

Prova 45	Femin., 1500m Livres				Open
26-07-2015 - 16:00	SOMAGUE				Resultados
Rec Nac Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Rec Nac Inf B	18:11.07	Filipa Vilas Ruivo	DNMG	Coimbra	05-07-2009
Rec Nac Inf A	18:08.64	Filipa Vilas Ruivo	DNMG	Coimbra	17-07-2010
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	16:47.35	Tamila Hryhorivna Holub	POR	Coimbra	31-05-2015
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

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	17:02.64	+0,82	762	
	50m: 32.31 32.31	450m: 5:02.38 33.98	850m: 9:35.93 34.40	1250m: 14:12.94 34.89			
	100m: 1:05.82 33.51	500m: 5:36.33 33.95	900m: 10:10.46 34.53	1300m: 14:47.23 34.29			
	150m: 1:39.37 33.55	550m: 6:10.47 34.14	950m: 10:45.31 34.85	1350m: 15:21.91 34.68			
	200m: 2:13.41 34.04	600m: 6:44.45 33.98	1000m: 11:19.89 34.58	1400m: 15:56.39 34.48			
	250m: 2:46.86 33.45	650m: 7:18.65 34.20	1050m: 11:54.64 34.75	1450m: 16:30.58 34.19			
	300m: 3:20.45 33.59	700m: 7:52.76 34.11	1100m: 12:29.04 34.40	1500m: 17:02.64 32.06			
	350m: 3:54.63 34.18	750m: 8:27.32 34.56	1150m: 13:03.79 34.75				
	400m: 4:28.40 33.77	800m: 9:01.53 34.21	1200m: 13:38.05 34.26				
2.	Tamila Hryhorivna Holub	99	Braga	17:07.63	+0,83	751	
	50m: 32.40 32.40	450m: 5:05.56 34.02	850m: 9:42.62 34.97	1250m: 14:20.18 33.84			
	100m: 1:06.82 34.42	500m: 5:39.88 34.32	900m: 10:17.91 35.29	1300m: 14:54.35 34.17			
	150m: 1:40.72 33.90	550m: 6:14.22 34.34	950m: 10:52.96 35.05	1350m: 15:27.85 33.50			
	200m: 2:14.92 34.20	600m: 6:48.87 34.65	1000m: 11:28.32 35.36	1400m: 16:01.36 33.51			
	250m: 2:48.76 33.84	650m: 7:23.32 34.45	1050m: 12:03.38 35.06	1450m: 16:34.75 33.39			
	300m: 3:23.00 34.24	700m: 7:58.13 34.81	1100m: 12:38.57 35.19	1500m: 17:07.63 32.88			
	350m: 3:57.11 34.11	750m: 8:32.79 34.66	1150m: 13:12.47 33.90				
	400m: 4:31.54 34.43	800m: 9:07.65 34.86	1200m: 13:46.34 33.87				
3.	Vania Soares Neves	90	Leixoes	17:10.45	+0,77	745	
	50m: 31.95 31.95	450m: 5:05.96 34.15	850m: 9:41.73 34.55	1250m: 14:17.44 34.64			
	100m: 1:06.27 34.32	500m: 5:40.12 34.16	900m: 10:15.92 34.19	1300m: 14:52.28 34.84			
	150m: 1:40.73 34.46	550m: 6:14.46 34.34	950m: 10:50.25 34.33	1350m: 15:27.27 34.99			
	200m: 2:15.03 34.30	600m: 6:48.86 34.40	1000m: 11:24.58 34.33	1400m: 16:02.07 34.80			
	250m: 2:49.02 33.99	650m: 7:23.41 34.55	1050m: 11:59.03 34.45	1450m: 16:36.50 34.43			
	300m: 3:23.17 34.15	700m: 7:57.85 34.44	1100m: 12:33.50 34.47	1500m: 17:10.45 33.95			
	350m: 3:57.49 34.32	750m: 8:32.57 34.72	1150m: 13:08.09 34.59				
	400m: 4:31.81 34.32	800m: 9:07.18 34.61	1200m: 13:42.80 34.71				
4.	Paula Alonso Lorenzo	95	C.N. Parquesol	17:20.82	+0,80	723	
	50m: 31.81 31.81	450m: 5:12.64 35.25	850m: 9:50.61 34.35	1250m: 14:27.65 34.56			
	100m: 1:06.30 34.49	500m: 5:47.61 34.97	900m: 10:25.17 34.56	1300m: 15:02.68 35.03			
	150m: 1:41.71 35.41	550m: 6:22.17 34.56	950m: 10:59.75 34.58	1350m: 15:37.30 34.62			
	200m: 2:17.07 35.36	600m: 6:57.32 35.15	1000m: 11:34.52 34.77	1400m: 16:12.38 35.08			
	250m: 2:52.35 35.28	650m: 7:32.00 34.68	1050m: 12:09.01 34.49	1450m: 16:46.97 34.59			
	300m: 3:27.63 35.28	700m: 8:06.95 34.95	1100m: 12:43.75 34.74	1500m: 17:20.82 33.85			
	350m: 4:02.23 34.60	750m: 8:41.41 34.46	1150m: 13:18.32 34.57				
	400m: 4:37.39 35.16	800m: 9:16.26 34.85	1200m: 13:53.09 34.77				

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Var Erlingsdottir Eidesga	01	Havnar	17:32.83		698	
	50m: 31.91 31.91	450m: 5:13.67	34.69	850m: 9:54.53	35.74	1250m: 14:38.43	35.47
	100m: 1:07.01 35.10	500m: 5:48.63	34.96	900m: 10:30.02	35.49	1300m: 15:13.81	35.38
	150m: 1:42.48 35.47	550m: 6:23.46	34.83	950m: 11:05.08	35.06	1350m: 15:48.88	35.07
	200m: 2:18.16 35.68	600m: 6:58.60	35.14	1000m: 11:40.75	35.67	1400m: 16:24.36	35.48
	250m: 2:53.24 35.08	650m: 7:33.11	34.51	1050m: 12:16.06	35.31	1450m: 16:59.08	34.72
	300m: 3:28.90 35.66	700m: 8:08.74	35.63	1100m: 12:51.66	35.60	1500m: 17:32.83	33.75
	350m: 4:03.54 34.64	750m: 8:43.72	34.98	1150m: 13:26.94	35.28		
	400m: 4:38.98 35.44	800m: 9:18.79	35.07	1200m: 14:02.96	36.02		
6.	Francisca Gomes Azevedo	97	Alges	17:51.62	+0,81	662	
	50m: 31.46 31.46	450m: 5:15.12	36.07	850m: 10:03.73	36.38	1250m: 14:54.35	36.42
	100m: 1:05.96 34.50	500m: 5:50.67	35.55	900m: 10:39.61	35.88	1300m: 15:30.30	35.95
	150m: 1:41.47 35.51	550m: 6:27.13	36.46	950m: 11:16.43	36.82	1350m: 16:06.60	36.30
	200m: 2:16.64 35.17	600m: 7:02.80	35.67	1000m: 11:52.56	36.13	1400m: 16:42.41	35.81
	250m: 2:52.40 35.76	650m: 7:39.01	36.21	1050m: 12:29.05	36.49	1450m: 17:18.49	36.08
	300m: 3:27.74 35.34	700m: 8:15.15	36.14	1100m: 13:05.42	36.37	1500m: 17:51.62	33.13
	350m: 4:03.59 35.85	750m: 8:51.35	36.20	1150m: 13:41.84	36.42		
	400m: 4:39.05 35.46	800m: 9:27.35	36.00	1200m: 14:17.93	36.09		
7.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	18:01.14	+0,89	645	
	50m: 32.97 32.97	450m: 5:22.20	36.18	850m: 10:13.31	36.20	1250m: 15:01.95	36.25
	100m: 1:08.59 35.62	500m: 5:58.57	36.37	900m: 10:49.46	36.15	1300m: 15:38.20	36.25
	150m: 1:44.71 36.12	550m: 6:34.87	36.30	950m: 11:25.63	36.17	1350m: 16:14.60	36.40
	200m: 2:20.81 36.10	600m: 7:11.27	36.40	1000m: 12:01.63	36.00	1400m: 16:50.44	35.84
	250m: 2:57.11 36.30	650m: 7:47.92	36.65	1050m: 12:37.56	35.93	1450m: 17:26.46	36.02
	300m: 3:33.50 36.39	700m: 8:24.27	36.35	1100m: 13:13.56	36.00	1500m: 18:01.14	34.68
	350m: 4:09.95 36.45	750m: 9:00.72	36.45	1150m: 13:49.59	36.03		
	400m: 4:46.02 36.07	800m: 9:37.11	36.39	1200m: 14:25.70	36.11		
8.	Shona Hickey	99	Munster Squad	18:08.03	+0,73	633	
	50m: 32.12 32.12	450m: 5:22.93	36.44	850m: 10:13.64	36.41	1250m: 15:05.43	36.83
	100m: 1:07.85 35.73	500m: 5:59.09	36.16	900m: 10:50.03	36.39	1300m: 15:42.08	36.65
	150m: 1:44.21 36.36	550m: 6:35.46	36.37	950m: 11:26.58	36.55	1350m: 16:18.67	36.59
	200m: 2:20.46 36.25	600m: 7:11.89	36.43	1000m: 12:02.80	36.22	1400m: 16:55.65	36.98
	250m: 2:57.03 36.57	650m: 7:48.22	36.33	1050m: 12:39.14	36.34	1450m: 17:32.16	36.51
	300m: 3:33.46 36.43	700m: 8:24.58	36.36	1100m: 13:15.36	36.22	1500m: 18:08.03	35.87
	350m: 4:10.26 36.80	750m: 9:00.95	36.37	1150m: 13:52.11	36.75		
	400m: 4:46.49 36.23	800m: 9:37.23	36.28	1200m: 14:28.60	36.49		
9.	Lena Rannvaardottir	98	Havnar	18:09.25	+0,61	630	
	50m: 32.21 32.21	450m: 5:21.69	36.44	850m: 10:13.48	37.07	1250m: 15:05.69	37.02
	100m: 1:07.54 35.33	500m: 5:57.99	36.30	900m: 10:49.29	35.81	1300m: 15:42.89	37.20
	150m: 1:43.75 36.21	550m: 6:34.37	36.38	950m: 11:25.77	36.48	1350m: 16:19.69	36.80
	200m: 2:19.86 36.11	600m: 7:10.76	36.39	1000m: 12:02.02	36.25	1400m: 16:56.42	36.73
	250m: 2:56.39 36.53	650m: 7:47.33	36.57	1050m: 12:38.65	36.63	1450m: 17:33.36	36.94
	300m: 3:32.28 35.89	700m: 8:23.56	36.23	1100m: 13:15.13	36.48	1500m: 18:09.25	35.89
	350m: 4:08.93 36.65	750m: 9:00.26	36.70	1150m: 13:52.08	36.95		
	400m: 4:45.25 36.32	800m: 9:36.41	36.15	1200m: 14:28.67	36.59		

Prova 45, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Carolina Madeira Santos	96	Naval Amorense	18:24.69	+0,92	604	
	50m: 31.99 31.99	450m: 5:23.14 36.81	850m: 10:19.36 37.36	1250m: 15:18.54 37.64			
	100m: 1:07.58 35.59	500m: 6:00.03 36.89	900m: 10:56.54 37.18	1300m: 15:56.33 37.79			
	150m: 1:43.89 36.31	550m: 6:36.84 36.81	950m: 11:34.01 37.47	1350m: 16:34.02 37.69			
	200m: 2:20.15 36.26	600m: 7:13.92 37.08	1000m: 12:11.26 37.25	1400m: 17:11.24 37.22			
	250m: 2:56.61 36.46	650m: 7:50.82 36.90	1050m: 12:49.14 37.88	1450m: 17:49.08 37.84			
	300m: 3:33.17 36.56	700m: 8:27.79 36.97	1100m: 13:25.97 36.83	1500m: 18:24.69 35.61			
	350m: 4:09.94 36.77	750m: 9:04.94 37.15	1150m: 14:03.84 37.87				
	400m: 4:46.33 36.39	800m: 9:42.00 37.06	1200m: 14:40.90 37.06				
11.	Eva Guerreiro Carvalho	99	Uniao Piedense	18:25.22	+0,98	603	
	50m: 33.08 33.08	450m: 5:27.63 36.97	850m: 10:23.29 36.65	1250m: 15:20.94 37.70			
	100m: 1:09.08 36.00	500m: 6:04.79 37.16	900m: 11:00.16 36.87	1300m: 15:58.30 37.36			
	150m: 1:45.68 36.60	550m: 6:41.77 36.98	950m: 11:37.03 36.87	1350m: 16:35.15 36.85			
	200m: 2:22.48 36.80	600m: 7:18.98 37.21	1000m: 12:14.21 37.18	1400m: 17:12.42 37.27			
	250m: 2:59.28 36.80	650m: 7:55.86 36.88	1050m: 12:51.16 36.95	1450m: 17:49.15 36.73			
	300m: 3:36.46 37.18	700m: 8:33.03 37.17	1100m: 13:28.55 37.39	1500m: 18:25.22 36.07			
	350m: 4:13.48 37.02	750m: 9:09.80 36.77	1150m: 14:05.67 37.12				
	400m: 4:50.66 37.18	800m: 9:46.64 36.84	1200m: 14:43.24 37.57				
12.	Maria Joao Fernandes	97	Vilacondense	18:28.81	+0,79	598	
	50m: 32.99 32.99	450m: 5:23.22 35.86	850m: 10:19.49 36.89	1250m: 15:20.71 37.38			
	100m: 1:09.54 36.55	500m: 6:00.08 36.86	900m: 10:57.04 37.55	1300m: 15:59.02 38.31			
	150m: 1:45.30 35.76	550m: 6:36.60 36.52	950m: 11:33.77 36.73	1350m: 16:36.54 37.52			
	200m: 2:22.03 36.73	600m: 7:14.07 37.47	1000m: 12:11.71 37.94	1400m: 17:14.86 38.32			
	250m: 2:57.83 35.80	650m: 7:50.76 36.69	1050m: 12:49.01 37.30	1450m: 17:52.16 37.30			
	300m: 3:34.90 37.07	700m: 8:28.19 37.43	1100m: 13:27.11 38.10	1500m: 18:28.81 36.65			
	350m: 4:10.24 35.34	750m: 9:05.07 36.88	1150m: 14:04.75 37.64				
	400m: 4:47.36 37.12	800m: 9:42.60 37.53	1200m: 14:43.33 38.58				
13.	Ana Silva Costa	98	Famalicao	18:35.11	+0,85	588	
	50m: 33.59 33.59	450m: 5:25.19 36.10	850m: 10:24.69 36.67	1250m: 15:27.42 37.00			
	100m: 1:10.08 36.49	500m: 6:03.21 38.02	900m: 11:03.42 38.73	1300m: 16:06.14 38.72			
	150m: 1:45.79 35.71	550m: 6:39.36 36.15	950m: 11:39.99 36.57	1350m: 16:42.75 36.61			
	200m: 2:22.88 37.09	600m: 7:17.97 38.61	1000m: 12:18.84 38.85	1400m: 17:20.86 38.11			
	250m: 2:58.62 35.74	650m: 7:54.75 36.78	1050m: 12:55.55 36.71	1450m: 17:57.43 36.57			
	300m: 3:35.53 36.91	700m: 8:33.14 38.39	1100m: 13:34.42 38.87	1500m: 18:35.11 37.68			
	350m: 4:11.43 35.90	750m: 9:09.47 36.33	1150m: 14:11.67 37.25				
	400m: 4:49.09 37.66	800m: 9:48.02 38.55	1200m: 14:50.42 38.75				
DNS	Beatriz Paulo Ranito	99	Sporting				

Prova 45, Femin., 1500m Livres

Prova 45 26-07-2015 - 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 Jun16	16:47.35	Tamila Hryhorivna Holub	POR	Coimbra	31-05-2015
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

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	17:02.64	+0,82	762	
	50m: 32.31 32.31	450m: 5:02.38 33.98	850m: 9:35.93 34.40	1250m: 14:12.94 34.89			
	100m: 1:05.82 33.51	500m: 5:36.33 33.95	900m: 10:10.46 34.53	1300m: 14:47.23 34.29			
	150m: 1:39.37 33.55	550m: 6:10.47 34.14	950m: 10:45.31 34.85	1350m: 15:21.91 34.68			
	200m: 2:13.41 34.04	600m: 6:44.45 33.98	1000m: 11:19.89 34.58	1400m: 15:56.39 34.48			
	250m: 2:46.86 33.45	650m: 7:18.65 34.20	1050m: 11:54.64 34.75	1450m: 16:30.58 34.19			
	300m: 3:20.45 33.59	700m: 7:52.76 34.11	1100m: 12:29.04 34.40	1500m: 17:02.64 32.06			
	350m: 3:54.63 34.18	750m: 8:27.32 34.56	1150m: 13:03.79 34.75				
	400m: 4:28.40 33.77	800m: 9:01.53 34.21	1200m: 13:38.05 34.26				
2.	Tamila Hryhorivna Holub	99	Braga	17:07.63	+0,83	751	
	50m: 32.40 32.40	450m: 5:05.56 34.02	850m: 9:42.62 34.97	1250m: 14:20.18 33.84			
	100m: 1:06.82 34.42	500m: 5:39.88 34.32	900m: 10:17.91 35.29	1300m: 14:54.35 34.17			
	150m: 1:40.72 33.90	550m: 6:14.22 34.34	950m: 10:52.96 35.05	1350m: 15:27.85 33.50			
	200m: 2:14.92 34.20	600m: 6:48.87 34.65	1000m: 11:28.32 35.36	1400m: 16:01.36 33.51			
	250m: 2:48.76 33.84	650m: 7:23.32 34.45	1050m: 12:03.38 35.06	1450m: 16:34.75 33.39			
	300m: 3:23.00 34.24	700m: 7:58.13 34.81	1100m: 12:38.57 35.19	1500m: 17:07.63 32.88			
	350m: 3:57.11 34.11	750m: 8:32.79 34.66	1150m: 13:12.47 33.90				
	400m: 4:31.54 34.43	800m: 9:07.65 34.86	1200m: 13:46.34 33.87				
3.	Vania Soares Neves	90	Leixoes	17:10.45	+0,77	745	
	50m: 31.95 31.95	450m: 5:05.96 34.15	850m: 9:41.73 34.55	1250m: 14:17.44 34.64			
	100m: 1:06.27 34.32	500m: 5:40.12 34.16	900m: 10:15.92 34.19	1300m: 14:52.28 34.84			
	150m: 1:40.73 34.46	550m: 6:14.46 34.34	950m: 10:50.25 34.33	1350m: 15:27.27 34.99			
	200m: 2:15.03 34.30	600m: 6:48.86 34.40	1000m: 11:24.58 34.33	1400m: 16:02.07 34.80			
	250m: 2:49.02 33.99	650m: 7:23.41 34.55	1050m: 11:59.03 34.45	1450m: 16:36.50 34.43			
	300m: 3:23.17 34.15	700m: 7:57.85 34.44	1100m: 12:33.50 34.47	1500m: 17:10.45 33.95			
	350m: 3:57.49 34.32	750m: 8:32.57 34.72	1150m: 13:08.09 34.59				
	400m: 4:31.81 34.32	800m: 9:07.18 34.61	1200m: 13:42.80 34.71				
4.	Francisca Gomes Azevedo	97	Alges	17:51.62	+0,81	662	
	50m: 31.46 31.46	450m: 5:15.12 36.07	850m: 10:03.73 36.38	1250m: 14:54.35 36.42			
	100m: 1:05.96 34.50	500m: 5:50.67 35.55	900m: 10:39.61 35.88	1300m: 15:30.30 35.95			
	150m: 1:41.47 35.51	550m: 6:27.13 36.46	950m: 11:16.43 36.82	1350m: 16:06.60 36.30			
	200m: 2:16.64 35.17	600m: 7:02.80 35.67	1000m: 11:52.56 36.13	1400m: 16:42.41 35.81			
	250m: 2:52.40 35.76	650m: 7:39.01 36.21	1050m: 12:29.05 36.49	1450m: 17:18.49 36.08			
	300m: 3:27.74 35.34	700m: 8:15.15 36.14	1100m: 13:05.42 36.37	1500m: 17:51.62 33.13			
	350m: 4:03.59 35.85	750m: 8:51.35 36.20	1150m: 13:41.84 36.42				
	400m: 4:39.05 35.46	800m: 9:27.35 36.00	1200m: 14:17.93 36.09				

Prova 45, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	18:01.14	+0,89	645	
	50m: 32.97 32.97	450m: 5:22.20 36.18	850m: 10:13.31 36.20	1250m: 15:01.95 36.25			
	100m: 1:08.59 35.62	500m: 5:58.57 36.37	900m: 10:49.46 36.15	1300m: 15:38.20 36.25			
	150m: 1:44.71 36.12	550m: 6:34.87 36.30	950m: 11:25.63 36.17	1350m: 16:14.60 36.40			
	200m: 2:20.81 36.10	600m: 7:11.27 36.40	1000m: 12:01.63 36.00	1400m: 16:50.44 35.84			
	250m: 2:57.11 36.30	650m: 7:47.92 36.65	1050m: 12:37.56 35.93	1450m: 17:26.46 36.02			
	300m: 3:33.50 36.39	700m: 8:24.27 36.35	1100m: 13:13.56 36.00	1500m: 18:01.14 34.68			
	350m: 4:09.95 36.45	750m: 9:00.72 36.45	1150m: 13:49.59 36.03				
	400m: 4:46.02 36.07	800m: 9:37.11 36.39	1200m: 14:25.70 36.11				
6.	Carolina Madeira Santos	96	Naval Amorense	18:24.69	+0,92	604	
	50m: 31.99 31.99	450m: 5:23.14 36.81	850m: 10:19.36 37.36	1250m: 15:18.54 37.64			
	100m: 1:07.58 35.59	500m: 6:00.03 36.89	900m: 10:56.54 37.18	1300m: 15:56.33 37.79			
	150m: 1:43.89 36.31	550m: 6:36.84 36.81	950m: 11:34.01 37.47	1350m: 16:34.02 37.69			
	200m: 2:20.15 36.26	600m: 7:13.92 37.08	1000m: 12:11.26 37.25	1400m: 17:11.24 37.22			
	250m: 2:56.61 36.46	650m: 7:50.82 36.90	1050m: 12:49.14 37.88	1450m: 17:49.08 37.84			
	300m: 3:33.17 36.56	700m: 8:27.79 36.97	1100m: 13:25.97 36.83	1500m: 18:24.69 35.61			
	350m: 4:09.94 36.77	750m: 9:04.94 37.15	1150m: 14:03.84 37.87				
	400m: 4:46.33 36.39	800m: 9:42.00 37.06	1200m: 14:40.90 37.06				
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	18:25.22	+0,98	603	
	50m: 33.08 33.08	450m: 5:27.63 36.97	850m: 10:23.29 36.65	1250m: 15:20.94 37.70			
	100m: 1:09.08 36.00	500m: 6:04.79 37.16	900m: 11:00.16 36.87	1300m: 15:58.30 37.36			
	150m: 1:45.68 36.60	550m: 6:41.77 36.98	950m: 11:37.03 36.87	1350m: 16:35.15 36.85			
	200m: 2:22.48 36.80	600m: 7:18.98 37.21	1000m: 12:14.21 37.18	1400m: 17:12.42 37.27			
	250m: 2:59.28 36.80	650m: 7:55.86 36.88	1050m: 12:51.16 36.95	1450m: 17:49.15 36.73			
	300m: 3:36.46 37.18	700m: 8:33.03 37.17	1100m: 13:28.55 37.39	1500m: 18:25.22 36.07			
	350m: 4:13.48 37.02	750m: 9:09.80 36.77	1150m: 14:05.67 37.12				
	400m: 4:50.66 37.18	800m: 9:46.64 36.84	1200m: 14:43.24 37.57				
8.	Maria Joao Fernandes	97	Vilacondense	18:28.81	+0,79	598	
	50m: 32.99 32.99	450m: 5:23.22 35.86	850m: 10:19.49 36.89	1250m: 15:20.71 37.38			
	100m: 1:09.54 36.55	500m: 6:00.08 36.86	900m: 10:57.04 37.55	1300m: 15:59.02 38.31			
	150m: 1:45.30 35.76	550m: 6:36.60 36.52	950m: 11:33.77 36.73	1350m: 16:36.54 37.52			
	200m: 2:22.03 36.73	600m: 7:14.07 37.47	1000m: 12:11.71 37.94	1400m: 17:14.86 38.32			
	250m: 2:57.83 35.80	650m: 7:50.76 36.69	1050m: 12:49.01 37.30	1450m: 17:52.16 37.30			
	300m: 3:34.90 37.07	700m: 8:28.19 37.43	1100m: 13:27.11 38.10	1500m: 18:28.81 36.65			
	350m: 4:10.24 35.34	750m: 9:05.07 36.88	1150m: 14:04.75 37.64				
	400m: 4:47.36 37.12	800m: 9:42.60 37.53	1200m: 14:43.33 38.58				
9.	Ana Silva Costa	98	Famalicao	18:35.11	+0,85	588	
	50m: 33.59 33.59	450m: 5:25.19 36.10	850m: 10:24.69 36.67	1250m: 15:27.42 37.00			
	100m: 1:10.08 36.49	500m: 6:03.21 38.02	900m: 11:03.42 38.73	1300m: 16:06.14 38.72			
	150m: 1:45.79 35.71	550m: 6:39.36 36.15	950m: 11:39.99 36.57	1350m: 16:42.75 36.61			
	200m: 2:22.88 37.09	600m: 7:17.97 38.61	1000m: 12:18.84 38.85	1400m: 17:20.86 38.11			
	250m: 2:58.62 35.74	650m: 7:54.75 36.78	1050m: 12:55.55 36.71	1450m: 17:57.43 36.57			
	300m: 3:35.53 36.91	700m: 8:33.14 38.39	1100m: 13:34.42 38.87	1500m: 18:35.11 37.68			
	350m: 4:11.43 35.90	750m: 9:09.47 36.33	1150m: 14:11.67 37.25				
	400m: 4:49.09 37.66	800m: 9:48.02 38.55	1200m: 14:50.42 38.75				
DNS	Beatriz Paulo Ranito	99	Sporting				

Prova 45, Femin., 1500m Livres

Prova 45 26-07-2015 - 16:00	Femin., 1500m Livres SOMAGUE				Junior 16 Resultados
Rec Nac Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Rec Nac Jun16	16:47.35	Tamila Hryhorivna Holub	POR	Coimbra	31-05-2015

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Tamila Hryhorivna Holub	99	Braga	17:07.63	+0,83	751		
	50m: 32.40	32.40	450m: 5:05.56	34.02	850m: 9:42.62	34.97	1250m: 14:20.18	33.84
	100m: 1:06.82	34.42	500m: 5:39.88	34.32	900m: 10:17.91	35.29	1300m: 14:54.35	34.17
	150m: 1:40.72	33.90	550m: 6:14.22	34.34	950m: 10:52.96	35.05	1350m: 15:27.85	33.50
	200m: 2:14.92	34.20	600m: 6:48.87	34.65	1000m: 11:28.32	35.36	1400m: 16:01.36	33.51
	250m: 2:48.76	33.84	650m: 7:23.32	34.45	1050m: 12:03.38	35.06	1450m: 16:34.75	33.39
	300m: 3:23.00	34.24	700m: 7:58.13	34.81	1100m: 12:38.57	35.19	1500m: 17:07.63	32.88
	350m: 3:57.11	34.11	750m: 8:32.79	34.66	1150m: 13:12.47	33.90		
	400m: 4:31.54	34.43	800m: 9:07.65	34.86	1200m: 13:46.34	33.87		
2.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	18:01.14	+0,89	645		
	50m: 32.97	32.97	450m: 5:22.20	36.18	850m: 10:13.31	36.20	1250m: 15:01.95	36.25
	100m: 1:08.59	35.62	500m: 5:58.57	36.37	900m: 10:49.46	36.15	1300m: 15:38.20	36.25
	150m: 1:44.71	36.12	550m: 6:34.87	36.30	950m: 11:25.63	36.17	1350m: 16:14.60	36.40
	200m: 2:20.81	36.10	600m: 7:11.27	36.40	1000m: 12:01.63	36.00	1400m: 16:50.44	35.84
	250m: 2:57.11	36.30	650m: 7:47.92	36.65	1050m: 12:37.56	35.93	1450m: 17:26.46	36.02
	300m: 3:33.50	36.39	700m: 8:24.27	36.35	1100m: 13:13.56	36.00	1500m: 18:01.14	34.68
	350m: 4:09.95	36.45	750m: 9:00.72	36.45	1150m: 13:49.59	36.03		
	400m: 4:46.02	36.07	800m: 9:37.11	36.39	1200m: 14:25.70	36.11		
3.	Eva Guerreiro Carvalho	99	Uniao Piedense	18:25.22	+0,98	603		
	50m: 33.08	33.08	450m: 5:27.63	36.97	850m: 10:23.29	36.65	1250m: 15:20.94	37.70
	100m: 1:09.08	36.00	500m: 6:04.79	37.16	900m: 11:00.16	36.87	1300m: 15:58.30	37.36
	150m: 1:45.68	36.60	550m: 6:41.77	36.98	950m: 11:37.03	36.87	1350m: 16:35.15	36.85
	200m: 2:22.48	36.80	600m: 7:18.98	37.21	1000m: 12:14.21	37.18	1400m: 17:12.42	37.27
	250m: 2:59.28	36.80	650m: 7:55.86	36.88	1050m: 12:51.16	36.95	1450m: 17:49.15	36.73
	300m: 3:36.46	37.18	700m: 8:33.03	37.17	1100m: 13:28.55	37.39	1500m: 18:25.22	36.07
	350m: 4:13.48	37.02	750m: 9:09.80	36.77	1150m: 14:05.67	37.12		
	400m: 4:50.66	37.18	800m: 9:46.64	36.84	1200m: 14:43.24	37.57		
DNS	Beatriz Paulo Ranito	99	Sporting					

Prova 45, Femin., 1500m Livres

Prova 45 26-07-2015 - 16:00	Femin., 1500m Livres SOMAGUE				Junior 17 Resultados
Rec Nac Absoluto	16:46.35	Florbela Cavaco Machado	FPN	Dubai (UAE)	30-08-2013
Rec Nac Jun17	16:46.35	Florbela Cavaco Machado	LSC	Dubai (UAE)	30-08-2013

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Ana Silva Costa	98	Famalicao	18:35.11	+0,85	588		
	50m: 33.59	33.59	450m: 5:25.19	36.10	850m: 10:24.69	36.67	1250m: 15:27.42	37.00
	100m: 1:10.08	36.49	500m: 6:03.21	38.02	900m: 11:03.42	38.73	1300m: 16:06.14	38.72
	150m: 1:45.79	35.71	550m: 6:39.36	36.15	950m: 11:39.99	36.57	1350m: 16:42.75	36.61
	200m: 2:22.88	37.09	600m: 7:17.97	38.61	1000m: 12:18.84	38.85	1400m: 17:20.86	38.11
	250m: 2:58.62	35.74	650m: 7:54.75	36.78	1050m: 12:55.55	36.71	1450m: 17:57.43	36.57
	300m: 3:35.53	36.91	700m: 8:33.14	38.39	1100m: 13:34.42	38.87	1500m: 18:35.11	37.68
	350m: 4:11.43	35.90	750m: 9:09.47	36.33	1150m: 14:11.67	37.25		
	400m: 4:49.09	37.66	800m: 9:48.02	38.55	1200m: 14:50.42	38.75		

Prova 45 26-07-2015 - 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	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	17:02.64	+0,82	762		
	50m: 32.31	32.31	450m: 5:02.38	33.98	850m: 9:35.93	34.40	1250m: 14:12.94	34.89
	100m: 1:05.82	33.51	500m: 5:36.33	33.95	900m: 10:10.46	34.53	1300m: 14:47.23	34.29
	150m: 1:39.37	33.55	550m: 6:10.47	34.14	950m: 10:45.31	34.85	1350m: 15:21.91	34.68
	200m: 2:13.41	34.04	600m: 6:44.45	33.98	1000m: 11:19.89	34.58	1400m: 15:56.39	34.48
	250m: 2:46.86	33.45	650m: 7:18.65	34.20	1050m: 11:54.64	34.75	1450m: 16:30.58	34.19
	300m: 3:20.45	33.59	700m: 7:52.76	34.11	1100m: 12:29.04	34.40	1500m: 17:02.64	32.06
	350m: 3:54.63	34.18	750m: 8:27.32	34.56	1150m: 13:03.79	34.75		
	400m: 4:28.40	33.77	800m: 9:01.53	34.21	1200m: 13:38.05	34.26		
2.	Vania Soares Neves	90	Leixoes	17:10.45	+0,77	745		
	50m: 31.95	31.95	450m: 5:05.96	34.15	850m: 9:41.73	34.55	1250m: 14:17.44	34.64
	100m: 1:06.27	34.32	500m: 5:40.12	34.16	900m: 10:15.92	34.19	1300m: 14:52.28	34.84
	150m: 1:40.73	34.46	550m: 6:14.46	34.34	950m: 10:50.25	34.33	1350m: 15:27.27	34.99
	200m: 2:15.03	34.30	600m: 6:48.86	34.40	1000m: 11:24.58	34.33	1400m: 16:02.07	34.80
	250m: 2:49.02	33.99	650m: 7:23.41	34.55	1050m: 11:59.03	34.45	1450m: 16:36.50	34.43
	300m: 3:23.17	34.15	700m: 7:57.85	34.44	1100m: 12:33.50	34.47	1500m: 17:10.45	33.95
	350m: 3:57.49	34.32	750m: 8:32.57	34.72	1150m: 13:08.09	34.59		
	400m: 4:31.81	34.32	800m: 9:07.18	34.61	1200m: 13:42.80	34.71		
3.	Francisca Gomes Azevedo	97	Alges	17:51.62	+0,81	662		
	50m: 31.46	31.46	450m: 5:15.12	36.07	850m: 10:03.73	36.38	1250m: 14:54.35	36.42
	100m: 1:05.96	34.50	500m: 5:50.67	35.55	900m: 10:39.61	35.88	1300m: 15:30.30	35.95
	150m: 1:41.47	35.51	550m: 6:27.13	36.46	950m: 11:16.43	36.82	1350m: 16:06.60	36.30
	200m: 2:16.64	35.17	600m: 7:02.80	35.67	1000m: 11:52.56	36.13	1400m: 16:42.41	35.81
	250m: 2:52.40	35.76	650m: 7:39.01	36.21	1050m: 12:29.05	36.49	1450m: 17:18.49	36.08
	300m: 3:27.74	35.34	700m: 8:15.15	36.14	1100m: 13:05.42	36.37	1500m: 17:51.62	33.13
	350m: 4:03.59	35.85	750m: 8:51.35	36.20	1150m: 13:41.84	36.42		
	400m: 4:39.05	35.46	800m: 9:27.35	36.00	1200m: 14:17.93	36.09		

Prova 45, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Carolina Madeira Santos	96	Naval Amorense	18:24.69	+0,92	604	
	50m: 31.99 31.99	450m: 5:23.14 36.81	850m: 10:19.36 37.36	1250m: 15:18.54 37.64			
	100m: 1:07.58 35.59	500m: 6:00.03 36.89	900m: 10:56.54 37.18	1300m: 15:56.33 37.79			
	150m: 1:43.89 36.31	550m: 6:36.84 36.81	950m: 11:34.01 37.47	1350m: 16:34.02 37.69			
	200m: 2:20.15 36.26	600m: 7:13.92 37.08	1000m: 12:11.26 37.25	1400m: 17:11.24 37.22			
	250m: 2:56.61 36.46	650m: 7:50.82 36.90	1050m: 12:49.14 37.88	1450m: 17:49.08 37.84			
	300m: 3:33.17 36.56	700m: 8:27.79 36.97	1100m: 13:25.97 36.83	1500m: 18:24.69 35.61			
	350m: 4:09.94 36.77	750m: 9:04.94 37.15	1150m: 14:03.84 37.87				
	400m: 4:46.33 36.39	800m: 9:42.00 37.06	1200m: 14:40.90 37.06				
5.	Maria Joao Fernandes	97	Vilacondense	18:28.81	+0,79	598	
	50m: 32.99 32.99	450m: 5:23.22 35.86	850m: 10:19.49 36.89	1250m: 15:20.71 37.38			
	100m: 1:09.54 36.55	500m: 6:00.08 36.86	900m: 10:57.04 37.55	1300m: 15:59.02 38.31			
	150m: 1:45.30 35.76	550m: 6:36.60 36.52	950m: 11:33.77 36.73	1350m: 16:36.54 37.52			
	200m: 2:22.03 36.73	600m: 7:14.07 37.47	1000m: 12:11.71 37.94	1400m: 17:14.86 38.32			
	250m: 2:57.83 35.80	650m: 7:50.76 36.69	1050m: 12:49.01 37.30	1450m: 17:52.16 37.30			
	300m: 3:34.90 37.07	700m: 8:28.19 37.43	1100m: 13:27.11 38.10	1500m: 18:28.81 36.65			
	350m: 4:10.24 35.34	750m: 9:05.07 36.88	1150m: 14:04.75 37.64				
	400m: 4:47.36 37.12	800m: 9:42.60 37.53	1200m: 14:43.33 38.58				