

Prova 2 Femin., 800m Livres Juvenis
26-07-2018 - 17:40 Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	9:12.94	+0,66	673	
	50m: 31.27 31.27	250m: 2:49.55	34.54	450m: 5:09.29	34.99	650m: 7:30.54	35.15
	100m: 1:05.86 34.59	300m: 3:24.28	34.73	500m: 5:44.81	35.52	700m: 8:05.68	35.14
	150m: 1:40.17 34.31	350m: 3:59.28	35.00	550m: 6:20.24	35.43	750m: 8:40.49	34.81
	200m: 2:15.01 34.84	400m: 4:34.30	35.02	600m: 6:55.39	35.15	800m: 9:12.94	32.45
2.	MARTINS Joana Ribeiro	03	Benfica	9:25.11	+0,77	631	
	50m: 32.16 32.16	250m: 2:52.63	35.45	450m: 5:15.32	35.39	650m: 7:38.97	36.04
	100m: 1:06.70 34.54	300m: 3:28.24	35.61	500m: 5:50.84	35.52	700m: 8:15.08	36.11
	150m: 1:41.86 35.16	350m: 4:04.04	35.80	550m: 6:26.53	35.69	750m: 8:50.82	35.74
	200m: 2:17.18 35.32	400m: 4:39.93	35.89	600m: 7:02.93	36.40	800m: 9:25.11	34.29
3.	SOARES Carolina Silva	03	Natacao de Valongo	9:28.91	+0,72	618	
	50m: 31.55 31.55	250m: 2:52.88	35.92	450m: 5:16.93	36.53	650m: 7:42.30	36.75
	100m: 1:05.74 34.19	300m: 3:28.70	35.82	500m: 5:53.11	36.18	700m: 8:18.30	36.00
	150m: 1:41.11 35.37	350m: 4:04.58	35.88	550m: 6:29.50	36.39	750m: 8:54.48	36.18
	200m: 2:16.96 35.85	400m: 4:40.40	35.82	600m: 7:05.55	36.05	800m: 9:28.91	34.43
4.	FLORENCIO Matilde Alves	04	CASPAE	9:31.40	+0,73	610	
	50m: 32.49 32.49	250m: 2:54.87	36.12	450m: 5:19.39	36.23	650m: 7:44.38	36.18
	100m: 1:07.07 34.58	300m: 3:30.78	35.91	500m: 5:55.62	36.23	700m: 8:20.55	36.17
	150m: 1:43.12 36.05	350m: 4:07.05	36.27	550m: 6:32.02	36.40	750m: 8:56.63	36.08
	200m: 2:18.75 35.63	400m: 4:43.16	36.11	600m: 7:08.20	36.18	800m: 9:31.40	34.77
5.	MOURA Maria Ferreira	04	Sporting	9:31.58	+0,80	610	
	50m: 32.07 32.07	250m: 2:55.05	36.08	450m: 5:19.33	35.61	650m: 7:44.63	36.45
	100m: 1:07.06 34.99	300m: 3:31.08	36.03	500m: 5:55.41	36.08	700m: 8:21.14	36.51
	150m: 1:42.82 35.76	350m: 4:07.41	36.33	550m: 6:31.59	36.18	750m: 8:56.44	35.30
	200m: 2:18.97 36.15	400m: 4:43.72	36.31	600m: 7:08.18	36.59	800m: 9:31.58	35.14
6.	CRUZ Sara Moura	03	Alges	9:32.16	+0,71	608	
	50m: 32.24 32.24	250m: 2:54.34	35.88	450m: 5:19.28	36.44	650m: 7:45.13	36.81
	100m: 1:07.33 35.09	300m: 3:30.24	35.90	500m: 5:55.53	36.25	700m: 8:21.58	36.45
	150m: 1:42.77 35.44	350m: 4:06.47	36.23	550m: 6:32.10	36.57	750m: 8:57.22	35.64
	200m: 2:18.46 35.69	400m: 4:42.84	36.37	600m: 7:08.32	36.22	800m: 9:32.16	34.94
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	9:34.83	+0,79	599	
	50m: 32.38 32.38	250m: 2:54.28	35.58	450m: 5:19.78	36.34	650m: 7:46.55	36.60
	100m: 1:07.47 35.09	300m: 3:30.71	36.43	500m: 5:56.57	36.79	700m: 8:23.29	36.74
	150m: 1:42.61 35.14	350m: 4:06.96	36.25	550m: 6:33.02	36.45	750m: 8:59.84	36.55
	200m: 2:18.70 36.09	400m: 4:43.44	36.48	600m: 7:09.95	36.93	800m: 9:34.83	34.99
8.	OLIVEIRA Ana Rita	04	Naval Povoense	9:40.84	+0,83	581	
	50m: 31.38 31.38	250m: 2:56.80	37.29	450m: 5:23.84	36.16	650m: 7:52.73	37.31
	100m: 1:06.57 35.19	300m: 3:33.67	36.87	500m: 6:01.13	37.29	700m: 8:29.62	36.89
	150m: 1:42.68 36.11	350m: 4:10.76	37.09	550m: 6:38.23	37.10	750m: 9:05.42	35.80
	200m: 2:19.51 36.83	400m: 4:47.68	36.92	600m: 7:15.42	37.19	800m: 9:40.84	35.42

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:42.36	+0,72	576	
	50m: 32.48 32.48	250m: 3:00.00	36.96	450m: 5:26.34	36.25	650m: 7:54.93	37.06
	100m: 1:09.06 36.58	300m: 3:36.75	36.75	500m: 6:03.48	37.14	700m: 8:31.29	36.36
	150m: 1:46.01 36.95	350m: 4:13.44	36.69	550m: 6:40.82	37.34	750m: 9:07.46	36.17
	200m: 2:23.04 37.03	400m: 4:50.09	36.65	600m: 7:17.87	37.05	800m: 9:42.36	34.90
10.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	9:43.29	+0,71	574	
	50m: 31.87 31.87	250m: 2:54.29	36.07	450m: 5:22.05	37.62	650m: 7:53.66	38.24
	100m: 1:06.80 34.93	300m: 3:30.53	36.24	500m: 5:59.64	37.59	700m: 8:31.56	37.90
	150m: 1:42.57 35.77	350m: 4:07.39	36.86	550m: 6:37.81	38.17	750m: 9:09.16	37.60
	200m: 2:18.22 35.65	400m: 4:44.43	37.04	600m: 7:15.42	37.61	800m: 9:43.29	34.13
11.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:44.20	+0,80	571	
	50m: 32.99 32.99	250m: 2:59.88	37.26	450m: 5:28.78	37.18	650m: 7:57.13	36.83
	100m: 1:08.95 35.96	300m: 3:37.25	37.37	500m: 6:06.40	37.62	700m: 8:34.04	36.91
	150m: 1:45.58 36.63	350m: 4:14.29	37.04	550m: 6:43.15	36.75	750m: 9:09.78	35.74
	200m: 2:22.62 37.04	400m: 4:51.60	37.31	600m: 7:20.30	37.15	800m: 9:44.20	34.42
12.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:46.28	+0,82	565	
	50m: 32.49 32.49	250m: 2:59.27	37.24	450m: 5:29.10	37.49	650m: 7:57.96	36.86
	100m: 1:08.11 35.62	300m: 3:36.79	37.52	500m: 6:06.38	37.28	700m: 8:35.47	37.51
	150m: 1:44.82 36.71	350m: 4:14.22	37.43	550m: 6:43.65	37.27	750m: 9:11.57	36.10
	200m: 2:22.03 37.21	400m: 4:51.61	37.39	600m: 7:21.10	37.45	800m: 9:46.28	34.71
13.	SOUSA Ines Matos	03	Uniao Coimbra	9:46.97	+0,77	563	
	50m: 32.63 32.63	250m: 2:57.87	36.56	450m: 5:26.40	36.95	650m: 7:55.89	37.19
	100m: 1:08.41 35.78	300m: 3:34.87	37.00	500m: 6:04.00	37.60	700m: 8:33.65	37.76
	150m: 1:44.37 35.96	350m: 4:11.96	37.09	550m: 6:40.98	36.98	750m: 9:10.35	36.70
	200m: 2:21.31 36.94	400m: 4:49.45	37.49	600m: 7:18.70	37.72	800m: 9:46.97	36.62
14.	PINHO Carolina Teixeira	04	Porto	9:47.40	+0,69	562	
	50m: 32.21 32.21	250m: 2:55.49	36.32	450m: 5:24.56	37.52	650m: 7:54.45	37.46
	100m: 1:07.23 35.02	300m: 3:32.50	37.01	500m: 6:02.14	37.58	700m: 8:32.24	37.79
	150m: 1:43.05 35.82	350m: 4:09.70	37.20	550m: 6:39.32	37.18	750m: 9:09.96	37.72
	200m: 2:19.17 36.12	400m: 4:47.04	37.34	600m: 7:16.99	37.67	800m: 9:47.40	37.44
15.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	9:53.21	+0,79	545	
	50m: 32.48 32.48	250m: 2:57.45	36.29	450m: 5:26.92	37.01	650m: 7:59.75	38.28
	100m: 1:08.25 35.77	300m: 3:34.64	37.19	500m: 6:04.86	37.94	700m: 8:38.71	38.96
	150m: 1:44.29 36.04	350m: 4:12.02	37.38	550m: 6:42.93	38.07	750m: 9:16.41	37.70
	200m: 2:21.16 36.87	400m: 4:49.91	37.89	600m: 7:21.47	38.54	800m: 9:53.21	36.80
16.	PIRES Beatriz Almeida	03	Uniao Coimbra	9:54.97	+0,83	540	
	50m: 34.70 34.70	250m: 3:03.62	36.89	450m: 5:33.37	37.44	650m: 8:03.96	37.82
	100m: 1:11.98 37.28	300m: 3:41.08	37.46	500m: 6:11.04	37.67	700m: 8:41.72	37.76
	150m: 1:49.74 37.76	350m: 4:18.18	37.10	550m: 6:48.66	37.62	750m: 9:19.14	37.42
	200m: 2:26.73 36.99	400m: 4:55.93	37.75	600m: 7:26.14	37.48	800m: 9:54.97	35.83
17.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:55.12	+0,75	540	
	50m: 33.49 33.49	250m: 3:04.18	37.99	450m: 5:34.78	36.95	650m: 8:04.97	37.58
	100m: 1:10.21 36.72	300m: 3:41.77	37.59	500m: 6:12.38	37.60	700m: 8:42.21	37.24
	150m: 1:48.26 38.05	350m: 4:19.82	38.05	550m: 6:49.83	37.45	750m: 9:19.19	36.98
	200m: 2:26.19 37.93	400m: 4:57.83	38.01	600m: 7:27.39	37.56	800m: 9:55.12	35.93

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	VIANA Margarida Violante	04	Ba/Bomcar	9:55.86		538	
	50m: 34.57 34.57	250m: 3:04.86 37.95	450m: 5:36.53 37.88	650m: 8:07.08 37.31			
	100m: 1:11.76 37.19	300m: 3:42.88 38.02	500m: 6:14.13 37.60	700m: 8:44.10 37.02			
	150m: 1:49.47 37.71	350m: 4:20.74 37.86	550m: 6:52.07 37.94	750m: 9:21.14 37.04			
	200m: 2:26.91 37.44	400m: 4:58.65 37.91	600m: 7:29.77 37.70	800m: 9:55.86 34.72			
19.	SILVA Ines Martins	04	Vilacondense	9:55.99	+0,91	538	
	50m: 33.15 33.15	250m: 3:02.16 38.10	450m: 5:33.49 37.89	650m: 8:05.47 38.01			
	100m: 1:09.05 35.90	300m: 3:39.21 37.05	500m: 6:11.04 37.55	700m: 8:43.51 38.04			
	150m: 1:46.24 37.19	350m: 4:17.71 38.50	550m: 6:49.42 38.38	750m: 9:20.93 37.42			
	200m: 2:24.06 37.82	400m: 4:55.60 37.89	600m: 7:27.46 38.04	800m: 9:55.99 35.06			
20.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	9:56.01	+0,82	538	
	50m: 31.98 31.98	250m: 3:00.87 38.09	450m: 5:33.17 38.14	650m: 8:04.66 37.67			
	100m: 1:08.32 36.34	300m: 3:38.99 38.12	500m: 6:11.20 38.03	700m: 8:42.58 37.92			
	150m: 1:45.19 36.87	350m: 4:16.76 37.77	550m: 6:48.91 37.71	750m: 9:20.23 37.65			
	200m: 2:22.78 37.59	400m: 4:55.03 38.27	600m: 7:26.99 38.08	800m: 9:56.01 35.78			
21.	BARBOSA Adriana Freixo	03	Viana Natacao	9:57.74	+0,95	533	
	50m: 33.54 33.54	250m: 3:03.35 37.79	450m: 5:34.99 37.62	650m: 8:07.18 37.41			
	100m: 1:10.32 36.78	300m: 3:40.82 37.47	500m: 6:13.04 38.05	700m: 8:45.49 38.31			
	150m: 1:47.55 37.23	350m: 4:19.00 38.18	550m: 6:50.91 37.87	750m: 9:22.92 37.43			
	200m: 2:25.56 38.01	400m: 4:57.37 38.37	600m: 7:29.77 38.86	800m: 9:57.74 34.82			
22.	FONSECA Laura Luz	03	Naval de Ponta Delgada	9:57.76	+0,78	533	
	50m: 32.68 32.68	250m: 3:01.89 37.78	450m: 5:34.58 38.07	650m: 8:07.00 37.63			
	100m: 1:09.25 36.57	300m: 3:40.13 38.24	500m: 6:13.18 38.60	700m: 8:45.42 38.42			
	150m: 1:46.24 36.99	350m: 4:17.87 37.74	550m: 6:50.92 37.74	750m: 9:22.32 36.90			
	200m: 2:24.11 37.87	400m: 4:56.51 38.64	600m: 7:29.37 38.45	800m: 9:57.76 35.44			
23.	MONTEIRO Barbara Oliveira	04	Braga	9:59.00	+0,96	530	
	50m: 33.56 33.56	250m: 3:02.25 37.71	450m: 5:34.07 37.74	650m: 8:06.37 38.48			
	100m: 1:09.88 36.32	300m: 3:40.14 37.89	500m: 6:11.99 37.92	700m: 8:44.77 38.40			
	150m: 1:47.28 37.40	350m: 4:18.48 38.34	550m: 6:50.22 38.23	750m: 9:23.28 38.51			
	200m: 2:24.54 37.26	400m: 4:56.33 37.85	600m: 7:27.89 37.67	800m: 9:59.00 35.72			
24.	JESUS Leonor Santos	04	Natacao Olhao	9:59.82	+0,88	527	
	50m: 34.74 34.74	250m: 3:02.86 37.29	450m: 5:32.60 38.18	650m: 8:05.57 39.06			
	100m: 1:11.65 36.91	300m: 3:39.79 36.93	500m: 6:10.21 37.61	700m: 8:44.47 38.90			
	150m: 1:48.89 37.24	350m: 4:17.19 37.40	550m: 6:48.49 38.28	750m: 9:23.17 38.70			
	200m: 2:25.57 36.68	400m: 4:54.42 37.23	600m: 7:26.51 38.02	800m: 9:59.82 36.65			
25.	AMANTES Beatriz Quintao	03	Uniao Piedense	10:01.33	+0,83	523	
	50m: 33.38 33.38	250m: 3:02.71 37.38	450m: 5:33.86 37.38	650m: 8:07.95 38.94			
	100m: 1:10.15 36.77	300m: 3:40.31 37.60	500m: 6:12.16 38.30	700m: 8:46.14 38.19			
	150m: 1:47.77 37.62	350m: 4:18.58 38.27	550m: 6:50.45 38.29	750m: 9:24.78 38.64			
	200m: 2:25.33 37.56	400m: 4:56.48 37.90	600m: 7:29.01 38.56	800m: 10:01.33 36.55			
26.	PIRES Filipa Almeida	03	Uniao Coimbra	10:02.24	+0,85	521	
	50m: 33.95 33.95	250m: 3:05.80 38.14	450m: 5:38.04 37.75	650m: 8:10.74 38.45			
	100m: 1:11.14 37.19	300m: 3:44.02 38.22	500m: 6:15.88 37.84	700m: 8:48.83 38.09			
	150m: 1:49.23 38.09	350m: 4:21.94 37.92	550m: 6:54.02 38.14	750m: 9:26.13 37.30			
	200m: 2:27.66 38.43	400m: 5:00.29 38.35	600m: 7:32.29 38.27	800m: 10:02.24 36.11			

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MARQUES Maria Alexandra	04	Albicastrense	10:03.69	+0,73	517	
	50m: 34.80 34.80	250m: 3:07.93 38.58	450m: 5:40.48 37.23	650m: 8:12.21 37.93			
	100m: 1:12.43 37.63	300m: 3:46.33 38.40	500m: 6:18.36 37.88	700m: 8:49.84 37.63			
	150m: 1:50.75 38.32	350m: 4:24.99 38.66	550m: 6:56.31 37.95	750m: 9:27.09 37.25			
	200m: 2:29.35 38.60	400m: 5:03.25 38.26	600m: 7:34.28 37.97	800m: 10:03.69 36.60			
28.	NARRA Vera Figueiredo	04	Amadora	10:04.48	+0,66	515	
	50m: 33.43 33.43	250m: 3:04.43 37.97	450m: 5:34.06 37.44	650m: 8:04.11 37.50			
	100m: 1:10.06 36.63	300m: 3:42.25 37.82	500m: 6:11.27 37.21	700m: 8:40.28 36.17			
	150m: 1:48.10 38.04	350m: 4:19.04 36.79	550m: 6:48.83 37.56	750m: 9:28.26 47.98			
	200m: 2:26.46 38.36	400m: 4:56.62 37.58	600m: 7:26.61 37.78	800m: 10:04.48 36.22			
29.	PAIS Matilde Vieira	03	Galitos / Bresimar	10:04.78	+0,86	515	
	50m: 33.04 33.04	250m: 3:01.34 37.16	450m: 5:33.49 38.19	650m: 8:08.61 39.50			
	100m: 1:09.19 36.15	300m: 3:39.02 37.68	500m: 6:11.85 38.36	700m: 8:47.93 39.32			
	150m: 1:46.38 37.19	350m: 4:16.87 37.85	550m: 6:50.47 38.62	750m: 9:27.12 39.19			
	200m: 2:24.18 37.80	400m: 4:55.30 38.43	600m: 7:29.11 38.64	800m: 10:04.78 37.66			
30.	FREIXIEIRO Beatriz Maria	04	Rio Maior	10:04.82	+0,77	514	
	50m: 32.73 32.73	250m: 3:03.98 37.72	450m: 5:37.36 38.63	650m: 8:11.55 38.70			
	100m: 1:09.66 36.93	300m: 3:42.19 38.21	500m: 6:15.73 38.37	700m: 8:50.32 38.77			
	150m: 1:48.11 38.45	350m: 4:20.51 38.32	550m: 6:54.27 38.54	750m: 9:28.52 38.20			
	200m: 2:26.26 38.15	400m: 4:58.73 38.22	600m: 7:32.85 38.58	800m: 10:04.82 36.30			
31.	TROIA Beatriz Rosa	04	Vilacondense	10:05.75	+0,70	512	
	50m: 34.05 34.05	250m: 3:06.08 38.68	450m: 5:39.83 38.07	650m: 8:13.30 38.99			
	100m: 1:10.97 36.92	300m: 3:44.63 38.55	500m: 6:17.09 37.26	700m: 8:52.30 39.00			
	150m: 1:48.96 37.99	350m: 4:22.83 38.20	550m: 6:55.89 38.80	750m: 9:30.17 37.87			
	200m: 2:27.40 38.44	400m: 5:01.76 38.93	600m: 7:34.31 38.42	800m: 10:05.75 35.58			
32.	INACIO Marta Macedo	04	Sporting	10:05.80	+0,78	512	
	50m: 33.35 33.35	250m: 3:02.09 37.92	450m: 5:35.51 38.78	650m: 8:10.04 38.35			
	100m: 1:09.31 35.96	300m: 3:40.21 38.12	500m: 6:14.22 38.71	700m: 8:48.82 38.78			
	150m: 1:46.76 37.45	350m: 4:18.51 38.30	550m: 6:53.12 38.90	750m: 9:27.48 38.66			
	200m: 2:24.17 37.41	400m: 4:56.73 38.22	600m: 7:31.69 38.57	800m: 10:05.80 38.32			
33.	PACHECO Maria Manuel	03	Naval de Ponta Delgada	10:06.19	+0,74	511	
	50m: 33.87 33.87	250m: 3:05.63 38.33	450m: 5:39.93 38.19	650m: 8:12.85 38.09			
	100m: 1:10.86 36.99	300m: 3:44.19 38.56	500m: 6:18.08 38.15	700m: 8:51.35 38.50			
	150m: 1:48.85 37.99	350m: 4:23.04 38.85	550m: 6:56.48 38.40	750m: 9:29.74 38.39			
	200m: 2:27.30 38.45	400m: 5:01.74 38.70	600m: 7:34.76 38.28	800m: 10:06.19 36.45			
34.	CAMBAS Ema Miranda	03	Naval Povoense	10:06.54	+0,81	510	
	50m: 33.90 33.90	250m: 3:05.76 38.14	450m: 5:38.86 38.75	650m: 8:13.21 38.86			
	100m: 1:11.46 37.56	300m: 3:43.57 37.81	500m: 6:17.14 38.28	700m: 8:51.62 38.41			
	150m: 1:49.62 38.16	350m: 4:21.91 38.34	550m: 6:55.75 38.61	750m: 9:29.90 38.28			
	200m: 2:27.62 38.00	400m: 5:00.11 38.20	600m: 7:34.35 38.60	800m: 10:06.54 36.64			
35.	SIMOES Rita Mendes	04	Ba/Bomcar	10:07.67	+0,85	507	
	50m: 34.71 34.71	250m: 3:08.50 38.68	450m: 5:41.67 38.16	650m: 8:15.95 38.55			
	100m: 1:12.77 38.06	300m: 3:46.81 38.31	500m: 6:20.04 38.37	700m: 8:54.06 38.11			
	150m: 1:51.20 38.43	350m: 4:25.15 38.34	550m: 6:58.95 38.91	750m: 9:31.84 37.78			
	200m: 2:29.82 38.62	400m: 5:03.51 38.36	600m: 7:37.40 38.45	800m: 10:07.67 35.83			

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	LOPES Raquel Raposo	04	Cova da Piedade	10:08.25	+0,83	506	
	50m: 34.25 34.25	250m: 3:07.12	38.64	450m: 5:41.08	38.28	650m: 8:14.96	38.20
	100m: 1:11.71 37.46	300m: 3:45.75	38.63	500m: 6:19.62	38.54	700m: 8:53.58	38.62
	150m: 1:49.97 38.26	350m: 4:24.10	38.35	550m: 6:57.96	38.34	750m: 9:31.22	37.64
	200m: 2:28.48 38.51	400m: 5:02.80	38.70	600m: 7:36.76	38.80	800m: 10:08.25	37.03
37.	ALVES Maria Francisca	04	Ba/Bomcar	10:08.59	+0,69	505	
	50m: 32.89 32.89	250m: 3:01.95	37.86	450m: 5:36.02	38.70	650m: 8:12.82	39.44
	100m: 1:09.97 37.08	300m: 3:40.12	38.17	500m: 6:15.14	39.12	700m: 8:52.35	39.53
	150m: 1:46.74 36.77	350m: 4:18.59	38.47	550m: 6:54.08	38.94	750m: 9:31.11	38.76
	200m: 2:24.09 37.35	400m: 4:57.32	38.73	600m: 7:33.38	39.30	800m: 10:08.59	37.48
38.	MARTINS Ines Correia	04	Porto	10:08.87	+0,73	504	
	50m: 34.35 34.35	250m: 3:05.44	38.33	450m: 5:38.52	38.42	650m: 8:13.97	38.89
	100m: 1:11.48 37.13	300m: 3:43.36	37.92	500m: 6:17.29	38.77	700m: 8:53.22	39.25
	150m: 1:49.41 37.93	350m: 4:21.50	38.14	550m: 6:56.49	39.20	750m: 9:31.81	38.59
	200m: 2:27.11 37.70	400m: 5:00.10	38.60	600m: 7:35.08	38.59	800m: 10:08.87	37.06
39.	PEREIRA Anais Cloe	04	Sporting	10:13.20	+0,73	494	
	50m: 34.95 34.95	250m: 3:10.10	39.16	450m: 5:45.75	38.43	650m: 8:20.47	38.96
	100m: 1:12.83 37.88	300m: 3:49.34	39.24	500m: 6:24.06	38.31	700m: 8:59.11	38.64
	150m: 1:51.76 38.93	350m: 4:28.56	39.22	550m: 7:02.87	38.81	750m: 9:36.63	37.52
	200m: 2:30.94 39.18	400m: 5:07.32	38.76	600m: 7:41.51	38.64	800m: 10:13.20	36.57
40.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	10:13.38	+0,95	493	
	50m: 34.94 34.94	250m: 3:08.93	38.91	450m: 5:43.20	37.97	650m: 8:19.47	39.09
	100m: 1:12.78 37.84	300m: 3:48.05	39.12	500m: 6:22.27	39.07	700m: 8:58.25	38.78
	150m: 1:51.66 38.88	350m: 4:26.85	38.80	550m: 7:01.56	39.29	750m: 9:36.84	38.59
	200m: 2:30.02 38.36	400m: 5:05.23	38.38	600m: 7:40.38	38.82	800m: 10:13.38	36.54
41.	REIS Maria Joao	04	Nautico Marinha Grande	10:14.48	+0,73	491	
	50m: 34.59 34.59	250m: 3:11.01	39.72	450m: 5:48.37	39.82	650m: 8:24.75	38.83
	100m: 1:12.89 38.30	300m: 3:50.23	39.22	500m: 6:27.54	39.17	700m: 9:02.83	38.08
	150m: 1:52.58 39.69	350m: 4:29.54	39.31	550m: 7:06.85	39.31	750m: 9:39.49	36.66
	200m: 2:31.29 38.71	400m: 5:08.55	39.01	600m: 7:45.92	39.07	800m: 10:14.48	34.99
42.	PINHEIRO Ines Mariana	03	Academica de Coimbra	10:14.53	+0,67	490	
	50m: 32.62 32.62	250m: 3:05.62	39.16	450m: 5:41.95	38.83	650m: 8:18.34	38.38
	100m: 1:09.45 36.83	300m: 3:44.50	38.88	500m: 6:21.56	39.61	700m: 8:57.76	39.42
	150m: 1:47.94 38.49	350m: 4:23.45	38.95	550m: 7:00.44	38.88	750m: 9:36.76	39.00
	200m: 2:26.46 38.52	400m: 5:03.12	39.67	600m: 7:39.96	39.52	800m: 10:14.53	37.77
43.	GALANTE Ines Carvalho	04	Vilacondense	10:15.30	+0,81	489	
	50m: 33.59 33.59	250m: 3:07.41	38.42	450m: 5:43.05	38.57	650m: 8:19.87	38.81
	100m: 1:11.75 38.16	300m: 3:46.54	39.13	500m: 6:22.60	39.55	700m: 8:59.68	39.81
	150m: 1:50.28 38.53	350m: 4:24.90	38.36	550m: 7:01.32	38.72	750m: 9:37.69	38.01
	200m: 2:28.99 38.71	400m: 5:04.48	39.58	600m: 7:41.06	39.74	800m: 10:15.30	37.61
44.	LIMA Eduarda Filipa	04	Vilacondense	10:15.79	+0,92	487	
	50m: 33.68 33.68	250m: 3:06.61	38.89	450m: 5:43.21	39.24	650m: 8:20.84	39.80
	100m: 1:11.06 37.38	300m: 3:45.40	38.79	500m: 6:22.42	39.21	700m: 8:59.58	38.74
	150m: 1:49.51 38.45	350m: 4:24.74	39.34	550m: 7:01.35	38.93	750m: 9:38.24	38.66
	200m: 2:27.72 38.21	400m: 5:03.97	39.23	600m: 7:41.04	39.69	800m: 10:15.79	37.55

Prova 2, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
45.	GERALDES Madalena Graca	04	Sporting	10:15.81	+0,82	487	
	50m: 34.03 34.03 250m: 3:06.99 38.83 450m: 5:43.18 39.38 650m: 8:20.88 39.57						
	100m: 1:11.84 37.81 300m: 3:45.50 38.51 500m: 6:21.92 38.74 700m: 9:00.34 39.46						
	150m: 1:50.20 38.36 350m: 4:24.55 39.05 550m: 7:01.86 39.94 750m: 9:39.03 38.69						
	200m: 2:28.16 37.96 400m: 5:03.80 39.25 600m: 7:41.31 39.45 800m: 10:15.81 36.78						
46.	CARVALHO Beatriz Moreira	03	Rio Maior	10:18.92	+0,82	480	
	50m: 34.25 34.25 250m: 3:06.41 38.82 450m: 5:42.95 39.18 650m: 8:20.95 39.95						
	100m: 1:11.19 36.94 300m: 3:45.31 38.90 500m: 6:22.31 39.36 700m: 9:00.12 39.17						
	150m: 1:49.37 38.18 350m: 4:24.49 39.18 550m: 7:01.36 39.05 750m: 9:40.00 39.88						
	200m: 2:27.59 38.22 400m: 5:03.77 39.28 600m: 7:41.00 39.64 800m: 10:18.92 38.92						
47.	CORREIA Beatriz Santos	04	Academico Viseu	10:24.51	+0,87	467	
	50m: 33.49 33.49 250m: 3:10.09 39.79 450m: 5:50.05 40.29 650m: 8:28.35 39.40						
	100m: 1:11.70 38.21 300m: 3:50.26 40.17 500m: 6:29.73 39.68 700m: 9:07.97 39.62						
	150m: 1:50.63 38.93 350m: 4:30.33 40.07 550m: 7:09.33 39.60 750m: 9:46.68 38.71						
	200m: 2:30.30 39.67 400m: 5:09.76 39.43 600m: 7:48.95 39.62 800m: 10:24.51 37.83						
48.	ALVES Ines Sofia	04	Portinado	10:26.37	+0,80	463	
	50m: 32.77 32.77 250m: 3:07.85 39.21 450m: 5:47.72 40.01 650m: 8:28.01 39.73						
	100m: 1:10.58 37.81 300m: 3:47.40 39.55 500m: 6:28.09 40.37 700m: 9:08.33 40.32						
	150m: 1:49.23 38.65 350m: 4:27.40 40.00 550m: 7:08.09 40.00 750m: 9:47.40 39.07						
	200m: 2:28.64 39.41 400m: 5:07.71 40.31 600m: 7:48.28 40.19 800m: 10:26.37 38.97						
49.	MORGANHO Leonor Alves	04	Alges	10:28.30	+0,87	459	
	50m: 34.96 34.96 250m: 3:11.30 39.18 450m: 5:50.11 39.86 650m: 8:29.79 40.02						
	100m: 1:13.42 38.46 300m: 3:50.93 39.63 500m: 6:29.64 39.53 700m: 9:09.74 39.95						
	150m: 1:52.84 39.42 350m: 4:30.68 39.75 550m: 7:09.82 40.18 750m: 9:49.70 39.96						
	200m: 2:32.12 39.28 400m: 5:10.25 39.57 600m: 7:49.77 39.95 800m: 10:28.30 38.60						
50.	TROIA Barbara Daniela	04	Vilacondense	10:30.58	+0,74	454	
	50m: 34.17 34.17 250m: 3:10.31 40.28 450m: 4:33.98 650m: 8:33.68 40.57						
	100m: 1:11.47 37.30 300m: 3:50.60 40.29 500m: 6:32.66 1:58.68 700m: 9:14.10 40.42						
	150m: 1:50.69 39.22 350m: 4:31.58 40.98 550m: 5:52.64 750m: 9:54.01 39.91						
	200m: 2:30.03 39.34 400m: 5:12.09 40.51 600m: 7:53.11 2:00.47 800m: 10:30.58 36.57						
51.	LIGEIRO Daniela Silva	04	Viana Natacao	10:37.82	+0,83	439	
	50m: 34.24 34.24 250m: 3:13.06 39.73 450m: 5:55.38 40.56 650m: 8:38.04 40.75						
	100m: 1:13.22 38.98 300m: 3:53.55 40.49 500m: 6:35.88 40.50 700m: 9:18.85 40.81						
	150m: 1:52.81 39.59 350m: 4:34.01 40.46 550m: 7:16.04 40.16 750m: 9:57.96 39.11						
	200m: 2:33.33 40.52 400m: 5:14.82 40.81 600m: 7:57.29 41.25 800m: 10:37.82 39.86						
52.	FERNANDES Maria Elias	04	Desportiva de Viana	10:39.65	+0,96	435	
	50m: 34.25 34.25 250m: 3:14.02 40.59 450m: 5:56.47 40.42 650m: 8:40.22 41.08						
	100m: 1:13.07 38.82 300m: 3:54.64 40.62 500m: 6:37.31 40.84 700m: 9:20.78 40.56						
	150m: 1:53.19 40.12 350m: 4:35.15 40.51 550m: 7:18.37 41.06 750m: 10:00.79 40.01						
	200m: 2:33.43 40.24 400m: 5:16.05 40.90 600m: 7:59.14 40.77 800m: 10:39.65 38.86						
53.	MENDES Ana Sebastiao	04	Portinado	10:50.73	+0,63	413	
	50m: 33.93 33.93 250m: 3:14.78 41.66 450m: 6:02.09 42.33 650m: 8:47.70 41.69						
	100m: 1:12.36 38.43 300m: 3:56.05 41.27 500m: 6:43.17 41.08 700m: 9:29.75 42.05						
	150m: 1:51.96 39.60 350m: 4:37.90 41.85 550m: 7:25.13 41.96 750m: 10:11.23 41.48						
	200m: 2:33.12 41.16 400m: 5:19.76 41.86 600m: 8:06.01 40.88 800m: 10:50.73 39.50						

Prova 2, Femin., 800m Livres

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Juvenis B
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FLORENCIO Matilde Alves	04	CASPAE	9:31.40	+0,73	610	
	50m: 32.49 32.49	250m: 2:54.87	36.12	450m: 5:19.39	36.23	650m: 7:44.38	36.18
	100m: 1:07.07 34.58	300m: 3:30.78	35.91	500m: 5:55.62	36.23	700m: 8:20.55	36.17
	150m: 1:43.12 36.05	350m: 4:07.05	36.27	550m: 6:32.02	36.40	750m: 8:56.63	36.08
	200m: 2:18.75 35.63	400m: 4:43.16	36.11	600m: 7:08.20	36.18	800m: 9:31.40	34.77
2.	MOURA Maria Ferreira	04	Sporting	9:31.58	+0,80	610	
	50m: 32.07 32.07	250m: 2:55.05	36.08	450m: 5:19.33	35.61	650m: 7:44.63	36.45
	100m: 1:07.06 34.99	300m: 3:31.08	36.03	500m: 5:55.41	36.08	700m: 8:21.14	36.51
	150m: 1:42.82 35.76	350m: 4:07.41	36.33	550m: 6:31.59	36.18	750m: 8:56.44	35.30
	200m: 2:18.97 36.15	400m: 4:43.72	36.31	600m: 7:08.18	36.59	800m: 9:31.58	35.14
3.	OLIVEIRA Ana Rita	04	Naval Povoense	9:40.84	+0,83	581	
	50m: 31.38 31.38	250m: 2:56.80	37.29	450m: 5:23.84	36.16	650m: 7:52.73	37.31
	100m: 1:06.57 35.19	300m: 3:33.67	36.87	500m: 6:01.13	37.29	700m: 8:29.62	36.89
	150m: 1:42.68 36.11	350m: 4:10.76	37.09	550m: 6:38.23	37.10	750m: 9:05.42	35.80
	200m: 2:19.51 36.83	400m: 4:47.68	36.92	600m: 7:15.42	37.19	800m: 9:40.84	35.42
4.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:42.36	+0,72	576	
	50m: 32.48 32.48	250m: 3:00.00	36.96	450m: 5:26.34	36.25	650m: 7:54.93	37.06
	100m: 1:09.06 36.58	300m: 3:36.75	36.75	500m: 6:03.48	37.14	700m: 8:31.29	36.36
	150m: 1:46.01 36.95	350m: 4:13.44	36.69	550m: 6:40.82	37.34	750m: 9:07.46	36.17
	200m: 2:23.04 37.03	400m: 4:50.09	36.65	600m: 7:17.87	37.05	800m: 9:42.36	34.90
5.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	9:43.29	+0,71	574	
	50m: 31.87 31.87	250m: 2:54.29	36.07	450m: 5:22.05	37.62	650m: 7:53.66	38.24
	100m: 1:06.80 34.93	300m: 3:30.53	36.24	500m: 5:59.64	37.59	700m: 8:31.56	37.90
	150m: 1:42.57 35.77	350m: 4:07.39	36.86	550m: 6:37.81	38.17	750m: 9:09.16	37.60
	200m: 2:18.22 35.65	400m: 4:44.43	37.04	600m: 7:15.42	37.61	800m: 9:43.29	34.13
6.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:44.20	+0,80	571	
	50m: 32.99 32.99	250m: 2:59.88	37.26	450m: 5:28.78	37.18	650m: 7:57.13	36.83
	100m: 1:08.95 35.96	300m: 3:37.25	37.37	500m: 6:06.40	37.62	700m: 8:34.04	36.91
	150m: 1:45.58 36.63	350m: 4:14.29	37.04	550m: 6:43.15	36.75	750m: 9:09.78	35.74
	200m: 2:22.62 37.04	400m: 4:51.60	37.31	600m: 7:20.30	37.15	800m: 9:44.20	34.42
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:46.28	+0,82	565	
	50m: 32.49 32.49	250m: 2:59.27	37.24	450m: 5:29.10	37.49	650m: 7:57.96	36.86
	100m: 1:08.11 35.62	300m: 3:36.79	37.52	500m: 6:06.38	37.28	700m: 8:35.47	37.51
	150m: 1:44.82 36.71	350m: 4:14.22	37.43	550m: 6:43.65	37.27	750m: 9:11.57	36.10
	200m: 2:22.03 37.21	400m: 4:51.61	37.39	600m: 7:21.10	37.45	800m: 9:46.28	34.71
8.	PINHO Carolina Teixeira	04	Porto	9:47.40	+0,69	562	
	50m: 32.21 32.21	250m: 2:55.49	36.32	450m: 5:24.56	37.52	650m: 7:54.45	37.46
	100m: 1:07.23 35.02	300m: 3:32.50	37.01	500m: 6:02.14	37.58	700m: 8:32.24	37.79
	150m: 1:43.05 35.82	350m: 4:09.70	37.20	550m: 6:39.32	37.18	750m: 9:09.96	37.72
	200m: 2:19.17 36.12	400m: 4:47.04	37.34	600m: 7:16.99	37.67	800m: 9:47.40	37.44

Prova 2, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:55.12	+0,75	540	
	50m: 33.49 33.49	250m: 3:04.18 37.99	450m: 5:34.78 36.95	650m: 8:04.97 37.58			
	100m: 1:10.21 36.72	300m: 3:41.77 37.59	500m: 6:12.38 37.60	700m: 8:42.21 37.24			
	150m: 1:48.26 38.05	350m: 4:19.82 38.05	550m: 6:49.83 37.45	750m: 9:19.19 36.98			
	200m: 2:26.19 37.93	400m: 4:57.83 38.01	600m: 7:27.39 37.56	800m: 9:55.12 35.93			
10.	VIANA Margarida Violante	04	Ba/Bomcar	9:55.86		538	
	50m: 34.57 34.57	250m: 3:04.86 37.95	450m: 5:36.53 37.88	650m: 8:07.08 37.31			
	100m: 1:11.76 37.19	300m: 3:42.88 38.02	500m: 6:14.13 37.60	700m: 8:44.10 37.02			
	150m: 1:49.47 37.71	350m: 4:20.74 37.86	550m: 6:52.07 37.94	750m: 9:21.14 37.04			
	200m: 2:26.91 37.44	400m: 4:58.65 37.91	600m: 7:29.77 37.70	800m: 9:55.86 34.72			
11.	SILVA Ines Martins	04	Vilacondense	9:55.99	+0,91	538	
	50m: 33.15 33.15	250m: 3:02.16 38.10	450m: 5:33.49 37.89	650m: 8:05.47 38.01			
	100m: 1:09.05 35.90	300m: 3:39.21 37.05	500m: 6:11.04 37.55	700m: 8:43.51 38.04			
	150m: 1:46.24 37.19	350m: 4:17.71 38.50	550m: 6:49.42 38.38	750m: 9:20.93 37.42			
	200m: 2:24.06 37.82	400m: 4:55.60 37.89	600m: 7:27.46 38.04	800m: 9:55.99 35.06			
12.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	9:56.01	+0,82	538	
	50m: 31.98 31.98	250m: 3:00.87 38.09	450m: 5:33.17 38.14	650m: 8:04.66 37.67			
	100m: 1:08.32 36.34	300m: 3:38.99 38.12	500m: 6:11.20 38.03	700m: 8:42.58 37.92			
	150m: 1:45.19 36.87	350m: 4:16.76 37.77	550m: 6:48.91 37.71	750m: 9:20.23 37.65			
	200m: 2:22.78 37.59	400m: 4:55.03 38.27	600m: 7:26.99 38.08	800m: 9:56.01 35.78			
13.	MONTEIRO Barbara Oliveira	04	Braga	9:59.00	+0,96	530	
	50m: 33.56 33.56	250m: 3:02.25 37.71	450m: 5:34.07 37.74	650m: 8:06.37 38.48			
	100m: 1:09.88 36.32	300m: 3:40.14 37.89	500m: 6:11.99 37.92	700m: 8:44.77 38.40			
	150m: 1:47.28 37.40	350m: 4:18.48 38.34	550m: 6:50.22 38.23	750m: 9:23.28 38.51			
	200m: 2:24.54 37.26	400m: 4:56.33 37.85	600m: 7:27.89 37.67	800m: 9:59.00 35.72			
14.	JESUS Leonor Santos	04	Natacao Olhao	9:59.82	+0,88	527	
	50m: 34.74 34.74	250m: 3:02.86 37.29	450m: 5:32.60 38.18	650m: 8:05.57 39.06			
	100m: 1:11.65 36.91	300m: 3:39.79 36.93	500m: 6:10.21 37.61	700m: 8:44.47 38.90			
	150m: 1:48.89 37.24	350m: 4:17.19 37.40	550m: 6:48.49 38.28	750m: 9:23.17 38.70			
	200m: 2:25.57 36.68	400m: 4:54.42 37.23	600m: 7:26.51 38.02	800m: 9:59.82 36.65			
15.	MARQUES Maria Alexandra	04	Albicastrense	10:03.69	+0,73	517	
	50m: 34.80 34.80	250m: 3:07.93 38.58	450m: 5:40.48 37.23	650m: 8:12.21 37.93			
	100m: 1:12.43 37.63	300m: 3:46.33 38.40	500m: 6:18.36 37.88	700m: 8:49.84 37.63			
	150m: 1:50.75 38.32	350m: 4:24.99 38.66	550m: 6:56.31 37.95	750m: 9:27.09 37.25			
	200m: 2:29.35 38.60	400m: 5:03.25 38.26	600m: 7:34.28 37.97	800m: 10:03.69 36.60			
16.	NARRA Vera Figueiredo	04	Amadora	10:04.48	+0,66	515	
	50m: 33.43 33.43	250m: 3:04.43 37.97	450m: 5:34.06 37.44	650m: 8:04.11 37.50			
	100m: 1:10.06 36.63	300m: 3:42.25 37.82	500m: 6:11.27 37.21	700m: 8:40.28 36.17			
	150m: 1:48.10 38.04	350m: 4:19.04 36.79	550m: 6:48.83 37.56	750m: 9:28.26 47.98			
	200m: 2:26.46 38.36	400m: 4:56.62 37.58	600m: 7:26.61 37.78	800m: 10:04.48 36.22			
17.	FREIXEIRO Beatriz Maria	04	Rio Maior	10:04.82	+0,77	514	
	50m: 32.73 32.73	250m: 3:03.98 37.72	450m: 5:37.36 38.63	650m: 8:11.55 38.70			
	100m: 1:09.66 36.93	300m: 3:42.19 38.21	500m: 6:15.73 38.37	700m: 8:50.32 38.77			
	150m: 1:48.11 38.45	350m: 4:20.51 38.32	550m: 6:54.27 38.54	750m: 9:28.52 38.20			
	200m: 2:26.26 38.15	400m: 4:58.73 38.22	600m: 7:32.85 38.58	800m: 10:04.82 36.30			

Prova 2, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	TROIA Beatriz Rosa	04	Vilacondense	10:05.75	+0,70	512	
	50m: 34.05 34.05	250m: 3:06.08 38.68	450m: 5:39.83 38.07	650m: 8:13.30 38.99			
	100m: 1:10.97 36.92	300m: 3:44.63 38.55	500m: 6:17.09 37.26	700m: 8:52.30 39.00			
	150m: 1:48.96 37.99	350m: 4:22.83 38.20	550m: 6:55.89 38.80	750m: 9:30.17 37.87			
	200m: 2:27.40 38.44	400m: 5:01.76 38.93	600m: 7:34.31 38.42	800m: 10:05.75 35.58			
19.	INACIO Marta Macedo	04	Sporting	10:05.80	+0,78	512	
	50m: 33.35 33.35	250m: 3:02.09 37.92	450m: 5:35.51 38.78	650m: 8:10.04 38.35			
	100m: 1:09.31 35.96	300m: 3:40.21 38.12	500m: 6:14.22 38.71	700m: 8:48.82 38.78			
	150m: 1:46.76 37.45	350m: 4:18.51 38.30	550m: 6:53.12 38.90	750m: 9:27.48 38.66			
	200m: 2:24.17 37.41	400m: 4:56.73 38.22	600m: 7:31.69 38.57	800m: 10:05.80 38.32			
20.	SIMÕES Rita Mendes	04	Ba/Bomcar	10:07.67	+0,85	507	
	50m: 34.71 34.71	250m: 3:08.50 38.68	450m: 5:41.67 38.16	650m: 8:15.95 38.55			
	100m: 1:12.77 38.06	300m: 3:46.81 38.31	500m: 6:20.04 38.37	700m: 8:54.06 38.11			
	150m: 1:51.20 38.43	350m: 4:25.15 38.34	550m: 6:58.95 38.91	750m: 9:31.84 37.78			
	200m: 2:29.82 38.62	400m: 5:03.51 38.36	600m: 7:37.40 38.45	800m: 10:07.67 35.83			
21.	LOPES Raquel Raposo	04	Cova da Piedade	10:08.25	+0,83	506	
	50m: 34.25 34.25	250m: 3:07.12 38.64	450m: 5:41.08 38.28	650m: 8:14.96 38.20			
	100m: 1:11.71 37.46	300m: 3:45.75 38.63	500m: 6:19.62 38.54	700m: 8:53.58 38.62			
	150m: 1:49.97 38.26	350m: 4:24.10 38.35	550m: 6:57.96 38.34	750m: 9:31.22 37.64			
	200m: 2:28.48 38.51	400m: 5:02.80 38.70	600m: 7:36.76 38.80	800m: 10:08.25 37.03			
22.	ALVES Maria Francisca	04	Ba/Bomcar	10:08.59	+0,69	505	
	50m: 32.89 32.89	250m: 3:01.95 37.86	450m: 5:36.02 38.70	650m: 8:12.82 39.44			
	100m: 1:09.97 37.08	300m: 3:40.12 38.17	500m: 6:15.14 39.12	700m: 8:52.35 39.53			
	150m: 1:46.74 36.77	350m: 4:18.59 38.47	550m: 6:54.08 38.94	750m: 9:31.11 38.76			
	200m: 2:24.09 37.35	400m: 4:57.32 38.73	600m: 7:33.38 39.30	800m: 10:08.59 37.48			
23.	MARTINS Ines Correia	04	Porto	10:08.87	+0,73	504	
	50m: 34.35 34.35	250m: 3:05.44 38.33	450m: 5:38.52 38.42	650m: 8:13.97 38.89			
	100m: 1:11.48 37.13	300m: 3:43.36 37.92	500m: 6:17.29 38.77	700m: 8:53.22 39.25			
	150m: 1:49.41 37.93	350m: 4:21.50 38.14	550m: 6:56.49 39.20	750m: 9:31.81 38.59			
	200m: 2:27.11 37.70	400m: 5:00.10 38.60	600m: 7:35.08 38.59	800m: 10:08.87 37.06			
24.	PEREIRA Anais Cloe	04	Sporting	10:13.20	+0,73	494	
	50m: 34.95 34.95	250m: 3:10.10 39.16	450m: 5:45.75 38.43	650m: 8:20.47 38.96			
	100m: 1:12.83 37.88	300m: 3:49.34 39.24	500m: 6:24.06 38.31	700m: 8:59.11 38.64			
	150m: 1:51.76 38.93	350m: 4:28.56 39.22	550m: 7:02.87 38.81	750m: 9:36.63 37.52			
	200m: 2:30.94 39.18	400m: 5:07.32 38.76	600m: 7:41.51 38.64	800m: 10:13.20 36.57			
25.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	10:13.38	+0,95	493	
	50m: 34.94 34.94	250m: 3:08.93 38.91	450m: 5:43.20 37.97	650m: 8:19.47 39.09			
	100m: 1:12.78 37.84	300m: 3:48.05 39.12	500m: 6:22.27 39.07	700m: 8:58.25 38.78			
	150m: 1:51.66 38.88	350m: 4:26.85 38.80	550m: 7:01.56 39.29	750m: 9:36.84 38.59			
	200m: 2:30.02 38.36	400m: 5:05.23 38.38	600m: 7:40.38 38.82	800m: 10:13.38 36.54			
26.	REIS Maria Joao	04	Nautico Marinha Grande	10:14.48	+0,73	491	
	50m: 34.59 34.59	250m: 3:11.01 39.72	450m: 5:48.37 39.82	650m: 8:24.75 38.83			
	100m: 1:12.89 38.30	300m: 3:50.23 39.22	500m: 6:27.54 39.17	700m: 9:02.83 38.08			
	150m: 1:52.58 39.69	350m: 4:29.54 39.31	550m: 7:06.85 39.31	750m: 9:39.49 36.66			
	200m: 2:31.29 38.71	400m: 5:08.55 39.01	600m: 7:45.92 39.07	800m: 10:14.48 34.99			

Prova 2, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	GALANTE Ines Carvalho	04	Vilacondense	10:15.30	+0,81	489	
	50m: 33.59 33.59	250m: 3:07.41 38.42	450m: 5:43.05 38.57	650m: 8:19.87 38.81			
	100m: 1:11.75 38.16	300m: 3:46.54 39.13	500m: 6:22.60 39.55	700m: 8:59.68 39.81			
	150m: 1:50.28 38.53	350m: 4:24.90 38.36	550m: 7:01.32 38.72	750m: 9:37.69 38.01			
	200m: 2:28.99 38.71	400m: 5:04.48 39.58	600m: 7:41.06 39.74	800m: 10:15.30 37.61			
28.	LIMA Eduarda Filipa	04	Vilacondense	10:15.79	+0,92	487	
	50m: 33.68 33.68	250m: 3:06.61 38.89	450m: 5:43.21 39.24	650m: 8:20.84 39.80			
	100m: 1:11.06 37.38	300m: 3:45.40 38.79	500m: 6:22.42 39.21	700m: 8:59.58 38.74			
	150m: 1:49.51 38.45	350m: 4:24.74 39.34	550m: 7:01.35 38.93	750m: 9:38.24 38.66			
	200m: 2:27.72 38.21	400m: 5:03.97 39.23	600m: 7:41.04 39.69	800m: 10:15.79 37.55			
29.	GERALDES Madalena Graca	04	Sporting	10:15.81	+0,82	487	
	50m: 34.03 34.03	250m: 3:06.99 38.83	450m: 5:43.18 39.38	650m: 8:20.88 39.57			
	100m: 1:11.84 37.81	300m: 3:45.50 38.51	500m: 6:21.92 38.74	700m: 9:00.34 39.46			
	150m: 1:50.20 38.36	350m: 4:24.55 39.05	550m: 7:01.86 39.94	750m: 9:39.03 38.69			
	200m: 2:28.16 37.96	400m: 5:03.80 39.25	600m: 7:41.31 39.45	800m: 10:15.81 36.78			
30.	CORREIA Beatriz Santos	04	Academico Viseu	10:24.51	+0,87	467	
	50m: 33.49 33.49	250m: 3:10.09 39.79	450m: 5:50.05 40.29	650m: 8:28.35 39.40			
	100m: 1:11.70 38.21	300m: 3:50.26 40.17	500m: 6:29.73 39.68	700m: 9:07.97 39.62			
	150m: 1:50.63 38.93	350m: 4:30.33 40.07	550m: 7:09.33 39.60	750m: 9:46.68 38.71			
	200m: 2:30.30 39.67	400m: 5:09.76 39.43	600m: 7:48.95 39.62	800m: 10:24.51 37.83			
31.	ALVES Ines Sofia	04	Portinado	10:26.37	+0,80	463	
	50m: 32.77 32.77	250m: 3:07.85 39.21	450m: 5:47.72 40.01	650m: 8:28.01 39.73			
	100m: 1:10.58 37.81	300m: 3:47.40 39.55	500m: 6:28.09 40.37	700m: 9:08.33 40.32			
	150m: 1:49.23 38.65	350m: 4:27.40 40.00	550m: 7:08.09 40.00	750m: 9:47.40 39.07			
	200m: 2:28.64 39.41	400m: 5:07.71 40.31	600m: 7:48.28 40.19	800m: 10:26.37 38.97			
32.	MORGANHO Leonor Alves	04	Alges	10:28.30	+0,87	459	
	50m: 34.96 34.96	250m: 3:11.30 39.18	450m: 5:50.11 39.86	650m: 8:29.79 40.02			
	100m: 1:13.42 38.46	300m: 3:50.93 39.63	500m: 6:29.64 39.53	700m: 9:09.74 39.95			
	150m: 1:52.84 39.42	350m: 4:30.68 39.75	550m: 7:09.82 40.18	750m: 9:49.70 39.96			
	200m: 2:32.12 39.28	400m: 5:10.25 39.57	600m: 7:49.77 39.95	800m: 10:28.30 38.60			
33.	TROIA Barbara Daniela	04	Vilacondense	10:30.58	+0,74	454	
	50m: 34.17 34.17	250m: 3:10.31 40.28	450m: 4:33.98	650m: 8:33.68 40.57			
	100m: 1:11.47 37.30	300m: 3:50.60 40.29	500m: 6:32.66 1:58.68	700m: 9:14.10 40.42			
	150m: 1:50.69 39.22	350m: 4:31.58 40.98	550m: 5:52.64	750m: 9:54.01 39.91			
	200m: 2:30.03 39.34	400m: 5:12.09 40.51	600m: 7:53.11 2:00.47	800m: 10:30.58 36.57			
34.	LIGEIRO Daniela Silva	04	Viana Natacao	10:37.82	+0,83	439	
	50m: 34.24 34.24	250m: 3:13.06 39.73	450m: 5:55.38 40.56	650m: 8:38.04 40.75			
	100m: 1:13.22 38.98	300m: 3:53.55 40.49	500m: 6:35.88 40.50	700m: 9:18.85 40.81			
	150m: 1:52.81 39.59	350m: 4:34.01 40.46	550m: 7:16.04 40.16	750m: 9:57.96 39.11			
	200m: 2:33.33 40.52	400m: 5:14.82 40.81	600m: 7:57.29 41.25	800m: 10:37.82 39.86			
35.	FERNANDES Maria Elias	04	Desportiva de Viana	10:39.65	+0,96	435	
	50m: 34.25 34.25	250m: 3:14.02 40.59	450m: 5:56.47 40.42	650m: 8:40.22 41.08			
	100m: 1:13.07 38.82	300m: 3:54.64 40.62	500m: 6:37.31 40.84	700m: 9:20.78 40.56			
	150m: 1:53.19 40.12	350m: 4:35.15 40.51	550m: 7:18.37 41.06	750m: 10:00.79 40.01			
	200m: 2:33.43 40.24	400m: 5:16.05 40.90	600m: 7:59.14 40.77	800m: 10:39.65 38.86			

Prova 2, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	MENDES Ana Sebastiao	04	Portinado	10:50.73	+0,63	413	
	50m: 33.93 33.93	250m: 3:14.78	41.66	450m: 6:02.09	42.33	650m: 8:47.70	41.69
	100m: 1:12.36 38.43	300m: 3:56.05	41.27	500m: 6:43.17	41.08	700m: 9:29.75	42.05
	150m: 1:51.96 39.60	350m: 4:37.90	41.85	550m: 7:25.13	41.96	750m: 10:11.23	41.48
	200m: 2:33.12 41.16	400m: 5:19.76	41.86	600m: 8:06.01	40.88	800m: 10:50.73	39.50

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Juvenis A
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	9:12.94	+0,66	673	
	50m: 31.27 31.27	250m: 2:49.55	34.54	450m: 5:09.29	34.99	650m: 7:30.54	35.15
	100m: 1:05.86 34.59	300m: 3:24.28	34.73	500m: 5:44.81	35.52	700m: 8:05.68	35.14
	150m: 1:40.17 34.31	350m: 3:59.28	35.00	550m: 6:20.24	35.43	750m: 8:40.49	34.81
	200m: 2:15.01 34.84	400m: 4:34.30	35.02	600m: 6:55.39	35.15	800m: 9:12.94	32.45
2.	MARTINS Joana Ribeiro	03	Benfica	9:25.11	+0,77	631	
	50m: 32.16 32.16	250m: 2:52.63	35.45	450m: 5:15.32	35.39	650m: 7:38.97	36.04
	100m: 1:06.70 34.54	300m: 3:28.24	35.61	500m: 5:50.84	35.52	700m: 8:15.08	36.11
	150m: 1:41.86 35.16	350m: 4:04.04	35.80	550m: 6:26.53	35.69	750m: 8:50.82	35.74
	200m: 2:17.18 35.32	400m: 4:39.93	35.89	600m: 7:02.93	36.40	800m: 9:25.11	34.29
3.	SOARES Carolina Silva	03	Natacao de Valongo	9:28.91	+0,72	618	
	50m: 31.55 31.55	250m: 2:52.88	35.92	450m: 5:16.93	36.53	650m: 7:42.30	36.75
	100m: 1:05.74 34.19	300m: 3:28.70	35.82	500m: 5:53.11	36.18	700m: 8:18.30	36.00
	150m: 1:41.11 35.37	350m: 4:04.58	35.88	550m: 6:29.50	36.39	750m: 8:54.48	36.18
	200m: 2:16.96 35.85	400m: 4:40.40	35.82	600m: 7:05.55	36.05	800m: 9:28.91	34.43
4.	CRUZ Sara Moura	03	Alges	9:32.16	+0,71	608	
	50m: 32.24 32.24	250m: 2:54.34	35.88	450m: 5:19.28	36.44	650m: 7:45.13	36.81
	100m: 1:07.33 35.09	300m: 3:30.24	35.90	500m: 5:55.53	36.25	700m: 8:21.58	36.45
	150m: 1:42.77 35.44	350m: 4:06.47	36.23	550m: 6:32.10	36.57	750m: 8:57.22	35.64
	200m: 2:18.46 35.69	400m: 4:42.84	36.37	600m: 7:08.32	36.22	800m: 9:32.16	34.94
5.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	9:34.83	+0,79	599	
	50m: 32.38 32.38	250m: 2:54.28	35.58	450m: 5:19.78	36.34	650m: 7:46.55	36.60
	100m: 1:07.47 35.09	300m: 3:30.71	36.43	500m: 5:56.57	36.79	700m: 8:23.29	36.74
	150m: 1:42.61 35.14	350m: 4:06.96	36.25	550m: 6:33.02	36.45	750m: 8:59.84	36.55
	200m: 2:18.70 36.09	400m: 4:43.44	36.48	600m: 7:09.95	36.93	800m: 9:34.83	34.99
6.	SOUSA Ines Matos	03	Uniao Coimbra	9:46.97	+0,77	563	
	50m: 32.63 32.63	250m: 2:57.87	36.56	450m: 5:26.40	36.95	650m: 7:55.89	37.19
	100m: 1:08.41 35.78	300m: 3:34.87	37.00	500m: 6:04.00	37.60	700m: 8:33.65	37.76
	150m: 1:44.37 35.96	350m: 4:11.96	37.09	550m: 6:40.98	36.98	750m: 9:10.35	36.70
	200m: 2:21.31 36.94	400m: 4:49.45	37.49	600m: 7:18.70	37.72	800m: 9:46.97	36.62
7.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	9:53.21	+0,79	545	
	50m: 32.48 32.48	250m: 2:57.45	36.29	450m: 5:26.92	37.01	650m: 7:59.75	38.28
	100m: 1:08.25 35.77	300m: 3:34.64	37.19	500m: 6:04.86	37.94	700m: 8:38.71	38.96
	150m: 1:44.29 36.04	350m: 4:12.02	37.38	550m: 6:42.93	38.07	750m: 9:16.41	37.70
	200m: 2:21.16 36.87	400m: 4:49.91	37.89	600m: 7:21.47	38.54	800m: 9:53.21	36.80

Prova 2, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PIRES Beatriz Almeida	03	Uniao Coimbra	9:54.97	+0,83	540	
	50m: 34.70 34.70	250m: 3:03.62	36.89	450m: 5:33.37	37.44	650m: 8:03.96	37.82
	100m: 1:11.98 37.28	300m: 3:41.08	37.46	500m: 6:11.04	37.67	700m: 8:41.72	37.76
	150m: 1:49.74 37.76	350m: 4:18.18	37.10	550m: 6:48.66	37.62	750m: 9:19.14	37.42
	200m: 2:26.73 36.99	400m: 4:55.93	37.75	600m: 7:26.14	37.48	800m: 9:54.97	35.83
9.	BARBOSA Adriana Freixo	03	Viana Natacao	9:57.74	+0,95	533	
	50m: 33.54 33.54	250m: 3:03.35	37.79	450m: 5:34.99	37.62	650m: 8:07.18	37.41
	100m: 1:10.32 36.78	300m: 3:40.82	37.47	500m: 6:13.04	38.05	700m: 8:45.49	38.31
	150m: 1:47.55 37.23	350m: 4:19.00	38.18	550m: 6:50.91	37.87	750m: 9:22.92	37.43
	200m: 2:25.56 38.01	400m: 4:57.37	38.37	600m: 7:29.77	38.86	800m: 9:57.74	34.82
10.	FONSECA Laura Luz	03	Naval de Ponta Delgada	9:57.76	+0,78	533	
	50m: 32.68 32.68	250m: 3:01.89	37.78	450m: 5:34.58	38.07	650m: 8:07.00	37.63
	100m: 1:09.25 36.57	300m: 3:40.13	38.24	500m: 6:13.18	38.60	700m: 8:45.42	38.42
	150m: 1:46.24 36.99	350m: 4:17.87	37.74	550m: 6:50.92	37.74	750m: 9:22.32	36.90
	200m: 2:24.11 37.87	400m: 4:56.51	38.64	600m: 7:29.37	38.45	800m: 9:57.76	35.44
11.	AMANTES Beatriz Quintao	03	Uniao Piedense	10:01.33	+0,83	523	
	50m: 33.38 33.38	250m: 3:02.71	37.38	450m: 5:33.86	37.38	650m: 8:07.95	38.94
	100m: 1:10.15 36.77	300m: 3:40.31	37.60	500m: 6:12.16	38.30	700m: 8:46.14	38.19
	150m: 1:47.77 37.62	350m: 4:18.58	38.27	550m: 6:50.45	38.29	750m: 9:24.78	38.64
	200m: 2:25.33 37.56	400m: 4:56.48	37.90	600m: 7:29.01	38.56	800m: 10:01.33	36.55
12.	PIRES Filipa Almeida	03	Uniao Coimbra	10:02.24	+0,85	521	
	50m: 33.95 33.95	250m: 3:05.80	38.14	450m: 5:38.04	37.75	650m: 8:10.74	38.45
	100m: 1:11.14 37.19	300m: 3:44.02	38.22	500m: 6:15.88	37.84	700m: 8:48.83	38.09
	150m: 1:49.23 38.09	350m: 4:21.94	37.92	550m: 6:54.02	38.14	750m: 9:26.13	37.30
	200m: 2:27.66 38.43	400m: 5:00.29	38.35	600m: 7:32.29	38.27	800m: 10:02.24	36.11
13.	PAIS Matilde Vieira	03	Galitos / Bresimar	10:04.78	+0,86	515	
	50m: 33.04 33.04	250m: 3:01.34	37.16	450m: 5:33.49	38.19	650m: 8:08.61	39.50
	100m: 1:09.19 36.15	300m: 3:39.02	37.68	500m: 6:11.85	38.36	700m: 8:47.93	39.32
	150m: 1:46.38 37.19	350m: 4:16.87	37.85	550m: 6:50.47	38.62	750m: 9:27.12	39.19
	200m: 2:24.18 37.80	400m: 4:55.30	38.43	600m: 7:29.11	38.64	800m: 10:04.78	37.66
14.	PACHECO Maria Manuel	03	Naval de Ponta Delgada	10:06.19	+0,74	511	
	50m: 33.87 33.87	250m: 3:05.63	38.33	450m: 5:39.93	38.19	650m: 8:12.85	38.09
	100m: 1:10.86 36.99	300m: 3:44.19	38.56	500m: 6:18.08	38.15	700m: 8:51.35	38.50
	150m: 1:48.85 37.99	350m: 4:23.04	38.85	550m: 6:56.48	38.40	750m: 9:29.74	38.39
	200m: 2:27.30 38.45	400m: 5:01.74	38.70	600m: 7:34.76	38.28	800m: 10:06.19	36.45
15.	CAMBAS Ema Miranda	03	Naval Povoense	10:06.54	+0,81	510	
	50m: 33.90 33.90	250m: 3:05.76	38.14	450m: 5:38.86	38.75	650m: 8:13.21	38.86
	100m: 1:11.46 37.56	300m: 3:43.57	37.81	500m: 6:17.14	38.28	700m: 8:51.62	38.41
	150m: 1:49.62 38.16	350m: 4:21.91	38.34	550m: 6:55.75	38.61	750m: 9:29.90	38.28
	200m: 2:27.62 38.00	400m: 5:00.11	38.20	600m: 7:34.35	38.60	800m: 10:06.54	36.64
16.	PINHEIRO Ines Mariana	03	Academica de Coimbra	10:14.53	+0,67	490	
	50m: 32.62 32.62	250m: 3:05.62	39.16	450m: 5:41.95	38.83	650m: 8:18.34	38.38
	100m: 1:09.45 36.83	300m: 3:44.50	38.88	500m: 6:21.56	39.61	700m: 8:57.76	39.42
	150m: 1:47.94 38.49	350m: 4:23.45	38.95	550m: 7:00.44	38.88	750m: 9:36.76	39.00
	200m: 2:26.46 38.52	400m: 5:03.12	39.67	600m: 7:39.96	39.52	800m: 10:14.53	37.77

Prova 2, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CARVALHO Beatriz Moreira	03	Rio Maior	10:18.92	+0,82	480	
	50m: 34.25 34.25	250m: 3:06.41 38.82	450m: 5:42.95 39.18	650m: 8:20.95 39.95			
	100m: 1:11.19 36.94	300m: 3:45.31 38.90	500m: 6:22.31 39.36	700m: 9:00.12 39.17			
	150m: 1:49.37 38.18	350m: 4:24.49 39.18	550m: 7:01.36 39.05	750m: 9:40.00 39.88			
	200m: 2:27.59 38.22	400m: 5:03.77 39.28	600m: 7:41.00 39.64	800m: 10:18.92 38.92			

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Junior 16
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita	02	CASPAE	9:06.64	+0,71	697	
	50m: 31.74 31.74	250m: 2:49.47 34.52	450m: 5:07.74 34.31	650m: 7:24.99 34.37			
	100m: 1:05.59 33.85	300m: 3:24.27 34.80	500m: 5:41.91 34.17	700m: 7:59.11 34.12			
	150m: 1:40.17 34.58	350m: 3:58.79 34.52	550m: 6:16.39 34.48	750m: 8:33.06 33.95			
	200m: 2:14.95 34.78	400m: 4:33.43 34.64	600m: 6:50.62 34.23	800m: 9:06.64 33.58			
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:09.29	+0,76	687	
	50m: 31.83 31.83	250m: 2:49.12 34.57	450m: 5:07.46 34.75	650m: 7:26.40 34.64			
	100m: 1:05.68 33.85	300m: 3:23.63 34.51	500m: 5:42.14 34.68	700m: 8:01.18 34.78			
	150m: 1:40.10 34.42	350m: 3:58.17 34.54	550m: 6:17.01 34.87	750m: 8:35.60 34.42			
	200m: 2:14.55 34.45	400m: 4:32.71 34.54	600m: 6:51.76 34.75	800m: 9:09.29 33.69			
3.	BARBOSA Mariana Fernandes	02	Porto	9:15.34	+0,72	665	
	50m: 32.11 32.11	250m: 2:51.49 35.28	450m: 5:11.28 34.31	650m: 7:31.67 35.22			
	100m: 1:06.41 34.30	300m: 3:26.37 34.88	500m: 5:46.17 34.89	700m: 8:06.87 35.20			
	150m: 1:41.47 35.06	350m: 4:01.81 35.44	550m: 6:21.10 34.93	750m: 8:41.75 34.88			
	200m: 2:16.21 34.74	400m: 4:36.97 35.16	600m: 6:56.45 35.35	800m: 9:15.34 33.59			
4.	FRAZAO Alexandra Couto	02	CASPAE	9:21.48	+0,71	643	
	50m: 31.31 31.31	250m: 2:48.99 34.44	450m: 5:09.93 35.95	650m: 7:34.03 35.90			
	100m: 1:05.43 34.12	300m: 3:24.09 35.10	500m: 5:45.44 35.51	700m: 8:10.25 36.22			
	150m: 1:39.97 34.54	350m: 3:59.05 34.96	550m: 6:21.87 36.43	750m: 8:45.10 34.85			
	200m: 2:14.55 34.58	400m: 4:33.98 34.93	600m: 6:58.13 36.26	800m: 9:21.48 36.38			
5.	SOUSA Ana Reis	02	Litoral Alentejano	9:27.97	+0,67	621	
	50m: 31.24 31.24	250m: 2:49.99 35.17	450m: 5:10.74 35.90	650m: 7:38.13 36.96			
	100m: 1:05.04 33.80	300m: 3:24.91 34.92	500m: 5:47.57 36.83	700m: 8:14.93 36.80			
	150m: 1:40.32 35.28	350m: 3:59.95 35.04	550m: 6:24.39 36.82	750m: 8:51.85 36.92			
	200m: 2:14.82 34.50	400m: 4:34.84 34.89	600m: 7:01.17 36.78	800m: 9:27.97 36.12			
6.	VARANDAS Joana Filipa	02	Laranjeiro	9:37.00	+0,84	593	
	50m: 32.89 32.89	250m: 2:58.96 37.36	450m: 5:26.47 36.17	650m: 7:50.74 36.36			
	100m: 1:08.40 35.51	300m: 3:36.21 37.25	500m: 6:02.37 35.90	700m: 8:27.27 36.53			
	150m: 1:45.07 36.67	350m: 4:13.74 37.53	550m: 6:38.27 35.90	750m: 9:02.73 35.46			
	200m: 2:21.60 36.53	400m: 4:50.30 36.56	600m: 7:14.38 36.11	800m: 9:37.00 34.27			
7.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:56.73	+0,70	536	
	50m: 33.39 33.39	250m: 2:59.02 36.58	450m: 5:29.34 38.00	650m: 8:02.87 38.50			
	100m: 1:09.18 35.79	300m: 3:36.19 37.17	500m: 6:07.19 37.85	700m: 8:41.13 38.26			
	150m: 1:45.59 36.41	350m: 4:13.54 37.35	550m: 6:45.63 38.44	750m: 9:19.45 38.32			
	200m: 2:22.44 36.85	400m: 4:51.34 37.80	600m: 7:24.37 38.74	800m: 9:56.73 37.28			

Prova 2, Femin., 800m Livres, Junior 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LIMA Jessica Soares	02	Braga	10:06.86	+1,05	509	
	50m: 33.30 33.30	250m: 3:03.10	38.07	450m: 5:36.22	38.47	650m: 8:11.02	38.69
	100m: 1:09.87 36.57	300m: 3:41.21	38.11	500m: 6:14.81	38.59	700m: 8:49.87	38.85
	150m: 1:47.34 37.47	350m: 4:19.39	38.18	550m: 6:53.81	39.00	750m: 9:28.76	38.89
	200m: 2:25.03 37.69	400m: 4:57.75	38.36	600m: 7:32.33	38.52	800m: 10:06.86	38.10

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Junior 17
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMADOR Joana Costa	01	Galitos / Bresimar	9:16.24	+0,79	662	
	50m: 31.99 31.99	250m: 2:50.66	34.83	450m: 5:10.65	34.97	650m: 7:30.93	34.60
	100m: 1:06.26 34.27	300m: 3:25.63	34.97	500m: 5:46.03	35.38	700m: 8:05.80	34.87
	150m: 1:40.97 34.71	350m: 4:00.62	34.99	550m: 6:20.76	34.73	750m: 8:41.43	35.63
	200m: 2:15.83 34.86	400m: 4:35.68	35.06	600m: 6:56.33	35.57	800m: 9:16.24	34.81
2.	RODRIGUES Filipa Serrano	01	Benfica	9:16.55	+0,77	660	
	50m: 31.69 31.69	250m: 2:49.38	34.37	450m: 5:08.78	34.59	650m: 7:31.99	36.17
	100m: 1:05.70 34.01	300m: 3:24.59	35.21	500m: 5:44.13	35.35	700m: 8:07.39	35.40
	150m: 1:40.18 34.48	350m: 3:58.94	34.35	550m: 6:19.49	35.36	750m: 8:42.23	34.84
	200m: 2:15.01 34.83	400m: 4:34.19	35.25	600m: 6:55.82	36.33	800m: 9:16.55	34.32
3.	ALVES Sara Sofia	01	Columbofila Cantanhedense	9:17.22	+0,72	658	
	50m: 32.16 32.16	250m: 2:50.16	34.65	450m: 5:10.38	35.26	650m: 7:32.33	35.66
	100m: 1:06.22 34.06	300m: 3:25.00	34.84	500m: 5:45.90	35.52	700m: 8:07.88	35.55
	150m: 1:40.83 34.61	350m: 3:59.92	34.92	550m: 6:21.28	35.38	750m: 8:43.17	35.29
	200m: 2:15.51 34.68	400m: 4:35.12	35.20	600m: 6:56.67	35.39	800m: 9:17.22	34.05
4.	BRANCO Ana Margarida	01	Alges	9:50.95	+0,82	552	
	50m: 33.31 33.31	250m: 3:01.56	37.52	450m: 5:30.93	37.36	650m: 8:00.45	37.44
	100m: 1:09.32 36.01	300m: 3:38.54	36.98	500m: 6:08.21	37.28	700m: 8:37.92	37.47
	150m: 1:46.60 37.28	350m: 4:16.28	37.74	550m: 6:45.61	37.40	750m: 9:15.14	37.22
	200m: 2:24.04 37.44	400m: 4:53.57	37.29	600m: 7:23.01	37.40	800m: 9:50.95	35.81
5.	LOUREIRO Sara Rulin	01	Benfica	9:53.50	+0,80	545	
	50m: 32.86 32.86	250m: 2:58.74	36.95	450m: 5:27.28	37.40	650m: 7:59.01	38.33
	100m: 1:08.73 35.87	300m: 3:35.58	36.84	500m: 6:05.14	37.86	700m: 8:37.35	38.34
	150m: 1:44.96 36.23	350m: 4:12.73	37.15	550m: 6:42.75	37.61	750m: 8:01.07	
	200m: 2:21.79 36.83	400m: 4:49.88	37.15	600m: 7:20.68	37.93	800m: 9:53.50	1:52.43
6.	MARTINS Ines Alves	01	Fluvial Portuense	9:56.67		536	
	50m: 33.26 33.26	250m: 3:02.86	37.81	450m: 5:33.83	37.71	650m: 8:05.16	38.88
	100m: 1:09.89 36.63	300m: 3:40.73	37.87	500m: 6:11.84	38.01	700m: 8:43.14	37.98
	150m: 1:47.47 37.58	350m: 4:18.19	37.46	550m: 6:49.53	37.69	750m: 9:20.54	37.40
	200m: 2:25.05 37.58	400m: 4:56.12	37.93	600m: 7:27.28	37.75	800m: 9:56.67	36.13

Prova 2, Femin., 800m Livres

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Seniores
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	8:43.22	+0,77	795	
	50m: 30.44 30.44	250m: 2:41.47 33.01	450m: 4:54.43 32.88	650m: 7:05.96 32.70			
	100m: 1:02.73 32.29	300m: 3:14.87 33.40	500m: 5:27.40 32.97	700m: 7:38.79 32.83			
	150m: 1:35.52 32.79	350m: 3:48.26 33.39	550m: 6:00.32 32.92	750m: 8:11.60 32.81			
	200m: 2:08.46 32.94	400m: 4:21.55 33.29	600m: 6:33.26 32.94	800m: 8:43.22 31.62			
2.	MONTEIRO Ana Catarina	93	Vilacondense	9:01.80	+0,77	716	
	50m: 31.15 31.15	250m: 2:45.34 33.87	450m: 5:01.65 34.16	650m: 7:19.65 34.51			
	100m: 1:04.34 33.19	300m: 3:19.22 33.88	500m: 5:36.15 34.50	700m: 7:53.89 34.24			
	150m: 1:37.92 33.58	350m: 3:53.42 34.20	550m: 6:10.54 34.39	750m: 8:28.15 34.26			
	200m: 2:11.47 33.55	400m: 4:27.49 34.07	600m: 6:45.14 34.60	800m: 9:01.80 33.65			
3.	RANITO Beatriz Paulo	99	Sporting	9:24.59	+0,75	633	
	50m: 31.54 31.54	250m: 2:52.84 35.83	450m: 5:14.49 34.67	650m: 7:37.11 36.21			
	100m: 1:06.00 34.46	300m: 3:28.24 35.40	500m: 5:49.53 35.04	700m: 8:13.50 36.39			
	150m: 1:41.50 35.50	350m: 4:04.20 35.96	550m: 6:25.11 35.58	750m: 8:49.36 35.86			
	200m: 2:17.01 35.51	400m: 4:39.82 35.62	600m: 7:00.90 35.79	800m: 9:24.59 35.23			
4.	CARVALHO Eva Guerreiro	99	Benfica	9:38.88	+0,75	587	
	50m: 31.97 31.97	250m: 2:53.16 35.86	450m: 5:19.22 36.45	650m: 7:47.34 37.48			
	100m: 1:06.25 34.28	300m: 3:29.20 36.04	500m: 5:55.83 36.61	700m: 8:24.53 37.19			
	150m: 1:41.52 35.27	350m: 4:06.17 36.97	550m: 6:32.99 37.16	750m: 9:02.07 37.54			
	200m: 2:17.30 35.78	400m: 4:42.77 36.60	600m: 7:09.86 36.87	800m: 9:38.88 36.81			

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Absolutos
Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	8:43.22	+0,77	795	
	50m: 30.44 30.44	250m: 2:41.47 33.01	450m: 4:54.43 32.88	650m: 7:05.96 32.70			
	100m: 1:02.73 32.29	300m: 3:14.87 33.40	500m: 5:27.40 32.97	700m: 7:38.79 32.83			
	150m: 1:35.52 32.79	350m: 3:48.26 33.39	550m: 6:00.32 32.92	750m: 8:11.60 32.81			
	200m: 2:08.46 32.94	400m: 4:21.55 33.29	600m: 6:33.26 32.94	800m: 8:43.22 31.62			
2.	MONTEIRO Ana Catarina	93	Vilacondense	9:01.80	+0,77	716	
	50m: 31.15 31.15	250m: 2:45.34 33.87	450m: 5:01.65 34.16	650m: 7:19.65 34.51			
	100m: 1:04.34 33.19	300m: 3:19.22 33.88	500m: 5:36.15 34.50	700m: 7:53.89 34.24			
	150m: 1:37.92 33.58	350m: 3:53.42 34.20	550m: 6:10.54 34.39	750m: 8:28.15 34.26			
	200m: 2:11.47 33.55	400m: 4:27.49 34.07	600m: 6:45.14 34.60	800m: 9:01.80 33.65			

Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	QUEIROZ Ana Rita	02	CASPAE	9:06.64	+0,71	697	
	50m: 31.74 31.74	250m: 2:49.47	34.52	450m: 5:07.74	34.31	650m: 7:24.99	34.37
	100m: 1:05.59 33.85	300m: 3:24.27	34.80	500m: 5:41.91	34.17	700m: 7:59.11	34.12
	150m: 1:40.17 34.58	350m: 3:58.79	34.52	550m: 6:16.39	34.48	750m: 8:33.06	33.95
	200m: 2:14.95 34.78	400m: 4:33.43	34.64	600m: 6:50.62	34.23	800m: 9:06.64	33.58
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:09.29	+0,76	687	
	50m: 31.83 31.83	250m: 2:49.12	34.57	450m: 5:07.46	34.75	650m: 7:26.40	34.64
	100m: 1:05.68 33.85	300m: 3:23.63	34.51	500m: 5:42.14	34.68	700m: 8:01.18	34.78
	150m: 1:40.10 34.42	350m: 3:58.17	34.54	550m: 6:17.01	34.87	750m: 8:35.60	34.42
	200m: 2:14.55 34.45	400m: 4:32.71	34.54	600m: 6:51.76	34.75	800m: 9:09.29	33.69
5.	BARBOSA Mariana Fernandes	02	Porto	9:15.34	+0,72	665	
	50m: 32.11 32.11	250m: 2:51.49	35.28	450m: 5:11.28	34.31	650m: 7:31.67	35.22
	100m: 1:06.41 34.30	300m: 3:26.37	34.88	500m: 5:46.17	34.89	700m: 8:06.87	35.20
	150m: 1:41.47 35.06	350m: 4:01.81	35.44	550m: 6:21.10	34.93	750m: 8:41.75	34.88
	200m: 2:16.21 34.74	400m: 4:36.97	35.16	600m: 6:56.45	35.35	800m: 9:15.34	33.59
6.	AMADOR Joana Costa	01	Galitos / Bresimar	9:16.24	+0,79	662	
	50m: 31.99 31.99	250m: 2:50.66	34.83	450m: 5:10.65	34.97	650m: 7:30.93	34.60
	100m: 1:06.26 34.27	300m: 3:25.63	34.97	500m: 5:46.03	35.38	700m: 8:05.80	34.87
	150m: 1:40.97 34.71	350m: 4:00.62	34.99	550m: 6:20.76	34.73	750m: 8:41.43	35.63
	200m: 2:15.83 34.86	400m: 4:35.68	35.06	600m: 6:56.33	35.57	800m: 9:16.24	34.81
7.	RODRIGUES Filipa Serrano	01	Benfica	9:16.55	+0,77	660	
	50m: 31.69 31.69	250m: 2:49.38	34.37	450m: 5:08.78	34.59	650m: 7:31.99	36.17
	100m: 1:05.70 34.01	300m: 3:24.59	35.21	500m: 5:44.13	35.35	700m: 8:07.39	35.40
	150m: 1:40.18 34.48	350m: 3:58.94	34.35	550m: 6:19.49	35.36	750m: 8:42.23	34.84
	200m: 2:15.01 34.83	400m: 4:34.19	35.25	600m: 6:55.82	36.33	800m: 9:16.55	34.32
8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	9:17.22	+0,72	658	
	50m: 32.16 32.16	250m: 2:50.16	34.65	450m: 5:10.38	35.26	650m: 7:32.33	35.66
	100m: 1:06.22 34.06	300m: 3:25.00	34.84	500m: 5:45.90	35.52	700m: 8:07.88	35.55
	150m: 1:40.83 34.61	350m: 3:59.92	34.92	550m: 6:21.28	35.38	750m: 8:43.17	35.29
	200m: 2:15.51 34.68	400m: 4:35.12	35.20	600m: 6:56.67	35.39	800m: 9:17.22	34.05
9.	FRAZAO Alexandra Couto	02	CASPAE	9:21.48	+0,71	643	
	50m: 31.31 31.31	250m: 2:48.99	34.44	450m: 5:09.93	35.95	650m: 7:34.03	35.90
	100m: 1:05.43 34.12	300m: 3:24.09	35.10	500m: 5:45.44	35.51	700m: 8:10.25	36.22
	150m: 1:39.97 34.54	350m: 3:59.05	34.96	550m: 6:21.87	36.43	750m: 8:45.10	34.85
	200m: 2:14.55 34.58	400m: 4:33.98	34.93	600m: 6:58.13	36.26	800m: 9:21.48	36.38
10.	RANITO Beatriz Paulo	99	Sporting	9:24.59	+0,75	633	
	50m: 31.54 31.54	250m: 2:52.84	35.83	450m: 5:14.49	34.67	650m: 7:37.11	36.21
	100m: 1:06.00 34.46	300m: 3:28.24	35.40	500m: 5:49.53	35.04	700m: 8:13.50	36.39
	150m: 1:41.50 35.50	350m: 4:04.20	35.96	550m: 6:25.11	35.58	750m: 8:49.36	35.86
	200m: 2:17.01 35.51	400m: 4:39.82	35.62	600m: 7:00.90	35.79	800m: 9:24.59	35.23
11.	SOUSA Ana Reis	02	Litoral Alentejano	9:27.97	+0,67	621	
	50m: 31.24 31.24	250m: 2:49.99	35.17	450m: 5:10.74	35.90	650m: 7:38.13	36.96
	100m: 1:05.04 33.80	300m: 3:24.91	34.92	500m: 5:47.57	36.83	700m: 8:14.93	36.80
	150m: 1:40.32 35.28	350m: 3:59.95	35.04	550m: 6:24.39	36.82	750m: 8:51.85	36.92
	200m: 2:14.82 34.50	400m: 4:34.84	34.89	600m: 7:01.17	36.78	800m: 9:27.97	36.12

Prova 2, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VARANDAS Joana Filipa	02	Laranjeiro	9:37.00	+0,84	593	
	50m: 32.89 32.89	250m: 2:58.96	37.36	450m: 5:26.47	36.17	650m: 7:50.74	36.36
	100m: 1:08.40 35.51	300m: 3:36.21	37.25	500m: 6:02.37	35.90	700m: 8:27.27	36.53
	150m: 1:45.07 36.67	350m: 4:13.74	37.53	550m: 6:38.27	35.90	750m: 9:02.73	35.46
	200m: 2:21.60 36.53	400m: 4:50.30	36.56	600m: 7:14.38	36.11	800m: 9:37.00	34.27
13.	CARVALHO Eva Guerreiro	99	Benfica	9:38.88	+0,75	587	
	50m: 31.97 31.97	250m: 2:53.16	35.86	450m: 5:19.22	36.45	650m: 7:47.34	37.48
	100m: 1:06.25 34.28	300m: 3:29.20	36.04	500m: 5:55.83	36.61	700m: 8:24.53	37.19
	150m: 1:41.52 35.27	350m: 4:06.17	36.97	550m: 6:32.99	37.16	750m: 9:02.07	37.54
	200m: 2:17.30 35.78	400m: 4:42.77	36.60	600m: 7:09.86	36.87	800m: 9:38.88	36.81
14.	BRANCO Ana Margarida	01	Alges	9:50.95	+0,82	552	
	50m: 33.31 33.31	250m: 3:01.56	37.52	450m: 5:30.93	37.36	650m: 8:00.45	37.44
	100m: 1:09.32 36.01	300m: 3:38.54	36.98	500m: 6:08.21	37.28	700m: 8:37.92	37.47
	150m: 1:46.60 37.28	350m: 4:16.28	37.74	550m: 6:45.61	37.40	750m: 9:15.14	37.22
	200m: 2:24.04 37.44	400m: 4:53.57	37.29	600m: 7:23.01	37.40	800m: 9:50.95	35.81
15.	LOUREIRO Sara Rulin	01	Benfica	9:53.50	+0,80	545	
	50m: 32.86 32.86	250m: 2:58.74	36.95	450m: 5:27.28	37.40	650m: 7:59.01	38.33
	100m: 1:08.73 35.87	300m: 3:35.58	36.84	500m: 6:05.14	37.86	700m: 8:37.35	38.34
	150m: 1:44.96 36.23	350m: 4:12.73	37.15	550m: 6:42.75	37.61	750m: 8:01.07	
	200m: 2:21.79 36.83	400m: 4:49.88	37.15	600m: 7:20.68	37.93	800m: 9:53.50	1:52.43
16.	MARTINS Ines Alves	01	Fluvial Portuense	9:56.67		536	
	50m: 33.26 33.26	250m: 3:02.86	37.81	450m: 5:33.83	37.71	650m: 8:05.16	37.88
	100m: 1:09.89 36.63	300m: 3:40.73	37.87	500m: 6:11.84	38.01	700m: 8:43.14	37.98
	150m: 1:47.47 37.58	350m: 4:18.19	37.46	550m: 6:49.53	37.69	750m: 9:20.54	37.40
	200m: 2:25.05 37.58	400m: 4:56.12	37.93	600m: 7:27.28	37.75	800m: 9:56.67	36.13
17.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:56.73	+0,70	536	
	50m: 33.39 33.39	250m: 2:59.02	36.58	450m: 5:29.34	38.00	650m: 8:02.87	38.50
	100m: 1:09.18 35.79	300m: 3:36.19	37.17	500m: 6:07.19	37.85	700m: 8:41.13	38.26
	150m: 1:45.59 36.41	350m: 4:13.54	37.35	550m: 6:45.63	38.44	750m: 9:19.45	38.32
	200m: 2:22.44 36.85	400m: 4:51.34	37.80	600m: 7:24.37	38.74	800m: 9:56.73	37.28
18.	LIMA Jessica Soares	02	Braga	10:06.86	+1,05	509	
	50m: 33.30 33.30	250m: 3:03.10	38.07	450m: 5:36.22	38.47	650m: 8:11.02	38.69
	100m: 1:09.87 36.57	300m: 3:41.21	38.11	500m: 6:14.81	38.59	700m: 8:49.87	38.85
	150m: 1:47.34 37.47	350m: 4:19.39	38.18	550m: 6:53.81	39.00	750m: 9:28.76	38.89
	200m: 2:25.03 37.69	400m: 4:57.75	38.36	600m: 7:32.33	38.52	800m: 10:06.86	38.10

Prova 2, Femin., 800m Livres

Prova 2
26-07-2018 - 17:40

Femin., 800m Livres

Open
Resultados

Rec	Time	Name	Country	City	Date
Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981
Rec Nac Inf A	9:14.85	SILVA Alexandra Maria	POR	Skovde (SWE)	10-08-1980
Rec Nac Inf B	9:30.42	RUIVO Filipa Vilas	DNMG	S. João da Madeira	25-07-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	8:43.22	+0,77	795	
	50m: 30.44 30.44	250m: 2:41.47 33.01	450m: 4:54.43	32.88	650m: 7:05.96	32.70	
	100m: 1:02.73 32.29	300m: 3:14.87 33.40	500m: 5:27.40	32.97	700m: 7:38.79	32.83	
	150m: 1:35.52 32.79	350m: 3:48.26 33.39	550m: 6:00.32	32.92	750m: 8:11.60	32.81	
	200m: 2:08.46 32.94	400m: 4:21.55 33.29	600m: 6:33.26	32.94	800m: 8:43.22	31.62	
2.	ALONSO LORENZO Paula	95	Castilla-Leon	9:00.36	+0,78	722	
	50m: 31.03 31.03	250m: 2:47.30 34.27	450m: 5:03.10	33.72	650m: 7:19.03	34.22	
	100m: 1:04.64 33.61	300m: 3:21.53 34.23	500m: 5:36.84	33.74	700m: 7:52.98	33.95	
	150m: 1:38.76 34.12	350m: 3:55.64 34.11	550m: 6:10.73	33.89	750m: 8:26.71	33.73	
	200m: 2:13.03 34.27	400m: 4:29.38 33.74	600m: 6:44.81	34.08	800m: 9:00.36	33.65	
3.	MONTEIRO Ana Catarina	93	Vilacondense	9:01.80	+0,77	716	
	50m: 31.15 31.15	250m: 2:45.34 33.87	450m: 5:01.65	34.16	650m: 7:19.65	34.51	
	100m: 1:04.34 33.19	300m: 3:19.22 33.88	500m: 5:36.15	34.50	700m: 7:53.89	34.24	
	150m: 1:37.92 33.58	350m: 3:53.42 34.20	550m: 6:10.54	34.39	750m: 8:28.15	34.26	
	200m: 2:11.47 33.55	400m: 4:27.49 34.07	600m: 6:45.14	34.60	800m: 9:01.80	33.65	
4.	QUEIROZ Ana Rita	02	CASP AE	9:06.64	+0,71	697	
	50m: 31.74 31.74	250m: 2:49.47 34.52	450m: 5:07.74	34.31	650m: 7:24.99	34.37	
	100m: 1:05.59 33.85	300m: 3:24.27 34.80	500m: 5:41.91	34.17	700m: 7:59.11	34.12	
	150m: 1:40.17 34.58	350m: 3:58.79 34.52	550m: 6:16.39	34.48	750m: 8:33.06	33.95	
	200m: 2:14.95 34.78	400m: 4:33.43 34.64	600m: 6:50.62	34.23	800m: 9:06.64	33.58	
5.	MENDES Mariana Amaral	02	Colegio Monte Maior	9:09.29	+0,76	687	
	50m: 31.83 31.83	250m: 2:49.12 34.57	450m: 5:07.46	34.75	650m: 7:26.40	34.64	
	100m: 1:05.68 33.85	300m: 3:23.63 34.51	500m: 5:42.14	34.68	700m: 8:01.18	34.78	
	150m: 1:40.10 34.42	350m: 3:58.17 34.54	550m: 6:17.01	34.87	750m: 8:35.60	34.42	
	200m: 2:14.55 34.45	400m: 4:32.71 34.54	600m: 6:51.76	34.75	800m: 9:09.29	33.69	
6.	MARTINS Francisca Soares	03	Foca	9:12.94	+0,66	673	
	50m: 31.27 31.27	250m: 2:49.55 34.54	450m: 5:09.29	34.99	650m: 7:30.54	35.15	
	100m: 1:05.86 34.59	300m: 3:24.28 34.73	500m: 5:44.81	35.52	700m: 8:05.68	35.14	
	150m: 1:40.17 34.31	350m: 3:59.28 35.00	550m: 6:20.24	35.43	750m: 8:40.49	34.81	
	200m: 2:15.01 34.84	400m: 4:34.30 35.02	600m: 6:55.39	35.15	800m: 9:12.94	32.45	
7.	BARBOSA Mariana Fernandes	02	Porto	9:15.34	+0,72	665	
	50m: 32.11 32.11	250m: 2:51.49 35.28	450m: 5:11.28	34.31	650m: 7:31.67	35.22	
	100m: 1:06.41 34.30	300m: 3:26.37 34.88	500m: 5:46.17	34.89	700m: 8:06.87	35.20	
	150m: 1:41.47 35.06	350m: 4:01.81 35.44	550m: 6:21.10	34.93	750m: 8:41.75	34.88	
	200m: 2:16.21 34.74	400m: 4:36.97 35.16	600m: 6:56.45	35.35	800m: 9:15.34	33.59	

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	AMADOR Joana Costa	01	Galitos / Bresimar	9:16.24	+0,79	662	
	50m: 31.99 31.99	250m: 2:50.66	34.83	450m: 5:10.65	34.97	650m: 7:30.93	34.60
	100m: 1:06.26 34.27	300m: 3:25.63	34.97	500m: 5:46.03	35.38	700m: 8:05.80	34.87
	150m: 1:40.97 34.71	350m: 4:00.62	34.99	550m: 6:20.76	34.73	750m: 8:41.43	35.63
	200m: 2:15.83 34.86	400m: 4:35.68	35.06	600m: 6:56.33	35.57	800m: 9:16.24	34.81
9.	RODRIGUES Filipa Serrano	01	Benfica	9:16.55	+0,77	660	
	50m: 31.69 31.69	250m: 2:49.38	34.37	450m: 5:08.78	34.59	650m: 7:31.99	36.17
	100m: 1:05.70 34.01	300m: 3:24.59	35.21	500m: 5:44.13	35.35	700m: 8:07.39	35.40
	150m: 1:40.18 34.48	350m: 3:58.94	34.35	550m: 6:19.49	35.36	750m: 8:42.23	34.84
	200m: 2:15.01 34.83	400m: 4:34.19	35.25	600m: 6:55.82	36.33	800m: 9:16.55	34.32
10.	ALVES Sara Sofia	01	Columbofila Cantanhedense	9:17.22	+0,72	658	
	50m: 32.16 32.16	250m: 2:50.16	34.65	450m: 5:10.38	35.26	650m: 7:32.33	35.66
	100m: 1:06.22 34.06	300m: 3:25.00	34.84	500m: 5:45.90	35.52	700m: 8:07.88	35.55
	150m: 1:40.83 34.61	350m: 3:59.92	34.92	550m: 6:21.28	35.38	750m: 8:43.17	35.29
	200m: 2:15.51 34.68	400m: 4:35.12	35.20	600m: 6:56.67	35.39	800m: 9:17.22	34.05
11.	FRAZAO Alexandra Couto	02	CASP AE	9:21.48	+0,71	643	
	50m: 31.31 31.31	250m: 2:48.99	34.44	450m: 5:09.93	35.95	650m: 7:34.03	35.90
	100m: 1:05.43 34.12	300m: 3:24.09	35.10	500m: 5:45.44	35.51	700m: 8:10.25	36.22
	150m: 1:39.97 34.54	350m: 3:59.05	34.96	550m: 6:21.87	36.43	750m: 8:45.10	34.85
	200m: 2:14.55 34.58	400m: 4:33.98	34.93	600m: 6:58.13	36.26	800m: 9:21.48	36.38
12.	RANITO Beatriz Paulo	99	Sporting	9:24.59	+0,75	633	
	50m: 31.54 31.54	250m: 2:52.84	35.83	450m: 5:14.49	34.67	650m: 7:37.11	36.21
	100m: 1:06.00 34.46	300m: 3:28.24	35.40	500m: 5:49.53	35.04	700m: 8:13.50	36.39
	150m: 1:41.50 35.50	350m: 4:04.20	35.96	550m: 6:25.11	35.58	750m: 8:49.36	35.86
	200m: 2:17.01 35.51	400m: 4:39.82	35.62	600m: 7:00.90	35.79	800m: 9:24.59	35.23
13.	MARTINS Joana Ribeiro	03	Benfica	9:25.11	+0,77	631	
	50m: 32.16 32.16	250m: 2:52.63	35.45	450m: 5:15.32	35.39	650m: 7:38.97	36.04
	100m: 1:06.70 34.54	300m: 3:28.24	35.61	500m: 5:50.84	35.52	700m: 8:15.08	36.11
	150m: 1:41.86 35.16	350m: 4:04.04	35.80	550m: 6:26.53	35.69	750m: 8:50.82	35.74
	200m: 2:17.18 35.32	400m: 4:39.93	35.89	600m: 7:02.93	36.40	800m: 9:25.11	34.29
14.	SOUSA Ana Reis	02	Litoral Alentejano	9:27.97	+0,67	621	
	50m: 31.24 31.24	250m: 2:49.99	35.17	450m: 5:10.74	35.90	650m: 7:38.13	36.96
	100m: 1:05.04 33.80	300m: 3:24.91	34.92	500m: 5:47.57	36.83	700m: 8:14.93	36.80
	150m: 1:40.32 35.28	350m: 3:59.95	35.04	550m: 6:24.39	36.82	750m: 8:51.85	36.92
	200m: 2:14.82 34.50	400m: 4:34.84	34.89	600m: 7:01.17	36.78	800m: 9:27.97	36.12
15.	SOARES Carolina Silva	03	Natacao de Valongo	9:28.91	+0,72	618	
	50m: 31.55 31.55	250m: 2:52.88	35.92	450m: 5:16.93	36.53	650m: 7:42.30	36.75
	100m: 1:05.74 34.19	300m: 3:28.70	35.82	500m: 5:53.11	36.18	700m: 8:18.30	36.00
	150m: 1:41.11 35.37	350m: 4:04.58	35.88	550m: 6:29.50	36.39	750m: 8:54.48	36.18
	200m: 2:16.96 35.85	400m: 4:40.40	35.82	600m: 7:05.55	36.05	800m: 9:28.91	34.43
16.	FLORENCIO Matilde Alves	04	CASP AE	9:31.40	+0,73	610	
	50m: 32.49 32.49	250m: 2:54.87	36.12	450m: 5:19.39	36.23	650m: 7:44.38	36.18
	100m: 1:07.07 34.58	300m: 3:30.78	35.91	500m: 5:55.62	36.23	700m: 8:20.55	36.17
	150m: 1:43.12 36.05	350m: 4:07.05	36.27	550m: 6:32.02	36.40	750m: 8:56.63	36.08
	200m: 2:18.75 35.63	400m: 4:43.16	36.11	600m: 7:08.20	36.18	800m: 9:31.40	34.77

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	MOURA Maria Ferreira	04	Sporting	9:31.58	+0,80	610	
	50m: 32.07 32.07	250m: 2:55.05 36.08	450m: 5:19.33 35.61	650m: 7:44.63 36.45			
	100m: 1:07.06 34.99	300m: 3:31.08 36.03	500m: 5:55.41 36.08	700m: 8:21.14 36.51			
	150m: 1:42.82 35.76	350m: 4:07.41 36.33	550m: 6:31.59 36.18	750m: 8:56.44 35.30			
	200m: 2:18.97 36.15	400m: 4:43.72 36.31	600m: 7:08.18 36.59	800m: 9:31.58 35.14			
18.	CRUZ Sara Moura	03	Alges	9:32.16	+0,71	608	
	50m: 32.24 32.24	250m: 2:54.34 35.88	450m: 5:19.28 36.44	650m: 7:45.13 36.81			
	100m: 1:07.33 35.09	300m: 3:30.24 35.90	500m: 5:55.53 36.25	700m: 8:21.58 36.45			
	150m: 1:42.77 35.44	350m: 4:06.47 36.23	550m: 6:32.10 36.57	750m: 8:57.22 35.64			
	200m: 2:18.46 35.69	400m: 4:42.84 36.37	600m: 7:08.32 36.22	800m: 9:32.16 34.94			
19.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	9:34.83	+0,79	599	
	50m: 32.38 32.38	250m: 2:54.28 35.58	450m: 5:19.78 36.34	650m: 7:46.55 36.60			
	100m: 1:07.47 35.09	300m: 3:30.71 36.43	500m: 5:56.57 36.79	700m: 8:23.29 36.74			
	150m: 1:42.61 35.14	350m: 4:06.96 36.25	550m: 6:33.02 36.45	750m: 8:59.84 36.55			
	200m: 2:18.70 36.09	400m: 4:43.44 36.48	600m: 7:09.95 36.93	800m: 9:34.83 34.99			
20.	VARANDAS Joana Filipa	02	Laranjeiro	9:37.00	+0,84	593	
	50m: 32.89 32.89	250m: 2:58.96 37.36	450m: 5:26.47 36.17	650m: 7:50.74 36.36			
	100m: 1:08.40 35.51	300m: 3:36.21 37.25	500m: 6:02.37 35.90	700m: 8:27.27 36.53			
	150m: 1:45.07 36.67	350m: 4:13.74 37.53	550m: 6:38.27 35.90	750m: 9:02.73 35.46			
	200m: 2:21.60 36.53	400m: 4:50.30 36.56	600m: 7:14.38 36.11	800m: 9:37.00 34.27			
21.	CARVALHO Eva Guerreiro	99	Benfica	9:38.88	+0,75	587	
	50m: 31.97 31.97	250m: 2:53.16 35.86	450m: 5:19.22 36.45	650m: 7:47.34 37.48			
	100m: 1:06.25 34.28	300m: 3:29.20 36.04	500m: 5:55.83 36.61	700m: 8:24.53 37.19			
	150m: 1:41.52 35.27	350m: 4:06.17 36.97	550m: 6:32.99 37.16	750m: 9:02.07 37.54			
	200m: 2:17.30 35.78	400m: 4:42.77 36.60	600m: 7:09.86 36.87	800m: 9:38.88 36.81			
22.	OLIVEIRA Ana Rita	04	Naval Povoense	9:40.84	+0,83	581	
	50m: 31.38 31.38	250m: 2:56.80 37.29	450m: 5:23.84 36.16	650m: 7:52.73 37.31			
	100m: 1:06.57 35.19	300m: 3:33.67 36.87	500m: 6:01.13 37.29	700m: 8:29.62 36.89			
	150m: 1:42.68 36.11	350m: 4:10.76 37.09	550m: 6:38.23 37.10	750m: 9:05.42 35.80			
	200m: 2:19.51 36.83	400m: 4:47.68 36.92	600m: 7:15.42 37.19	800m: 9:40.84 35.42			
23.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:42.36	+0,72	576	
	50m: 32.48 32.48	250m: 3:00.00 36.96	450m: 5:26.34 36.25	650m: 7:54.93 37.06			
	100m: 1:09.06 36.58	300m: 3:36.75 36.75	500m: 6:03.48 37.14	700m: 8:31.29 36.36			
	150m: 1:46.01 36.95	350m: 4:13.44 36.69	550m: 6:40.82 37.34	750m: 9:07.46 36.17			
	200m: 2:23.04 37.03	400m: 4:50.09 36.65	600m: 7:17.87 37.05	800m: 9:42.36 34.90			
24.	GASPAR Beatriz Ferreira	04	Hoquei Mealhada/ CA	9:43.29	+0,71	574	
	50m: 31.87 31.87	250m: 2:54.29 36.07	450m: 5:22.05 37.62	650m: 7:53.66 38.24			
	100m: 1:06.80 34.93	300m: 3:30.53 36.24	500m: 5:59.64 37.59	700m: 8:31.56 37.90			
	150m: 1:42.57 35.77	350m: 4:07.39 36.86	550m: 6:37.81 38.17	750m: 9:09.16 37.60			
	200m: 2:18.22 35.65	400m: 4:44.43 37.04	600m: 7:15.42 37.61	800m: 9:43.29 34.13			
25.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:44.20	+0,80	571	
	50m: 32.99 32.99	250m: 2:59.88 37.26	450m: 5:28.78 37.18	650m: 7:57.13 36.83			
	100m: 1:08.95 35.96	300m: 3:37.25 37.37	500m: 6:06.40 37.62	700m: 8:34.04 36.91			
	150m: 1:45.58 36.63	350m: 4:14.29 37.04	550m: 6:43.15 36.75	750m: 9:09.78 35.74			
	200m: 2:22.62 37.04	400m: 4:51.60 37.31	600m: 7:20.30 37.15	800m: 9:44.20 34.42			

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:46.28	+0,82	565	
	50m: 32.49 32.49	250m: 2:59.27	37.24	450m: 5:29.10	37.49	650m: 7:57.96	36.86
	100m: 1:08.11 35.62	300m: 3:36.79	37.52	500m: 6:06.38	37.28	700m: 8:35.47	37.51
	150m: 1:44.82 36.71	350m: 4:14.22	37.43	550m: 6:43.65	37.27	750m: 9:11.57	36.10
	200m: 2:22.03 37.21	400m: 4:51.61	37.39	600m: 7:21.10	37.45	800m: 9:46.28	34.71
27.	GARCIA HERREROS Nuria	00	A.D. Rivas Natacion	9:46.53	+0,85	564	
	50m: 32.15 32.15	250m: 2:59.14	37.05	450m: 5:28.49	37.16	650m: 7:57.47	37.01
	100m: 1:08.18 36.03	300m: 3:36.51	37.37	500m: 6:06.06	37.57	700m: 8:34.93	37.46
	150m: 1:44.78 36.60	350m: 4:13.73	37.22	550m: 6:43.12	37.06	750m: 9:11.65	36.72
	200m: 2:22.09 37.31	400m: 4:51.33	37.60	600m: 7:20.46	37.34	800m: 9:46.53	34.88
28.	SOUSA Ines Matos	03	Uniao Coimbra	9:46.97	+0,77	563	
	50m: 32.63 32.63	250m: 2:57.87	36.56	450m: 5:26.40	36.95	650m: 7:55.89	37.19
	100m: 1:08.41 35.78	300m: 3:34.87	37.00	500m: 6:04.00	37.60	700m: 8:33.65	37.76
	150m: 1:44.37 35.96	350m: 4:11.96	37.09	550m: 6:40.98	36.98	750m: 9:10.35	36.70
	200m: 2:21.31 36.94	400m: 4:49.45	37.49	600m: 7:18.70	37.72	800m: 9:46.97	36.62
29.	PINHO Carolina Teixeira	04	Porto	9:47.40	+0,69	562	
	50m: 32.21 32.21	250m: 2:55.49	36.32	450m: 5:24.56	37.52	650m: 7:54.45	37.46
	100m: 1:07.23 35.02	300m: 3:32.50	37.01	500m: 6:02.14	37.58	700m: 8:32.24	37.79
	150m: 1:43.05 35.82	350m: 4:09.70	37.20	550m: 6:39.32	37.18	750m: 9:09.96	37.72
	200m: 2:19.17 36.12	400m: 4:47.04	37.34	600m: 7:16.99	37.67	800m: 9:47.40	37.44
30.	BRANCO Ana Margarida	01	Alges	9:50.95	+0,82	552	
	50m: 33.31 33.31	250m: 3:01.56	37.52	450m: 5:30.93	37.36	650m: 8:00.45	37.44
	100m: 1:09.32 36.01	300m: 3:38.54	36.98	500m: 6:08.21	37.28	700m: 8:37.92	37.47
	150m: 1:46.60 37.28	350m: 4:16.28	37.74	550m: 6:45.61	37.40	750m: 9:15.14	37.22
	200m: 2:24.04 37.44	400m: 4:53.57	37.29	600m: 7:23.01	37.40	800m: 9:50.95	35.81
31.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	9:53.21	+0,79	545	
	50m: 32.48 32.48	250m: 2:57.45	36.29	450m: 5:26.92	37.01	650m: 7:59.75	38.28
	100m: 1:08.25 35.77	300m: 3:34.64	37.19	500m: 6:04.86	37.94	700m: 8:38.71	38.96
	150m: 1:44.29 36.04	350m: 4:12.02	37.38	550m: 6:42.93	38.07	750m: 9:16.41	37.70
	200m: 2:21.16 36.87	400m: 4:49.91	37.89	600m: 7:21.47	38.54	800m: 9:53.21	36.80
32.	LOUREIRO Sara Rulin	01	Benfica	9:53.50	+0,80	545	
	50m: 32.86 32.86	250m: 2:58.74	36.95	450m: 5:27.28	37.40	650m: 7:59.01	38.33
	100m: 1:08.73 35.87	300m: 3:35.58	36.84	500m: 6:05.14	37.86	700m: 8:37.35	38.34
	150m: 1:44.96 36.23	350m: 4:12.73	37.15	550m: 6:42.75	37.61	750m: 8:01.07	
	200m: 2:21.79 36.83	400m: 4:49.88	37.15	600m: 7:20.68	37.93	800m: 9:53.50	1:52.43
33.	PIRES Beatriz Almeida	03	Uniao Coimbra	9:54.97	+0,83	540	
	50m: 34.70 34.70	250m: 3:03.62	36.89	450m: 5:33.37	37.44	650m: 8:03.96	37.82
	100m: 1:11.98 37.28	300m: 3:41.08	37.46	500m: 6:11.04	37.67	700m: 8:41.72	37.76
	150m: 1:49.74 37.76	350m: 4:18.18	37.10	550m: 6:48.66	37.62	750m: 9:19.14	37.42
	200m: 2:26.73 36.99	400m: 4:55.93	37.75	600m: 7:26.14	37.48	800m: 9:54.97	35.83
34.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:55.12	+0,75	540	
	50m: 33.49 33.49	250m: 3:04.18	37.99	450m: 5:34.78	36.95	650m: 8:04.97	37.58
	100m: 1:10.21 36.72	300m: 3:41.77	37.59	500m: 6:12.38	37.60	700m: 8:42.21	37.24
	150m: 1:48.26 38.05	350m: 4:19.82	38.05	550m: 6:49.83	37.45	750m: 9:19.19	36.98
	200m: 2:26.19 37.93	400m: 4:57.83	38.01	600m: 7:27.39	37.56	800m: 9:55.12	35.93

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	VIANA Margarida Violante	04	Ba/Bomcar	9:55.86		538	
	50m: 34.57 34.57	250m: 3:04.86 37.95	450m: 5:36.53 37.88	650m: 8:07.08 37.31			
	100m: 1:11.76 37.19	300m: 3:42.88 38.02	500m: 6:14.13 37.60	700m: 8:44.10 37.02			
	150m: 1:49.47 37.71	350m: 4:20.74 37.86	550m: 6:52.07 37.94	750m: 9:21.14 37.04			
	200m: 2:26.91 37.44	400m: 4:58.65 37.91	600m: 7:29.77 37.70	800m: 9:55.86 34.72			
36.	SILVA Ines Martins	04	Vilacondense	9:55.99	+0,91	538	
	50m: 33.15 33.15	250m: 3:02.16 38.10	450m: 5:33.49 37.89	650m: 8:05.47 38.01			
	100m: 1:09.05 35.90	300m: 3:39.21 37.05	500m: 6:11.04 37.55	700m: 8:43.51 38.04			
	150m: 1:46.24 37.19	350m: 4:17.71 38.50	550m: 6:49.42 38.38	750m: 9:20.93 37.42			
	200m: 2:24.06 37.82	400m: 4:55.60 37.89	600m: 7:27.46 38.04	800m: 9:55.99 35.06			
37.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	9:56.01	+0,82	538	
	50m: 31.98 31.98	250m: 3:00.87 38.09	450m: 5:33.17 38.14	650m: 8:04.66 37.67			
	100m: 1:08.32 36.34	300m: 3:38.99 38.12	500m: 6:11.20 38.03	700m: 8:42.58 37.92			
	150m: 1:45.19 36.87	350m: 4:16.76 37.77	550m: 6:48.91 37.71	750m: 9:20.23 37.65			
	200m: 2:22.78 37.59	400m: 4:55.03 38.27	600m: 7:26.99 38.08	800m: 9:56.01 35.78			
38.	MARTINS Ines Alves	01	Fluvial Portuense	9:56.67		536	
	50m: 33.26 33.26	250m: 3:02.86 37.81	450m: 5:33.83 37.71	650m: 8:05.16 37.88			
	100m: 1:09.89 36.63	300m: 3:40.73 37.87	500m: 6:11.84 38.01	700m: 8:43.14 37.98			
	150m: 1:47.47 37.58	350m: 4:18.19 37.46	550m: 6:49.53 37.69	750m: 9:20.54 37.40			
	200m: 2:25.05 37.58	400m: 4:56.12 37.93	600m: 7:27.28 37.75	800m: 9:56.67 36.13			
39.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	9:56.73	+0,70	536	
	50m: 33.39 33.39	250m: 2:59.02 36.58	450m: 5:29.34 38.00	650m: 8:02.87 38.50			
	100m: 1:09.18 35.79	300m: 3:36.19 37.17	500m: 6:07.19 37.85	700m: 8:41.13 38.26			
	150m: 1:45.59 36.41	350m: 4:13.54 37.35	550m: 6:45.63 38.44	750m: 9:19.45 38.32			
	200m: 2:22.44 36.85	400m: 4:51.34 37.80	600m: 7:24.37 38.74	800m: 9:56.73 37.28			
40.	BARBOSA Adriana Freixo	03	Viana Natacao	9:57.74	+0,95	533	
	50m: 33.54 33.54	250m: 3:03.35 37.79	450m: 5:34.99 37.62	650m: 8:07.18 37.41			
	100m: 1:10.32 36.78	300m: 3:40.82 37.47	500m: 6:13.04 38.05	700m: 8:45.49 38.31			
	150m: 1:47.55 37.23	350m: 4:19.00 38.18	550m: 6:50.91 37.87	750m: 9:22.92 37.43			
	200m: 2:25.56 38.01	400m: 4:57.37 38.37	600m: 7:29.77 38.86	800m: 9:57.74 34.82			
41.	FONSECA Laura Luz	03	Naval de Ponta Delgada	9:57.76	+0,78	533	
	50m: 32.68 32.68	250m: 3:01.89 37.78	450m: 5:34.58 38.07	650m: 8:07.00 37.63			
	100m: 1:09.25 36.57	300m: 3:40.13 38.24	500m: 6:13.18 38.60	700m: 8:45.42 38.42			
	150m: 1:46.24 36.99	350m: 4:17.87 37.74	550m: 6:50.92 37.74	750m: 9:22.32 36.90			
	200m: 2:24.11 37.87	400m: 4:56.51 38.64	600m: 7:29.37 38.45	800m: 9:57.76 35.44			
42.	MONTEIRO Barbara Oliveira	04	Braga	9:59.00	+0,96	530	
	50m: 33.56 33.56	250m: 3:02.25 37.71	450m: 5:34.07 37.74	650m: 8:06.37 38.48			
	100m: 1:09.88 36.32	300m: 3:40.14 37.89	500m: 6:11.99 37.92	700m: 8:44.77 38.40			
	150m: 1:47.28 37.40	350m: 4:18.48 38.34	550m: 6:50.22 38.23	750m: 9:23.28 38.51			
	200m: 2:24.54 37.26	400m: 4:56.33 37.85	600m: 7:27.89 37.67	800m: 9:59.00 35.72			
43.	JESUS Leonor Santos	04	Natacao Olhao	9:59.82	+0,88	527	
	50m: 34.74 34.74	250m: 3:02.86 37.29	450m: 5:32.60 38.18	650m: 8:05.57 39.06			
	100m: 1:11.65 36.91	300m: 3:39.79 36.93	500m: 6:10.21 37.61	700m: 8:44.47 38.90			
	150m: 1:48.89 37.24	350m: 4:17.19 37.40	550m: 6:48.49 38.28	750m: 9:23.17 38.70			
	200m: 2:25.57 36.68	400m: 4:54.42 37.23	600m: 7:26.51 38.02	800m: 9:59.82 36.65			

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	AMANTES Beatriz Quintao	03	Uniao Piedense	10:01.33	+0,83	523	
	50m: 33.38 33.38	250m: 3:02.71 37.38	450m: 5:33.86 37.38	650m: 8:07.95 38.94			
	100m: 1:10.15 36.77	300m: 3:40.31 37.60	500m: 6:12.16 38.30	700m: 8:46.14 38.19			
	150m: 1:47.77 37.62	350m: 4:18.58 38.27	550m: 6:50.45 38.29	750m: 9:24.78 38.64			
	200m: 2:25.33 37.56	400m: 4:56.48 37.90	600m: 7:29.01 38.56	800m: 10:01.33 36.55			
45.	PIRES Filipa Almeida	03	Uniao Coimbra	10:02.24	+0,85	521	
	50m: 33.95 33.95	250m: 3:05.80 38.14	450m: 5:38.04 37.75	650m: 8:10.74 38.45			
	100m: 1:11.14 37.19	300m: 3:44.02 38.22	500m: 6:15.88 37.84	700m: 8:48.83 38.09			
	150m: 1:49.23 38.09	350m: 4:21.94 37.92	550m: 6:54.02 38.14	750m: 9:26.13 37.30			
	200m: 2:27.66 38.43	400m: 5:00.29 38.35	600m: 7:32.29 38.27	800m: 10:02.24 36.11			
46.	MARQUES Maria Alexandra	04	Albicastrense	10:03.69	+0,73	517	
	50m: 34.80 34.80	250m: 3:07.93 38.58	450m: 5:40.48 37.23	650m: 8:12.21 37.93			
	100m: 1:12.43 37.63	300m: 3:46.33 38.40	500m: 6:18.36 37.88	700m: 8:49.84 37.63			
	150m: 1:50.75 38.32	350m: 4:24.99 38.66	550m: 6:56.31 37.95	750m: 9:27.09 37.25			
	200m: 2:29.35 38.60	400m: 5:03.25 38.26	600m: 7:34.28 37.97	800m: 10:03.69 36.60			
47.	NARRA Vera Figueiredo	04	Amadora	10:04.48	+0,66	515	
	50m: 33.43 33.43	250m: 3:04.43 37.97	450m: 5:34.06 37.44	650m: 8:04.11 37.50			
	100m: 1:10.06 36.63	300m: 3:42.25 37.82	500m: 6:11.27 37.21	700m: 8:40.28 36.17			
	150m: 1:48.10 38.04	350m: 4:19.04 36.79	550m: 6:48.83 37.56	750m: 9:28.26 47.98			
	200m: 2:26.46 38.36	400m: 4:56.62 37.58	600m: 7:26.61 37.78	800m: 10:04.48 36.22			
48.	PAIS Matilde Vieira	03	Galitos / Bresimar	10:04.78	+0,86	515	
	50m: 33.04 33.04	250m: 3:01.34 37.16	450m: 5:33.49 38.19	650m: 8:08.61 39.50			
	100m: 1:09.19 36.15	300m: 3:39.02 37.68	500m: 6:11.85 38.36	700m: 8:47.93 39.32			
	150m: 1:46.38 37.19	350m: 4:16.87 37.85	550m: 6:50.47 38.62	750m: 9:27.12 39.19			
	200m: 2:24.18 37.80	400m: 4:55.30 38.43	600m: 7:29.11 38.64	800m: 10:04.78 37.66			
49.	FREIXIEIRO Beatriz Maria	04	Rio Maior	10:04.82	+0,77	514	
	50m: 32.73 32.73	250m: 3:03.98 37.72	450m: 5:37.36 38.63	650m: 8:11.55 38.70			
	100m: 1:09.66 36.93	300m: 3:42.19 38.21	500m: 6:15.73 38.37	700m: 8:50.32 38.77			
	150m: 1:48.11 38.45	350m: 4:20.51 38.32	550m: 6:54.27 38.54	750m: 9:28.52 38.20			
	200m: 2:26.26 38.15	400m: 4:58.73 38.22	600m: 7:32.85 38.58	800m: 10:04.82 36.30			
50.	TROIA Beatriz Rosa	04	Vilacondense	10:05.75	+0,70	512	
	50m: 34.05 34.05	250m: 3:06.08 38.68	450m: 5:39.83 38.07	650m: 8:13.30 38.99			
	100m: 1:10.97 36.92	300m: 3:44.63 38.55	500m: 6:17.09 37.26	700m: 8:52.30 39.00			
	150m: 1:48.96 37.99	350m: 4:22.83 38.20	550m: 6:55.89 38.80	750m: 9:30.17 37.87			
	200m: 2:27.40 38.44	400m: 5:01.76 38.93	600m: 7:34.31 38.42	800m: 10:05.75 35.58			
51.	INACIO Marta Macedo	04	Sporting	10:05.80	+0,78	512	
	50m: 33.35 33.35	250m: 3:02.09 37.92	450m: 5:35.51 38.78	650m: 8:10.04 38.35			
	100m: 1:09.31 35.96	300m: 3:40.21 38.12	500m: 6:14.22 38.71	700m: 8:48.82 38.78			
	150m: 1:46.76 37.45	350m: 4:18.51 38.30	550m: 6:53.12 38.90	750m: 9:27.48 38.66			
	200m: 2:24.17 37.41	400m: 4:56.73 38.22	600m: 7:31.69 38.57	800m: 10:05.80 38.32			
52.	PACHECO Maria Manuel	03	Naval de Ponta Delgada	10:06.19	+0,74	511	
	50m: 33.87 33.87	250m: 3:05.63 38.33	450m: 5:39.93 38.19	650m: 8:12.85 38.09			
	100m: 1:10.86 36.99	300m: 3:44.19 38.56	500m: 6:18.08 38.15	700m: 8:51.35 38.50			
	150m: 1:48.85 37.99	350m: 4:23.04 38.85	550m: 6:56.48 38.40	750m: 9:29.74 38.39			
	200m: 2:27.30 38.45	400m: 5:01.74 38.70	600m: 7:34.76 38.28	800m: 10:06.19 36.45			

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	CAMBAS Ema Miranda	03	Naval Povoense	10:06.54	+0,81	510	
	50m: 33.90 33.90	250m: 3:05.76	38.14	450m: 5:38.86	38.75	650m: 8:13.21	38.86
	100m: 1:11.46 37.56	300m: 3:43.57	37.81	500m: 6:17.14	38.28	700m: 8:51.62	38.41
	150m: 1:49.62 38.16	350m: 4:21.91	38.34	550m: 6:55.75	38.61	750m: 9:29.90	38.28
	200m: 2:27.62 38.00	400m: 5:00.11	38.20	600m: 7:34.35	38.60	800m: 10:06.54	36.64
54.	LIMA Jessica Soares	02	Braga	10:06.86	+1,05	509	
	50m: 33.30 33.30	250m: 3:03.10	38.07	450m: 5:36.22	38.47	650m: 8:11.02	38.69
	100m: 1:09.87 36.57	300m: 3:41.21	38.11	500m: 6:14.81	38.59	700m: 8:49.87	38.85
	150m: 1:47.34 37.47	350m: 4:19.39	38.18	550m: 6:53.81	39.00	750m: 9:28.76	38.89
	200m: 2:25.03 37.69	400m: 4:57.75	38.36	600m: 7:32.33	38.52	800m: 10:06.86	38.10
55.	SIMÕES Rita Mendes	04	Ba/Bomcar	10:07.67	+0,85	507	
	50m: 34.71 34.71	250m: 3:08.50	38.68	450m: 5:41.67	38.16	650m: 8:15.95	38.55
	100m: 1:12.77 38.06	300m: 3:46.81	38.31	500m: 6:20.04	38.37	700m: 8:54.06	38.11
	150m: 1:51.20 38.43	350m: 4:25.15	38.34	550m: 6:58.95	38.91	750m: 9:31.84	37.78
	200m: 2:29.82 38.62	400m: 5:03.51	38.36	600m: 7:37.40	38.45	800m: 10:07.67	35.83
56.	LOPES Raquel Raposo	04	Cova da Piedade	10:08.25	+0,83	506	
	50m: 34.25 34.25	250m: 3:07.12	38.64	450m: 5:41.08	38.28	650m: 8:14.96	38.20
	100m: 1:11.71 37.46	300m: 3:45.75	38.63	500m: 6:19.62	38.54	700m: 8:53.58	38.62
	150m: 1:49.97 38.26	350m: 4:24.10	38.35	550m: 6:57.96	38.34	750m: 9:31.22	37.64
	200m: 2:28.48 38.51	400m: 5:02.80	38.70	600m: 7:36.76	38.80	800m: 10:08.25	37.03
57.	ALVES Maria Francisca	04	Ba/Bomcar	10:08.59	+0,69	505	
	50m: 32.89 32.89	250m: 3:01.95	37.86	450m: 5:36.02	38.70	650m: 8:12.82	39.44
	100m: 1:09.97 37.08	300m: 3:40.12	38.17	500m: 6:15.14	39.12	700m: 8:52.35	39.53
	150m: 1:46.74 36.77	350m: 4:18.59	38.47	550m: 6:54.08	38.94	750m: 9:31.11	38.76
	200m: 2:24.09 37.35	400m: 4:57.32	38.73	600m: 7:33.38	39.30	800m: 10:08.59	37.48
58.	MARTINS Ines Correia	04	Porto	10:08.87	+0,73	504	
	50m: 34.35 34.35	250m: 3:05.44	38.33	450m: 5:38.52	38.42	650m: 8:13.97	38.89
	100m: 1:11.48 37.13	300m: 3:43.36	37.92	500m: 6:17.29	38.77	700m: 8:53.22	39.25
	150m: 1:49.41 37.93	350m: 4:21.50	38.14	550m: 6:56.49	39.20	750m: 9:31.81	38.59
	200m: 2:27.11 37.70	400m: 5:00.10	38.60	600m: 7:35.08	38.59	800m: 10:08.87	37.06
59.	PEREIRA Anais Cloe	04	Sporting	10:13.20	+0,73	494	
	50m: 34.95 34.95	250m: 3:10.10	39.16	450m: 5:45.75	38.43	650m: 8:20.47	38.96
	100m: 1:12.83 37.88	300m: 3:49.34	39.24	500m: 6:24.06	38.31	700m: 8:59.11	38.64
	150m: 1:51.76 38.93	350m: 4:28.56	39.22	550m: 7:02.87	38.81	750m: 9:36.63	37.52
	200m: 2:30.94 39.18	400m: 5:07.32	38.76	600m: 7:41.51	38.64	800m: 10:13.20	36.57
60.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	10:13.38	+0,95	493	
	50m: 34.94 34.94	250m: 3:08.93	38.91	450m: 5:43.20	37.97	650m: 8:19.47	39.09
	100m: 1:12.78 37.84	300m: 3:48.05	39.12	500m: 6:22.27	39.07	700m: 8:58.25	38.78
	150m: 1:51.66 38.88	350m: 4:26.85	38.80	550m: 7:01.56	39.29	750m: 9:36.84	38.59
	200m: 2:30.02 38.36	400m: 5:05.23	38.38	600m: 7:40.38	38.82	800m: 10:13.38	36.54
61.	REIS Maria Joao	04	Nautico Marinha Grande	10:14.48	+0,73	491	
	50m: 34.59 34.59	250m: 3:11.01	39.72	450m: 5:48.37	39.82	650m: 8:24.75	38.83
	100m: 1:12.89 38.30	300m: 3:50.23	39.22	500m: 6:27.54	39.17	700m: 9:02.83	38.08
	150m: 1:52.58 39.69	350m: 4:29.54	39.31	550m: 7:06.85	39.31	750m: 9:39.49	36.66
	200m: 2:31.29 38.71	400m: 5:08.55	39.01	600m: 7:45.92	39.07	800m: 10:14.48	34.99

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
62.	PINHEIRO Ines Mariana	03	Academica de Coimbra	10:14.53	+0,67	490	
	50m: 32.62 32.62	250m: 3:05.62	39.16	450m: 5:41.95	38.83	650m: 8:18.34	38.38
	100m: 1:09.45 36.83	300m: 3:44.50	38.88	500m: 6:21.56	39.61	700m: 8:57.76	39.42
	150m: 1:47.94 38.49	350m: 4:23.45	38.95	550m: 7:00.44	38.88	750m: 9:36.76	39.00
	200m: 2:26.46 38.52	400m: 5:03.12	39.67	600m: 7:39.96	39.52	800m: 10:14.53	37.77
63.	GALANTE Ines Carvalho	04	Vilacondense	10:15.30	+0,81	489	
	50m: 33.59 33.59	250m: 3:07.41	38.42	450m: 5:43.05	38.57	650m: 8:19.87	38.81
	100m: 1:11.75 38.16	300m: 3:46.54	39.13	500m: 6:22.60	39.55	700m: 8:59.68	39.81
	150m: 1:50.28 38.53	350m: 4:24.90	38.36	550m: 7:01.32	38.72	750m: 9:37.69	38.01
	200m: 2:28.99 38.71	400m: 5:04.48	39.58	600m: 7:41.06	39.74	800m: 10:15.30	37.61
64.	LIMA Eduarda Filipa	04	Vilacondense	10:15.79	+0,92	487	
	50m: 33.68 33.68	250m: 3:06.61	38.89	450m: 5:43.21	39.24	650m: 8:20.84	39.80
	100m: 1:11.06 37.38	300m: 3:45.40	38.79	500m: 6:22.42	39.21	700m: 8:59.58	38.74
	150m: 1:49.51 38.45	350m: 4:24.74	39.34	550m: 7:01.35	38.93	750m: 9:38.24	38.66
	200m: 2:27.72 38.21	400m: 5:03.97	39.23	600m: 7:41.04	39.69	800m: 10:15.79	37.55
65.	GERALDES Madalena Graca	04	Sporting	10:15.81	+0,82	487	
	50m: 34.03 34.03	250m: 3:06.99	38.83	450m: 5:43.18	39.38	650m: 8:20.88	39.57
	100m: 1:11.84 37.81	300m: 3:45.50	38.51	500m: 6:21.92	38.74	700m: 9:00.34	39.46
	150m: 1:50.20 38.36	350m: 4:24.55	39.05	550m: 7:01.86	39.94	750m: 9:39.03	38.69
	200m: 2:28.16 37.96	400m: 5:03.80	39.25	600m: 7:41.31	39.45	800m: 10:15.81	36.78
66.	CARVALHO Beatriz Moreira	03	Rio Maior	10:18.92	+0,82	480	
	50m: 34.25 34.25	250m: 3:06.41	38.82	450m: 5:42.95	39.18	650m: 8:20.95	39.95
	100m: 1:11.19 36.94	300m: 3:45.31	38.90	500m: 6:22.31	39.36	700m: 9:00.12	39.17
	150m: 1:49.37 38.18	350m: 4:24.49	39.18	550m: 7:01.36	39.05	750m: 9:40.00	39.88
	200m: 2:27.59 38.22	400m: 5:03.77	39.28	600m: 7:41.00	39.64	800m: 10:18.92	38.92
67.	CORREIA Beatriz Santos	04	Academico Viseu	10:24.51	+0,87	467	
	50m: 33.49 33.49	250m: 3:10.09	39.79	450m: 5:50.05	40.29	650m: 8:28.35	39.40
	100m: 1:11.70 38.21	300m: 3:50.26	40.17	500m: 6:29.73	39.68	700m: 9:07.97	39.62
	150m: 1:50.63 38.93	350m: 4:30.33	40.07	550m: 7:09.33	39.60	750m: 9:46.68	38.71
	200m: 2:30.30 39.67	400m: 5:09.76	39.43	600m: 7:48.95	39.62	800m: 10:24.51	37.83
68.	ALVES Ines Sofia	04	Portinado	10:26.37	+0,80	463	
	50m: 32.77 32.77	250m: 3:07.85	39.21	450m: 5:47.72	40.01	650m: 8:28.01	39.73
	100m: 1:10.58 37.81	300m: 3:47.40	39.55	500m: 6:28.09	40.37	700m: 9:08.33	40.32
	150m: 1:49.23 38.65	350m: 4:27.40	40.00	550m: 7:08.09	40.00	750m: 9:47.40	39.07
	200m: 2:28.64 39.41	400m: 5:07.71	40.31	600m: 7:48.28	40.19	800m: 10:26.37	38.97
69.	MORGANHO Leonor Alves	04	Alges	10:28.30	+0,87	459	
	50m: 34.96 34.96	250m: 3:11.30	39.18	450m: 5:50.11	39.86	650m: 8:29.79	40.02
	100m: 1:13.42 38.46	300m: 3:50.93	39.63	500m: 6:29.64	39.53	700m: 9:09.74	39.95
	150m: 1:52.84 39.42	350m: 4:30.68	39.75	550m: 7:09.82	40.18	750m: 9:49.70	39.96
	200m: 2:32.12 39.28	400m: 5:10.25	39.57	600m: 7:49.77	39.95	800m: 10:28.30	38.60
70.	TROIA Barbara Daniela	04	Vilacondense	10:30.58	+0,74	454	
	50m: 34.17 34.17	250m: 3:10.31	40.28	450m: 4:33.98		650m: 8:33.68	40.57
	100m: 1:11.47 37.30	300m: 3:50.60	40.29	500m: 6:32.66	1:58.68	700m: 9:14.10	40.42
	150m: 1:50.69 39.22	350m: 4:31.58	40.98	550m: 5:52.64		750m: 9:54.01	39.91
	200m: 2:30.03 39.34	400m: 5:12.09	40.51	600m: 7:53.11	2:00.47	800m: 10:30.58	36.57

Prova 2, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
71.	LIGEIRO Daniela Silva	04	Viana Natacao	10:37.82	+0,83	439	
	50m: 34.24 34.24	250m: 3:13.06	39.73	450m: 5:55.38	40.56	650m: 8:38.04	40.75
	100m: 1:13.22 38.98	300m: 3:53.55	40.49	500m: 6:35.88	40.50	700m: 9:18.85	40.81
	150m: 1:52.81 39.59	350m: 4:34.01	40.46	550m: 7:16.04	40.16	750m: 9:57.96	39.11
	200m: 2:33.33 40.52	400m: 5:14.82	40.81	600m: 7:57.29	41.25	800m: 10:37.82	39.86
72.	FERNANDES Maria Elias	04	Desportiva de Viana	10:39.65	+0,96	435	
	50m: 34.25 34.25	250m: 3:14.02	40.59	450m: 5:56.47	40.42	650m: 8:40.22	41.08
	100m: 1:13.07 38.82	300m: 3:54.64	40.62	500m: 6:37.31	40.84	700m: 9:20.78	40.56
	150m: 1:53.19 40.12	350m: 4:35.15	40.51	550m: 7:18.37	41.06	750m: 10:00.79	40.01
	200m: 2:33.43 40.24	400m: 5:16.05	40.90	600m: 7:59.14	40.77	800m: 10:39.65	38.86
73.	MENDES Ana Sebastiao	04	Portinado	10:50.73	+0,63	413	
	50m: 33.93 33.93	250m: 3:14.78	41.66	450m: 6:02.09	42.33	650m: 8:47.70	41.69
	100m: 1:12.36 38.43	300m: 3:56.05	41.27	500m: 6:43.17	41.08	700m: 9:29.75	42.05
	150m: 1:51.96 39.60	350m: 4:37.90	41.85	550m: 7:25.13	41.96	750m: 10:11.23	41.48
	200m: 2:33.12 41.16	400m: 5:19.76	41.86	600m: 8:06.01	40.88	800m: 10:50.73	39.50

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