

Prova 45  
04-04-2015 - 16:00

Femin., 1500m Livres  
SOMAGUE

Absolutos  
Resultados

Rec Nac Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Rec Nac Juv B	17:34.28	Maria Miguel Veloso	CNAC	Coimbra	08-07-2007
Rec Nac Juv A	16:54.60	Tamila Hryhorivna Holub	POR	Dordrecht (NED)	11-07-2014
Rec Nac Jun16	17:00.82	Tamila Hryhorivna Holub	FPN	Malaga (ESP)	30-03-2015
Rec Nac Jun17	16:46.35	Florbela Cavaco Machado	LSC	Dubai (UAE)	30-08-2013
Rec Nac Sen	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013

TAC JUN16 Fem Jun16: 18:29.66 / TAC JUV15 Fem Juv A: 18:29.66 / TAC JUV14 Fem Juv B: 18:29.66

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	<b>Tamila Hryhorivna Holub</b> <i>Recorde Nacional</i>	99		<b>Braga</b>	+0,76	<b>16:55.15</b>	779
	50m: 31.56 31.56	450m: 5:01.44	34.03	850m: 9:32.07	34.01	1250m: 14:05.53	34.26
	100m: 1:04.80 33.24	500m: 5:34.91	33.47	900m: 10:05.90	33.83	1300m: 14:40.07	34.54
	150m: 1:38.22 33.42	550m: 6:08.80	33.89	950m: 10:40.28	34.38	1350m: 15:14.46	34.39
	200m: 2:11.60 33.38	600m: 6:42.34	33.54	1000m: 11:14.23	33.95	1400m: 15:48.95	34.49
	250m: 2:45.43 33.83	650m: 7:16.25	33.91	1050m: 11:48.54	34.31	1450m: 16:22.78	33.83
	300m: 3:19.55 34.12	700m: 7:50.06	33.81	1100m: 12:22.55	34.01	1500m: 16:55.15	32.37
	350m: 3:53.66 34.11	750m: 8:24.18	34.12	1150m: 12:56.92	34.37		
	400m: 4:27.41 33.75	800m: 8:58.06	33.88	1200m: 13:31.27	34.35		
2.	<b>Florbela Cavaco Machado</b>	96		<b>Columbofila Cantanhedense</b>	+0,77	<b>17:12.66</b>	740
	50m: 31.86 31.86	450m: 5:01.33	33.77	850m: 9:34.13	34.44	1250m: 14:14.84	35.42
	100m: 1:05.18 33.32	500m: 5:35.16	33.83	900m: 10:08.80	34.67	1300m: 14:50.81	35.97
	150m: 1:38.52 33.34	550m: 6:08.91	33.75	950m: 10:43.55	34.75	1350m: 15:26.40	35.59
	200m: 2:12.41 33.89	600m: 6:43.09	34.18	1000m: 11:18.45	34.90	1400m: 16:02.29	35.89
	250m: 2:46.08 33.67	650m: 7:16.90	33.81	1050m: 11:53.36	34.91	1450m: 16:37.88	35.59
	300m: 3:20.00 33.92	700m: 7:51.02	34.12	1100m: 12:28.63	35.27	1500m: 17:12.66	34.78
	350m: 3:53.81 33.81	750m: 8:25.27	34.25	1150m: 13:03.79	35.16		
	400m: 4:27.56 33.75	800m: 8:59.69	34.42	1200m: 13:39.42	35.63		
3.	<b>Angelica Maria Andre</b>	94		<b>Fluvial Portuense</b>	+0,73	<b>17:26.95</b>	710
	50m: 30.81 30.81	450m: 5:02.04	34.28	850m: 9:41.72	35.12	1250m: 14:26.80	36.06
	100m: 1:03.19 32.38	500m: 5:36.52	34.48	900m: 10:16.79	35.07	1300m: 15:02.73	35.93
	150m: 1:36.42 33.23	550m: 6:11.49	34.97	950m: 10:52.03	35.24	1350m: 15:38.74	36.01
	200m: 2:10.14 33.72	600m: 6:46.35	34.86	1000m: 11:27.57	35.54	1400m: 16:15.10	36.36
	250m: 2:44.64 34.50	650m: 7:21.57	35.22	1050m: 12:03.28	35.71	1450m: 16:51.43	36.33
	300m: 3:19.23 34.59	700m: 7:56.67	35.10	1100m: 12:38.94	35.66	1500m: 17:26.95	35.52
	350m: 3:53.79 34.56	750m: 8:31.73	35.06	1150m: 13:14.68	35.74		
	400m: 4:27.76 33.97	800m: 9:06.60	34.87	1200m: 13:50.74	36.06		
4.	<b>Vania Soares Neves</b>	90		<b>Leixoes</b>	+0,75	<b>17:33.39</b>	697
	50m: 31.68 31.68	450m: 5:09.62	35.44	850m: 9:51.05	35.51	1250m: 14:35.46	36.01
	100m: 1:05.51 33.83	500m: 5:44.50	34.88	900m: 10:26.54	35.49	1300m: 15:11.14	35.68
	150m: 1:40.10 34.59	550m: 6:19.63	35.13	950m: 11:02.20	35.66	1350m: 15:46.81	35.67
	200m: 2:14.66 34.56	600m: 6:54.48	34.85	1000m: 11:37.33	35.13	1400m: 16:22.40	35.59
	250m: 2:49.64 34.98	650m: 7:29.74	35.26	1050m: 12:12.95	35.62	1450m: 16:58.33	35.93
	300m: 3:24.20 34.56	700m: 8:04.61	34.87	1100m: 12:48.18	35.23	1500m: 17:33.39	35.06
	350m: 3:59.41 35.21	750m: 8:40.23	35.62	1150m: 13:23.95	35.77		
	400m: 4:34.18 34.77	800m: 9:15.54	35.31	1200m: 13:59.45	35.50		
5.	<b>Barbara Marques Rodrigues</b>	97		<b>Alges</b>	+0,77	<b>17:44.97</b>	675
	50m: 31.74 31.74	450m: 5:13.41	35.45	850m: 9:59.94	35.81	1250m: 14:46.52	35.79
	100m: 1:06.05 34.31	500m: 5:49.12	35.71	900m: 10:35.91	35.97	1300m: 15:22.45	35.93
	150m: 1:41.05 35.00	550m: 6:24.80	35.68	950m: 11:11.79	35.88	1350m: 15:58.26	35.81
	200m: 2:16.19 35.14	600m: 7:00.83	36.03	1000m: 11:47.74	35.95	1400m: 16:34.28	36.02
	250m: 2:51.28 35.09	650m: 7:36.64	35.81	1050m: 12:23.27	35.53	1450m: 17:09.88	35.60
	300m: 3:26.95 35.67	700m: 8:12.46	35.82	1100m: 12:59.11	35.84	1500m: 17:44.97	35.09
	350m: 4:02.19 35.24	750m: 8:48.15	35.69	1150m: 13:34.80	35.69		
	400m: 4:37.96 35.77	800m: 9:24.13	35.98	1200m: 14:10.73	35.93		

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
6.	<b>Helena Paula Carvalho</b>	95		<b>Uniao Piedense</b>	<b>+0,75</b>	<b>17:58.94</b>	<b>649</b>
	50m: 32.12 32.12	450m: 5:19.58	36.07	850m: 10:09.91	36.16	1250m: 15:00.51	36.10
	100m: 1:07.35 35.23	500m: 5:55.82	36.24	900m: 10:46.84	36.93	1300m: 15:36.92	36.41
	150m: 1:43.01 35.66	550m: 6:32.08	36.26	950m: 11:23.00	36.16	1350m: 16:13.24	36.32
	200m: 2:18.96 35.95	600m: 7:08.60	36.52	1000m: 11:59.25	36.25	1400m: 16:49.58	36.34
	250m: 2:54.92 35.96	650m: 7:44.83	36.23	1050m: 12:35.26	36.01	1450m: 17:25.41	35.83
	300m: 3:31.15 36.23	700m: 8:21.18	36.35	1100m: 13:11.72	36.46	1500m: 17:58.94	33.53
	350m: 4:07.15 36.00	750m: 8:57.45	36.27	1150m: 13:48.03	36.31		
	400m: 4:43.51 36.36	800m: 9:33.75	36.30	1200m: 14:24.41	36.38		
7.	<b>Madalena Amaro Machado</b>	98		<b>Academico Viseu</b>	<b>+0,85</b>	<b>18:00.09</b>	<b>647</b>
	50m: 32.34 32.34	450m: 5:21.70	35.81	850m: 10:12.05	35.68	1250m: 15:02.43	35.85
	100m: 1:07.94 35.60	500m: 5:58.31	36.61	900m: 10:49.21	37.16	1300m: 15:39.25	36.82
	150m: 1:43.60 35.66	550m: 6:34.67	36.36	950m: 11:25.00	35.79	1350m: 16:15.01	35.76
	200m: 2:20.36 36.76	600m: 7:11.47	36.80	1000m: 12:01.63	36.63	1400m: 16:51.70	36.69
	250m: 2:56.06 35.70	650m: 7:46.55	35.08	1050m: 12:37.36	35.73	1450m: 17:26.41	34.71
	300m: 3:32.51 36.45	700m: 8:23.27	36.72	1100m: 13:14.33	36.97	1500m: 18:00.09	33.68
	350m: 4:08.79 36.28	750m: 8:59.53	36.26	1150m: 13:50.26	35.93		
	400m: 4:45.89 37.10	800m: 9:36.37	36.84	1200m: 14:26.58	36.32		
	<b>Maria Joao Fernandes</b>	97		<b>Vilacondense</b>	<b>+0,79</b>	<b>18:00.09</b>	<b>647</b>
	50m: 32.07 32.07	450m: 5:18.53	35.61	850m: 10:08.39	36.03	1250m: 14:59.09	36.51
	100m: 1:07.45 35.38	500m: 5:55.29	36.76	900m: 10:44.99	36.60	1300m: 15:35.80	36.71
	150m: 1:42.97 35.52	550m: 6:30.67	35.38	950m: 11:20.87	35.88	1350m: 16:12.14	36.34
	200m: 2:19.33 36.36	600m: 7:07.34	36.67	1000m: 11:57.25	36.38	1400m: 16:48.68	36.54
	250m: 2:54.74 35.41	650m: 7:42.74	35.40	1050m: 12:33.58	36.33	1450m: 17:24.61	35.93
	300m: 3:30.84 36.10	700m: 8:19.38	36.64	1100m: 13:10.31	36.73	1500m: 18:00.09	35.48
	350m: 4:06.50 35.66	750m: 8:55.41	36.03	1150m: 13:46.19	35.88		
	400m: 4:42.92 36.42	800m: 9:32.36	36.95	1200m: 14:22.58	36.39		
9.	<b>Joana Beatriz Bernardo</b>	99		<b>Fundacao Beatriz Santos</b>	<b>+0,88</b>	<b>18:10.26</b>	<b>629</b>
	50m: 32.99 32.99	450m: 5:22.15	36.35	850m: 10:14.92	36.64	1250m: 15:07.55	36.62
	100m: 1:08.51 35.52	500m: 5:58.59	36.44	900m: 10:51.34	36.42	1300m: 15:44.32	36.77
	150m: 1:44.69 36.18	550m: 6:35.09	36.50	950m: 11:28.16	36.82	1350m: 16:21.26	36.94
	200m: 2:20.93 36.24	600m: 7:11.73	36.64	1000m: 12:04.54	36.38	1400m: 16:58.17	36.91
	250m: 2:57.28 36.35	650m: 7:48.30	36.57	1050m: 12:41.04	36.50	1450m: 17:34.62	36.45
	300m: 3:33.28 36.00	700m: 8:24.79	36.49	1100m: 13:17.45	36.41	1500m: 18:10.26	35.64
	350m: 4:09.62 36.34	750m: 9:01.57	36.78	1150m: 13:54.25	36.80		
	400m: 4:45.80 36.18	800m: 9:38.28	36.71	1200m: 14:30.93	36.68		
10.	<b>Barbara Coimbra Teodosio</b>	99		<b>Nautico da Marinha Grande</b>	<b>+0,90</b>	<b>18:17.97</b>	<b>616</b>
	50m: 32.89 32.89	450m: 5:22.67	37.10	850m: 10:16.71	37.56	1250m: 15:14.28	37.61
	100m: 1:07.88 34.99	500m: 5:59.17	36.50	900m: 10:53.30	36.59	1300m: 15:50.91	36.63
	150m: 1:43.93 36.05	550m: 6:35.87	36.70	950m: 11:30.86	37.56	1350m: 16:28.29	37.38
	200m: 2:20.40 36.47	600m: 7:12.30	36.43	1000m: 12:07.50	36.64	1400m: 17:05.39	37.10
	250m: 2:56.46 36.06	650m: 7:48.90	36.60	1050m: 12:45.11	37.61	1450m: 17:42.53	37.14
	300m: 3:32.95 36.49	700m: 8:25.51	36.61	1100m: 13:22.01	36.90	1500m: 18:17.97	35.44
	350m: 4:09.56 36.61	750m: 9:02.57	37.06	1150m: 13:59.39	37.38		
	400m: 4:45.57 36.01	800m: 9:39.15	36.58	1200m: 14:36.67	37.28		
11.	<b>Ana Silva Costa</b>	98		<b>Famalicao</b>	<b>+0,85</b>	<b>18:27.25</b>	<b>600</b>
	50m: 33.63 33.63	450m: 5:26.03	37.29	850m: 10:20.47	36.95	1250m: 15:19.93	37.78
	100m: 1:09.45 35.82	500m: 6:02.82	36.79	900m: 10:57.51	37.04	1300m: 15:57.83	37.90
	150m: 1:45.64 36.19	550m: 6:39.60	36.78	950m: 11:34.99	37.48	1350m: 16:35.48	37.65
	200m: 2:21.94 36.30	600m: 7:16.21	36.61	1000m: 12:12.03	37.04	1400m: 17:12.97	37.49
	250m: 2:58.64 36.70	650m: 7:53.65	37.44	1050m: 12:49.47	37.44	1450m: 17:50.40	37.43
	300m: 3:35.19 36.55	700m: 8:30.16	36.51	1100m: 13:26.77	37.30	1500m: 18:27.25	36.85
	350m: 4:11.93 36.74	750m: 9:06.86	36.70	1150m: 14:04.54	37.77		
	400m: 4:48.74 36.81	800m: 9:43.52	36.66	1200m: 14:42.15	37.61		

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
12.	Eva Guerreiro Carvalho	99		Uniao Piedense	+0,94	<b>18:38.63</b>	582
	<i>FTL</i>						
	50m: 34.57 34.57	450m: 5:34.38	37.63	850m: 10:34.76	37.44	1250m: 15:33.37	37.48
	100m: 1:10.92 36.35	500m: 6:12.10	37.72	900m: 11:11.91	37.15	1300m: 16:10.78	37.41
	150m: 1:48.51 37.59	550m: 6:49.60	37.50	950m: 11:49.37	37.46	1350m: 16:48.12	37.34
	200m: 2:25.94 37.43	600m: 7:27.01	37.41	1000m: 12:26.85	37.48	1400m: 17:25.00	36.88
	250m: 3:03.83 37.89	650m: 8:04.60	37.59	1050m: 13:04.08	37.23	1450m: 18:02.32	37.32
	300m: 3:41.51 37.68	700m: 8:42.09	37.49	1100m: 13:41.18	37.10	1500m: 18:38.63	36.31
	350m: 4:19.00 37.49	750m: 9:19.89	37.80	1150m: 14:18.94	37.76		
	400m: 4:56.75 37.75	800m: 9:57.32	37.43	1200m: 14:55.89	36.95		
13.	Ana Raquel Ferreira	98		Ginasio Figueirense	+0,87	<b>18:43.62</b>	574
	<i>FTL</i>						
	50m: 33.33 33.33	450m: 5:25.96	36.94	850m: 10:24.06	37.95	1250m: 15:35.16	38.18
	100m: 1:09.33 36.00	500m: 6:03.16	37.20	900m: 11:02.04	37.98	1300m: 16:13.01	37.85
	150m: 1:45.71 36.38	550m: 6:40.07	36.91	950m: 11:40.20	38.16	1350m: 16:50.79	37.78
	200m: 2:22.19 36.48	600m: 7:16.93	36.86	1000m: 12:19.68	39.48	1400m: 17:29.60	38.81
	250m: 2:58.55 36.36	650m: 7:53.94	37.01	1050m: 12:57.84	38.16	1450m: 18:06.32	36.72
	300m: 3:35.23 36.68	700m: 8:31.21	37.27	1100m: 13:38.36	40.52	1500m: 18:43.62	37.30
	350m: 4:11.98 36.75	750m: 9:08.52	37.31	1150m: 14:18.53	40.17		
	400m: 4:49.02 37.04	800m: 9:46.11	37.59	1200m: 14:56.98	38.45		
14.	Mariana Pinto Angelo	99		Academica de Coimbra	+0,81	<b>18:53.21</b>	560
	<i>FTL</i>						
	50m: 34.34 34.34	450m: 5:34.24	37.91	850m: 10:35.14	37.69	1250m: 15:41.53	38.70
	100m: 1:11.00 36.66	500m: 6:11.83	37.59	900m: 11:12.92	37.78	1300m: 16:20.76	39.23
	150m: 1:48.51 37.51	550m: 6:49.68	37.85	950m: 11:50.79	37.87	1350m: 16:59.58	38.82
	200m: 2:25.76 37.25	600m: 7:27.20	37.52	1000m: 12:28.43	37.64	1400m: 17:38.36	38.78
	250m: 3:03.37 37.61	650m: 8:04.91	37.71	1050m: 13:06.76	38.33	1450m: 18:15.99	37.63
	300m: 3:40.96 37.59	700m: 8:42.32	37.41	1100m: 13:45.46	38.70	1500m: 18:53.21	37.22
	350m: 4:18.64 37.68	750m: 9:20.05	37.73	1150m: 14:23.78	38.32		
	400m: 4:56.33 37.69	800m: 9:57.45	37.40	1200m: 15:02.83	39.05		
15.	Marina Micaela Sequeira	98		Uniao Piedense	+0,73	<b>18:56.06</b>	556
	<i>FTL</i>						
	50m: 33.16 33.16	450m: 5:26.36	36.57	850m: 10:34.54	38.62	1250m: 15:44.72	38.12
	100m: 1:09.14 35.98	500m: 6:04.94	38.58	900m: 11:13.79	39.25	1300m: 16:23.75	39.03
	150m: 1:45.40 36.26	550m: 6:42.58	37.64	950m: 11:52.26	38.47	1350m: 17:02.33	38.58
	200m: 2:22.13 36.73	600m: 7:21.52	38.94	1000m: 12:31.34	39.08	1400m: 17:40.68	38.35
	250m: 2:58.79 36.66	650m: 7:59.79	38.27	1050m: 13:09.31	37.97	1450m: 18:18.88	38.20
	300m: 3:35.84 37.05	700m: 8:38.54	38.75	1100m: 13:48.87	39.56	1500m: 18:56.06	37.18
	350m: 4:12.36 36.52	750m: 9:16.82	38.28	1150m: 14:27.76	38.89		
	400m: 4:49.79 37.43	800m: 9:55.92	39.10	1200m: 15:06.60	38.84		
DNS	Beatriz Paulo Ranito	99		Sporting			
DNS	Filipa Vilas Ruivo	97		Ba/Bomcar			

Prova 45, Femin., 1500m Livres

Prova 45  
04-04-2015 - 16:00

Femin., 1500m Livres  
SOMAGUE

Seniores  
Resultados

Rec Nac Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Rec Nac Sen	16:46.57	Angelica Maria Andre	LSC	Famalicao	07-07-2013

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Florbela Cavaco Machado	96		Columbofila Cantanhedense	+0,77	<b>17:12.66</b>	740
	50m: 31.86 31.86	450m: 5:01.33	33.77	850m: 9:34.13	34.44	1250m: 14:14.84	35.42
	100m: 1:05.18 33.32	500m: 5:35.16	33.83	900m: 10:08.80	34.67	1300m: 14:50.81	35.97
	150m: 1:38.52 33.34	550m: 6:08.91	33.75	950m: 10:43.55	34.75	1350m: 15:26.40	35.59
	200m: 2:12.41 33.89	600m: 6:43.09	34.18	1000m: 11:18.45	34.90	1400m: 16:02.29	35.89
	250m: 2:46.08 33.67	650m: 7:16.90	33.81	1050m: 11:53.36	34.91	1450m: 16:37.88	35.59
	300m: 3:20.00 33.92	700m: 7:51.02	34.12	1100m: 12:28.63	35.27	1500m: 17:12.66	34.78
	350m: 3:53.81 33.81	750m: 8:25.27	34.25	1150m: 13:03.79	35.16		
	400m: 4:27.56 33.75	800m: 8:59.69	34.42	1200m: 13:39.42	35.63		
2.	Angelica Maria Andre	94		Fluvial Portuense	+0,73	<b>17:26.95</b>	710
	50m: 30.81 30.81	450m: 5:02.04	34.28	850m: 9:41.72	35.12	1250m: 14:26.80	36.06
	100m: 1:03.19 32.38	500m: 5:36.52	34.48	900m: 10:16.79	35.07	1300m: 15:02.73	35.93
	150m: 1:36.42 33.23	550m: 6:11.49	34.97	950m: 10:52.03	35.24	1350m: 15:38.74	36.01
	200m: 2:10.14 33.72	600m: 6:46.35	34.86	1000m: 11:27.57	35.54	1400m: 16:15.10	36.36
	250m: 2:44.64 34.50	650m: 7:21.57	35.22	1050m: 12:03.28	35.71	1450m: 16:51.43	36.33
	300m: 3:19.23 34.59	700m: 7:56.67	35.10	1100m: 12:38.94	35.66	1500m: 17:26.95	35.52
	350m: 3:53.79 34.56	750m: 8:31.73	35.06	1150m: 13:14.68	35.74		
	400m: 4:27.76 33.97	800m: 9:06.60	34.87	1200m: 13:50.74	36.06		
3.	Vania Soares Neves	90		Leixoes	+0,75	<b>17:33.39</b>	697
	50m: 31.68 31.68	450m: 5:09.62	35.44	850m: 9:51.05	35.51	1250m: 14:35.46	36.01
	100m: 1:05.51 33.83	500m: 5:44.50	34.88	900m: 10:26.54	35.49	1300m: 15:11.14	35.68
	150m: 1:40.10 34.59	550m: 6:19.63	35.13	950m: 11:02.20	35.66	1350m: 15:46.81	35.67
	200m: 2:14.66 34.56	600m: 6:54.48	34.85	1000m: 11:37.33	35.13	1400m: 16:22.40	35.59
	250m: 2:49.64 34.98	650m: 7:29.74	35.26	1050m: 12:12.95	35.62	1450m: 16:58.33	35.93
	300m: 3:24.20 34.56	700m: 8:04.61	34.87	1100m: 12:48.18	35.23	1500m: 17:33.39	35.06
	350m: 3:59.41 35.21	750m: 8:40.23	35.62	1150m: 13:23.95	35.77		
	400m: 4:34.18 34.77	800m: 9:15.54	35.31	1200m: 13:59.45	35.50		
4.	Barbara Marques Rodrigues	97		Alges	+0,77	<b>17:44.97</b>	675
	50m: 31.74 31.74	450m: 5:13.41	35.45	850m: 9:59.94	35.81	1250m: 14:46.52	35.79
	100m: 1:06.05 34.31	500m: 5:49.12	35.71	900m: 10:35.91	35.97	1300m: 15:22.45	35.93
	150m: 1:41.05 35.00	550m: 6:24.80	35.68	950m: 11:11.79	35.88	1350m: 15:58.26	35.81
	200m: 2:16.19 35.14	600m: 7:00.83	36.03	1000m: 11:47.74	35.95	1400m: 16:34.28	36.02
	250m: 2:51.28 35.09	650m: 7:36.64	35.81	1050m: 12:23.27	35.53	1450m: 17:09.88	35.60
	300m: 3:26.95 35.67	700m: 8:12.46	35.82	1100m: 12:59.11	35.84	1500m: 17:44.97	35.09
	350m: 4:02.19 35.24	750m: 8:48.15	35.69	1150m: 13:34.80	35.69		
	400m: 4:37.96 35.77	800m: 9:24.13	35.98	1200m: 14:10.73	35.93		
5.	Helena Paula Carvalho	95		Uniao Piedense	+0,75	<b>17:58.94</b>	649
	50m: 32.12 32.12	450m: 5:19.58	36.07	850m: 10:09.91	36.16	1250m: 15:00.51	36.10
	100m: 1:07.35 35.23	500m: 5:55.82	36.24	900m: 10:46.84	36.93	1300m: 15:36.92	36.41
	150m: 1:43.01 35.66	550m: 6:32.08	36.26	950m: 11:23.00	36.16	1350m: 16:13.24	36.32
	200m: 2:18.96 35.95	600m: 7:08.60	36.52	1000m: 11:59.25	36.25	1400m: 16:49.58	36.34
	250m: 2:54.92 35.96	650m: 7:44.83	36.23	1050m: 12:35.26	36.01	1450m: 17:25.41	35.83
	300m: 3:31.15 36.23	700m: 8:21.18	36.35	1100m: 13:11.72	36.46	1500m: 17:58.94	33.53
	350m: 4:07.15 36.00	750m: 8:57.45	36.27	1150m: 13:48.03	36.31		
	400m: 4:43.51 36.36	800m: 9:33.75	36.30	1200m: 14:24.41	36.38		

Prova 45, Femin., 1500m Livres, Seniores

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
6.	Maria Joao Fernandes	97		Vilacondense	+0,79	<b>18:00.09</b>	647
	50m: 32.07 32.07	450m: 5:18.53	35.61	850m: 10:08.39	36.03	1250m: 14:59.09	36.51
	100m: 1:07.45 35.38	500m: 5:55.29	36.76	900m: 10:44.99	36.60	1300m: 15:35.80	36.71
	150m: 1:42.97 35.52	550m: 6:30.67	35.38	950m: 11:20.87	35.88	1350m: 16:12.14	36.34
	200m: 2:19.33 36.36	600m: 7:07.34	36.67	1000m: 11:57.25	36.38	1400m: 16:48.68	36.54
	250m: 2:54.74 35.41	650m: 7:42.74	35.40	1050m: 12:33.58	36.33	1450m: 17:24.61	35.93
	300m: 3:30.84 36.10	700m: 8:19.38	36.64	1100m: 13:10.31	36.73	1500m: 18:00.09	35.48
	350m: 4:06.50 35.66	750m: 8:55.41	36.03	1150m: 13:46.19	35.88		
	400m: 4:42.92 36.42	800m: 9:32.36	36.95	1200m: 14:22.58	36.39		
DNS	Filipa Vilas Ruivo	97		Ba/Bomcar			

Prova 45  
04-04-2015 - 16:00

Femin., 1500m Livres  
SOMAGUE

Juniores  
Resultados

Rec Nac	Tempo	Nadador	Clube	Local	Data
Rec Nac Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Rec Nac Jun16	17:00.82	Tamila Hryhorivna Holub	FPN	Malaga (ESP)	30-03-2015
Rec Nac Jun17	16:46.35	Florbela Cavaco Machado	LSC	Dubai (UAE)	30-08-2013

TAC JUN16 Fem Jun16: 18:29.66

Pontos: FINA 2015

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
1.	Tamila Hryhorivna Holub	99		Braga	+0,76	<b>16:55.15</b>	779
	<i>Recorde Nacional</i>						
	50m: 31.56 31.56	450m: 5:01.44	34.03	850m: 9:32.07	34.01	1250m: 14:05.53	34.26
	100m: 1:04.80 33.24	500m: 5:34.91	33.47	900m: 10:05.90	33.83	1300m: 14:40.07	34.54
	150m: 1:38.22 33.42	550m: 6:08.80	33.89	950m: 10:40.28	34.38	1350m: 15:14.46	34.39
	200m: 2:11.60 33.38	600m: 6:42.34	33.54	1000m: 11:14.23	33.95	1400m: 15:48.95	34.49
	250m: 2:45.43 33.83	650m: 7:16.25	33.91	1050m: 11:48.54	34.31	1450m: 16:22.78	33.83
	300m: 3:19.55 34.12	700m: 7:50.06	33.81	1100m: 12:22.55	34.01	1500m: 16:55.15	32.37
	350m: 3:53.66 34.11	750m: 8:24.18	34.12	1150m: 12:56.92	34.37		
	400m: 4:27.41 33.75	800m: 8:58.06	33.88	1200m: 13:31.27	34.35		
2.	Madalena Amaro Machado	98		Academico Viseu	+0,85	<b>18:00.09</b>	647
	50m: 32.34 32.34	450m: 5:21.70	35.81	850m: 10:12.05	35.68	1250m: 15:02.43	35.85
	100m: 1:07.94 35.60	500m: 5:58.31	36.61	900m: 10:49.21	37.16	1300m: 15:39.25	36.82
	150m: 1:43.60 35.66	550m: 6:34.67	36.36	950m: 11:25.00	35.79	1350m: 16:15.01	35.76
	200m: 2:20.36 36.76	600m: 7:11.47	36.80	1000m: 12:01.63	36.63	1400m: 16:51.70	36.69
	250m: 2:56.06 35.70	650m: 7:46.55	35.08	1050m: 12:37.36	35.73	1450m: 17:26.41	34.71
	300m: 3:32.51 36.45	700m: 8:23.27	36.72	1100m: 13:14.33	36.97	1500m: 18:00.09	33.68
	350m: 4:08.79 36.28	750m: 8:59.53	36.26	1150m: 13:50.26	35.93		
	400m: 4:45.89 37.10	800m: 9:36.37	36.84	1200m: 14:26.58	36.32		
3.	Joana Beatriz Bernardo	99		Fundacao Beatriz Santos	+0,88	<b>18:10.26</b>	629
	50m: 32.99 32.99	450m: 5:22.15	36.35	850m: 10:14.92	36.64	1250m: 15:07.55	36.62
	100m: 1:08.51 35.52	500m: 5:58.59	36.44	900m: 10:51.34	36.42	1300m: 15:44.32	36.77
	150m: 1:44.69 36.18	550m: 6:35.09	36.50	950m: 11:28.16	36.82	1350m: 16:21.26	36.94
	200m: 2:20.93 36.24	600m: 7:11.73	36.64	1000m: 12:04.54	36.38	1400m: 16:58.17	36.91
	250m: 2:57.28 36.35	650m: 7:48.30	36.57	1050m: 12:41.04	36.50	1450m: 17:34.62	36.45
	300m: 3:33.28 36.00	700m: 8:24.79	36.49	1100m: 13:17.45	36.41	1500m: 18:10.26	35.64
	350m: 4:09.62 36.34	750m: 9:01.57	36.78	1150m: 13:54.25	36.80		
	400m: 4:45.80 36.18	800m: 9:38.28	36.71	1200m: 14:30.93	36.68		



Prova 45, Femin., 1500m Livres, Juniores

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts	
4.	Barbara Coimbra Teodosio	99		Nautico da Marinha Grande	+0,90	<b>18:17.97</b>	616	
	50m: 32.89	32.89	450m: 5:22.67	37.10	850m: 10:16.71	37.56	1250m: 15:14.28	37.61
	100m: 1:07.88	34.99	500m: 5:59.17	36.50	900m: 10:53.30	36.59	1300m: 15:50.91	36.63
	150m: 1:43.93	36.05	550m: 6:35.87	36.70	950m: 11:30.86	37.56	1350m: 16:28.29	37.38
	200m: 2:20.40	36.47	600m: 7:12.30	36.43	1000m: 12:07.50	36.64	1400m: 17:05.39	37.10
	250m: 2:56.46	36.06	650m: 7:48.90	36.60	1050m: 12:45.11	37.61	1450m: 17:42.53	37.14
	300m: 3:32.95	36.49	700m: 8:25.51	36.61	1100m: 13:22.01	36.90	1500m: 18:17.97	35.44
	350m: 4:09.56	36.61	750m: 9:02.57	37.06	1150m: 13:59.39	37.38		
	400m: 4:45.57	36.01	800m: 9:39.15	36.58	1200m: 14:36.67	37.28		
5.	Ana Silva Costa	98		Famalicao	+0,85	<b>18:27.25</b>	600	
	50m: 33.63	33.63	450m: 5:26.03	37.29	850m: 10:20.47	36.95	1250m: 15:19.93	37.78
	100m: 1:09.45	35.82	500m: 6:02.82	36.79	900m: 10:57.51	37.04	1300m: 15:57.83	37.90
	150m: 1:45.64	36.19	550m: 6:39.60	36.78	950m: 11:34.99	37.48	1350m: 16:35.48	37.65
	200m: 2:21.94	36.30	600m: 7:16.21	36.61	1000m: 12:12.03	37.04	1400m: 17:12.97	37.49
	250m: 2:58.64	36.70	650m: 7:53.65	37.44	1050m: 12:49.47	37.44	1450m: 17:50.40	37.43
	300m: 3:35.19	36.55	700m: 8:30.16	36.51	1100m: 13:26.77	37.30	1500m: 18:27.25	36.85
	350m: 4:11.93	36.74	750m: 9:06.86	36.70	1150m: 14:04.54	37.77		
	400m: 4:48.74	36.81	800m: 9:43.52	36.66	1200m: 14:42.15	37.61		
6.	Eva Guerreiro Carvalho	99		Uniao Piedense	+0,94	<b>18:38.63</b>	582	
	<i>FTL</i>							
	50m: 34.57	34.57	450m: 5:34.38	37.63	850m: 10:34.76	37.44	1250m: 15:33.37	37.48
	100m: 1:10.92	36.35	500m: 6:12.10	37.72	900m: 11:11.91	37.15	1300m: 16:10.78	37.41
	150m: 1:48.51	37.59	550m: 6:49.60	37.50	950m: 11:49.37	37.46	1350m: 16:48.12	37.34
	200m: 2:25.94	37.43	600m: 7:27.01	37.41	1000m: 12:26.85	37.48	1400m: 17:25.00	36.88
	250m: 3:03.83	37.89	650m: 8:04.60	37.59	1050m: 13:04.08	37.23	1450m: 18:02.32	37.32
	300m: 3:41.51	37.68	700m: 8:42.09	37.49	1100m: 13:41.18	37.10	1500m: 18:38.63	36.31
	350m: 4:19.00	37.49	750m: 9:19.89	37.80	1150m: 14:18.94	37.76		
	400m: 4:56.75	37.75	800m: 9:57.32	37.43	1200m: 14:55.89	36.95		
7.	Ana Raquel Ferreira	98		Ginasio Figueirense	+0,87	<b>18:43.62</b>	574	
	<i>FTL</i>							
	50m: 33.33	33.33	450m: 5:25.96	36.94	850m: 10:24.06	37.95	1250m: 15:35.16	38.18
	100m: 1:09.33	36.00	500m: 6:03.16	37.20	900m: 11:02.04	37.98	1300m: 16:13.01	37.85
	150m: 1:45.71	36.38	550m: 6:40.07	36.91	950m: 11:40.20	38.16	1350m: 16:50.79	37.78
	200m: 2:22.19	36.48	600m: 7:16.93	36.86	1000m: 12:19.68	39.48	1400m: 17:29.60	38.81
	250m: 2:58.55	36.36	650m: 7:53.94	37.01	1050m: 12:57.84	38.16	1450m: 18:06.32	36.72
	300m: 3:35.23	36.68	700m: 8:31.21	37.27	1100m: 13:38.36	40.52	1500m: 18:43.62	37.30
	350m: 4:11.98	36.75	750m: 9:08.52	37.31	1150m: 14:18.53	40.17		
	400m: 4:49.02	37.04	800m: 9:46.11	37.59	1200m: 14:56.98	38.45		
8.	Mariana Pinto Angelo	99		Academica de Coimbra	+0,81	<b>18:53.21</b>	560	
	<i>FTL</i>							
	50m: 34.34	34.34	450m: 5:34.24	37.91	850m: 10:35.14	37.69	1250m: 15:41.53	38.70
	100m: 1:11.00	36.66	500m: 6:11.83	37.59	900m: 11:12.92	37.78	1300m: 16:20.76	39.23
	150m: 1:48.51	37.51	550m: 6:49.68	37.85	950m: 11:50.79	37.87	1350m: 16:59.58	38.82
	200m: 2:25.76	37.25	600m: 7:27.20	37.52	1000m: 12:28.43	37.64	1400m: 17:38.36	38.78
	250m: 3:03.37	37.61	650m: 8:04.91	37.71	1050m: 13:06.76	38.33	1450m: 18:15.99	37.63
	300m: 3:40.96	37.59	700m: 8:42.32	37.41	1100m: 13:45.46	38.70	1500m: 18:53.21	37.22
	350m: 4:18.64	37.68	750m: 9:20.05	37.73	1150m: 14:23.78	38.32		
	400m: 4:56.33	37.69	800m: 9:57.45	37.40	1200m: 15:02.83	39.05		

Prova 45, Femin., 1500m Livres, Juniores

Lugar	Nome do nadador	Ano	Classes	Clube	T.R.	Tempo final	Pts
9.	Marina Micaela Sequeira	98		Uniao Piedense	+0,73	<b>18:56.06</b>	556
<i>FTL</i>							
	50m:	33.16	33.16	450m:	5:26.36	36.57	850m: 10:34.54 38.62 1250m: 15:44.72 38.12
	100m:	1:09.14	35.98	500m:	6:04.94	38.58	900m: 11:13.79 39.25 1300m: 16:23.75 39.03
	150m:	1:45.40	36.26	550m:	6:42.58	37.64	950m: 11:52.26 38.47 1350m: 17:02.33 38.58
	200m:	2:22.13	36.73	600m:	7:21.52	38.94	1000m: 12:31.34 39.08 1400m: 17:40.68 38.35
	250m:	2:58.79	36.66	650m:	7:59.79	38.27	1050m: 13:09.31 37.97 1450m: 18:18.88 38.20
	300m:	3:35.84	37.05	700m:	8:38.54	38.75	1100m: 13:48.87 39.56 1500m: 18:56.06 37.18
	350m:	4:12.36	36.52	750m:	9:16.82	38.28	1150m: 14:27.76 38.89
	400m:	4:49.79	37.43	800m:	9:55.92	39.10	1200m: 15:06.60 38.84
DNS	Beatriz Paulo Ranito	99		Sporting			