

Prova 33 Femin., 800m Livres 16 anos e mais velhos
10-12-2017 - 16:15 Resultados

Rec Nac 25m Absoluto	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017
Rec Nac 25m Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21-12-2014
Rec Nac 25m Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13-12-2015
Rec Nac 25m Sen	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017

Lugar Nome Ano Clube Tempo Final TReac
Seniores

1. ANDRE Angelica Maria	94	Fluvial Portuense	8:40.65	+0,72
50m: 29.32 29.32	250m: 2:39.59 33.11	450m: 4:51.90 33.23	650m: 7:04.28 32.99	
100m: 1:00.75 31.43	300m: 3:12.62 33.03	500m: 5:24.96 33.06	700m: 7:37.47 33.19	
150m: 1:33.48 32.73	350m: 3:45.57 32.95	550m: 5:58.03 33.07	750m: 8:10.58 33.11	
200m: 2:06.48 33.00	400m: 4:18.67 33.10	600m: 6:31.29 33.26	800m: 8:40.65 30.07	
2. CARVALHO Eva Guerreiro	99	Benfica	9:13.43	+0,81
50m: 31.43 31.43	250m: 2:48.41 34.94	450m: 5:09.34 35.03	650m: 7:30.06 34.98	
100m: 1:04.81 33.38	300m: 3:23.47 35.06	500m: 5:44.62 35.28	700m: 8:05.01 34.95	
150m: 1:39.03 34.22	350m: 3:58.84 35.37	550m: 6:19.87 35.25	750m: 8:39.55 34.54	
200m: 2:13.47 34.44	400m: 4:34.31 35.47	600m: 6:55.08 35.21	800m: 9:13.43 33.88	
3. DOMINGUES Monica Seara	00	Nautico Marinha Grande	9:16.90	+0,89
50m: 31.69 31.69	250m: 2:51.88 35.67	450m: 5:12.52 35.29	650m: 7:34.09 35.59	
100m: 1:06.01 34.32	300m: 3:27.11 35.23	500m: 5:47.49 34.97	700m: 8:09.62 35.53	
150m: 1:40.92 34.91	350m: 4:02.31 35.20	550m: 6:22.85 35.36	750m: 8:44.17 34.55	
200m: 2:16.21 35.29	400m: 4:37.23 34.92	600m: 6:58.50 35.65	800m: 9:16.90 32.73	

Juniores

1. FRAZAO Alexandra Couto	02	Fundacao Beatriz Santos	8:47.74	+0,73
50m: 30.39 30.39	250m: 2:42.86 33.16	450m: 4:56.10 33.64	650m: 7:08.86 33.05	
100m: 1:03.11 32.72	300m: 3:16.24 33.38	500m: 5:29.78 33.68	700m: 7:41.90 33.04	
150m: 1:36.59 33.48	350m: 3:49.37 33.13	550m: 6:02.96 33.18	750m: 8:15.46 33.56	
200m: 2:09.70 33.11	400m: 4:22.46 33.09	600m: 6:35.81 32.85	800m: 8:47.74 32.28	
2. SOUSA Ana Reis	02	Litoral Alentejano	8:55.34	+0,76
50m: 30.33 30.33	250m: 2:43.27 34.04	450m: 4:59.01 33.87	650m: 7:14.04 33.87	
100m: 1:02.59 32.26	300m: 3:17.42 34.15	500m: 5:32.67 33.66	700m: 7:48.23 34.19	
150m: 1:35.67 33.08	350m: 3:51.37 33.95	550m: 6:06.13 33.46	750m: 8:22.04 33.81	
200m: 2:09.23 33.56	400m: 4:25.14 33.77	600m: 6:40.17 34.04	800m: 8:55.34 33.30	
3. QUEIROZ Ana Rita	02	Fundacao Beatriz Santos	8:58.72	+0,73
50m: 31.38 31.38	250m: 2:46.53 33.91	450m: 5:03.66 34.25	650m: 7:19.63 34.26	
100m: 1:04.73 33.35	300m: 3:20.72 34.19	500m: 5:37.54 33.88	700m: 7:53.97 34.34	
150m: 1:38.45 33.72	350m: 3:54.91 34.19	550m: 6:11.44 33.90	750m: 8:27.61 33.64	
200m: 2:12.62 34.17	400m: 4:29.41 34.50	600m: 6:45.37 33.93	800m: 8:58.72 31.11	
4. MENDES Mariana Amaral	02	Colegio Monte Maior	8:58.82	+0,78
50m: 31.92 31.92	250m: 2:47.97 34.18	450m: 5:04.41 34.01	650m: 7:20.00 34.04	
100m: 1:05.71 33.79	300m: 3:22.12 34.15	500m: 5:38.29 33.88	700m: 7:53.56 33.56	
150m: 1:39.69 33.98	350m: 3:56.40 34.28	550m: 6:12.22 33.93	750m: 8:27.28 33.72	
200m: 2:13.79 34.10	400m: 4:30.40 34.00	600m: 6:45.96 33.74	800m: 8:58.82 31.54	
5. MACHADO Luisa Maria	01	Uniao Piedense	9:03.39	+0,87
50m: 30.90 30.90	250m: 2:46.98 34.28	450m: 5:03.85 33.22	650m: 7:21.17 34.60	
100m: 1:04.32 33.42	300m: 3:21.39 34.41	500m: 5:37.95 34.10	700m: 7:55.94 34.77	
150m: 1:38.46 34.14	350m: 3:56.02 34.63	550m: 6:12.04 34.09	750m: 8:29.98 34.04	
200m: 2:12.70 34.24	400m: 4:30.63 34.61	600m: 6:46.57 34.53	800m: 9:03.39 33.41	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac
6.	ALVES Sara Sofia	01	Columbofila Cantanhedense	9:04.10	+0,75
	50m: 31.63 31.63	250m: 2:46.34 34.17	450m: 5:04.09 34.72	650m: 7:22.87 34.87	
	100m: 1:04.78 33.15	300m: 3:20.59 34.25	500m: 5:38.59 34.50	700m: 7:57.60 34.73	
	150m: 1:38.34 33.56	350m: 3:55.06 34.47	550m: 6:13.37 34.78	750m: 8:31.88 34.28	
	200m: 2:12.17 33.83	400m: 4:29.37 34.31	600m: 6:48.00 34.63	800m: 9:04.10 32.22	
7.	RODRIGUES Filipa Serrano	01	Benfica	9:04.11	+0,79
	50m: 31.08 31.08	250m: 2:45.86 34.27	450m: 5:03.85 34.53	650m: 7:22.48 34.58	
	100m: 1:03.96 32.88	300m: 3:20.30 34.44	500m: 5:38.24 34.39	700m: 7:57.57 35.09	
	150m: 1:37.50 33.54	350m: 3:54.94 34.64	550m: 6:12.85 34.61	750m: 8:31.49 33.92	
	200m: 2:11.59 34.09	400m: 4:29.32 34.38	600m: 6:47.90 35.05	800m: 9:04.11 32.62	
8.	COSTA Maria Carolina	01	Porto	9:06.28	+0,80
	50m: 31.29 31.29	250m: 2:46.49 33.86	450m: 5:02.76 34.13	650m: 7:21.54 34.90	
	100m: 1:04.57 33.28	300m: 3:20.63 34.14	500m: 5:37.04 34.28	700m: 7:56.98 35.44	
	150m: 1:38.57 34.00	350m: 3:54.69 34.06	550m: 6:11.70 34.66	750m: 8:32.20 35.22	
	200m: 2:12.63 34.06	400m: 4:28.63 33.94	600m: 6:46.64 34.94	800m: 9:06.28 34.08	
9.	RAMOS Ana Rita	02	Porto	9:12.35	+0,82
	50m: 31.36 31.36	250m: 2:48.12 34.34	450m: 5:07.04 34.70	650m: 7:27.45 35.10	
	100m: 1:04.94 33.58	300m: 3:22.70 34.58	500m: 5:42.03 34.99	700m: 8:02.99 35.54	
	150m: 1:39.21 34.27	350m: 3:56.98 34.28	550m: 6:16.98 34.95	750m: 8:37.99 35.00	
	200m: 2:13.78 34.57	400m: 4:32.34 35.36	600m: 6:52.35 35.37	800m: 9:12.35 34.36	
10.	ANDRE Leticia Maia	02	Benfica	9:14.76	+0,74
	50m: 30.42 30.42	250m: 2:47.19 34.44	450m: 5:05.28 34.65	650m: 7:28.38 36.14	
	100m: 1:03.73 33.31	300m: 3:21.69 34.50	500m: 5:40.37 35.09	700m: 8:04.70 36.32	
	150m: 1:38.06 34.33	350m: 3:56.24 34.55	550m: 6:16.62 36.25	750m: 8:40.52 35.82	
	200m: 2:12.75 34.69	400m: 4:30.63 34.39	600m: 6:52.24 35.62	800m: 9:14.76 34.24	
11.	AMADOR Joana Costa	01	Galitos / Bresimar	9:24.14	+0,79
	50m: 31.61 31.61	250m: 2:50.44 35.78	450m: 5:14.08 36.19	650m: 7:38.04 36.18	
	100m: 1:05.30 33.69	300m: 3:25.99 35.55	500m: 5:50.12 36.04	700m: 8:13.82 35.78	
	150m: 1:39.51 34.21	350m: 4:01.83 35.84	550m: 6:26.18 36.06	750m: 8:49.36 35.54	
	200m: 2:14.66 35.15	400m: 4:37.89 36.06	600m: 7:01.86 35.68	800m: 9:24.14 34.78	
12.	FERNANDES Leonor Camacho	02	Sporting	9:25.45	+0,79
	50m: 32.01 32.01	250m: 2:51.87 35.50	450m: 5:14.06 35.75	650m: 7:37.47 36.38	
	100m: 1:06.37 34.36	300m: 3:27.43 35.56	500m: 5:49.68 35.62	700m: 8:14.16 36.69	
	150m: 1:41.33 34.96	350m: 4:02.86 35.43	550m: 6:25.19 35.51	750m: 8:49.98 35.82	
	200m: 2:16.37 35.04	400m: 4:38.31 35.45	600m: 7:01.09 35.90	800m: 9:25.45 35.47	
13.	CORREIA Mariana Delicado	01	Sporting	9:26.82	+0,82
	50m: 32.15 32.15	250m: 2:53.98 35.84	450m: 5:16.10 35.60	650m: 7:39.92 36.22	
	100m: 1:06.95 34.80	300m: 3:29.67 35.69	500m: 5:51.74 35.64	700m: 8:15.95 36.03	
	150m: 1:42.26 35.31	350m: 4:05.18 35.51	550m: 6:27.76 36.02	750m: 8:51.87 35.92	
	200m: 2:18.14 35.88	400m: 4:40.50 35.32	600m: 7:03.70 35.94	800m: 9:26.82 34.95	
14.	MARTINS Ines Alves	01	Fluvial Portuense	9:29.73	+0,76
	50m: 31.92 31.92	250m: 2:53.88 35.76	450m: 5:17.70 35.86	650m: 7:42.08 35.91	
	100m: 1:06.96 35.04	300m: 3:30.04 36.16	500m: 5:53.82 36.12	700m: 8:18.40 36.32	
	150m: 1:42.28 35.32	350m: 4:05.75 35.71	550m: 6:29.97 36.15	750m: 8:54.55 36.15	
	200m: 2:18.12 35.84	400m: 4:41.84 36.09	600m: 7:06.17 36.20	800m: 9:29.73 35.18	
15.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:31.24	+0,71
	50m: 32.93 32.93	250m: 2:52.78 35.66	450m: 5:16.14 36.04	650m: 7:41.53 36.37	
	100m: 1:07.08 34.15	300m: 3:28.65 35.87	500m: 5:52.26 36.12	700m: 8:18.40 36.87	
	150m: 1:41.79 34.71	350m: 4:04.33 35.68	550m: 6:28.54 36.28	750m: 8:55.24 36.84	
	200m: 2:17.12 35.33	400m: 4:40.10 35.77	600m: 7:05.16 36.62	800m: 9:31.24 36.00	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final		TReac
16.	GALACHA Mariana Sobral	01	Sporting	9:32.63		+0,77
	50m: 31.71 31.71	250m: 2:54.64	35.94	450m: 5:19.00	35.71	650m: 7:43.57 36.38
	100m: 1:06.74 35.03	300m: 3:30.78	36.14	500m: 5:54.98	35.98	700m: 8:20.14 36.57
	150m: 1:42.57 35.83	350m: 4:07.04	36.26	550m: 6:31.03	36.05	750m: 8:56.77 36.63
	200m: 2:18.70 36.13	400m: 4:43.29	36.25	600m: 7:07.19	36.16	800m: 9:32.63 35.86
17.	BRANCO Ana Margarida	01	Alges	9:35.56		+0,74
	50m: 32.17 32.17	250m: 2:56.93	36.32	450m: 5:22.39	36.24	650m: 7:47.75 36.16
	100m: 1:07.79 35.62	300m: 3:33.30	36.37	500m: 5:58.94	36.55	700m: 8:24.23 36.48
	150m: 1:44.11 36.32	350m: 4:09.51	36.21	550m: 6:35.39	36.45	750m: 9:00.44 36.21
	200m: 2:20.61 36.50	400m: 4:46.15	36.64	600m: 7:11.59	36.20	800m: 9:35.56 35.12
18.	VARANDAS Joana Filipa	02	Laranjeiro	9:35.93		+0,91
	50m: 32.34 32.34	250m: 2:56.25	36.45	450m: 5:22.37	36.44	650m: 7:48.14 36.55
	100m: 1:07.51 35.17	300m: 3:32.83	36.58	500m: 5:58.85	36.48	700m: 8:24.33 36.19
	150m: 1:43.63 36.12	350m: 4:09.52	36.69	550m: 6:35.45	36.60	750m: 9:00.53 36.20
	200m: 2:19.80 36.17	400m: 4:45.93	36.41	600m: 7:11.59	36.14	800m: 9:35.93 35.40
19.	FLORINDO Ana Sequeira	02	Uniao Coimbra	9:39.39		+0,79
	50m: 31.76 31.76	250m: 2:56.00	36.53	450m: 5:22.85	36.60	650m: 7:49.87 36.61
	100m: 1:06.97 35.21	300m: 3:32.93	36.93	500m: 5:59.66	36.81	700m: 8:26.72 36.85
	150m: 1:43.04 36.07	350m: 4:09.68	36.75	550m: 6:36.58	36.92	750m: 9:03.34 36.62
	200m: 2:19.47 36.43	400m: 4:46.25	36.57	600m: 7:13.26	36.68	800m: 9:39.39 36.05
20.	MARTINS Maria Esteves	01	Galitos / Bresimar	9:44.24		+0,78
	50m: 32.59 32.59	250m: 2:56.95	36.43	450m: 5:21.82	36.28	650m: 7:50.78 37.61
	100m: 1:07.86 35.27	300m: 3:32.95	36.00	500m: 5:58.99	37.17	700m: 8:29.41 38.63
	150m: 1:43.88 36.02	350m: 4:08.94	35.99	550m: 6:35.95	36.96	750m: 9:07.03 37.62
	200m: 2:20.52 36.64	400m: 4:45.54	36.60	600m: 7:13.17	37.22	800m: 9:44.24 37.21
21.	TOME Maria de Castro	02	Sporting de Aveiro	9:49.51		+0,75
	50m: 32.14 32.14	250m: 2:54.09	35.89	450m: 5:21.96	37.39	650m: 7:54.68 38.50
	100m: 1:07.32 35.18	300m: 3:30.46	36.37	500m: 6:00.27	38.31	700m: 8:32.94 38.26
	150m: 1:42.42 35.10	350m: 4:07.56	37.10	550m: 6:38.13	37.86	750m: 9:11.37 38.43
	200m: 2:18.20 35.78	400m: 4:44.57	37.01	600m: 7:16.18	38.05	800m: 9:49.51 38.14