36.44 1050m: 12:34.21	37.00	1450m: 17:32.20	36.82	
	300m: 3:28.08 35.80	700m: 8:17.54	36.17 1100m: 13:11.71	37.50	1500m: 18:08.76	36.56	
	350m: 4:03.91 35.83	750m: 8:54.24	36.70 1150m: 13:48.99	37.28			
	400m: 4:39.97 36.06	800m: 9:30.46	36.22 1200m: 14:26.12	37.13			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	PIMENTEL, Marta Lima	04	Porto	18:12.75	+0,78	597	
	50m: 32.96 32.96	450m: 5:20.97	36.23	850m: 10:14.30	36.54	1250m: 15:08.98	36.64
	100m: 1:08.34 35.38	500m: 5:57.60	36.63	900m: 10:51.22	36.92	1300m: 15:46.16	37.18
	150m: 1:44.03 35.69	550m: 6:33.94	36.34	950m: 11:27.89	36.67	1350m: 16:22.69	36.53
	200m: 2:20.09 36.06	600m: 7:10.80	36.86	1000m: 12:04.83	36.94	1400m: 16:59.60	36.91
	250m: 2:55.92 35.83	650m: 7:47.33	36.53	1050m: 12:41.50	36.67	1450m: 17:36.45	36.85
	300m: 3:32.31 36.39	700m: 8:24.46	37.13	1100m: 13:18.63	37.13	1500m: 18:12.75	36.30
	350m: 4:08.32 36.01	750m: 9:00.78	36.32	1150m: 13:55.27	36.64		
	400m: 4:44.74 36.42	800m: 9:37.76	36.98	1200m: 14:32.34	37.07		
8.	CARLOTA, Catarina Isabel	05	BUZIOS-Coruche	18:36.00	+0,78	561	
	50m: 32.36 32.36	450m: 5:28.17	37.59	850m: 10:29.03	37.67	1250m: 15:30.21	37.97
	100m: 1:07.95 35.59	500m: 6:05.54	37.37	900m: 11:06.61	37.58	1300m: 16:08.19	37.98
	150m: 1:44.91 36.96	550m: 6:43.22	37.68	950m: 11:44.34	37.73	1350m: 16:45.83	37.64
	200m: 2:22.05 37.14	600m: 7:20.81	37.59	1000m: 12:21.80	37.46	1400m: 17:23.31	37.48
	250m: 2:58.94 36.89	650m: 7:58.52	37.71	1050m: 12:59.44	37.64	1450m: 18:00.08	36.77
	300m: 3:36.19 37.25	700m: 8:36.12	37.60	1100m: 13:36.95	37.51	1500m: 18:36.00	35.92
	350m: 4:13.37 37.18	750m: 9:13.80	37.68	1150m: 14:14.75	37.80		
	400m: 4:50.58 37.21	800m: 9:51.36	37.56	1200m: 14:52.24	37.49		
9.	ALVES, Joana Silva	05	Benedita	18:48.09	+0,70	543	
	50m: 32.84 32.84	450m: 5:30.13	37.58	850m: 10:33.44	37.41	1250m: 15:37.32	37.78
	100m: 1:08.90 36.06	500m: 6:08.40	38.27	900m: 11:11.54	38.10	1300m: 16:15.80	38.48
	150m: 1:45.57 36.67	550m: 6:46.03	37.63	950m: 11:49.05	37.51	1350m: 16:53.71	37.91
	200m: 2:22.77 37.20	600m: 7:24.23	38.20	1000m: 12:27.55	38.50	1400m: 17:32.20	38.49
	250m: 2:59.65 36.88	650m: 8:01.93	37.70	1050m: 13:04.95	37.40	1450m: 18:10.39	38.19
	300m: 3:37.43 37.78	700m: 8:40.22	38.29	1100m: 13:43.35	38.40	1500m: 18:48.09	37.70
	350m: 4:14.70 37.27	750m: 9:17.96	37.74	1150m: 14:21.28	37.93		
	400m: 4:52.55 37.85	800m: 9:56.03	38.07	1200m: 14:59.54	38.26		
10.	FERREIRA, Joana Rosa	05	Naval de Peniche	19:05.70	+0,80	518	
	50m: 33.07 33.07	450m: 5:32.07	38.09	850m: 10:40.63	39.05	1250m: 15:52.55	39.62
	100m: 1:09.15 36.08	500m: 6:10.32	38.25	900m: 11:18.90	38.27	1300m: 16:31.98	39.43
	150m: 1:46.18 37.03	550m: 6:48.89	38.57	950m: 11:58.12	39.22	1350m: 17:11.38	39.40
	200m: 2:23.73 37.55	600m: 7:26.99	38.10	1000m: 12:36.58	38.46	1400m: 17:50.10	38.72
	250m: 3:01.15 37.42	650m: 8:05.50	38.51	1050m: 13:15.78	39.20	1450m: 18:28.58	38.48
	300m: 3:38.61 37.46	700m: 8:44.04	38.54	1100m: 13:54.48	38.70	1500m: 19:05.70	37.12
	350m: 4:16.40 37.79	750m: 9:23.26	39.22	1150m: 14:34.01	39.53		
	400m: 4:53.98 37.58	800m: 10:01.58	38.32	1200m: 15:12.93	38.92		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
 Campeonato Nacional Juvenis, Juniores e Seniores
 Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres

Open

1. MENDES, Mariana Amaral	02	Sporting	17:10.24	+0,64	713
50m: 31.52 31.52	450m: 5:05.95 34.51	850m: 9:42.28 34.41	1250m: 14:18.70 34.83		
100m: 1:05.23 33.71	500m: 5:40.31 34.36	900m: 10:16.70 34.42	1300m: 14:53.27 34.57		
150m: 1:39.25 34.02	550m: 6:14.94 34.63	950m: 10:51.17 34.47	1350m: 15:28.00 34.73		
200m: 2:13.64 34.39	600m: 6:49.70 34.76	1000m: 11:25.67 34.50	1400m: 16:02.56 34.56		
250m: 2:48.03 34.39	650m: 7:24.22 34.52	1050m: 12:00.19 34.52	1450m: 16:36.97 34.41		
300m: 3:22.44 34.41	700m: 7:58.93 34.71	1100m: 12:34.76 34.57	1500m: 17:10.24 33.27		
350m: 3:56.95 34.51	750m: 8:33.57 34.64	1150m: 13:09.38 34.62			
400m: 4:31.44 34.49	800m: 9:07.87 34.30	1200m: 13:43.87 34.49			
2. VIANA, Carolina Pereira	04	Sporting	17:19.13	+0,81	695
50m: 31.30 31.30	450m: 5:06.08 34.55	850m: 9:43.43 34.71	1250m: 14:22.74 35.05		
100m: 1:04.91 33.61	500m: 5:40.56 34.48	900m: 10:18.12 34.69	1300m: 14:58.44 35.70		
150m: 1:39.42 34.51	550m: 6:15.17 34.61	950m: 10:52.81 34.69	1350m: 15:33.79 35.35		
200m: 2:13.75 34.33	600m: 6:49.84 34.67	1000m: 11:27.76 34.95	1400m: 16:09.12 35.33		
250m: 2:48.18 34.43	650m: 7:24.44 34.60	1050m: 12:02.73 34.97	1450m: 16:44.49 35.37		
300m: 3:22.53 34.35	700m: 7:59.35 34.91	1100m: 12:37.60 34.87	1500m: 17:19.13 34.64		
350m: 3:57.10 34.57	750m: 8:33.91 34.56	1150m: 13:12.50 34.90			
400m: 4:31.53 34.43	800m: 9:08.72 34.81	1200m: 13:47.69 35.19			
3. FIDALGO, Aroa Silva	02	Nautico Sevilla	17:42.46	+0,79	650
50m: 31.81 31.81	450m: 5:06.82 34.79	850m: 9:45.16 34.90	1250m: 14:40.32 37.71		
100m: 1:05.72 33.91	500m: 5:41.19 34.37	900m: 10:20.82 35.66	1300m: 15:18.06 37.74		
150m: 1:39.99 34.27	550m: 6:15.48 34.29	950m: 10:56.72 35.90	1350m: 15:54.94 36.88		
200m: 2:14.23 34.24	600m: 6:49.69 34.21	1000m: 11:34.62 37.90	1400m: 16:31.70 36.76		
250m: 2:48.56 34.33	650m: 7:24.77 35.08	1050m: 12:11.58 36.96	1450m: 17:08.04 36.34		
300m: 3:22.96 34.40	700m: 8:00.14 35.37	1100m: 12:48.47 36.89	1500m: 17:42.46 34.42		
350m: 3:57.66 34.70	750m: 8:34.91 34.77	1150m: 13:25.44 36.97			
400m: 4:32.03 34.37	800m: 9:10.26 35.35	1200m: 14:02.61 37.17			
4. LOPES, Daniela Magalhaes	05	Famalicao	17:42.93	+0,85	649
50m: 31.49 31.49	450m: 5:11.51 35.62	850m: 9:57.30 35.93	1250m: 14:45.24 36.39		
100m: 1:05.55 34.06	500m: 5:47.33 35.82	900m: 10:33.00 35.70	1300m: 15:21.17 35.93		
150m: 1:40.28 34.73	550m: 6:22.77 35.44	950m: 11:09.00 36.00	1350m: 15:57.45 36.28		
200m: 2:14.91 34.63	600m: 6:58.31 35.54	1000m: 11:45.14 36.14	1400m: 16:33.00 35.55		
250m: 2:50.01 35.10	650m: 7:33.93 35.62	1050m: 12:21.01 35.87	1450m: 17:08.92 35.92		
300m: 3:24.96 34.95	700m: 8:09.31 35.38	1100m: 12:56.86 35.85	1500m: 17:42.93 34.01		
350m: 4:00.60 35.64	750m: 8:45.60 36.29	1150m: 13:32.94 36.08			
400m: 4:35.89 35.29	800m: 9:21.37 35.77	1200m: 14:08.85 35.91			
5. PEIXOTO, Carolina Esteves	06	Braga	17:52.59	+0,78	632
50m: 32.33 32.33	450m: 5:16.94 35.85	850m: 10:03.75 36.27	1250m: 14:53.45 36.53		
100m: 1:06.61 34.28	500m: 5:52.62 35.68	900m: 10:39.69 35.94	1300m: 15:29.84 36.39		
150m: 1:42.26 35.65	550m: 6:28.52 35.90	950m: 11:15.88 36.19	1350m: 16:06.58 36.74		
200m: 2:17.65 35.39	600m: 7:04.33 35.81	1000m: 11:51.85 35.97	1400m: 16:42.66 36.08		
250m: 2:53.68 36.03	650m: 7:40.23 35.90	1050m: 12:28.15 36.30	1450m: 17:18.77 36.11		
300m: 3:29.31 35.63	700m: 8:15.81 35.58	1100m: 13:04.34 36.19	1500m: 17:52.59 33.82		
350m: 4:05.27 35.96	750m: 8:51.72 35.91	1150m: 13:40.71 36.37			
400m: 4:41.09 35.82	800m: 9:27.48 35.76	1200m: 14:16.92 36.21			

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	RAMOS, Joana Barbas	06	Gafanha da Encarnacao	17:52.83	+0,77	631	
	50m: 32.53 32.53	450m: 5:14.73	35.53	850m: 10:02.97	36.21	1250m: 14:53.88	36.40
	100m: 1:07.16 34.63	500m: 5:50.45	35.72	900m: 10:39.21	36.24	1300m: 15:30.28	36.40
	150m: 1:42.17 35.01	550m: 6:26.31	35.86	950m: 11:15.58	36.37	1350m: 16:06.78	36.50
	200m: 2:17.51 35.34	600m: 7:02.30	35.99	1000m: 11:51.97	36.39	1400m: 16:42.87	36.09
	250m: 2:52.99 35.48	650m: 7:38.44	36.14	1050m: 12:28.31	36.34	1450m: 17:18.83	35.96
	300m: 3:28.37 35.38	700m: 8:14.41	35.97	1100m: 13:04.64	36.33	1500m: 17:52.83	34.00
	350m: 4:03.69 35.32	750m: 8:50.51	36.10	1150m: 13:41.05	36.41		
	400m: 4:39.20 35.51	800m: 9:26.76	36.25	1200m: 14:17.48	36.43		
7.	NUNES, Rita Sofia	05	Colegio Efanor	17:55.50	+0,86	626	
	50m: 32.51 32.51	450m: 5:17.51	35.78	850m: 10:06.87	36.23	1250m: 14:55.34	36.18
	100m: 1:07.67 35.16	500m: 5:53.81	36.30	900m: 10:42.82	35.95	1300m: 15:31.89	36.55
	150m: 1:43.25 35.58	550m: 6:29.71	35.90	950m: 11:18.53	35.71	1350m: 16:08.17	36.28
	200m: 2:19.05 35.80	600m: 7:05.91	36.20	1000m: 11:54.48	35.95	1400m: 16:44.61	36.44
	250m: 2:54.53 35.48	650m: 7:41.92	36.01	1050m: 12:30.62	36.14	1450m: 17:20.56	35.95
	300m: 3:30.24 35.71	700m: 8:18.35	36.43	1100m: 13:06.82	36.20	1500m: 17:55.50	34.94
	350m: 4:05.86 35.62	750m: 8:54.31	35.96	1150m: 13:42.79	35.97		
	400m: 4:41.73 35.87	800m: 9:30.64	36.33	1200m: 14:19.16	36.37		
8.	AGUILAR, Marta Andre	07	Nautico Academico	18:00.83	+0,70	617	
	50m: 32.69 32.69	450m: 5:16.43	35.34	850m: 10:04.53	36.52	1250m: 14:59.31	37.17
	100m: 1:07.75 35.06	500m: 5:52.38	35.95	900m: 10:41.16	36.63	1300m: 15:36.11	36.80
	150m: 1:42.63 34.88	550m: 6:27.79	35.41	950m: 11:17.35	36.19	1350m: 16:12.43	36.32
	200m: 2:18.29 35.66	600m: 7:04.02	36.23	1000m: 11:53.99	36.64	1400m: 16:49.38	36.95
	250m: 2:53.75 35.46	650m: 7:39.97	35.95	1050m: 12:30.91	36.92	1450m: 17:25.21	35.83
	300m: 3:29.66 35.91	700m: 8:16.16	36.19	1100m: 13:08.11	37.20	1500m: 18:00.83	35.62
	350m: 4:05.06 35.40	750m: 8:51.98	35.82	1150m: 13:44.96	36.85		
	400m: 4:41.09 36.03	800m: 9:28.01	36.03	1200m: 14:22.14	37.18		
9.	CABRAL, Carolina Vizinho	07	Natacao de Vagos	18:07.96	+0,76	605	
	50m: 32.26 32.26	450m: 5:17.47	35.93	850m: 10:11.08	37.03	1250m: 15:06.30	36.52
	100m: 1:07.33 35.07	500m: 5:53.97	36.50	900m: 10:48.62	37.54	1300m: 15:43.37	37.07
	150m: 1:42.46 35.13	550m: 6:29.94	35.97	950m: 11:24.96	36.34	1350m: 16:20.42	37.05
	200m: 2:18.12 35.66	600m: 7:06.68	36.74	1000m: 12:02.12	37.16	1400m: 16:57.63	37.21
	250m: 2:53.74 35.62	650m: 7:42.95	36.27	1050m: 12:38.84	36.72	1450m: 17:33.76	36.13
	300m: 3:29.59 35.85	700m: 8:20.13	37.18	1100m: 13:16.11	37.27	1500m: 18:07.96	34.20
	350m: 4:05.40 35.81	750m: 8:56.53	36.40	1150m: 13:52.80	36.69		
	400m: 4:41.54 36.14	800m: 9:34.05	37.52	1200m: 14:29.78	36.98		
10.	ARMAS, Maria Ornelas	98	Vikings	18:08.76	+0,87	604	
	50m: 31.98 31.98	450m: 5:16.16	36.19	850m: 10:07.11	36.65	1250m: 15:03.56	37.44
	100m: 1:06.24 34.26	500m: 5:52.39	36.23	900m: 10:43.50	36.39	1300m: 15:40.84	37.28
	150m: 1:41.32 35.08	550m: 6:28.60	36.21	950m: 11:20.33	36.83	1350m: 16:17.97	37.13
	200m: 2:16.78 35.46	600m: 7:04.93	36.33	1000m: 11:57.21	36.88	1400m: 16:55.38	37.41
	250m: 2:52.28 35.50	650m: 7:41.37	36.44	1050m: 12:34.21	37.00	1450m: 17:32.20	36.82
	300m: 3:28.08 35.80	700m: 8:17.54	36.17	1100m: 13:11.71	37.50	1500m: 18:08.76	36.56
	350m: 4:03.91 35.83	750m: 8:54.24	36.70	1150m: 13:48.99	37.28		
	400m: 4:39.97 36.06	800m: 9:30.46	36.22	1200m: 14:26.12	37.13		

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	PIRES, Catarina Gaspar	06	Porto	18:12.16	+0,93	598	
	50m: 32.81 32.81	450m: 5:22.09	36.86	850m: 10:16.35	37.12	1250m: 15:10.54	37.59
	100m: 1:07.82 35.01	500m: 5:59.01	36.92	900m: 10:52.56	36.21	1300m: 15:46.57	36.03
	150m: 1:43.67 35.85	550m: 6:35.94	36.93	950m: 11:29.71	37.15	1350m: 16:23.96	37.39
	200m: 2:19.61 35.94	600m: 7:12.61	36.67	1000m: 12:06.09	36.38	1400m: 17:00.19	36.23
	250m: 2:55.63 36.02	650m: 7:49.73	37.12	1050m: 12:43.27	37.18	1450m: 17:36.97	36.78
	300m: 3:32.07 36.44	700m: 8:26.24	36.51	1100m: 13:19.43	36.16	1500m: 18:12.16	35.19
	350m: 4:08.52 36.45	750m: 9:02.98	36.74	1150m: 13:56.71	37.28		
	400m: 4:45.23 36.71	800m: 9:39.23	36.25	1200m: 14:32.95	36.24		
12.	PIMENTEL, Marta Lima	04	Porto	18:12.75	+0,78	597	
	50m: 32.96 32.96	450m: 5:20.97	36.23	850m: 10:14.30	36.54	1250m: 15:08.98	36.64
	100m: 1:08.34 35.38	500m: 5:57.60	36.63	900m: 10:51.22	36.92	1300m: 15:46.16	37.18
	150m: 1:44.03 35.69	550m: 6:33.94	36.34	950m: 11:27.89	36.67	1350m: 16:22.69	36.53
	200m: 2:20.09 36.06	600m: 7:10.80	36.86	1000m: 12:04.83	36.94	1400m: 16:59.60	36.91
	250m: 2:55.92 35.83	650m: 7:47.33	36.53	1050m: 12:41.50	36.67	1450m: 17:36.45	36.85
	300m: 3:32.31 36.39	700m: 8:24.46	37.13	1100m: 13:18.63	37.13	1500m: 18:12.75	36.30
	350m: 4:08.32 36.01	750m: 9:00.78	36.32	1150m: 13:55.27	36.64		
	400m: 4:44.74 36.42	800m: 9:37.76	36.98	1200m: 14:32.34	37.07		
13.	FARIA, Leonor Verissimo	06	Nucleo de Pombal	18:14.33	+0,62	595	
	50m: 32.77 32.77	450m: 5:22.36	36.96	850m: 10:15.30	36.83	1250m: 15:11.12	36.87
	100m: 1:07.78 35.01	500m: 5:58.80	36.44	900m: 10:51.98	36.68	1300m: 15:48.27	37.15
	150m: 1:43.60 35.82	550m: 6:35.25	36.45	950m: 11:29.01	37.03	1350m: 16:25.22	36.95
	200m: 2:19.62 36.02	600m: 7:11.71	36.46	1000m: 12:05.96	36.95	1400m: 17:01.93	36.71
	250m: 2:55.97 36.35	650m: 7:48.26	36.55	1050m: 12:43.29	37.33	1450m: 17:38.89	36.96
	300m: 3:32.35 36.38	700m: 8:25.04	36.78	1100m: 13:20.07	36.78	1500m: 18:14.33	35.44
	350m: 4:09.01 36.66	750m: 9:01.74	36.70	1150m: 13:57.25	37.18		
	400m: 4:45.40 36.39	800m: 9:38.47	36.73	1200m: 14:34.25	37.00		
14.	CRAVEIRO, Luana Ferreira	09	Nautico Marinha Grande	18:23.44	+0,39	580	
	50m: 32.03 32.03	450m: 5:24.12	36.27	850m: 10:20.16	36.42	1250m: 15:19.64	37.68
	100m: 1:07.48 35.45	500m: 6:01.02	36.90	900m: 10:57.58	37.42	1300m: 15:56.51	36.87
	150m: 1:44.19 36.71	550m: 6:38.27	37.25	950m: 11:34.90	37.32	1350m: 16:34.07	37.56
	200m: 2:20.82 36.63	600m: 7:15.25	36.98	1000m: 12:11.42	36.52	1400m: 17:10.99	36.92
	250m: 2:57.40 36.58	650m: 7:52.18	36.93	1050m: 12:49.37	37.95	1450m: 17:47.41	36.42
	300m: 3:34.28 36.88	700m: 8:29.33	37.15	1100m: 13:26.33	36.96	1500m: 18:23.44	36.03
	350m: 4:11.04 36.76	750m: 9:06.05	36.72	1150m: 14:03.42	37.09		
	400m: 4:47.85 36.81	800m: 9:43.74	37.69	1200m: 14:41.96	38.54		
15.	FREITAS, Diana Gomes	08	Amigos da Montanha	18:25.33	+0,74	577	
	50m: 32.99 32.99	450m: 5:26.89	36.91	850m: 10:22.33	37.35	1250m: 15:21.62	37.65
	100m: 1:08.52 35.53	500m: 6:03.56	36.67	900m: 10:59.56	37.23	1300m: 15:58.56	36.94
	150m: 1:44.95 36.43	550m: 6:40.43	36.87	950m: 11:37.23	37.67	1350m: 16:35.80	37.24
	200m: 2:21.79 36.84	600m: 7:16.85	36.42	1000m: 12:14.27	37.04	1400m: 17:12.72	36.92
	250m: 2:58.67 36.88	650m: 7:53.71	36.86	1050m: 12:51.89	37.62	1450m: 17:49.73	37.01
	300m: 3:35.66 36.99	700m: 8:30.75	37.04	1100m: 13:28.98	37.09	1500m: 18:25.33	35.60
	350m: 4:12.89 37.23	750m: 9:08.19	37.44	1150m: 14:06.69	37.71		
	400m: 4:49.98 37.09	800m: 9:44.98	36.79	1200m: 14:43.97	37.28		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	LOURO, Beatriz Silva	07	Louletano / Loule Concelho	18:29.61	+0,66	570	
	50m: 31.96 31.96	450m: 5:18.98	36.91 850m: 10:18.89	37.89	1250m: 15:22.03	38.16	
	100m: 1:06.24 34.28	500m: 5:55.97	36.99 900m: 10:56.36	37.47	1300m: 15:59.82	37.79	
	150m: 1:41.59 35.35	550m: 6:33.49	37.52 950m: 11:34.19	37.83	1350m: 16:37.32	37.50	
	200m: 2:16.88 35.29	600m: 7:10.93	37.44 1000m: 12:12.08	37.89	1400m: 17:15.12	37.80	
	250m: 2:52.83 35.95	650m: 7:48.23	37.30 1050m: 12:49.86	37.78	1450m: 17:52.45	37.33	
	300m: 3:28.94 36.11	700m: 8:25.66	37.43 1100m: 13:27.91	38.05	1500m: 18:29.61	37.16	
	350m: 4:05.31 36.37	750m: 9:03.39	37.73 1150m: 14:05.96	38.05			
	400m: 4:42.07 36.76	800m: 9:41.00	37.61 1200m: 14:43.87	37.91			
17.	GONCALVES, Leonor Queiroz	09	Braga	18:32.64	+0,68	566	
	50m: 32.58 32.58	450m: 5:25.13	37.20 850m: 10:23.99	37.62	1250m: 15:26.03	37.86	
	100m: 1:08.19 35.61	500m: 6:01.96	36.83 900m: 11:01.50	37.51	1300m: 16:03.70	37.67	
	150m: 1:44.52 36.33	550m: 6:39.36	37.40 950m: 11:39.47	37.97	1350m: 16:41.78	38.08	
	200m: 2:20.94 36.42	600m: 7:16.33	36.97 1000m: 12:17.12	37.65	1400m: 17:19.50	37.72	
	250m: 2:57.57 36.63	650m: 7:53.86	37.53 1050m: 12:54.98	37.86	1450m: 17:56.43	36.93	
	300m: 3:34.17 36.60	700m: 8:30.60	36.74 1100m: 13:32.64	37.66	1500m: 18:32.64	36.21	
	350m: 4:10.93 36.76	750m: 9:09.01	38.41 1150m: 14:10.62	37.98			
	400m: 4:47.93 37.00	800m: 9:46.37	37.36 1200m: 14:48.17	37.55			
18.	PINTO, Maria Carvalho	09	Viana Natacao	18:32.65	+0,79	566	
	50m: 32.45 32.45	450m: 5:26.65	37.18 850m: 10:25.64	37.44	1250m: 15:26.52	37.74	
	100m: 1:08.00 35.55	500m: 6:03.77	37.12 900m: 11:02.96	37.32	1300m: 16:04.16	37.64	
	150m: 1:44.47 36.47	550m: 6:41.12	37.35 950m: 11:40.77	37.81	1350m: 16:41.60	37.44	
	200m: 2:21.61 37.14	600m: 7:18.40	37.28 1000m: 12:18.56	37.79	1400m: 17:19.74	38.14	
	250m: 2:58.62 37.01	650m: 7:55.92	37.52 1050m: 12:56.05	37.49	1450m: 17:57.06	37.32	
	300m: 3:35.29 36.67	700m: 8:33.43	37.51 1100m: 13:33.45	37.40	1500m: 18:32.65	35.59	
	350m: 4:12.28 36.99	750m: 9:10.98	37.55 1150m: 14:11.14	37.69			
	400m: 4:49.47 37.19	800m: 9:48.20	37.22 1200m: 14:48.78	37.64			
19.	CARLOTA, Catarina Isabel	05	BUZIOS-Coruche	18:36.00	+0,78	561	
	50m: 32.36 32.36	450m: 5:28.17	37.59 850m: 10:29.03	37.67	1250m: 15:30.21	37.97	
	100m: 1:07.95 35.59	500m: 6:05.54	37.37 900m: 11:06.61	37.58	1300m: 16:08.19	37.98	
	150m: 1:44.91 36.96	550m: 6:43.22	37.68 950m: 11:44.34	37.73	1350m: 16:45.83	37.64	
	200m: 2:22.05 37.14	600m: 7:20.81	37.59 1000m: 12:21.80	37.46	1400m: 17:23.31	37.48	
	250m: 2:58.94 36.89	650m: 7:58.52	37.71 1050m: 12:59.44	37.64	1450m: 18:00.08	36.77	
	300m: 3:36.19 37.25	700m: 8:36.12	37.60 1100m: 13:36.95	37.51	1500m: 18:36.00	35.92	
	350m: 4:13.37 37.18	750m: 9:13.80	37.68 1150m: 14:14.75	37.80			
	400m: 4:50.58 37.21	800m: 9:51.36	37.56 1200m: 14:52.24	37.49			
20.	SA, Maria Luis	06	Fluvial Portuense	18:36.47	+0,67	560	
	50m: 31.61 31.61	450m: 5:25.00	37.07 850m: 10:27.38	38.08	1250m: 15:29.67	37.76	
	100m: 1:07.18 35.57	500m: 6:02.75	37.75 900m: 11:05.27	37.89	1300m: 16:07.69	38.02	
	150m: 1:43.75 36.57	550m: 6:39.95	37.20 950m: 11:42.96	37.69	1350m: 16:45.87	38.18	
	200m: 2:20.45 36.70	600m: 7:17.48	37.53 1000m: 12:20.50	37.54	1400m: 17:23.85	37.98	
	250m: 2:57.16 36.71	650m: 7:55.43	37.95 1050m: 12:58.13	37.63	1450m: 18:00.78	36.93	
	300m: 3:33.95 36.79	700m: 8:33.28	37.85 1100m: 13:35.75	37.62	1500m: 18:36.47	35.69	
	350m: 4:10.76 36.81	750m: 9:11.28	38.00 1150m: 14:13.90	38.15			
	400m: 4:47.93 37.17	800m: 9:49.30	38.02 1200m: 14:51.91	38.01			

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	LOPES, Catarina Maria	08	BUZIOS-Coruche	18:37.91	+0,65	558	
	50m: 33.83 33.83	450m: 5:27.16	36.79	850m: 10:26.12	37.82	1250m: 15:28.63	37.81
	100m: 1:09.63 35.80	500m: 6:04.48	37.32	900m: 11:03.70	37.58	1300m: 16:06.51	37.88
	150m: 1:46.21 36.58	550m: 6:41.28	36.80	950m: 11:41.65	37.95	1350m: 16:44.68	38.17
	200m: 2:22.56 36.35	600m: 7:18.84	37.56	1000m: 12:19.52	37.87	1400m: 17:23.09	38.41
	250m: 2:59.60 37.04	650m: 7:56.16	37.32	1050m: 12:57.59	38.07	1450m: 18:01.04	37.95
	300m: 3:36.81 37.21	700m: 8:33.14	36.98	1100m: 13:35.38	37.79	1500m: 18:37.91	36.87
	350m: 4:13.29 36.48	750m: 9:10.78	37.64	1150m: 14:12.93	37.55		
	400m: 4:50.37 37.08	800m: 9:48.30	37.52	1200m: 14:50.82	37.89		
22.	VALENTE, Maria Esteves	06	Benfica	18:38.80	+0,81	556	
	50m: 33.90 33.90	450m: 5:28.90	37.29	850m: 10:27.82	37.69	1250m: 15:30.23	37.65
	100m: 1:09.97 36.07	500m: 6:06.55	37.65	900m: 11:06.00	38.18	1300m: 16:08.69	38.46
	150m: 1:46.75 36.78	550m: 6:43.13	36.58	950m: 11:43.71	37.71	1350m: 16:46.34	37.65
	200m: 2:23.43 36.68	600m: 7:20.51	37.38	1000m: 12:21.28	37.57	1400m: 17:24.67	38.33
	250m: 3:00.27 36.84	650m: 7:57.50	36.99	1050m: 12:58.58	37.30	1450m: 18:02.34	37.67
	300m: 3:37.36 37.09	700m: 8:34.76	37.26	1100m: 13:36.43	37.85	1500m: 18:38.80	36.46
	350m: 4:14.40 37.04	750m: 9:12.16	37.40	1150m: 14:14.22	37.79		
	400m: 4:51.61 37.21	800m: 9:50.13	37.97	1200m: 14:52.58	38.36		
23.	FERREIRA, Carolina Amadeu	08	Leixoes	18:47.62	+0,73	543	
	50m: 32.39 32.39	450m: 5:27.56	37.39	850m: 10:30.91	38.30	1250m: 15:37.75	38.24
	100m: 1:07.98 35.59	500m: 6:04.89	37.33	900m: 11:09.31	38.40	1300m: 16:16.16	38.41
	150m: 1:44.56 36.58	550m: 6:42.53	37.64	950m: 11:47.55	38.24	1350m: 16:54.42	38.26
	200m: 2:21.47 36.91	600m: 7:20.35	37.82	1000m: 12:26.11	38.56	1400m: 17:32.84	38.42
	250m: 2:58.29 36.82	650m: 7:58.09	37.74	1050m: 13:04.55	38.44	1450m: 18:10.71	37.87
	300m: 3:35.52 37.23	700m: 8:36.13	38.04	1100m: 13:42.81	38.26	1500m: 18:47.62	36.91
	350m: 4:12.93 37.41	750m: 9:14.29	38.16	1150m: 14:20.85	38.04		
	400m: 4:50.17 37.24	800m: 9:52.61	38.32	1200m: 14:59.51	38.66		
24.	ALVES, Joana Silva	05	Benedita	18:48.09	+0,70	543	
	50m: 32.84 32.84	450m: 5:30.13	37.58	850m: 10:33.44	37.41	1250m: 15:37.32	37.78
	100m: 1:08.90 36.06	500m: 6:08.40	38.27	900m: 11:11.54	38.10	1300m: 16:15.80	38.48
	150m: 1:45.57 36.67	550m: 6:46.03	37.63	950m: 11:49.05	37.51	1350m: 16:53.71	37.91
	200m: 2:22.77 37.20	600m: 7:24.23	38.20	1000m: 12:27.55	38.50	1400m: 17:32.20	38.49
	250m: 2:59.65 36.88	650m: 8:01.93	37.70	1050m: 13:04.95	37.40	1450m: 18:10.39	38.19
	300m: 3:37.43 37.78	700m: 8:40.22	38.29	1100m: 13:43.35	38.40	1500m: 18:48.09	37.70
	350m: 4:14.70 37.27	750m: 9:17.96	37.74	1150m: 14:21.28	37.93		
	400m: 4:52.55 37.85	800m: 9:56.03	38.07	1200m: 14:59.54	38.26		
25.	LUIZ, Margarida Maria	08	Lagoa AC	18:55.35	+0,69	532	
	50m: 34.16 34.16	450m: 5:35.45	37.89	850m: 10:40.45	38.40	1250m: 15:47.12	38.81
	100m: 1:11.16 37.00	500m: 6:13.32	37.87	900m: 11:18.63	38.18	1300m: 16:25.72	38.60
	150m: 1:48.52 37.36	550m: 6:51.32	38.00	950m: 11:57.05	38.42	1350m: 17:03.45	37.73
	200m: 2:26.19 37.67	600m: 7:29.37	38.05	1000m: 12:34.99	37.94	1400m: 17:41.54	38.09
	250m: 3:03.84 37.65	650m: 8:07.46	38.09	1050m: 13:13.41	38.42	1450m: 18:18.70	37.16
	300m: 3:41.84 38.00	700m: 8:45.72	38.26	1100m: 13:51.47	38.06	1500m: 18:55.35	36.65
	350m: 4:19.99 38.15	750m: 9:23.94	38.22	1150m: 14:29.95	38.48		
	400m: 4:57.56 37.57	800m: 10:02.05	38.11	1200m: 15:08.31	38.36		

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	MOREIRA, Madalena Valente	09		Colegio Efanor	19:02.42	+0,84	523	
	50m: 33.69	33.69	450m: 5:37.59	38.19	850m: 10:44.70	38.31	1250m: 15:51.67	37.93
	100m: 1:10.97	37.28	500m: 6:15.84	38.25	900m: 11:22.32	37.62	1300m: 16:30.41	38.74
	150m: 1:48.76	37.79	550m: 6:53.87	38.03	950m: 12:00.91	38.59	1350m: 17:08.70	38.29
	200m: 2:26.65	37.89	600m: 7:32.63	38.76	1000m: 12:39.91	39.00	1400m: 17:47.17	38.47
	250m: 3:04.94	38.29	650m: 8:10.87	38.24	1050m: 13:18.31	38.40	1450m: 18:25.14	37.97
	300m: 3:43.09	38.15	700m: 8:49.52	38.65	1100m: 13:57.40	39.09	1500m: 19:02.42	37.28
	350m: 4:21.30	38.21	750m: 9:27.61	38.09	1150m: 14:35.50	38.10		
	400m: 4:59.40	38.10	800m: 10:06.39	38.78	1200m: 15:13.74	38.24		
27.	VIANA, Matilde Violante	07		Nautico de Leiria	19:05.59	+0,81	518	
	50m: 34.02	34.02	450m: 5:36.37	38.36	850m: 10:44.27	38.73	1250m: 15:53.81	38.92
	100m: 1:10.77	36.75	500m: 6:14.75	38.38	900m: 11:22.91	38.64	1300m: 16:32.35	38.54
	150m: 1:48.20	37.43	550m: 6:53.44	38.69	950m: 12:01.75	38.84	1350m: 17:10.84	38.49
	200m: 2:25.49	37.29	600m: 7:31.66	38.22	1000m: 12:39.92	38.17	1400m: 17:49.17	38.33
	250m: 3:03.42	37.93	650m: 8:10.25	38.59	1050m: 13:18.51	38.59	1450m: 18:27.54	38.37
	300m: 3:41.72	38.30	700m: 8:48.70	38.45	1100m: 13:57.13	38.62	1500m: 19:05.59	38.05
	350m: 4:20.12	38.40	750m: 9:27.13	38.43	1150m: 14:36.32	39.19		
	400m: 4:58.01	37.89	800m: 10:05.54	38.41	1200m: 15:14.89	38.57		
28.	FERREIRA, Joana Rosa	05		Naval de Peniche	19:05.70	+0,80	518	
	50m: 33.07	33.07	450m: 5:32.07	38.09	850m: 10:40.63	39.05	1250m: 15:52.55	39.62
	100m: 1:09.15	36.08	500m: 6:10.32	38.25	900m: 11:18.90	38.27	1300m: 16:31.98	39.43
	150m: 1:46.18	37.03	550m: 6:48.89	38.57	950m: 11:58.12	39.22	1350m: 17:11.38	39.40
	200m: 2:23.73	37.55	600m: 7:26.99	38.10	1000m: 12:36.58	38.46	1400m: 17:50.10	38.72
	250m: 3:01.15	37.42	650m: 8:05.50	38.51	1050m: 13:15.78	39.20	1450m: 18:28.58	38.48
	300m: 3:38.61	37.46	700m: 8:44.04	38.54	1100m: 13:54.48	38.70	1500m: 19:05.70	37.12
	350m: 4:16.40	37.79	750m: 9:23.26	39.22	1150m: 14:34.01	39.53		
	400m: 4:53.98	37.58	800m: 10:01.58	38.32	1200m: 15:12.93	38.92		
29.	BUCHA, Marta Filipa	06		Viver Santarem	19:11.59	+0,85	510	
	50m: 34.63	34.63	450m: 5:39.29	38.15	850m: 10:47.13	39.05	1250m: 15:57.91	39.04
	100m: 1:12.24	37.61	500m: 6:17.59	38.30	900m: 11:25.91	38.78	1300m: 16:36.58	38.67
	150m: 1:50.57	38.33	550m: 6:55.95	38.36	950m: 12:04.56	38.65	1350m: 17:15.84	39.26
	200m: 2:28.83	38.26	600m: 7:34.16	38.21	1000m: 12:43.17	38.61	1400m: 17:55.14	39.30
	250m: 3:07.19	38.36	650m: 8:12.61	38.45	1050m: 13:22.07	38.90	1450m: 18:34.05	38.91
	300m: 3:45.23	38.04	700m: 8:51.05	38.44	1100m: 14:00.93	38.86	1500m: 19:11.59	37.54
	350m: 4:23.24	38.01	750m: 9:29.55	38.50	1150m: 14:39.78	38.85		
	400m: 5:01.14	37.90	800m: 10:08.08	38.53	1200m: 15:18.87	39.09		
30.	SANTOS, Joana Pereira	09		Rio Maior	19:19.17	+0,79	500	
	50m: 34.59	34.59	450m: 5:39.07	38.62	850m: 10:49.49	38.74	1250m: 16:04.35	39.66
	100m: 1:11.51	36.92	500m: 6:18.06	38.99	900m: 11:28.49	39.00	1300m: 16:44.42	40.07
	150m: 1:49.15	37.64	550m: 6:56.31	38.25	950m: 12:07.86	39.37	1350m: 17:23.66	39.24
	200m: 2:26.49	37.34	600m: 7:35.75	39.44	1000m: 12:47.47	39.61	1400m: 18:02.52	38.86
	250m: 3:04.86	38.37	650m: 8:14.41	38.66	1050m: 13:26.51	39.04	1450m: 18:41.64	39.12
	300m: 3:42.99	38.13	700m: 8:53.29	38.88	1100m: 14:05.79	39.28	1500m: 19:19.17	37.53
	350m: 4:21.71	38.72	750m: 9:31.78	38.49	1150m: 14:45.24	39.45		
	400m: 5:00.45	38.74	800m: 10:10.75	38.97	1200m: 15:24.69	39.45		

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	BAIONA, Raquel Santos	08		Colegio Monte Maior	19:21.98	+0,87	497	
	50m: 35.54 35.54	450m: 5:44.90	38.65	850m: 10:54.21	38.91	1250m: 16:08.72	38.96	
	100m: 1:13.81 38.27	500m: 6:23.45	38.55	900m: 11:33.62	39.41	1300m: 16:47.84	39.12	
	150m: 1:52.16 38.35	550m: 7:01.88	38.43	950m: 12:12.68	39.06	1350m: 17:26.82	38.98	
	200m: 2:30.92 38.76	600m: 7:40.53	38.65	1000m: 12:51.95	39.27	1400m: 18:06.17	39.35	
	250m: 3:09.94 39.02	650m: 8:18.85	38.32	1050m: 13:31.11	39.16	1450m: 18:44.52	38.35	
	300m: 3:48.82 38.88	700m: 8:57.57	38.72	1100m: 14:10.54	39.43	1500m: 19:21.98	37.46	
	350m: 4:27.51 38.69	750m: 9:36.25	38.68	1150m: 14:50.20	39.66			
	400m: 5:06.25 38.74	800m: 10:15.30	39.05	1200m: 15:29.76	39.56			
32.	JORGE, Sofia Pereira	08		Galitos / Bresimar	19:24.15	+0,84	494	
	50m: 34.03 34.03	450m: 5:43.71	38.99	850m: 10:55.87	39.25	1250m: 16:09.47	38.78	
	100m: 1:11.84 37.81	500m: 6:22.53	38.82	900m: 11:35.04	39.17	1300m: 16:48.94	39.47	
	150m: 1:50.12 38.28	550m: 7:02.05	39.52	950m: 12:14.37	39.33	1350m: 17:28.22	39.28	
	200m: 2:28.80 38.68	600m: 7:40.61	38.56	1000m: 12:53.83	39.46	1400m: 18:07.63	39.41	
	250m: 3:07.84 39.04	650m: 8:19.58	38.97	1050m: 13:33.25	39.42	1450m: 18:46.27	38.64	
	300m: 3:46.64 38.80	700m: 8:58.76	39.18	1100m: 14:12.40	39.15	1500m: 19:24.15	37.88	
	350m: 4:25.54 38.90	750m: 9:37.85	39.09	1150m: 14:51.73	39.33			
	400m: 5:04.72 39.18	800m: 10:16.62	38.77	1200m: 15:30.69	38.96			
33.	GOMES, Rita Cunha	07		Viana Natacao	19:27.14	+0,89	490	
	50m: 34.40 34.40	450m: 5:44.25	38.91	850m: 10:55.67	38.63	1250m: 16:12.23	39.27	
	100m: 1:12.19 37.79	500m: 6:23.45	39.20	900m: 11:35.03	39.36	1300m: 16:52.05	39.82	
	150m: 1:50.06 37.87	550m: 7:02.04	38.59	950m: 12:14.16	39.13	1350m: 17:31.01	38.96	
	200m: 2:29.07 39.01	600m: 7:41.33	39.29	1000m: 12:54.31	40.15	1400m: 18:10.67	39.66	
	250m: 3:07.67 38.60	650m: 8:20.14	38.81	1050m: 13:33.55	39.24	1450m: 18:49.01	38.34	
	300m: 3:46.97 39.30	700m: 8:59.25	39.11	1100m: 14:13.56	40.01	1500m: 19:27.14	38.13	
	350m: 4:25.74 38.77	750m: 9:37.93	38.68	1150m: 14:52.84	39.28			
	400m: 5:05.34 39.60	800m: 10:17.04	39.11	1200m: 15:32.96	40.12			
34.	BOTELHO, Margarida Santos	07		Naval Setubalense	19:28.70	+0,76	488	
	50m: 34.74 34.74	450m: 5:47.76	39.26	850m: 11:00.62	38.94	1250m: 16:15.16	40.21	
	100m: 1:13.01 38.27	500m: 6:27.17	39.41	900m: 11:39.96	39.34	1300m: 16:54.35	39.19	
	150m: 1:52.38 39.37	550m: 7:06.49	39.32	950m: 12:18.51	38.55	1350m: 17:33.90	39.55	
	200m: 2:31.61 39.23	600m: 7:45.42	38.93	1000m: 12:57.56	39.05	1400m: 18:12.97	39.07	
	250m: 3:10.65 39.04	650m: 8:24.55	39.13	1050m: 13:36.92	39.36	1450m: 18:52.51	39.54	
	300m: 3:50.36 39.71	700m: 9:03.23	38.68	1100m: 14:15.99	39.07	1500m: 19:28.70	36.19	
	350m: 4:29.39 39.03	750m: 9:42.96	39.73	1150m: 14:55.89	39.90			
	400m: 5:08.50 39.11	800m: 10:21.68	38.72	1200m: 15:34.95	39.06			
35.	CORTESAO, Maria Manuel	08		Nautico Academico	19:31.18	+0,76	485	
	50m: 34.46 34.46	450m: 5:43.60	38.93	850m: 10:56.05	39.23	1250m: 16:11.76	39.80	
	100m: 1:12.46 38.00	500m: 6:22.45	38.85	900m: 11:35.37	39.32	1300m: 16:51.78	40.02	
	150m: 1:50.51 38.05	550m: 7:01.31	38.86	950m: 12:14.94	39.57	1350m: 17:31.84	40.06	
	200m: 2:29.50 38.99	600m: 7:40.35	39.04	1000m: 12:54.26	39.32	1400m: 18:11.92	40.08	
	250m: 3:07.84 38.34	650m: 8:19.48	39.13	1050m: 13:33.85	39.59	1450m: 18:51.71	39.79	
	300m: 3:46.75 38.91	700m: 8:58.67	39.19	1100m: 14:13.14	39.29	1500m: 19:31.18	39.47	
	350m: 4:25.48 38.73	750m: 9:37.54	38.87	1150m: 14:52.57	39.43			
	400m: 5:04.67 39.19	800m: 10:16.82	39.28	1200m: 15:31.96	39.39			

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	MARTINS, Carolina Correia	09	Porto	19:31.24	+0,74	485	
	50m: 34.22 34.22	450m: 5:40.52	38.47	850m: 10:52.62	39.34	1250m: 16:11.80	38.97
	100m: 1:11.64 37.42	500m: 6:19.44	38.92	900m: 11:32.94	40.32	1300m: 16:51.51	39.71
	150m: 1:48.84 37.20	550m: 6:57.63	38.19	950m: 12:12.51	39.57	1350m: 17:31.89	40.38
	200m: 2:26.28 37.44	600m: 7:37.12	39.49	1000m: 12:53.54	41.03	1400m: 18:11.87	39.98
	250m: 3:04.99 38.71	650m: 8:15.56	38.44	1050m: 13:32.79	39.25	1450m: 18:51.54	39.67
	300m: 3:43.61 38.62	700m: 8:54.48	38.92	1100m: 14:13.18	40.39	1500m: 19:31.24	39.70
	350m: 4:22.29 38.68	750m: 9:33.84	39.36	1150m: 14:53.03	39.85		
	400m: 5:02.05 39.76	800m: 10:13.28	39.44	1200m: 15:32.83	39.80		
37.	MARGARIDO, Paula Aguiar	09	Juventude Atlantico	19:40.74	+0,72	473	
	50m: 34.96 34.96	450m: 5:50.42	39.06	850m: 11:05.69	39.00	1250m: 16:24.36	39.65
	100m: 1:14.16 39.20	500m: 6:29.90	39.48	900m: 11:45.56	39.87	1300m: 17:04.70	40.34
	150m: 1:53.37 39.21	550m: 7:09.41	39.51	950m: 12:25.11	39.55	1350m: 17:44.28	39.58
	200m: 2:33.04 39.67	600m: 7:49.02	39.61	1000m: 13:05.39	40.28	1400m: 18:24.00	39.72
	250m: 3:12.09 39.05	650m: 8:28.47	39.45	1050m: 13:44.59	39.20	1450m: 19:02.88	38.88
	300m: 3:51.99 39.90	700m: 9:08.10	39.63	1100m: 14:24.86	40.27	1500m: 19:40.74	37.86
	350m: 4:31.49 39.50	750m: 9:47.03	38.93	1150m: 15:04.60	39.74		
	400m: 5:11.36 39.87	800m: 10:26.69	39.66	1200m: 15:44.71	40.11		
38.	SANTOS, Mariana Silva	09	Porto	19:46.60	+0,73	466	
	50m: 35.35 35.35	450m: 5:48.40	39.64	850m: 11:07.14	39.96	1250m: 16:27.80	40.14
	100m: 1:13.88 38.53	500m: 6:27.80	39.40	900m: 11:47.10	39.96	1300m: 17:07.92	40.12
	150m: 1:51.93 38.05	550m: 7:07.57	39.77	950m: 12:27.50	40.40	1350m: 17:48.73	40.81
	200m: 2:31.27 39.34	600m: 7:47.20	39.63	1000m: 13:07.54	40.04	1400m: 18:29.00	40.27
	250m: 3:10.57 39.30	650m: 8:26.82	39.62	1050m: 13:47.83	40.29	1450m: 19:09.19	40.19
	300m: 3:50.41 39.84	700m: 9:06.87	40.05	1100m: 14:27.62	39.79	1500m: 19:46.60	37.41
	350m: 4:29.59 39.18	750m: 9:47.00	40.13	1150m: 15:07.69	40.07		
	400m: 5:08.76 39.17	800m: 10:27.18	40.18	1200m: 15:47.66	39.97		
39.	MACEDO, Alice Mendes	08	Estamos Juntos	19:48.17	+0,93	464	
	50m: 34.48 34.48	450m: 5:46.56	39.77	850m: 11:06.83	40.20	1250m: 16:30.98	40.23
	100m: 1:12.51 38.03	500m: 6:26.99	40.43	900m: 11:48.39	41.56	1300m: 17:11.60	40.62
	150m: 1:50.67 38.16	550m: 7:06.58	39.59	950m: 12:28.51	40.12	1350m: 17:51.26	39.66
	200m: 2:29.83 39.16	600m: 7:46.47	39.89	1000m: 13:09.10	40.59	1400m: 18:31.30	40.04
	250m: 3:08.24 38.41	650m: 8:25.85	39.38	1050m: 13:49.05	39.95	1450m: 19:10.13	38.83
	300m: 3:47.79 39.55	700m: 9:06.28	40.43	1100m: 14:29.91	40.86	1500m: 19:48.17	38.04
	350m: 4:26.44 38.65	750m: 9:46.15	39.87	1150m: 15:10.35	40.44		
	400m: 5:06.79 40.35	800m: 10:26.63	40.48	1200m: 15:50.75	40.40		
40.	BARBOSA, Sofia Teixeira	08	Colegio Efanor	19:52.10	+0,84	460	
	50m: 33.76 33.76	450m: 5:44.18	39.50	850m: 11:04.88	41.28	1250m: 16:31.45	40.47
	100m: 1:11.43 37.67	500m: 6:23.59	39.41	900m: 11:45.28	40.40	1300m: 17:11.90	40.45
	150m: 1:49.40 37.97	550m: 7:02.96	39.37	950m: 12:26.39	41.11	1350m: 17:52.48	40.58
	200m: 2:27.21 37.81	600m: 7:42.53	39.57	1000m: 13:07.48	41.09	1400m: 18:31.99	39.51
	250m: 3:06.40 39.19	650m: 8:22.57	40.04	1050m: 13:48.60	41.12	1450m: 19:11.53	39.54
	300m: 3:45.84 39.44	700m: 9:02.83	40.26	1100m: 14:29.99	41.39	1500m: 19:52.10	40.57
	350m: 4:25.70 39.86	750m: 9:43.08	40.25	1150m: 15:10.03	40.04		
	400m: 5:04.68 38.98	800m: 10:23.60	40.52	1200m: 15:50.98	40.95		

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	PEDREIRO, Francisca Soreto	09		Galitos / Bresimar	19:56.10	+0,74	455	
	50m: 34.21	34.21	450m: 5:48.76	39.72	850m: 11:11.42	40.30	1250m: 16:38.07	40.92
	100m: 1:12.15	37.94	500m: 6:29.25	40.49	900m: 11:52.52	41.10	1300m: 17:19.08	41.01
	150m: 1:50.71	38.56	550m: 7:08.97	39.72	950m: 12:33.04	40.52	1350m: 17:59.32	40.24
	200m: 2:30.20	39.49	600m: 7:50.09	41.12	1000m: 13:14.17	41.13	1400m: 18:39.80	40.48
	250m: 3:09.57	39.37	650m: 8:29.71	39.62	1050m: 13:54.90	40.73	1450m: 19:19.11	39.31
	300m: 3:49.56	39.99	700m: 9:10.74	41.03	1100m: 14:35.82	40.92	1500m: 19:56.10	36.99
	350m: 4:28.94	39.38	750m: 9:50.08	39.34	1150m: 15:16.43	40.61		
	400m: 5:09.04	40.10	800m: 10:31.12	41.04	1200m: 15:57.15	40.72		
42.	PINTO, Lara Filipa	08		Porto	19:58.56	+0,50	452	
	50m: 35.47	35.47	450m: 5:48.35	39.00	850m: 11:07.98	40.46	1250m: 16:36.15	41.68
	100m: 1:14.50	39.03	500m: 6:27.85	39.50	900m: 11:47.35	39.37	1300m: 17:17.08	40.93
	150m: 1:53.08	38.58	550m: 7:06.86	39.01	950m: 12:28.51	41.16	1350m: 17:57.94	40.86
	200m: 2:32.34	39.26	600m: 7:46.43	39.57	1000m: 13:09.85	41.34	1400m: 18:38.78	40.84
	250m: 3:11.57	39.23	650m: 8:26.32	39.89	1050m: 13:51.46	41.61	1450m: 19:19.18	40.40
	300m: 3:50.86	39.29	700m: 9:06.76	40.44	1100m: 14:32.11	40.65	1500m: 19:58.56	39.38
	350m: 4:29.74	38.88	750m: 9:46.84	40.08	1150m: 15:14.07	41.96		
	400m: 5:09.35	39.61	800m: 10:27.52	40.68	1200m: 15:54.47	40.40		
43.	LARANJEIRA, Marta Matos	08		Vikings	20:01.82	+0,85	449	
	50m: 35.87	35.87	450m: 5:54.68	40.16	850m: 11:16.81	41.02	1250m: 16:41.05	40.87
	100m: 1:14.82	38.95	500m: 6:34.79	40.11	900m: 11:56.72	39.91	1300m: 17:22.32	41.27
	150m: 1:53.89	39.07	550m: 7:15.46	40.67	950m: 12:37.63	40.91	1350m: 18:03.70	41.38
	200m: 2:33.53	39.64	600m: 7:55.16	39.70	1000m: 13:18.88	41.25	1400m: 18:43.35	39.65
	250m: 3:14.35	40.82	650m: 8:35.59	40.43	1050m: 13:58.31	39.43	1450m: 19:23.61	40.26
	300m: 3:54.34	39.99	700m: 9:14.91	39.32	1100m: 14:38.47	40.16	1500m: 20:01.82	38.21
	350m: 4:34.74	40.40	750m: 9:55.29	40.38	1150m: 15:19.45	40.98		
	400m: 5:14.52	39.78	800m: 10:35.79	40.50	1200m: 16:00.18	40.73		
44.	CRUZ, Constanca Lopes	09		Colegio Monte Maior	20:02.38	+0,66	448	
	50m: 34.65	34.65	450m: 5:48.70	40.20	850m: 11:11.47	40.33	1250m: 16:40.28	41.64
	100m: 1:12.14	37.49	500m: 6:29.42	40.72	900m: 11:52.22	40.75	1300m: 17:21.40	41.12
	150m: 1:50.67	38.53	550m: 7:09.34	39.92	950m: 12:32.92	40.70	1350m: 18:02.22	40.82
	200m: 2:30.07	39.40	600m: 7:49.97	40.63	1000m: 13:14.32	41.40	1400m: 18:43.10	40.88
	250m: 3:09.56	39.49	650m: 8:30.39	40.42	1050m: 13:54.87	40.55	1450m: 19:23.40	40.30
	300m: 3:48.71	39.15	700m: 9:10.18	39.79	1100m: 14:36.31	41.44	1500m: 20:02.38	38.98
	350m: 4:28.31	39.60	750m: 9:50.69	40.51	1150m: 15:17.29	40.98		
	400m: 5:08.50	40.19	800m: 10:31.14	40.45	1200m: 15:58.64	41.35		
45.	JESUS, Margarida Santos	09		Natacao Olhao	20:06.64	+0,87	443	
	50m: 34.97	34.97	450m: 5:53.18	40.53	850m: 11:16.97	40.45	1250m: 16:44.01	41.63
	100m: 1:12.66	37.69	500m: 6:33.07	39.89	900m: 11:56.83	39.86	1300m: 17:25.37	41.36
	150m: 1:52.02	39.36	550m: 7:13.67	40.60	950m: 12:38.06	41.23	1350m: 18:07.46	42.09
	200m: 2:31.51	39.49	600m: 7:53.86	40.19	1000m: 13:18.18	40.12	1400m: 18:47.92	40.46
	250m: 3:12.01	40.50	650m: 8:34.48	40.62	1050m: 13:59.28	41.10	1450m: 19:28.68	40.76
	300m: 3:52.00	39.99	700m: 9:15.10	40.62	1100m: 14:39.78	40.50	1500m: 20:06.64	37.96
	350m: 4:32.19	40.19	750m: 9:56.25	41.15	1150m: 15:21.37	41.59		
	400m: 5:12.65	40.46	800m: 10:36.52	40.27	1200m: 16:02.38	41.01		

Prova 12, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	VICENTE, Clara Alexandra	09		Lagoa AC	20:08.47	+0,83	441	
	50m: 34.40	34.40	450m: 5:50.31	40.59	850m: 11:16.71	41.07	1250m: 16:47.14	41.27
	100m: 1:12.02	37.62	500m: 6:30.80	40.49	900m: 11:57.32	40.61	1300m: 17:28.28	41.14
	150m: 1:50.98	38.96	550m: 7:11.08	40.28	950m: 12:38.47	41.15	1350m: 18:09.29	41.01
	200m: 2:30.26	39.28	600m: 7:51.98	40.90	1000m: 13:20.02	41.55	1400m: 18:49.56	40.27
	250m: 3:09.98	39.72	650m: 8:32.72	40.74	1050m: 14:01.38	41.36	1450m: 19:30.09	40.53
	300m: 3:49.54	39.56	700m: 9:13.74	41.02	1100m: 14:43.11	41.73	1500m: 20:08.47	38.38
	350m: 4:29.63	40.09	750m: 9:54.61	40.87	1150m: 15:24.42	41.31		
	400m: 5:09.72	40.09	800m: 10:35.64	41.03	1200m: 16:05.87	41.45		
47.	PEREIRA, Eduarda Ribeiro	09		Naval do Funchal	20:19.77	+0,70	429	
	50m: 34.08	34.08	450m: 5:55.24	41.15	850m: 11:23.53	41.49	1250m: 16:55.83	41.44
	100m: 1:12.24	38.16	500m: 6:35.65	40.41	900m: 12:05.08	41.55	1300m: 17:37.32	41.49
	150m: 1:51.94	39.70	550m: 7:17.07	41.42	950m: 12:46.40	41.32	1350m: 18:19.12	41.80
	200m: 2:31.79	39.85	600m: 7:58.04	40.97	1000m: 13:27.42	41.02	1400m: 18:59.68	40.56
	250m: 3:12.33	40.54	650m: 8:39.17	41.13	1050m: 14:09.11	41.69	1450m: 19:40.69	41.01
	300m: 3:52.82	40.49	700m: 9:19.92	40.75	1100m: 14:50.46	41.35	1500m: 20:19.77	39.08
	350m: 4:33.50	40.68	750m: 10:01.11	41.19	1150m: 15:32.85	42.39		
	400m: 5:14.09	40.59	800m: 10:42.04	40.93	1200m: 16:14.39	41.54		
48.	RODRIGUES, Clara Sobreiro	09		Pimpoes/Cimai	20:28.89	+0,77	420	
	50m: 35.77	35.77	450m: 6:05.65	41.25	850m: 11:36.61	40.93	1250m: 17:06.80	40.63
	100m: 1:17.40	41.63	500m: 6:47.82	42.17	900m: 12:18.42	41.81	1300m: 17:48.66	41.86
	150m: 1:58.07	40.67	550m: 7:28.63	40.81	950m: 12:59.29	40.87	1350m: 18:29.08	40.42
	200m: 2:39.60	41.53	600m: 8:10.80	42.17	1000m: 13:41.16	41.87	1400m: 19:10.71	41.63
	250m: 3:19.94	40.34	650m: 8:51.07	40.27	1050m: 14:21.83	40.67	1450m: 19:50.63	39.92
	300m: 4:01.84	41.90	700m: 9:33.35	42.28	1100m: 15:03.37	41.54	1500m: 20:28.89	38.26
	350m: 4:42.77	40.93	750m: 10:13.91	40.56	1150m: 15:44.18	40.81		
	400m: 5:24.40	41.63	800m: 10:55.68	41.77	1200m: 16:26.17	41.99		
49.	LIMA, Beatriz Ribeiro	09		Geslours	20:30.17	+0,81	418	
	50m: 34.51	34.51	450m: 5:53.02	40.92	850m: 11:22.30	42.15	1250m: 17:00.45	42.59
	100m: 1:12.28	37.77	500m: 6:33.56	40.54	900m: 12:03.76	41.46	1300m: 17:43.76	43.31
	150m: 1:51.06	38.78	550m: 7:14.59	41.03	950m: 12:44.97	41.21	1350m: 18:26.11	42.35
	200m: 2:30.84	39.78	600m: 7:55.70	41.11	1000m: 13:27.34	42.37	1400m: 19:09.03	42.92
	250m: 3:11.09	40.25	650m: 8:36.89	41.19	1050m: 14:09.76	42.42	1450m: 19:49.99	40.96
	300m: 3:51.26	40.17	700m: 9:17.61	40.72	1100m: 14:52.01	42.25	1500m: 20:30.17	40.18
	350m: 4:31.79	40.53	750m: 9:58.98	41.37	1150m: 15:34.85	42.84		
	400m: 5:12.10	40.31	800m: 10:40.15	41.17	1200m: 16:17.86	43.01		
50.	LANCA, Ines Maria	09		Uniao Piedense	20:37.23	+0,82	411	
	50m: 34.36	34.36	450m: 5:51.67	39.81	850m: 11:22.39	42.09	1250m: 17:04.44	42.74
	100m: 1:13.28	38.92	500m: 6:32.21	40.54	900m: 12:05.10	42.71	1300m: 17:47.23	42.79
	150m: 1:52.82	39.54	550m: 7:13.47	41.26	950m: 12:47.18	42.08	1350m: 18:29.28	42.05
	200m: 2:32.50	39.68	600m: 7:54.88	41.41	1000m: 13:30.32	43.14	1400m: 19:12.20	42.92
	250m: 3:11.85	39.35	650m: 8:35.85	40.97	1050m: 14:12.32	42.00	1450m: 19:54.76	42.56
	300m: 3:51.96	40.11	700m: 9:17.15	41.30	1100m: 14:55.41	43.09	1500m: 20:37.23	42.47
	350m: 4:31.44	39.48	750m: 9:58.17	41.02	1150m: 15:38.41	43.00		
	400m: 5:11.86	40.42	800m: 10:40.30	42.13	1200m: 16:21.70	43.29		