

**Prova 4**  
**13.07.2019 - 10:06**
**Femin., 800m Livres**
**Absolutos**  
**Resultados**

Rec Regional Sen	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	2002
Rec Regional Jun 1	8:51.12	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	8:46.74	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Penafiel	2004
Rec Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018

TAC - Fem Juv B 50m: 11:09.43; Juv A 50m: 10:50.83; Jun 1 50m: 10:32.63; Jun 2 50m: 10:26.49; Sen 50m: 10:23.41

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>						
1.	Leonor Esteves Santos	04	Avançado EULx	9:16.44	<b>9:19.36</b>	629
	100m: 1:08.05 1:08.05		300m: 3:28.34 1:09.85	500m: 5:48.25 1:09.88	700m: 8:09.17 1:10.58	
	200m: 2:18.49 1:10.44		400m: 4:38.37 1:10.03	600m: 6:58.59 1:10.34	800m: 9:19.36 1:10.19	
2.	Sofia Antunes Sebastiao	05	Amadora	9:34.34	<b>9:26.78</b>	604
	100m: 1:07.04 1:07.04		300m: 3:28.90 1:11.19	500m: 5:51.29 1:11.80	700m: 8:16.13 1:12.38	
	200m: 2:17.71 1:10.67		400m: 4:39.49 1:10.59	600m: 7:03.75 1:12.46	800m: 9:26.78 1:10.65	
3.	Soraia Alexandra Delgado	05	Sporting	9:28.92	<b>9:35.64</b>	577
	100m: 1:07.65 1:07.65		300m: 3:30.33 1:11.34	500m: 5:55.25 1:13.05	700m: 8:21.86 1:13.10	
	200m: 2:18.99 1:11.34		400m: 4:42.20 1:11.87	600m: 7:08.76 1:13.51	800m: 9:35.64 1:13.78	
4.	Joana Fernandes Gama	05	Sporting	10:13.64	<b>9:39.78</b>	565
	100m: 1:08.52 1:08.52		300m: 3:33.07 1:12.74	500m: 5:59.59 1:13.20	700m: 8:26.95 1:13.74	
	200m: 2:20.33 1:11.81		400m: 4:46.39 1:13.32	600m: 7:13.21 1:13.62	800m: 9:39.78 1:12.83	
5.	Vera Figueiredo Narra	04	Amadora	9:47.77	<b>9:43.07</b>	555
	100m: 1:07.38 1:07.38		300m: 3:32.54 1:13.07	500m: 5:59.46 1:13.65	700m: 8:28.59 1:14.85	
	200m: 2:19.47 1:12.09		400m: 4:45.81 1:13.27	600m: 7:13.74 1:14.28	800m: 9:43.07 1:14.48	
6.	Anais Cloe Pereira	04	Sporting	9:57.28	<b>9:47.08</b>	544
	100m: 1:08.78 1:08.78		300m: 3:35.34 1:13.80	500m: 6:04.80 1:14.96	700m: 8:34.39 1:14.83	
	200m: 2:21.54 1:12.76		400m: 4:49.84 1:14.50	600m: 7:19.56 1:14.76	800m: 9:47.08 1:12.69	
7.	Maria Teresa Fernandes	05	Algés	10:56.04	<b>9:51.56</b>	532
	100m: 1:11.48 1:11.48		300m: 3:40.71 1:14.80	500m: 6:10.27 1:14.16	700m: 8:39.73 1:14.97	
	200m: 2:25.91 1:14.43		400m: 4:56.11 1:15.40	600m: 7:24.76 1:14.49	800m: 9:51.56 1:11.83	
8.	Carolina Fonseca Gomes	05	Olivais e Moscavide	10:56.04	<b>9:51.79</b>	531
	100m: 1:10.16 1:10.16		300m: 3:39.15 1:14.97	500m: 6:09.41 1:14.69	700m: 8:39.57 1:14.73	
	200m: 2:24.18 1:14.02		400m: 4:54.72 1:15.57	600m: 7:24.84 1:15.43	800m: 9:51.79 1:12.22	
9.	Lidiana Correia Rodrigues	04	Belenenses	9:42.12	<b>9:53.14</b>	527
	100m: 1:09.31 1:09.31		300m: 3:36.10 1:14.11	500m: 6:06.97 1:15.63	700m: 8:38.56 1:15.80	
	200m: 2:21.99 1:12.68		400m: 4:51.34 1:15.24	600m: 7:22.76 1:15.79	800m: 9:53.14 1:14.58	
10.	Iris Pereira Carrao	05	Laranjeiro	10:56.04	<b>9:54.92</b>	523
	100m: 1:10.92 1:10.92		300m: 3:38.94 1:14.11	500m: 6:09.42 1:15.32	700m: 8:40.20 1:15.15	
	200m: 2:24.83 1:13.91		400m: 4:54.10 1:15.16	600m: 7:25.05 1:15.63	800m: 9:54.92 1:14.72	
11.	Carolina Fale Costa	04	Colegio Int Monte Maior	10:05.47	<b>9:59.01</b>	512
	100m: 1:10.79 1:10.79		300m: 3:38.82 1:14.19	500m: 6:09.67 1:15.47	700m: 8:43.07 1:17.41	
	200m: 2:24.63 1:13.84		400m: 4:54.20 1:15.38	600m: 7:25.66 1:15.99	800m: 9:59.01 1:15.94	
12.	Joana Rocha Ferreira	05	Benfica	10:09.34	<b>10:00.84</b>	507
	100m: 1:10.53 1:10.53		300m: 3:41.46 1:16.09	500m: 6:13.97 1:16.17	700m: 8:46.16 1:15.06	
	200m: 2:25.37 1:14.84		400m: 4:57.80 1:16.34	600m: 7:31.10 1:17.13	800m: 10:00.84 1:14.68	
13.	Beatriz Costa Melo	04	Algés	10:27.36	<b>10:03.23</b>	501
	100m: 1:09.49 1:09.49		300m: 3:41.10 1:16.09	500m: 6:13.71 1:16.52	700m: 8:48.77 1:17.78	
	200m: 2:25.01 1:15.52		400m: 4:57.19 1:16.09	600m: 7:30.99 1:17.28	800m: 10:03.23 1:14.46	
14.	Madalena Graca Gerales	04	Sporting	10:03.49	<b>10:08.18</b>	489
	100m: 1:10.43 1:10.43		300m: 3:40.28 1:14.97	500m: 6:13.89 1:17.34	700m: 8:50.97 1:18.94	
	200m: 2:25.31 1:14.88		400m: 4:56.55 1:16.27	600m: 7:32.03 1:18.14	800m: 10:08.18 1:17.21	
15.	Nicole Patriarca Franca	05	Sporting	10:14.28	<b>10:08.48</b>	488
	100m: 1:11.80 1:11.80		300m: 3:45.40 1:16.68	500m: 6:20.14 1:16.48	700m: 8:55.14 1:16.59	
	200m: 2:28.72 1:16.92		400m: 5:03.66 1:18.26	600m: 7:38.55 1:18.41	800m: 10:08.48 1:13.34	
16.	Mariana Andreia Silva	05	Sporting	10:08.93	<b>10:11.78</b>	481
	100m: 1:11.08 1:11.08		300m: 3:44.83 1:17.17	500m: 6:20.07 1:17.88	700m: 8:55.66 1:17.62	
	200m: 2:27.66 1:16.58		400m: 5:02.19 1:17.36	600m: 7:38.04 1:17.97	800m: 10:11.78 1:16.12	

**Prova 4, Femin., 800m Livres, Juvenis**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
17.	Mariana Fragoso Guterres	04	Benfica	10:01.24	<b>10:16.60</b>	469
	100m: 1:09.66 1:09.66	300m: 3:44.43 1:18.49	500m: 6:22.07 1:18.54	700m: 8:59.57 1:17.64		
	200m: 2:25.94 1:16.28	400m: 5:03.53 1:19.10	600m: 7:41.93 1:19.86	800m: 10:16.60 1:17.03		
18.	Carolina Anjos Frischknecht	04	Naval Setubalense	10:36.89	<b>10:52.10</b>	397
	100m: 1:17.14 1:17.14	300m: 4:04.45 1:23.72	500m: 6:48.77 1:22.49	700m: 9:31.61 1:20.44		
	200m: 2:40.73 1:23.59	400m: 5:26.28 1:21.83	600m: 8:11.17 1:22.40	800m: 10:52.10 1:20.49		

**Absolutos**

1.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	8:49.31	<b>9:03.21</b>	687
	100m: 1:05.69 1:05.69	300m: 3:22.50 1:08.63	500m: 5:38.87 1:08.20	700m: 7:55.61 1:08.48		
	200m: 2:13.87 1:08.18	400m: 4:30.67 1:08.17	600m: 6:47.13 1:08.26	800m: 9:03.21 1:07.60		
2.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	9:12.77	<b>9:11.34</b>	657
	100m: 1:06.79 1:06.79	300m: 3:23.64 1:08.68	500m: 5:43.09 1:10.17	700m: 8:03.00 1:09.92		
	200m: 2:14.96 1:08.17	400m: 4:32.92 1:09.28	600m: 6:53.08 1:09.99	800m: 9:11.34 1:08.34		
3.	Leonor Esteves Santos	04	Avançado EULx	9:16.44	<b>9:19.36</b>	629
	100m: 1:08.05 1:08.05	300m: 3:28.34 1:09.85	500m: 5:48.25 1:09.88	700m: 8:09.17 1:10.58		
	200m: 2:18.49 1:10.44	400m: 4:38.37 1:10.03	600m: 6:58.59 1:10.34	800m: 9:19.36 1:10.19		
4.	Sofia Alexandra Rolao	98	Benfica	10:10.95	<b>9:25.87</b>	607
	100m: 1:06.54 1:06.54	300m: 3:29.02 1:11.24	500m: 5:51.73 1:11.29	700m: 8:15.90 1:12.21		
	200m: 2:17.78 1:11.24	400m: 4:40.44 1:11.42	600m: 7:03.69 1:11.96	800m: 9:25.87 1:09.97		
5.	Sofia Antunes Sebastiao	05	Amadora	9:34.34	<b>9:26.78</b>	604
	100m: 1:07.04 1:07.04	300m: 3:28.90 1:11.19	500m: 5:51.29 1:11.80	700m: 8:16.13 1:12.38		
	200m: 2:17.71 1:10.67	400m: 4:39.49 1:10.59	600m: 7:03.75 1:12.46	800m: 9:26.78 1:10.65		
6.	Maria Ornelas Armas	98	Avançado EULx	9:34.81	<b>9:27.43</b>	602
	100m: 1:06.85 1:06.85	300m: 3:29.24 1:11.11	500m: 5:52.20 1:11.89	700m: 8:16.42 1:12.17		
	200m: 2:18.13 1:11.28	400m: 4:40.31 1:11.07	600m: 7:04.25 1:12.05	800m: 9:27.43 1:11.01		
7.	Natacha Sofia Silva	02	Benfica	9:27.00	<b>9:28.79</b>	598
	100m: 1:07.30 1:07.30	300m: 3:28.86 1:11.32	500m: 5:53.01 1:12.26	700m: 8:18.26 1:12.61		
	200m: 2:17.54 1:10.24	400m: 4:40.75 1:11.89	600m: 7:05.65 1:12.64	800m: 9:28.79 1:10.53		
8.	Soraia Alexandra Delgado	05	Sporting	9:28.92	<b>9:35.64</b>	577
	100m: 1:07.65 1:07.65	300m: 3:30.33 1:11.34	500m: 5:55.25 1:13.05	700m: 8:21.86 1:13.10		
	200m: 2:18.99 1:11.34	400m: 4:42.20 1:11.87	600m: 7:08.76 1:13.51	800m: 9:35.64 1:13.78		
9.	Catarina Trigo Ferreira	02	Natação de Lisboa	10:13.95	<b>9:38.79</b>	568
	100m: 1:07.44 1:07.44	300m: 3:35.04 1:14.03	500m: 6:01.95 1:13.30	700m: 8:29.53 1:13.67		
	200m: 2:21.01 1:13.57	400m: 4:48.65 1:13.61	600m: 7:15.86 1:13.91	800m: 9:38.79 1:09.26		
10.	Joana Fernandes Gama	05	Sporting	10:13.64	<b>9:39.78</b>	565
	100m: 1:08.52 1:08.52	300m: 3:33.07 1:12.74	500m: 5:59.59 1:13.20	700m: 8:26.95 1:13.74		
	200m: 2:20.33 1:11.81	400m: 4:46.39 1:13.32	600m: 7:13.21 1:13.62	800m: 9:39.78 1:12.83		
11.	Vera Figueiredo Narra	04	Amadora	9:47.77	<b>9:43.07</b>	555
	100m: 1:07.38 1:07.38	300m: 3:32.54 1:13.07	500m: 5:59.46 1:13.65	700m: 8:28.59 1:14.85		
	200m: 2:19.47 1:12.09	400m: 4:45.81 1:13.27	600m: 7:13.74 1:14.28	800m: 9:43.07 1:14.48		
12.	Anais Cloe Pereira	04	Sporting	9:57.28	<b>9:47.08</b>	544
	100m: 1:08.78 1:08.78	300m: 3:35.34 1:13.80	500m: 6:04.80 1:14.96	700m: 8:34.39 1:14.83		
	200m: 2:21.54 1:12.76	400m: 4:49.84 1:14.50	600m: 7:19.56 1:14.76	800m: 9:47.08 1:12.69		
13.	Maria Teresa Fernandes	05	Algés	10:56.04	<b>9:51.56</b>	532
	100m: 1:11.48 1:11.48	300m: 3:40.71 1:14.80	500m: 6:10.27 1:14.16	700m: 8:39.73 1:14.97		
	200m: 2:25.91 1:14.43	400m: 4:56.11 1:15.40	600m: 7:24.76 1:14.49	800m: 9:51.56 1:11.83		
14.	Carolina Fonseca Gomes	05	Olivais e Moscavide	10:56.04	<b>9:51.79</b>	531
	100m: 1:10.16 1:10.16	300m: 3:39.15 1:14.97	500m: 6:09.41 1:14.69	700m: 8:39.57 1:14.73		
	200m: 2:24.18 1:14.02	400m: 4:54.72 1:15.57	600m: 7:24.84 1:15.43	800m: 9:51.79 1:12.22		
15.	Maria Ines Ribeiro	03	Individual ANL	9:59.24	<b>9:52.92</b>	528
	100m: 1:10.29 1:10.29	300m: 3:39.35 1:14.55	500m: 6:09.21 1:14.82	700m: 8:39.29 1:15.29		
	200m: 2:24.80 1:14.51	400m: 4:54.39 1:15.04	600m: 7:24.00 1:14.79	800m: 9:52.92 1:13.63		
16.	Lidiana Correia Rodrigues	04	Belenenses	9:42.12	<b>9:53.14</b>	527
	100m: 1:09.31 1:09.31	300m: 3:36.10 1:14.11	500m: 6:06.97 1:15.63	700m: 8:38.56 1:15.80		
	200m: 2:21.99 1:12.68	400m: 4:51.34 1:15.24	600m: 7:22.76 1:15.79	800m: 9:53.14 1:14.58		
17.	Iris Pereira Carrao	05	Laranjeiro	10:56.04	<b>9:54.92</b>	523
	100m: 1:10.92 1:10.92	300m: 3:38.94 1:14.11	500m: 6:09.42 1:15.32	700m: 8:40.20 1:15.15		
	200m: 2:24.83 1:13.91	400m: 4:54.10 1:15.16	600m: 7:25.05 1:15.63	800m: 9:54.92 1:14.72		
18.	Carolina Fale Costa	04	Colegio Int Monte Maior	10:05.47	<b>9:59.01</b>	512
	100m: 1:10.79 1:10.79	300m: 3:38.82 1:14.19	500m: 6:09.67 1:15.47	700m: 8:43.07 1:17.41		
	200m: 2:24.63 1:13.84	400m: 4:54.20 1:15.38	600m: 7:25.66 1:15.99	800m: 9:59.01 1:15.94		

**Prova 4, Femin., 800m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
19.	Joana Rocha Ferreira 100m: 1:10.53 1:10.53 200m: 2:25.37 1:14.84	05	Benfica 300m: 3:41.46 1:16.09 400m: 4:57.80 1:16.34	10:09.34 6:13.97 1:16.17 7:31.10 1:17.13	<b>10:00.84</b> 8:46.16 1:15.06 10:00.84 1:14.68	507
20.	Beatriz Costa Melo 100m: 1:09.49 1:09.49 200m: 2:25.01 1:15.52	04	Algés 300m: 3:41.10 1:16.09 400m: 4:57.19 1:16.09	10:27.36 6:13.71 1:16.52 7:30.99 1:17.28	<b>10:03.23</b> 8:48.77 1:17.78 10:03.23 1:14.46	501
21.	Madalena Graca Gerales 100m: 1:10.43 1:10.43 200m: 2:25.31 1:14.88	04	Sporting 300m: 3:40.28 1:14.97 400m: 4:56.55 1:16.27	10:03.49 6:13.89 1:17.34 7:32.03 1:18.14	<b>10:08.18</b> 8:50.97 1:18.94 10:08.18 1:17.21	489
22.	Nicole Patriarca Franca 100m: 1:11.80 1:11.80 200m: 2:28.72 1:16.92	05	Sporting 300m: 3:45.40 1:16.68 400m: 5:03.66 1:18.26	10:14.28 6:20.14 1:16.48 7:38.55 1:18.41	<b>10:08.48</b> 8:55.14 1:16.59 10:08.48 1:13.34	488
23.	Mariana Andreia Silva 100m: 1:11.08 1:11.08 200m: 2:27.66 1:16.58	05	Sporting 300m: 3:44.83 1:17.17 400m: 5:02.19 1:17.36	10:08.93 6:20.07 1:17.88 7:38.04 1:17.97	<b>10:11.78</b> 8:55.66 1:17.62 10:11.78 1:16.12	481
24.	Mariana Fragoso Guterres 100m: 1:09.66 1:09.66 200m: 2:25.94 1:16.28	04	Benfica 300m: 3:44.43 1:18.49 400m: 5:03.53 1:19.10	10:01.24 6:22.07 1:18.54 7:41.93 1:19.86	<b>10:16.60</b> 8:59.57 1:17.64 10:16.60 1:17.03	469
25.	Carolina Anjos Frischknecht 100m: 1:17.14 1:17.14 200m: 2:40.73 1:23.59	04	Naval Setubalense 300m: 4:04.45 1:23.72 400m: 5:26.28 1:21.83	10:36.89 6:48.77 1:22.49 8:11.17 1:22.40	<b>10:52.10</b> 9:31.61 1:20.44 10:52.10 1:20.49	397