

Prova 12 Femin., 1500m Livres 16 anos e mais velhos  
08-12-2017 - 17:00 Resultados

Rec Nac 25m Absoluto	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015
Rec Nac 25m Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto	19-12-2014
Rec Nac 25m Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015
Rec Nac 25m Sen	16:22.79	ANDRE Angelica Maria	CFP	Porto	11-12-2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac
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Seniores

1.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>16:18.04</b>	<b>+0,75</b>			
	<i>Rec Nacional, Sen</i>							
	50m: 29.90	29.90	450m: 4:49.58	32.41	850m: 9:11.89	33.15	1250m: 13:35.62	33.15
	100m: 1:02.05	32.15	500m: 5:22.19	32.61	900m: 9:44.66	32.77	1300m: 14:08.63	33.01
	150m: 1:34.63	32.58	550m: 5:54.69	32.50	950m: 10:17.73	33.07	1350m: 14:41.70	33.07
	200m: 2:07.27	32.64	600m: 6:27.52	32.83	1000m: 10:50.79	33.06	1400m: 15:14.70	33.00
	250m: 2:39.71	32.44	650m: 7:00.16	32.64	1050m: 11:23.82	33.03	1450m: 15:47.12	32.42
	300m: 3:12.27	32.56	700m: 7:33.05	32.89	1100m: 11:56.72	32.90	1500m: 16:18.04	30.92
	350m: 3:44.69	32.42	750m: 8:05.85	32.80	1150m: 12:29.46	32.74		
	400m: 4:17.17	32.48	800m: 8:38.74	32.89	1200m: 13:02.47	33.01		
2.	CARVALHO Eva Guerreiro	99	Benfica	<b>17:47.47</b>	<b>+0,81</b>			
	50m: 31.79	31.79	450m: 5:16.58	36.18	850m: 10:04.82	36.06	1250m: 14:50.98	35.50
	100m: 1:06.06	34.27	500m: 5:52.76	36.18	900m: 10:40.90	36.08	1300m: 15:26.22	35.24
	150m: 1:41.13	35.07	550m: 6:28.51	35.75	950m: 11:16.97	36.07	1350m: 16:01.42	35.20
	200m: 2:16.50	35.37	600m: 7:04.47	35.96	1000m: 11:52.68	35.71	1400m: 16:36.94	35.52
	250m: 2:52.20	35.70	650m: 7:40.71	36.24	1050m: 12:29.00	36.32	1450m: 17:12.35	35.41
	300m: 3:28.23	36.03	700m: 8:16.74	36.03	1100m: 13:04.61	35.61	1500m: 17:47.47	35.12
	350m: 4:04.34	36.11	750m: 8:52.78	36.04	1150m: 13:40.20	35.59		
	400m: 4:40.40	36.06	800m: 9:28.76	35.98	1200m: 14:15.48	35.28		

Juniores

1.	FRAZAO Alexandra Couto	02	Fundacao Beatriz Santos	<b>16:50.34</b>	<b>+0,70</b>			
	50m: 30.75	30.75	450m: 5:03.27	34.00	850m: 9:34.53	33.76	1250m: 14:04.47	33.36
	100m: 1:04.30	33.55	500m: 5:37.47	34.20	900m: 10:08.53	34.00	1300m: 14:37.78	33.31
	150m: 1:37.73	33.43	550m: 6:11.22	33.75	950m: 10:42.45	33.92	1350m: 15:11.17	33.39
	200m: 2:11.64	33.91	600m: 6:45.51	34.29	1000m: 11:16.27	33.82	1400m: 15:44.56	33.39
	250m: 2:45.67	34.03	650m: 7:19.39	33.88	1050m: 11:50.02	33.75	1450m: 16:18.00	33.44
	300m: 3:19.95	34.28	700m: 7:53.39	34.00	1100m: 12:23.82	33.80	1500m: 16:50.34	32.34
	350m: 3:54.51	34.56	750m: 8:27.00	33.61	1150m: 12:57.70	33.88		
	400m: 4:29.27	34.76	800m: 9:00.77	33.77	1200m: 13:31.11	33.41		
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>16:58.01</b>	<b>+0,80</b>			
	50m: 31.75	31.75	450m: 5:03.75	34.09	850m: 9:37.63	34.34	1250m: 14:09.30	33.81
	100m: 1:05.37	33.62	500m: 5:38.02	34.27	900m: 10:11.98	34.35	1300m: 14:43.30	34.00
	150m: 1:39.28	33.91	550m: 6:12.25	34.23	950m: 10:46.24	34.26	1350m: 15:17.43	34.13
	200m: 2:13.29	34.01	600m: 6:46.38	34.13	1000m: 11:20.28	34.04	1400m: 15:51.58	34.15
	250m: 2:47.42	34.13	650m: 7:20.60	34.22	1050m: 11:53.99	33.71	1450m: 16:25.86	34.28
	300m: 3:21.42	34.00	700m: 7:54.77	34.17	1100m: 12:27.93	33.94	1500m: 16:58.01	32.15
	350m: 3:55.46	34.04	750m: 8:28.89	34.12	1150m: 13:01.73	33.80		
	400m: 4:29.66	34.20	800m: 9:03.29	34.40	1200m: 13:35.49	33.76		

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
3.	ALVES Sara Sofia	01	Columbifila Cantanhedense	<b>17:06.56</b>	<b>+0,77</b>
	50m: 31.66 31.66	450m: 5:02.78 34.19	850m: 9:38.56 34.57	1250m: 14:15.18 34.50	
	100m: 1:05.06 33.40	500m: 5:36.82 34.04	900m: 10:13.60 35.04	1300m: 14:49.85 34.67	
	150m: 1:38.83 33.77	550m: 6:10.99 34.17	950m: 10:48.31 34.71	1350m: 15:24.55 34.70	
	200m: 2:12.49 33.66	600m: 6:45.72 34.73	1000m: 11:23.12 34.81	1400m: 15:59.48 34.93	
	250m: 2:46.43 33.94	650m: 7:20.22 34.50	1050m: 11:57.29 34.17	1450m: 16:33.96 34.48	
	300m: 3:20.45 34.02	700m: 7:54.50 34.28	1100m: 12:31.61 34.32	1500m: 17:06.56 32.60	
	350m: 3:54.42 33.97	750m: 8:29.07 34.57	1150m: 13:06.26 34.65		
	400m: 4:28.59 34.17	800m: 9:03.99 34.92	1200m: 13:40.68 34.42		
4.	RODRIGUES Filipa Serrano	01	Benfica	<b>17:06.59</b>	<b>+0,80</b>
	50m: 30.64 30.64	450m: 4:59.27 33.96	850m: 9:35.21 34.85	1250m: 14:15.72 35.40	
	100m: 1:03.67 33.03	500m: 5:33.52 34.25	900m: 10:10.03 34.82	1300m: 14:50.95 35.23	
	150m: 1:36.89 33.22	550m: 6:07.84 34.32	950m: 10:44.64 34.61	1350m: 15:25.93 34.98	
	200m: 2:10.35 33.46	600m: 6:42.29 34.45	1000m: 11:19.58 34.94	1400m: 16:00.40 34.47	
	250m: 2:43.88 33.53	650m: 7:16.57 34.28	1050m: 11:54.56 34.98	1450m: 16:34.65 34.25	
	300m: 3:17.38 33.50	700m: 7:51.25 34.68	1100m: 12:29.74 35.18	1500m: 17:06.59 31.94	
	350m: 3:51.41 34.03	750m: 8:25.69 34.44	1150m: 13:04.86 35.12		
	400m: 4:25.31 33.90	800m: 9:00.36 34.67	1200m: 13:40.32 35.46		
5.	ANDRE Leticia Maia	02	Benfica	<b>17:25.89</b>	<b>+0,77</b>
	50m: 31.50 31.50	450m: 5:03.57 34.88	850m: 9:45.38 35.50	1250m: 14:32.46 36.14	
	100m: 1:04.41 32.91	500m: 5:38.54 34.97	900m: 10:20.91 35.53	1300m: 15:08.41 35.95	
	150m: 1:37.81 33.40	550m: 6:13.74 35.20	950m: 10:56.98 36.07	1350m: 15:44.02 35.61	
	200m: 2:11.61 33.80	600m: 6:49.02 35.28	1000m: 11:32.98 36.00	1400m: 16:18.28 34.26	
	250m: 2:45.27 33.66	650m: 7:24.25 35.23	1050m: 12:09.09 36.11	1450m: 16:52.25 33.97	
	300m: 3:19.39 34.12	700m: 7:59.52 35.27	1100m: 12:44.93 35.84	1500m: 17:25.89 33.64	
	350m: 3:53.93 34.54	750m: 8:34.58 35.06	1150m: 13:20.33 35.40		
	400m: 4:28.69 34.76	800m: 9:09.88 35.30	1200m: 13:56.32 35.99		
6.	COSTA Maria Carolina	01	Porto	<b>17:33.51</b>	<b>+0,82</b>
	50m: 31.64 31.64	450m: 5:03.20 34.92	850m: 9:47.34 35.79	1250m: 14:34.06 36.00	
	100m: 1:05.20 33.56	500m: 5:38.07 34.87	900m: 10:23.05 35.71	1300m: 15:10.27 36.21	
	150m: 1:38.53 33.33	550m: 6:13.10 35.03	950m: 10:58.65 35.60	1350m: 15:45.82 35.55	
	200m: 2:11.78 33.25	600m: 6:48.46 35.36	1000m: 11:34.38 35.73	1400m: 16:21.94 36.12	
	250m: 2:45.85 34.07	650m: 7:24.03 35.57	1050m: 12:10.09 35.71	1450m: 16:58.14 36.20	
	300m: 3:19.72 33.87	700m: 7:59.97 35.94	1100m: 12:46.02 35.93	1500m: 17:33.51 35.37	
	350m: 3:53.85 34.13	750m: 8:35.89 35.92	1150m: 13:21.83 35.81		
	400m: 4:28.28 34.43	800m: 9:11.55 35.66	1200m: 13:58.06 36.23		
7.	MARTINS Ines Alves	01	Fluvial Portuense	<b>17:57.99</b>	<b>+0,80</b>
	50m: 32.46 32.46	450m: 5:19.87 35.75	850m: 10:08.87 36.31	1250m: 14:57.78 36.34	
	100m: 1:07.52 35.06	500m: 5:55.70 35.83	900m: 10:45.00 36.13	1300m: 15:34.24 36.46	
	150m: 1:43.16 35.64	550m: 6:31.93 36.23	950m: 11:20.96 35.96	1350m: 16:10.49 36.25	
	200m: 2:19.68 36.52	600m: 7:08.04 36.11	1000m: 11:57.09 36.13	1400m: 16:46.40 35.91	
	250m: 2:55.70 36.02	650m: 7:44.10 36.06	1050m: 12:33.20 36.11	1450m: 17:22.73 36.33	
	300m: 3:31.99 36.29	700m: 8:20.24 36.14	1100m: 13:09.38 36.18	1500m: 17:57.99 35.26	
	350m: 4:08.09 36.10	750m: 8:56.43 36.19	1150m: 13:45.37 35.99		
	400m: 4:44.12 36.03	800m: 9:32.56 36.13	1200m: 14:21.44 36.07		