

Prova 17 Femin., 800m Livres Juvenis A  
23-03-2018 Resultados

RN Absoluto	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017
RN Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014

Pre-Jun\_Fem Juv: 9:21.31 / CEJun\_Fem 14 - 17: 9:04.96 / CEPL Abs: 8:44.00 / JOJuvent 15 - 18: 9:00.16

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	<b>9:18.23</b>	+0,74	654	
	<i>Minimos Pre-Jun</i>						
	50m: 31.50 31.50	250m: 2:49.91 34.69	450m: 5:11.74 35.42	650m: 7:34.63 35.08			
	100m: 1:05.73 34.23	300m: 3:25.38 35.47	500m: 5:47.96 36.22	700m: 8:10.42 35.79			
	150m: 1:40.15 34.42	350m: 4:00.54 35.16	550m: 6:23.41 35.45	750m: 8:45.38 34.96			
	200m: 2:15.22 35.07	400m: 4:36.32 35.78	600m: 6:59.55 36.14	800m: 9:18.23 32.85			
2.	MARTINS Joana Ribeiro	03	Benfica	<b>9:22.35</b>	+0,76	640	
	50m: 32.68 32.68	250m: 2:54.08 35.32	450m: 5:14.90 35.39	650m: 7:37.30 35.49			
	100m: 1:08.09 35.41	300m: 3:29.20 35.12	500m: 5:50.62 35.72	700m: 8:12.93 35.63			
	150m: 1:43.14 35.05	350m: 4:04.22 35.02	550m: 6:26.11 35.49	750m: 8:48.63 35.70			
	200m: 2:18.76 35.62	400m: 4:39.51 35.29	600m: 7:01.81 35.70	800m: 9:22.35 33.72			
3.	SOARES Carolina Silva	03	Natacao de Valongo	<b>9:40.62</b>	+0,80	582	
	50m: 31.78 31.78	250m: 2:57.13 37.14	450m: 5:24.94 37.11	650m: 7:53.29 37.05			
	100m: 1:06.89 35.11	300m: 3:34.04 36.91	500m: 6:01.71 36.77	700m: 8:29.69 36.40			
	150m: 1:43.46 36.57	350m: 4:11.07 37.03	550m: 6:39.32 37.61	750m: 9:06.32 36.63			
	200m: 2:19.99 36.53	400m: 4:47.83 36.76	600m: 7:16.24 36.92	800m: 9:40.62 34.30			
4.	SOUSA Ines Matos	03	Uniao Coimbra	<b>9:45.41</b>	+0,79	567	
	50m: 33.02 33.02	250m: 2:58.90 36.72	450m: 5:26.16 36.73	650m: 7:54.42 37.29			
	100m: 1:08.88 35.86	300m: 3:35.84 36.94	500m: 6:02.89 36.73	700m: 8:31.71 37.29			
	150m: 1:45.18 36.30	350m: 4:12.45 36.61	550m: 6:39.61 36.72	750m: 9:08.81 37.10			
	200m: 2:22.18 37.00	400m: 4:49.43 36.98	600m: 7:17.13 37.52	800m: 9:45.41 36.60			
5.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>9:47.78</b>	+0,81	561	
	50m: 32.82 32.82	250m: 2:59.15 36.90	450m: 5:28.49 37.08	650m: 7:58.29 37.28			
	100m: 1:08.81 35.99	300m: 3:36.95 37.80	500m: 6:05.93 37.44	700m: 8:36.07 37.78			
	150m: 1:45.30 36.49	350m: 4:13.85 36.90	550m: 6:42.99 37.06	750m: 9:12.16 36.09			
	200m: 2:22.25 36.95	400m: 4:51.41 37.56	600m: 7:21.01 38.02	800m: 9:47.78 35.62			
6.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>9:52.08</b>	+0,85	548	
	50m: 33.09 33.09	250m: 2:58.83 36.79	450m: 5:28.15 37.51	650m: 8:00.69 38.10			
	100m: 1:09.09 36.00	300m: 3:35.86 37.03	500m: 6:06.20 38.05	700m: 8:38.98 38.29			
	150m: 1:45.13 36.04	350m: 4:13.00 37.14	550m: 6:44.49 38.29	750m: 9:16.77 37.79			
	200m: 2:22.04 36.91	400m: 4:50.64 37.64	600m: 7:22.59 38.10	800m: 9:52.08 35.31			
7.	PIRES Beatriz Almeida	03	Uniao Coimbra	<b>9:52.27</b>	+0,77	548	
	50m: 32.83 32.83	250m: 3:00.21 37.18	450m: 5:29.87 37.14	650m: 8:00.79 37.85			
	100m: 1:08.29 35.46	300m: 3:37.97 37.76	500m: 6:07.38 37.51	700m: 8:38.92 38.13			
	150m: 1:45.48 37.19	350m: 4:15.57 37.60	550m: 6:45.27 37.89	750m: 9:16.54 37.62			
	200m: 2:23.03 37.55	400m: 4:52.73 37.16	600m: 7:22.94 37.67	800m: 9:52.27 35.73			
8.	PIRES Filipa Almeida	03	Uniao Coimbra	<b>9:56.14</b>	+0,87	537	
	50m: 33.40 33.40	250m: 3:02.89 37.81	450m: 5:33.79 37.89	650m: 8:05.96 38.18			
	100m: 1:09.93 36.53	300m: 3:40.64 37.75	500m: 6:11.77 37.98	700m: 8:44.25 38.29			
	150m: 1:47.35 37.42	350m: 4:18.33 37.69	550m: 6:49.68 37.91	750m: 9:21.41 37.16			
	200m: 2:25.08 37.73	400m: 4:55.90 37.57	600m: 7:27.78 38.10	800m: 9:56.14 34.73			

Prova 17, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	BARBOSA Adriana Freixo	03	Viana Natacao	<b>9:57.33</b>	<b>+0,93</b>	<b>534</b>	
	50m: 33.12 33.12	250m: 3:02.93	37.87	450m: 5:32.86	36.51	650m: 8:04.83	37.82
	100m: 1:10.02 36.90	300m: 3:40.81	37.88	500m: 6:10.97	38.11	700m: 8:43.65	38.82
	150m: 1:47.41 37.39	350m: 4:18.63	37.82	550m: 6:48.69	37.72	750m: 9:20.76	37.11
	200m: 2:25.06 37.65	400m: 4:56.35	37.72	600m: 7:27.01	38.32	800m: 9:57.33	36.57
10.	MARTINS Beatriz Picanco	03	Benfica	<b>9:58.42</b>	<b>+0,88</b>	<b>531</b>	
	50m: 32.44 32.44	250m: 2:58.99	37.42	450m: 5:31.09	38.53	650m: 8:05.56	38.40
	100m: 1:07.98 35.54	300m: 3:36.79	37.80	500m: 6:09.77	38.68	700m: 8:44.51	38.95
	150m: 1:44.97 36.99	350m: 4:14.76	37.97	550m: 6:48.81	39.04	750m: 9:22.29	37.78
	200m: 2:21.57 36.60	400m: 4:52.56	37.80	600m: 7:27.16	38.35	800m: 9:58.42	36.13
11.	FONSECA Laura Luz	03	Naval de Ponta Delgada	<b>9:59.68</b>	<b>+0,77</b>	<b>528</b>	
	50m: 32.79 32.79	250m: 2:59.86	37.04	450m: 5:30.44	37.57	650m: 8:04.71	38.73
	100m: 1:09.12 36.33	300m: 3:37.63	37.77	500m: 6:08.84	38.40	700m: 8:44.11	39.40
	150m: 1:45.46 36.34	350m: 4:14.81	37.18	550m: 6:46.84	38.00	750m: 9:22.85	38.74
	200m: 2:22.82 37.36	400m: 4:52.87	38.06	600m: 7:25.98	39.14	800m: 9:59.68	36.83
12.	PAIS Matilde Vieira	03	Galitos / Bresimar	<b>10:03.47</b>	<b>+0,83</b>	<b>518</b>	
	50m: 33.57 33.57	250m: 3:03.80	38.01	450m: 5:36.69	38.38	650m: 8:11.86	38.76
	100m: 1:10.39 36.82	300m: 3:41.84	38.04	500m: 6:15.47	38.78	700m: 8:50.84	38.98
	150m: 1:47.77 37.38	350m: 4:19.83	37.99	550m: 6:54.18	38.71	750m: 9:28.77	37.93
	200m: 2:25.79 38.02	400m: 4:58.31	38.48	600m: 7:33.10	38.92	800m: 10:03.47	34.70
13.	AMANTES Beatriz Quintao	03	Uniao Piedense	<b>10:03.61</b>	<b>+0,80</b>	<b>518</b>	
	50m: 33.13 33.13	250m: 3:02.80	37.91	450m: 5:36.54	38.40	650m: 8:10.74	38.48
	100m: 1:09.50 36.37	300m: 3:41.39	38.59	500m: 6:15.75	39.21	700m: 8:49.59	38.85
	150m: 1:46.73 37.23	350m: 4:19.90	38.51	550m: 6:53.64	37.89	750m: 9:28.01	38.42
	200m: 2:24.89 38.16	400m: 4:58.14	38.24	600m: 7:32.26	38.62	800m: 10:03.61	35.60
14.	RODRIGUES Ana Luisa	03	Louzan Natacao	<b>10:25.79</b>	<b>+0,80</b>	<b>464</b>	
	50m: 33.45 33.45	250m: 3:05.19	39.16	450m: 5:44.50	39.97	650m: 8:26.23	40.48
	100m: 1:10.06 36.61	300m: 3:44.67	39.48	500m: 6:24.76	40.26	700m: 9:06.93	40.70
	150m: 1:47.63 37.57	350m: 4:24.50	39.83	550m: 7:05.13	40.37	750m: 9:47.24	40.31
	200m: 2:26.03 38.40	400m: 5:04.53	40.03	600m: 7:45.75	40.62	800m: 10:25.79	38.55

Prova 17 Femin., 800m Livres Juvenis B Resultados

RN Absoluto	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017
RN Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

Pre-Jun\_Fem Juv: 9:21.31 / CEJun\_Fem 14 - 17: 9:04.96 / CEPL Abs: 8:44.00

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Maria Ferreira	04	Sporting	<b>9:31.01</b>	<b>+0,73</b>	<b>611</b>	
	50m: 31.58 31.58	250m: 2:51.83	35.72	450m: 5:16.70	36.27	650m: 7:43.06	36.45
	100m: 1:05.93 34.35	300m: 3:28.10	36.27	500m: 5:53.56	36.86	700m: 8:19.73	36.67
	150m: 1:40.55 34.62	350m: 4:04.11	36.01	550m: 6:29.78	36.22	750m: 8:55.60	35.87
	200m: 2:16.11 35.56	400m: 4:40.43	36.32	600m: 7:06.61	36.83	800m: 9:31.01	35.41
2.	PINHO Carolina Teixeira	04	Porto	<b>9:36.59</b>	<b>+0,75</b>	<b>594</b>	
	50m: 32.84 32.84	250m: 2:57.20	36.64	450m: 5:23.16	36.82	650m: 7:49.70	36.42
	100m: 1:08.59 35.75	300m: 3:33.70	36.50	500m: 5:59.81	36.65	700m: 8:26.52	36.82
	150m: 1:44.28 35.69	350m: 4:09.79	36.09	550m: 6:36.23	36.42	750m: 9:01.94	35.42
	200m: 2:20.56 36.28	400m: 4:46.34	36.55	600m: 7:13.28	37.05	800m: 9:36.59	34.65

Prova 17, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:44.29</b>	<b>+0,72</b>	<b>571</b>	
	50m: 32.73 32.73	250m: 2:59.03	36.88	450m: 5:27.37	36.90	650m: 7:56.22	37.00
	100m: 1:08.79 36.06	300m: 3:36.27	37.24	500m: 6:04.55	37.18	700m: 8:32.59	36.37
	150m: 1:45.29 36.50	350m: 4:13.07	36.80	550m: 6:41.69	37.14	750m: 9:09.11	36.52
	200m: 2:22.15 36.86	400m: 4:50.47	37.40	600m: 7:19.22	37.53	800m: 9:44.29	35.18
4.	MONTEIRO Ana Carolina	04	Uniao Coimbra	<b>9:52.58</b>	<b>+0,77</b>	<b>547</b>	
	50m: 33.24 33.24	250m: 3:01.34	37.94	450m: 5:31.45	37.76	650m: 8:00.90	37.30
	100m: 1:09.03 35.79	300m: 3:38.74	37.40	500m: 6:09.14	37.69	700m: 8:38.61	37.71
	150m: 1:45.98 36.95	350m: 4:16.15	37.41	550m: 6:46.31	37.17	750m: 9:15.66	37.05
	200m: 2:23.40 37.42	400m: 4:53.69	37.54	600m: 7:23.60	37.29	800m: 9:52.58	36.92
5.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	<b>9:55.49</b>	<b>+0,75</b>	<b>539</b>	
	50m: 31.87 31.87	250m: 2:57.03	36.88	450m: 5:29.06	38.30	650m: 8:02.73	38.39
	100m: 1:07.56 35.69	300m: 3:34.82	37.79	500m: 6:07.97	38.91	700m: 8:41.62	38.89
	150m: 1:43.36 35.80	350m: 4:12.38	37.56	550m: 6:46.14	38.17	750m: 9:18.82	37.20
	200m: 2:20.15 36.79	400m: 4:50.76	38.38	600m: 7:24.34	38.20	800m: 9:55.49	36.67
6.	SILVA Ines Martins	04	Vilacondense	<b>9:55.93</b>	<b>+0,88</b>	<b>538</b>	
	50m: 33.19 33.19	250m: 3:02.22	38.35	450m: 5:33.23	37.59	650m: 8:05.71	38.35
	100m: 1:09.18 35.99	300m: 3:40.31	38.09	500m: 6:11.46	38.23	700m: 8:44.01	38.30
	150m: 1:46.04 36.86	350m: 4:17.79	37.48	550m: 6:49.12	37.66	750m: 9:20.23	36.22
	200m: 2:23.87 37.83	400m: 4:55.64	37.85	600m: 7:27.36	38.24	800m: 9:55.93	35.70
7.	VIANA Margarida Violante	04	Ba/Bomcar	<b>9:56.02</b>	<b>+0,91</b>	<b>538</b>	
	50m: 33.67 33.67	250m: 3:02.75	37.64	450m: 5:34.94	37.87	650m: 8:06.18	37.41
	100m: 1:10.17 36.50	300m: 3:40.84	38.09	500m: 6:13.16	38.22	700m: 8:43.77	37.59
	150m: 1:47.10 36.93	350m: 4:18.45	37.61	550m: 6:50.70	37.54	750m: 9:20.51	36.74
	200m: 2:25.11 38.01	400m: 4:57.07	38.62	600m: 7:28.77	38.07	800m: 9:56.02	35.51
8.	FLORENCIO Matilde Alves	04	CASP AE	<b>10:00.16</b>	<b>+0,78</b>	<b>527</b>	
	50m: 33.05 33.05	250m: 3:03.87	38.49	450m: 5:36.17	37.91	650m: 8:08.54	38.02
	100m: 1:09.27 36.22	300m: 3:42.05	38.18	500m: 6:14.12	37.95	700m: 8:46.26	37.72
	150m: 1:47.08 37.81	350m: 4:20.15	38.10	550m: 6:52.46	38.34	750m: 9:23.66	37.40
	200m: 2:25.38 38.30	400m: 4:58.26	38.11	600m: 7:30.52	38.06	800m: 10:00.16	36.50
9.	INACIO Marta Macedo	04	Sporting	<b>10:01.82</b>	<b>+0,79</b>	<b>522</b>	
	50m: 33.66 33.66	250m: 3:02.15	37.48	450m: 5:34.07	38.10	650m: 8:07.63	38.77
	100m: 1:10.06 36.40	300m: 3:40.19	38.04	500m: 6:12.00	37.93	700m: 8:46.30	38.67
	150m: 1:47.12 37.06	350m: 4:17.87	37.68	550m: 6:50.47	38.47	750m: 9:24.47	38.17
	200m: 2:24.67 37.55	400m: 4:55.97	38.10	600m: 7:28.86	38.39	800m: 10:01.82	37.35
10.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>10:04.00</b>	<b>+0,72</b>	<b>517</b>	
	50m: 32.83 32.83	250m: 3:03.35	37.69	450m: 5:36.38	38.11	650m: 8:11.08	38.42
	100m: 1:10.17 37.34	300m: 3:41.36	38.01	500m: 6:15.22	38.84	700m: 8:49.84	38.76
	150m: 1:47.53 37.36	350m: 4:19.60	38.24	550m: 6:53.65	38.43	750m: 9:27.48	37.64
	200m: 2:25.66 38.13	400m: 4:58.27	38.67	600m: 7:32.66	39.01	800m: 10:04.00	36.52
11.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	<b>10:15.07</b>	<b>+0,82</b>	<b>489</b>	
	50m: 33.04 33.04	250m: 3:04.48	38.31	450m: 5:40.36	38.82	650m: 8:18.42	39.21
	100m: 1:10.00 36.96	300m: 3:43.68	39.20	500m: 6:19.99	39.63	700m: 8:58.22	39.80
	150m: 1:47.70 37.70	350m: 4:22.34	38.66	550m: 6:59.14	39.15	750m: 9:37.12	38.90
	200m: 2:26.17 38.47	400m: 5:01.54	39.20	600m: 7:39.21	40.07	800m: 10:15.07	37.95
12.	MORGANHO Leonor Alves	04	Alges	<b>10:16.05</b>	<b>+0,82</b>	<b>487</b>	
	50m: 34.49 34.49	250m: 3:08.18	39.05	450m: 5:43.53	39.02	650m: 8:20.74	39.09
	100m: 1:11.97 37.48	300m: 3:47.03	38.85	500m: 6:22.92	39.39	700m: 8:59.59	38.85
	150m: 1:50.44 38.47	350m: 4:25.62	38.59	550m: 7:02.32	39.40	750m: 9:38.41	38.82
	200m: 2:29.13 38.69	400m: 5:04.51	38.89	600m: 7:41.65	39.33	800m: 10:16.05	37.64

Prova 17, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	HENRIQUES Carolina Porem	04	Sporting	<b>10:16.69</b>	+0,64	485	
	50m: 35.02 35.02	250m: 3:09.35 39.13	450m: 5:45.76 38.84	650m: 8:22.00 39.54			
	100m: 1:12.96 37.94	300m: 3:48.76 39.41	500m: 6:24.74 38.98	700m: 9:00.62 38.62			
	150m: 1:51.42 38.46	350m: 4:27.92 39.16	550m: 7:03.31 38.57	750m: 9:38.49 37.87			
	200m: 2:30.22 38.80	400m: 5:06.92 39.00	600m: 7:42.46 39.15	800m: 10:16.69 38.20			
14.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	<b>10:16.82</b>	+0,75	485	
	50m: 34.09 34.09	250m: 3:06.24 38.55	450m: 5:42.81 39.23	650m: 8:20.42 39.49			
	100m: 1:11.47 37.38	300m: 3:45.14 38.90	500m: 6:22.50 39.69	700m: 8:59.95 39.53			
	150m: 1:49.17 37.70	350m: 4:24.08 38.94	550m: 7:01.83 39.33	750m: 9:39.02 39.07			
	200m: 2:27.69 38.52	400m: 5:03.58 39.50	600m: 7:40.93 39.10	800m: 10:16.82 37.80			
15.	MONTEIRO Barbara Oliveira	04	Braga	<b>10:17.99</b>	+0,96	482	
	50m: 34.38 34.38	250m: 3:07.54 38.60	450m: 5:44.08 39.24	650m: 8:21.25 38.96			
	100m: 1:12.17 37.79	300m: 3:47.01 39.47	500m: 6:23.37 39.29	700m: 9:00.34 39.09			
	150m: 1:50.00 37.83	350m: 4:25.53 38.52	550m: 7:02.96 39.59	750m: 9:39.92 39.58			
	200m: 2:28.94 38.94	400m: 5:04.84 39.31	600m: 7:42.29 39.33	800m: 10:17.99 38.07			
16.	GERALDES Madalena Graca	04	Sporting	<b>10:18.17</b>	+0,81	482	
	50m: 33.78 33.78	250m: 3:06.92 38.85	450m: 5:43.86 39.45	650m: 8:21.56 39.89			
	100m: 1:11.04 37.26	300m: 3:45.78 38.86	500m: 6:23.11 39.25	700m: 9:00.50 38.94			
	150m: 1:49.54 38.50	350m: 4:25.25 39.47	550m: 7:02.68 39.57	750m: 9:39.72 39.22			
	200m: 2:28.07 38.53	400m: 5:04.41 39.16	600m: 7:41.67 38.99	800m: 10:18.17 38.45			

Prova 17  
23-03-2018

Femin., 800m Livres

Juniores  
Resultados

RN Absoluto	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017
RN Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
RN Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

CEJun\_Fem 14 - 17: 9:04.96 / CEPL Abs: 8:44.00 / JOJuvnt 15 - 18: 9:00.16

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRAZAO Alexandra Couto	02	CASP AE	<b>8:57.95</b>	+0,76	731	
	<i>Minimos CEJun, Minimos JOJuv</i>						
	50m: 31.21 31.21	250m: 2:46.94 34.29	450m: 5:03.39 34.22	650m: 7:19.31 34.10			
	100m: 1:04.56 33.35	300m: 3:20.96 34.02	500m: 5:37.17 33.78	700m: 7:53.14 33.83			
	150m: 1:38.73 34.17	350m: 3:55.05 34.09	550m: 6:11.24 34.07	750m: 8:25.65 32.51			
	200m: 2:12.65 33.92	400m: 4:29.17 34.12	600m: 6:45.21 33.97	800m: 8:57.95 32.30			
2.	SOUSA Ana Reis	02	Litoral Alentejano	<b>9:02.99</b>	+0,71	711	
	<i>Minimos CEJun</i>						
	50m: 31.16 31.16	250m: 2:46.13 34.13	450m: 5:01.77 33.84	650m: 7:18.91 34.74			
	100m: 1:04.46 33.30	300m: 3:20.25 34.12	500m: 5:35.82 34.05	700m: 7:54.05 35.14			
	150m: 1:38.03 33.57	350m: 3:54.12 33.87	550m: 6:09.86 34.04	750m: 8:28.80 34.75			
	200m: 2:12.00 33.97	400m: 4:27.93 33.81	600m: 6:44.17 34.31	800m: 9:02.99 34.19			
3.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>9:10.65</b>	+0,73	682	
	50m: 32.67 32.67	250m: 2:48.55 34.30	450m: 5:07.32 34.83	650m: 7:27.07 34.88			
	100m: 1:05.92 33.25	300m: 3:23.07 34.52	500m: 5:42.34 35.02	700m: 8:02.07 35.00			
	150m: 1:39.77 33.85	350m: 3:57.55 34.48	550m: 6:17.35 35.01	750m: 8:36.84 34.77			
	200m: 2:14.25 34.48	400m: 4:32.49 34.94	600m: 6:52.19 34.84	800m: 9:10.65 33.81			

Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	QUEIROZ Ana Rita	02	CASPAE	<b>9:11.64</b>	<b>+0,71</b>	<b>678</b>	
	50m: 31.32 31.32	250m: 2:47.27 34.27	450m: 5:06.36 34.82	650m: 7:27.68 35.27	800m: 9:11.64 33.88		
	100m: 1:04.93 33.61	300m: 3:22.09 34.82	500m: 5:41.64 35.28	700m: 8:03.00 35.32			
	150m: 1:38.65 33.72	350m: 3:56.34 34.25	550m: 6:16.70 35.06	750m: 8:37.76 34.76			
	200m: 2:13.00 34.35	400m: 4:31.54 35.20	600m: 6:52.41 35.71				
5.	COSTA Maria Carolina	01	Porto	<b>9:15.50</b>	<b>+0,73</b>	<b>664</b>	
	50m: 31.30 31.30	250m: 2:48.63 34.56	450m: 5:07.04 35.16	650m: 7:28.66 36.13	800m: 9:15.50 35.16		
	100m: 1:05.15 33.85	300m: 3:22.62 33.99	500m: 5:41.53 34.49	700m: 8:04.62 35.96			
	150m: 1:39.89 34.74	350m: 3:57.45 34.83	550m: 6:17.46 35.93	750m: 8:40.34 35.72			
	200m: 2:14.07 34.18	400m: 4:31.88 34.43	600m: 6:52.53 35.07				
6.	RODRIGUES Filipa Serrano	01	Benfica	<b>9:18.08</b>	<b>+0,70</b>	<b>655</b>	
	50m: 30.57 30.57	250m: 2:46.71 34.77	450m: 5:07.45 35.64	650m: 7:31.03 36.16	800m: 9:18.08 34.93		
	100m: 1:03.63 33.06	300m: 3:21.56 34.85	500m: 5:42.93 35.48	700m: 8:07.18 36.15			
	150m: 1:37.45 33.82	350m: 3:56.62 35.06	550m: 6:19.08 36.15	750m: 8:43.15 35.97			
	200m: 2:11.94 34.49	400m: 4:31.81 35.19	600m: 6:54.87 35.79				
7.	BARBOSA Mariana Fernandes	02	Porto	<b>9:22.86</b>	<b>+0,69</b>	<b>638</b>	
	50m: 32.01 32.01	250m: 2:51.47 35.26	450m: 5:13.66 35.00	650m: 7:36.37 35.85	800m: 9:22.86 35.37		
	100m: 1:06.37 34.36	300m: 3:27.19 35.72	500m: 5:49.23 35.57	700m: 8:12.05 35.68			
	150m: 1:41.19 34.82	350m: 4:03.20 36.01	550m: 6:24.84 35.61	750m: 8:47.49 35.44			
	200m: 2:16.21 35.02	400m: 4:38.66 35.46	600m: 7:00.52 35.68				
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>9:25.24</b>	<b>+0,75</b>	<b>630</b>	
	50m: 31.79 31.79	250m: 2:52.30 35.25	450m: 5:15.76 35.25	650m: 7:39.35 35.84	800m: 9:25.24 34.49		
	100m: 1:06.66 34.87	300m: 3:28.37 36.07	500m: 5:51.76 36.00	700m: 8:15.46 36.11			
	150m: 1:41.36 34.70	350m: 4:04.02 35.65	550m: 6:27.39 35.63	750m: 8:50.75 35.29			
	200m: 2:17.05 35.69	400m: 4:40.51 36.49	600m: 7:03.51 36.12				
9.	ANDRE Leticia Maia	02	Benfica	<b>9:35.95</b>	<b>+0,70</b>	<b>596</b>	
	50m: 31.03 31.03	250m: 2:50.84 36.11	450m: 5:17.44 37.00	650m: 7:46.27 36.88	800m: 9:35.95 36.23		
	100m: 1:04.71 33.68	300m: 3:28.08 37.24	500m: 5:55.21 37.77	700m: 8:23.06 36.79			
	150m: 1:38.99 34.28	350m: 4:04.19 36.11	550m: 6:32.34 37.13	750m: 8:59.72 36.66			
	200m: 2:14.73 35.74	400m: 4:40.44 36.25	600m: 7:09.39 37.05				
10.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>9:39.85</b>	<b>+0,68</b>	<b>584</b>	
	50m: 32.78 32.78	250m: 2:55.95 36.51	450m: 5:23.14 36.92	650m: 7:51.02 36.91	800m: 9:39.85 35.57		
	100m: 1:07.67 34.89	300m: 3:32.33 36.38	500m: 5:59.98 36.84	700m: 8:27.67 36.65			
	150m: 1:43.63 35.96	350m: 4:09.27 36.94	550m: 6:37.31 37.33	750m: 9:04.28 36.61			
	200m: 2:19.44 35.81	400m: 4:46.22 36.95	600m: 7:14.11 36.80				
11.	VARANDAS Joana Filipa	02	Laranjeiro	<b>9:39.86</b>	<b>+0,87</b>	<b>584</b>	
	50m: 33.10 33.10	250m: 2:57.07 36.36	450m: 5:23.23 36.85	650m: 7:50.58 37.02	800m: 9:39.86 35.67		
	100m: 1:08.86 35.76	300m: 3:33.72 36.65	500m: 5:59.71 36.48	700m: 8:27.59 37.01			
	150m: 1:44.57 35.71	350m: 4:10.07 36.35	550m: 6:36.45 36.74	750m: 9:04.19 36.60			
	200m: 2:20.71 36.14	400m: 4:46.38 36.31	600m: 7:13.56 37.11				
12.	GALACHA Mariana Sobral	01	Sporting	<b>9:40.39</b>	<b>+0,69</b>	<b>582</b>	
	50m: 32.34 32.34	250m: 2:57.66 36.58	450m: 5:23.63 36.40	650m: 7:51.98 37.17	800m: 9:40.39 34.87		
	100m: 1:08.34 36.00	300m: 3:34.23 36.57	500m: 6:00.55 36.92	700m: 8:29.33 37.35			
	150m: 1:44.56 36.22	350m: 4:10.63 36.40	550m: 6:37.38 36.83	750m: 9:05.52 36.19			
	200m: 2:21.08 36.52	400m: 4:47.23 36.60	600m: 7:14.81 37.43				
13.	CORREIA Mariana Delicado	01	Sporting	<b>9:40.65</b>	<b>+0,72</b>	<b>581</b>	
	50m: 32.68 32.68	250m: 2:57.98 36.59	450m: 5:23.91 36.27	650m: 7:52.12 37.17	800m: 9:40.65 34.34		
	100m: 1:08.53 35.85	300m: 3:34.31 36.33	500m: 6:00.46 36.55	700m: 8:29.31 37.19			
	150m: 1:44.79 36.26	350m: 4:11.01 36.70	550m: 6:37.66 37.20	750m: 9:06.31 37.00			
	200m: 2:21.39 36.60	400m: 4:47.64 36.63	600m: 7:14.95 37.29				

Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	MARTINS Ines Alves	01	Fluvial Portuense	<b>9:48.54</b>	<b>+0,77</b>	<b>558</b>	
	50m: 32.88 32.88	250m: 2:58.30 36.63	450m: 5:27.19 37.44	650m: 7:57.67 37.43			
	100m: 1:08.81 35.93	300m: 3:35.51 37.21	500m: 6:04.94 37.75	700m: 8:35.10 37.43			
	150m: 1:44.86 36.05	350m: 4:12.34 36.83	550m: 6:42.61 37.67	750m: 9:12.43 37.33			
	200m: 2:21.67 36.81	400m: 4:49.75 37.41	600m: 7:20.24 37.63	800m: 9:48.54 36.11			
15.	BRANCO Ana Margarida	01	Alges	<b>9:49.82</b>	<b>+0,76</b>	<b>555</b>	
	50m: 32.29 32.29	250m: 2:59.86 37.54	450m: 5:29.73 37.04	650m: 7:59.19 37.40			
	100m: 1:07.95 35.66	300m: 3:37.51 37.65	500m: 6:07.25 37.52	700m: 8:36.87 37.68			
	150m: 1:44.94 36.99	350m: 4:15.03 37.52	550m: 6:44.22 36.97	750m: 9:13.72 36.85			
	200m: 2:22.32 37.38	400m: 4:52.69 37.66	600m: 7:21.79 37.57	800m: 9:49.82 36.10			
16.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>9:51.76</b>	<b>+0,71</b>	<b>549</b>	
	50m: 32.92 32.92	250m: 2:57.35 36.74	450m: 5:26.74 37.92	650m: 7:59.65 38.03			
	100m: 1:08.10 35.18	300m: 3:34.00 36.65	500m: 6:05.09 38.35	700m: 8:37.74 38.09			
	150m: 1:44.18 36.08	350m: 4:11.21 37.21	550m: 6:43.37 38.28	750m: 9:15.37 37.63			
	200m: 2:20.61 36.43	400m: 4:48.82 37.61	600m: 7:21.62 38.25	800m: 9:51.76 36.39			
17.	SILVA Ana Pimenta	01	Desportiva de Viana	<b>9:53.63</b>	<b>+0,84</b>	<b>544</b>	
	50m: 32.84 32.84	250m: 2:59.64 37.04	450m: 5:28.43 37.34	650m: 8:00.77 38.21			
	100m: 1:08.82 35.98	300m: 3:36.78 37.14	500m: 6:06.13 37.70	700m: 8:39.26 38.49			
	150m: 1:45.52 36.70	350m: 4:13.84 37.06	550m: 6:43.96 37.83	750m: 9:16.83 37.57			
	200m: 2:22.60 37.08	400m: 4:51.09 37.25	600m: 7:22.56 38.60	800m: 9:53.63 36.80			
18.	TOME Maria de Castro	02	Sporting de Aveiro	<b>10:05.56</b>	<b>+0,74</b>	<b>513</b>	
	50m: 33.68 33.68	250m: 3:03.44 37.89	450m: 5:36.28 38.08	650m: 8:10.47 38.29			
	100m: 1:10.76 37.08	300m: 3:41.56 38.12	500m: 6:14.92 38.64	700m: 8:49.11 38.64			
	150m: 1:47.98 37.22	350m: 4:19.85 38.29	550m: 6:53.54 38.62	750m: 9:27.53 38.42			
	200m: 2:25.55 37.57	400m: 4:58.20 38.35	600m: 7:32.18 38.64	800m: 10:05.56 38.03			
19.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	<b>10:06.00</b>	<b>+0,72</b>	<b>511</b>	
	50m: 32.94 32.94	250m: 3:01.71 37.60	450m: 5:35.53 38.18	650m: 8:10.27 38.42			
	100m: 1:09.43 36.49	300m: 3:40.27 38.56	500m: 6:14.80 39.27	700m: 8:49.13 38.86			
	150m: 1:46.13 36.70	350m: 4:18.57 38.30	550m: 6:52.75 37.95	750m: 9:27.86 38.73			
	200m: 2:24.11 37.98	400m: 4:57.35 38.78	600m: 7:31.85 39.10	800m: 10:06.00 38.14			

Prova 17 Femin., 800m Livres Seniores Resultados

RN Absoluto	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017
RN Sen	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017

CEPL Abs: 8:44.00 / JOJuvent 15 - 18: 9:00.16

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>8:39.02</b>	<b>+0,73</b>	<b>814</b>	
	<i>Minimos CEPL</i>						
	50m: 29.90 29.90	250m: 2:38.05 32.42	450m: 4:48.90 32.76	650m: 7:01.00 33.19			
	100m: 1:01.52 31.62	300m: 3:10.48 32.43	500m: 5:21.70 32.80	700m: 7:33.93 32.93			
	150m: 1:33.58 32.06	350m: 3:43.48 33.00	550m: 5:54.88 33.18	750m: 8:06.96 33.03			
	200m: 2:05.63 32.05	400m: 4:16.14 32.66	600m: 6:27.81 32.93	800m: 8:39.02 32.06			
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:44.26</b>	<b>+0,75</b>	<b>790</b>	
	50m: 30.15 30.15	250m: 2:41.54 33.04	450m: 4:53.69 33.29	650m: 7:06.00 33.10			
	100m: 1:02.43 32.28	300m: 3:14.28 32.74	500m: 5:26.97 33.28	700m: 7:39.15 33.15			
	150m: 1:35.27 32.84	350m: 3:47.32 33.04	550m: 5:59.95 32.98	750m: 8:12.09 32.94			
	200m: 2:08.50 33.23	400m: 4:20.40 33.08	600m: 6:32.90 32.95	800m: 8:44.26 32.17			

Prova 17, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	<b>9:07.61</b>	<b>+0,75</b>	<b>693</b>	
	50m: 31.11 31.11	250m: 2:47.10	34.16	450m: 5:03.90	34.34	650m: 7:23.15	35.11
	100m: 1:04.62 33.51	300m: 3:21.23	34.13	500m: 5:38.29	34.39	700m: 7:58.45	35.30
	150m: 1:38.67 34.05	350m: 3:55.38	34.15	550m: 6:13.07	34.78	750m: 8:33.18	34.73
	200m: 2:12.94 34.27	400m: 4:29.56	34.18	600m: 6:48.04	34.97	800m: 9:07.61	34.43
4.	MONTEIRO Ana Catarina	93	Vilacondense	<b>9:09.69</b>	<b>+0,70</b>	<b>685</b>	
	50m: 31.09 31.09	250m: 2:47.29	34.26	450m: 5:05.77	34.97	650m: 7:26.64	34.65
	100m: 1:04.70 33.61	300m: 3:22.03	34.74	500m: 5:41.05	35.28	700m: 8:01.69	35.05
	150m: 1:38.68 33.98	350m: 3:56.05	34.02	550m: 6:16.22	35.17	750m: 8:36.00	34.31
	200m: 2:13.03 34.35	400m: 4:30.80	34.75	600m: 6:51.99	35.77	800m: 9:09.69	33.69
5.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>9:09.75</b>	<b>+0,77</b>	<b>685</b>	
	50m: 31.26 31.26	250m: 2:46.63	34.27	450m: 5:04.17	34.98	650m: 7:24.29	35.31
	100m: 1:04.23 32.97	300m: 3:20.87	34.24	500m: 5:38.76	34.59	700m: 7:59.30	35.01
	150m: 1:38.27 34.04	350m: 3:55.15	34.28	550m: 6:13.94	35.18	750m: 8:34.77	35.47
	200m: 2:12.36 34.09	400m: 4:29.19	34.04	600m: 6:48.98	35.04	800m: 9:09.75	34.98
6.	NEVES Vania Soares	90	Fluvial Portuense	<b>9:17.28</b>	<b>+0,84</b>	<b>658</b>	
	50m: 31.96 31.96	250m: 2:50.80	35.03	450m: 5:11.11	35.09	650m: 7:31.98	35.30
	100m: 1:05.99 34.03	300m: 3:25.78	34.98	500m: 5:46.27	35.16	700m: 8:07.54	35.56
	150m: 1:41.01 35.02	350m: 4:00.93	35.15	550m: 6:21.49	35.22	750m: 8:42.71	35.17
	200m: 2:15.77 34.76	400m: 4:36.02	35.09	600m: 6:56.68	35.19	800m: 9:17.28	34.57
7.	CARVALHO Eva Guerreiro	99	Benfica	<b>9:27.43</b>	<b>+0,75</b>	<b>623</b>	
	50m: 31.95 31.95	250m: 2:51.63	35.44	450m: 5:14.15	35.06	650m: 7:38.57	36.45
	100m: 1:06.31 34.36	300m: 3:27.42	35.79	500m: 5:50.00	35.85	700m: 8:15.37	36.80
	150m: 1:40.84 34.53	350m: 4:03.33	35.91	550m: 6:25.81	35.81	750m: 8:51.55	36.18
	200m: 2:16.19 35.35	400m: 4:39.09	35.76	600m: 7:02.12	36.31	800m: 9:27.43	35.88
8.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	<b>9:48.89</b>	<b>+0,81</b>	<b>557</b>	
	50m: 32.61 32.61	250m: 2:57.45	36.58	450m: 5:27.09	37.52	650m: 7:58.06	37.29
	100m: 1:08.33 35.72	300m: 3:34.66	37.21	500m: 6:04.58	37.49	700m: 8:36.12	38.06
	150m: 1:44.42 36.09	350m: 4:12.35	37.69	550m: 6:42.29	37.71	750m: 9:13.03	36.91
	200m: 2:20.87 36.45	400m: 4:49.57	37.22	600m: 7:20.77	38.48	800m: 9:48.89	35.86
9.	DOMINGUES Monica Seara	00	Nautico Marinha Grande	<b>9:52.57</b>	<b>+0,81</b>	<b>547</b>	
	50m: 32.50 32.50	250m: 3:01.34	37.75	450m: 5:32.10	37.33	650m: 8:02.15	37.29
	100m: 1:09.04 36.54	300m: 3:39.26	37.92	500m: 6:09.80	37.70	700m: 8:39.70	37.55
	150m: 1:46.04 37.00	350m: 4:16.89	37.63	550m: 6:47.14	37.34	750m: 9:16.36	36.66
	200m: 2:23.59 37.55	400m: 4:54.77	37.88	600m: 7:24.86	37.72	800m: 9:52.57	36.21

Prova 17, Femin., 800m Livres

Prova 17	Femin., 800m Livres				Absolutos
23-03-2018					Resultados
RN Absoluto	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017
RN Sen	8:35.10	DURAES Diana Margarida	POR	Budapeste (HUN)	28-07-2017
RN Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
RN Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
RN Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
RN Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

Pre-Jun\_Fem Juv: 9:21.31 / CEJun\_Fem 14 - 17: 9:04.96 / CEPL Abs: 8:44.00 / JOJuv 15 - 18: 9:00.16

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida <i>Minimos CEPL</i>	96	Benfica	<b>8:39.02</b>	+0,73	814	
	50m: 29.90 29.90	250m: 2:38.05 32.42	450m: 4:48.90 32.76	650m: 7:01.00 33.19			
	100m: 1:01.52 31.62	300m: 3:10.48 32.43	500m: 5:21.70 32.80	700m: 7:33.93 32.93			
	150m: 1:33.58 32.06	350m: 3:43.48 33.00	550m: 5:54.88 33.18	750m: 8:06.96 33.03			
	200m: 2:05.63 32.05	400m: 4:16.14 32.66	600m: 6:27.81 32.93	800m: 8:39.02 32.06			
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:44.26</b>	+0,75	790	
	50m: 30.15 30.15	250m: 2:41.54 33.04	450m: 4:53.69 33.29	650m: 7:06.00 33.10			
	100m: 1:02.43 32.28	300m: 3:14.28 32.74	500m: 5:26.97 33.28	700m: 7:39.15 33.15			
	150m: 1:35.27 32.84	350m: 3:47.32 33.04	550m: 5:59.95 32.98	750m: 8:12.09 32.94			
	200m: 2:08.50 33.23	400m: 4:20.40 33.08	600m: 6:32.90 32.95	800m: 8:44.26 32.17			
3.	FRAZAO Alexandra Couto <i>Minimos CEJun, Minimos JOJuv</i>	02	CASP AE	<b>8:57.95</b>	+0,76	731	
	50m: 31.21 31.21	250m: 2:46.94 34.29	450m: 5:03.39 34.22	650m: 7:19.31 34.10			
	100m: 1:04.56 33.35	300m: 3:20.96 34.02	500m: 5:37.17 33.78	700m: 7:53.14 33.83			
	150m: 1:38.73 34.17	350m: 3:55.05 34.09	550m: 6:11.24 34.07	750m: 8:25.65 32.51			
	200m: 2:12.65 33.92	400m: 4:29.17 34.12	600m: 6:45.21 33.97	800m: 8:57.95 32.30			
4.	SOUSA Ana Reis <i>Minimos CEJun</i>	02	Litoral Alentejano	<b>9:02.99</b>	+0,71	711	
	50m: 31.16 31.16	250m: 2:46.13 34.13	450m: 5:01.77 33.84	650m: 7:18.91 34.74			
	100m: 1:04.46 33.30	300m: 3:20.25 34.12	500m: 5:35.82 34.05	700m: 7:54.05 35.14			
	150m: 1:38.03 33.57	350m: 3:54.12 33.87	550m: 6:09.86 34.04	750m: 8:28.80 34.75			
	200m: 2:12.00 33.97	400m: 4:27.93 33.81	600m: 6:44.17 34.31	800m: 9:02.99 34.19			
5.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	<b>9:07.61</b>	+0,75	693	
	50m: 31.11 31.11	250m: 2:47.10 34.16	450m: 5:03.90 34.34	650m: 7:23.15 35.11			
	100m: 1:04.62 33.51	300m: 3:21.23 34.13	500m: 5:38.29 34.39	700m: 7:58.45 35.30			
	150m: 1:38.67 34.05	350m: 3:55.38 34.15	550m: 6:13.07 34.78	750m: 8:33.18 34.73			
	200m: 2:12.94 34.27	400m: 4:29.56 34.18	600m: 6:48.04 34.97	800m: 9:07.61 34.43			
6.	MONTEIRO Ana Catarina	93	Vilacondense	<b>9:09.69</b>	+0,70	685	
	50m: 31.09 31.09	250m: 2:47.29 34.26	450m: 5:05.77 34.97	650m: 7:26.64 34.65			
	100m: 1:04.70 33.61	300m: 3:22.03 34.74	500m: 5:41.05 35.28	700m: 8:01.69 35.05			
	150m: 1:38.68 33.98	350m: 3:56.05 34.02	550m: 6:16.22 35.17	750m: 8:36.00 34.31			
	200m: 2:13.03 34.35	400m: 4:30.80 34.75	600m: 6:51.99 35.77	800m: 9:09.69 33.69			
7.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>9:09.75</b>	+0,77	685	
	50m: 31.26 31.26	250m: 2:46.63 34.27	450m: 5:04.17 34.98	650m: 7:24.29 35.31			
	100m: 1:04.23 32.97	300m: 3:20.87 34.24	500m: 5:38.76 34.59	700m: 7:59.30 35.01			
	150m: 1:38.27 34.04	350m: 3:55.15 34.28	550m: 6:13.94 35.18	750m: 8:34.77 35.47			
	200m: 2:12.36 34.09	400m: 4:29.19 34.04	600m: 6:48.98 35.04	800m: 9:09.75 34.98			



Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>9:10.65</b>	<b>+0,73</b>	<b>682</b>	
	50m: 32.67 32.67	250m: 2:48.55 34.30	450m: 5:07.32 34.83	650m: 7:27.07 34.88			
	100m: 1:05.92 33.25	300m: 3:23.07 34.52	500m: 5:42.34 35.02	700m: 8:02.07 35.00			
	150m: 1:39.77 33.85	350m: 3:57.55 34.48	550m: 6:17.35 35.01	750m: 8:36.84 34.77			
	200m: 2:14.25 34.48	400m: 4:32.49 34.94	600m: 6:52.19 34.84	800m: 9:10.65 33.81			
9.	QUEIROZ Ana Rita	02	CASP AE	<b>9:11.64</b>	<b>+0,71</b>	<b>678</b>	
	50m: 31.32 31.32	250m: 2:47.27 34.27	450m: 5:06.36 34.82	650m: 7:27.68 35.27			
	100m: 1:04.93 33.61	300m: 3:22.09 34.82	500m: 5:41.64 35.28	700m: 8:03.00 35.32			
	150m: 1:38.65 33.72	350m: 3:56.34 34.25	550m: 6:16.70 35.06	750m: 8:37.76 34.76			
	200m: 2:13.00 34.35	400m: 4:31.54 35.20	600m: 6:52.41 35.71	800m: 9:11.64 33.88			
10.	COSTA Maria Carolina	01	Porto	<b>9:15.50</b>	<b>+0,73</b>	<b>664</b>	
	50m: 31.30 31.30	250m: 2:48.63 34.56	450m: 5:07.04 35.16	650m: 7:28.66 36.13			
	100m: 1:05.15 33.85	300m: 3:22.62 33.99	500m: 5:41.53 34.49	700m: 8:04.62 35.96			
	150m: 1:39.89 34.74	350m: 3:57.45 34.83	550m: 6:17.46 35.93	750m: 8:40.34 35.72			
	200m: 2:14.07 34.18	400m: 4:31.88 34.43	600m: 6:52.53 35.07	800m: 9:15.50 35.16			
11.	NEVES Vania Soares	90	Fluvial Portuense	<b>9:17.28</b>	<b>+0,84</b>	<b>658</b>	
	50m: 31.96 31.96	250m: 2:50.80 35.03	450m: 5:11.11 35.09	650m: 7:31.98 35.30			
	100m: 1:05.99 34.03	300m: 3:25.78 34.98	500m: 5:46.27 35.16	700m: 8:07.54 35.56			
	150m: 1:41.01 35.02	350m: 4:00.93 35.15	550m: 6:21.49 35.22	750m: 8:42.71 35.17			
	200m: 2:15.77 34.76	400m: 4:36.02 35.09	600m: 6:56.68 35.19	800m: 9:17.28 34.57			
12.	RODRIGUES Filipa Serrano	01	Benfica	<b>9:18.08</b>	<b>+0,70</b>	<b>655</b>	
	50m: 30.57 30.57	250m: 2:46.71 34.77	450m: 5:07.45 35.64	650m: 7:31.03 36.16			
	100m: 1:03.63 33.06	300m: 3:21.56 34.85	500m: 5:42.93 35.48	700m: 8:07.18 36.15			
	150m: 1:37.45 33.82	350m: 3:56.62 35.06	550m: 6:19.08 36.15	750m: 8:43.15 35.97			
	200m: 2:11.94 34.49	400m: 4:31.81 35.19	600m: 6:54.87 35.79	800m: 9:18.08 34.93			
13.	MARTINS Francisca Soares	03	Foca	<b>9:18.23</b>	<b>+0,74</b>	<b>654</b>	
	<i>Minimos Pre-Jun</i>						
	50m: 31.50 31.50	250m: 2:49.91 34.69	450m: 5:11.74 35.42	650m: 7:34.63 35.08			
	100m: 1:05.73 34.23	300m: 3:25.38 35.47	500m: 5:47.96 36.22	700m: 8:10.42 35.79			
	150m: 1:40.15 34.42	350m: 4:00.54 35.16	550m: 6:23.41 35.45	750m: 8:45.38 34.96			
	200m: 2:15.22 35.07	400m: 4:36.32 35.78	600m: 6:59.55 36.14	800m: 9:18.23 32.85			
14.	MARTINS Joana Ribeiro	03	Benfica	<b>9:22.35</b>	<b>+0,76</b>	<b>640</b>	
	50m: 32.68 32.68	250m: 2:54.08 35.32	450m: 5:14.90 35.39	650m: 7:37.30 35.49			
	100m: 1:08.09 35.41	300m: 3:29.20 35.12	500m: 5:50.62 35.72	700m: 8:12.93 35.63			
	150m: 1:43.14 35.05	350m: 4:04.22 35.02	550m: 6:26.11 35.49	750m: 8:48.63 35.70			
	200m: 2:18.76 35.62	400m: 4:39.51 35.29	600m: 7:01.81 35.70	800m: 9:22.35 33.72			
15.	BARBOSA Mariana Fernandes	02	Porto	<b>9:22.86</b>	<b>+0,69</b>	<b>638</b>	
	50m: 32.01 32.01	250m: 2:51.47 35.26	450m: 5:13.66 35.00	650m: 7:36.37 35.85			
	100m: 1:06.37 34.36	300m: 3:27.19 35.72	500m: 5:49.23 35.57	700m: 8:12.05 35.68			
	150m: 1:41.19 34.82	350m: 4:03.20 36.01	550m: 6:24.84 35.61	750m: 8:47.49 35.44			
	200m: 2:16.21 35.02	400m: 4:38.66 35.46	600m: 7:00.52 35.68	800m: 9:22.86 35.37			
16.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>9:25.24</b>	<b>+0,75</b>	<b>630</b>	
	50m: 31.79 31.79	250m: 2:52.30 35.25	450m: 5:15.76 35.25	650m: 7:39.35 35.84			
	100m: 1:06.66 34.87	300m: 3:28.37 36.07	500m: 5:51.76 36.00	700m: 8:15.46 36.11			
	150m: 1:41.36 34.70	350m: 4:04.02 35.65	550m: 6:27.39 35.63	750m: 8:50.75 35.29			
	200m: 2:17.05 35.69	400m: 4:40.51 36.49	600m: 7:03.51 36.12	800m: 9:25.24 34.49			

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CARVALHO Eva Guerreiro	99	Benfica	<b>9:27.43</b>	<b>+0,75</b>	<b>623</b>	
	50m: 31.95 31.95	250m: 2:51.63	35.44	450m: 5:14.15	35.06	650m: 7:38.57	36.45
	100m: 1:06.31 34.36	300m: 3:27.42	35.79	500m: 5:50.00	35.85	700m: 8:15.37	36.80
	150m: 1:40.84 34.53	350m: 4:03.33	35.91	550m: 6:25.81	35.81	750m: 8:51.55	36.18
	200m: 2:16.19 35.35	400m: 4:39.09	35.76	600m: 7:02.12	36.31	800m: 9:27.43	35.88
18.	MOURA Maria Ferreira	04	Sporting	<b>9:31.01</b>	<b>+0,73</b>	<b>611</b>	
	50m: 31.58 31.58	250m: 2:51.83	35.72	450m: 5:16.70	36.27	650m: 7:43.06	36.45
	100m: 1:05.93 34.35	300m: 3:28.10	36.27	500m: 5:53.56	36.86	700m: 8:19.73	36.67
	150m: 1:40.55 34.62	350m: 4:04.11	36.01	550m: 6:29.78	36.22	750m: 8:55.60	35.87
	200m: 2:16.11 35.56	400m: 4:40.43	36.32	600m: 7:06.61	36.83	800m: 9:31.01	35.41
19.	ANDRE Leticia Maia	02	Benfica	<b>9:35.95</b>	<b>+0,70</b>	<b>596</b>	
	50m: 31.03 31.03	250m: 2:50.84	36.11	450m: 5:17.44	37.00	650m: 7:46.27	36.88
	100m: 1:04.71 33.68	300m: 3:28.08	37.24	500m: 5:55.21	37.77	700m: 8:23.06	36.79
	150m: 1:38.99 34.28	350m: 4:04.19	36.11	550m: 6:32.34	37.13	750m: 8:59.72	36.66
	200m: 2:14.73 35.74	400m: 4:40.44	36.25	600m: 7:09.39	37.05	800m: 9:35.95	36.23
20.	PINHO Carolina Teixeira	04	Porto	<b>9:36.59</b>	<b>+0,75</b>	<b>594</b>	
	50m: 32.84 32.84	250m: 2:57.20	36.64	450m: 5:23.16	36.82	650m: 7:49.70	36.42
	100m: 1:08.59 35.75	300m: 3:33.70	36.50	500m: 5:59.81	36.65	700m: 8:26.52	36.82
	150m: 1:44.28 35.69	350m: 4:09.79	36.09	550m: 6:36.23	36.42	750m: 9:01.94	35.42
	200m: 2:20.56 36.28	400m: 4:46.34	36.55	600m: 7:13.28	37.05	800m: 9:36.59	34.65
21.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>9:39.85</b>	<b>+0,68</b>	<b>584</b>	
	50m: 32.78 32.78	250m: 2:55.95	36.51	450m: 5:23.14	36.92	650m: 7:51.02	36.91
	100m: 1:07.67 34.89	300m: 3:32.33	36.38	500m: 5:59.98	36.84	700m: 8:27.67	36.65
	150m: 1:43.63 35.96	350m: 4:09.27	36.94	550m: 6:37.31	37.33	750m: 9:04.28	36.61
	200m: 2:19.44 35.81	400m: 4:46.22	36.95	600m: 7:14.11	36.80	800m: 9:39.85	35.57
22.	VARANDAS Joana Filipa	02	Laranjeiro	<b>9:39.86</b>	<b>+0,87</b>	<b>584</b>	
	50m: 33.10 33.10	250m: 2:57.07	36.36	450m: 5:23.23	36.85	650m: 7:50.58	37.02
	100m: 1:08.86 35.76	300m: 3:33.72	36.65	500m: 5:59.71	36.48	700m: 8:27.59	37.01
	150m: 1:44.57 35.71	350m: 4:10.07	36.35	550m: 6:36.45	36.74	750m: 9:04.19	36.60
	200m: 2:20.71 36.14	400m: 4:46.38	36.31	600m: 7:13.56	37.11	800m: 9:39.86	35.67
23.	GALACHA Mariana Sobral	01	Sporting	<b>9:40.39</b>	<b>+0,69</b>	<b>582</b>	
	50m: 32.34 32.34	250m: 2:57.66	36.58	450m: 5:23.63	36.40	650m: 7:51.98	37.17
	100m: 1:08.34 36.00	300m: 3:34.23	36.57	500m: 6:00.55	36.92	700m: 8:29.33	37.35
	150m: 1:44.56 36.22	350m: 4:10.63	36.40	550m: 6:37.38	36.83	750m: 9:05.52	36.19
	200m: 2:21.08 36.52	400m: 4:47.23	36.60	600m: 7:14.81	37.43	800m: 9:40.39	34.87
24.	SOARES Carolina Silva	03	Natacao de Valongo	<b>9:40.62</b>	<b>+0,80</b>	<b>582</b>	
	50m: 31.78 31.78	250m: 2:57.13	37.14	450m: 5:24.94	37.11	650m: 7:53.29	37.05
	100m: 1:06.89 35.11	300m: 3:34.04	36.91	500m: 6:01.71	36.77	700m: 8:29.69	36.40
	150m: 1:43.46 36.57	350m: 4:11.07	37.03	550m: 6:39.32	37.61	750m: 9:06.32	36.63
	200m: 2:19.99 36.53	400m: 4:47.83	36.76	600m: 7:16.24	36.92	800m: 9:40.62	34.30
25.	CORREIA Mariana Delicado	01	Sporting	<b>9:40.65</b>	<b>+0,72</b>	<b>581</b>	
	50m: 32.68 32.68	250m: 2:57.98	36.59	450m: 5:23.91	36.27	650m: 7:52.12	37.17
	100m: 1:08.53 35.85	300m: 3:34.31	36.33	500m: 6:00.46	36.55	700m: 8:29.31	37.19
	150m: 1:44.79 36.26	350m: 4:11.01	36.70	550m: 6:37.66	37.20	750m: 9:06.31	37.00
	200m: 2:21.39 36.60	400m: 4:47.64	36.63	600m: 7:14.95	37.29	800m: 9:40.65	34.34
26.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:44.29</b>	<b>+0,72</b>	<b>571</b>	
	50m: 32.73 32.73	250m: 2:59.03	36.88	450m: 5:27.37	36.90	650m: 7:56.22	37.00
	100m: 1:08.79 36.06	300m: 3:36.27	37.24	500m: 6:04.55	37.18	700m: 8:32.59	36.37
	150m: 1:45.29 36.50	350m: 4:13.07	36.80	550m: 6:41.69	37.14	750m: 9:09.11	36.52
	200m: 2:22.15 36.86	400m: 4:50.47	37.40	600m: 7:19.22	37.53	800m: 9:44.29	35.18

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	<b>SOUSA Ines Matos</b>	03	Uniao Coimbra	<b>9:45.41</b>	<b>+0,79</b>	<b>567</b>	
	50m: 33.02 33.02	250m: 2:58.90	36.72	450m: 5:26.16	36.73	650m: 7:54.42	37.29
	100m: 1:08.88 35.86	300m: 3:35.84	36.94	500m: 6:02.89	36.73	700m: 8:31.71	37.29
	150m: 1:45.18 36.30	350m: 4:12.45	36.61	550m: 6:39.61	36.72	750m: 9:08.81	37.10
	200m: 2:22.18 37.00	400m: 4:49.43	36.98	600m: 7:17.13	37.52	800m: 9:45.41	36.60
28.	<b>CONCEICAO Ema Jeronimo</b>	03	Fisica Torres Vedras	<b>9:47.78</b>	<b>+0,81</b>	<b>561</b>	
	50m: 32.82 32.82	250m: 2:59.15	36.90	450m: 5:28.49	37.08	650m: 7:58.29	37.28
	100m: 1:08.81 35.99	300m: 3:36.95	37.80	500m: 6:05.93	37.44	700m: 8:36.07	37.78
	150m: 1:45.30 36.49	350m: 4:13.85	36.90	550m: 6:42.99	37.06	750m: 9:12.16	36.09
	200m: 2:22.25 36.95	400m: 4:51.41	37.56	600m: 7:21.01	38.02	800m: 9:47.78	35.62
29.	<b>MARTINS Ines Alves</b>	01	Fluvial Portuense	<b>9:48.54</b>	<b>+0,77</b>	<b>558</b>	
	50m: 32.88 32.88	250m: 2:58.30	36.63	450m: 5:27.19	37.44	650m: 7:57.67	37.43
	100m: 1:08.81 35.93	300m: 3:35.51	37.21	500m: 6:04.94	37.75	700m: 8:35.10	37.43
	150m: 1:44.86 36.05	350m: 4:12.34	36.83	550m: 6:42.61	37.67	750m: 9:12.43	37.33
	200m: 2:21.67 36.81	400m: 4:49.75	37.41	600m: 7:20.24	37.63	800m: 9:48.54	36.11
30.	<b>TEODOSIO Barbara Coimbra</b>	99	Nautico Marinha Grande	<b>9:48.89</b>	<b>+0,81</b>	<b>557</b>	
	50m: 32.61 32.61	250m: 2:57.45	36.58	450m: 5:27.09	37.52	650m: 7:58.06	37.29
	100m: 1:08.33 35.72	300m: 3:34.66	37.21	500m: 6:04.58	37.49	700m: 8:36.12	38.06
	150m: 1:44.42 36.09	350m: 4:12.35	37.69	550m: 6:42.29	37.71	750m: 9:13.03	36.91
	200m: 2:20.87 36.45	400m: 4:49.57	37.22	600m: 7:20.77	38.48	800m: 9:48.89	35.86
31.	<b>BRANCO Ana Margarida</b>	01	Alges	<b>9:49.82</b>	<b>+0,76</b>	<b>555</b>	
	50m: 32.29 32.29	250m: 2:59.86	37.54	450m: 5:29.73	37.04	650m: 7:59.19	37.40
	100m: 1:07.95 35.66	300m: 3:37.51	37.65	500m: 6:07.25	37.52	700m: 8:36.87	37.68
	150m: 1:44.94 36.99	350m: 4:15.03	37.52	550m: 6:44.22	36.97	750m: 9:13.72	36.85
	200m: 2:22.32 37.38	400m: 4:52.69	37.66	600m: 7:21.79	37.57	800m: 9:49.82	36.10
32.	<b>MONTEIRO Margarida Cabral</b>	02	Galitos / Bresimar	<b>9:51.76</b>	<b>+0,71</b>	<b>549</b>	
	50m: 32.92 32.92	250m: 2:57.35	36.74	450m: 5:26.74	37.92	650m: 7:59.65	38.03
	100m: 1:08.10 35.18	300m: 3:34.00	36.65	500m: 6:05.09	38.35	700m: 8:37.74	38.09
	150m: 1:44.18 36.08	350m: 4:11.21	37.21	550m: 6:43.37	38.28	750m: 9:15.37	37.63
	200m: 2:20.61 36.43	400m: 4:48.82	37.61	600m: 7:21.62	38.25	800m: 9:51.76	36.39
33.	<b>RODRIGUES Helena Nunes</b>	03	Alges e Agueda XXI	<b>9:52.08</b>	<b>+0,85</b>	<b>548</b>	
	50m: 33.09 33.09	250m: 2:58.83	36.79	450m: 5:28.15	37.51	650m: 8:00.69	38.10
	100m: 1:09.09 36.00	300m: 3:35.86	37.03	500m: 6:06.20	38.05	700m: 8:38.98	38.29
	150m: 1:45.13 36.04	350m: 4:13.00	37.14	550m: 6:44.49	38.29	750m: 9:16.77	37.79
	200m: 2:22.04 36.91	400m: 4:50.64	37.64	600m: 7:22.59	38.10	800m: 9:52.08	35.31
34.	<b>PIRES Beatriz Almeida</b>	03	Uniao Coimbra	<b>9:52.27</b>	<b>+0,77</b>	<b>548</b>	
	50m: 32.83 32.83	250m: 3:00.21	37.18	450m: 5:29.87	37.14	650m: 8:00.79	38.85
	100m: 1:08.29 35.46	300m: 3:37.97	37.76	500m: 6:07.38	37.51	700m: 8:38.92	38.13
	150m: 1:45.48 37.19	350m: 4:15.57	37.60	550m: 6:45.27	37.89	750m: 9:16.54	37.62
	200m: 2:23.03 37.55	400m: 4:52.73	37.16	600m: 7:22.94	37.67	800m: 9:52.27	35.73
35.	<b>DOMINGUES Monica Seara</b>	00	Nautico Marinha Grande	<b>9:52.57</b>	<b>+0,81</b>	<b>547</b>	
	50m: 32.50 32.50	250m: 3:01.34	37.75	450m: 5:32.10	37.33	650m: 8:02.15	37.29
	100m: 1:09.04 36.54	300m: 3:39.26	37.92	500m: 6:09.80	37.70	700m: 8:39.70	37.55
	150m: 1:46.04 37.00	350m: 4:16.89	37.63	550m: 6:47.14	37.34	750m: 9:16.36	36.66
	200m: 2:23.59 37.55	400m: 4:54.77	37.88	600m: 7:24.86	37.72	800m: 9:52.57	36.21
36.	<b>MONTEIRO Ana Carolina</b>	04	Uniao Coimbra	<b>9:52.58</b>	<b>+0,77</b>	<b>547</b>	
	50m: 33.24 33.24	250m: 3:01.34	37.94	450m: 5:31.45	37.76	650m: 8:00.90	37.30
	100m: 1:09.03 35.79	300m: 3:38.74	37.40	500m: 6:09.14	37.69	700m: 8:38.61	37.71
	150m: 1:45.98 36.95	350m: 4:16.15	37.41	550m: 6:46.31	37.17	750m: 9:15.66	37.05
	200m: 2:23.40 37.42	400m: 4:53.69	37.54	600m: 7:23.60	37.29	800m: 9:52.58	36.92

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	SILVA Ana Pimenta	01	Desportiva de Viana	<b>9:53.63</b>	<b>+0,84</b>	<b>544</b>	
	50m: 32.84 32.84	250m: 2:59.64	37.04	450m: 5:28.43	37.34	650m: 8:00.77	38.21
	100m: 1:08.82 35.98	300m: 3:36.78	37.14	500m: 6:06.13	37.70	700m: 8:39.26	38.49
	150m: 1:45.52 36.70	350m: 4:13.84	37.06	550m: 6:43.96	37.83	750m: 9:16.83	37.57
	200m: 2:22.60 37.08	400m: 4:51.09	37.25	600m: 7:22.56	38.60	800m: 9:53.63	36.80
38.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	<b>9:55.49</b>	<b>+0,75</b>	<b>539</b>	
	50m: 31.87 31.87	250m: 2:57.03	36.88	450m: 5:29.06	38.30	650m: 8:02.73	38.39
	100m: 1:07.56 35.69	300m: 3:34.82	37.79	500m: 6:07.97	38.91	700m: 8:41.62	38.89
	150m: 1:43.36 35.80	350m: 4:12.38	37.56	550m: 6:46.14	38.17	750m: 9:18.82	37.20
	200m: 2:20.15 36.79	400m: 4:50.76	38.38	600m: 7:24.34	38.20	800m: 9:55.49	36.67
39.	SILVA Ines Martins	04	Vilacondense	<b>9:55.93</b>	<b>+0,88</b>	<b>538</b>	
	50m: 33.19 33.19	250m: 3:02.22	38.35	450m: 5:33.23	37.59	650m: 8:05.71	38.35
	100m: 1:09.18 35.99	300m: 3:40.31	38.09	500m: 6:11.46	38.23	700m: 8:44.01	38.30
	150m: 1:46.04 36.86	350m: 4:17.79	37.48	550m: 6:49.12	37.66	750m: 9:20.23	36.22
	200m: 2:23.87 37.83	400m: 4:55.64	37.85	600m: 7:27.36	38.24	800m: 9:55.93	35.70
40.	VIANA Margarida Violante	04	Ba/Bomcar	<b>9:56.02</b>	<b>+0,91</b>	<b>538</b>	
	50m: 33.67 33.67	250m: 3:02.75	37.64	450m: 5:34.94	37.87	650m: 8:06.18	37.41
	100m: 1:10.17 36.50	300m: 3:40.84	38.09	500m: 6:13.16	38.22	700m: 8:43.77	37.59
	150m: 1:47.10 36.93	350m: 4:18.45	37.61	550m: 6:50.70	37.54	750m: 9:20.51	36.74
	200m: 2:25.11 38.01	400m: 4:57.07	38.62	600m: 7:28.77	38.07	800m: 9:56.02	35.51
41.	PIRES Filipa Almeida	03	Uniao Coimbra	<b>9:56.14</b>	<b>+0,87</b>	<b>537</b>	
	50m: 33.40 33.40	250m: 3:02.89	37.81	450m: 5:33.79	37.89	650m: 8:05.96	38.18
	100m: 1:09.93 36.53	300m: 3:40.64	37.75	500m: 6:11.77	37.98	700m: 8:44.25	38.29
	150m: 1:47.35 37.42	350m: 4:18.33	37.69	550m: 6:49.68	37.91	750m: 9:21.41	37.16
	200m: 2:25.08 37.73	400m: 4:55.90	37.57	600m: 7:27.78	38.10	800m: 9:56.14	34.73
42.	BARBOSA Adriana Freixo	03	Viana Natacao	<b>9:57.33</b>	<b>+0,93</b>	<b>534</b>	
	50m: 33.12 33.12	250m: 3:02.93	37.87	450m: 5:32.86	36.51	650m: 8:04.83	37.82
	100m: 1:10.02 36.90	300m: 3:40.81	37.88	500m: 6:10.97	38.11	700m: 8:43.65	38.82
	150m: 1:47.41 37.39	350m: 4:18.63	37.82	550m: 6:48.69	37.72	750m: 9:20.76	37.11
	200m: 2:25.06 37.65	400m: 4:56.35	37.72	600m: 7:27.01	38.32	800m: 9:57.33	36.57
43.	MARTINS Beatriz Picanco	03	Benfica	<b>9:58.42</b>	<b>+0,88</b>	<b>531</b>	
	50m: 32.44 32.44	250m: 2:58.99	37.42	450m: 5:31.09	38.53	650m: 8:05.56	38.40
	100m: 1:07.98 35.54	300m: 3:36.79	37.80	500m: 6:09.77	38.68	700m: 8:44.51	38.95
	150m: 1:44.97 36.99	350m: 4:14.76	37.97	550m: 6:48.81	39.04	750m: 9:22.29	37.78
	200m: 2:21.57 36.60	400m: 4:52.56	37.80	600m: 7:27.16	38.35	800m: 9:58.42	36.13
44.	FONSECA Laura Luz	03	Naval de Ponta Delgada	<b>9:59.68</b>	<b>+0,77</b>	<b>528</b>	
	50m: 32.79 32.79	250m: 2:59.86	37.04	450m: 5:30.44	37.57	650m: 8:04.71	38.73
	100m: 1:09.12 36.33	300m: 3:37.63	37.77	500m: 6:08.84	38.40	700m: 8:44.11	39.40
	150m: 1:45.46 36.34	350m: 4:14.81	37.18	550m: 6:46.84	38.00	750m: 9:22.85	38.74
	200m: 2:22.82 37.36	400m: 4:52.87	38.06	600m: 7:25.98	39.14	800m: 9:59.68	36.83
45.	FLORENCIO Matilde Alves	04	CASP AE	<b>10:00.16</b>	<b>+0,78</b>	<b>527</b>	
	50m: 33.05 33.05	250m: 3:03.87	38.49	450m: 5:36.17	37.91	650m: 8:08.54	38.02
	100m: 1:09.27 36.22	300m: 3:42.05	38.18	500m: 6:14.12	37.95	700m: 8:46.26	37.72
	150m: 1:47.08 37.81	350m: 4:20.15	38.10	550m: 6:52.46	38.34	750m: 9:23.66	37.40
	200m: 2:25.38 38.30	400m: 4:58.26	38.11	600m: 7:30.52	38.06	800m: 10:00.16	36.50
46.	INACIO Marta Macedo	04	Sporting	<b>10:01.82</b>	<b>+0,79</b>	<b>522</b>	
	50m: 33.66 33.66	250m: 3:02.15	37.48	450m: 5:34.07	38.10	650m: 8:07.63	38.77
	100m: 1:10.06 36.40	300m: 3:40.19	38.04	500m: 6:12.00	37.93	700m: 8:46.30	38.67
	150m: 1:47.12 37.06	350m: 4:17.87	37.68	550m: 6:50.47	38.47	750m: 9:24.47	38.17
	200m: 2:24.67 37.55	400m: 4:55.97	38.10	600m: 7:28.86	38.39	800m: 10:01.82	37.35

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	PAIS Matilde Vieira	03	Galitos / Bresimar	<b>10:03.47</b>	<b>+0,83</b>	<b>518</b>	
	50m: 33.57 33.57	250m: 3:03.80	38.01	450m: 5:36.69	38.38	650m: 8:11.86	38.76
	100m: 1:10.39 36.82	300m: 3:41.84	38.04	500m: 6:15.47	38.78	700m: 8:50.84	38.98
	150m: 1:47.77 37.38	350m: 4:19.83	37.99	550m: 6:54.18	38.71	750m: 9:28.77	37.93
	200m: 2:25.79 38.02	400m: 4:58.31	38.48	600m: 7:33.10	38.92	800m: 10:03.47	34.70
48.	AMANTES Beatriz Quintao	03	Uniao Piedense	<b>10:03.61</b>	<b>+0,80</b>	<b>518</b>	
	50m: 33.13 33.13	250m: 3:02.80	37.91	450m: 5:36.54	38.40	650m: 8:10.74	38.48
	100m: 1:09.50 36.37	300m: 3:41.39	38.59	500m: 6:15.75	39.21	700m: 8:49.59	38.85
	150m: 1:46.73 37.23	350m: 4:19.90	38.51	550m: 6:53.64	37.89	750m: 9:28.01	38.42
	200m: 2:24.89 38.16	400m: 4:58.14	38.24	600m: 7:32.26	38.62	800m: 10:03.61	35.60
49.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>10:04.00</b>	<b>+0,72</b>	<b>517</b>	
	50m: 32.83 32.83	250m: 3:03.35	37.69	450m: 5:36.38	38.11	650m: 8:11.08	38.42
	100m: 1:10.17 37.34	300m: 3:41.36	38.01	500m: 6:15.22	38.84	700m: 8:49.84	38.76
	150m: 1:47.53 37.36	350m: 4:19.60	38.24	550m: 6:53.65	38.43	750m: 9:27.48	37.64
	200m: 2:25.66 38.13	400m: 4:58.27	38.67	600m: 7:32.66	39.01	800m: 10:04.00	36.52
50.	TOME Maria de Castro	02	Sporting de Aveiro	<b>10:05.56</b>	<b>+0,74</b>	<b>513</b>	
	50m: 33.68 33.68	250m: 3:03.44	37.89	450m: 5:36.28	38.08	650m: 8:10.47	38.29
	100m: 1:10.76 37.08	300m: 3:41.56	38.12	500m: 6:14.92	38.64	700m: 8:49.11	38.64
	150m: 1:47.98 37.22	350m: 4:19.85	38.29	550m: 6:53.54	38.62	750m: 9:27.53	38.42
	200m: 2:25.55 37.57	400m: 4:58.20	38.35	600m: 7:32.18	38.64	800m: 10:05.56	38.03
51.	MARCOS Miriam Filipe	01	Louletano / Loule Concelho	<b>10:06.00</b>	<b>+0,72</b>	<b>511</b>	
	50m: 32.94 32.94	250m: 3:01.71	37.60	450m: 5:35.53	38.18	650m: 8:10.27	38.42
	100m: 1:09.43 36.49	300m: 3:40.27	38.56	500m: 6:14.80	39.27	700m: 8:49.13	38.86
	150m: 1:46.13 36.70	350m: 4:18.57	38.30	550m: 6:52.75	37.95	750m: 9:27.86	38.73
	200m: 2:24.11 37.98	400m: 4:57.35	38.78	600m: 7:31.85	39.10	800m: 10:06.00	38.14
52.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	<b>10:15.07</b>	<b>+0,82</b>	<b>489</b>	
	50m: 33.04 33.04	250m: 3:04.48	38.31	450m: 5:40.36	38.82	650m: 8:18.42	39.21
	100m: 1:10.00 36.96	300m: 3:43.68	39.20	500m: 6:19.99	39.63	700m: 8:58.22	39.80
	150m: 1:47.70 37.70	350m: 4:22.34	38.66	550m: 6:59.14	39.15	750m: 9:37.12	38.90
	200m: 2:26.17 38.47	400m: 5:01.54	39.20	600m: 7:39.21	40.07	800m: 10:15.07	37.95
53.	MORGANHO Leonor Alves	04	Alges	<b>10:16.05</b>	<b>+0,82</b>	<b>487</b>	
	50m: 34.49 34.49	250m: 3:08.18	39.05	450m: 5:43.53	39.02	650m: 8:20.74	39.09
	100m: 1:11.97 37.48	300m: 3:47.03	38.85	500m: 6:22.92	39.39	700m: 8:59.59	38.85
	150m: 1:50.44 38.47	350m: 4:25.62	38.59	550m: 7:02.32	39.40	750m: 9:38.41	38.82
	200m: 2:29.13 38.69	400m: 5:04.51	38.89	600m: 7:41.65	39.33	800m: 10:16.05	37.64
54.	HENRIQUES Carolina Porem	04	Sporting	<b>10:16.69</b>	<b>+0,64</b>	<b>485</b>	
	50m: 35.02 35.02	250m: 3:09.35	39.13	450m: 5:45.76	38.84	650m: 8:22.00	39.54
	100m: 1:12.96 37.94	300m: 3:48.76	39.41	500m: 6:24.74	38.98	700m: 9:00.62	38.62
	150m: 1:51.42 38.46	350m: 4:27.92	39.16	550m: 7:03.31	38.57	750m: 9:38.49	37.87
	200m: 2:30.22 38.80	400m: 5:06.92	39.00	600m: 7:42.46	39.15	800m: 10:16.69	38.20
55.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	<b>10:16.82</b>	<b>+0,75</b>	<b>485</b>	
	50m: 34.09 34.09	250m: 3:06.24	38.55	450m: 5:42.81	39.23	650m: 8:20.42	39.49
	100m: 1:11.47 37.38	300m: 3:45.14	38.90	500m: 6:22.50	39.69	700m: 8:59.95	39.53
	150m: 1:49.17 37.70	350m: 4:24.08	38.94	550m: 7:01.83	39.33	750m: 9:39.02	39.07
	200m: 2:27.69 38.52	400m: 5:03.58	39.50	600m: 7:40.93	39.10	800m: 10:16.82	37.80
56.	MONTEIRO Barbara Oliveira	04	Braga	<b>10:17.99</b>	<b>+0,96</b>	<b>482</b>	
	50m: 34.38 34.38	250m: 3:07.54	38.60	450m: 5:44.08	39.24	650m: 8:21.25	38.96
	100m: 1:12.17 37.79	300m: 3:47.01	39.47	500m: 6:23.37	39.29	700m: 9:00.34	39.09
	150m: 1:50.00 37.83	350m: 4:25.53	38.52	550m: 7:02.96	39.59	750m: 9:39.92	39.58
	200m: 2:28.94 38.94	400m: 5:04.84	39.31	600m: 7:42.29	39.33	800m: 10:17.99	38.07

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	GERALDES Madalena Graca	04	Sporting	<b>10:18.17</b>	<b>+0,81</b>	<b>482</b>	
	50m: 33.78 33.78	250m: 3:06.92 38.85	450m: 5:43.86 39.45	650m: 8:21.56 39.89			
	100m: 1:11.04 37.26	300m: 3:45.78 38.86	500m: 6:23.11 39.25	700m: 9:00.50 38.94			
	150m: 1:49.54 38.50	350m: 4:25.25 39.47	550m: 7:02.68 39.57	750m: 9:39.72 39.22			
	200m: 2:28.07 38.53	400m: 5:04.41 39.16	600m: 7:41.67 38.99	800m: 10:18.17 38.45			
58.	RODRIGUES Ana Luisa	03	Louzan Natacao	<b>10:25.79</b>	<b>+0,80</b>	<b>464</b>	
	50m: 33.45 33.45	250m: 3:05.19 39.16	450m: 5:44.50 39.97	650m: 8:26.23 40.48			
	100m: 1:10.06 36.61	300m: 3:44.67 39.48	500m: 6:24.76 40.26	700m: 9:06.93 40.70			
	150m: 1:47.63 37.57	350m: 4:24.50 39.83	550m: 7:05.13 40.37	750m: 9:47.24 40.31			
	200m: 2:26.03 38.40	400m: 5:04.53 40.03	600m: 7:45.75 40.62	800m: 10:25.79 38.55			