

Prova 2  
28.02.2020 - 16:47

Femin., 800m Livres

Absolutos  
Resultados

Rec Nacional Absoluto	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Absoluto	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	9:05.04	Marta Andreia Lopes Ferreira	SCP	Lisboa	2003
Rec Regional Jun 1	8:57.14	Marta Andreia Lopes Ferreira	SCP		2002
Rec Regional Juv A	9:03.83	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Lisboa	2004

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

Pontos: FINA 2020

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis B</b>						
1.	Ines Correia Teixeira <i>Campeã Regional Juvenil B</i>	06	Clube Natacao da Amadora	10:12.07	<b>10:02.86</b>	520
	100m: 1:12.98 1:12.98 300m: 3:47.24 1:17.12 500m: 6:17.01 1:15.43 700m: 8:49.16 1:16.85 200m: 2:30.12 1:17.14 400m: 5:01.58 1:14.34 600m: 7:32.31 1:15.30 800m: 10:02.86 1:13.70					
2.	Beatriz Mocego Niza	06	Clube Natacao da Amadora	10:00.76	<b>10:11.50</b>	498
	100m: 1:13.04 1:13.04 300m: 3:46.95 1:16.87 500m: 6:19.79 1:17.20 700m: 8:56.16 1:18.26 200m: 2:30.08 1:17.04 400m: 5:02.59 1:15.64 600m: 7:37.90 1:18.11 800m: 10:11.50 1:15.34					
3.	Ines Gaspar Silva	06	Geslours - Gestão Equipamentos E.M.	10:22.82	<b>10:20.58</b>	476
	100m: 1:10.88 1:10.88 300m: 3:48.51 1:18.74 500m: 6:26.25 1:18.67 700m: 9:05.72 1:18.50 200m: 2:29.77 1:18.89 400m: 5:07.58 1:19.07 600m: 7:47.22 1:20.97 800m: 10:20.58 1:14.86					
4.	Erica Candeias Mendes	06	Clube Natacao da Amadora	10:32.36	<b>10:20.74</b>	476
	100m: 1:14.89 1:14.89 300m: 3:53.05 1:19.12 500m: 6:28.10 1:17.81 700m: 9:04.16 1:18.10 200m: 2:33.93 1:19.04 400m: 5:10.29 1:17.24 600m: 7:46.06 1:17.96 800m: 10:20.74 1:16.58					
5.	Carolina Parreira	06	Sporting Clube de Portugal	11:09.43	<b>10:21.48</b>	474
	100m: 1:11.21 1:11.21 300m: 3:45.53 1:17.59 500m: 6:21.74 1:17.91 700m: 9:03.01 1:21.25 200m: 2:27.94 1:16.73 400m: 5:03.83 1:18.30 600m: 7:41.76 1:20.02 800m: 10:21.48 1:18.47					
6.	Filipa Ferraz Domingos	06	Sporting Clube de Portugal	10:17.29	<b>10:24.52</b>	467
	100m: 1:12.73 1:12.73 300m: 3:48.83 1:18.01 500m: 6:26.55 1:19.14 700m: 9:07.07 1:19.08 200m: 2:30.82 1:18.09 400m: 5:07.41 1:18.58 600m: 7:47.99 1:21.44 800m: 10:24.52 1:17.45					
7.	Margarida Barbara Marques	06	Sport Alges e Dafundo	10:40.56	<b>10:25.85</b>	464
	100m: 1:13.06 1:13.06 300m: 3:50.32 1:18.46 500m: 6:29.74 1:20.07 700m: 9:10.22 1:20.05 200m: 2:31.86 1:18.80 400m: 5:09.67 1:19.35 600m: 7:50.17 1:20.43 800m: 10:25.85 1:15.63					
8.	Clara Sofia Herminio	06	Clube Desportivo Cova da Piedade	10:48.84	<b>10:38.50</b>	437
	100m: 1:16.01 1:16.01 300m: 3:55.82 1:19.03 500m: 6:36.58 1:20.91 700m: 9:19.14 1:20.96 200m: 2:36.79 1:20.78 400m: 5:15.67 1:19.85 600m: 7:58.18 1:21.60 800m: 10:38.50 1:19.36					
9.	Iris Castro Campos	06	Clube Natacao da Amadora	11:02.68	<b>10:39.85</b>	434
	100m: 1:17.73 1:17.73 300m: 3:57.84 1:19.92 500m: 6:37.95 1:20.18 700m: 9:19.90 1:20.79 200m: 2:37.92 1:20.19 400m: 5:17.77 1:19.93 600m: 7:59.11 1:21.16 800m: 10:39.85 1:19.95					
10.	Rita Borges Silva	06	Clube Natacao da Amadora	10:57.83	<b>10:51.81</b>	411
	100m: 1:13.51 1:13.51 300m: 3:55.63 1:21.69 500m: 6:40.37 1:22.84 700m: 9:25.58 1:21.94 200m: 2:33.94 1:20.43 400m: 5:17.53 1:21.90 600m: 8:03.64 1:23.27 800m: 10:51.81 1:26.23					
11.	Leonor Santos Duro <i>FTL (Fora Tempo Limite)</i>	06	Clube Naval Setubalense	10:43.49	<b>11:11.05</b>	377
	100m: 1:18.13 1:18.13 300m: 4:05.46 1:24.13 500m: 6:56.14 1:25.34 700m: 9:46.48 1:25.62 200m: 2:41.33 1:23.20 400m: 5:30.80 1:25.34 600m: 8:20.86 1:24.72 800m: 11:11.05 1:24.57					

**Juvenis A**

1.	Ana Beatriz Simoes <i>Campeã Regional Juvenil A</i>	05	Sporting Clube de Portugal	9:41.46	<b>9:37.04</b>	592
	100m: 1:08.44 1:08.44 300m: 3:34.64 1:12.94 500m: 6:00.24 1:12.43 700m: 8:25.91 1:12.80 200m: 2:21.70 1:13.26 400m: 4:47.81 1:13.17 600m: 7:13.11 1:12.87 800m: 9:37.04 1:11.13					
2.	Mafalda Santos Costa	05	Assoc Desp Rec Cult Colegio Int Monte N9	9:49.49	<b>9:50.70</b>	552
	100m: 1:09.71 1:09.71 300m: 3:37.06 1:13.97 500m: 6:06.62 1:14.83 700m: 8:36.46 1:14.78 200m: 2:23.09 1:13.38 400m: 4:51.79 1:14.73 600m: 7:21.68 1:15.06 800m: 9:50.70 1:14.24					
3.	Joana Rocha Ferreira	05	Sport Lisboa e Benfica	9:50.78	<b>9:53.48</b>	545
	100m: 1:10.56 1:10.56 300m: 3:40.07 1:14.94 500m: 6:09.82 1:14.44 700m: 8:39.96 1:14.71 200m: 2:25.13 1:14.57 400m: 4:55.38 1:15.31 600m: 7:25.25 1:15.43 800m: 9:53.48 1:13.52					

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

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
4.	Sofia Antunes Sebastiao	05	Clube Natacao da Amadora	9:33.88	<b>9:54.61</b>	541
	100m: 1:08.61 1:08.61 200m: 2:21.15 1:12.54		300m: 3:34.44 1:13.29 400m: 4:49.88 1:15.44	500m: 6:07.06 1:17.18 600m: 7:24.07 1:17.01	700m: 8:40.83 1:16.76 800m: 9:54.61 1:13.78	
5.	Maria Del Rio Bernat	05	Sport Alges e Dafundo	10:50.83	<b>10:24.42</b>	467
	100m: 1:11.76 1:11.76 200m: 2:30.11 1:18.35		300m: 3:48.32 1:18.21 400m: 5:07.26 1:18.94	500m: 6:26.46 1:19.20 600m: 7:46.19 1:19.73	700m: 9:05.68 1:19.49 800m: 10:24.42 1:18.74	
6.	Mariana Andreia Silva	05	Sporting Clube de Portugal	10:05.18	<b>10:28.53</b>	458
	100m: 1:13.99 1:13.99 200m: 2:32.73 1:18.74		300m: 3:51.59 1:18.86 400m: 5:10.94 1:19.35	500m: 6:30.73 1:19.79 600m: 7:51.72 1:20.99	700m: 9:11.37 1:19.65 800m: 10:28.53 1:17.16	
7.	Nicole Patriarca Franca	05	Sporting Clube de Portugal	10:07.00	<b>10:32.57</b>	450
	100m: 1:13.47 1:13.47 200m: 2:32.96 1:19.49		300m: 3:53.94 1:20.98 400m: 5:12.77 1:18.83	500m: 6:34.64 1:21.87 600m: 7:55.79 1:21.15	700m: 9:15.70 1:19.91 800m: 10:32.57 1:16.87	

## Juniores

1.	Leonor Esteves Santos <i>Campeã Regional Junior</i>	04	Avançado EULx	9:21.36	<b>9:20.21</b>	648
	100m: 1:07.93 1:07.93 200m: 2:18.92 1:10.99		300m: 3:29.68 1:10.76 400m: 4:40.18 1:10.50	500m: 5:50.05 1:09.87 600m: 7:00.43 1:10.38	700m: 8:11.02 1:10.59 800m: 9:20.21 1:09.19	
2.	Ema Jeronimo Conceicao	03	Associacao Ed. Fisica Desp. Torres Vedras	9:22.36	<b>9:30.75</b>	612
	100m: 1:06.97 1:06.97 200m: 2:17.43 1:10.46		300m: 3:28.66 1:11.23 400m: 4:40.72 1:12.06	500m: 5:52.52 1:11.80 600m: 7:05.90 1:13.38	700m: 8:19.20 1:13.30 800m: 9:30.75 1:11.55	
3.	Joana Ribeiro Martins	03	Sporting Clube de Portugal	9:39.80	<b>9:35.72</b>	597
	100m: 1:07.89 1:07.89 200m: 2:19.09 1:11.20		300m: 3:30.65 1:11.56 400m: 4:43.57 1:12.92	500m: 5:56.61 1:13.04 600m: 7:10.35 1:13.74	700m: 8:24.41 1:14.06 800m: 9:35.72 1:11.31	
4.	Sara Moura Cruz	03	Sport Alges e Dafundo	9:45.56	<b>9:40.35</b>	582
	100m: 1:08.81 1:08.81 200m: 2:21.80 1:12.99		300m: 3:34.56 1:12.76 400m: 4:47.87 1:13.31	500m: 6:00.34 1:12.47 600m: 7:13.68 1:13.34	700m: 8:27.46 1:13.78 800m: 9:40.35 1:12.89	
5.	Beatriz Quintao Amantes	03	Soc.Filarmónica União A. Piedense	9:55.58	<b>10:05.76</b>	512
	100m: 1:11.57 1:11.57 200m: 2:27.22 1:15.65		300m: 3:42.65 1:15.43 400m: 4:58.66 1:16.01	500m: 6:15.23 1:16.57 600m: 7:32.48 1:17.25	700m: 8:50.18 1:17.70 800m: 10:05.76 1:15.58	
6.	Anais Cloe Pereira	04	Sporting Clube de Portugal	9:57.81	<b>10:10.08</b>	501
	100m: 1:10.76 1:10.76 200m: 2:27.26 1:16.50		300m: 3:44.18 1:16.92 400m: 5:01.91 1:17.73	500m: 6:19.55 1:17.64 600m: 7:37.41 1:17.86	700m: 8:55.07 1:17.66 800m: 10:10.08 1:15.01	
7.	Diana Valadas Horta	04	Soc.Filarmónica União A. Piedense	10:08.83	<b>10:12.43</b>	496
	100m: 1:14.02 1:14.02 200m: 2:32.87 1:18.85		300m: 3:49.51 1:16.64 400m: 5:06.08 1:16.57	500m: 6:22.75 1:16.67 600m: 7:40.77 1:18.02	700m: 8:58.39 1:17.62 800m: 10:12.43 1:14.04	
8.	Maria Martins Camacho	04	Soc.Filarmónica União A. Piedense	10:12.39	<b>10:12.78</b>	495
	100m: 1:12.70 1:12.70 200m: 2:30.17 1:17.47		300m: 3:47.75 1:17.58 400m: 5:05.32 1:17.57	500m: 6:21.99 1:16.67 600m: 7:39.74 1:17.75	700m: 8:57.86 1:18.12 800m: 10:12.78 1:14.92	
9.	Daniela Alexandra Pedro	04	Sporting Clube de Portugal	9:54.02	<b>10:21.71</b>	474
	100m: 1:11.25 1:11.25 200m: 2:28.00 1:16.75		300m: 3:45.58 1:17.58 400m: 5:03.24 1:17.66	500m: 6:21.19 1:17.95 600m: 7:40.95 1:19.76	700m: 9:01.55 1:20.60 800m: 10:21.71 1:20.16	
10.	Beatriz Moreira Carvalho	03	Vikings Sports Club	10:15.67	<b>10:23.77</b>	469
	100m: 1:13.97 1:13.97 200m: 2:32.25 1:18.28		300m: 3:51.49 1:19.24 400m: 5:10.84 1:19.35	500m: 6:29.52 1:18.68 600m: 7:48.72 1:19.20	700m: 9:07.42 1:18.70 800m: 10:23.77 1:16.35	
11.	Mariana Marques Mercedes <i>FTL (Fora Tempo Limite)</i>	03	Clube Desportivo Olivais e Moscavide	10:24.62	<b>10:37.52</b>	439
	100m: 1:14.15 1:14.15 200m: 2:33.72 1:19.57		300m: 3:54.73 1:21.01 400m: 5:16.36 1:21.63	500m: 6:37.33 1:20.97 600m: 7:58.90 1:21.57	700m: 9:20.47 1:21.57 800m: 10:37.52 1:17.05	
12.	Sofia Vilardell Rodrigues <i>FTL (Fora Tempo Limite)</i>	04	Gesloures - Gestão Equipamentos E.M.	10:32.63	<b>10:41.15</b>	432
	100m: 1:15.73 1:15.73 200m: 2:34.80 1:19.07		300m: 3:54.95 1:20.15 400m: 5:14.80 1:19.85	500m: 6:35.38 1:20.58 600m: 7:57.96 1:22.58	700m: 9:21.78 1:23.82 800m: 10:41.15 1:19.37	
13.	Maria Ines Ribeiro <i>FTL (Fora Tempo Limite)</i>	03	Clube Futebol Os Belenenses	10:04.77	<b>10:57.12</b>	401
	100m: 1:14.56 1:14.56 200m: 2:36.10 1:21.54		300m: 3:57.92 1:21.82 400m: 5:20.33 1:22.41	500m: 6:43.93 1:23.60 600m: 8:08.71 1:24.78	700m: 9:33.33 1:24.62 800m: 10:57.12 1:23.79	

## Prova 2, Femin., 800m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
14.	Carolina Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	04	Clube Naval Setubalense	10:32.63	<b>11:04.93</b>	387
	100m: 1:17.87 1:17.87	300m: 4:05.44 1:24.34	500m: 6:52.91 1:23.97	700m: 9:41.74 1:24.17		
	200m: 2:41.10 1:23.23	400m: 5:28.94 1:23.50	600m: 8:17.57 1:24.66	800m: 11:04.93 1:23.19		

## Seniores

1.	Francisca Salvador Mesquita <i>Campeã Regional Sénior</i>	02	Assoc Desp Rec Cult Colegio Int Monte	10:23.41	<b>9:19.71</b>	649
	100m: 1:06.13 1:06.13	300m: 3:26.88 1:10.77	500m: 5:48.44 1:10.93	700m: 8:10.55 1:10.81		
	200m: 2:16.11 1:09.98	400m: 4:37.51 1:10.63	600m: 6:59.74 1:11.30	800m: 9:19.71 1:09.16		
2.	Mariana Amaral Mendes	02	Assoc Desp Rec Cult Colegio Int Monte	10:07.58	<b>9:23.72</b>	636
	100m: 1:07.68 1:07.68	300m: 3:29.64 1:11.02	500m: 5:51.73 1:11.03	700m: 8:14.38 1:11.18		
	200m: 2:18.62 1:10.94	400m: 4:40.70 1:11.06	600m: 7:03.20 1:11.47	800m: 9:23.72 1:09.34		
3.	Catarina Martins Mestre	00	Clube Natação de Lisboa	9:32.87	<b>9:28.58</b>	619
	100m: 1:05.18 1:05.18	300m: 3:27.33 1:11.47	500m: 5:51.14 1:12.28	700m: 8:18.26 1:13.24		
	200m: 2:15.86 1:10.68	400m: 4:38.86 1:11.53	600m: 7:05.02 1:13.88	800m: 9:28.58 1:10.32		
4.	Beatriz Paulo Ranito	99	Geslours - Gestão Equipamentos E.M.	9:29.23	<b>9:44.26</b>	571
	100m: 1:08.30 1:08.30	300m: 3:35.49 1:13.53	500m: 6:02.16 1:13.06	700m: 8:31.11 1:14.47		
	200m: 2:21.96 1:13.66	400m: 4:49.10 1:13.61	600m: 7:16.64 1:14.48	800m: 9:44.26 1:13.15		
5.	Maria Ornelas Armas	98	Avançado EULx	9:38.77	<b>9:59.76</b>	528
	100m: 1:09.35 1:09.35	300m: 3:38.79 1:15.22	500m: 6:10.69 1:15.91	700m: 8:43.90 1:16.64		
	200m: 2:23.57 1:14.22	400m: 4:54.78 1:15.99	600m: 7:27.26 1:16.57	800m: 9:59.76 1:15.86		
6.	Ana Rita Matos	02	Clube Futebol Os Belenenses	10:23.41	<b>10:03.26</b>	518
	100m: 1:10.65 1:10.65	300m: 3:40.32 1:15.02	500m: 6:11.85 1:16.33	700m: 8:47.17 1:17.93		
	200m: 2:25.30 1:14.65	400m: 4:55.52 1:15.20	600m: 7:29.24 1:17.39	800m: 10:03.26 1:16.09		
7.	Catarina Trigo Ferreira	02	Clube Natação de Lisboa	9:50.36	<b>10:13.04</b>	494
	100m: 1:11.11 1:11.11	300m: 3:46.00 1:18.06	500m: 6:24.01 1:19.28	700m: 8:58.69 1:13.33		
	200m: 2:27.94 1:16.83	400m: 5:04.73 1:18.73	600m: 7:41.36 1:17.35	800m: 10:13.04 1:14.35		
8.	Sofia Oliveira Silva <i>FTL (Fora Tempo Limite)</i>	99	Clube Naval Setubalense	10:23.41	<b>10:25.52</b>	465
	100m: 1:12.22 1:12.22	300m: 3:49.40 1:18.79	500m: 6:27.89 1:19.69	700m: 9:07.45 1:19.47		
	200m: 2:30.61 1:18.39	400m: 5:08.20 1:18.80	600m: 7:47.98 1:20.09	800m: 10:25.52 1:18.07		

## Absolutos

1.	Francisca Salvador Mesquita	02	Assoc Desp Rec Cult Colegio Int Monte	10:23.41	<b>9:19.71</b>	649
	100m: 1:06.13 1:06.13	300m: 3:26.88 1:10.77	500m: 5:48.44 1:10.93	700m: 8:10.55 1:10.81		
	200m: 2:16.11 1:09.98	400m: 4:37.51 1:10.63	600m: 6:59.74 1:11.30	800m: 9:19.71 1:09.16		
2.	Leonor Esteves Santos	04	Avançado EULx	9:21.36	<b>9:20.21</b>	648
	100m: 1:07.93 1:07.93	300m: 3:29.68 1:10.76	500m: 5:50.05 1:09.87	700m: 8:11.02 1:10.59		
	200m: 2:18.92 1:10.99	400m: 4:40.18 1:10.50	600m: 7:00.43 1:10.38	800m: 9:20.21 1:09.19		
3.	Mariana Amaral Mendes	02	Assoc Desp Rec Cult Colegio Int Monte	10:07.58	<b>9:23.72</b>	636
	100m: 1:07.68 1:07.68	300m: 3:29.64 1:11.02	500m: 5:51.73 1:11.03	700m: 8:14.38 1:11.18		
	200m: 2:18.62 1:10.94	400m: 4:40.70 1:11.06	600m: 7:03.20 1:11.47	800m: 9:23.72 1:09.34		
4.	Catarina Martins Mestre	00	Clube Natação de Lisboa	9:32.87	<b>9:28.58</b>	619
	100m: 1:05.18 1:05.18	300m: 3:27.33 1:11.47	500m: 5:51.14 1:12.28	700m: 8:18.26 1:13.24		
	200m: 2:15.86 1:10.68	400m: 4:38.86 1:11.53	600m: 7:05.02 1:13.88	800m: 9:28.58 1:10.32		
5.	Ema Jeronimo Conceicao	03	Associação Ed. Física Desp. Torres Vedras	9:22.36	<b>9:30.75</b>	612
	100m: 1:06.97 1:06.97	300m: 3:28.66 1:11.23	500m: 5:52.52 1:11.80	700m: 8:19.20 1:13.30		
	200m: 2:17.43 1:10.46	400m: 4:40.72 1:12.06	600m: 7:05.90 1:13.38	800m: 9:30.75 1:11.55		
6.	Joana Ribeiro Martins	03	Sporting Clube de Portugal	9:39.80	<b>9:35.72</b>	597
	100m: 1:07.89 1:07.89	300m: 3:30.65 1:11.56	500m: 5:56.61 1:13.04	700m: 8:24.41 1:14.06		
	200m: 2:19.09 1:11.20	400m: 4:43.57 1:12.92	600m: 7:10.35 1:13.74	800m: 9:35.72 1:11.31		
7.	Ana Beatriz Simoes	05	Sporting Clube de Portugal	9:41.46	<b>9:37.04</b>	592
	100m: 1:08.44 1:08.44	300m: 3:34.64 1:12.94	500m: 6:00.24 1:12.43	700m: 8:25.91 1:12.80		
	200m: 2:21.70 1:13.26	400m: 4:47.81 1:13.17	600m: 7:13.11 1:12.87	800m: 9:37.04 1:11.13		
8.	Sara Moura Cruz	03	Sport Alges e Dafundo	9:45.56	<b>9:40.35</b>	582
	100m: 1:08.81 1:08.81	300m: 3:34.56 1:12.76	500m: 6:00.34 1:12.47	700m: 8:27.46 1:13.78		
	200m: 2:21.80 1:12.99	400m: 4:47.87 1:13.31	600m: 7:13.68 1:13.34	800m: 9:40.35 1:12.89		

## Prova 2, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
9.	Beatriz Paulo Ranito	99	Geslours - Gestão Equipamentos E.M.	9:29.23	<b>9:44.26</b>	571
	100m: 1:08.30 1:08.30 200m: 2:21.96 1:13.66		300m: 3:35.49 1:13.53 400m: 4:49.10 1:13.61	500m: 6:02.16 1:13.06 600m: 7:16.64 1:14.48	700m: 8:31.11 1:14.47 800m: 9:44.26 1:13.15	
10.	Mafalda Santos Costa	05	Assoc Desp Rec Cult Colegio Int Monte N9	9:49.49	<b>9:50.70</b>	552
	100m: 1:09.71 1:09.71 200m: 2:23.09 1:13.38		300m: 3:37.06 1:13.97 400m: 4:51.79 1:14.73	500m: 6:06.62 1:14.83 600m: 7:21.68 1:15.06	700m: 8:36.46 1:14.78 800m: 9:50.70 1:14.24	
11.	Joana Rocha Ferreira	05	Sport Lisboa e Benfica	9:50.78	<b>9:53.48</b>	545
	100m: 1:10.56 1:10.56 200m: 2:25.13 1:14.57		300m: 3:40.07 1:14.94 400m: 4:55.38 1:15.31	500m: 6:09.82 1:14.44 600m: 7:25.25 1:15.43	700m: 8:39.96 1:14.71 800m: 9:53.48 1:13.52	
12.	Sofia Antunes Sebastiao	05	Clube Natacao da Amadora	9:33.88	<b>9:54.61</b>	541
	100m: 1:08.61 1:08.61 200m: 2:21.15 1:12.54		300m: 3:34.44 1:13.29 400m: 4:49.88 1:15.44	500m: 6:07.06 1:17.18 600m: 7:24.07 1:17.01	700m: 8:40.83 1:16.76 800m: 9:54.61 1:13.78	
13.	Maria Ornelas Armas	98	Avançado EULx	9:38.77	<b>9:59.76</b>	528
	100m: 1:09.35 1:09.35 200m: 2:23.57 1:14.22		300m: 3:38.79 1:15.22 400m: 4:54.78 1:15.99	500m: 6:10.69 1:15.91 600m: 7:27.26 1:16.57	700m: 8:43.90 1:16.64 800m: 9:59.76 1:15.86	
14.	Ines Correia Teixeira	06	Clube Natacao da Amadora	10:12.07	<b>10:02.86</b>	520
	100m: 1:12.98 1:12.98 200m: 2:30.12 1:17.14		300m: 3:47.24 1:17.12 400m: 5:01.58 1:14.34	500m: 6:17.01 1:15.43 600m: 7:32.31 1:15.30	700m: 8:49.16 1:16.85 800m: 10:02.86 1:13.70	
15.	Ana Rita Matos	02	Clube Futebol Os Belenenses	10:23.41	<b>10:03.26</b>	518
	100m: 1:10.65 1:10.65 200m: 2:25.30 1:14.65		300m: 3:40.32 1:15.02 400m: 4:55.52 1:15.20	500m: 6:11.85 1:16.33 600m: 7:29.24 1:17.39	700m: 8:47.17 1:17.93 800m: 10:03.26 1:16.09	
16.	Beatriz Quintao Amantes	03	Soc.Filarmónica União A. Piedense	9:55.58	<b>10:05.76</b>	512
	100m: 1:11.57 1:11.57 200m: 2:27.22 1:15.65		300m: 3:42.65 1:15.43 400m: 4:58.66 1:16.01	500m: 6:15.23 1:16.57 600m: 7:32.48 1:17.25	700m: 8:50.18 1:17.70 800m: 10:05.76 1:15.58	
17.	Anais Cloe Pereira	04	Sporting Clube de Portugal	9:57.81	<b>10:10.08</b>	501
	100m: 1:10.76 1:10.76 200m: 2:27.26 1:16.50		300m: 3:44.18 1:16.92 400m: 5:01.91 1:17.73	500m: 6:19.55 1:17.64 600m: 7:37.41 1:17.86	700m: 8:55.07 1:17.66 800m: 10:10.08 1:15.01	
18.	Beatriz Mocego Niza	06	Clube Natacao da Amadora	10:00.76	<b>10:11.50</b>	498
	100m: 1:13.04 1:13.04 200m: 2:30.08 1:17.04		300m: 3:46.95 1:16.87 400m: 5:02.59 1:15.64	500m: 6:19.79 1:17.20 600m: 7:37.90 1:18.11	700m: 8:56.16 1:18.26 800m: 10:11.50 1:15.34	
19.	Diana Valadas Horta	04	Soc.Filarmónica União A. Piedense	10:08.83	<b>10:12.43</b>	496
	100m: 1:14.02 1:14.02 200m: 2:32.87 1:18.85		300m: 3:49.51 1:16.64 400m: 5:06.08 1:16.57	500m: 6:22.75 1:16.67 600m: 7:40.77 1:18.02	700m: 8:58.39 1:17.62 800m: 10:12.43 1:14.04	
20.	Maria Martins Camacho	04	Soc.Filarmónica União A. Piedense	10:12.39	<b>10:12.78</b>	495
	100m: 1:12.70 1:12.70 200m: 2:30.17 1:17.47		300m: 3:47.75 1:17.58 400m: 5:05.32 1:17.57	500m: 6:21.99 1:16.67 600m: 7:39.74 1:17.75	700m: 8:57.86 1:18.12 800m: 10:12.78 1:14.92	
21.	Catarina Trigo Ferreira	02	Clube Natacao de Lisboa	9:50.36	<b>10:13.04</b>	494
	100m: 1:11.11 1:11.11 200m: 2:27.94 1:16.83		300m: 3:46.00 1:18.06 400m: 5:04.73 1:18.73	500m: 6:24.01 1:19.28 600m: 7:41.36 1:17.35	700m: 8:58.69 1:17.33 800m: 10:13.04 1:14.35	
22.	Ines Gaspar Silva	06	Geslours - Gestão Equipamentos E.M.	10:22.82	<b>10:20.58</b>	476
	100m: 1:10.88 1:10.88 200m: 2:29.77 1:18.89		300m: 3:48.51 1:18.74 400m: 5:07.58 1:19.07	500m: 6:26.25 1:18.67 600m: 7:47.22 1:20.97	700m: 9:05.72 1:18.50 800m: 10:20.58 1:14.86	
23.	Erica Candeias Mendes	06	Clube Natacao da Amadora	10:32.36	<b>10:20.74</b>	476
	100m: 1:14.89 1:14.89 200m: 2:33.93 1:19.04		300m: 3:53.05 1:19.12 400m: 5:10.29 1:17.24	500m: 6:28.10 1:17.81 600m: 7:46.06 1:17.96	700m: 9:04.16 1:18.10 800m: 10:20.74 1:16.58	
24.	Carolina Parreira	06	Sporting Clube de Portugal	11:09.43	<b>10:21.48</b>	474
	100m: 1:11.21 1:11.21 200m: 2:27.94 1:16.73		300m: 3:45.53 1:17.59 400m: 5:03.83 1:18.30	500m: 6:21.74 1:17.91 600m: 7:41.76 1:20.02	700m: 9:03.01 1:21.25 800m: 10:21.48 1:18.47	
25.	Daniela Alexandra Pedro	04	Sporting Clube de Portugal	9:54.02	<b>10:21.71</b>	474
	100m: 1:11.25 1:11.25 200m: 2:28.00 1:16.75		300m: 3:45.58 1:17.58 400m: 5:03.24 1:17.66	500m: 6:21.19 1:17.95 600m: 7:40.95 1:19.76	700m: 9:01.55 1:20.60 800m: 10:21.71 1:20.16	
26.	Beatriz Moreira Carvalho	03	Vikings Sports Club	10:15.67	<b>10:23.77</b>	469
	100m: 1:13.97 1:13.97 200m: 2:32.25 1:18.28		300m: 3:51.49 1:19.24 400m: 5:10.84 1:19.35	500m: 6:29.52 1:18.68 600m: 7:48.72 1:19.20	700m: 9:07.42 1:18.70 800m: 10:23.77 1:16.35	
27.	Maria Del Rio Bernat	05	Sport Alges e Dafundo	10:50.83	<b>10:24.42</b>	467
	100m: 1:11.76 1:11.76 200m: 2:30.11 1:18.35		300m: 3:48.32 1:18.21 400m: 5:07.26 1:18.94	500m: 6:26.46 1:19.20 600m: 7:46.19 1:19.73	700m: 9:05.68 1:19.49 800m: 10:24.42 1:18.74	
28.	Filipa Ferraz Domingos	06	Sporting Clube de Portugal	10:17.29	<b>10:24.52</b>	467
	100m: 1:12.73 1:12.73 200m: 2:30.82 1:18.09		300m: 3:48.83 1:18.01 400m: 5:07.41 1:18.58	500m: 6:26.55 1:19.14 600m: 7:47.99 1:21.44	700m: 9:07.07 1:19.08 800m: 10:24.52 1:17.45	
29.	Sofia Oliveira Silva	99	Clube Naval Setubalense	10:23.41	<b>10:25.52</b>	465
	<i>FTL (Fora Tempo Limite)</i> 100m: 1:12.22 1:12.22		200m: 2:30.61 1:18.39	300m: 3:49.40 1:18.79	400m: 5:08.20 1:18.80	

## Prova 2, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
	500m: 6:27.89 1:19.69	600m: 7:47.98 1:20.09	700m: 9:07.45 1:19.47	800m: 10:25.52 1:18.07		
30.	Margarida Barbara Marques	06	Sport Alges e Dafundo	10:40.56	<b>10:25.85</b>	464
	100m: 1:13.06 1:13.06	300m: 3:50.32 1:18.46	500m: 6:29.74 1:20.07	700m: 9:10.22 1:20.05		
	200m: 2:31.86 1:18.80	400m: 5:09.67 1:19.35	600m: 7:50.17 1:20.43	800m: 10:25.85 1:15.63		
31.	Mariana Andreia Silva	05	Sporting Clube de Portugal	10:05.18	<b>10:28.53</b>	458
	100m: 1:13.99 1:13.99	300m: 3:51.59 1:18.86	500m: 6:30.73 1:19.79	700m: 9:11.37 1:19.65		
	200m: 2:32.73 1:18.74	400m: 5:10.94 1:19.35	600m: 7:51.72 1:20.99	800m: 10:28.53 1:17.16		
32.	Nicole Patriarca Franca	05	Sporting Clube de Portugal	10:07.00	<b>10:32.57</b>	450
	100m: 1:13.47 1:13.47	300m: 3:53.94 1:20.98	500m: 6:34.64 1:21.87	700m: 9:15.70 1:19.91		
	200m: 2:32.96 1:19.49	400m: 5:12.77 1:18.83	600m: 7:55.79 1:21.15	800m: 10:32.57 1:16.87		
33.	Mariana Marques Mercedes <i>FTL (Fora Tempo Limite)</i>	03	Clube Desportivo Olivais e Moscavide	10:24.62	<b>10:37.52</b>	439
	100m: 1:14.15 1:14.15	300m: 3:54.73 1:21.01	500m: 6:37.33 1:20.97	700m: 9:20.47 1:21.57		
	200m: 2:33.72 1:19.57	400m: 5:16.36 1:21.63	600m: 7:58.90 1:21.57	800m: 10:37.52 1:17.05		
34.	Clara Sofia Herminio	06	Clube Desportivo Cova da Piedade	10:48.84	<b>10:38.50</b>	437
	100m: 1:16.01 1:16.01	300m: 3:55.82 1:19.03	500m: 6:36.58 1:20.91	700m: 9:19.14 1:20.96		
	200m: 2:36.79 1:20.78	400m: 5:15.67 1:19.85	600m: 7:58.18 1:21.60	800m: 10:38.50 1:19.36		
35.	Iris Castro Campos	06	Clube Natacao da Amadora	11:02.68	<b>10:39.85</b>	434
	100m: 1:17.73 1:17.73	300m: 3:57.84 1:19.92	500m: 6:37.95 1:20.18	700m: 9:19.90 1:20.79		
	200m: 2:37.92 1:20.19	400m: 5:17.77 1:19.93	600m: 7:59.11 1:21.16	800m: 10:39.85 1:19.95		
36.	Sofia Vilardell Rodrigues <i>FTL (Fora Tempo Limite)</i>	04	Gesloures - Gestão Equipamentos E.M.	10:32.63	<b>10:41.15</b>	432
	100m: 1:15.73 1:15.73	300m: 3:54.95 1:20.15	500m: 6:35.38 1:20.58	700m: 9:21.78 1:23.82		
	200m: 2:34.80 1:19.07	400m: 5:14.80 1:19.85	600m: 7:57.96 1:22.58	800m: 10:41.15 1:19.37		
37.	Rita Borges Silva	06	Clube Natacao da Amadora	10:57.83	<b>10:51.81</b>	411
	100m: 1:13.51 1:13.51	300m: 3:55.63 1:21.69	500m: 6:40.37 1:22.84	700m: 9:25.58 1:21.94		
	200m: 2:33.94 1:20.43	400m: 5:17.53 1:21.90	600m: 8:03.64 1:23.27	800m: 10:51.81 1:26.23		
38.	Maria Ines Ribeiro <i>FTL (Fora Tempo Limite)</i>	03	Clube Futebol Os Belenenses	10:04.77	<b>10:57.12</b>	401
	100m: 1:14.56 1:14.56	300m: 3:57.92 1:21.82	500m: 6:43.93 1:23.60	700m: 9:33.33 1:24.62		
	200m: 2:36.10 1:21.54	400m: 5:20.33 1:22.41	600m: 8:08.71 1:24.78	800m: 10:57.12 1:23.79		
39.	Carolina Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i>	04	Clube Naval Setubalense	10:32.63	<b>11:04.93</b>	387
	100m: 1:17.87 1:17.87	300m: 4:05.44 1:24.34	500m: 6:52.91 1:23.97	700m: 9:41.74 1:24.17		
	200m: 2:41.10 1:23.23	400m: 5:28.94 1:23.50	600m: 8:17.57 1:24.66	800m: 11:04.93 1:23.19		
40.	Leonor Santos Duro <i>FTL (Fora Tempo Limite)</i>	06	Clube Naval Setubalense	10:43.49	<b>11:11.05</b>	377
	100m: 1:18.13 1:18.13	300m: 4:05.46 1:24.13	500m: 6:56.14 1:25.34	700m: 9:46.48 1:25.62		
	200m: 2:41.33 1:23.20	400m: 5:30.80 1:25.34	600m: 8:20.86 1:24.72	800m: 11:11.05 1:24.57		