

Prova 29 **Open**
30/07/2023 - 16:35 **Resultados**
Femin., 800m Livres

Recordes Nacionais 50m Open	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Recordes Nacionais 50m Sen	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Recordes Nacionais 50m Jun17	8:36.21	HOLUB, Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Recordes Nacionais 50m Jun16	8:45.53	HOLUB, Tamila Hryhorivna	SCB	Coimbra	30/05/2015
Recordes Nacionais 50m Juv A	8:50.68	HOLUB, Tamila Hryhorivna	SCB	Oeiras	27/07/2014
Recordes Nacionais 50m Juv B	9:07.70	SILVA, Alexandra Maria	POR	Split (CRO)	10/09/1981
Recordes Nacionais 50m Inf A	9:14.85	SILVA, Alexandra Maria	POR	Skovde (SWE)	10/08/1980
Recordes Nacionais 50m Inf B	9:30.42	RUIVO, Filipa Vilas	DNMG	S. Joao da Madeira	25/07/2009

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	CRAVEIRO, Luana Ferreira	09		Nautico Marinha Grande	9:39.53	+0,37	585	
	50m: 31.85 31.85	250m: 2:56.42	36.95	450m: 5:24.51	37.05	650m: 7:52.02	35.99	
	100m: 1:06.62 34.77	300m: 3:33.33	36.91	500m: 6:01.33	36.82	700m: 8:28.59	36.57	
	150m: 1:43.21 36.59	350m: 4:10.72	37.39	550m: 6:38.91	37.58	750m: 9:04.33	35.74	
	200m: 2:19.47 36.26	400m: 4:47.46	36.74	600m: 7:16.03	37.12	800m: 9:39.53	35.20	
2.	MOREIRA, Madalena Valente	09		Colegio Efanor	9:45.01	+0,83	569	
	50m: 33.18 33.18	250m: 3:00.81	37.28	450m: 5:27.46	36.78	650m: 7:55.90	37.17	
	100m: 1:09.24 36.06	300m: 3:37.86	37.05	500m: 6:04.73	37.27	700m: 8:33.27	37.37	
	150m: 1:46.16 36.92	350m: 4:13.97	36.11	550m: 6:41.71	36.98	750m: 9:08.85	35.58	
	200m: 2:23.53 37.37	400m: 4:50.68	36.71	600m: 7:18.73	37.02	800m: 9:45.01	36.16	
3.	GONCALVES, Leonor Queiroz	09		Braga	9:46.38	+0,74	565	
	50m: 32.94 32.94	250m: 3:01.11	37.59	450m: 5:30.45	37.32	650m: 7:57.99	37.06	
	100m: 1:08.93 35.99	300m: 3:38.83	37.72	500m: 6:07.37	36.92	700m: 8:34.80	36.81	
	150m: 1:46.19 37.26	350m: 4:16.36	37.53	550m: 6:44.24	36.87	750m: 9:11.23	36.43	
	200m: 2:23.52 37.33	400m: 4:53.13	36.77	600m: 7:20.93	36.69	800m: 9:46.38	35.15	
4.	MAIA, Lara Catarina	09		Estarreja/PROZINCO	9:46.54	+0,54	564	
	50m: 32.61 32.61	250m: 2:59.02	37.04	450m: 5:29.07	37.32	650m: 7:58.67	37.66	
	100m: 1:07.93 35.32	300m: 3:36.39	37.37	500m: 6:06.38	37.31	700m: 8:35.89	37.22	
	150m: 1:44.87 36.94	350m: 4:13.96	37.57	550m: 6:43.81	37.43	750m: 9:12.44	36.55	
	200m: 2:21.98 37.11	400m: 4:51.75	37.79	600m: 7:21.01	37.20	800m: 9:46.54	34.10	
5.	PINTO, Maria Carvalho	09		Viana Natacao	9:59.04	+0,81	530	
	50m: 33.25 33.25	250m: 3:01.07	37.31	450m: 5:32.25	37.44	650m: 8:05.34	38.45	
	100m: 1:09.12 35.87	300m: 3:39.00	37.93	500m: 6:10.58	38.33	700m: 8:43.58	38.24	
	150m: 1:46.44 37.32	350m: 4:16.94	37.94	550m: 6:48.47	37.89	750m: 9:22.03	38.45	
	200m: 2:23.76 37.32	400m: 4:54.81	37.87	600m: 7:26.89	38.42	800m: 9:59.04	37.01	
6.	AMBRUS, Beatriz Alves	09		Porto	10:02.49	+0,61	520	
	50m: 33.68 33.68	250m: 3:05.42	38.50	450m: 5:36.94	37.69	650m: 8:09.86	37.93	
	100m: 1:10.90 37.22	300m: 3:43.28	37.86	500m: 6:15.75	38.81	700m: 8:48.56	38.70	
	150m: 1:48.93 38.03	350m: 4:21.10	37.82	550m: 6:53.46	37.71	750m: 9:26.04	37.48	
	200m: 2:26.92 37.99	400m: 4:59.25	38.15	600m: 7:31.93	38.47	800m: 10:02.49	36.45	

Prova 29, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MARTINS, Carolina Correia	09		Porto	10:02.99	+0,77	519	
	50m: 34.50 34.50	250m: 3:05.09	37.41	450m: 5:36.76	37.11	650m: 8:08.83	37.79	
	100m: 1:12.30 37.80	300m: 3:43.54	38.45	500m: 6:15.06	38.30	700m: 8:47.20	38.37	
	150m: 1:49.44 37.14	350m: 4:21.49	37.95	550m: 6:52.77	37.71	750m: 9:25.32	38.12	
	200m: 2:27.68 38.24	400m: 4:59.65	38.16	600m: 7:31.04	38.27	800m: 10:02.99	37.67	
8.	CAVALEIRO, Leonor Mercês	09		Columbofila Cantanhedense	10:10.06	+0,64	501	
	50m: 33.73 33.73	250m: 3:06.16	38.09	450m: 5:41.59	37.91	650m: 8:16.34	37.61	
	100m: 1:11.65 37.92	300m: 3:45.36	39.20	500m: 6:20.61	39.02	700m: 8:55.20	38.86	
	150m: 1:49.13 37.48	350m: 4:23.93	38.57	550m: 6:59.62	39.01	750m: 9:32.69	37.49	
	200m: 2:28.07 38.94	400m: 5:03.68	39.75	600m: 7:38.73	39.11	800m: 10:10.06	37.37	
9.	SILVA, Marta Oliveira	09		Sanjoanense/FEPSA	10:15.21	+0,76	489	
	50m: 34.42 34.42	250m: 3:06.42	38.16	450m: 5:41.25	38.95	650m: 8:18.52	39.29	
	100m: 1:11.70 37.28	300m: 3:44.57	38.15	500m: 6:20.12	38.87	700m: 8:58.14	39.62	
	150m: 1:49.68 37.98	350m: 4:23.54	38.97	550m: 6:59.77	39.65	750m: 9:37.49	39.35	
	200m: 2:28.26 38.58	400m: 5:02.30	38.76	600m: 7:39.23	39.46	800m: 10:15.21	37.72	
10.	SANTOS, Joana Pereira	09		Rio Maior	10:19.24	+0,82	479	
	50m: 34.45 34.45	250m: 3:07.73	38.85	450m: 5:44.90	39.54	650m: 8:23.26	39.66	
	100m: 1:12.15 37.70	300m: 3:46.76	39.03	500m: 6:24.38	39.48	700m: 9:02.63	39.37	
	150m: 1:50.61 38.46	350m: 4:26.04	39.28	550m: 7:03.81	39.43	750m: 9:41.83	39.20	
	200m: 2:28.88 38.27	400m: 5:05.36	39.32	600m: 7:43.60	39.79	800m: 10:19.24	37.41	
11.	MARGARIDO, Paula Aguiar	09		Juventude Atlantico	10:22.54		472	
	50m: 34.46 34.46	250m: 3:08.37	39.63	450m: 5:47.17	40.41	650m: 8:27.84	40.01	
	100m: 1:11.34 36.88	300m: 3:47.57	39.20	500m: 6:27.85	40.68	700m: 9:07.11	39.27	
	150m: 1:49.86 38.52	350m: 4:27.28	39.71	550m: 7:07.57	39.72	750m: 9:45.37	38.26	
	200m: 2:28.74 38.88	400m: 5:06.76	39.48	600m: 7:47.83	40.26	800m: 10:22.54	37.17	
12.	PEDREIRO, Francisca Soreto	09		Galitos / Bresimar	10:22.80	+0,70	471	
	50m: 34.69 34.69	250m: 3:09.14	39.40	450m: 5:46.81	40.06	650m: 8:26.81	40.45	
	100m: 1:11.77 37.08	300m: 3:47.59	38.45	500m: 6:26.19	39.38	700m: 9:05.96	39.15	
	150m: 1:51.13 39.36	350m: 4:27.26	39.67	550m: 7:06.94	40.75	750m: 9:45.79	39.83	
	200m: 2:29.74 38.61	400m: 5:06.75	39.49	600m: 7:46.36	39.42	800m: 10:22.80	37.01	
13.	MADEIRA, Carolina Marques	09		Nacional de Natacao	10:23.14	+0,81	470	
	50m: 34.86 34.86	250m: 3:11.76	39.41	450m: 5:50.53	39.67	650m: 8:28.76	39.52	
	100m: 1:13.41 38.55	300m: 3:51.40	39.64	500m: 6:30.10	39.57	700m: 9:07.44	38.68	
	150m: 1:52.97 39.56	350m: 4:31.29	39.89	550m: 7:10.08	39.98	750m: 9:46.06	38.62	
	200m: 2:32.35 39.38	400m: 5:10.86	39.57	600m: 7:49.24	39.16	800m: 10:23.14	37.08	
14.	GASPAR, Joana Melo	09		Nacional de Natacao	10:23.47	+0,62	470	
	50m: 35.65 35.65	250m: 3:13.45	39.62	450m: 5:51.39	39.58	650m: 8:28.30	39.70	
	100m: 1:14.63 38.98	300m: 3:53.08	39.63	500m: 6:30.11	38.72	700m: 9:07.34	39.04	
	150m: 1:54.64 40.01	350m: 4:32.73	39.65	550m: 7:09.48	39.37	750m: 9:46.53	39.19	
	200m: 2:33.83 39.19	400m: 5:11.81	39.08	600m: 7:48.60	39.12	800m: 10:23.47	36.94	

Prova 29, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	CRUZ, Constanca Lopes	09		Colegio Monte Maior	10:31.50	+0,80	452	
	50m: 35.33 35.33	250m: 3:12.44	39.36	450m: 5:52.90	40.36	650m: 8:34.86	40.53	
	100m: 1:14.11 38.78	300m: 3:52.37	39.93	500m: 6:33.84	40.94	700m: 9:15.18	40.32	
	150m: 1:53.09 38.98	350m: 4:32.79	40.42	550m: 7:13.93	40.09	750m: 9:54.12	38.94	
	200m: 2:33.08 39.99	400m: 5:12.54	39.75	600m: 7:54.33	40.40	800m: 10:31.50	37.38	
16.	SANTOS, Joana Almeida	09		Galitos / Bresimar	10:34.62	+0,73	445	
	50m: 34.96 34.96	250m: 3:11.42	39.91	450m: 5:53.45	40.65	650m: 8:36.11	40.56	
	100m: 1:12.21 37.25	300m: 3:52.24	40.82	500m: 6:33.71	40.26	700m: 9:16.72	40.61	
	150m: 1:51.74 39.53	350m: 4:32.58	40.34	550m: 7:14.54	40.83	750m: 9:56.51	39.79	
	200m: 2:31.51 39.77	400m: 5:12.80	40.22	600m: 7:55.55	41.01	800m: 10:34.62	38.11	
17.	PEREIRA, Eduarda Ribeiro	09		Naval do Funchal	10:37.42	+0,73	439	
	50m: 34.01 34.01	250m: 3:12.20	39.86	450m: 5:53.66	39.99	650m: 8:36.64	40.33	
	100m: 1:12.96 38.95	300m: 3:53.10	40.90	500m: 6:35.30	41.64	700m: 9:17.94	41.30	
	150m: 1:52.23 39.27	350m: 4:33.03	39.93	550m: 7:15.16	39.86	750m: 9:58.06	40.12	
	200m: 2:32.34 40.11	400m: 5:13.67	40.64	600m: 7:56.31	41.15	800m: 10:37.42	39.36	

Juvenis A

1.	FREITAS, Diana Gomes	08		Amigos da Montanha	9:43.03	+0,80	574	
	50m: 32.92 32.92	250m: 2:58.62	37.08	450m: 5:27.05	37.29	650m: 7:54.93	37.03	
	100m: 1:08.65 35.73	300m: 3:35.12	36.50	500m: 6:03.85	36.80	700m: 8:31.38	36.45	
	150m: 1:45.34 36.69	350m: 4:12.49	37.37	550m: 6:41.19	37.34	750m: 9:07.94	36.56	
	200m: 2:21.54 36.20	400m: 4:49.76	37.27	600m: 7:17.90	36.71	800m: 9:43.03	35.09	
2.	FERREIRA, Carolina Amadeu	08		Leixoes	9:45.23	+0,64	568	
	50m: 32.68 32.68	250m: 2:59.64	37.25	450m: 5:28.06	37.02	650m: 7:56.26	37.22	
	100m: 1:08.73 36.05	300m: 3:36.43	36.79	500m: 6:04.87	36.81	700m: 8:33.35	37.09	
	150m: 1:45.78 37.05	350m: 4:13.96	37.53	550m: 6:42.01	37.14	750m: 9:10.18	36.83	
	200m: 2:22.39 36.61	400m: 4:51.04	37.08	600m: 7:19.04	37.03	800m: 9:45.23	35.05	
3.	LUIZ, Margarida Maria	08		Lagoa AC	9:52.05	+0,71	549	
	50m: 33.55 33.55	250m: 3:02.02	37.68	450m: 5:33.09	37.47	650m: 8:02.79	37.70	
	100m: 1:09.83 36.28	300m: 3:39.64	37.62	500m: 6:10.59	37.50	700m: 8:40.00	37.21	
	150m: 1:46.80 36.97	350m: 4:17.46	37.82	550m: 6:48.00	37.41	750m: 9:16.13	36.13	
	200m: 2:24.34 37.54	400m: 4:55.62	38.16	600m: 7:25.09	37.09	800m: 9:52.05	35.92	
4.	LOPES, Catarina Maria	08		BUZIOS-Coruche	9:56.10	+0,61	537	
	50m: 33.20 33.20	250m: 3:01.52	37.67	450m: 5:33.06	37.96	650m: 8:04.91	37.87	
	100m: 1:08.88 35.68	300m: 3:39.16	37.64	500m: 6:11.37	38.31	700m: 8:42.46	37.55	
	150m: 1:46.47 37.59	350m: 4:17.25	38.09	550m: 6:49.40	38.03	750m: 9:20.36	37.90	
	200m: 2:23.85 37.38	400m: 4:55.10	37.85	600m: 7:27.04	37.64	800m: 9:56.10	35.74	

Prova 29, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CRUZ, Ana Carolina	08		Famalicao	9:57.19	+0,79	534	
	50m: 33.41 33.41	250m: 3:03.85	37.65	450m: 5:35.48	38.19	650m: 8:06.70	37.26	
	100m: 1:10.75 37.34	300m: 3:41.98	38.13	500m: 6:13.83	38.35	700m: 8:44.37	37.67	
	150m: 1:48.32 37.57	350m: 4:19.40	37.42	550m: 6:52.25	38.42	750m: 9:21.73	37.36	
	200m: 2:26.20 37.88	400m: 4:57.29	37.89	600m: 7:29.44	37.19	800m: 9:57.19	35.46	
6.	CORTESAO, Maria Manuel	08		Nautico Academico	10:04.01	+0,73	517	
	50m: 33.91 33.91	250m: 3:04.53	37.91	450m: 5:36.21	38.20	650m: 8:09.27	38.39	
	100m: 1:11.04 37.13	300m: 3:42.47	37.94	500m: 6:14.55	38.34	700m: 8:47.49	38.22	
	150m: 1:48.84 37.80	350m: 4:20.36	37.89	550m: 6:52.94	38.39	750m: 9:25.91	38.42	
	200m: 2:26.62 37.78	400m: 4:58.01	37.65	600m: 7:30.88	37.94	800m: 10:04.01	38.10	
7.	JORGE, Sofia Pereira	08		Galitos / Bresimar	10:16.30	+0,88	486	
	50m: 32.94 32.94	250m: 3:06.56	38.54	450m: 5:43.04	38.75	650m: 8:20.43	38.72	
	100m: 1:10.62 37.68	300m: 3:46.36	39.80	500m: 6:23.31	40.27	700m: 9:00.41	39.98	
	150m: 1:48.43 37.81	350m: 4:24.53	38.17	550m: 7:01.80	38.49	750m: 9:38.20	37.79	
	200m: 2:28.02 39.59	400m: 5:04.29	39.76	600m: 7:41.71	39.91	800m: 10:16.30	38.10	
8.	PINTO, Lara Filipa	08		Porto	10:17.26	+0,71	484	
	50m: 34.30 34.30	250m: 3:08.24	38.96	450m: 5:44.43	38.61	650m: 8:21.28	38.13	
	100m: 1:12.30 38.00	300m: 3:47.68	39.44	500m: 6:24.16	39.73	700m: 9:01.54	40.26	
	150m: 1:50.05 37.75	350m: 4:25.98	38.30	550m: 7:02.85	38.69	750m: 9:39.27	37.73	
	200m: 2:29.28 39.23	400m: 5:05.82	39.84	600m: 7:43.15	40.30	800m: 10:17.26	37.99	
9.	BAIONA, Raquel Santos	08		Colegio Monte Maior	10:18.29	+0,85	482	
	50m: 35.53 35.53	250m: 3:10.76	39.29	450m: 5:46.78	38.91	650m: 8:22.94	38.92	
	100m: 1:13.36 37.83	300m: 3:49.69	38.93	500m: 6:25.82	39.04	700m: 9:02.10	39.16	
	150m: 1:52.49 39.13	350m: 4:28.92	39.23	550m: 7:04.83	39.01	750m: 9:40.61	38.51	
	200m: 2:31.47 38.98	400m: 5:07.87	38.95	600m: 7:44.02	39.19	800m: 10:18.29	37.68	
10.	NEVES, Ana Carolina	08		Fluvial Portuense	10:19.79	+0,52	478	
	50m: 32.97 32.97	250m: 3:04.13	38.90	450m: 5:41.11	39.75	650m: 8:21.31	40.16	
	100m: 1:09.52 36.55	300m: 3:42.99	38.86	500m: 6:21.09	39.98	700m: 9:00.71	39.40	
	150m: 1:47.15 37.63	350m: 4:21.95	38.96	550m: 7:00.94	39.85	750m: 9:40.62	39.91	
	200m: 2:25.23 38.08	400m: 5:01.36	39.41	600m: 7:41.15	40.21	800m: 10:19.79	39.17	
11.	SANTOS, Teresa Oliveira	08		Alges	10:33.26	+0,87	448	
	50m: 33.57 33.57	250m: 3:08.92	39.60	450m: 5:50.07	40.74	650m: 8:33.54	40.13	
	100m: 1:11.25 37.68	300m: 3:48.69	39.77	500m: 6:32.02	41.95	700m: 9:14.48	40.94	
	150m: 1:50.31 39.06	350m: 4:28.22	39.53	550m: 7:12.21	40.19	750m: 9:54.38	39.90	
	200m: 2:29.32 39.01	400m: 5:09.33	41.11	600m: 7:53.41	41.20	800m: 10:33.26	38.88	
12.	MACEDO, Alice Mendes	08		Estamos Juntos	10:35.70		443	
	50m: 33.83 33.83	250m: 3:07.85	38.91	450m: 5:50.91	40.99	650m: 8:36.65	41.42	
	100m: 1:11.03 37.20	300m: 3:48.55	40.70	500m: 6:32.39	41.48	700m: 9:17.72	41.07	
	150m: 1:49.39 38.36	350m: 4:28.82	40.27	550m: 7:13.35	40.96	750m: 9:58.04	40.32	
	200m: 2:28.94 39.55	400m: 5:09.92	41.10	600m: 7:55.23	41.88	800m: 10:35.70	37.66	

Prova 29, Femin., 800m Livres

Juniores

1.	PEIXOTO, Carolina Esteves	06	Braga	9:24.95	+0,76	631
	50m: 31.62 31.62	250m: 2:51.86 35.88	450m: 5:16.09 36.22	650m: 7:39.71 36.06		
	100m: 1:05.50 33.88	300m: 3:27.67 35.81	500m: 5:52.05 35.96	700m: 8:15.85 36.14		
	150m: 1:40.58 35.08	350m: 4:03.80 36.13	550m: 6:27.88 35.83	750m: 8:51.18 35.33		
	200m: 2:15.98 35.40	400m: 4:39.87 36.07	600m: 7:03.65 35.77	800m: 9:24.95 33.77		
2.	FARIA, Leonor Verissimo	06	Nucleo de Pombal	9:25.92	+0,58	628
	50m: 32.64 32.64	250m: 2:54.34 35.90	450m: 5:17.20 35.73	650m: 7:40.56 35.73		
	100m: 1:07.41 34.77	300m: 3:29.82 35.48	500m: 5:53.15 35.95	700m: 8:16.57 36.01		
	150m: 1:43.16 35.75	350m: 4:05.86 36.04	550m: 6:28.90 35.75	750m: 8:51.85 35.28		
	200m: 2:18.44 35.28	400m: 4:41.47 35.61	600m: 7:04.83 35.93	800m: 9:25.92 34.07		
3.	CABRAL, Carolina Vizinho	07	Natacao de Vagos	9:26.03	+0,75	628
	50m: 32.26 32.26	250m: 2:54.12 35.83	450m: 5:18.07 36.29	650m: 7:42.52 36.13		
	100m: 1:07.37 35.11	300m: 3:29.80 35.68	500m: 5:54.24 36.17	700m: 8:18.36 35.84		
	150m: 1:42.80 35.43	350m: 4:06.01 36.21	550m: 6:30.35 36.11	750m: 8:53.79 35.43		
	200m: 2:18.29 35.49	400m: 4:41.78 35.77	600m: 7:06.39 36.04	800m: 9:26.03 32.24		
4.	AGUILAR, Marta Andre	07	Nautico Academico	9:26.86	+0,70	625
	50m: 32.61 32.61	250m: 2:54.67 35.93	450m: 5:19.11 36.46	650m: 7:43.39 36.02		
	100m: 1:07.39 34.78	300m: 3:30.48 35.81	500m: 5:55.22 36.11	700m: 8:18.60 35.21		
	150m: 1:43.14 35.75	350m: 4:06.54 36.06	550m: 6:31.72 36.50	750m: 8:54.11 35.51		
	200m: 2:18.74 35.60	400m: 4:42.65 36.11	600m: 7:07.37 35.65	800m: 9:26.86 32.75		
5.	RAMOS, Joana Barbas	06	Gafanha da Encarnacao	9:30.34	+0,78	614
	50m: 32.54 32.54	250m: 2:53.71 35.71	450m: 5:17.95 36.21	650m: 7:42.99 36.17		
	100m: 1:07.13 34.59	300m: 3:29.71 36.00	500m: 5:54.17 36.22	700m: 8:19.25 36.26		
	150m: 1:42.42 35.29	350m: 4:05.84 36.13	550m: 6:30.59 36.42	750m: 8:55.08 35.83		
	200m: 2:18.00 35.58	400m: 4:41.74 35.90	600m: 7:06.82 36.23	800m: 9:30.34 35.26		
6.	LOPES, Matilde Nunes	06	Benfica	9:38.50	+0,75	588
	50m: 31.70 31.70	250m: 2:52.26 35.75	450m: 5:17.16 36.38	650m: 7:44.63 36.96		
	100m: 1:05.82 34.12	300m: 3:28.14 35.88	500m: 5:54.07 36.91	700m: 8:22.75 38.12		
	150m: 1:40.97 35.15	350m: 4:04.20 36.06	550m: 6:30.53 36.46	750m: 9:00.60 37.85		
	200m: 2:16.51 35.54	400m: 4:40.78 36.58	600m: 7:07.67 37.14	800m: 9:38.50 37.90		
7.	PIRES, Catarina Gaspar	06	Porto	9:39.29	+0,88	586
	50m: 32.42 32.42	250m: 2:54.92 35.96	450m: 5:19.74 36.46	650m: 7:47.42 37.50		
	100m: 1:07.72 35.30	300m: 3:31.15 36.23	500m: 5:56.40 36.66	700m: 8:24.88 37.46		
	150m: 1:43.15 35.43	350m: 4:07.09 35.94	550m: 6:33.34 36.94	750m: 9:02.35 37.47		
	200m: 2:18.96 35.81	400m: 4:43.28 36.19	600m: 7:09.92 36.58	800m: 9:39.29 36.94		
8.	VALENTE, Maria Esteves	06	Benfica	9:46.61	+0,81	564
	50m: 33.28 33.28	250m: 2:59.53 36.64	450m: 5:26.55 37.24	650m: 7:55.34 37.12		
	100m: 1:09.26 35.98	300m: 3:35.75 36.22	500m: 6:03.40 36.85	700m: 8:32.72 37.38		
	150m: 1:46.28 37.02	350m: 4:12.44 36.69	550m: 6:40.86 37.46	750m: 9:10.26 37.54		
	200m: 2:22.89 36.61	400m: 4:49.31 36.87	600m: 7:18.22 37.36	800m: 9:46.61 36.35		

Prova 29, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	9:54.05	+0,62	543	
	50m: 33.03	33.03	250m: 3:01.09	37.34	450m: 5:31.08	36.87	650m: 8:00.90	37.46
	100m: 1:09.37	36.34	300m: 3:38.80	37.71	500m: 6:08.59	37.51	700m: 8:39.14	38.24
	150m: 1:45.86	36.49	350m: 4:16.30	37.50	550m: 6:45.82	37.23	750m: 9:16.64	37.50
	200m: 2:23.75	37.89	400m: 4:54.21	37.91	600m: 7:23.44	37.62	800m: 9:54.05	37.41
10.	VIANA, Matilde Violante	07		Nautico de Leiria	9:54.28	+0,76	542	
	50m: 33.06	33.06	250m: 3:01.04	37.65	450m: 5:30.93	37.58	650m: 8:01.85	37.60
	100m: 1:09.11	36.05	300m: 3:38.27	37.23	500m: 6:08.59	37.66	700m: 8:39.79	37.94
	150m: 1:45.92	36.81	350m: 4:15.87	37.60	550m: 6:46.16	37.57	750m: 9:17.26	37.47
	200m: 2:23.39	37.47	400m: 4:53.35	37.48	600m: 7:24.25	38.09	800m: 9:54.28	37.02
11.	SANTOS, Leonor Castanho	07		Sporting	9:58.13	+0,86	532	
	50m: 33.26	33.26	250m: 3:00.81	37.60	450m: 5:31.72	37.66	650m: 8:04.23	38.41
	100m: 1:09.04	35.78	300m: 3:38.34	37.53	500m: 6:09.72	38.00	700m: 8:42.17	37.94
	150m: 1:45.99	36.95	350m: 4:16.15	37.81	550m: 6:47.90	38.18	750m: 9:21.02	38.85
	200m: 2:23.21	37.22	400m: 4:54.06	37.91	600m: 7:25.82	37.92	800m: 9:58.13	37.11
12.	GOMES, Lia Beatriz	06		Vitoria Guimaraes	9:58.15	+0,68	532	
	50m: 32.86	32.86	250m: 2:58.02	36.59	450m: 5:29.05	37.94	650m: 8:03.65	38.32
	100m: 1:08.56	35.70	300m: 3:35.47	37.45	500m: 6:07.72	38.67	700m: 8:42.76	39.11
	150m: 1:44.60	36.04	350m: 4:13.04	37.57	550m: 6:46.17	38.45	750m: 9:21.09	38.33
	200m: 2:21.43	36.83	400m: 4:51.11	38.07	600m: 7:25.33	39.16	800m: 9:58.15	37.06
13.	RODRIGUES, Leonor Carreiro	07		Benfica	10:02.09	+0,56	522	
	50m: 33.11	33.11	250m: 3:00.77	37.32	450m: 5:32.81	38.55	650m: 8:07.39	38.98
	100m: 1:09.39	36.28	300m: 3:38.22	37.45	500m: 6:11.33	38.52	700m: 8:45.96	38.57
	150m: 1:46.38	36.99	350m: 4:16.22	38.00	550m: 6:50.12	38.79	750m: 9:25.04	39.08
	200m: 2:23.45	37.07	400m: 4:54.26	38.04	600m: 7:28.41	38.29	800m: 10:02.09	37.05
14.	GOMES, Rita Cunha	07		Viana Natacao	10:02.87	+0,85	519	
	50m: 34.14	34.14	250m: 3:04.43	38.15	450m: 5:38.05	38.36	650m: 8:10.81	37.98
	100m: 1:11.14	37.00	300m: 3:42.48	38.05	500m: 6:16.54	38.49	700m: 8:48.98	38.17
	150m: 1:48.70	37.56	350m: 4:20.97	38.49	550m: 6:54.48	37.94	750m: 9:26.33	37.35
	200m: 2:26.28	37.58	400m: 4:59.69	38.72	600m: 7:32.83	38.35	800m: 10:02.87	36.54

Seniores

1.	MARTINS, Francisca Soares	03		Foca Quinta da Lixa CNF	8:42.64	+0,62	798	
	50m: 28.99	28.99	250m: 2:38.52	32.97	450m: 4:50.82	33.34	650m: 7:04.03	33.52
	100m: 1:00.64	31.65	300m: 3:11.27	32.75	500m: 5:23.72	32.90	700m: 7:37.65	33.62
	150m: 1:33.20	32.56	350m: 3:44.45	33.18	550m: 5:57.25	33.53	750m: 8:11.52	33.87
	200m: 2:05.55	32.35	400m: 4:17.48	33.03	600m: 6:30.51	33.26	800m: 8:42.64	31.12

Prova 29, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	VIANA, Carolina Pereira	04		Sporting	9:05.91	+0,73	700	
	50m: 31.24 31.24	250m: 2:48.81	34.71	450m: 5:08.13	34.93	650m: 7:25.89	34.37	
	100m: 1:05.17 33.93	300m: 3:23.62	34.81	500m: 5:42.74	34.61	700m: 8:00.23	34.34	
	150m: 1:39.44 34.27	350m: 3:58.25	34.63	550m: 6:17.14	34.40	750m: 8:33.29	33.06	
	200m: 2:14.10 34.66	400m: 4:33.20	34.95	600m: 6:51.52	34.38	800m: 9:05.91	32.62	
3.	MENDES, Mariana Amaral	02		Sporting	9:06.07	+0,61	699	
	50m: 31.40 31.40	250m: 2:48.32	34.48	450m: 5:07.43	34.82	650m: 7:25.44	34.60	
	100m: 1:05.21 33.81	300m: 3:22.87	34.55	500m: 5:41.91	34.48	700m: 7:59.78	34.34	
	150m: 1:39.49 34.28	350m: 3:57.74	34.87	550m: 6:16.24	34.33	750m: 8:33.91	34.13	
	200m: 2:13.84 34.35	400m: 4:32.61	34.87	600m: 6:50.84	34.60	800m: 9:06.07	32.16	
4.	CARDEAL, Joana Nunes	02		Academico Viseu	9:06.30	+0,58	698	
	50m: 31.14 31.14	250m: 2:49.02	34.56	450m: 5:07.12	34.26	650m: 7:25.76	35.05	
	100m: 1:05.11 33.97	300m: 3:23.64	34.62	500m: 5:41.39	34.27	700m: 8:00.39	34.63	
	150m: 1:39.77 34.66	350m: 3:58.10	34.46	550m: 6:15.99	34.60	750m: 8:34.37	33.98	
	200m: 2:14.46 34.69	400m: 4:32.86	34.76	600m: 6:50.71	34.72	800m: 9:06.30	31.93	
5.	LOPES, Daniela Magalhaes	05		Famalicao	9:17.36	+0,79	658	
	50m: 31.13 31.13	250m: 2:49.81	34.99	450m: 5:10.03	35.21	650m: 7:31.71	35.48	
	100m: 1:05.48 34.35	300m: 3:24.73	34.92	500m: 5:45.33	35.30	700m: 8:07.29	35.58	
	150m: 1:40.15 34.67	350m: 3:59.62	34.89	550m: 6:20.71	35.38	750m: 8:42.86	35.57	
	200m: 2:14.82 34.67	400m: 4:34.82	35.20	600m: 6:56.23	35.52	800m: 9:17.36	34.50	
6.	LOPES, Francisca Macedo	05		Vilacondense	9:26.01	+0,76	628	
	50m: 32.18 32.18	250m: 2:52.70	35.33	450m: 5:14.97	35.39	650m: 7:38.56	35.89	
	100m: 1:06.88 34.70	300m: 3:28.32	35.62	500m: 5:50.90	35.93	700m: 8:14.51	35.95	
	150m: 1:42.05 35.17	350m: 4:03.78	35.46	550m: 6:26.69	35.79	750m: 8:50.51	36.00	
	200m: 2:17.37 35.32	400m: 4:39.58	35.80	600m: 7:02.67	35.98	800m: 9:26.01	35.50	
7.	NUNES, Rita Sofia	05		Colegio Efanor	9:29.24	+0,70	617	
	50m: 32.46 32.46	250m: 2:54.15	36.06	450m: 5:18.69	36.33	650m: 7:42.86	35.77	
	100m: 1:07.10 34.64	300m: 3:30.08	35.93	500m: 5:54.79	36.10	700m: 8:18.82	35.96	
	150m: 1:42.37 35.27	350m: 4:06.05	35.97	550m: 6:30.91	36.12	750m: 8:54.51	35.69	
	200m: 2:18.09 35.72	400m: 4:42.36	36.31	600m: 7:07.09	36.18	800m: 9:29.24	34.73	
8.	ARMAS, Maria Ornelas	98		Vikings	9:29.53	+0,88	616	
	50m: 31.99 31.99	250m: 2:52.27	35.79	450m: 5:16.43	36.00	650m: 7:41.26	36.36	
	100m: 1:05.90 33.91	300m: 3:28.33	36.06	500m: 5:52.44	36.01	700m: 8:17.86	36.60	
	150m: 1:41.03 35.13	350m: 4:04.37	36.04	550m: 6:28.68	36.24	750m: 8:54.18	36.32	
	200m: 2:16.48 35.45	400m: 4:40.43	36.06	600m: 7:04.90	36.22	800m: 9:29.53	35.35	
9.	PIMENTEL, Marta Lima	04		Porto	9:34.93	+0,76	599	
	50m: 33.06 33.06	250m: 2:56.53	36.51	450m: 5:21.85	36.74	650m: 7:47.19	36.52	
	100m: 1:08.05 34.99	300m: 3:32.55	36.02	500m: 5:57.89	36.04	700m: 8:23.50	36.31	
	150m: 1:44.28 36.23	350m: 4:09.04	36.49	550m: 6:34.41	36.52	750m: 8:59.93	36.43	
	200m: 2:20.02 35.74	400m: 4:45.11	36.07	600m: 7:10.67	36.26	800m: 9:34.93	35.00	

Prova 29, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MORGADO, Alice Jesus	04		Sporting	9:37.84	+0,77	590	
	50m: 32.41 32.41	250m: 2:56.28	36.16	450m: 5:21.65	36.00	650m: 7:47.70	36.15	
	100m: 1:08.31 35.90	300m: 3:32.78	36.50	500m: 5:58.47	36.82	700m: 8:24.83	37.13	
	150m: 1:43.85 35.54	350m: 4:08.68	35.90	550m: 6:34.51	36.04	750m: 9:01.32	36.49	
	200m: 2:20.12 36.27	400m: 4:45.65	36.97	600m: 7:11.55	37.04	800m: 9:37.84	36.52	
11.	ALVES, Joana Silva	05		Benedita	9:49.94	+0,70	554	
	50m: 32.19 32.19	250m: 2:58.08	36.75	450m: 5:28.14	37.76	650m: 7:58.80	37.29	
	100m: 1:07.83 35.64	300m: 3:35.47	37.39	500m: 6:06.17	38.03	700m: 8:36.66	37.86	
	150m: 1:44.24 36.41	350m: 4:12.55	37.08	550m: 6:43.70	37.53	750m: 9:13.71	37.05	
	200m: 2:21.33 37.09	400m: 4:50.38	37.83	600m: 7:21.51	37.81	800m: 9:49.94	36.23	
12.	FERREIRA, Joana Rosa	05		Naval de Peniche	9:52.23	+0,76	548	
	50m: 33.26 33.26	250m: 2:59.69	37.09	450m: 5:30.30	38.21	650m: 8:01.68	38.01	
	100m: 1:09.18 35.92	300m: 3:36.79	37.10	500m: 6:07.83	37.53	700m: 8:39.07	37.39	
	150m: 1:45.99 36.81	350m: 4:14.63	37.84	550m: 6:45.96	38.13	750m: 9:16.35	37.28	
	200m: 2:22.60 36.61	400m: 4:52.09	37.46	600m: 7:23.67	37.71	800m: 9:52.23	35.88	
13.	OLIVEIRA, Vanessa Sofia	05		Gafanha da Encarnacao	9:54.37	+0,93	542	
	50m: 34.65 34.65	250m: 3:03.22	37.29	450m: 5:32.94	37.80	650m: 8:04.00	37.56	
	100m: 1:11.23 36.58	300m: 3:40.47	37.25	500m: 6:10.62	37.68	700m: 8:41.61	37.61	
	150m: 1:48.37 37.14	350m: 4:17.83	37.36	550m: 6:48.51	37.89	750m: 9:18.49	36.88	
	200m: 2:25.93 37.56	400m: 4:55.14	37.31	600m: 7:26.44	37.93	800m: 9:54.37	35.88	

Open

1.	MARTINS, Francisca Soares	03		Foca Quinta da Lixa CNF	8:42.64	+0,62	798	
	50m: 28.99 28.99	250m: 2:38.52	32.97	450m: 4:50.82	33.34	650m: 7:04.03	33.52	
	100m: 1:00.64 31.65	300m: 3:11.27	32.75	500m: 5:23.72	32.90	700m: 7:37.65	33.62	
	150m: 1:33.20 32.56	350m: 3:44.45	33.18	550m: 5:57.25	33.53	750m: 8:11.52	33.87	
	200m: 2:05.55 32.35	400m: 4:17.48	33.03	600m: 6:30.51	33.26	800m: 8:42.64	31.12	
2.	VIANA, Carolina Pereira	04		Sporting	9:05.91	+0,73	700	
	50m: 31.24 31.24	250m: 2:48.81	34.71	450m: 5:08.13	34.93	650m: 7:25.89	34.37	
	100m: 1:05.17 33.93	300m: 3:23.62	34.81	500m: 5:42.74	34.61	700m: 8:00.23	34.34	
	150m: 1:39.44 34.27	350m: 3:58.25	34.63	550m: 6:17.14	34.40	750m: 8:33.29	33.06	
	200m: 2:14.10 34.66	400m: 4:33.20	34.95	600m: 6:51.52	34.38	800m: 9:05.91	32.62	
3.	MENDES, Mariana Amaral	02		Sporting	9:06.07	+0,61	699	
	50m: 31.40 31.40	250m: 2:48.32	34.48	450m: 5:07.43	34.82	650m: 7:25.44	34.60	
	100m: 1:05.21 33.81	300m: 3:22.87	34.55	500m: 5:41.91	34.48	700m: 7:59.78	34.34	
	150m: 1:39.49 34.28	350m: 3:57.74	34.87	550m: 6:16.24	34.33	750m: 8:33.91	34.13	
	200m: 2:13.84 34.35	400m: 4:32.61	34.87	600m: 6:50.84	34.60	800m: 9:06.07	32.16	

Prova 29, Femin., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	CARDEAL, Joana Nunes	02		Academico Viseu	9:06.30	+0,58	698	
	50m: 31.14 31.14	250m: 2:49.02	34.56	450m: 5:07.12	34.26	650m: 7:25.76	35.05	
	100m: 1:05.11 33.97	300m: 3:23.64	34.62	500m: 5:41.39	34.27	700m: 8:00.39	34.63	
	150m: 1:39.77 34.66	350m: 3:58.10	34.46	550m: 6:15.99	34.60	750m: 8:34.37	33.98	
	200m: 2:14.46 34.69	400m: 4:32.86	34.76	600m: 6:50.71	34.72	800m: 9:06.30	31.93	
5.	LOPES, Daniela Magalhaes	05		Famalicao	9:17.36	+0,79	658	
	50m: 31.13 31.13	250m: 2:49.81	34.99	450m: 5:10.03	35.21	650m: 7:31.71	35.48	
	100m: 1:05.48 34.35	300m: 3:24.73	34.92	500m: 5:45.33	35.30	700m: 8:07.29	35.58	
	150m: 1:40.15 34.67	350m: 3:59.62	34.89	550m: 6:20.71	35.38	750m: 8:42.86	35.57	
	200m: 2:14.82 34.67	400m: 4:34.82	35.20	600m: 6:56.23	35.52	800m: 9:17.36	34.50	
6.	PEIXOTO, Carolina Esteves	06		Braga	9:24.95	+0,76	631	
	50m: 31.62 31.62	250m: 2:51.86	35.88	450m: 5:16.09	36.22	650m: 7:39.71	36.06	
	100m: 1:05.50 33.88	300m: 3:27.67	35.81	500m: 5:52.05	35.96	700m: 8:15.85	36.14	
	150m: 1:40.58 35.08	350m: 4:03.80	36.13	550m: 6:27.88	35.83	750m: 8:51.18	35.33	
	200m: 2:15.98 35.40	400m: 4:39.87	36.07	600m: 7:03.65	35.77	800m: 9:24.95	33.77	
7.	FARIA, Leonor Verissimo	06		Nucleo de Pombal	9:25.92	+0,58	628	
	50m: 32.64 32.64	250m: 2:54.34	35.90	450m: 5:17.20	35.73	650m: 7:40.56	35.73	
	100m: 1:07.41 34.77	300m: 3:29.82	35.48	500m: 5:53.15	35.95	700m: 8:16.57	36.01	
	150m: 1:43.16 35.75	350m: 4:05.86	36.04	550m: 6:28.90	35.75	750m: 8:51.85	35.28	
	200m: 2:18.44 35.28	400m: 4:41.47	35.61	600m: 7:04.83	35.93	800m: 9:25.92	34.07	
8.	LOPES, Francisca Macedo	05		Vilacondense	9:26.01	+0,76	628	
	50m: 32.18 32.18	250m: 2:52.70	35.33	450m: 5:14.97	35.39	650m: 7:38.56	35.89	
	100m: 1:06.88 34.70	300m: 3:28.32	35.62	500m: 5:50.90	35.93	700m: 8:14.51	35.95	
	150m: 1:42.05 35.17	350m: 4:03.78	35.46	550m: 6:26.69	35.79	750m: 8:50.51	36.00	
	200m: 2:17.37 35.32	400m: 4:39.58	35.80	600m: 7:02.67	35.98	800m: 9:26.01	35.50	
9.	CABRAL, Carolina Vizinho	07		Natacao de Vagos	9:26.03	+0,75	628	
	50m: 32.26 32.26	250m: 2:54.12	35.83	450m: 5:18.07	36.29	650m: 7:42.52	36.13	
	100m: 1:07.37 35.11	300m: 3:29.80	35.68	500m: 5:54.24	36.17	700m: 8:18.36	35.84	
	150m: 1:42.80 35.43	350m: 4:06.01	36.21	550m: 6:30.35	36.11	750m: 8:53.79	35.43	
	200m: 2:18.29 35.49	400m: 4:41.78	35.77	600m: 7:06.39	36.04	800m: 9:26.03	32.24	
10.	AGUILAR, Marta Andre	07		Nautico Academico	9:26.86	+0,70	625	
	50m: 32.61 32.61	250m: 2:54.67	35.93	450m: 5:19.11	36.46	650m: 7:43.39	36.02	
	100m: 1:07.39 34.78	300m: 3:30.48	35.81	500m: 5:55.22	36.11	700m: 8:18.60	35.21	
	150m: 1:43.14 35.75	350m: 4:06.54	36.06	550m: 6:31.72	36.50	750m: 8:54.11	35.51	
	200m: 2:18.74 35.60	400m: 4:42.65	36.11	600m: 7:07.37	35.65	800m: 9:26.86	32.75	
11.	NUNES, Rita Sofia	05		Colegio Efanor	9:29.24	+0,70	617	
	50m: 32.46 32.46	250m: 2:54.15	36.06	450m: 5:18.69	36.33	650m: 7:42.86	35.77	
	100m: 1:07.10 34.64	300m: 3:30.08	35.93	500m: 5:54.79	36.10	700m: 8:18.82	35.96	
	150m: 1:42.37 35.27	350m: 4:06.05	35.97	550m: 6:30.91	36.12	750m: 8:54.51	35.69	
	200m: 2:18.09 35.72	400m: 4:42.36	36.31	600m: 7:07.09	36.18	800m: 9:29.24	34.73	

Prova 29, Femin., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ARMAS, Maria Ornelas	98		Vikings	9:29.53	+0,88	616	
	50m: 31.99 31.99	250m: 2:52.27	35.79	450m: 5:16.43	36.00	650m: 7:41.26	36.36	
	100m: 1:05.90 33.91	300m: 3:28.33	36.06	500m: 5:52.44	36.01	700m: 8:17.86	36.60	
	150m: 1:41.03 35.13	350m: 4:04.37	36.04	550m: 6:28.68	36.24	750m: 8:54.18	36.32	
	200m: 2:16.48 35.45	400m: 4:40.43	36.06	600m: 7:04.90	36.22	800m: 9:29.53	35.35	
13.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	9:30.34	+0,78	614	
	50m: 32.54 32.54	250m: 2:53.71	35.71	450m: 5:17.95	36.21	650m: 7:42.99	36.17	
	100m: 1:07.13 34.59	300m: 3:29.71	36.00	500m: 5:54.17	36.22	700m: 8:19.25	36.26	
	150m: 1:42.42 35.29	350m: 4:05.84	36.13	550m: 6:30.59	36.42	750m: 8:55.08	35.83	
	200m: 2:18.00 35.58	400m: 4:41.74	35.90	600m: 7:06.82	36.23	800m: 9:30.34	35.26	
14.	PIMENTEL, Marta Lima	04		Porto	9:34.93	+0,76	599	
	50m: 33.06 33.06	250m: 2:56.53	36.51	450m: 5:21.85	36.74	650m: 7:47.19	36.52	
	100m: 1:08.05 34.99	300m: 3:32.55	36.02	500m: 5:57.89	36.04	700m: 8:23.50	36.31	
	150m: 1:44.28 36.23	350m: 4:09.04	36.49	550m: 6:34.41	36.52	750m: 8:59.93	36.43	
	200m: 2:20.02 35.74	400m: 4:45.11	36.07	600m: 7:10.67	36.26	800m: 9:34.93	35.00	
15.	MORGADO, Alice Jesus	04		Sporting	9:37.84	+0,77	590	
	50m: 32.41 32.41	250m: 2:56.28	36.16	450m: 5:21.65	36.00	650m: 7:47.70	36.15	
	100m: 1:08.31 35.90	300m: 3:32.78	36.50	500m: 5:58.47	36.82	700m: 8:24.83	37.13	
	150m: 1:43.85 35.54	350m: 4:08.68	35.90	550m: 6:34.51	36.04	750m: 9:01.32	36.49	
	200m: 2:20.12 36.27	400m: 4:45.65	36.97	600m: 7:11.55	37.04	800m: 9:37.84	36.52	
16.	LOPES, Matilde Nunes	06		Benfica	9:38.50	+0,75	588	
	50m: 31.70 31.70	250m: 2:52.26	35.75	450m: 5:17.16	36.38	650m: 7:44.63	36.96	
	100m: 1:05.82 34.12	300m: 3:28.14	35.88	500m: 5:54.07	36.91	700m: 8:22.75	38.12	
	150m: 1:40.97 35.15	350m: 4:04.20	36.06	550m: 6:30.53	36.46	750m: 9:00.60	37.85	
	200m: 2:16.51 35.54	400m: 4:40.78	36.58	600m: 7:07.67	37.14	800m: 9:38.50	37.90	
17.	PIRES, Catarina Gaspar	06		Porto	9:39.29	+0,88	586	
	50m: 32.42 32.42	250m: 2:54.92	35.96	450m: 5:19.74	36.46	650m: 7:47.42	37.50	
	100m: 1:07.72 35.30	300m: 3:31.15	36.23	500m: 5:56.40	36.66	700m: 8:24.88	37.46	
	150m: 1:43.15 35.43	350m: 4:07.09	35.94	550m: 6:33.34	36.94	750m: 9:02.35	37.47	
	200m: 2:18.96 35.81	400m: 4:43.28	36.19	600m: 7:09.92	36.58	800m: 9:39.29	36.94	
18.	CRAVEIRO, Luana Ferreira	09		Nautico Marinha Grande	9:39.53	+0,37	585	
	50m: 31.85 31.85	250m: 2:56.42	36.95	450m: 5:24.51	37.05	650m: 7:52.02	35.99	
	100m: 1:06.62 34.77	300m: 3:33.33	36.91	500m: 6:01.33	36.82	700m: 8:28.59	36.57	
	150m: 1:43.21 36.59	350m: 4:10.72	37.39	550m: 6:38.91	37.58	750m: 9:04.33	35.74	
	200m: 2:19.47 36.26	400m: 4:47.46	36.74	600m: 7:16.03	37.12	800m: 9:39.53	35.20	
19.	FREITAS, Diana Gomes	08		Amigos da Montanha	9:43.03	+0,80	574	
	50m: 32.92 32.92	250m: 2:58.62	37.08	450m: 5:27.05	37.29	650m: 7:54.93	37.03	
	100m: 1:08.65 35.73	300m: 3:35.12	36.50	500m: 6:03.85	36.80	700m: 8:31.38	36.45	
	150m: 1:45.34 36.69	350m: 4:12.49	37.37	550m: 6:41.19	37.34	750m: 9:07.94	36.56	
	200m: 2:21.54 36.20	400m: 4:49.76	37.27	600m: 7:17.90	36.71	800m: 9:43.03	35.09	

Prova 29, Femin., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	MOREIRA, Madalena Valente	09		Colegio Efanor	9:45.01	+0,83	569	
	50m: 33.18 33.18	250m: 3:00.81	37.28	450m: 5:27.46	36.78	650m: 7:55.90	37.17	
	100m: 1:09.24 36.06	300m: 3:37.86	37.05	500m: 6:04.73	37.27	700m: 8:33.27	37.37	
	150m: 1:46.16 36.92	350m: 4:13.97	36.11	550m: 6:41.71	36.98	750m: 9:08.85	35.58	
	200m: 2:23.53 37.37	400m: 4:50.68	36.71	600m: 7:18.73	37.02	800m: 9:45.01	36.16	
21.	FERREIRA, Carolina Amadeu	08		Leixoes	9:45.23	+0,64	568	
	50m: 32.68 32.68	250m: 2:59.64	37.25	450m: 5:28.06	37.02	650m: 7:56.26	37.22	
	100m: 1:08.73 36.05	300m: 3:36.43	36.79	500m: 6:04.87	36.81	700m: 8:33.35	37.09	
	150m: 1:45.78 37.05	350m: 4:13.96	37.53	550m: 6:42.01	37.14	750m: 9:10.18	36.83	
	200m: 2:22.39 36.61	400m: 4:51.04	37.08	600m: 7:19.04	37.03	800m: 9:45.23	35.05	
22.	GONCALVES, Leonor Queiroz	09		Braga	9:46.38	+0,74	565	
	50m: 32.94 32.94	250m: 3:01.11	37.59	450m: 5:30.45	37.32	650m: 7:57.99	37.06	
	100m: 1:08.93 35.99	300m: 3:38.83	37.72	500m: 6:07.37	36.92	700m: 8:34.80	36.81	
	150m: 1:46.19 37.26	350m: 4:16.36	37.53	550m: 6:44.24	36.87	750m: 9:11.23	36.43	
	200m: 2:23.52 37.33	400m: 4:53.13	36.77	600m: 7:20.93	36.69	800m: 9:46.38	35.15	
23.	MAIA, Lara Catarina	09		Estarreja/PROZINCO	9:46.54	+0,54	564	
	50m: 32.61 32.61	250m: 2:59.02	37.04	450m: 5:29.07	37.32	650m: 7:58.67	37.66	
	100m: 1:07.93 35.32	300m: 3:36.39	37.37	500m: 6:06.38	37.31	700m: 8:35.89	37.22	
	150m: 1:44.87 36.94	350m: 4:13.96	37.57	550m: 6:43.81	37.43	750m: 9:12.44	36.55	
	200m: 2:21.98 37.11	400m: 4:51.75	37.79	600m: 7:21.01	37.20	800m: 9:46.54	34.10	
24.	VALENTE, Maria Esteves	06		Benfica	9:46.61	+0,81	564	
	50m: 33.28 33.28	250m: 2:59.53	36.64	450m: 5:26.55	37.24	650m: 7:55.34	37.12	
	100m: 1:09.26 35.98	300m: 3:35.75	36.22	500m: 6:03.40	36.85	700m: 8:32.72	37.38	
	150m: 1:46.28 37.02	350m: 4:12.44	36.69	550m: 6:40.86	37.46	750m: 9:10.26	37.54	
	200m: 2:22.89 36.61	400m: 4:49.31	36.87	600m: 7:18.22	37.36	800m: 9:46.61	36.35	
25.	ALVES, Joana Silva	05		Benedita	9:49.94	+0,70	554	
	50m: 32.19 32.19	250m: 2:58.08	36.75	450m: 5:28.14	37.76	650m: 7:58.80	37.29	
	100m: 1:07.83 35.64	300m: 3:35.47	37.39	500m: 6:06.17	38.03	700m: 8:36.66	37.86	
	150m: 1:44.24 36.41	350m: 4:12.55	37.08	550m: 6:43.70	37.53	750m: 9:13.71	37.05	
	200m: 2:21.33 37.09	400m: 4:50.38	37.83	600m: 7:21.51	37.81	800m: 9:49.94	36.23	
26.	LUIZ, Margarida Maria	08		Lagoa AC	9:52.05	+0,71	549	
	50m: 33.55 33.55	250m: 3:02.02	37.68	450m: 5:33.09	37.47	650m: 8:02.79	37.70	
	100m: 1:09.83 36.28	300m: 3:39.64	37.62	500m: 6:10.59	37.50	700m: 8:40.00	37.21	
	150m: 1:46.80 36.97	350m: 4:17.46	37.82	550m: 6:48.00	37.41	750m: 9:16.13	36.13	
	200m: 2:24.34 37.54	400m: 4:55.62	38.16	600m: 7:25.09	37.09	800m: 9:52.05	35.92	
27.	FERREIRA, Joana Rosa	05		Naval de Peniche	9:52.23	+0,76	548	
	50m: 33.26 33.26	250m: 2:59.69	37.09	450m: 5:30.30	38.21	650m: 8:01.68	38.01	
	100m: 1:09.18 35.92	300m: 3:36.79	37.10	500m: 6:07.83	37.53	700m: 8:39.07	37.39	
	150m: 1:45.99 36.81	350m: 4:14.63	37.84	550m: 6:45.96	38.13	750m: 9:16.35	37.28	
	200m: 2:22.60 36.61	400m: 4:52.09	37.46	600m: 7:23.67	37.71	800m: 9:52.23	35.88	

Prova 29, Femin., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	9:54.05	+0,62	543	
	50m: 33.03 33.03	250m: 3:01.09	37.34	450m: 5:31.08	36.87	650m: 8:00.90	37.46	
	100m: 1:09.37 36.34	300m: 3:38.80	37.71	500m: 6:08.59	37.51	700m: 8:39.14	38.24	
	150m: 1:45.86 36.49	350m: 4:16.30	37.50	550m: 6:45.82	37.23	750m: 9:16.64	37.50	
	200m: 2:23.75 37.89	400m: 4:54.21	37.91	600m: 7:23.44	37.62	800m: 9:54.05	37.41	
29.	VIANA, Matilde Violante	07		Nautico de Leiria	9:54.28	+0,76	542	
	50m: 33.06 33.06	250m: 3:01.04	37.65	450m: 5:30.93	37.58	650m: 8:01.85	37.60	
	100m: 1:09.11 36.05	300m: 3:38.27	37.23	500m: 6:08.59	37.66	700m: 8:39.79	37.94	
	150m: 1:45.92 36.81	350m: 4:15.87	37.60	550m: 6:46.16	37.57	750m: 9:17.26	37.47	
	200m: 2:23.39 37.47	400m: 4:53.35	37.48	600m: 7:24.25	38.09	800m: 9:54.28	37.02	
30.	OLIVEIRA, Vanessa Sofia	05		Gafanha da Encarnacao	9:54.37	+0,93	542	
	50m: 34.65 34.65	250m: 3:03.22	37.29	450m: 5:32.94	37.80	650m: 8:04.00	37.56	
	100m: 1:11.23 36.58	300m: 3:40.47	37.25	500m: 6:10.62	37.68	700m: 8:41.61	37.61	
	150m: 1:48.37 37.14	350m: 4:17.83	37.36	550m: 6:48.51	37.89	750m: 9:18.49	36.88	
	200m: 2:25.93 37.56	400m: 4:55.14	37.31	600m: 7:26.44	37.93	800m: 9:54.37	35.88	
31.	LOPES, Catarina Maria	08		BUZIOS-Coruche	9:56.10	+0,61	537	
	50m: 33.20 33.20	250m: 3:01.52	37.67	450m: 5:33.06	37.96	650m: 8:04.91	37.87	
	100m: 1:08.88 35.68	300m: 3:39.16	37.64	500m: 6:11.37	38.31	700m: 8:42.46	37.55	
	150m: 1:46.47 37.59	350m: 4:17.25	38.09	550m: 6:49.40	38.03	750m: 9:20.36	37.90	
	200m: 2:23.85 37.38	400m: 4:55.10	37.85	600m: 7:27.04	37.64	800m: 9:56.10	35.74	
32.	CRUZ, Ana Carolina	08		Famalicao	9:57.19	+0,79	534	
	50m: 33.41 33.41	250m: 3:03.85	37.65	450m: 5:35.48	38.19	650m: 8:06.70	37.26	
	100m: 1:10.75 37.34	300m: 3:41.98	38.13	500m: 6:13.83	38.35	700m: 8:44.37	37.67	
	150m: 1:48.32 37.57	350m: 4:19.40	37.42	550m: 6:52.25	38.42	750m: 9:21.73	37.36	
	200m: 2:26.20 37.88	400m: 4:57.29	37.89	600m: 7:29.44	37.19	800m: 9:57.19	35.46	
33.	SANTOS, Leonor Castanho	07		Sporting	9:58.13	+0,86	532	
	50m: 33.26 33.26	250m: 3:00.81	37.60	450m: 5:31.72	37.66	650m: 8:04.23	38.41	
	100m: 1:09.04 35.78	300m: 3:38.34	37.53	500m: 6:09.72	38.00	700m: 8:42.17	37.94	
	150m: 1:45.99 36.95	350m: 4:16.15	37.81	550m: 6:47.90	38.18	750m: 9:21.02	38.85	
	200m: 2:23.21 37.22	400m: 4:54.06	37.91	600m: 7:25.82	37.92	800m: 9:58.13	37.11	
34.	GOMES, Lia Beatriz	06		Vitoria Guimaraes	9:58.15	+0,68	532	
	50m: 32.86 32.86	250m: 2:58.02	36.59	450m: 5:29.05	37.94	650m: 8:03.65	38.32	
	100m: 1:08.56 35.70	300m: 3:35.47	37.45	500m: 6:07.72	38.67	700m: 8:42.76	39.11	
	150m: 1:44.60 36.04	350m: 4:13.04	37.57	550m: 6:46.17	38.45	750m: 9:21.09	38.33	
	200m: 2:21.43 36.83	400m: 4:51.11	38.07	600m: 7:25.33	39.16	800m: 9:58.15	37.06	
35.	PINTO, Maria Carvalho	09		Viana Natacao	9:59.04	+0,81	530	
	50m: 33.25 33.25	250m: 3:01.07	37.31	450m: 5:32.25	37.44	650m: 8:05.34	38.45	
	100m: 1:09.12 35.87	300m: 3:39.00	37.93	500m: 6:10.58	38.33	700m: 8:43.58	38.24	
	150m: 1:46.44 37.32	350m: 4:16.94	37.94	550m: 6:48.47	37.89	750m: 9:22.03	38.45	
	200m: 2:23.76 37.32	400m: 4:54.81	37.87	600m: 7:26.89	38.42	800m: 9:59.04	37.01	

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Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	RODRIGUES, Leonor Carreiro	07		Benfica	10:02.09	+0,56	522	
	50m: 33.11	33.11	250m: 3:00.77	37.32	450m: 5:32.81	38.55	650m: 8:07.39	38.98
	100m: 1:09.39	36.28	300m: 3:38.22	37.45	500m: 6:11.33	38.52	700m: 8:45.96	38.57
	150m: 1:46.38	36.99	350m: 4:16.22	38.00	550m: 6:50.12	38.79	750m: 9:25.04	39.08
	200m: 2:23.45	37.07	400m: 4:54.26	38.04	600m: 7:28.41	38.29	800m: 10:02.09	37.05
37.	AMBRUS, Beatriz Alves	09		Porto	10:02.49	+0,61	520	
	50m: 33.68	33.68	250m: 3:05.42	38.50	450m: 5:36.94	37.69	650m: 8:09.86	37.93
	100m: 1:10.90	37.22	300m: 3:43.28	37.86	500m: 6:15.75	38.81	700m: 8:48.56	38.70
	150m: 1:48.93	38.03	350m: 4:21.10	37.82	550m: 6:53.46	37.71	750m: 9:26.04	37.48
	200m: 2:26.92	37.99	400m: 4:59.25	38.15	600m: 7:31.93	38.47	800m: 10:02.49	36.45
38.	GOMES, Rita Cunha	07		Viana Natacao	10:02.87	+0,85	519	
	50m: 34.14	34.14	250m: 3:04.43	38.15	450m: 5:38.05	38.36	650m: 8:10.81	37.98
	100m: 1:11.14	37.00	300m: 3:42.48	38.05	500m: 6:16.54	38.49	700m: 8:48.98	38.17
	150m: 1:48.70	37.56	350m: 4:20.97	38.49	550m: 6:54.48	37.94	750m: 9:26.33	37.35
	200m: 2:26.28	37.58	400m: 4:59.69	38.72	600m: 7:32.83	38.35	800m: 10:02.87	36.54
39.	MARTINS, Carolina Correia	09		Porto	10:02.99	+0,77	519	
	50m: 34.50	34.50	250m: 3:05.09	37.41	450m: 5:36.76	37.11	650m: 8:08.83	37.79
	100m: 1:12.30	37.80	300m: 3:43.54	38.45	500m: 6:15.06	38.30	700m: 8:47.20	38.37
	150m: 1:49.44	37.14	350m: 4:21.49	37.95	550m: 6:52.77	37.71	750m: 9:25.32	38.12
	200m: 2:27.68	38.24	400m: 4:59.65	38.16	600m: 7:31.04	38.27	800m: 10:02.99	37.67
40.	CORTESAO, Maria Manuel	08		Nautico Academico	10:04.01	+0,73	517	
	50m: 33.91	33.91	250m: 3:04.53	37.91	450m: 5:36.21	38.20	650m: 8:09.27	38.39
	100m: 1:11.04	37.13	300m: 3:42.47	37.94	500m: 6:14.55	38.34	700m: 8:47.49	38.22
	150m: 1:48.84	37.80	350m: 4:20.36	37.89	550m: 6:52.94	38.39	750m: 9:25.91	38.42
	200m: 2:26.62	37.78	400m: 4:58.01	37.65	600m: 7:30.88	37.94	800m: 10:04.01	38.10
41.	CAVALEIRO, Leonor Mercês	09		Columbofila Cantanhedense	10:10.06	+0,64	501	
	50m: 33.73	33.73	250m: 3:06.16	38.09	450m: 5:41.59	37.91	650m: 8:16.34	37.61
	100m: 1:11.65	37.92	300m: 3:45.36	39.20	500m: 6:20.61	39.02	700m: 8:55.20	38.86
	150m: 1:49.13	37.48	350m: 4:23.93	38.57	550m: 6:59.62	39.01	750m: 9:32.69	37.49
	200m: 2:28.07	38.94	400m: 5:03.68	39.75	600m: 7:38.73	39.11	800m: 10:10.06	37.37
42.	SILVA, Marta Oliveira	09		Sanjoanense/FEPSA	10:15.21	+0,76	489	
	50m: 34.42	34.42	250m: 3:06.42	38.16	450m: 5:41.25	38.95	650m: 8:18.52	39.29
	100m: 1:11.70	37.28	300m: 3:44.57	38.15	500m: 6:20.12	38.87	700m: 8:58.14	39.62
	150m: 1:49.68	37.98	350m: 4:23.54	38.97	550m: 6:59.77	39.65	750m: 9:37.49	39.35
	200m: 2:28.26	38.58	400m: 5:02.30	38.76	600m: 7:39.23	39.46	800m: 10:15.21	37.72
43.	JORGE, Sofia Pereira	08		Galitos / Bresimar	10:16.30	+0,88	486	
	50m: 32.94	32.94	250m: 3:06.56	38.54	450m: 5:43.04	38.75	650m: 8:20.43	38.72
	100m: 1:10.62	37.68	300m: 3:46.36	39.80	500m: 6:23.31	40.27	700m: 9:00.41	39.98
	150m: 1:48.43	37.81	350m: 4:24.53	38.17	550m: 7:01.80	38.49	750m: 9:38.20	37.79
	200m: 2:28.02	39.59	400m: 5:04.29	39.76	600m: 7:41.71	39.91	800m: 10:16.30	38.10

Prova 29, Femin., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	PINTO, Lara Filipa	08		Porto	10:17.26	+0,71	484	
	50m: 34.30 34.30	250m: 3:08.24	38.96	450m: 5:44.43	38.61	650m: 8:21.28	38.13	
	100m: 1:12.30 38.00	300m: 3:47.68	39.44	500m: 6:24.16	39.73	700m: 9:01.54	40.26	
	150m: 1:50.05 37.75	350m: 4:25.98	38.30	550m: 7:02.85	38.69	750m: 9:39.27	37.73	
	200m: 2:29.28 39.23	400m: 5:05.82	39.84	600m: 7:43.15	40.30	800m: 10:17.26	37.99	
45.	BAIONA, Raquel Santos	08		Colegio Monte Maior	10:18.29	+0,85	482	
	50m: 35.53 35.53	250m: 3:10.76	39.29	450m: 5:46.78	38.91	650m: 8:22.94	38.92	
	100m: 1:13.36 37.83	300m: 3:49.69	38.93	500m: 6:25.82	39.04	700m: 9:02.10	39.16	
	150m: 1:52.49 39.13	350m: 4:28.92	39.23	550m: 7:04.83	39.01	750m: 9:40.61	38.51	
	200m: 2:31.47 38.98	400m: 5:07.87	38.95	600m: 7:44.02	39.19	800m: 10:18.29	37.68	
46.	SANTOS, Joana Pereira	09		Rio Maior	10:19.24	+0,82	479	
	50m: 34.45 34.45	250m: 3:07.73	38.85	450m: 5:44.90	39.54	650m: 8:23.26	39.66	
	100m: 1:12.15 37.70	300m: 3:46.76	39.03	500m: 6:24.38	39.48	700m: 9:02.63	39.37	
	150m: 1:50.61 38.46	350m: 4:26.04	39.28	550m: 7:03.81	39.43	750m: 9:41.83	39.20	
	200m: 2:28.88 38.27	400m: 5:05.36	39.32	600m: 7:43.60	39.79	800m: 10:19.24	37.41	
47.	NEVES, Ana Carolina	08		Fluvial Portuense	10:19.79	+0,52	478	
	50m: 32.97 32.97	250m: 3:04.13	38.90	450m: 5:41.11	39.75	650m: 8:21.31	40.16	
	100m: 1:09.52 36.55	300m: 3:42.99	38.86	500m: 6:21.09	39.98	700m: 9:00.71	39.40	
	150m: 1:47.15 37.63	350m: 4:21.95	38.96	550m: 7:00.94	39.85	750m: 9:40.62	39.91	
	200m: 2:25.23 38.08	400m: 5:01.36	39.41	600m: 7:41.15	40.21	800m: 10:19.79	39.17	
48.	MARGARIDO, Paula Aguiar	09		Juventude Atlantico	10:22.54		472	
	50m: 34.46 34.46	250m: 3:08.37	39.63	450m: 5:47.17	40.41	650m: 8:27.84	40.01	
	100m: 1:11.34 36.88	300m: 3:47.57	39.20	500m: 6:27.85	40.68	700m: 9:07.11	39.27	
	150m: 1:49.86 38.52	350m: 4:27.28	39.71	550m: 7:07.57	39.72	750m: 9:45.37	38.26	
	200m: 2:28.74 38.88	400m: 5:06.76	39.48	600m: 7:47.83	40.26	800m: 10:22.54	37.17	
49.	PEDREIRO, Francisca Soreto	09		Galitos / Bresimar	10:22.80	+0,70	471	
	50m: 34.69 34.69	250m: 3:09.14	39.40	450m: 5:46.81	40.06	650m: 8:26.81	40.45	
	100m: 1:11.77 37.08	300m: 3:47.59	38.45	500m: 6:26.19	39.38	700m: 9:05.96	39.15	
	150m: 1:51.13 39.36	350m: 4:27.26	39.67	550m: 7:06.94	40.75	750m: 9:45.79	39.83	
	200m: 2:29.74 38.61	400m: 5:06.75	39.49	600m: 7:46.36	39.42	800m: 10:22.80	37.01	
50.	MADEIRA, Carolina Marques	09		Nacional de Natacao	10:23.14	+0,81	470	
	50m: 34.86 34.86	250m: 3:11.76	39.41	450m: 5:50.53	39.67	650m: 8:28.76	39.52	
	100m: 1:13.41 38.55	300m: 3:51.40	39.64	500m: 6:30.10	39.57	700m: 9:07.44	38.68	
	150m: 1:52.97 39.56	350m: 4:31.29	39.89	550m: 7:10.08	39.98	750m: 9:46.06	38.62	
	200m: 2:32.35 39.38	400m: 5:10.86	39.57	600m: 7:49.24	39.16	800m: 10:23.14	37.08	
51.	GASPAR, Joana Melo	09		Nacional de Natacao	10:23.47	+0,62	470	
	50m: 35.65 35.65	250m: 3:13.45	39.62	450m: 5:51.39	39.58	650m: 8:28.30	39.70	
	100m: 1:14.63 38.98	300m: 3:53.08	39.63	500m: 6:30.11	38.72	700m: 9:07.34	39.04	
	150m: 1:54.64 40.01	350m: 4:32.73	39.65	550m: 7:09.48	39.37	750m: 9:46.53	39.19	
	200m: 2:33.83 39.19	400m: 5:11.81	39.08	600m: 7:48.60	39.12	800m: 10:23.47	36.94	

Prova 29, Femin., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	CRUZ, Constanca Lopes	09		Colegio Monte Maior	10:31.50	+0,80	452	
	50m: 35.33 35.33	250m: 3:12.44	39.36	450m: 5:52.90	40.36	650m: 8:34.86	40.53	
	100m: 1:14.11 38.78	300m: 3:52.37	39.93	500m: 6:33.84	40.94	700m: 9:15.18	40.32	
	150m: 1:53.09 38.98	350m: 4:32.79	40.42	550m: 7:13.93	40.09	750m: 9:54.12	38.94	
	200m: 2:33.08 39.99	400m: 5:12.54	39.75	600m: 7:54.33	40.40	800m: 10:31.50	37.38	
53.	SANTOS, Teresa Oliveira	08		Alges	10:33.26	+0,87	448	
	50m: 33.57 33.57	250m: 3:08.92	39.60	450m: 5:50.07	40.74	650m: 8:33.54	40.13	
	100m: 1:11.25 37.68	300m: 3:48.69	39.77	500m: 6:32.02	41.95	700m: 9:14.48	40.94	
	150m: 1:50.31 39.06	350m: 4:28.22	39.53	550m: 7:12.21	40.19	750m: 9:54.38	39.90	
	200m: 2:29.32 39.01	400m: 5:09.33	41.11	600m: 7:53.41	41.20	800m: 10:33.26	38.88	
54.	SANTOS, Joana Almeida	09		Galitos / Bresimar	10:34.62	+0,73	445	
	50m: 34.96 34.96	250m: 3:11.42	39.91	450m: 5:53.45	40.65	650m: 8:36.11	40.56	
	100m: 1:12.21 37.25	300m: 3:52.24	40.82	500m: 6:33.71	40.26	700m: 9:16.72	40.61	
	150m: 1:51.74 39.53	350m: 4:32.58	40.34	550m: 7:14.54	40.83	750m: 9:56.51	39.79	
	200m: 2:31.51 39.77	400m: 5:12.80	40.22	600m: 7:55.55	41.01	800m: 10:34.62	38.11	
55.	MACEDO, Alice Mendes	08		Estamos Juntos	10:35.70		443	
	50m: 33.83 33.83	250m: 3:07.85	38.91	450m: 5:50.91	40.99	650m: 8:36.65	41.42	
	100m: 1:11.03 37.20	300m: 3:48.55	40.70	500m: 6:32.39	41.48	700m: 9:17.72	41.07	
	150m: 1:49.39 38.36	350m: 4:28.82	40.27	550m: 7:13.35	40.96	750m: 9:58.04	40.32	
	200m: 2:28.94 39.55	400m: 5:09.92	41.10	600m: 7:55.23	41.88	800m: 10:35.70	37.66	
56.	PEREIRA, Eduarda Ribeiro	09		Naval do Funchal	10:37.42	+0,73	439	
	50m: 34.01 34.01	250m: 3:12.20	39.86	450m: 5:53.66	39.99	650m: 8:36.64	40.33	
	100m: 1:12.96 38.95	300m: 3:53.10	40.90	500m: 6:35.30	41.64	700m: 9:17.94	41.30	
	150m: 1:52.23 39.27	350m: 4:33.03	39.93	550m: 7:15.16	39.86	750m: 9:58.06	40.12	
	200m: 2:32.34 40.11	400m: 5:13.67	40.64	600m: 7:56.31	41.15	800m: 10:37.42	39.36	