

Prova 101
 30/03/2023 - 18:34

Femin., 1500m Livres

 Juvenis
 Resultados

Rec Nac Absoluto	16:15.12	Diana Margarida DURAES	SLB	Lisboa	09/02/2020
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

TAC 50m: 20:06.26 - 25m: 19:42.79

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Luana Ferreira CRAVEIRO	09		Nautico Marinha Grande	18:23.32	+0,72	580
	50m: 32.84 32.84	450m: 5:25.80	36.86	850m: 10:23.91	37.33	1250m: 15:21.96	36.98
	100m: 1:08.89 36.05	500m: 6:03.12	37.32	900m: 11:01.56	37.65	1300m: 15:58.65	36.69
	150m: 1:45.28 36.39	550m: 6:40.43	37.31	950m: 11:39.00	37.44	1350m: 16:35.40	36.75
	200m: 2:21.72 36.44	600m: 7:17.71	37.28	1000m: 12:16.25	37.25	1400m: 17:12.67	37.27
	250m: 2:58.22 36.50	650m: 7:55.39	37.68	1050m: 12:53.32	37.07	1450m: 17:47.95	35.28
	300m: 3:35.09 36.87	700m: 8:32.35	36.96	1100m: 13:29.89	36.57	1500m: 18:23.32	35.37
	350m: 4:12.04 36.95	750m: 9:09.66	37.31	1150m: 14:07.53	37.64		
	400m: 4:48.94 36.90	800m: 9:46.58	36.92	1200m: 14:44.98	37.45		
2.	Carolina Amadeu FERREIRA	08		Leixoes	18:37.34	+0,76	559
	50m: 33.35 33.35	450m: 5:31.60	37.60	850m: 10:31.79	37.51	1250m: 15:32.75	37.76
	100m: 1:09.46 36.11	500m: 6:09.08	37.48	900m: 11:09.19	37.40	1300m: 16:10.18	37.43
	150m: 1:46.59 37.13	550m: 6:46.60	37.52	950m: 11:46.83	37.64	1350m: 16:47.45	37.27
	200m: 2:23.86 37.27	600m: 7:23.98	37.38	1000m: 12:24.27	37.44	1400m: 17:24.74	37.29
	250m: 3:01.53 37.67	650m: 8:01.61	37.63	1050m: 13:02.17	37.90	1450m: 18:01.95	37.21
	300m: 3:39.03 37.50	700m: 8:39.09	37.48	1100m: 13:39.60	37.43	1500m: 18:37.34	35.39
	350m: 4:16.59 37.56	750m: 9:16.74	37.65	1150m: 14:17.35	37.75		
	400m: 4:54.00 37.41	800m: 9:54.28	37.54	1200m: 14:54.99	37.64		
3.	Catarina Maria LOPES	08		BUZIOS-Coruche	18:38.81	+0,78	556
	50m: 33.51 33.51	450m: 5:32.21	37.68	850m: 10:34.16	37.86	1250m: 15:34.79	37.39
	100m: 1:10.38 36.87	500m: 6:09.69	37.48	900m: 11:11.87	37.71	1300m: 16:13.01	38.22
	150m: 1:47.12 36.74	550m: 6:47.34	37.65	950m: 11:49.12	37.25	1350m: 16:50.17	37.16
	200m: 2:24.71 37.59	600m: 7:24.93	37.59	1000m: 12:27.24	38.12	1400m: 17:27.71	37.54
	250m: 3:02.17 37.46	650m: 8:02.34	37.41	1050m: 13:04.47	37.23	1450m: 18:03.57	35.86
	300m: 3:39.49 37.32	700m: 8:40.59	38.25	1100m: 13:42.12	37.65	1500m: 18:38.81	35.24
	350m: 4:17.05 37.56	750m: 9:18.25	37.66	1150m: 14:19.33	37.21		
	400m: 4:54.53 37.48	800m: 9:56.30	38.05	1200m: 14:57.40	38.07		
4.	Lara Catarina MAIA	09		Estarreja/PROZINCO	18:39.97	+0,66	555
	50m: 33.60 33.60	450m: 5:32.48	37.55	850m: 10:34.21	37.70	1250m: 15:35.50	37.44
	100m: 1:09.87 36.27	500m: 6:10.03	37.55	900m: 11:11.90	37.69	1300m: 16:13.29	37.79
	150m: 1:47.07 37.20	550m: 6:47.68	37.65	950m: 11:49.68	37.78	1350m: 16:50.57	37.28
	200m: 2:24.67 37.60	600m: 7:25.36	37.68	1000m: 12:27.30	37.62	1400m: 17:28.34	37.77
	250m: 3:02.12 37.45	650m: 8:03.20	37.84	1050m: 13:05.18	37.88	1450m: 18:04.49	36.15
	300m: 3:39.89 37.77	700m: 8:40.91	37.71	1100m: 13:42.64	37.46	1500m: 18:39.97	35.48
	350m: 4:17.54 37.65	750m: 9:18.41	37.50	1150m: 14:20.62	37.98		
	400m: 4:54.93 37.39	800m: 9:56.51	38.10	1200m: 14:58.06	37.44		
5.	Maria Carvalho PINTO	09		Viana Natacao	18:49.02		541
	50m: 33.93 33.93	450m: 5:34.61	37.86	850m: 10:37.38	37.60	1250m: 15:41.68	38.32
	100m: 1:10.60 36.67	500m: 6:12.48	37.87	900m: 11:15.23	37.85	1300m: 16:19.48	37.80
	150m: 1:48.18 37.58	550m: 6:50.47	37.99	950m: 11:53.19	37.96	1350m: 16:57.02	37.54
	200m: 2:25.61 37.43	600m: 7:28.67	38.20	1000m: 12:31.16	37.97	1400m: 17:35.70	38.68
	250m: 3:03.00 37.39	650m: 8:06.57	37.90	1050m: 13:09.01	37.85	1450m: 18:12.68	36.98
	300m: 3:41.08 38.08	700m: 8:44.18	37.61	1100m: 13:47.03	38.02	1500m: 18:49.02	36.34
	350m: 4:19.04 37.96	750m: 9:21.71	37.53	1150m: 14:24.46	37.43		
	400m: 4:56.75 37.71	800m: 9:59.78	38.07	1200m: 15:03.36	38.90		

Prova 101, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
6.	Leonor Queiroz GONCALVES	09		Braga	18:49.12	+0,79	541	
	50m: 33.98	33.98	450m: 5:34.56	37.85	850m: 10:37.52	37.75	1250m: 15:41.26	38.70
	100m: 1:10.82	36.84	500m: 6:12.59	38.03	900m: 11:15.33	37.81	1300m: 16:19.60	38.34
	150m: 1:48.25	37.43	550m: 6:50.30	37.71	950m: 11:53.14	37.81	1350m: 16:56.95	37.35
	200m: 2:25.77	37.52	600m: 7:28.47	38.17	1000m: 12:31.27	38.13	1400m: 17:35.44	38.49
	250m: 3:03.17	37.40	650m: 8:06.50	38.03	1050m: 13:08.78	37.51	1450m: 18:12.74	37.30
	300m: 3:41.04	37.87	700m: 8:44.48	37.98	1100m: 13:46.76	37.98	1500m: 18:49.12	36.38
	350m: 4:18.77	37.73	750m: 9:22.05	37.57	1150m: 14:24.47	37.71		
	400m: 4:56.71	37.94	800m: 9:59.77	37.72	1200m: 15:02.56	38.09		
7.	Margarida Maria LUIZ	08		Lagoa AC	18:49.98	+0,86	540	
	50m: 33.38	33.38	450m: 5:34.68	37.62	850m: 10:38.42	37.64	1250m: 15:42.01	38.20
	100m: 1:09.65	36.27	500m: 6:12.62	37.94	900m: 11:16.67	38.25	1300m: 16:20.41	38.40
	150m: 1:46.90	37.25	550m: 6:50.67	38.05	950m: 11:54.56	37.89	1350m: 16:57.70	37.29
	200m: 2:24.75	37.85	600m: 7:28.79	38.12	1000m: 12:32.42	37.86	1400m: 17:35.39	37.69
	250m: 3:02.74	37.99	650m: 8:06.82	38.03	1050m: 13:10.24	37.82	1450m: 18:12.82	37.43
	300m: 3:41.02	38.28	700m: 8:44.88	38.06	1100m: 13:47.95	37.71	1500m: 18:49.98	37.16
	350m: 4:19.01	37.99	750m: 9:22.63	37.75	1150m: 14:25.91	37.96		
	400m: 4:57.06	38.05	800m: 10:00.78	38.15	1200m: 15:03.81	37.90		
8.	Beatriz Alves AMBRUS	09		Porto	18:56.59	+0,55	531	
	50m: 34.54	34.54	450m: 5:34.68	38.09	850m: 10:40.79	38.40	1250m: 15:47.88	38.39
	100m: 1:10.60	36.06	500m: 6:13.00	38.32	900m: 11:19.67	38.88	1300m: 16:26.04	38.16
	150m: 1:47.68	37.08	550m: 6:51.10	38.10	950m: 11:57.54	37.87	1350m: 17:04.49	38.45
	200m: 2:25.26	37.58	600m: 7:29.44	38.34	1000m: 12:35.71	38.17	1400m: 17:42.70	38.21
	250m: 3:02.40	37.14	650m: 8:07.50	38.06	1050m: 13:13.73	38.02	1450m: 18:20.02	37.32
	300m: 3:40.17	37.77	700m: 8:45.83	38.33	1100m: 13:52.72	38.99	1500m: 18:56.59	36.57
	350m: 4:18.28	38.11	750m: 9:24.18	38.35	1150m: 14:30.60	37.88		
	400m: 4:56.59	38.31	800m: 10:02.39	38.21	1200m: 15:09.49	38.89		
9.	Raquel Santos BAIONA	08		Colegio Monte Maior	19:06.65	+0,95	517	
	50m: 34.93	34.93	450m: 5:40.58	38.00	850m: 10:45.11	38.11	1250m: 15:53.98	39.09
	100m: 1:12.50	37.57	500m: 6:18.70	38.12	900m: 11:23.74	38.63	1300m: 16:33.14	39.16
	150m: 1:51.03	38.53	550m: 6:56.58	37.88	950m: 12:01.90	38.16	1350m: 17:12.19	39.05
	200m: 2:29.67	38.64	600m: 7:34.53	37.95	1000m: 12:40.28	38.38	1400m: 17:51.09	38.90
	250m: 3:08.15	38.48	650m: 8:12.89	38.36	1050m: 13:19.12	38.84	1450m: 18:29.45	38.36
	300m: 3:46.27	38.12	700m: 8:50.80	37.91	1100m: 13:57.66	38.54	1500m: 19:06.65	37.20
	350m: 4:24.63	38.36	750m: 9:28.96	38.16	1150m: 14:36.05	38.39		
	400m: 5:02.58	37.95	800m: 10:07.00	38.04	1200m: 15:14.89	38.84		
10.	Constanca Lopes CRUZ	09		Colegio Monte Maior	19:08.15		515	
	50m: 35.03	35.03	450m: 5:41.11	38.16	850m: 10:48.31	38.31	1250m: 15:57.24	38.81
	100m: 1:12.71	37.68	500m: 6:19.87	38.76	900m: 11:26.75	38.44	1300m: 16:35.92	38.68
	150m: 1:50.66	37.95	550m: 6:58.16	38.29	950m: 12:05.99	39.24	1350m: 17:15.00	39.08
	200m: 2:28.64	37.98	600m: 7:36.60	38.44	1000m: 12:44.12	38.13	1400m: 17:53.58	38.58
	250m: 3:06.89	38.25	650m: 8:14.78	38.18	1050m: 13:23.34	39.22	1450m: 18:31.96	38.38
	300m: 3:45.71	38.82	700m: 8:53.96	39.18	1100m: 14:01.18	37.84	1500m: 19:08.15	36.19
	350m: 4:24.56	38.85	750m: 9:32.09	38.13	1150m: 14:40.15	38.97		
	400m: 5:02.95	38.39	800m: 10:10.00	37.91	1200m: 15:18.43	38.28		

Prova 101, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
11.	Joana Almeida SANTOS	09		Galitos / Bresimar	19:18.60	+0,59	501
	50m: 35.30 35.30	450m: 5:44.61	38.71	850m: 10:59.09	38.57	1250m: 16:09.01	38.52
	100m: 1:13.29 37.99	500m: 6:23.55	38.94	900m: 11:37.95	38.86	1300m: 16:48.11	39.10
	150m: 1:51.68 38.39	550m: 7:02.70	39.15	950m: 12:16.19	38.24	1350m: 17:26.23	38.12
	200m: 2:29.97 38.29	600m: 7:41.95	39.25	1000m: 12:55.01	38.82	1400m: 18:05.39	39.16
	250m: 3:09.03 39.06	650m: 8:21.14	39.19	1050m: 13:33.53	38.52	1450m: 18:42.83	37.44
	300m: 3:47.76 38.73	700m: 9:00.92	39.78	1100m: 14:12.85	39.32	1500m: 19:18.60	35.77
	350m: 4:26.53 38.77	750m: 9:40.95	40.03	1150m: 14:51.35	38.50		
	400m: 5:05.90 39.37	800m: 10:20.52	39.57	1200m: 15:30.49	39.14		
12.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgad	19:20.38	+0,85	499
	50m: 33.98 33.98	450m: 5:36.74	38.50	850m: 10:53.11	38.63	1250m: 16:07.07	39.03
	100m: 1:10.56 36.58	500m: 6:15.47	38.73	900m: 11:32.77	39.66	1300m: 16:46.28	39.21
	150m: 1:47.71 37.15	550m: 6:54.47	39.00	950m: 12:12.16	39.39	1350m: 17:25.62	39.34
	200m: 2:25.83 38.12	600m: 7:35.14	40.67	1000m: 12:51.30	39.14	1400m: 18:04.07	38.45
	250m: 3:03.66 37.83	650m: 8:14.95	39.81	1050m: 13:30.64	39.34	1450m: 18:43.00	38.93
	300m: 3:42.19 38.53	700m: 8:54.64	39.69	1100m: 14:09.80	39.16	1500m: 19:20.38	37.38
	350m: 4:19.85 37.66	750m: 9:33.88	39.24	1150m: 14:48.64	38.84		
	400m: 4:58.24 38.39	800m: 10:14.48	40.60	1200m: 15:28.04	39.40		
13.	Maria Manuel CORTESAO	08		Nautico Academico	19:22.04	+0,80	497
	50m: 34.83 34.83	450m: 5:44.81	39.22	850m: 10:56.58	39.20	1250m: 16:08.27	39.02
	100m: 1:13.02 38.19	500m: 6:23.69	38.88	900m: 11:35.22	38.64	1300m: 16:47.25	38.98
	150m: 1:51.67 38.65	550m: 7:02.94	39.25	950m: 12:14.18	38.96	1350m: 17:26.40	39.15
	200m: 2:30.32 38.65	600m: 7:41.74	38.80	1000m: 12:52.79	38.61	1400m: 18:05.64	39.24
	250m: 3:09.01 38.69	650m: 8:20.77	39.03	1050m: 13:32.15	39.36	1450m: 18:44.06	38.42
	300m: 3:47.81 38.80	700m: 8:59.41	38.64	1100m: 14:11.16	39.01	1500m: 19:22.04	37.98
	350m: 4:26.66 38.85	750m: 9:38.49	39.08	1150m: 14:50.26	39.10		
	400m: 5:05.59 38.93	800m: 10:17.38	38.89	1200m: 15:29.25	38.99		
14.	Sofia Teixeira BARBOSA	08		Porto	19:22.88	+0,90	495
	50m: 34.36 34.36	450m: 5:40.06	38.44	850m: 10:52.75	38.79	1250m: 16:07.80	38.94
	100m: 1:11.72 37.36	500m: 6:18.68	38.62	900m: 11:32.23	39.48	1300m: 16:47.35	39.55
	150m: 1:49.27 37.55	550m: 6:57.42	38.74	950m: 12:11.52	39.29	1350m: 17:26.99	39.64
	200m: 2:27.31 38.04	600m: 7:36.59	39.17	1000m: 12:50.94	39.42	1400m: 18:06.52	39.53
	250m: 3:06.12 38.81	650m: 8:15.99	39.40	1050m: 13:30.14	39.20	1450m: 18:44.45	37.93
	300m: 3:44.23 38.11	700m: 8:55.34	39.35	1100m: 14:10.04	39.90	1500m: 19:22.88	38.43
	350m: 4:22.74 38.51	750m: 9:34.40	39.06	1150m: 14:49.13	39.09		
	400m: 5:01.62 38.88	800m: 10:13.96	39.56	1200m: 15:28.86	39.73		
15.	Madalena Valente MOREIRA	09		Colegio Efanor	19:24.86	+0,78	493
	50m: 33.97 33.97	450m: 5:41.95	39.25	850m: 10:57.73	39.68	1250m: 16:09.53	38.82
	100m: 1:11.69 37.72	500m: 6:21.18	39.23	900m: 11:37.20	39.47	1300m: 16:48.93	39.40
	150m: 1:49.64 37.95	550m: 7:00.46	39.28	950m: 12:16.34	39.14	1350m: 17:27.62	38.69
	200m: 2:27.90 38.26	600m: 7:40.01	39.55	1000m: 12:55.38	39.04	1400m: 18:07.14	39.52
	250m: 3:06.35 38.45	650m: 8:18.98	38.97	1050m: 13:34.21	38.83	1450m: 18:46.65	39.51
	300m: 3:45.32 38.97	700m: 8:58.32	39.34	1100m: 14:13.14	38.93	1500m: 19:24.86	38.21
	350m: 4:24.23 38.91	750m: 9:38.59	40.27	1150m: 14:51.77	38.63		
	400m: 5:02.70 38.47	800m: 10:18.05	39.46	1200m: 15:30.71	38.94		

Prova 101, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Carolina Correia MARTINS	09		Porto	19:28.24	+0,89	489
	50m: 35.97 35.97	450m: 5:49.19	38.73	850m: 11:02.09	38.53	1250m: 16:13.89	39.13
	100m: 1:15.25 39.28	500m: 6:28.36	39.17	900m: 11:40.72	38.63	1300m: 16:53.50	39.61
	150m: 1:54.70 39.45	550m: 7:07.43	39.07	950m: 12:19.13	38.41	1350m: 17:31.64	38.14
	200m: 2:34.49 39.79	600m: 7:47.48	40.05	1000m: 12:58.28	39.15	1400m: 18:11.28	39.64
	250m: 3:13.00 38.51	650m: 8:26.43	38.95	1050m: 13:37.16	38.88	1450m: 18:50.02	38.74
	300m: 3:52.05 39.05	700m: 9:05.47	39.04	1100m: 14:16.67	39.51	1500m: 19:28.24	38.22
	350m: 4:31.14 39.09	750m: 9:44.43	38.96	1150m: 14:55.22	38.55		
	400m: 5:10.46 39.32	800m: 10:23.56	39.13	1200m: 15:34.76	39.54		
17.	Marta Matos LARANJEIRA	08		Vikings	19:34.09	+0,72	481
	50m: 33.88 33.88	450m: 5:44.95	39.52	850m: 10:59.84	39.70	1250m: 16:16.48	39.73
	100m: 1:12.11 38.23	500m: 6:23.66	38.71	900m: 11:40.12	40.28	1300m: 16:56.60	40.12
	150m: 1:50.27 38.16	550m: 7:03.26	39.60	950m: 12:18.39	38.27	1350m: 17:36.69	40.09
	200m: 2:29.26 38.99	600m: 7:42.31	39.05	1000m: 12:58.07	39.68	1400m: 18:16.54	39.85
	250m: 3:07.92 38.66	650m: 8:21.85	39.54	1050m: 13:37.65	39.58	1450m: 18:54.97	38.43
	300m: 3:46.94 39.02	700m: 9:00.97	39.12	1100m: 14:17.07	39.42	1500m: 19:34.09	39.12
	350m: 4:26.76 39.82	750m: 9:40.40	39.43	1150m: 14:57.38	40.31		
	400m: 5:05.43 38.67	800m: 10:20.14	39.74	1200m: 15:36.75	39.37		
18.	Diana Gomes FREITAS	08		Amigos da Montanha	19:41.11	+0,84	473
	50m: 33.45 33.45	450m: 5:41.22	39.93	850m: 11:00.24	40.10	1250m: 16:22.37	40.28
	100m: 1:09.99 36.54	500m: 6:20.26	39.04	900m: 11:39.96	39.72	1300m: 17:02.88	40.51
	150m: 1:47.28 37.29	550m: 6:59.96	39.70	950m: 12:20.69	40.73	1350m: 17:43.43	40.55
	200m: 2:25.16 37.88	600m: 7:39.80	39.84	1000m: 13:00.42	39.73	1400m: 18:23.63	40.20
	250m: 3:03.76 38.60	650m: 8:20.04	40.24	1050m: 13:41.15	40.73	1450m: 19:03.26	39.63
	300m: 3:42.52 38.76	700m: 8:59.94	39.90	1100m: 14:21.18	40.03	1500m: 19:41.11	37.85
	350m: 4:22.20 39.68	750m: 9:40.14	40.20	1150m: 15:01.91	40.73		
	400m: 5:01.29 39.09	800m: 10:20.14	40.00	1200m: 15:42.09	40.18		
19.	Joana Pereira SANTOS	09		Rio Maior	19:48.82	+0,79	464
	50m: 33.91 33.91	450m: 5:44.70	40.33	850m: 11:06.67	40.22	1250m: 16:29.85	40.91
	100m: 1:11.55 37.64	500m: 6:24.72	40.02	900m: 11:47.15	40.48	1300m: 17:10.11	40.26
	150m: 1:49.79 38.24	550m: 7:04.75	40.03	950m: 12:27.67	40.52	1350m: 17:50.74	40.63
	200m: 2:28.62 38.83	600m: 7:45.10	40.35	1000m: 13:07.87	40.20	1400m: 18:30.69	39.95
	250m: 3:06.94 38.32	650m: 8:25.05	39.95	1050m: 13:48.47	40.60	1450m: 19:10.70	40.01
	300m: 3:46.35 39.41	700m: 9:05.52	40.47	1100m: 14:28.61	40.14	1500m: 19:48.82	38.12
	350m: 4:25.03 38.68	750m: 9:46.22	40.70	1150m: 15:08.71	40.10		
	400m: 5:04.37 39.34	800m: 10:26.45	40.23	1200m: 15:48.94	40.23		
20.	Francisca Ramos NUNES	09		Naval de Peniche	20:33.03	+0,92	416
	50m: 34.26 34.26	450m: 5:50.07	39.78	850m: 11:17.85	43.11	1250m: 17:01.26	42.96
	100m: 1:11.44 37.18	500m: 6:29.96	39.89	900m: 12:00.99	43.14	1300m: 17:43.46	42.20
	150m: 1:50.06 38.62	550m: 7:09.58	39.62	950m: 12:43.24	42.25	1350m: 18:25.74	42.28
	200m: 2:29.31 39.25	600m: 7:50.09	40.51	1000m: 13:26.23	42.99	1400m: 19:08.17	42.43
	250m: 3:08.94 39.63	650m: 8:30.74	40.65	1050m: 14:09.96	43.73	1450m: 19:50.82	42.65
	300m: 3:49.73 40.79	700m: 9:12.26	41.52	1100m: 14:53.24	43.28	1500m: 20:33.03	42.21
	350m: 4:29.76 40.03	750m: 9:54.16	41.90	1150m: 15:35.44	42.20		
	400m: 5:10.29 40.53	800m: 10:34.74	40.58	1200m: 16:18.30	42.86		

Prova 101, Femin., 1500m Livres

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
EXH	Marta Andre AGUILAR	07		Nautico Academico	18:36.49	+0,71	560	
	50m: 32.10	32.10	450m: 5:24.83	37.27	850m: 10:24.48	37.66	1250m: 15:28.13	38.04
	100m: 1:08.25	36.15	500m: 6:02.34	37.51	900m: 11:02.88	38.40	1300m: 16:06.70	38.57
	150m: 1:44.24	35.99	550m: 6:39.42	37.08	950m: 11:40.60	37.72	1350m: 16:45.18	38.48
	200m: 2:20.63	36.39	600m: 7:16.77	37.35	1000m: 12:18.40	37.80	1400m: 17:23.16	37.98
	250m: 2:56.71	36.08	650m: 7:53.86	37.09	1050m: 12:55.64	37.24	1450m: 18:00.14	36.98
	300m: 3:33.94	37.23	700m: 8:31.41	37.55	1100m: 13:33.67	38.03	1500m: 18:36.49	36.35
	350m: 4:10.52	36.58	750m: 9:09.28	37.87	1150m: 14:11.86	38.19		
	400m: 4:47.56	37.04	800m: 9:46.82	37.54	1200m: 14:50.09	38.23		
EXH	Francisca Martingo RICARDO	09		Porto	19:14.09	+0,72	507	
	50m: 33.03	33.03	450m: 5:41.44	38.32	850m: 10:51.81	38.61	1250m: 16:01.74	38.59
	100m: 1:10.64	37.61	500m: 6:20.39	38.95	900m: 11:30.56	38.75	1300m: 16:41.06	39.32
	150m: 1:49.00	38.36	550m: 6:59.06	38.67	950m: 12:09.24	38.68	1350m: 17:19.84	38.78
	200m: 2:27.64	38.64	600m: 7:37.91	38.85	1000m: 12:48.28	39.04	1400m: 17:58.79	38.95
	250m: 3:06.53	38.89	650m: 8:16.81	38.90	1050m: 13:27.08	38.80	1450m: 18:36.45	37.66
	300m: 3:45.71	39.18	700m: 8:55.52	38.71	1100m: 14:05.45	38.37	1500m: 19:14.09	37.64
	350m: 4:24.30	38.59	750m: 9:34.33	38.81	1150m: 14:44.22	38.77		
	400m: 5:03.12	38.82	800m: 10:13.20	38.87	1200m: 15:23.15	38.93		
EXH	Margarida Ribeiro CUNHA	07		Braga	19:17.78	+0,74	502	
	50m: 34.01	34.01	450m: 5:40.14	38.55	850m: 10:51.26	38.95	1250m: 16:03.75	39.35
	100m: 1:11.26	37.25	500m: 6:19.22	39.08	900m: 11:30.06	38.80	1300m: 16:42.99	39.24
	150m: 1:48.64	37.38	550m: 6:58.13	38.91	950m: 12:08.98	38.92	1350m: 17:21.43	38.44
	200m: 2:27.08	38.44	600m: 7:36.86	38.73	1000m: 12:48.11	39.13	1400m: 18:00.95	39.52
	250m: 3:05.91	38.83	650m: 8:15.64	38.78	1050m: 13:27.13	39.02	1450m: 18:39.16	38.21
	300m: 3:44.46	38.55	700m: 8:54.64	39.00	1100m: 14:06.27	39.14	1500m: 19:17.78	38.62
	350m: 4:23.03	38.57	750m: 9:33.18	38.54	1150m: 14:44.88	38.61		
	400m: 5:01.59	38.56	800m: 10:12.31	39.13	1200m: 15:24.40	39.52		
EXH	Francisca Soreto PEDREIRO	09		Galitos / Bresimar	19:38.03	+0,66	477	
	50m: 35.61	35.61	450m: 5:47.77	38.64	850m: 11:03.45	39.30	1250m: 16:20.97	39.96
	100m: 1:13.98	38.37	500m: 6:27.43	39.66	900m: 11:43.33	39.88	1300m: 17:01.33	40.36
	150m: 1:52.97	38.99	550m: 7:06.65	39.22	950m: 12:22.62	39.29	1350m: 17:41.18	39.85
	200m: 2:32.34	39.37	600m: 7:46.57	39.92	1000m: 13:02.42	39.80	1400m: 18:22.21	41.03
	250m: 3:11.29	38.95	650m: 8:25.58	39.01	1050m: 13:41.97	39.55	1450m: 19:00.64	38.43
	300m: 3:50.91	39.62	700m: 9:04.92	39.34	1100m: 14:21.72	39.75	1500m: 19:38.03	37.39
	350m: 4:29.78	38.87	750m: 9:44.54	39.62	1150m: 15:01.21	39.49		
	400m: 5:09.13	39.35	800m: 10:24.15	39.61	1200m: 15:41.01	39.80		
EXH	Eduarda Ribeiro PEREIRA	09		Naval do Funchal	19:40.68	+0,71	473	
	50m: 32.99	32.99	450m: 5:47.26	39.96	850m: 11:05.52	39.78	1250m: 16:24.83	40.20
	100m: 1:10.62	37.63	500m: 6:26.92	39.66	900m: 11:45.29	39.77	1300m: 17:04.88	40.05
	150m: 1:49.71	39.09	550m: 7:06.36	39.44	950m: 12:25.19	39.90	1350m: 17:45.04	40.16
	200m: 2:28.81	39.10	600m: 7:46.25	39.89	1000m: 13:05.14	39.95	1400m: 18:24.41	39.37
	250m: 3:08.44	39.63	650m: 8:25.80	39.55	1050m: 13:45.04	39.90	1450m: 19:03.33	38.92
	300m: 3:48.10	39.66	700m: 9:05.69	39.89	1100m: 14:24.85	39.81	1500m: 19:40.68	37.35
	350m: 4:27.45	39.35	750m: 9:45.68	39.99	1150m: 15:05.05	40.20		
	400m: 5:07.30	39.85	800m: 10:25.74	40.06	1200m: 15:44.63	39.58		

Prova 101, Femin., 1500m Livres

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
EXH	Lara Filipa PINTO	08		Porto	19:43.23	+0,82	470	
	50m: 35.46	35.46	450m: 5:47.39	39.34	850m: 11:03.77	39.70	1250m: 16:24.34	40.49
	100m: 1:13.94	38.48	500m: 6:26.79	39.40	900m: 11:43.64	39.87	1300m: 17:04.68	40.34
	150m: 1:52.92	38.98	550m: 7:06.12	39.33	950m: 12:23.63	39.99	1350m: 17:44.71	40.03
	200m: 2:32.06	39.14	600m: 7:45.82	39.70	1000m: 13:03.37	39.74	1400m: 18:25.19	40.48
	250m: 3:11.15	39.09	650m: 8:25.38	39.56	1050m: 13:43.69	40.32	1450m: 19:04.17	38.98
	300m: 3:50.06	38.91	700m: 9:05.12	39.74	1100m: 14:23.71	40.02	1500m: 19:43.23	39.06
	350m: 4:28.84	38.78	750m: 9:44.65	39.53	1150m: 15:04.12	40.41		
	400m: 5:08.05	39.21	800m: 10:24.07	39.42	1200m: 15:43.85	39.73		
EXH	Beatriz Silva JORDAO	09		Vikings	19:57.59	+0,71	454	
	50m: 34.44	34.44	450m: 5:49.85	39.34	850m: 11:10.56	39.80	1250m: 16:33.31	40.71
	100m: 1:13.41	38.97	500m: 6:29.92	40.07	900m: 11:50.79	40.23	1300m: 17:15.15	41.84
	150m: 1:52.73	39.32	550m: 7:09.73	39.81	950m: 12:30.80	40.01	1350m: 17:56.47	41.32
	200m: 2:32.90	40.17	600m: 7:50.09	40.36	1000m: 13:11.34	40.54	1400m: 18:37.76	41.29
	250m: 3:11.89	38.99	650m: 8:30.32	40.23	1050m: 13:51.38	40.04	1450m: 19:17.55	39.79
	300m: 3:51.48	39.59	700m: 9:10.62	40.30	1100m: 14:31.45	40.07	1500m: 19:57.59	40.04
	350m: 4:30.84	39.36	750m: 9:50.81	40.19	1150m: 15:12.17	40.72		
	400m: 5:10.51	39.67	800m: 10:30.76	39.95	1200m: 15:52.60	40.43		
EXH	Paula Aguiar MARGARIDO	09		Juventude Atlantico	20:03.39	+0,75	447	
	50m: 34.78	34.78	450m: 5:53.19	39.99	850m: 11:16.46	40.27	1250m: 16:42.70	40.97
	100m: 1:14.10	39.32	500m: 6:33.92	40.73	900m: 11:57.16	40.70	1300m: 17:23.12	40.42
	150m: 1:53.71	39.61	550m: 7:14.30	40.38	950m: 12:37.42	40.26	1350m: 18:04.51	41.39
	200m: 2:34.20	40.49	600m: 7:54.89	40.59	1000m: 13:18.17	40.75	1400m: 18:44.74	40.23
	250m: 3:13.34	39.14	650m: 8:35.20	40.31	1050m: 13:59.00	40.83	1450m: 19:24.50	39.76
	300m: 3:53.31	39.97	700m: 9:15.36	40.16	1100m: 14:39.91	40.91	1500m: 20:03.39	38.89
	350m: 4:33.44	40.13	750m: 9:55.83	40.47	1150m: 15:20.51	40.60		
	400m: 5:13.20	39.76	800m: 10:36.19	40.36	1200m: 16:01.73	41.22		
EXH	Clara Alexandra VICENTE	09		Lagoa AC	20:34.14	+0,80	414	
	50m: 34.61	34.61	450m: 6:00.95	42.00	850m: 11:36.75	41.86	1250m: 17:09.93	42.04
	100m: 1:12.46	37.85	500m: 6:42.82	41.87	900m: 12:18.80	42.05	1300m: 17:52.36	42.43
	150m: 1:51.96	39.50	550m: 7:24.80	41.98	950m: 12:59.62	40.82	1350m: 18:34.27	41.91
	200m: 2:32.40	40.44	600m: 8:06.71	41.91	1000m: 13:41.14	41.52	1400m: 19:16.43	42.16
	250m: 3:13.27	40.87	650m: 8:48.46	41.75	1050m: 14:22.66	41.52	1450m: 19:56.00	39.57
	300m: 3:55.23	41.96	700m: 9:30.72	42.26	1100m: 15:04.16	41.50	1500m: 20:34.14	38.14
	350m: 4:36.92	41.69	750m: 10:12.97	42.25	1150m: 15:45.71	41.55		
	400m: 5:18.95	42.03	800m: 10:54.89	41.92	1200m: 16:27.89	42.18		
EXH	Rita Cunha GOMES	07		Viana Natacao	20:41.66	+0,91	407	
	50m: 35.97	35.97	450m: 6:01.51	41.43	850m: 11:34.73	41.68	1250m: 17:11.82	42.15
	100m: 1:14.93	38.96	500m: 6:43.51	42.00	900m: 12:16.60	41.87	1300m: 17:54.21	42.39
	150m: 1:54.83	39.90	550m: 7:25.20	41.69	950m: 12:58.78	42.18	1350m: 18:36.19	41.98
	200m: 2:35.22	40.39	600m: 8:06.71	41.51	1000m: 13:41.56	42.78	1400m: 19:18.39	42.20
	250m: 3:15.91	40.69	650m: 8:48.07	41.36	1050m: 14:23.53	41.97	1450m: 20:00.48	42.09
	300m: 3:57.27	41.36	700m: 9:29.51	41.44	1100m: 15:05.97	42.44	1500m: 20:41.66	41.18
	350m: 4:38.69	41.42	750m: 10:11.37	41.86	1150m: 15:47.93	41.96		
	400m: 5:20.08	41.39	800m: 10:53.05	41.68	1200m: 16:29.67	41.74		