

Prova 1  
30/03/2023 - 9:00

Femin., 1500m Livres

Open  
Resultados Elimin

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

JO : 16:09.09 / CMPL 19 +: 16:29.57 / CESub23 19 - 23: 16:43.01 / CEJun\_Fem 14 - 17: 17:14.78 / TAC Sen 50m: 19:03.37 - 25m: 18:41.13; Jun 50m: 19:31.95 - 25m: 19:09.16

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Tamila Hryhorivna HOLUB	99		Braga	<b>17:09.11</b>	<b>+0,77</b>	<b>715</b>	Q
	50m: 30.95	30.95	450m: 5:01.10	33.83	850m: 9:35.89	34.70	1250m: 14:14.50	34.62
	100m: 1:04.22	33.27	500m: 5:35.46	34.36	900m: 10:10.79	34.90	1300m: 14:49.32	34.82
	150m: 1:37.67	33.45	550m: 6:09.76	34.30	950m: 10:45.36	34.57	1350m: 15:24.15	34.83
	200m: 2:11.38	33.71	600m: 6:43.91	34.15	1000m: 11:20.56	35.20	1400m: 15:59.05	34.90
	250m: 2:45.42	34.04	650m: 7:18.23	34.32	1050m: 11:55.30	34.74	1450m: 16:34.15	35.10
	300m: 3:19.13	33.71	700m: 7:52.58	34.35	1100m: 12:29.91	34.61	1500m: 17:09.11	34.96
	350m: 3:53.21	34.08	750m: 8:27.13	34.55	1150m: 13:04.60	34.69		
	400m: 4:27.27	34.06	800m: 9:01.19	34.06	1200m: 13:39.88	35.28		
2.	Diana Margarida DURAES	96		Benfica	<b>17:19.38</b>	<b>+0,76</b>	<b>694</b>	Q
	50m: 32.39	32.39	400m: 4:37.02	35.15	750m: 8:41.21	34.75	1100m: 12:43.65	34.33
	100m: 1:07.00	34.61	450m: 5:12.17	35.15	800m: 9:15.76	34.55	1150m: 13:18.15	34.50
	150m: 1:41.90	34.90	500m: 5:47.37	35.20	850m: 9:50.45	34.69	1200m: 13:52.71	34.56
	200m: 2:16.74	34.84	550m: 6:22.22	34.85	900m: 10:25.18	34.73	1300m: 15:01.53	1:08.82
	250m: 2:51.70	34.96	600m: 6:57.05	34.83	950m: 10:59.91	34.73	1400m: 16:10.45	1:08.92
	300m: 3:26.73	35.03	650m: 7:31.89	34.84	1000m: 11:34.68	34.77	1500m: 17:19.38	1:08.93
	350m: 4:01.87	35.14	700m: 8:06.46	34.57	1050m: 12:09.32	34.64		
3.	Mariana Amaral MENDES	02		Sporting	<b>17:30.64</b>	<b>+0,80</b>	<b>672</b>	Q
	50m: 32.58	32.58	400m: 4:38.44	35.28	750m: 8:44.74	35.22	1100m: 12:50.35	35.19
	100m: 1:07.37	34.79	450m: 5:13.72	35.28	800m: 9:19.73	34.99	1150m: 13:25.59	35.24
	150m: 1:42.49	35.12	500m: 5:48.74	35.02	850m: 9:54.89	35.16	1200m: 14:00.65	35.06
	200m: 2:17.58	35.09	550m: 6:23.83	35.09	900m: 10:29.87	34.98	1300m: 15:10.86	1:10.21
	250m: 2:52.67	35.09	600m: 6:59.01	35.18	950m: 11:04.96	35.09	1400m: 16:20.95	1:10.09
	300m: 3:27.91	35.24	650m: 7:34.32	35.31	1000m: 11:40.07	35.11	1500m: 17:30.64	1:09.69
	350m: 4:03.16	35.25	700m: 8:09.52	35.20	1050m: 12:15.16	35.09		
4.	Carolina Pereira VIANA	04		Sporting	<b>17:42.15</b>	<b>+0,84</b>	<b>650</b>	Q
	50m: 31.98	31.98	450m: 5:11.93	35.59	850m: 9:55.78	36.07	1250m: 14:44.71	36.24
	100m: 1:05.65	33.67	500m: 5:47.29	35.36	900m: 10:31.63	35.85	1300m: 15:20.65	35.94
	150m: 1:40.28	34.63	550m: 6:22.42	35.13	950m: 11:07.74	36.11	1350m: 15:56.54	35.89
	200m: 2:15.33	35.05	600m: 6:57.90	35.48	1000m: 11:43.86	36.12	1400m: 16:32.07	35.53
	250m: 2:50.27	34.94	650m: 7:33.19	35.29	1050m: 12:20.02	36.16	1450m: 17:07.75	35.68
	300m: 3:25.65	35.38	700m: 8:08.62	35.43	1100m: 12:55.92	35.90	1500m: 17:42.15	34.40
	350m: 4:01.04	35.39	750m: 8:44.21	35.59	1150m: 13:32.29	36.37		
	400m: 4:36.34	35.30	800m: 9:19.71	35.50	1200m: 14:08.47	36.18		

Prova 1, Femin., 1500m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Daniela Magalhaes LOPES	05		Famalicao	<b>17:57.65</b>	<b>+0,84</b>	<b>623</b>	Q
	50m: 32.90	32.90	400m: 4:42.58	35.99	750m: 8:53.89	36.09	1100m: 13:08.13	36.07
	100m: 1:08.02	35.12	450m: 5:18.35	35.77	800m: 9:30.00	36.11	1150m: 13:44.61	36.48
	150m: 1:43.56	35.54	500m: 5:54.18	35.83	850m: 10:06.22	36.22	1200m: 14:20.62	36.01
	200m: 2:19.01	35.45	550m: 6:29.93	35.75	900m: 10:42.62	36.40	1300m: 15:33.68	1:13.06
	250m: 2:54.80	35.79	600m: 7:05.69	35.76	950m: 11:19.49	36.87	1400m: 16:47.12	1:13.44
	300m: 3:30.52	35.72	650m: 7:41.62	35.93	1000m: 11:55.81	36.32	1500m: 17:57.65	1:10.53
	350m: 4:06.59	36.07	700m: 8:17.80	36.18	1050m: 12:32.06	36.25		
6.	Maria Ornelas ARMAS	98		Vikings	<b>18:02.51</b>	<b>+0,85</b>	<b>614</b>	Q
	50m: 32.32	32.32	450m: 5:17.24	36.03	850m: 10:07.66	36.47	1250m: 14:59.95	36.44
	100m: 1:06.77	34.45	500m: 5:53.77	36.53	900m: 10:43.74	36.08	1300m: 15:36.83	36.88
	150m: 1:42.00	35.23	550m: 6:30.05	36.28	950m: 11:20.22	36.48	1350m: 16:13.45	36.62
	200m: 2:17.53	35.53	600m: 7:06.32	36.27	1000m: 11:56.55	36.33	1400m: 16:50.41	36.96
	250m: 2:53.19	35.66	650m: 7:42.61	36.29	1050m: 12:33.16	36.61	1450m: 17:26.65	36.24
	300m: 3:29.18	35.99	700m: 8:18.66	36.05	1100m: 13:10.11	36.95	1500m: 18:02.51	35.86
	350m: 4:05.17	35.99	750m: 8:54.98	36.32	1150m: 13:46.77	36.66		
	400m: 4:41.21	36.04	800m: 9:31.19	36.21	1200m: 14:23.51	36.74		
7.	Carolina Esteves PEIXOTO	06		Braga	<b>18:05.65</b>	<b>+0,81</b>	<b>609</b>	Q
	50m: 32.28	32.28	400m: 4:43.31	36.38	750m: 8:58.29	36.29	1100m: 13:13.73	36.94
	100m: 1:07.40	35.12	450m: 5:19.49	36.18	800m: 9:34.94	36.65	1150m: 13:50.33	36.60
	150m: 1:42.77	35.37	500m: 5:56.10	36.61	850m: 10:11.09	36.15	1200m: 14:27.08	36.75
	200m: 2:18.65	35.88	550m: 6:32.39	36.29	900m: 10:47.32	36.23	1300m: 15:41.15	1:14.07
	250m: 2:54.64	35.99	600m: 7:09.10	36.71	950m: 11:23.74	36.42	1400m: 16:54.08	1:12.93
	300m: 3:30.93	36.29	650m: 7:45.38	36.28	1000m: 12:00.24	36.50	1500m: 18:05.65	1:11.57
	350m: 4:06.93	36.00	700m: 8:22.00	36.62	1050m: 12:36.79	36.55		
8.	Marta Lima PIMENTEL	04		Porto	<b>18:06.41</b>	<b>+0,78</b>	<b>608</b>	Q
	50m: 32.77	32.77	450m: 5:19.65	36.56	850m: 10:09.79	36.47	1250m: 15:02.44	36.95
	100m: 1:07.68	34.91	500m: 5:55.74	36.09	900m: 10:46.37	36.58	1300m: 15:39.24	36.80
	150m: 1:43.27	35.59	550m: 6:31.97	36.23	950m: 11:22.74	36.37	1350m: 16:16.51	37.27
	200m: 2:18.99	35.72	600m: 7:08.20	36.23	1000m: 11:59.13	36.39	1400m: 16:53.54	37.03
	250m: 2:55.08	36.09	650m: 7:44.46	36.26	1050m: 12:35.61	36.48	1450m: 17:30.38	36.84
	300m: 3:31.06	35.98	700m: 8:20.70	36.24	1100m: 13:11.99	36.38	1500m: 18:06.41	36.03
	350m: 4:07.00	35.94	750m: 8:56.94	36.24	1150m: 13:48.61	36.62		
	400m: 4:43.09	36.09	800m: 9:33.32	36.38	1200m: 14:25.49	36.88		
9.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	<b>18:25.98</b>	<b>+0,76</b>	<b>576</b>	Q
	50m: 33.00	33.00	450m: 5:24.02	36.31	850m: 10:19.67	37.03	1250m: 15:19.29	37.29
	100m: 1:08.42	35.42	500m: 6:00.90	36.88	900m: 10:57.20	37.53	1300m: 15:56.91	37.62
	150m: 1:44.75	36.33	550m: 6:37.52	36.62	950m: 11:34.31	37.11	1350m: 16:33.91	37.00
	200m: 2:21.43	36.68	600m: 7:14.31	36.79	1000m: 12:11.83	37.52	1400m: 17:11.43	37.52
	250m: 2:57.90	36.47	650m: 7:51.15	36.84	1050m: 12:49.32	37.49	1450m: 17:48.67	37.24
	300m: 3:34.32	36.42	700m: 8:28.51	37.36	1100m: 13:26.98	37.66	1500m: 18:25.98	37.31
	350m: 4:11.15	36.83	750m: 9:05.33	36.82	1150m: 14:04.14	37.16		
	400m: 4:47.71	36.56	800m: 9:42.64	37.31	1200m: 14:42.00	37.86		
10.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>18:28.15</b>	<b>+0,70</b>	<b>573</b>	Q
	50m: 33.02	33.02	350m: 4:12.37	37.17	650m: 7:54.91	37.10	950m: 11:38.94	37.27
	100m: 1:08.61	35.59	400m: 4:49.55	37.18	700m: 8:32.22	37.31	1000m: 12:16.20	37.26
	150m: 1:44.66	36.05	450m: 5:26.66	37.11	750m: 9:09.37	37.15	1050m: 12:53.57	37.37
	200m: 2:21.29	36.63	500m: 6:03.71	37.05	800m: 9:46.92	37.55	1100m: 13:30.89	37.32
	250m: 2:58.23	36.94	550m: 6:40.80	37.09	850m: 10:24.21	37.29	1150m: 14:08.21	37.32
	300m: 3:35.20	36.97	600m: 7:17.81	37.01	900m: 11:01.67	37.46	1500m: 18:28.15	4:19.94

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

## Prova 1, Femin., 1500m Livres, Elimina, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
11.	Catarina Gaspar PIRES	06		Porto	<b>18:31.94</b>	<b>+0,82</b>	<b>567</b>	R
	50m: 32.89	32.89	450m: 5:25.19	37.04	850m: 10:23.42	36.97	1250m: 15:23.28	37.71
	100m: 1:08.26	35.37	500m: 6:02.69	37.50	900m: 11:01.07	37.65	1300m: 16:00.96	37.68
	150m: 1:44.20	35.94	550m: 6:39.50	36.81	950m: 11:38.46	37.39	1350m: 16:38.62	37.66
	200m: 2:20.65	36.45	600m: 7:17.12	37.62	1000m: 12:16.16	37.70	1400m: 17:16.39	37.77
	250m: 2:56.83	36.18	650m: 7:54.17	37.05	1050m: 12:53.33	37.17	1450m: 17:54.16	37.77
	300m: 3:33.84	37.01	700m: 8:31.80	37.63	1100m: 13:31.02	37.69	1500m: 18:31.94	37.78
	350m: 4:10.74	36.90	750m: 9:09.05	37.25	1150m: 14:08.16	37.14		
	400m: 4:48.15	37.41	800m: 9:46.45	37.40	1200m: 14:45.57	37.41		
12.	Rita Sofia NUNES	05		Colegio Efanor	<b>18:37.37</b>	<b>+0,85</b>	<b>559</b>	R
	50m: 33.32	33.32	400m: 4:49.35	37.13	750m: 9:11.76	38.08	1100m: 13:35.43	38.17
	100m: 1:09.04	35.72	450m: 5:26.62	37.27	800m: 9:49.05	37.29	1150m: 14:13.57	38.14
	150m: 1:45.29	36.25	500m: 6:03.78	37.16	850m: 10:26.48	37.43	1200m: 14:51.64	38.07
	200m: 2:21.99	36.70	550m: 6:41.22	37.44	900m: 11:04.03	37.55	1300m: 16:07.03	1:15.39
	250m: 2:58.65	36.66	600m: 7:18.38	37.16	950m: 11:41.31	37.28	1400m: 17:22.88	1:15.85
	300m: 3:35.28	36.63	650m: 7:56.10	37.72	1000m: 12:19.29	37.98	1500m: 18:37.37	1:14.49
	350m: 4:12.22	36.94	700m: 8:33.68	37.58	1050m: 12:57.26	37.97		
13.	Catarina Isabel CARLOTA	05		BUZIOS-Coruche	<b>18:37.98</b>	<b>+0,75</b>	<b>558</b>	
	50m: 32.19	32.19	450m: 5:29.08	37.63	850m: 10:29.83	37.71	1250m: 15:31.58	37.85
	100m: 1:07.87	35.68	500m: 6:06.96	37.88	900m: 11:07.56	37.73	1300m: 16:09.71	38.13
	150m: 1:44.83	36.96	550m: 6:44.65	37.69	950m: 11:45.12	37.56	1350m: 16:47.30	37.59
	200m: 2:21.90	37.07	600m: 7:21.97	37.32	1000m: 12:22.72	37.60	1400m: 17:24.80	37.50
	250m: 2:59.01	37.11	650m: 7:59.43	37.46	1050m: 13:00.33	37.61	1450m: 18:01.67	36.87
	300m: 3:36.25	37.24	700m: 8:36.82	37.39	1100m: 13:38.10	37.77	1500m: 18:37.98	36.31
	350m: 4:13.69	37.44	750m: 9:14.46	37.64	1150m: 14:15.91	37.81		
	400m: 4:51.45	37.76	800m: 9:52.12	37.66	1200m: 14:53.73	37.82		
14.	Joana Silva ALVES	05		Benedita	<b>18:49.03</b>	<b>+0,67</b>	<b>541</b>	
	50m: 33.30	33.30	400m: 4:53.42	37.70	750m: 9:18.23	37.80	1100m: 13:44.73	37.82
	100m: 1:09.44	36.14	450m: 5:31.15	37.73	800m: 9:55.91	37.68	1200m: 15:01.06	1:16.33
	150m: 1:46.30	36.86	500m: 6:08.62	37.47	850m: 10:34.39	38.48	1300m: 16:17.62	1:16.56
	200m: 2:23.30	37.00	550m: 6:46.78	38.16	900m: 11:12.27	37.88	1400m: 17:33.63	1:16.01
	250m: 3:00.98	37.68	600m: 7:24.64	37.86	950m: 11:50.48	38.21	1500m: 18:49.03	1:15.40
	300m: 3:38.42	37.44	650m: 8:02.84	38.20	1000m: 12:28.51	38.03		
	350m: 4:15.72	37.30	700m: 8:40.43	37.59	1050m: 13:06.91	38.40		
15.	Joana Rosa FERREIRA	05		Naval de Peniche	<b>18:50.35</b>	<b>+0,79</b>	<b>540</b>	
	50m: 33.04	33.04	400m: 4:54.14	38.10	750m: 9:20.00	37.90	1100m: 13:47.46	38.41
	100m: 1:09.25	36.21	450m: 5:32.06	37.92	800m: 9:58.29	38.29	1200m: 15:04.02	1:16.56
	150m: 1:45.91	36.66	500m: 6:10.24	38.18	850m: 10:36.24	37.95	1300m: 16:21.06	1:17.04
	200m: 2:23.25	37.34	550m: 6:47.82	37.58	900m: 11:14.43	38.19	1400m: 17:37.70	1:16.64
	250m: 3:00.57	37.32	600m: 7:26.26	38.44	950m: 11:52.65	38.22	1500m: 18:50.35	1:12.65
	300m: 3:38.34	37.77	650m: 8:04.30	38.04	1000m: 12:30.83	38.18		
	350m: 4:16.04	37.70	700m: 8:42.10	37.80	1050m: 13:09.05	38.22		
16.	Margarida Correia MADEIRA	06		Nautico Marinha Grande	<b>18:51.06</b>	<b>+0,76</b>	<b>538</b>	
	50m: 33.16	33.16	400m: 4:54.43	38.10	750m: 9:19.74	37.95	1100m: 13:47.21	38.61
	100m: 1:09.31	36.15	450m: 5:32.17	37.74	800m: 9:58.25	38.51	1200m: 15:03.88	1:16.67
	150m: 1:46.08	36.77	500m: 6:10.18	38.01	850m: 10:35.92	37.67	1300m: 16:20.70	1:16.82
	200m: 2:23.17	37.09	550m: 6:47.88	37.70	900m: 11:14.25	38.33	1400m: 17:37.64	1:16.94
	250m: 3:00.67	37.50	600m: 7:26.30	38.42	950m: 11:52.47	38.22	1500m: 18:51.06	1:13.42
	300m: 3:38.71	38.04	650m: 8:04.27	37.97	1000m: 12:30.68	38.21		
	350m: 4:16.33	37.62	700m: 8:41.79	37.52	1050m: 13:08.60	37.92		

Prova 1, Femin., 1500m Livres, Elimim, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
17.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>18:56.02</b>	+0,79	531		
	50m: 33.63	33.63	450m: 5:29.96	37.10	850m: 10:31.24	37.69	1250m: 15:41.66	39.43
	100m: 1:09.89	36.26	500m: 6:07.37	37.41	900m: 11:09.24	38.00	1300m: 16:20.62	38.96
	150m: 1:46.69	36.80	550m: 6:44.33	36.96	950m: 11:47.57	38.33	1350m: 16:59.66	39.04
	200m: 2:23.62	36.93	600m: 7:21.93	37.60	1000m: 12:26.08	38.51	1400m: 17:38.57	38.91
	250m: 3:00.46	36.84	650m: 7:59.77	37.84	1050m: 13:05.12	39.04	1450m: 18:17.66	39.09
	300m: 3:37.91	37.45	700m: 8:37.77	38.00	1100m: 13:43.98	38.86	1500m: 18:56.02	38.36
	350m: 4:15.11	37.20	750m: 9:15.50	37.73	1150m: 14:23.05	39.07		
	400m: 4:52.86	37.75	800m: 9:53.55	38.05	1200m: 15:02.23	39.18		
18.	Carolina Vizinho CABRAL	07	Natacao de Vagos	<b>18:57.53</b>	+0,74	529		
	50m: 32.58	32.58	450m: 5:28.78	37.48	850m: 10:35.91	38.60	1250m: 15:47.91	38.98
	100m: 1:08.30	35.72	500m: 6:06.96	38.18	900m: 11:15.11	39.20	1300m: 16:27.13	39.22
	150m: 1:44.95	36.65	550m: 6:44.96	38.00	950m: 11:53.89	38.78	1350m: 17:06.22	39.09
	200m: 2:22.37	37.42	600m: 7:22.96	38.00	1000m: 12:32.64	38.75	1400m: 17:45.76	39.54
	250m: 2:59.37	37.00	650m: 8:00.69	37.73	1050m: 13:11.68	39.04	1450m: 18:24.13	38.37
	300m: 3:36.22	36.85	700m: 8:39.58	38.89	1100m: 13:50.79	39.11	1500m: 18:57.53	33.40
	350m: 4:13.51	37.29	750m: 9:18.62	39.04	1150m: 14:29.77	38.98		
	400m: 4:51.30	37.79	800m: 9:57.31	38.69	1200m: 15:08.93	39.16		
19.	Matilde Violante VIANA	07	Nautico de Leiria	<b>19:04.62</b>	+0,85	520		
	50m: 33.38	33.38	450m: 5:36.15	38.05	850m: 10:43.58	38.22	1250m: 15:53.26	38.76
	100m: 1:10.33	36.95	500m: 6:14.64	38.49	900m: 11:22.68	39.10	1300m: 16:32.87	39.61
	150m: 1:47.52	37.19	550m: 6:52.85	38.21	950m: 12:01.13	38.45	1350m: 17:11.01	38.14
	200m: 2:25.43	37.91	600m: 7:31.36	38.51	1000m: 12:39.81	38.68	1400m: 17:49.18	38.17
	250m: 3:03.36	37.93	650m: 8:09.75	38.39	1050m: 13:18.64	38.83	1450m: 18:26.89	37.71
	300m: 3:41.70	38.34	700m: 8:48.29	38.54	1100m: 13:57.16	38.52	1500m: 19:04.62	37.73
	350m: 4:19.74	38.04	750m: 9:26.65	38.36	1150m: 14:35.80	38.64		
	400m: 4:58.10	38.36	800m: 10:05.36	38.71	1200m: 15:14.50	38.70		
20.	Mafalda Santos COSTA	05	Colegio Monte Maior	<b>19:14.87</b>	+0,87	506		
	50m: 33.72	33.72	400m: 4:58.15	38.72	750m: 9:28.34	38.66	1100m: 14:02.15	39.20
	100m: 1:10.24	36.52	450m: 5:36.44	38.29	800m: 10:07.36	39.02	1200m: 15:20.70	1:18.55
	150m: 1:47.41	37.17	500m: 6:15.18	38.74	850m: 10:46.24	38.88	1300m: 16:39.12	1:18.42
	200m: 2:25.09	37.68	550m: 6:53.18	38.00	900m: 11:25.49	39.25	1400m: 17:57.71	1:18.59
	250m: 3:02.93	37.84	600m: 7:32.17	38.99	950m: 12:04.54	39.05	1500m: 19:14.87	1:17.16
	300m: 3:41.35	38.42	650m: 8:10.45	38.28	1000m: 12:43.72	39.18		
	350m: 4:19.43	38.08	700m: 8:49.68	39.23	1050m: 13:22.95	39.23		

Prova 1, Femin., 1500m Livres, Elimin

Prova 1 Femin., 1500m Livres Absolutos  
30/03/2023 - 9:00 Resultados Elimin

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

JO : 16:09.00 / CMPL 19 +: 16:29.57 / CESub23 19 - 23: 16:43.01 / CEJun\_Fem 14 - 17: 17:14.78 / TAC Sen 50m: 19:03.37 - 25m: 18:41.13; Jun 50m: 19:31.95 - 25m: 19:09.16

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Q
1.	Tamila Hryhorivna HOLUB	99	Braga	<b>17:09.11</b>	<b>+0,77</b>	715	Q
	50m: 30.95 30.95	450m: 5:01.10 33.83	850m: 9:35.89 34.70	1250m: 14:14.50 34.62			
	100m: 1:04.22 33.27	500m: 5:35.46 34.36	900m: 10:10.79 34.90	1300m: 14:49.32 34.82			
	150m: 1:37.67 33.45	550m: 6:09.76 34.30	950m: 10:45.36 34.57	1350m: 15:24.15 34.83			
	200m: 2:11.38 33.71	600m: 6:43.91 34.15	1000m: 11:20.56 35.20	1400m: 15:59.05 34.90			
	250m: 2:45.42 34.04	650m: 7:18.23 34.32	1050m: 11:55.30 34.74	1450m: 16:34.15 35.10			
	300m: 3:19.13 33.71	700m: 7:52.58 34.35	1100m: 12:29.91 34.61	1500m: 17:09.11 34.96			
	350m: 3:53.21 34.08	750m: 8:27.13 34.55	1150m: 13:04.60 34.69				
	400m: 4:27.27 34.06	800m: 9:01.19 34.06	1200m: 13:39.88 35.28				
2.	Diana Margarida DURAES	96	Benfica	<b>17:19.38</b>	<b>+0,76</b>	694	Q
	50m: 32.39 32.39	400m: 4:37.02 35.15	750m: 8:41.21 34.75	1100m: 12:43.65 34.33			
	100m: 1:07.00 34.61	450m: 5:12.17 35.15	800m: 9:15.76 34.55	1150m: 13:18.15 34.50			
	150m: 1:41.90 34.90	500m: 5:47.37 35.20	850m: 9:50.45 34.69	1200m: 13:52.71 34.56			
	200m: 2:16.74 34.84	550m: 6:22.22 34.85	900m: 10:25.18 34.73	1300m: 15:01.53 1:08.82			
	250m: 2:51.70 34.96	600m: 6:57.05 34.83	950m: 10:59.91 34.73	1400m: 16:10.45 1:08.92			
	300m: 3:26.73 35.03	650m: 7:31.89 34.84	1000m: 11:34.68 34.77	1500m: 17:19.38 1:08.93			
	350m: 4:01.87 35.14	700m: 8:06.46 34.57	1050m: 12:09.32 34.64				
3.	Mariana Amaral MENDES	02	Sporting	<b>17:30.64</b>	<b>+0,80</b>	672	Q
	50m: 32.58 32.58	400m: 4:38.44 35.28	750m: 8:44.74 35.22	1100m: 12:50.35 35.19			
	100m: 1:07.37 34.79	450m: 5:13.72 35.28	800m: 9:19.73 34.99	1150m: 13:25.59 35.24			
	150m: 1:42.49 35.12	500m: 5:48.74 35.02	850m: 9:54.89 35.16	1200m: 14:00.65 35.06			
	200m: 2:17.58 35.09	550m: 6:23.83 35.09	900m: 10:29.87 34.98	1300m: 15:10.86 1:10.21			
	250m: 2:52.67 35.09	600m: 6:59.01 35.18	950m: 11:04.96 35.09	1400m: 16:20.95 1:10.09			
	300m: 3:27.91 35.24	650m: 7:34.32 35.31	1000m: 11:40.07 35.11	1500m: 17:30.64 1:09.69			
	350m: 4:03.16 35.25	700m: 8:09.52 35.20	1050m: 12:15.16 35.09				
4.	Carolina Pereira VIANA	04	Sporting	<b>17:42.15</b>	<b>+0,84</b>	650	Q
	50m: 31.98 31.98	450m: 5:11.93 35.59	850m: 9:55.78 36.07	1250m: 14:44.71 36.24			
	100m: 1:05.65 33.67	500m: 5:47.29 35.36	900m: 10:31.63 35.85	1300m: 15:20.65 35.94			
	150m: 1:40.28 34.63	550m: 6:22.42 35.13	950m: 11:07.74 36.11	1350m: 15:56.54 35.89			
	200m: 2:15.33 35.05	600m: 6:57.90 35.48	1000m: 11:43.86 36.12	1400m: 16:32.07 35.53			
	250m: 2:50.27 34.94	650m: 7:33.19 35.29	1050m: 12:20.02 36.16	1450m: 17:07.75 35.68			
	300m: 3:25.65 35.38	700m: 8:08.62 35.43	1100m: 12:55.92 35.90	1500m: 17:42.15 34.40			
	350m: 4:01.04 35.39	750m: 8:44.21 35.59	1150m: 13:32.29 36.37				
	400m: 4:36.34 35.30	800m: 9:19.71 35.50	1200m: 14:08.47 36.18				

Prova 1, Femin., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Daniela Magalhaes LOPES	05		Famalicao	<b>17:57.65</b>	<b>+0,84</b>	<b>623</b>	Q
	50m: 32.90	32.90	400m: 4:42.58	35.99	750m: 8:53.89	36.09	1100m: 13:08.13	36.07
	100m: 1:08.02	35.12	450m: 5:18.35	35.77	800m: 9:30.00	36.11	1150m: 13:44.61	36.48
	150m: 1:43.56	35.54	500m: 5:54.18	35.83	850m: 10:06.22	36.22	1200m: 14:20.62	36.01
	200m: 2:19.01	35.45	550m: 6:29.93	35.75	900m: 10:42.62	36.40	1300m: 15:33.68	1:13.06
	250m: 2:54.80	35.79	600m: 7:05.69	35.76	950m: 11:19.49	36.87	1400m: 16:47.12	1:13.44
	300m: 3:30.52	35.72	650m: 7:41.62	35.93	1000m: 11:55.81	36.32	1500m: 17:57.65	1:10.53
	350m: 4:06.59	36.07	700m: 8:17.80	36.18	1050m: 12:32.06	36.25		
6.	Maria Ornelas ARMAS	98		Vikings	<b>18:02.51</b>	<b>+0,85</b>	<b>614</b>	Q
	50m: 32.32	32.32	450m: 5:17.24	36.03	850m: 10:07.66	36.47	1250m: 14:59.95	36.44
	100m: 1:06.77	34.45	500m: 5:53.77	36.53	900m: 10:43.74	36.08	1300m: 15:36.83	36.88
	150m: 1:42.00	35.23	550m: 6:30.05	36.28	950m: 11:20.22	36.48	1350m: 16:13.45	36.62
	200m: 2:17.53	35.53	600m: 7:06.32	36.27	1000m: 11:56.55	36.33	1400m: 16:50.41	36.96
	250m: 2:53.19	35.66	650m: 7:42.61	36.29	1050m: 12:33.16	36.61	1450m: 17:26.65	36.24
	300m: 3:29.18	35.99	700m: 8:18.66	36.05	1100m: 13:10.11	36.95	1500m: 18:02.51	35.86
	350m: 4:05.17	35.99	750m: 8:54.98	36.32	1150m: 13:46.77	36.66		
	400m: 4:41.21	36.04	800m: 9:31.19	36.21	1200m: 14:23.51	36.74		
7.	Carolina Esteves PEIXOTO	06		Braga	<b>18:05.65</b>	<b>+0,81</b>	<b>609</b>	Q
	50m: 32.28	32.28	400m: 4:43.31	36.38	750m: 8:58.29	36.29	1100m: 13:13.73	36.94
	100m: 1:07.40	35.12	450m: 5:19.49	36.18	800m: 9:34.94	36.65	1150m: 13:50.33	36.60
	150m: 1:42.77	35.37	500m: 5:56.10	36.61	850m: 10:11.09	36.15	1200m: 14:27.08	36.75
	200m: 2:18.65	35.88	550m: 6:32.39	36.29	900m: 10:47.32	36.23	1300m: 15:41.15	1:14.07
	250m: 2:54.64	35.99	600m: 7:09.10	36.71	950m: 11:23.74	36.42	1400m: 16:54.08	1:12.93
	300m: 3:30.93	36.29	650m: 7:45.38	36.28	1000m: 12:00.24	36.50	1500m: 18:05.65	1:11.57
	350m: 4:06.93	36.00	700m: 8:22.00	36.62	1050m: 12:36.79	36.55		
8.	Marta Lima PIMENTEL	04		Porto	<b>18:06.41</b>	<b>+0,78</b>	<b>608</b>	Q
	50m: 32.77	32.77	450m: 5:19.65	36.56	850m: 10:09.79	36.47	1250m: 15:02.44	36.95
	100m: 1:07.68	34.91	500m: 5:55.74	36.09	900m: 10:46.37	36.58	1300m: 15:39.24	36.80
	150m: 1:43.27	35.59	550m: 6:31.97	36.23	950m: 11:22.74	36.37	1350m: 16:16.51	37.27
	200m: 2:18.99	35.72	600m: 7:08.20	36.23	1000m: 11:59.13	36.39	1400m: 16:53.54	37.03
	250m: 2:55.08	36.09	650m: 7:44.46	36.26	1050m: 12:35.61	36.48	1450m: 17:30.38	36.84
	300m: 3:31.06	35.98	700m: 8:20.70	36.24	1100m: 13:11.99	36.38	1500m: 18:06.41	36.03
	350m: 4:07.00	35.94	750m: 8:56.94	36.24	1150m: 13:48.61	36.62		
	400m: 4:43.09	36.09	800m: 9:33.32	36.38	1200m: 14:25.49	36.88		
9.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	<b>18:25.98</b>	<b>+0,76</b>	<b>576</b>	Q
	50m: 33.00	33.00	450m: 5:24.02	36.31	850m: 10:19.67	37.03	1250m: 15:19.29	37.29
	100m: 1:08.42	35.42	500m: 6:00.90	36.88	900m: 10:57.20	37.53	1300m: 15:56.91	37.62
	150m: 1:44.75	36.33	550m: 6:37.52	36.62	950m: 11:34.31	37.11	1350m: 16:33.91	37.00
	200m: 2:21.43	36.68	600m: 7:14.31	36.79	1000m: 12:11.83	37.52	1400m: 17:11.43	37.52
	250m: 2:57.90	36.47	650m: 7:51.15	36.84	1050m: 12:49.32	37.49	1450m: 17:48.67	37.24
	300m: 3:34.32	36.42	700m: 8:28.51	37.36	1100m: 13:26.98	37.66	1500m: 18:25.98	37.31
	350m: 4:11.15	36.83	750m: 9:05.33	36.82	1150m: 14:04.14	37.16		
	400m: 4:47.71	36.56	800m: 9:42.64	37.31	1200m: 14:42.00	37.86		
10.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>18:28.15</b>	<b>+0,70</b>	<b>573</b>	Q
	50m: 33.02	33.02	350m: 4:12.37	37.17	650m: 7:54.91	37.10	950m: 11:38.94	37.27
	100m: 1:08.61	35.59	400m: 4:49.55	37.18	700m: 8:32.22	37.31	1000m: 12:16.20	37.26
	150m: 1:44.66	36.05	450m: 5:26.66	37.11	750m: 9:09.37	37.15	1050m: 12:53.57	37.37
	200m: 2:21.29	36.63	500m: 6:03.71	37.05	800m: 9:46.92	37.55	1100m: 13:30.89	37.32
	250m: 2:58.23	36.94	550m: 6:40.80	37.09	850m: 10:24.21	37.29	1150m: 14:08.21	37.32
	300m: 3:35.20	36.97	600m: 7:17.81	37.01	900m: 11:01.67	37.46	1500m: 18:28.15	4:19.94

Prova 1, Femin., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
11.	Catarina Gaspar PIRES	06		Porto	<b>18:31.94</b>	<b>+0,82</b>	<b>567</b>	R
	50m: 32.89	32.89	450m: 5:25.19	37.04	850m: 10:23.42	36.97	1250m: 15:23.28	37.71
	100m: 1:08.26	35.37	500m: 6:02.69	37.50	900m: 11:01.07	37.65	1300m: 16:00.96	37.68
	150m: 1:44.20	35.94	550m: 6:39.50	36.81	950m: 11:38.46	37.39	1350m: 16:38.62	37.66
	200m: 2:20.65	36.45	600m: 7:17.12	37.62	1000m: 12:16.16	37.70	1400m: 17:16.39	37.77
	250m: 2:56.83	36.18	650m: 7:54.17	37.05	1050m: 12:53.33	37.17	1450m: 17:54.16	37.77
	300m: 3:33.84	37.01	700m: 8:31.80	37.63	1100m: 13:31.02	37.69	1500m: 18:31.94	37.78
	350m: 4:10.74	36.90	750m: 9:09.05	37.25	1150m: 14:08.16	37.14		
	400m: 4:48.15	37.41	800m: 9:46.45	37.40	1200m: 14:45.57	37.41		
12.	Rita Sofia NUNES	05		Colegio Efanor	<b>18:37.37</b>	<b>+0,85</b>	<b>559</b>	R
	50m: 33.32	33.32	400m: 4:49.35	37.13	750m: 9:11.76	38.08	1100m: 13:35.43	38.17
	100m: 1:09.04	35.72	450m: 5:26.62	37.27	800m: 9:49.05	37.29	1150m: 14:13.57	38.14
	150m: 1:45.29	36.25	500m: 6:03.78	37.16	850m: 10:26.48	37.43	1200m: 14:51.64	38.07
	200m: 2:21.99	36.70	550m: 6:41.22	37.44	900m: 11:04.03	37.55	1300m: 16:07.03	1:15.39
	250m: 2:58.65	36.66	600m: 7:18.38	37.16	950m: 11:41.31	37.28	1400m: 17:22.88	1:15.85
	300m: 3:35.28	36.63	650m: 7:56.10	37.72	1000m: 12:19.29	37.98	1500m: 18:37.37	1:14.49
	350m: 4:12.22	36.94	700m: 8:33.68	37.58	1050m: 12:57.26	37.97		
13.	Catarina Isabel CARLOTA	05		BUZIOS-Coruche	<b>18:37.98</b>	<b>+0,75</b>	<b>558</b>	
	50m: 32.19	32.19	450m: 5:29.08	37.63	850m: 10:29.83	37.71	1250m: 15:31.58	37.85
	100m: 1:07.87	35.68	500m: 6:06.96	37.88	900m: 11:07.56	37.73	1300m: 16:09.71	38.13
	150m: 1:44.83	36.96	550m: 6:44.65	37.69	950m: 11:45.12	37.56	1350m: 16:47.30	37.59
	200m: 2:21.90	37.07	600m: 7:21.97	37.32	1000m: 12:22.72	37.60	1400m: 17:24.80	37.50
	250m: 2:59.01	37.11	650m: 7:59.43	37.46	1050m: 13:00.33	37.61	1450m: 18:01.67	36.87
	300m: 3:36.25	37.24	700m: 8:36.82	37.39	1100m: 13:38.10	37.77	1500m: 18:37.98	36.31
	350m: 4:13.69	37.44	750m: 9:14.46	37.64	1150m: 14:15.91	37.81		
	400m: 4:51.45	37.76	800m: 9:52.12	37.66	1200m: 14:53.73	37.82		
14.	Joana Silva ALVES	05		Benedita	<b>18:49.03</b>	<b>+0,67</b>	<b>541</b>	
	50m: 33.30	33.30	400m: 4:53.42	37.70	750m: 9:18.23	37.80	1100m: 13:44.73	37.82
	100m: 1:09.44	36.14	450m: 5:31.15	37.73	800m: 9:55.91	37.68	1200m: 15:01.06	1:16.33
	150m: 1:46.30	36.86	500m: 6:08.62	37.47	850m: 10:34.39	38.48	1300m: 16:17.62	1:16.56
	200m: 2:23.30	37.00	550m: 6:46.78	38.16	900m: 11:12.27	37.88	1400m: 17:33.63	1:16.01
	250m: 3:00.98	37.68	600m: 7:24.64	37.86	950m: 11:50.48	38.21	1500m: 18:49.03	1:15.40
	300m: 3:38.42	37.44	650m: 8:02.84	38.20	1000m: 12:28.51	38.03		
	350m: 4:15.72	37.30	700m: 8:40.43	37.59	1050m: 13:06.91	38.40		
15.	Joana Rosa FERREIRA	05		Naval de Peniche	<b>18:50.35</b>	<b>+0,79</b>	<b>540</b>	
	50m: 33.04	33.04	400m: 4:54.14	38.10	750m: 9:20.00	37.90	1100m: 13:47.46	38.41
	100m: 1:09.25	36.21	450m: 5:32.06	37.92	800m: 9:58.29	38.29	1200m: 15:04.02	1:16.56
	150m: 1:45.91	36.66	500m: 6:10.24	38.18	850m: 10:36.24	37.95	1300m: 16:21.06	1:17.04
	200m: 2:23.25	37.34	550m: 6:47.82	37.58	900m: 11:14.43	38.19	1400m: 17:37.70	1:16.64
	250m: 3:00.57	37.32	600m: 7:26.26	38.44	950m: 11:52.65	38.22	1500m: 18:50.35	1:12.65
	300m: 3:38.34	37.77	650m: 8:04.30	38.04	1000m: 12:30.83	38.18		
	350m: 4:16.04	37.70	700m: 8:42.10	37.80	1050m: 13:09.05	38.22		
16.	Margarida Correia MADEIRA	06		Nautico Marinha Grande	<b>18:51.06</b>	<b>+0,76</b>	<b>538</b>	
	50m: 33.16	33.16	400m: 4:54.43	38.10	750m: 9:19.74	37.95	1100m: 13:47.21	38.61
	100m: 1:09.31	36.15	450m: 5:32.17	37.74	800m: 9:58.25	38.51	1200m: 15:03.88	1:16.67
	150m: 1:46.08	36.77	500m: 6:10.18	38.01	850m: 10:35.92	37.67	1300m: 16:20.70	1:16.82
	200m: 2:23.17	37.09	550m: 6:47.88	37.70	900m: 11:14.25	38.33	1400m: 17:37.64	1:16.94
	250m: 3:00.67	37.50	600m: 7:26.30	38.42	950m: 11:52.47	38.22	1500m: 18:51.06	1:13.42
	300m: 3:38.71	38.04	650m: 8:04.27	37.97	1000m: 12:30.68	38.21		
	350m: 4:16.33	37.62	700m: 8:41.79	37.52	1050m: 13:08.60	37.92		


Prova 1, Femin., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>18:56.02</b>	+0,79	531
	50m: 33.63 33.63	450m: 5:29.96	37.10 850m: 10:31.24	37.69 1250m: 15:41.66		39.43
	100m: 1:09.89 36.26	500m: 6:07.37	37.41 900m: 11:09.24	38.00 1300m: 16:20.62		38.96
	150m: 1:46.69 36.80	550m: 6:44.33	36.96 950m: 11:47.57	38.33 1350m: 16:59.66		39.04
	200m: 2:23.62 36.93	600m: 7:21.93	37.60 1000m: 12:26.08	38.51 1400m: 17:38.57		38.91
	250m: 3:00.46 36.84	650m: 7:59.77	37.84 1050m: 13:05.12	39.04 1450m: 18:17.66		39.09
	300m: 3:37.91 37.45	700m: 8:37.77	38.00 1100m: 13:43.98	38.86 1500m: 18:56.02		38.36
	350m: 4:15.11 37.20	750m: 9:15.50	37.73 1150m: 14:23.05	39.07		
	400m: 4:52.86 37.75	800m: 9:53.55	38.05 1200m: 15:02.23	39.18		
18.	Carolina Vizinho CABRAL	07	Natacao de Vagos	<b>18:57.53</b>	+0,74	529
	50m: 32.58 32.58	450m: 5:28.78	37.48 850m: 10:35.91	38.60 1250m: 15:47.91		38.98
	100m: 1:08.30 35.72	500m: 6:06.96	38.18 900m: 11:15.11	39.20 1300m: 16:27.13		39.22
	150m: 1:44.95 36.65	550m: 6:44.96	38.00 950m: 11:53.89	38.78 1350m: 17:06.22		39.09
	200m: 2:22.37 37.42	600m: 7:22.96	38.00 1000m: 12:32.64	38.75 1400m: 17:45.76		39.54
	250m: 2:59.37 37.00	650m: 8:00.69	37.73 1050m: 13:11.68	39.04 1450m: 18:24.13		38.37
	300m: 3:36.22 36.85	700m: 8:39.58	38.89 1100m: 13:50.79	39.11 1500m: 18:57.53		33.40
	350m: 4:13.51 37.29	750m: 9:18.62	39.04 1150m: 14:29.77	38.98		
	400m: 4:51.30 37.79	800m: 9:57.31	38.69 1200m: 15:08.93	39.16		
19.	Matilde Violante VIANA	07	Nautico de Leiria	<b>19:04.62</b>	+0,85	520
	50m: 33.38 33.38	450m: 5:36.15	38.05 850m: 10:43.58	38.22 1250m: 15:53.26		38.76
	100m: 1:10.33 36.95	500m: 6:14.64	38.49 900m: 11:22.68	39.10 1300m: 16:32.87		39.61
	150m: 1:47.52 37.19	550m: 6:52.85	38.21 950m: 12:01.13	38.45 1350m: 17:11.01		38.14
	200m: 2:25.43 37.91	600m: 7:31.36	38.51 1000m: 12:39.81	38.68 1400m: 17:49.18		38.17
	250m: 3:03.36 37.93	650m: 8:09.75	38.39 1050m: 13:18.64	38.83 1450m: 18:26.89		37.71
	300m: 3:41.70 38.34	700m: 8:48.29	38.54 1100m: 13:57.16	38.52 1500m: 19:04.62		37.73
	350m: 4:19.74 38.04	750m: 9:26.65	38.36 1150m: 14:35.80	38.64		
	400m: 4:58.10 38.36	800m: 10:05.36	38.71 1200m: 15:14.50	38.70		
20.	Mafalda Santos COSTA	05	Colegio Monte Maior	<b>19:14.87</b>	+0,87	506
	50m: 33.72 33.72	400m: 4:58.15	38.72 750m: 9:28.34	38.66 1100m: 14:02.15		39.20
	100m: 1:10.24 36.52	450m: 5:36.44	38.29 800m: 10:07.36	39.02 1200m: 15:20.70		1:18.55
	150m: 1:47.41 37.17	500m: 6:15.18	38.74 850m: 10:46.24	38.88 1300m: 16:39.12		1:18.42
	200m: 2:25.09 37.68	550m: 6:53.18	38.00 900m: 11:25.49	39.25 1400m: 17:57.71		1:18.59
	250m: 3:02.93 37.84	600m: 7:32.17	38.99 950m: 12:04.54	39.05 1500m: 19:14.87		1:17.16
	300m: 3:41.35 38.42	650m: 8:10.45	38.28 1000m: 12:43.72	39.18		
	350m: 4:19.43 38.08	700m: 8:49.68	39.23 1050m: 13:22.95	39.23		

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