

Prova 10 Femin., 1500m Livres 16 anos e mais velhos  
21-12-2013 Resultados

Recordes Nacionais 25m Absoluto	16:46.48	Angelica Maria Andre	CFP	Felgueiras	30-11-2013
Recordes Nacionais 25m Jun 16	16:48.20	Alexandra Maria Silva	FCP	Antas	15-01-1983
Recordes Nacionais 25m Jun 17	16:55.80	Alexandra Maria Silva	FCP	Porto	14-04-1984
Recordes Nacionais 25m Sen	16:46.48	Angelica Maria Andre	CFP	Felgueiras	30-11-2013

TAC-JUN1F Jun 16 50m: 18:57.88 - 25m: 18:35.13 / TAC-JUN2F Jun 17: 18:24.19 / TAC-SENF Sen: 18:13.26

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	<b>16:59.74</b>	<b>+0,92</b>	<b>755</b>		
	50m: 31.05	31.05	450m: 4:59.62	33.98	850m: 9:33.42	34.47	1250m: 14:08.69	34.20	
	100m: 1:03.72	32.67	500m: 5:33.68	34.06	900m: 10:07.65	34.23	1300m: 14:43.18	34.49	
	150m: 1:36.64	32.92	550m: 6:07.69	34.01	950m: 10:42.33	34.68	1350m: 15:17.74	34.56	
	200m: 2:09.97	33.33	600m: 6:41.82	34.13	1000m: 11:16.85	34.52	1400m: 15:52.00	34.26	
	250m: 2:43.77	33.80	650m: 7:15.92	34.10	1050m: 11:51.37	34.52	1450m: 16:26.40	34.40	
	300m: 3:17.52	33.75	700m: 7:50.10	34.18	1100m: 12:25.75	34.38	1500m: 16:59.74	33.34	
	350m: 3:51.51	33.99	750m: 8:24.54	34.44	1150m: 13:00.16	34.41			
	400m: 4:25.64	34.13	800m: 8:58.95	34.41	1200m: 13:34.49	34.33			
2.	Carolina Mantua Guedes	98	110539	Sporting	<b>17:13.37</b>	<b>+0,76</b>	<b>725</b>		
	50m: 31.45	31.45	450m: 5:07.11	34.69	850m: 9:44.59	34.75	1250m: 14:21.49	34.81	
	100m: 1:05.68	34.23	500m: 5:41.87	34.76	900m: 10:18.93	34.34	1300m: 14:56.27	34.78	
	150m: 1:39.77	34.09	550m: 6:16.43	34.56	950m: 10:53.54	34.61	1350m: 15:31.07	34.80	
	200m: 2:14.01	34.24	600m: 6:51.22	34.79	1000m: 11:28.19	34.65	1400m: 16:05.87	34.80	
	250m: 2:48.78	34.77	650m: 7:25.90	34.68	1050m: 12:02.78	34.59	1450m: 16:40.64	34.77	
	300m: 3:23.29	34.51	700m: 8:00.65	34.75	1100m: 12:37.43	34.65	1500m: 17:13.37	32.73	
	350m: 3:57.96	34.67	750m: 8:35.16	34.51	1150m: 13:12.03	34.60			
	400m: 4:32.42	34.46	800m: 9:09.84	34.68	1200m: 13:46.68	34.65			
3.	Barbara Marques Rodrigues	97	107039	Alges	<b>17:35.75</b>	<b>+0,95</b>	<b>680</b>		
	50m: 31.79	31.79	450m: 5:10.58	35.23	850m: 9:53.27	35.29	1250m: 14:37.95	35.67	
	100m: 1:06.08	34.29	500m: 5:45.78	35.20	900m: 10:28.72	35.45	1300m: 15:13.77	35.82	
	150m: 1:40.67	34.59	550m: 6:20.97	35.19	950m: 11:04.28	35.56	1350m: 15:49.55	35.78	
	200m: 2:15.56	34.89	600m: 6:56.38	35.41	1000m: 11:39.73	35.45	1400m: 16:25.39	35.84	
	250m: 2:50.51	34.95	650m: 7:31.74	35.36	1050m: 12:15.20	35.47	1450m: 17:00.90	35.51	
	300m: 3:25.25	34.74	700m: 8:07.12	35.38	1100m: 12:50.89	35.69	1500m: 17:35.75	34.85	
	350m: 4:00.24	34.99	750m: 8:42.43	35.31	1150m: 13:26.63	35.74			
	400m: 4:35.35	35.11	800m: 9:17.98	35.55	1200m: 14:02.28	35.65			
4.	Maria Joao Fernandes	97	102092	Vilacondense	<b>17:59.65</b>	<b>+0,81</b>	<b>636</b>		
	50m: 31.69	31.69	450m: 5:17.14	36.29	850m: 10:05.86	35.87	1250m: 14:58.39	36.43	
	100m: 1:06.25	34.56	500m: 5:53.16	36.02	900m: 10:42.28	36.42	1300m: 15:35.30	36.91	
	150m: 1:41.07	34.82	550m: 6:28.79	35.63	950m: 11:18.98	36.70	1350m: 16:12.17	36.87	
	200m: 2:16.25	35.18	600m: 7:05.22	36.43	1000m: 11:55.48	36.50	1400m: 16:48.62	36.45	
	250m: 2:52.45	36.20	650m: 7:41.17	35.95	1050m: 12:32.29	36.81	1450m: 17:24.36	35.74	
	300m: 3:28.82	36.37	700m: 8:17.59	36.42	1100m: 13:09.23	36.94	1500m: 17:59.65	35.29	
	350m: 4:04.91	36.09	750m: 8:53.69	36.10	1150m: 13:45.71	36.48			
	400m: 4:40.85	35.94	800m: 9:29.99	36.30	1200m: 14:21.96	36.25			
5.	Ana Silva Costa	98	104446	Famalicao	<b>18:09.03</b>	<b>+0,89</b>	<b>620</b>		
	50m: 32.47	32.47	450m: 5:17.55	36.15	850m: 10:08.68	36.40	1250m: 15:03.72	36.82	
	100m: 1:07.24	34.77	500m: 5:53.81	36.26	900m: 10:45.53	36.85	1300m: 15:41.05	37.33	
	150m: 1:42.57	35.33	550m: 6:30.02	36.21	950m: 11:22.29	36.76	1350m: 16:18.62	37.57	
	200m: 2:17.87	35.30	600m: 7:06.29	36.27	1000m: 11:58.95	36.66	1400m: 16:56.34	37.72	
	250m: 2:53.37	35.50	650m: 7:42.77	36.48	1050m: 12:35.94	36.99	1450m: 17:32.92	36.58	
	300m: 3:29.47	36.10	700m: 8:19.32	36.55	1100m: 13:12.77	36.83	1500m: 18:09.03	36.11	
	350m: 4:05.51	36.04	750m: 8:55.80	36.48	1150m: 13:49.79	37.02			
	400m: 4:41.40	35.89	800m: 9:32.28	36.48	1200m: 14:26.90	37.11			

Prova 10, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Luana Raquel Alves	97	110022	Desportiva de Viana	<b>18:14.55</b>		610		
	50m: 32.34 32.34			450m: 5:22.62 36.63	850m: 10:15.70 36.77	1250m: 15:10.51 36.84			
	100m: 1:07.94 35.60			500m: 5:59.18 36.56	900m: 10:52.57 36.87	1300m: 15:47.51 37.00			
	150m: 1:43.89 35.95			550m: 6:35.53 36.35	950m: 11:29.38 36.81	1350m: 16:24.47 36.96			
	200m: 2:20.02 36.13			600m: 7:11.74 36.21	1000m: 12:06.36 36.98	1400m: 17:01.66 37.19			
	250m: 2:56.62 36.60			650m: 7:48.35 36.61	1050m: 12:42.73 36.37	1450m: 17:38.60 36.94			
	300m: 3:33.01 36.39			700m: 8:25.31 36.96	1100m: 13:19.54 36.81	1500m: 18:14.55 35.95			
	350m: 4:09.39 36.38			750m: 9:02.02 36.71	1150m: 13:56.82 37.28				
	400m: 4:45.99 36.60			800m: 9:38.93 36.91	1200m: 14:33.67 36.85				
7.	Cecilia Branco Almeida	97	105386	Gesloures	<b>18:39.21</b>	+0,78	571		
	<i>FTL</i>								
	50m: 33.09 33.09			450m: 5:31.05 37.55	850m: 10:31.18 37.39	1250m: 15:32.91 37.79			
	100m: 1:09.50 36.41			500m: 6:08.79 37.74	900m: 11:08.40 37.22	1300m: 16:10.39 37.48			
	150m: 1:46.49 36.99			550m: 6:46.28 37.49	950m: 11:46.28 37.88	1350m: 16:47.76 37.37			
	200m: 2:24.06 37.57			600m: 7:23.89 37.61	1000m: 12:24.06 37.78	1400m: 17:25.18 37.42			
	250m: 3:01.48 37.42			650m: 8:01.31 37.42	1050m: 13:01.73 37.67	1450m: 18:02.88 37.70			
	300m: 3:38.86 37.38			700m: 8:38.60 37.29	1100m: 13:39.37 37.64	1500m: 18:39.21 36.33			
	350m: 4:16.25 37.39			750m: 9:16.20 37.60	1150m: 14:17.49 38.12				
	400m: 4:53.50 37.25			800m: 9:53.79 37.59	1200m: 14:55.12 37.63				
DNS	Marina Micaela Sequeira	98	112319	Uniao Piedense					
<b>Seniores</b>									
1.	Angelica Maria Andre	94	15497	Fluvial Portuense	<b>16:31.95</b>	+0,77	820		
	<i>Recorde Nacional</i>								
	50m: 30.88 30.88			450m: 4:56.02 33.59	850m: 9:18.94 33.45	1250m: 13:47.16 33.44			
	100m: 1:03.22 32.34			500m: 5:29.61 33.59	900m: 9:52.45 33.51	1300m: 14:20.60 33.44			
	150m: 1:35.85 32.63			550m: 6:01.98 32.37	950m: 10:26.06 33.61	1350m: 14:54.28 33.68			
	200m: 2:08.89 33.04			600m: 6:34.13 32.15	1000m: 10:59.36 33.30	1400m: 15:27.95 33.67			
	250m: 2:42.43 33.54			650m: 7:06.33 32.20	1050m: 11:32.73 33.37	1450m: 16:01.14 33.19			
	300m: 3:15.77 33.34			700m: 7:39.25 32.92	1100m: 12:06.27 33.54	1500m: 16:31.95 30.81			
	350m: 3:49.06 33.29			750m: 8:12.09 32.84	1150m: 12:40.16 33.89				
	400m: 4:22.43 33.37			800m: 8:45.49 33.40	1200m: 13:13.72 33.56				
2.	Florbela Cavaco Machado	96	103916	Columbofila Cantanhedense	<b>16:50.98</b>	+0,77	775		
	50m: 31.87 31.87			450m: 4:56.10 33.68	850m: 9:28.37 34.27	1250m: 14:02.50 33.74			
	100m: 1:04.06 32.19			500m: 5:29.86 33.76	900m: 10:02.49 34.12	1300m: 14:36.87 34.37			
	150m: 1:36.91 32.85			550m: 6:03.47 33.61	950m: 10:37.02 34.53	1350m: 15:11.33 34.46			
	200m: 2:09.50 32.59			600m: 6:37.46 33.99	1000m: 11:11.37 34.35	1400m: 15:45.08 33.75			
	250m: 2:42.49 32.99			650m: 7:11.99 34.53	1050m: 11:45.59 34.22	1450m: 16:19.11 34.03			
	300m: 3:15.62 33.13			700m: 7:45.75 33.76	1100m: 12:19.91 34.32	1500m: 16:50.98 31.87			
	350m: 3:48.86 33.24			750m: 8:20.03 34.28	1150m: 12:54.10 34.19				
	400m: 4:22.42 33.56			800m: 8:54.10 34.07	1200m: 13:28.76 34.66				
3.	Vania Soares Neves	90	12380	Leixoes	<b>17:15.34</b>	+0,77	721		
	50m: 31.62 31.62			450m: 5:02.79 34.76	850m: 9:40.38 34.43	1250m: 14:20.58 35.04			
	100m: 1:04.57 32.95			500m: 5:37.41 34.62	900m: 10:15.20 34.82	1300m: 14:55.41 34.83			
	150m: 1:37.64 33.07			550m: 6:12.17 34.76	950m: 10:49.96 34.76	1350m: 15:30.63 35.22			
	200m: 2:11.20 33.56			600m: 6:46.96 34.79	1000m: 11:24.99 35.03	1400m: 16:05.90 35.27			
	250m: 2:44.98 33.78			650m: 7:21.75 34.79	1050m: 11:59.96 34.97	1450m: 16:41.30 35.40			
	300m: 3:19.38 34.40			700m: 7:56.40 34.65	1100m: 12:34.89 34.93	1500m: 17:15.34 34.04			
	350m: 3:53.76 34.38			750m: 8:30.93 34.53	1150m: 13:10.02 35.13				
	400m: 4:28.03 34.27			800m: 9:05.95 35.02	1200m: 13:45.54 35.52				
4.	Carolina Madeira Santos	96	104254	Naval Amorense	<b>17:22.87</b>	+0,98	706		
	50m: 31.70 31.70			450m: 5:10.42 35.26	850m: 9:51.03 34.89	1250m: 14:30.20 35.34			
	100m: 1:05.85 34.15			500m: 5:45.82 35.40	900m: 10:26.30 35.27	1300m: 15:04.88 34.68			
	150m: 1:40.39 34.54			550m: 6:21.05 35.23	950m: 11:01.33 35.03	1350m: 15:39.85 34.97			
	200m: 2:14.99 34.60			600m: 6:56.02 34.97	1000m: 11:35.95 34.62	1400m: 16:14.62 34.77			
	250m: 2:50.12 35.13			650m: 7:31.17 35.15	1050m: 12:10.58 34.63	1450m: 16:49.28 34.66			
	300m: 3:25.08 34.96			700m: 8:06.21 35.04	1100m: 12:45.13 34.55	1500m: 17:22.87 33.59			
	350m: 3:59.94 34.86			750m: 8:41.39 35.18	1150m: 13:20.09 34.96				
	400m: 4:35.16 35.22			800m: 9:16.14 34.75	1200m: 13:54.86 34.77				

Prova 10, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
5.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	<b>17:24.27</b>	+0,95	703		
	50m: 31.50	31.50	450m: 5:05.22	34.50	850m: 9:44.07	35.50	1250m: 14:27.16	35.43	
	100m: 1:05.03	33.53	500m: 5:40.03	34.81	900m: 10:19.37	35.30	1300m: 15:02.60	35.44	
	150m: 1:39.01	33.98	550m: 6:14.48	34.45	950m: 10:54.87	35.50	1350m: 15:38.38	35.78	
	200m: 2:12.95	33.94	600m: 6:49.07	34.59	1000m: 11:30.21	35.34	1400m: 16:13.83	35.45	
	250m: 2:47.32	34.37	650m: 7:23.89	34.82	1050m: 12:05.42	35.21	1450m: 16:49.41	35.58	
	300m: 3:21.87	34.55	700m: 7:58.73	34.84	1100m: 12:41.00	35.58	1500m: 17:24.27	34.86	
	350m: 3:56.21	34.34	750m: 8:33.69	34.96	1150m: 13:16.28	35.28			
	400m: 4:30.72	34.51	800m: 9:08.57	34.88	1200m: 13:51.73	35.45			
6.	Julia Matos Lopes	94	12490	Nautico de Coimbra	<b>17:26.55</b>	+0,82	698		
	50m: 32.36	32.36	450m: 5:12.66	34.84	850m: 9:53.07	35.04	1250m: 14:32.72	34.90	
	100m: 1:07.31	34.95	500m: 5:47.82	35.16	900m: 10:28.32	35.25	1300m: 15:08.02	35.30	
	150m: 1:42.36	35.05	550m: 6:22.91	35.09	950m: 11:03.42	35.10	1350m: 15:43.15	35.13	
	200m: 2:17.50	35.14	600m: 6:57.74	34.83	1000m: 11:38.23	34.81	1400m: 16:18.16	35.01	
	250m: 2:52.80	35.30	650m: 7:32.82	35.08	1050m: 12:13.00	34.77	1450m: 16:53.58	35.42	
	300m: 3:27.93	35.13	700m: 8:08.03	35.21	1100m: 12:47.87	34.87	1500m: 17:26.55	32.97	
	350m: 4:02.92	34.99	750m: 8:43.10	35.07	1150m: 13:22.78	34.91			
	400m: 4:37.82	34.90	800m: 9:18.03	34.93	1200m: 13:57.82	35.04			
7.	Helena Paula Carvalho	95	107307	Uniao Piedense	<b>17:28.41</b>	+0,72	694		
	50m: 31.55	31.55	450m: 5:08.82	35.07	850m: 9:51.20	34.97	1250m: 14:33.00	35.31	
	100m: 1:05.40	33.85	500m: 5:44.09	35.27	900m: 10:26.34	35.14	1300m: 15:08.34	35.34	
	150m: 1:39.83	34.43	550m: 6:19.58	35.49	950m: 11:01.61	35.27	1350m: 15:43.56	35.22	
	200m: 2:14.09	34.26	600m: 6:55.27	35.69	1000m: 11:36.90	35.29	1400m: 16:19.51	35.95	
	250m: 2:48.77	34.68	650m: 7:30.50	35.23	1050m: 12:11.79	34.89	1450m: 16:54.80	35.29	
	300m: 3:23.51	34.74	700m: 8:05.92	35.42	1100m: 12:47.17	35.38	1500m: 17:28.41	33.61	
	350m: 3:58.51	35.00	750m: 8:40.91	34.99	1150m: 13:22.39	35.22			
	400m: 4:33.75	35.24	800m: 9:16.23	35.32	1200m: 13:57.69	35.30			
8.	Ines Alexandra Paiva	96	100378	Alges	<b>17:45.64</b>	+0,86	661		
	50m: 31.47	31.47	450m: 5:05.28	34.76	850m: 9:53.42	36.16	1250m: 14:44.51	36.28	
	100m: 1:05.04	33.57	500m: 5:40.25	34.97	900m: 10:29.81	36.39	1300m: 15:20.85	36.34	
	150m: 1:38.65	33.61	550m: 6:15.72	35.47	950m: 11:05.79	35.98	1350m: 15:57.59	36.74	
	200m: 2:12.82	34.17	600m: 6:51.69	35.97	1000m: 11:42.40	36.61	1400m: 16:34.14	36.55	
	250m: 2:47.13	34.31	650m: 7:28.05	36.36	1050m: 12:19.03	36.63	1450m: 17:10.20	36.06	
	300m: 3:21.53	34.40	700m: 8:04.61	36.56	1100m: 12:55.53	36.50	1500m: 17:45.64	35.44	
	350m: 3:55.81	34.28	750m: 8:40.88	36.27	1150m: 13:31.84	36.31			
	400m: 4:30.52	34.71	800m: 9:17.26	36.38	1200m: 14:08.23	36.39			
9.	Marta Alexandra Saraiva	93	14641	Uniao Piedense	<b>18:12.93</b>	+0,82	613		
	50m: 32.69	32.69	450m: 5:22.74	36.78	850m: 10:15.11	36.41	1250m: 15:08.27	37.00	
	100m: 1:07.28	34.59	500m: 5:59.25	36.51	900m: 10:51.85	36.74	1300m: 15:45.08	36.81	
	150m: 1:43.00	35.72	550m: 6:35.54	36.29	950m: 11:28.32	36.47	1350m: 16:22.19	37.11	
	200m: 2:19.24	36.24	600m: 7:11.83	36.29	1000m: 12:04.50	36.18	1400m: 16:59.53	37.34	
	250m: 2:55.87	36.63	650m: 7:48.51	36.68	1050m: 12:40.74	36.24	1450m: 17:36.53	37.00	
	300m: 3:32.58	36.71	700m: 8:25.06	36.55	1100m: 13:17.46	36.72	1500m: 18:12.93	36.40	
	350m: 4:09.20	36.62	750m: 9:02.02	36.96	1150m: 13:54.03	36.57			
	400m: 4:45.96	36.76	800m: 9:38.70	36.68	1200m: 14:31.27	37.24			
10.	Raquel Bartolo Vitor FTL	93	10865	Academica de Coimbra	<b>18:19.44</b>	+0,80	602		
	50m: 33.46	33.46	450m: 5:24.66	36.80	850m: 10:18.20	37.20	1250m: 15:15.37	37.02	
	100m: 1:09.63	36.17	500m: 6:01.02	36.36	900m: 10:55.38	37.18	1300m: 15:52.40	37.03	
	150m: 1:45.74	36.11	550m: 6:37.45	36.43	950m: 11:32.62	37.24	1350m: 16:29.33	36.93	
	200m: 2:22.13	36.39	600m: 7:13.95	36.50	1000m: 12:09.80	37.18	1400m: 17:06.27	36.94	
	250m: 2:58.52	36.39	650m: 7:50.66	36.71	1050m: 12:46.88	37.08	1450m: 17:43.26	36.99	
	300m: 3:34.76	36.24	700m: 8:27.67	37.01	1100m: 13:23.97	37.09	1500m: 18:19.44	36.18	
	350m: 4:11.43	36.67	750m: 9:04.22	36.55	1150m: 14:01.01	37.04			
	400m: 4:47.86	36.43	800m: 9:41.00	36.78	1200m: 14:38.35	37.34			

Prova 10, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts			
11.	Julia Rodrigues Mallen	96	104275	Alges	<b>18:26.07</b>	+0,89	591					
	<i>FTL</i>											
	50m:	32.34	32.34	450m:	5:22.04	36.77	850m:	10:20.08	37.60	1250m:	15:20.19	37.62
	100m:	1:07.66	35.32	500m:	5:59.18	37.14	900m:	10:58.02	37.94	1300m:	15:57.62	37.43
	150m:	1:43.74	36.08	550m:	6:36.26	37.08	950m:	11:35.42	37.40	1350m:	16:35.15	37.53
	200m:	2:19.54	35.80	600m:	7:13.38	37.12	1000m:	12:12.85	37.43	1400m:	17:12.94	37.79
	250m:	2:55.52	35.98	650m:	7:50.47	37.09	1050m:	12:50.29	37.44	1450m:	17:50.04	37.10
	300m:	3:31.91	36.39	700m:	8:28.01	37.54	1100m:	13:27.87	37.58	1500m:	18:26.07	36.03
	350m:	4:08.45	36.54	750m:	9:05.06	37.05	1150m:	14:05.35	37.48			
	400m:	4:45.27	36.82	800m:	9:42.48	37.42	1200m:	14:42.57	37.22			