

Prova 9 Femin., 1500m Livres
22-03-2018 - 17:15 Juniiores Resultados

RN Absoluto	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Jun16	16:47.35	HOLUB Tamila Hryhorivna	POR	Coimbra	31-05-2015

CEPL Abs: 16:34.98

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRAZAO Alexandra Couto <i>Minimos CEJun</i>	02	CASPAE	17:11.64	+0,75	721	
	50m: 31.29 31.29	450m: 5:03.14	34.40	850m: 9:41.06	34.57	1250m: 14:19.61	34.22
	100m: 1:04.89 33.60	500m: 5:37.49	34.35	900m: 10:16.36	35.30	1300m: 14:54.79	35.18
	150m: 1:38.50 33.61	550m: 6:11.92	34.43	950m: 10:50.72	34.36	1350m: 15:28.68	33.89
	200m: 2:12.46 33.96	600m: 6:46.75	34.83	1000m: 11:25.90	35.18	1400m: 16:03.89	35.21
	250m: 2:46.19 33.73	650m: 7:21.25	34.50	1050m: 12:00.31	34.41	1450m: 16:37.70	33.81
	300m: 3:20.35 34.16	700m: 7:56.52	35.27	1100m: 12:35.66	35.35	1500m: 17:11.64	33.94
	350m: 3:54.18 33.83	750m: 8:31.10	34.58	1150m: 13:10.26	34.60		
	400m: 4:28.74 34.56	800m: 9:06.49	35.39	1200m: 13:45.39	35.13		
2.	ALVES Sara Sofia	01	Columbifila Cantanhedense	17:21.62	+0,80	701	
	50m: 32.61 32.61	450m: 5:08.60	34.72	850m: 9:46.71	34.92	1250m: 14:27.21	35.18
	100m: 1:06.32 33.71	500m: 5:43.35	34.75	900m: 10:21.47	34.76	1300m: 15:02.44	35.23
	150m: 1:40.09 33.77	550m: 6:17.91	34.56	950m: 10:56.54	35.07	1350m: 15:37.61	35.17
	200m: 2:14.61 34.52	600m: 6:52.73	34.82	1000m: 11:31.50	34.96	1400m: 16:13.11	35.50
	250m: 2:48.99 34.38	650m: 7:27.41	34.68	1050m: 12:06.54	35.04	1450m: 16:47.51	34.40
	300m: 3:23.82 34.83	700m: 8:02.30	34.89	1100m: 12:41.95	35.41	1500m: 17:21.62	34.11
	350m: 3:58.64 34.82	750m: 8:36.91	34.61	1150m: 13:16.58	34.63		
	400m: 4:33.88 35.24	800m: 9:11.79	34.88	1200m: 13:52.03	35.45		
3.	COSTA Maria Carolina	01	Porto	17:32.83	+0,84	679	
	50m: 31.12 31.12	450m: 5:06.75	34.88	850m: 9:48.32	35.71	1250m: 14:35.20	35.99
	100m: 1:04.51 33.39	500m: 5:41.55	34.80	900m: 10:23.89	35.57	1300m: 15:10.89	35.69
	150m: 1:39.33 34.82	550m: 6:16.68	35.13	950m: 10:59.83	35.94	1350m: 15:46.61	35.72
	200m: 2:13.48 34.15	600m: 6:51.70	35.02	1000m: 11:35.41	35.58	1400m: 16:22.67	36.06
	250m: 2:48.07 34.59	650m: 7:26.71	35.01	1050m: 12:11.64	36.23	1450m: 16:57.76	35.09
	300m: 3:22.48 34.41	700m: 8:01.85	35.14	1100m: 12:47.03	35.39	1500m: 17:32.83	35.07
	350m: 3:57.27 34.79	750m: 8:37.09	35.24	1150m: 13:23.14	36.11		
	400m: 4:31.87 34.60	800m: 9:12.61	35.52	1200m: 13:59.21	36.07		
4.	QUEIROZ Ana Rita	02	CASPAE	17:36.77	+0,68	671	
	50m: 32.13 32.13	450m: 5:10.13	35.12	850m: 9:51.31	35.44	1250m: 14:39.13	36.03
	100m: 1:06.56 34.43	500m: 5:45.49	35.36	900m: 10:26.94	35.63	1300m: 15:15.36	36.23
	150m: 1:41.42 34.86	550m: 6:20.17	34.68	950m: 11:02.49	35.55	1350m: 15:52.11	36.75
	200m: 2:16.12 34.70	600m: 6:55.25	35.08	1000m: 11:38.31	35.82	1400m: 16:27.73	35.62
	250m: 2:50.30 34.18	650m: 7:30.16	34.91	1050m: 12:14.32	36.01	1450m: 17:02.57	34.84
	300m: 3:24.90 34.60	700m: 8:05.31	35.15	1100m: 12:50.65	36.33	1500m: 17:36.77	34.20
	350m: 3:59.72 34.82	750m: 8:40.30	34.99	1150m: 13:26.74	36.09		
	400m: 4:35.01 35.29	800m: 9:15.87	35.57	1200m: 14:03.10	36.36		
5.	ANDRE Leticia Maia	02	Benfica	17:38.44	+0,74	668	
	50m: 31.64 31.64	450m: 5:09.81	35.62	850m: 9:56.13	38.04	1250m: 14:46.45	37.18
	100m: 1:06.04 34.40	500m: 5:45.51	35.70	900m: 10:31.76	35.63	1300m: 15:22.39	35.94
	150m: 1:40.90 34.86	550m: 6:20.24	34.73	950m: 11:08.16	36.40	1350m: 15:55.90	33.51
	200m: 2:15.21 34.31	600m: 6:55.33	35.09	1000m: 11:44.54	36.38	1400m: 16:30.96	35.06
	250m: 2:49.43 34.22	650m: 7:32.00	36.67	1050m: 12:20.26	35.72	1450m: 17:05.55	34.59
	300m: 3:23.82 34.39	700m: 8:08.60	36.60	1100m: 12:56.59	36.33	1500m: 17:38.44	32.89
	350m: 3:58.68 34.86	750m: 8:44.52	35.92	1150m: 13:32.92	36.33		
	400m: 4:34.19 35.51	800m: 9:18.09	33.57	1200m: 14:09.27	36.35		

Prova 9, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MENDES Mariana Amaral	02	Colegio Monte Maior	17:38.79	+0,77	667	
	50m: 32.23 32.23	450m: 5:13.49 35.32	850m: 9:57.88 35.50	1250m: 14:43.33 35.76			
	100m: 1:06.92 34.69	500m: 5:48.92 35.43	900m: 10:33.46 35.58	1300m: 15:19.05 35.72			
	150m: 1:41.81 34.89	550m: 6:24.45 35.53	950m: 11:09.17 35.71	1350m: 15:54.77 35.72			
	200m: 2:16.90 35.09	600m: 6:59.94 35.49	1000m: 11:44.82 35.65	1400m: 16:30.25 35.48			
	250m: 2:52.34 35.44	650m: 7:35.54 35.60	1050m: 12:20.57 35.75	1450m: 17:05.44 35.19			
	300m: 3:27.58 35.24	700m: 8:10.96 35.42	1100m: 12:56.22 35.65	1500m: 17:38.79 33.35			
	350m: 4:02.87 35.29	750m: 8:46.77 35.81	1150m: 13:31.92 35.70				
	400m: 4:38.17 35.30	800m: 9:22.38 35.61	1200m: 14:07.57 35.65				
7.	RODRIGUES Filipa Serrano	01	Benfica	18:08.02	+0,78	615	
	50m: 31.73 31.73	450m: 5:13.50 36.11	850m: 10:05.82 36.58	1250m: 15:03.19 37.37			
	100m: 1:05.62 33.89	500m: 5:49.67 36.17	900m: 10:42.87 37.05	1300m: 15:40.79 37.60			
	150m: 1:40.17 34.55	550m: 6:25.62 35.95	950m: 11:19.57 36.70	1350m: 16:17.74 36.95			
	200m: 2:15.07 34.90	600m: 7:02.28 36.66	1000m: 11:56.69 37.12	1400m: 16:54.95 37.21			
	250m: 2:50.06 34.99	650m: 7:38.93 36.65	1050m: 12:33.69 37.00	1450m: 17:31.97 37.02			
	300m: 3:25.58 35.52	700m: 8:15.68 36.75	1100m: 13:11.18 37.49	1500m: 18:08.02 36.05			
	350m: 4:01.04 35.46	750m: 8:52.00 36.32	1150m: 13:48.35 37.17				
	400m: 4:37.39 36.35	800m: 9:29.24 37.24	1200m: 14:25.82 37.47				
8.	MARTINS Ines Alves	01	Fluvial Portuense	18:33.26	+0,79	574	
	50m: 32.69 32.69	450m: 5:26.07 36.98	850m: 10:25.53 37.45	1250m: 15:26.96 37.55			
	100m: 1:08.46 35.77	500m: 6:03.48 37.41	900m: 11:03.32 37.79	1300m: 16:04.72 37.76			
	150m: 1:44.74 36.28	550m: 6:40.49 37.01	950m: 11:40.87 37.55	1350m: 16:42.13 37.41			
	200m: 2:21.37 36.63	600m: 7:18.15 37.66	1000m: 12:18.75 37.88	1400m: 17:19.97 37.84			
	250m: 2:58.10 36.73	650m: 7:55.43 37.28	1050m: 12:56.17 37.42	1450m: 17:57.09 37.12			
	300m: 3:35.24 37.14	700m: 8:33.13 37.70	1100m: 13:34.05 37.88	1500m: 18:33.26 36.17			
	350m: 4:12.12 36.88	750m: 9:10.59 37.46	1150m: 14:11.54 37.49				
	400m: 4:49.09 36.97	800m: 9:48.08 37.49	1200m: 14:49.41 37.87				

Prova 9 Femin., 1500m Livres Seniores Resultados
22-03-2018 - 17:15

RN Absoluto	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Sen	16:33.93	HOLUB Tamila Hryhorivna	POR	Pontevedra (ESP)	10-04-2017

CEPL Abs: 16:34.98

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	16:32.05	+0,74	811	
	<i>Minimos CEPL</i>						
	50m: 30.54 30.54	450m: 4:55.07 33.21	850m: 9:20.38 33.24	1250m: 13:46.48 33.28			
	100m: 1:03.09 32.55	500m: 5:28.46 33.39	900m: 9:53.69 33.31	1300m: 14:20.02 33.54			
	150m: 1:35.59 32.50	550m: 6:01.13 32.67	950m: 10:26.95 33.26	1350m: 14:53.29 33.27			
	200m: 2:08.51 32.92	600m: 6:34.22 33.09	1000m: 11:00.37 33.42	1400m: 15:27.06 33.77			
	250m: 2:41.64 33.13	650m: 7:07.33 33.11	1050m: 11:33.31 32.94	1450m: 15:59.86 32.80			
	300m: 3:14.89 33.25	700m: 7:40.55 33.22	1100m: 12:06.64 33.33	1500m: 16:32.05 32.19			
	350m: 3:48.14 33.25	750m: 8:13.88 33.33	1150m: 12:39.82 33.18				
	400m: 4:21.86 33.72	800m: 8:47.14 33.26	1200m: 13:13.20 33.38				

Prova 9, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	ANDRE Angelica Maria	94	Fluvial Portuense	17:19.97	+0,77	704	
	50m: 30.83 30.83	450m: 5:04.50	34.78	850m: 9:44.18	34.56	1250m: 14:23.37	35.36
	100m: 1:03.42 32.59	500m: 5:39.49	34.99	900m: 10:18.74	34.56	1300m: 14:58.54	35.17
	150m: 1:37.05 33.63	550m: 6:14.68	35.19	950m: 10:53.50	34.76	1350m: 15:34.26	35.72
	200m: 2:11.56 34.51	600m: 6:49.78	35.10	1000m: 11:28.19	34.69	1400m: 16:09.64	35.38
	250m: 2:46.15 34.59	650m: 7:24.90	35.12	1050m: 12:02.87	34.68	1450m: 16:45.38	35.74
	300m: 3:20.57 34.42	700m: 7:59.81	34.91	1100m: 12:37.82	34.95	1500m: 17:19.97	34.59
	350m: 3:54.84 34.27	750m: 8:34.86	35.05	1150m: 13:12.86	35.04		
	400m: 4:29.72 34.88	800m: 9:09.62	34.76	1200m: 13:48.01	35.15		

Prova 9 Femin., 1500m Livres Absolutos Resultados

RN	Absoluto	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN	Sen	16:33.93	HOLUB Tamila Hryhorivna	POR	Pontevedra (ESP)	10-04-2017
RN	Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN	Jun16	16:47.35	HOLUB Tamila Hryhorivna	POR	Coimbra	31-05-2015
RN	Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
RN	Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

CEPL Abs: 16:34.98

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna <i>Minimos CEPL</i>	99	Braga	16:32.05	+0,74	811	
	50m: 30.54 30.54	450m: 4:55.07	33.21	850m: 9:20.38	33.24	1250m: 13:46.48	33.28
	100m: 1:03.09 32.55	500m: 5:28.46	33.39	900m: 9:53.69	33.31	1300m: 14:20.02	33.54
	150m: 1:35.59 32.50	550m: 6:01.13	32.67	950m: 10:26.95	33.26	1350m: 14:53.29	33.27
	200m: 2:08.51 32.92	600m: 6:34.22	33.09	1000m: 11:00.37	33.42	1400m: 15:27.06	33.77
	250m: 2:41.64 33.13	650m: 7:07.33	33.11	1050m: 11:33.31	32.94	1450m: 15:59.86	32.80
	300m: 3:14.89 33.25	700m: 7:40.55	33.22	1100m: 12:06.64	33.33	1500m: 16:32.05	32.19
	350m: 3:48.14 33.25	750m: 8:13.88	33.33	1150m: 12:39.82	33.18		
	400m: 4:21.86 33.72	800m: 8:47.14	33.26	1200m: 13:13.20	33.38		
2.	FRAZAO Alexandra Couto <i>Minimos CEJun</i>	02	CASPAE	17:11.64	+0,75	721	
	50m: 31.29 31.29	450m: 5:03.14	34.40	850m: 9:41.06	34.57	1250m: 14:19.61	34.22
	100m: 1:04.89 33.60	500m: 5:37.49	34.35	900m: 10:16.36	35.30	1300m: 14:54.79	35.18
	150m: 1:38.50 33.61	550m: 6:11.92	34.43	950m: 10:50.72	34.36	1350m: 15:28.68	33.89
	200m: 2:12.46 33.96	600m: 6:46.75	34.83	1000m: 11:25.90	35.18	1400m: 16:03.89	35.21
	250m: 2:46.19 33.73	650m: 7:21.25	34.50	1050m: 12:00.31	34.41	1450m: 16:37.70	33.81
	300m: 3:20.35 34.16	700m: 7:56.52	35.27	1100m: 12:35.66	35.35	1500m: 17:11.64	33.94
	350m: 3:54.18 33.83	750m: 8:31.10	34.58	1150m: 13:10.26	34.60		
	400m: 4:28.74 34.56	800m: 9:06.49	35.39	1200m: 13:45.39	35.13		
3.	ANDRE Angelica Maria	94	Fluvial Portuense	17:19.97	+0,77	704	
	50m: 30.83 30.83	450m: 5:04.50	34.78	850m: 9:44.18	34.56	1250m: 14:23.37	35.36
	100m: 1:03.42 32.59	500m: 5:39.49	34.99	900m: 10:18.74	34.56	1300m: 14:58.54	35.17
	150m: 1:37.05 33.63	550m: 6:14.68	35.19	950m: 10:53.50	34.76	1350m: 15:34.26	35.72
	200m: 2:11.56 34.51	600m: 6:49.78	35.10	1000m: 11:28.19	34.69	1400m: 16:09.64	35.38
	250m: 2:46.15 34.59	650m: 7:24.90	35.12	1050m: 12:02.87	34.68	1450m: 16:45.38	35.74
	300m: 3:20.57 34.42	700m: 7:59.81	34.91	1100m: 12:37.82	34.95	1500m: 17:19.97	34.59
	350m: 3:54.84 34.27	750m: 8:34.86	35.05	1150m: 13:12.86	35.04		
	400m: 4:29.72 34.88	800m: 9:09.62	34.76	1200m: 13:48.01	35.15		

Prova 9, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	17:21.62	+0,80	701	
	50m: 32.61 32.61	450m: 5:08.60	34.72	850m: 9:46.71	34.92	1250m: 14:27.21	35.18
	100m: 1:06.32 33.71	500m: 5:43.35	34.75	900m: 10:21.47	34.76	1300m: 15:02.44	35.23
	150m: 1:40.09 33.77	550m: 6:17.91	34.56	950m: 10:56.54	35.07	1350m: 15:37.61	35.17
	200m: 2:14.61 34.52	600m: 6:52.73	34.82	1000m: 11:31.50	34.96	1400m: 16:13.11	35.50
	250m: 2:48.99 34.38	650m: 7:27.41	34.68	1050m: 12:06.54	35.04	1450m: 16:47.51	34.40
	300m: 3:23.82 34.83	700m: 8:02.30	34.89	1100m: 12:41.95	35.41	1500m: 17:21.62	34.11
	350m: 3:58.64 34.82	750m: 8:36.91	34.61	1150m: 13:16.58	34.63		
	400m: 4:33.88 35.24	800m: 9:11.79	34.88	1200m: 13:52.03	35.45		
5.	COSTA Maria Carolina	01	Porto	17:32.83	+0,84	679	
	50m: 31.12 31.12	450m: 5:06.75	34.88	850m: 9:48.32	35.71	1250m: 14:35.20	35.99
	100m: 1:04.51 33.39	500m: 5:41.55	34.80	900m: 10:23.89	35.57	1300m: 15:10.89	35.69
	150m: 1:39.33 34.82	550m: 6:16.68	35.13	950m: 10:59.83	35.94	1350m: 15:46.61	35.72
	200m: 2:13.48 34.15	600m: 6:51.70	35.02	1000m: 11:35.41	35.58	1400m: 16:22.67	36.06
	250m: 2:48.07 34.59	650m: 7:26.71	35.01	1050m: 12:11.64	36.23	1450m: 16:57.76	35.09
	300m: 3:22.48 34.41	700m: 8:01.85	35.14	1100m: 12:47.03	35.39	1500m: 17:32.83	35.07
	350m: 3:57.27 34.79	750m: 8:37.09	35.24	1150m: 13:23.14	36.11		
	400m: 4:31.87 34.60	800m: 9:12.61	35.52	1200m: 13:59.21	36.07		
6.	QUEIROZ Ana Rita	02	CASP AE	17:36.77	+0,68	671	
	50m: 32.13 32.13	450m: 5:10.13	35.12	850m: 9:51.31	35.44	1250m: 14:39.13	36.03
	100m: 1:06.56 34.43	500m: 5:45.49	35.36	900m: 10:26.94	35.63	1300m: 15:15.36	36.23
	150m: 1:41.42 34.86	550m: 6:20.17	34.68	950m: 11:02.49	35.55	1350m: 15:52.11	36.75
	200m: 2:16.12 34.70	600m: 6:55.25	35.08	1000m: 11:38.31	35.82	1400m: 16:27.73	35.62
	250m: 2:50.30 34.18	650m: 7:30.16	34.91	1050m: 12:14.32	36.01	1450m: 17:02.57	34.84
	300m: 3:24.90 34.60	700m: 8:05.31	35.15	1100m: 12:50.65	36.33	1500m: 17:36.77	34.20
	350m: 3:59.72 34.82	750m: 8:40.30	34.99	1150m: 13:26.74	36.09		
	400m: 4:35.01 35.29	800m: 9:15.87	35.57	1200m: 14:03.10	36.36		
7.	ANDRE Leticia Maia	02	Benfica	17:38.44	+0,74	668	
	50m: 31.64 31.64	450m: 5:09.81	35.62	850m: 9:56.13	38.04	1250m: 14:46.45	37.18
	100m: 1:06.04 34.40	500m: 5:45.51	35.70	900m: 10:31.76	35.63	1300m: 15:22.39	35.94
	150m: 1:40.90 34.86	550m: 6:20.24	34.73	950m: 11:08.16	36.40	1350m: 15:55.90	33.51
	200m: 2:15.21 34.31	600m: 6:55.33	35.09	1000m: 11:44.54	36.38	1400m: 16:30.96	35.06
	250m: 2:49.43 34.22	650m: 7:32.00	36.67	1050m: 12:20.26	35.72	1450m: 17:05.55	34.59
	300m: 3:23.82 34.39	700m: 8:08.60	36.60	1100m: 12:56.59	36.33	1500m: 17:38.44	32.89
	350m: 3:58.68 34.86	750m: 8:44.52	35.92	1150m: 13:32.92	36.33		
	400m: 4:34.19 35.51	800m: 9:18.09	33.57	1200m: 14:09.27	36.35		
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	17:38.79	+0,77	667	
	50m: 32.23 32.23	450m: 5:13.49	35.32	850m: 9:57.88	35.50	1250m: 14:43.33	35.76
	100m: 1:06.92 34.69	500m: 5:48.92	35.43	900m: 10:33.46	35.58	1300m: 15:19.05	35.72
	150m: 1:41.81 34.89	550m: 6:24.45	35.53	950m: 11:09.17	35.71	1350m: 15:54.77	35.72
	200m: 2:16.90 35.09	600m: 6:59.94	35.49	1000m: 11:44.82	35.65	1400m: 16:30.25	35.48
	250m: 2:52.34 35.44	650m: 7:35.54	35.60	1050m: 12:20.57	35.75	1450m: 17:05.44	35.19
	300m: 3:27.58 35.24	700m: 8:10.96	35.42	1100m: 12:56.22	35.65	1500m: 17:38.79	33.35
	350m: 4:02.87 35.29	750m: 8:46.77	35.81	1150m: 13:31.92	35.70		
	400m: 4:38.17 35.30	800m: 9:22.38	35.61	1200m: 14:07.57	35.65		
9.	RODRIGUES Filipa Serrano	01	Benfica	18:08.02	+0,78	615	
	50m: 31.73 31.73	450m: 5:13.50	36.11	850m: 10:05.82	36.58	1250m: 15:03.19	37.37
	100m: 1:05.62 33.89	500m: 5:49.67	36.17	900m: 10:42.87	37.05	1300m: 15:40.79	37.60
	150m: 1:40.17 34.55	550m: 6:25.62	35.95	950m: 11:19.57	36.70	1350m: 16:17.74	36.95
	200m: 2:15.07 34.90	600m: 7:02.28	36.66	1000m: 11:56.69	37.12	1400m: 16:54.95	37.21
	250m: 2:50.06 34.99	650m: 7:38.93	36.65	1050m: 12:33.69	37.00	1450m: 17:31.97	37.02
	300m: 3:25.58 35.52	700m: 8:15.68	36.75	1100m: 13:11.18	37.49	1500m: 18:08.02	36.05
	350m: 4:01.04 35.46	750m: 8:52.00	36.32	1150m: 13:48.35	37.17		
	400m: 4:37.39 36.35	800m: 9:29.24	37.24	1200m: 14:25.82	37.47		

Prova 9, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MARTINS Ines Alves	01	Fluvial Portuense	18:33.26	+0,79	574	
	50m: 32.69 32.69	450m: 5:26.07 36.98	850m: 10:25.53 37.45	1250m: 15:26.96 37.55			
	100m: 1:08.46 35.77	500m: 6:03.48 37.41	900m: 11:03.32 37.79	1300m: 16:04.72 37.76			
	150m: 1:44.74 36.28	550m: 6:40.49 37.01	950m: 11:40.87 37.55	1350m: 16:42.13 37.41			
	200m: 2:21.37 36.63	600m: 7:18.15 37.66	1000m: 12:18.75 37.88	1400m: 17:19.97 37.84			
	250m: 2:58.10 36.73	650m: 7:55.43 37.28	1050m: 12:56.17 37.42	1450m: 17:57.09 37.12			
	300m: 3:35.24 37.14	700m: 8:33.13 37.70	1100m: 13:34.05 37.88	1500m: 18:33.26 36.17			
	350m: 4:12.12 36.88	750m: 9:10.59 37.46	1150m: 14:11.54 37.49				
	400m: 4:49.09 36.97	800m: 9:48.08 37.49	1200m: 14:49.41 37.87				