

Prova 14
08/12/2023 - 17:00

Femin., 1500m Livres

Absolutos
Resultados

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

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
-------	------	-----	-------	-------------	-------	------	------

Seniores

1.	DURAES Diana Margarida	96	Benfica	16:16.80	+0,74	803
	50m: 29.86 29.86	450m: 4:47.39 32.51	850m: 9:06.61 32.44	1250m: 13:30.63 33.32		
	100m: 1:01.58 31.72	500m: 5:19.82 32.43	900m: 9:39.39 32.78	1300m: 14:03.95 33.32		
	150m: 1:33.41 31.83	550m: 5:52.26 32.44	950m: 10:12.03 32.64	1350m: 14:37.38 33.43		
	200m: 2:05.62 32.21	600m: 6:24.53 32.27	1000m: 10:44.88 32.85	1400m: 15:10.89 33.51		
	250m: 2:37.87 32.25	650m: 6:56.85 32.32	1050m: 11:17.85 32.97	1450m: 15:44.15 33.26		
	300m: 3:10.13 32.26	700m: 7:29.22 32.37	1100m: 11:51.00 33.15	1500m: 16:16.80 32.65		
	350m: 3:42.53 32.40	750m: 8:01.65 32.43	1150m: 12:24.08 33.08			
	400m: 4:14.88 32.35	800m: 8:34.17 32.52	1200m: 12:57.31 33.23			
2.	HOLUB Tamila Hryhorivna	99	Braga	16:20.90	+0,84	793
	50m: 30.12 30.12	450m: 4:47.84 32.51	850m: 9:11.61 33.11	1250m: 13:37.86 33.40		
	100m: 1:01.94 31.82	500m: 5:20.51 32.67	900m: 9:44.89 33.28	1300m: 14:11.04 33.18		
	150m: 1:33.79 31.85	550m: 5:52.96 32.45	950m: 10:18.37 33.48	1350m: 14:44.09 33.05		
	200m: 2:05.90 32.11	600m: 6:25.96 33.00	1000m: 10:51.70 33.33	1400m: 15:17.24 33.15		
	250m: 2:38.13 32.23	650m: 6:58.91 32.95	1050m: 11:24.61 32.91	1450m: 15:49.90 32.66		
	300m: 3:10.51 32.38	700m: 7:32.14 33.23	1100m: 11:57.87 33.26	1500m: 16:20.90 31.00		
	350m: 3:42.86 32.35	750m: 8:05.47 33.33	1150m: 12:30.90 33.03			
	400m: 4:15.33 32.47	800m: 8:38.50 33.03	1200m: 13:04.46 33.56			
3.	MENDES Mariana Amaral	02	Sporting	16:21.16	+0,78	793
	50m: 30.93 30.93	450m: 4:54.32 33.02	850m: 9:16.12 32.79	1250m: 13:38.09 32.76		
	100m: 1:03.60 32.67	500m: 5:27.10 32.78	900m: 9:48.88 32.76	1300m: 14:10.87 32.78		
	150m: 1:36.53 32.93	550m: 5:59.90 32.80	950m: 10:21.58 32.70	1350m: 14:43.89 33.02		
	200m: 2:09.37 32.84	600m: 6:32.65 32.75	1000m: 10:54.27 32.69	1400m: 15:16.85 32.96		
	250m: 2:42.52 33.15	650m: 7:05.40 32.75	1050m: 11:26.99 32.72	1450m: 15:49.62 32.77		
	300m: 3:15.38 32.86	700m: 7:38.14 32.74	1100m: 11:59.81 32.82	1500m: 16:21.16 31.54		
	350m: 3:48.37 32.99	750m: 8:10.81 32.67	1150m: 12:32.75 32.94			
	400m: 4:21.30 32.93	800m: 8:43.33 32.52	1200m: 13:05.33 32.58			
4.	VIANA Carolina Pereira	04	Sporting	16:52.68	+0,80	721
	50m: 31.14 31.14	450m: 4:59.94 33.98	850m: 9:30.71 33.76	1250m: 14:03.83 34.62		
	100m: 1:04.13 32.99	500m: 5:33.96 34.02	900m: 10:04.63 33.92	1300m: 14:37.93 34.10		
	150m: 1:37.31 33.18	550m: 6:07.89 33.93	950m: 10:38.60 33.97	1350m: 15:11.75 33.82		
	200m: 2:10.78 33.47	600m: 6:41.81 33.92	1000m: 11:12.56 33.96	1400m: 15:45.57 33.82		
	250m: 2:44.54 33.76	650m: 7:15.62 33.81	1050m: 11:46.42 33.86	1450m: 16:19.43 33.86		
	300m: 3:18.25 33.71	700m: 7:49.32 33.70	1100m: 12:21.13 34.71	1500m: 16:52.68 33.25		
	350m: 3:52.14 33.89	750m: 8:23.01 33.69	1150m: 12:55.10 33.97			
	400m: 4:25.96 33.82	800m: 8:56.95 33.94	1200m: 13:29.21 34.11			
5.	LOPES Daniela Magalhaes	05	Famalicao	17:15.87	+0,81	674
	50m: 31.14 31.14	450m: 5:03.08 34.27	850m: 9:40.53 34.86	1250m: 14:21.69 35.45		
	100m: 1:04.39 33.25	500m: 5:37.44 34.36	900m: 10:15.55 35.02	1300m: 14:56.85 35.16		
	150m: 1:38.35 33.96	550m: 6:11.80 34.36	950m: 10:50.49 34.94	1350m: 15:31.88 35.03		
	200m: 2:12.16 33.81	600m: 6:46.58 34.78	1000m: 11:25.41 34.92	1400m: 16:07.02 35.14		
	250m: 2:46.14 33.98	650m: 7:21.39 34.81	1050m: 12:00.34 34.93	1450m: 16:41.83 34.81		
	300m: 3:20.17 34.03	700m: 7:56.02 34.63	1100m: 12:35.37 35.03	1500m: 17:15.87 34.04		
	350m: 3:54.57 34.40	750m: 8:30.96 34.94	1150m: 13:10.72 35.35			
	400m: 4:28.81 34.24	800m: 9:05.67 34.71	1200m: 13:46.24 35.52			



Prova 14, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	17:25.87	+0,78	654	
	50m: 31.43 31.43	450m: 5:07.84	35.08	850m: 9:48.57	34.98	1250m: 14:30.24	35.53
	100m: 1:05.03 33.60	500m: 5:42.77	34.93	900m: 10:23.51	34.94	1300m: 15:05.72	35.48
	150m: 1:39.21 34.18	550m: 6:17.88	35.11	950m: 10:58.64	35.13	1350m: 15:40.95	35.23
	200m: 2:13.59 34.38	600m: 6:52.94	35.06	1000m: 11:33.89	35.25	1400m: 16:16.36	35.41
	250m: 2:48.21 34.62	650m: 7:28.07	35.13	1050m: 12:09.06	35.17	1450m: 16:51.88	35.52
	300m: 3:22.82 34.61	700m: 8:03.19	35.12	1100m: 12:44.42	35.36	1500m: 17:25.87	33.99
	350m: 3:57.81 34.99	750m: 8:38.42	35.23	1150m: 13:19.51	35.09		
	400m: 4:32.76 34.95	800m: 9:13.59	35.17	1200m: 13:54.71	35.20		
7.	ARMAS Maria Ornelas	98	Vikings	17:37.07	+0,90	634	
	50m: 31.32 31.32	450m: 5:08.06	35.31	850m: 9:51.36	35.59	1250m: 14:38.24	35.82
	100m: 1:04.81 33.49	500m: 5:43.13	35.07	900m: 10:26.63	35.27	1300m: 15:14.37	36.13
	150m: 1:38.98 34.17	550m: 6:18.41	35.28	950m: 11:02.55	35.92	1350m: 15:50.19	35.82
	200m: 2:13.54 34.56	600m: 6:53.88	35.47	1000m: 11:38.43	35.88	1400m: 16:26.29	36.10
	250m: 2:48.16 34.62	650m: 7:29.39	35.51	1050m: 12:14.42	35.99	1450m: 17:02.06	35.77
	300m: 3:23.05 34.89	700m: 8:04.91	35.52	1100m: 12:50.30	35.88	1500m: 17:37.07	35.01
	350m: 3:57.94 34.89	750m: 8:40.42	35.51	1150m: 13:26.29	35.99		
	400m: 4:32.75 34.81	800m: 9:15.77	35.35	1200m: 14:02.42	36.13		
8.	FARIA Leonor Verissimo	06	Nautico Academico	17:40.45	+0,66	628	
	50m: 32.50 32.50	450m: 5:16.19	35.76	850m: 10:01.18	35.63	1250m: 14:44.98	35.62
	100m: 1:07.31 34.81	500m: 5:52.02	35.83	900m: 10:36.77	35.59	1300m: 15:20.46	35.48
	150m: 1:42.45 35.14	550m: 6:27.58	35.56	950m: 11:12.39	35.62	1350m: 15:55.89	35.43
	200m: 2:17.60 35.15	600m: 7:03.10	35.52	1000m: 11:47.99	35.60	1400m: 16:31.12	35.23
	250m: 2:53.04 35.44	650m: 7:38.68	35.58	1050m: 12:23.38	35.39	1450m: 17:06.55	35.43
	300m: 3:28.78 35.74	700m: 8:14.23	35.55	1100m: 12:58.68	35.30	1500m: 17:40.45	33.90
	350m: 4:04.54 35.76	750m: 8:49.86	35.63	1150m: 13:33.89	35.21		
	400m: 4:40.43 35.89	800m: 9:25.55	35.69	1200m: 14:09.36	35.47		
9.	SA Maria Luis	06	Fluvial Portuense	17:55.17	+0,78	602	
	50m: 32.28 32.28	450m: 5:17.07	35.90	850m: 10:04.12	36.07	1250m: 14:56.15	36.55
	100m: 1:07.47 35.19	500m: 5:52.44	35.37	900m: 10:40.58	36.46	1300m: 15:32.32	36.17
	150m: 1:42.97 35.50	550m: 6:28.19	35.75	950m: 11:16.89	36.31	1350m: 16:08.52	36.20
	200m: 2:18.51 35.54	600m: 7:03.92	35.73	1000m: 11:53.45	36.56	1400m: 16:44.95	36.43
	250m: 2:54.43 35.92	650m: 7:39.92	36.00	1050m: 12:30.05	36.60	1450m: 17:20.76	35.81
	300m: 3:30.16 35.73	700m: 8:15.67	35.75	1100m: 13:06.46	36.41	1500m: 17:55.17	34.41
	350m: 4:05.57 35.41	750m: 8:51.38	35.71	1150m: 13:43.01	36.55		
	400m: 4:41.17 35.60	800m: 9:28.05	36.67	1200m: 14:19.60	36.59		
10.	NUNES Rita Sofia	05	Colegio Efanor	17:56.49	+0,82	600	
	50m: 32.15 32.15	450m: 5:17.31	36.14	850m: 10:07.48	36.31	1250m: 14:57.16	36.53
	100m: 1:07.07 34.92	500m: 5:53.48	36.17	900m: 10:43.63	36.15	1300m: 15:33.58	36.42
	150m: 1:42.42 35.35	550m: 6:29.36	35.88	950m: 11:20.01	36.38	1350m: 16:09.98	36.40
	200m: 2:17.99 35.57	600m: 7:05.52	36.16	1000m: 11:56.30	36.29	1400m: 16:46.20	36.22
	250m: 2:53.46 35.47	650m: 7:42.04	36.52	1050m: 12:32.33	36.03	1450m: 17:21.96	35.76
	300m: 3:29.22 35.76	700m: 8:18.31	36.27	1100m: 13:08.22	35.89	1500m: 17:56.49	34.53
	350m: 4:04.91 35.69	750m: 8:54.72	36.41	1150m: 13:44.37	36.15		
	400m: 4:41.17 36.26	800m: 9:31.17	36.45	1200m: 14:20.63	36.26		
11.	PEIXOTO Carolina Esteves	06	Braga	17:58.15	+0,96	597	
	50m: 32.13 32.13	450m: 5:15.47	36.13	850m: 10:01.47	35.95	1250m: 14:55.12	36.91
	100m: 1:05.99 33.86	500m: 5:51.59	36.12	900m: 10:37.90	36.43	1300m: 15:32.02	36.90
	150m: 1:40.80 34.81	550m: 6:27.69	36.10	950m: 11:14.57	36.67	1350m: 16:08.84	36.82
	200m: 2:16.06 35.26	600m: 7:03.16	35.47	1000m: 11:51.12	36.55	1400m: 16:45.63	36.79
	250m: 2:51.57 35.51	650m: 7:38.54	35.38	1050m: 12:27.81	36.69	1450m: 17:22.28	36.65
	300m: 3:27.28 35.71	700m: 8:14.06	35.52	1100m: 13:04.54	36.73	1500m: 17:58.15	35.87
	350m: 4:03.26 35.98	750m: 8:49.81	35.75	1150m: 13:41.26	36.72		
	400m: 4:39.34 36.08	800m: 9:25.52	35.71	1200m: 14:18.21	36.95		

Prova 14, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	SILVA Ines Martins	04	Vilacondense	18:01.24	+0,79	592	
	50m: 32.03 32.03	450m: 5:19.30	36.53	850m: 10:08.87	36.09	1250m: 15:00.38	36.50
	100m: 1:06.65 34.62	500m: 5:55.55	36.25	900m: 10:45.27	36.40	1300m: 15:37.06	36.68
	150m: 1:42.26 35.61	550m: 6:31.76	36.21	950m: 11:21.80	36.53	1350m: 16:13.85	36.79
	200m: 2:18.04 35.78	600m: 7:07.96	36.20	1000m: 11:58.03	36.23	1400m: 16:50.30	36.45
	250m: 2:54.20 36.16	650m: 7:44.38	36.42	1050m: 12:34.15	36.12	1450m: 17:26.46	36.16
	300m: 3:30.05 35.85	700m: 8:20.21	35.83	1100m: 13:10.60	36.45	1500m: 18:01.24	34.78
	350m: 4:06.36 36.31	750m: 8:56.76	36.55	1150m: 13:47.06	36.46		
	400m: 4:42.77 36.41	800m: 9:32.78	36.02	1200m: 14:23.88	36.82		
13.	MATOS Ana Rita	02	Belenenses	18:03.60	+0,76	588	
	50m: 32.58 32.58	450m: 5:21.50	36.31	850m: 10:11.58	36.24	1250m: 15:02.25	36.34
	100m: 1:07.90 35.32	500m: 5:57.64	36.14	900m: 10:47.84	36.26	1300m: 15:38.70	36.45
	150m: 1:43.75 35.85	550m: 6:34.09	36.45	950m: 11:24.42	36.58	1350m: 16:15.20	36.50
	200m: 2:19.96 36.21	600m: 7:10.28	36.19	1000m: 12:00.85	36.43	1400m: 16:51.73	36.53
	250m: 2:56.35 36.39	650m: 7:46.74	36.46	1050m: 12:37.16	36.31	1450m: 17:28.33	36.60
	300m: 3:32.69 36.34	700m: 8:22.88	36.14	1100m: 13:13.35	36.19	1500m: 18:03.60	35.27
	350m: 4:08.88 36.19	750m: 8:59.01	36.13	1150m: 13:49.56	36.21		
	400m: 4:45.19 36.31	800m: 9:35.34	36.33	1200m: 14:25.91	36.35		
14.	ALVES Joana Silva	05	Sporting	18:16.27	+0,66	568	
	50m: 32.30 32.30	450m: 5:23.38	37.11	850m: 10:18.06	36.88	1250m: 15:12.89	37.19
	100m: 1:07.60 35.30	500m: 6:00.13	36.75	900m: 10:54.80	36.74	1300m: 15:49.80	36.91
	150m: 1:43.44 35.84	550m: 6:37.26	37.13	950m: 11:31.44	36.64	1350m: 16:27.22	37.42
	200m: 2:19.82 36.38	600m: 7:14.09	36.83	1000m: 12:07.95	36.51	1400m: 17:04.08	36.86
	250m: 2:56.39 36.57	650m: 7:50.88	36.79	1050m: 12:44.98	37.03	1450m: 17:40.95	36.87
	300m: 3:32.87 36.48	700m: 8:27.84	36.96	1100m: 13:21.82	36.84	1500m: 18:16.27	35.32
	350m: 4:09.67 36.80	750m: 9:04.55	36.71	1150m: 13:58.82	37.00		
	400m: 4:46.27 36.60	800m: 9:41.18	36.63	1200m: 14:35.70	36.88		
15.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:19.46	+0,77	563	
	50m: 32.95 32.95	450m: 5:23.85	36.63	850m: 10:19.96	36.83	1250m: 15:16.07	37.13
	100m: 1:08.54 35.59	500m: 6:00.39	36.54	900m: 10:56.96	37.00	1300m: 15:53.21	37.14
	150m: 1:44.92 36.38	550m: 6:37.33	36.94	950m: 11:33.75	36.79	1350m: 16:30.05	36.84
	200m: 2:21.46 36.54	600m: 7:14.20	36.87	1000m: 12:10.60	36.85	1400m: 17:06.77	36.72
	250m: 2:57.82 36.36	650m: 7:51.27	37.07	1050m: 12:47.58	36.98	1450m: 17:43.93	37.16
	300m: 3:34.30 36.48	700m: 8:28.55	37.28	1100m: 13:24.74	37.16	1500m: 18:19.46	35.53
	350m: 4:10.79 36.49	750m: 9:05.75	37.20	1150m: 14:01.80	37.06		
	400m: 4:47.22 36.43	800m: 9:43.13	37.38	1200m: 14:38.94	37.14		
16.	VARANDAS Joana Filipa	02	Laranjeiro	18:27.57	+0,86	551	
	50m: 33.61 33.61	450m: 5:29.61	37.13	850m: 10:27.92	37.24	1250m: 15:24.89	36.73
	100m: 1:09.81 36.20	500m: 6:06.66	37.05	900m: 11:05.22	37.30	1300m: 16:02.06	37.17
	150m: 1:46.80 36.99	550m: 6:43.84	37.18	950m: 11:42.60	37.38	1350m: 16:38.87	36.81
	200m: 2:24.01 37.21	600m: 7:21.09	37.25	1000m: 12:19.61	37.01	1400m: 17:15.84	36.97
	250m: 3:00.87 36.86	650m: 7:58.53	37.44	1050m: 12:56.56	36.95	1450m: 17:52.08	36.24
	300m: 3:37.98 37.11	700m: 8:35.90	37.37	1100m: 13:33.91	37.35	1500m: 18:27.57	35.49
	350m: 4:15.30 37.32	750m: 9:13.31	37.41	1150m: 14:11.00	37.09		
	400m: 4:52.48 37.18	800m: 9:50.68	37.37	1200m: 14:48.16	37.16		
17.	PIMENTEL Sara Calisto	05	Gafanha da Encarnacao	18:38.23	+0,79	535	
	50m: 33.39 33.39	450m: 5:31.00	37.22	850m: 10:30.45	37.84	1250m: 15:31.58	37.85
	100m: 1:09.97 36.58	500m: 6:08.05	37.05	900m: 11:08.04	37.59	1300m: 16:09.61	38.03
	150m: 1:47.10 37.13	550m: 6:45.05	37.00	950m: 11:45.70	37.66	1350m: 16:47.71	38.10
	200m: 2:24.45 37.35	600m: 7:22.44	37.39	1000m: 12:23.49	37.79	1400m: 17:25.67	37.96
	250m: 3:02.22 37.77	650m: 7:59.87	37.43	1050m: 13:00.56	37.07	1450m: 18:03.20	37.53
	300m: 3:39.27 37.05	700m: 8:37.48	37.61	1100m: 13:38.00	37.44	1500m: 18:38.23	35.03
	350m: 4:16.58 37.31	750m: 9:14.84	37.36	1150m: 14:15.98	37.98		
	400m: 4:53.78 37.20	800m: 9:52.61	37.77	1200m: 14:53.73	37.75		



Prova 14, Femin., 1500m Livres

Juniores

1.	MESQUITA Mafalda Martins	07	Famalicao	17:18.56	+0,80	668	
	50m: 31.60 31.60	450m: 5:11.52	35.00	850m: 9:52.72	35.06	1250m: 14:31.42	34.54
	100m: 1:05.71 34.11	500m: 5:46.80	35.28	900m: 10:27.92	35.20	1300m: 15:05.91	34.49
	150m: 1:40.75 35.04	550m: 6:21.97	35.17	950m: 11:02.98	35.06	1350m: 15:40.02	34.11
	200m: 2:15.88 35.13	600m: 6:57.01	35.04	1000m: 11:37.93	34.95	1400m: 16:13.83	33.81
	250m: 2:51.05 35.17	650m: 7:32.02	35.01	1050m: 12:12.57	34.64	1450m: 16:47.06	33.23
	300m: 3:26.13 35.08	700m: 8:07.27	35.25	1100m: 12:47.45	34.88	1500m: 17:18.56	31.50
	350m: 4:01.45 35.32	750m: 8:42.51	35.24	1150m: 13:22.39	34.94		
	400m: 4:36.52 35.07	800m: 9:17.66	35.15	1200m: 13:56.88	34.49		
2.	FRANCO Catarina Andrade	07	Benfica	17:36.60	+0,75	635	
	50m: 31.06 31.06	450m: 5:09.20	35.13	850m: 9:49.69	35.14	1250m: 14:34.88	35.96
	100m: 1:04.96 33.90	500m: 5:44.37	35.17	900m: 10:24.80	35.11	1300m: 15:11.60	36.72
	150m: 1:39.58 34.62	550m: 6:19.00	34.63	950m: 11:00.42	35.62	1350m: 15:48.14	36.54
	200m: 2:14.24 34.66	600m: 6:54.09	35.09	1000m: 11:35.93	35.51	1400m: 16:24.82	36.68
	250m: 2:49.05 34.81	650m: 7:29.25	35.16	1050m: 12:11.35	35.42	1450m: 17:01.50	36.68
	300m: 3:24.03 34.98	700m: 8:04.45	35.20	1100m: 12:47.15	35.80	1500m: 17:36.60	35.10
	350m: 3:58.89 34.86	750m: 8:39.59	35.14	1150m: 13:23.18	36.03		
	400m: 4:34.07 35.18	800m: 9:14.55	34.96	1200m: 13:58.92	35.74		
3.	AGUILAR Marta Andre	07	Nautico Academico	17:53.69	+0,86	605	
	50m: 32.35 32.35	450m: 5:12.02	35.28	850m: 9:58.25	35.92	1250m: 14:53.05	37.35
	100m: 1:07.22 34.87	500m: 5:47.75	35.73	900m: 10:34.53	36.28	1300m: 15:30.09	37.04
	150m: 1:42.40 35.18	550m: 6:23.34	35.59	950m: 11:10.78	36.25	1350m: 16:07.06	36.97
	200m: 2:17.14 34.74	600m: 6:59.00	35.66	1000m: 11:47.32	36.54	1400m: 16:43.14	36.08
	250m: 2:51.57 34.43	650m: 7:34.67	35.67	1050m: 12:24.16	36.84	1450m: 17:18.98	35.84
	300m: 3:26.38 34.81	700m: 8:10.56	35.89	1100m: 13:01.14	36.98	1500m: 17:53.69	34.71
	350m: 4:01.55 35.17	750m: 8:46.41	35.85	1150m: 13:38.28	37.14		
	400m: 4:36.74 35.19	800m: 9:22.33	35.92	1200m: 14:15.70	37.42		
4.	ALVES Sara Sofia	07	Palmela	18:13.85	+0,77	572	
	50m: 33.20 33.20	450m: 5:24.83	36.58	850m: 10:16.26	36.59	1250m: 15:10.03	36.73
	100m: 1:09.32 36.12	500m: 6:01.36	36.53	900m: 10:53.03	36.77	1300m: 15:47.05	37.02
	150m: 1:45.65 36.33	550m: 6:37.62	36.26	950m: 11:29.66	36.63	1350m: 16:24.12	37.07
	200m: 2:22.19 36.54	600m: 7:13.73	36.11	1000m: 12:06.49	36.83	1400m: 17:01.24	37.12
	250m: 2:58.77 36.58	650m: 7:50.00	36.27	1050m: 12:43.76	37.27	1450m: 17:37.71	36.47
	300m: 3:34.96 36.19	700m: 8:26.68	36.68	1100m: 13:20.11	36.35	1500m: 18:13.85	36.14
	350m: 4:11.38 36.42	750m: 9:03.15	36.47	1150m: 13:56.79	36.68		
	400m: 4:48.25 36.87	800m: 9:39.67	36.52	1200m: 14:33.30	36.51		
5.	VIANA Matilde Violante	07	CNLeiria	18:14.52	+0,88	571	
	50m: 32.17 32.17	450m: 5:21.42	36.44	850m: 10:12.64	37.05	1250m: 15:08.60	37.35
	100m: 1:06.89 34.72	500m: 5:58.12	36.70	900m: 10:49.49	36.85	1300m: 15:45.70	37.10
	150m: 1:42.95 36.06	550m: 6:34.62	36.50	950m: 11:25.98	36.49	1350m: 16:23.25	37.55
	200m: 2:19.04 36.09	600m: 7:11.54	36.92	1000m: 12:02.71	36.73	1400m: 17:00.72	37.47
	250m: 2:55.21 36.17	650m: 7:47.62	36.08	1050m: 12:39.73	37.02	1450m: 17:37.79	37.07
	300m: 3:31.62 36.41	700m: 8:23.70	36.08	1100m: 13:16.72	36.99	1500m: 18:14.52	36.73
	350m: 4:08.29 36.67	750m: 8:59.83	36.13	1150m: 13:53.94	37.22		
	400m: 4:44.98 36.69	800m: 9:35.59	35.76	1200m: 14:31.25	37.31		
6.	SANTOS Leonor Castanho	07	Sporting	18:19.79	+0,93	563	
	50m: 32.57 32.57	450m: 5:20.00	36.25	850m: 10:16.53	37.41	1250m: 15:15.41	37.20
	100m: 1:07.90 35.33	500m: 5:56.65	36.65	900m: 10:53.81	37.28	1300m: 15:52.44	37.03
	150m: 1:43.54 35.64	550m: 6:33.30	36.65	950m: 11:31.03	37.22	1350m: 16:29.80	37.36
	200m: 2:19.10 35.56	600m: 7:10.26	36.96	1000m: 12:08.39	37.36	1400m: 17:06.97	37.17
	250m: 2:54.83 35.73	650m: 7:47.54	37.28	1050m: 12:45.64	37.25	1450m: 17:43.96	36.99
	300m: 3:30.99 36.16	700m: 8:24.54	37.00	1100m: 13:23.25	37.61	1500m: 18:19.79	35.83
	350m: 4:07.19 36.20	750m: 9:01.69	37.15	1150m: 14:01.08	37.83		
	400m: 4:43.75 36.56	800m: 9:39.12	37.43	1200m: 14:38.21	37.13		



Prova 14, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	18:25.34	+0,76	554	
	50m: 32.62 32.62	450m: 5:20.17	36.78 850m: 10:18.49	37.43	1250m: 15:20.23	37.57	
	100m: 1:07.65 35.03	500m: 5:57.28	37.11 900m: 10:55.98	37.49	1300m: 15:57.81	37.58	
	150m: 1:43.10 35.45	550m: 6:34.29	37.01 950m: 11:34.06	38.08	1350m: 16:35.66	37.85	
	200m: 2:18.84 35.74	600m: 7:11.85	37.56 1000m: 12:11.92	37.86	1400m: 17:14.01	38.35	
	250m: 2:54.65 35.81	650m: 7:49.11	37.26 1050m: 12:49.98	38.06	1450m: 17:50.29	36.28	
	300m: 3:30.50 35.85	700m: 8:26.66	37.55 1100m: 13:27.29	37.31	1500m: 18:25.34	35.05	
	350m: 4:06.56 36.06	750m: 9:03.58	36.92 1150m: 14:04.91	37.62			
	400m: 4:43.39 36.83	800m: 9:41.06	37.48 1200m: 14:42.66	37.75			
8.	FERREIRA Carolina Amadeu	08	Leixoes	18:28.10	+0,70	550	
	50m: 32.34 32.34	450m: 5:23.57	36.65 850m: 10:21.26	37.37	1250m: 15:22.21	37.66	
	100m: 1:07.94 35.60	500m: 6:00.73	37.16 900m: 10:58.84	37.58	1300m: 15:59.67	37.46	
	150m: 1:43.91 35.97	550m: 6:37.74	37.01 950m: 11:36.18	37.34	1350m: 16:37.20	37.53	
	200m: 2:20.43 36.52	600m: 7:14.74	37.00 1000m: 12:13.90	37.72	1400m: 17:14.74	37.54	
	250m: 2:56.81 36.38	650m: 7:51.86	37.12 1050m: 12:51.37	37.47	1450m: 17:52.00	37.26	
	300m: 3:33.45 36.64	700m: 8:29.26	37.40 1100m: 13:28.88	37.51	1500m: 18:28.10	36.10	
	350m: 4:10.23 36.78	750m: 9:06.51	37.25 1150m: 14:06.94	38.06			
	400m: 4:46.92 36.69	800m: 9:43.89	37.38 1200m: 14:44.55	37.61			
9.	MACEDO Alice Mendes	08	Estamos Juntos	18:28.28		550	
	50m: 33.20 33.20	450m: 5:30.10	37.83 850m: 10:31.03	37.48	1250m: 15:27.57	36.56	
	100m: 1:09.00 35.80	500m: 6:07.57	37.47 900m: 11:08.27	37.24	1300m: 16:04.03	36.46	
	150m: 1:46.00 37.00	550m: 6:45.16	37.59 950m: 11:45.84	37.57	1350m: 16:40.62	36.59	
	200m: 2:23.21 37.21	600m: 7:22.72	37.56 1000m: 12:22.69	36.85	1400m: 17:17.54	36.92	
	250m: 3:00.52 37.31	650m: 8:00.54	37.82 1050m: 13:00.15	37.46	1450m: 17:53.95	36.41	
	300m: 3:37.76 37.24	700m: 8:38.31	37.77 1100m: 13:37.43	37.28	1500m: 18:28.28	34.33	
	350m: 4:15.01 37.25	750m: 9:15.84	37.53 1150m: 14:14.09	36.66			
	400m: 4:52.27 37.26	800m: 9:53.55	37.71 1200m: 14:51.01	36.92			
10.	CABRAL Carolina Vizinho	07	Natacao de Vagos	18:38.26	+0,70	535	
	50m: 32.43 32.43	450m: 5:21.50	37.19 850m: 10:23.84	37.75	1250m: 15:29.17	37.74	
	100m: 1:07.56 35.13	500m: 5:59.04	37.54 900m: 11:02.47	38.63	1300m: 16:07.38	38.21	
	150m: 1:42.90 35.34	550m: 6:37.02	37.98 950m: 11:40.72	38.25	1350m: 16:45.70	38.32	
	200m: 2:18.67 35.77	600m: 7:14.94	37.92 1000m: 12:18.86	38.14	1400m: 17:23.25	37.55	
	250m: 2:54.50 35.83	650m: 7:52.13	37.19 1050m: 12:56.65	37.79	1450m: 18:01.41	38.16	
	300m: 3:30.82 36.32	700m: 8:29.89	37.76 1100m: 13:34.34	37.69	1500m: 18:38.26	36.85	
	350m: 4:07.40 36.58	750m: 9:08.46	38.57 1150m: 14:12.89	38.55			
	400m: 4:44.31 36.91	800m: 9:46.09	37.63 1200m: 14:51.43	38.54			
11.	COSTA Maria Joao	08	Vilacondense	18:40.26	+0,78	532	
	50m: 32.87 32.87	450m: 5:29.86	37.53 850m: 10:31.27	37.53	1250m: 15:33.13	37.89	
	100m: 1:09.10 36.23	500m: 6:07.62	37.76 900m: 11:08.85	37.58	1300m: 16:10.89	37.76	
	150m: 1:46.04 36.94	550m: 6:45.01	37.39 950m: 11:46.58	37.73	1350m: 16:48.50	37.61	
	200m: 2:23.20 37.16	600m: 7:22.86	37.85 1000m: 12:24.13	37.55	1400m: 17:26.40	37.90	
	250m: 3:00.68 37.48	650m: 8:00.40	37.54 1050m: 13:01.92	37.79	1450m: 18:04.28	37.88	
	300m: 3:37.94 37.26	700m: 8:37.87	37.47 1100m: 13:39.70	37.78	1500m: 18:40.26	35.98	
	350m: 4:15.43 37.49	750m: 9:15.73	37.86 1150m: 14:17.35	37.65			
	400m: 4:52.33 36.90	800m: 9:53.74	38.01 1200m: 14:55.24	37.89			
12.	BAIONA Raquel Santos	08	Colegio Monte Maior	18:41.79	+0,97	530	
	50m: 34.60 34.60	450m: 5:30.72	36.90 850m: 10:29.41	37.81	1250m: 15:33.43	38.12	
	100m: 1:11.20 36.60	500m: 6:07.73	37.01 900m: 11:07.50	38.09	1300m: 16:11.65	38.22	
	150m: 1:48.32 37.12	550m: 6:44.45	36.72 950m: 11:45.56	38.06	1350m: 16:49.45	37.80	
	200m: 2:25.39 37.07	600m: 7:21.53	37.08 1000m: 12:23.54	37.98	1400m: 17:27.26	37.81	
	250m: 3:02.58 37.19	650m: 7:58.75	37.22 1050m: 13:01.58	38.04	1450m: 18:05.05	37.79	
	300m: 3:39.66 37.08	700m: 8:36.38	37.63 1100m: 13:39.33	37.75	1500m: 18:41.79	36.74	
	350m: 4:16.88 37.22	750m: 9:13.88	37.50 1150m: 14:17.46	38.13			
	400m: 4:53.82 36.94	800m: 9:51.60	37.72 1200m: 14:55.31	37.85			



Prova 14, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	GOMES Rita Cunha	07	Viana Natacao	18:43.84	+0,91	527	
	50m: 33.78 33.78	450m: 5:30.51	37.60	850m: 10:32.24	37.86	1250m: 15:35.78	37.80
	100m: 1:09.89 36.11	500m: 6:08.34	37.83	900m: 11:09.77	37.53	1300m: 16:13.89	38.11
	150m: 1:46.74 36.85	550m: 6:46.00	37.66	950m: 11:47.64	37.87	1350m: 16:51.53	37.64
	200m: 2:23.62 36.88	600m: 7:23.72	37.72	1000m: 12:25.90	38.26	1400m: 17:29.72	38.19
	250m: 3:00.51 36.89	650m: 8:01.41	37.69	1050m: 13:04.06	38.16	1450m: 18:07.06	37.34
	300m: 3:37.79 37.28	700m: 8:38.99	37.58	1100m: 13:41.83	37.77	1500m: 18:43.84	36.78
	350m: 4:15.28 37.49	750m: 9:16.68	37.69	1150m: 14:19.94	38.11		
	400m: 4:52.91 37.63	800m: 9:54.38	37.70	1200m: 14:57.98	38.04		
14.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	18:49.20	+0,74	520	
	50m: 33.17 33.17	450m: 5:26.43	37.02	850m: 10:25.50	37.67	1250m: 15:34.93	39.15
	100m: 1:09.41 36.24	500m: 6:03.46	37.03	900m: 11:03.66	38.16	1300m: 16:13.81	38.88
	150m: 1:45.95 36.54	550m: 6:40.70	37.24	950m: 11:42.19	38.53	1350m: 16:53.00	39.19
	200m: 2:22.62 36.67	600m: 7:17.91	37.21	1000m: 12:21.00	38.81	1400m: 17:32.07	39.07
	250m: 2:59.10 36.48	650m: 7:55.30	37.39	1050m: 12:59.40	38.40	1450m: 18:11.08	39.01
	300m: 3:35.83 36.73	700m: 8:32.81	37.51	1100m: 13:38.41	39.01	1500m: 18:49.20	38.12
	350m: 4:12.55 36.72	750m: 9:10.08	37.27	1150m: 14:17.07	38.66		
	400m: 4:49.41 36.86	800m: 9:47.83	37.75	1200m: 14:55.78	38.71		
15.	NEVES Ana Carolina	08	Fluvial Portuense	18:50.22	+0,55	518	
	50m: 32.66 32.66	450m: 5:29.81	37.87	850m: 10:30.86	37.49	1250m: 15:35.71	39.31
	100m: 1:08.53 35.87	500m: 6:07.39	37.58	900m: 11:08.50	37.64	1300m: 16:15.19	39.48
	150m: 1:45.67 37.14	550m: 6:45.24	37.85	950m: 11:46.13	37.63	1350m: 16:54.51	39.32
	200m: 2:22.85 37.18	600m: 7:22.97	37.73	1000m: 12:23.47	37.34	1400m: 17:33.92	39.41
	250m: 3:00.22 37.37	650m: 8:00.61	37.64	1050m: 13:01.10	37.63	1450m: 18:12.34	38.42
	300m: 3:37.44 37.22	700m: 8:38.13	37.52	1100m: 13:39.04	37.94	1500m: 18:50.22	37.88
	350m: 4:14.48 37.04	750m: 9:15.87	37.74	1150m: 14:17.15	38.11		
	400m: 4:51.94 37.46	800m: 9:53.37	37.50	1200m: 14:56.40	39.25		
16.	FREITAS Diana Gomes	08	Amigos Montanha	19:02.47	+0,87	502	
	50m: 32.83 32.83	450m: 5:30.22	38.03	850m: 10:38.48	38.73	1250m: 15:49.80	39.23
	100m: 1:08.38 35.55	500m: 6:08.13	37.91	900m: 11:17.32	38.84	1300m: 16:29.05	39.25
	150m: 1:44.83 36.45	550m: 6:46.76	38.63	950m: 11:56.33	39.01	1350m: 17:07.95	38.90
	200m: 2:21.30 36.47	600m: 7:25.17	38.41	1000m: 12:34.92	38.59	1400m: 17:46.67	38.72
	250m: 2:58.55 37.25	650m: 8:03.61	38.44	1050m: 13:13.17	38.25	1450m: 18:25.20	38.53
	300m: 3:35.96 37.41	700m: 8:42.30	38.69	1100m: 13:52.04	38.87	1500m: 19:02.47	37.27
	350m: 4:14.38 38.42	750m: 9:20.91	38.61	1150m: 14:31.30	39.26		
	400m: 4:52.19 37.81	800m: 9:59.75	38.84	1200m: 15:10.57	39.27		
17.	JORGE Sofia Pereira	08	Galitos / Bresimar	19:10.56	+0,77	491	
	50m: 33.20 33.20	450m: 5:34.43	37.98	850m: 10:43.19	38.66	1250m: 15:56.58	39.38
	100m: 1:10.27 37.07	500m: 6:13.35	38.92	900m: 11:22.78	39.59	1300m: 16:35.38	38.80
	150m: 1:47.73 37.46	550m: 6:51.76	38.41	950m: 12:01.89	39.11	1350m: 17:14.28	38.90
	200m: 2:25.13 37.40	600m: 7:29.92	38.16	1000m: 12:40.62	38.73	1400m: 17:53.21	38.93
	250m: 3:02.84 37.71	650m: 8:08.24	38.32	1050m: 13:19.95	39.33	1450m: 18:32.76	39.55
	300m: 3:40.29 37.45	700m: 8:47.05	38.81	1100m: 13:59.01	39.06	1500m: 19:10.56	37.80
	350m: 4:18.16 37.87	750m: 9:25.82	38.77	1150m: 14:37.97	38.96		
	400m: 4:56.45 38.29	800m: 10:04.53	38.71	1200m: 15:17.20	39.23		
18.	LUIZ Margarida Maria	08	Lagoa AC	19:17.17	+0,75	483	
	50m: 33.45 33.45	450m: 5:37.67	38.85	850m: 10:48.93	38.55	1250m: 16:03.65	39.54
	100m: 1:10.16 36.71	500m: 6:16.38	38.71	900m: 11:27.98	39.05	1300m: 16:43.23	39.58
	150m: 1:47.64 37.48	550m: 6:55.37	38.99	950m: 12:07.55	39.57	1350m: 17:22.32	39.09
	200m: 2:25.67 38.03	600m: 7:34.20	38.83	1000m: 12:47.08	39.53	1400m: 18:01.16	38.84
	250m: 3:03.79 38.12	650m: 8:13.20	39.00	1050m: 13:25.94	38.86	1450m: 18:39.89	38.73
	300m: 3:41.97 38.18	700m: 8:52.51	39.31	1100m: 14:05.43	39.49	1500m: 19:17.17	37.28
	350m: 4:20.11 38.14	750m: 9:31.73	39.22	1150m: 14:44.71	39.28		
	400m: 4:58.82 38.71	800m: 10:10.38	38.65	1200m: 15:24.11	39.40		