

Prova 8
28.05.2023 - 12:08

Femin., 800m Livres

Juvenis
Resultados

Rec Regional Juv A	8:46.74	Ana Cláudia Correia Santos	POR	Cantanhede	2004
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	POR	Penafiel	2004
Rec Regional Absoluto	8:23.23	Diana Margarida Duraes	POR	Felgueiras	2018
Rec Nacional Juv A	8:46.74	Ana Cláudia Santos	POR	Cantanhede	2004
Rec Nacional Juv B	9:00.27	Alexandra Maria Silva	POR		1981
Rec Nacional Absoluto	8:23.23	Diana Margarida Duraes	POR	Felgueiras	2018

Mínimo Participação Juv B: 11:13.47; Juv A: 10:50.86

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Beatriz Silva Jordao	09	Vikings	10:02.70	503
	50m: 35.74 35.74	250m: 3:04.85 37.99	450m: 5:36.62 37.87	650m: 8:10.63 38.09	
	100m: 1:12.29 36.55	300m: 3:42.43 37.58	500m: 6:14.66 38.04	700m: 8:47.97 37.34	
	150m: 1:49.35 37.06	350m: 4:20.38 37.95	550m: 6:53.52 38.86	750m: 9:25.56 37.59	
	200m: 2:26.86 37.51	400m: 4:58.75 38.37	600m: 7:32.54 39.02	800m: 10:02.70 37.14	
2.	Madalena Azevedo Messias	09	Sporting	10:13.52	476
	50m: 35.35 35.35	250m: 3:06.84 37.70	450m: 5:41.98 38.09	650m: 8:19.01 39.09	
	100m: 1:12.35 37.00	300m: 3:45.53 38.69	500m: 6:21.45 39.47	700m: 8:59.36 40.35	
	150m: 1:50.58 38.23	350m: 4:24.40 38.87	550m: 7:00.48 39.03	750m: 9:38.22 38.86	
	200m: 2:29.14 38.56	400m: 5:03.89 39.49	600m: 7:39.92 39.44	800m: 10:13.52 35.30	
3.	Sofia Carlos Arede	09	Sporting	10:20.51	460
	50m: 36.05 36.05	250m: 3:10.68 38.87	450m: 5:48.55 39.63	650m: 8:27.13 39.58	
	100m: 1:13.69 37.64	300m: 3:49.84 39.16	500m: 6:27.99 39.44	700m: 9:05.50 38.37	
	150m: 1:52.46 38.77	350m: 4:29.62 39.78	550m: 7:07.73 39.74	750m: 9:44.70 39.20	
	200m: 2:31.81 39.35	400m: 5:08.92 39.30	600m: 7:47.55 39.82	800m: 10:20.51 35.81	
4.	Sofia Monteiro Uva	09	Alges	10:25.06	450
	50m: 37.05 37.05	250m: 3:13.00 39.27	450m: 5:50.56 39.46	650m: 8:27.34 39.26	
	100m: 1:15.64 38.59	300m: 3:52.25 39.25	500m: 6:29.88 39.32	700m: 9:06.96 39.62	
	150m: 1:54.35 38.71	350m: 4:31.78 39.53	550m: 7:08.73 38.85	750m: 9:46.82 39.86	
	200m: 2:33.73 39.38	400m: 5:11.10 39.32	600m: 7:48.08 39.35	800m: 10:25.06 38.24	
5.	Maria Leonor Calcada	09	Sporting	10:27.38	446
	50m: 35.95 35.95	250m: 3:12.22 40.02	450m: 5:51.24 39.32	650m: 8:30.81 39.96	
	100m: 1:13.79 37.84	300m: 3:52.29 40.07	500m: 6:31.30 40.06	700m: 9:10.31 39.50	
	150m: 1:53.06 39.27	350m: 4:31.88 39.59	550m: 7:11.28 39.98	750m: 9:50.00 39.69	
	200m: 2:32.20 39.14	400m: 5:11.92 40.04	600m: 7:50.85 39.57	800m: 10:27.38 37.38	
6.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	10:30.70	438
	50m: 36.45 36.45	250m: 3:14.30 39.84	450m: 5:53.45 39.96	650m: 8:32.55 39.84	
	100m: 1:15.20 38.75	300m: 3:54.06 39.76	500m: 6:33.15 39.70	700m: 9:13.06 40.51	
	150m: 1:54.97 39.77	350m: 4:33.67 39.61	550m: 7:12.90 39.75	750m: 9:52.64 39.58	
	200m: 2:34.46 39.49	400m: 5:13.49 39.82	600m: 7:52.71 39.81	800m: 10:30.70 38.06	
7.	Alice Lucas Pedro	09	Alges	10:32.04	436
	50m: 37.80 37.80	250m: 3:15.04 39.14	450m: 5:53.70 39.74	650m: 8:33.86 40.48	
	100m: 1:16.37 38.57	300m: 3:54.71 39.67	500m: 6:33.79 40.09	700m: 9:14.67 40.81	
	150m: 1:56.23 39.86	350m: 4:34.63 39.92	550m: 7:13.48 39.69	750m: 9:54.29 39.62	
	200m: 2:35.90 39.67	400m: 5:13.96 39.33	600m: 7:53.38 39.90	800m: 10:32.04 37.75	
8.	Beatriz Ribeiro Lima	09	Gesloures	10:42.10	416
	50m: 36.48 36.48	250m: 3:14.20 40.12	450m: 5:59.01 41.88	650m: 8:43.60 41.59	
	100m: 1:15.13 38.65	300m: 3:54.73 40.53	500m: 6:39.64 40.63	700m: 9:23.47 39.87	
	150m: 1:54.34 39.21	350m: 4:35.72 40.99	550m: 7:20.46 40.82	750m: 10:03.51 40.04	
	200m: 2:34.08 39.74	400m: 5:17.13 41.41	600m: 8:02.01 41.55	800m: 10:42.10 38.59	
9.	Matilde Castro Teixeira	09	Sporting	10:49.38	402
	50m: 38.86 38.86	250m: 3:23.04 41.15	450m: 6:06.93 41.41	650m: 8:51.73 41.38	
	100m: 1:19.48 40.62	300m: 4:04.53 41.49	500m: 6:48.44 41.51	700m: 9:32.73 41.00	
	150m: 2:00.91 41.43	350m: 4:45.28 40.75	550m: 7:28.55 40.11	750m: 10:13.58 40.85	
	200m: 2:41.89 40.98	400m: 5:25.52 40.24	600m: 8:10.35 41.80	800m: 10:49.38 35.80	
10.	Margarida Maia Lopes	09	Gesloures	10:58.22	386
	50m: 38.21 38.21	250m: 3:21.43 40.91	450m: 6:07.12 41.40	650m: 8:56.55 42.57	
	100m: 1:17.86 39.65	300m: 4:02.63 41.20	500m: 6:48.79 41.67	700m: 9:38.50 41.95	
	150m: 1:58.93 41.07	350m: 4:44.45 41.82	550m: 7:31.35 42.56	750m: 10:20.64 42.14	
	200m: 2:40.52 41.59	400m: 5:25.72 41.27	600m: 8:13.98 42.63	800m: 10:58.22 37.58	
11.	Sara Cabaco Brasil	09	Fisica Torres Vedras	11:03.48	377
	50m: 39.48 39.48	250m: 3:25.66 42.16	450m: 6:13.43 41.66	650m: 9:00.29 42.06	
	100m: 1:19.59 40.11	300m: 4:08.03 42.37	500m: 6:55.16 41.73	700m: 9:42.32 42.03	
	150m: 2:01.37 41.78	350m: 4:49.77 41.74	550m: 7:36.22 41.06	750m: 10:23.52 41.20	
	200m: 2:43.50 42.13	400m: 5:31.77 42.00	600m: 8:18.23 42.01	800m: 11:03.48 39.96	

Resultados online: anlisboa.info/live

Prova 8, Femin., 800m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Ana Kostenko	09	Naval Setubalense	11:08.34	368
	50m: 41.06 41.06	250m: 3:28.71 41.91	450m: 6:17.07 42.39	650m: 9:06.02 42.07	
	100m: 1:22.64 41.58	300m: 4:10.65 41.94	500m: 6:59.20 42.13	700m: 9:48.53 42.51	
	150m: 2:04.29 41.65	350m: 4:52.52 41.87	550m: 7:41.64 42.44	750m: 10:29.68 41.15	
	200m: 2:46.80 42.51	400m: 5:34.68 42.16	600m: 8:23.95 42.31	800m: 11:08.34 38.66	
13.	Ana Matilde Silva <i>Fora Minimo Acesso</i>	09	Naval Setubalense	11:55.57	300
	50m: 43.14 43.14	250m: 3:42.26 44.98	450m: 6:43.71 45.52	650m: 9:43.79 44.62	
	100m: 1:27.52 44.38	300m: 4:27.51 45.25	500m: 7:28.92 45.21	700m: 10:28.56 44.77	
	150m: 2:12.16 44.64	350m: 5:13.01 45.50	550m: 8:14.34 45.42	750m: 11:12.53 43.97	
	200m: 2:57.28 45.12	400m: 5:58.19 45.18	600m: 8:59.17 44.83	800m: 11:55.57 43.04	
DNS	Ines Maria Lanca	09	União Piedense		

Juvenis A

1.	Constanca Santos Ferreira	08	Alges	9:36.60	574
	50m: 33.73 33.73	250m: 2:57.45 36.32	450m: 5:22.48 35.86	650m: 7:47.65 36.26	
	100m: 1:09.15 35.42	300m: 3:33.73 36.28	500m: 5:58.60 36.12	700m: 8:24.33 36.68	
	150m: 1:45.09 35.94	350m: 4:10.22 36.49	550m: 6:34.95 36.35	750m: 9:01.00 36.67	
	200m: 2:21.13 36.04	400m: 4:46.62 36.40	600m: 7:11.39 36.44	800m: 9:36.60 35.60	
2.	Matilde Catroga Marques	08	Colegio Int Monte Maior	9:52.17	530
	50m: 34.21 34.21	250m: 3:00.39 37.01	450m: 5:27.69 37.31	650m: 7:58.89 38.13	
	100m: 1:09.92 35.71	300m: 3:36.73 36.34	500m: 6:04.93 37.24	700m: 8:37.39 38.50	
	150m: 1:46.20 36.28	350m: 4:13.52 36.79	550m: 6:42.82 37.89	750m: 9:15.62 38.23	
	200m: 2:23.38 37.18	400m: 4:50.38 36.86	600m: 7:20.76 37.94	800m: 9:52.17 36.55	
3.	Leonor Serrao Nascimento	08	Alges	10:04.70	498
	50m: 35.03 35.03	250m: 3:01.62 37.51	450m: 5:33.66 38.40	650m: 8:09.81 39.12	
	100m: 1:10.83 35.80	300m: 3:39.17 37.55	500m: 6:12.67 39.01	700m: 8:48.81 39.00	
	150m: 1:47.10 36.27	350m: 4:16.97 37.80	550m: 6:51.67 39.00	750m: 9:27.94 39.13	
	200m: 2:24.11 37.01	400m: 4:55.26 38.29	600m: 7:30.69 39.02	800m: 10:04.70 36.76	
4.	Constanca Isabel Carvalho	08	Alges	10:08.27	489
	50m: 35.16 35.16	250m: 3:03.25 37.79	450m: 5:38.13 38.58	650m: 8:13.88 39.06	
	100m: 1:11.41 36.25	300m: 3:41.69 38.44	500m: 6:16.96 38.83	700m: 8:52.69 38.81	
	150m: 1:48.08 36.67	350m: 4:20.44 38.75	550m: 6:55.70 38.74	750m: 9:31.13 38.44	
	200m: 2:25.46 37.38	400m: 4:59.55 39.11	600m: 7:34.82 39.12	800m: 10:08.27 37.14	
5.	Patricia Subtil Henriques	08	Geslourses	10:16.99	468
	50m: 35.68 35.68	250m: 3:08.88 38.36	450m: 5:42.53 38.48	650m: 8:20.43 39.47	
	100m: 1:13.41 37.73	300m: 3:47.09 38.21	500m: 6:21.59 39.06	700m: 9:00.39 39.96	
	150m: 1:51.72 38.31	350m: 4:25.43 38.34	550m: 7:01.05 39.46	750m: 9:39.99 39.60	
	200m: 2:30.52 38.80	400m: 5:04.05 38.62	600m: 7:40.96 39.91	800m: 10:16.99 37.00	
6.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	10:22.07	457
	50m: 37.26 37.26	250m: 3:13.83 39.18	450m: 5:52.08 39.36	650m: 8:29.18 39.17	
	100m: 1:15.93 38.67	300m: 3:53.43 39.60	500m: 6:31.33 39.25	700m: 9:08.02 38.84	
	150m: 1:55.26 39.33	350m: 4:33.03 39.60	550m: 7:10.43 39.10	750m: 9:46.16 38.14	
	200m: 2:34.65 39.39	400m: 5:12.72 39.69	600m: 7:50.01 39.58	800m: 10:22.07 35.91	
7.	Marta Matos Laranjeira	08	Vikings	10:22.25	457
	50m: 35.56 35.56	250m: 3:07.63 38.78	450m: 5:47.44 40.11	650m: 8:26.05 39.40	
	100m: 1:12.60 37.04	300m: 3:47.27 39.64	500m: 6:26.79 39.35	700m: 9:05.09 39.04	
	150m: 1:50.36 37.76	350m: 4:27.11 39.84	550m: 7:06.38 39.59	750m: 9:44.57 39.48	
	200m: 2:28.85 38.49	400m: 5:07.33 40.22	600m: 7:46.65 40.27	800m: 10:22.25 37.68	
8.	Joana Pontes Prior	08	Laranjeiro	10:23.98	453
	50m: 36.75 36.75	250m: 3:11.65 38.39	450m: 5:49.01 39.10	650m: 8:28.44 39.69	
	100m: 1:15.44 38.69	300m: 3:50.46 38.81	500m: 6:28.88 39.87	700m: 9:07.77 39.33	
	150m: 1:54.14 38.70	350m: 4:29.63 39.17	550m: 7:09.28 40.40	750m: 9:46.80 39.03	
	200m: 2:33.26 39.12	400m: 5:09.91 40.28	600m: 7:48.75 39.47	800m: 10:23.98 37.18	
9.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	10:25.31	450
	50m: 35.72 35.72	250m: 3:09.97 39.27	450m: 5:49.43 39.70	650m: 8:28.55 39.17	
	100m: 1:13.25 37.53	300m: 3:49.56 39.59	500m: 6:29.40 39.97	700m: 9:08.05 39.50	
	150m: 1:51.87 38.62	350m: 4:29.61 40.05	550m: 7:09.41 40.01	750m: 9:47.47 39.42	
	200m: 2:30.70 38.83	400m: 5:09.73 40.12	600m: 7:49.38 39.97	800m: 10:25.31 37.84	
10.	Clarisse Teixeira Teles	08	Naval Setubalense	10:34.21	431
	50m: 38.14 38.14	250m: 3:15.82 39.90	450m: 5:55.48 40.25	650m: 8:35.92 40.26	
	100m: 1:16.93 38.79	300m: 3:55.56 39.74	500m: 6:35.40 39.92	700m: 9:15.88 39.96	
	150m: 1:56.29 39.36	350m: 4:35.65 40.09	550m: 7:15.51 40.11	750m: 9:55.49 39.61	
	200m: 2:35.92 39.63	400m: 5:15.23 39.58	600m: 7:55.66 40.15	800m: 10:34.21 38.72	

Resultados online: anlisboa.info/live

Prova 8, Femin., 800m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Teresa Oliveira Santos	08	Alges	10:36.25	427
	50m: 37.31 37.31	250m: 3:16.40 40.23	450m: 5:57.47 40.09	650m: 8:38.95 40.45	
	100m: 1:16.51 39.20	300m: 3:56.69 40.29	500m: 6:37.40 39.93	700m: 9:19.24 40.29	
	150m: 1:56.74 40.23	350m: 4:37.76 41.07	550m: 7:18.52 41.12	750m: 9:57.92 38.68	
	200m: 2:36.17 39.43	400m: 5:17.38 39.62	600m: 7:58.50 39.98	800m: 10:36.25 38.33	
12.	Rita Sofia Amaral	08	Alges	10:42.64	414
	50m: 38.42 38.42	250m: 3:17.99 40.49	450m: 5:59.39 40.19	650m: 8:42.93 41.28	
	100m: 1:17.74 39.32	300m: 3:58.34 40.35	500m: 6:40.47 41.08	700m: 9:23.50 40.57	
	150m: 1:57.14 39.40	350m: 4:38.74 40.40	550m: 7:21.05 40.58	750m: 10:03.77 40.27	
	200m: 2:37.50 40.36	400m: 5:19.20 40.46	600m: 8:01.65 40.60	800m: 10:42.64 38.87	
13.	Lis Fatima Melo	08	Gesloures	10:45.93	408
	50m: 37.86 37.86	250m: 3:16.15 40.20	450m: 5:58.50 41.14	650m: 8:43.46 41.22	
	100m: 1:16.48 38.62	300m: 3:56.23 40.08	500m: 6:39.54 41.04	700m: 9:24.60 41.14	
	150m: 1:56.11 39.63	350m: 4:36.44 40.21	550m: 7:20.83 41.29	750m: 10:05.68 41.08	
	200m: 2:35.95 39.84	400m: 5:17.36 40.92	600m: 8:02.24 41.41	800m: 10:45.93 40.25	
14.	Teresa Bonita Oliveira <i>Fora Minimo Acesso</i>	08	Naval Setubalense	10:52.11	397
	50m: 38.13 38.13	250m: 3:21.86 41.39	450m: 6:06.59 40.96	650m: 8:51.93 41.38	
	100m: 1:18.19 40.06	300m: 4:02.95 41.09	500m: 6:47.83 41.24	700m: 9:32.91 40.98	
	150m: 1:59.30 41.11	350m: 4:44.12 41.17	550m: 7:29.17 41.34	750m: 10:14.00 41.09	
	200m: 2:40.47 41.17	400m: 5:25.63 41.51	600m: 8:10.55 41.38	800m: 10:52.11 38.11	
15.	Joana Monteiro Caetano <i>Fora Minimo Acesso</i>	08	Gesloures	11:03.11	377
	50m: 38.96 38.96	250m: 3:23.41 41.87	450m: 6:10.12 41.17	650m: 9:01.19 42.88	
	100m: 1:18.76 39.80	300m: 4:05.26 41.85	500m: 6:52.11 41.99	700m: 9:43.83 42.64	
	150m: 1:59.82 41.06	350m: 4:46.87 41.61	550m: 7:35.14 43.03	750m: 10:24.00 40.17	
	200m: 2:41.54 41.72	400m: 5:28.95 42.08	600m: 8:18.31 43.17	800m: 11:03.11 39.11	
16.	Ines Ferreira Franco <i>Fora Minimo Acesso</i>	08	Vikings	11:16.42	355
	50m: 39.49 39.49	250m: 3:25.01 42.16	450m: 6:17.71 43.74	650m: 9:10.07 42.86	
	100m: 1:19.71 40.22	300m: 4:07.73 42.72	500m: 7:00.93 43.22	700m: 9:52.39 42.32	
	150m: 2:00.99 41.28	350m: 4:50.61 42.88	550m: 7:43.93 43.00	750m: 10:34.55 42.16	
	200m: 2:42.85 41.86	400m: 5:33.97 43.36	600m: 8:27.21 43.28	800m: 11:16.42 41.87	

Juvenis

1.	Constanca Santos Ferreira	08	Alges	9:36.60	574
	50m: 33.73 33.73	250m: 2:57.45 36.32	450m: 5:22.48 35.86	650m: 7:47.65 36.26	
	100m: 1:09.15 35.42	300m: 3:33.73 36.28	500m: 5:58.60 36.12	700m: 8:24.33 36.68	
	150m: 1:45.09 35.94	350m: 4:10.22 36.49	550m: 6:34.95 36.35	750m: 9:01.00 36.67	
	200m: 2:21.13 36.04	400m: 4:46.62 36.40	600m: 7:11.39 36.44	800m: 9:36.60 35.60	
2.	Matilde Catroga Marques	08	Colegio Int Monte Maior	9:52.17	530
	50m: 34.21 34.21	250m: 3:00.39 37.01	450m: 5:27.69 37.31	650m: 7:58.89 38.13	
	100m: 1:09.92 35.71	300m: 3:36.73 36.34	500m: 6:04.93 37.24	700m: 8:37.39 38.50	
	150m: 1:46.20 36.28	350m: 4:13.52 36.79	550m: 6:42.82 37.89	750m: 9:15.62 38.23	
	200m: 2:23.38 37.18	400m: 4:50.38 36.86	600m: 7:20.76 37.94	800m: 9:52.17 36.55	
3.	Beatriz Silva Jordao	09	Vikings	10:02.70	503
	50m: 35.74 35.74	250m: 3:04.85 37.99	450m: 5:36.62 37.87	650m: 8:10.63 38.09	
	100m: 1:12.29 36.55	300m: 3:42.43 37.58	500m: 6:14.66 38.04	700m: 8:47.97 37.34	
	150m: 1:49.35 37.06	350m: 4:20.38 37.95	550m: 6:53.52 38.86	750m: 9:25.56 37.59	
	200m: 2:26.86 37.51	400m: 4:58.75 38.37	600m: 7:32.54 39.02	800m: 10:02.70 37.14	
4.	Leonor Serrao Nascimento	08	Alges	10:04.70	498
	50m: 35.03 35.03	250m: 3:01.62 37.51	450m: 5:33.66 38.40	650m: 8:09.81 39.12	
	100m: 1:10.83 35.80	300m: 3:39.17 37.55	500m: 6:12.67 39.01	700m: 8:48.81 39.00	
	150m: 1:47.10 36.27	350m: 4:16.97 37.80	550m: 6:51.67 39.00	750m: 9:27.94 39.13	
	200m: 2:24.11 37.01	400m: 4:55.26 38.29	600m: 7:30.69 39.02	800m: 10:04.70 36.76	
5.	Constanca Isabel Carvalho	08	Alges	10:08.27	489
	50m: 35.16 35.16	250m: 3:03.25 37.79	450m: 5:38.13 38.58	650m: 8:13.88 39.06	
	100m: 1:11.41 36.25	300m: 3:41.69 38.44	500m: 6:16.96 38.83	700m: 8:52.69 38.81	
	150m: 1:48.08 36.67	350m: 4:20.44 38.75	550m: 6:55.70 38.74	750m: 9:31.13 38.44	
	200m: 2:25.46 37.38	400m: 4:59.55 39.11	600m: 7:34.82 39.12	800m: 10:08.27 37.14	
6.	Madalena Azevedo Messias	09	Sporting	10:13.52	476
	50m: 35.35 35.35	250m: 3:06.84 37.70	450m: 5:41.98 38.09	650m: 8:19.01 39.09	
	100m: 1:12.35 37.00	300m: 3:45.53 38.69	500m: 6:21.45 39.47	700m: 8:59.36 40.35	
	150m: 1:50.58 38.23	350m: 4:24.40 38.87	550m: 7:00.48 39.03	750m: 9:38.22 38.86	
	200m: 2:29.14 38.56	400m: 5:03.89 39.49	600m: 7:39.92 39.44	800m: 10:13.52 35.30	

Resultados online: anlisboa.info/live

Prova 8, Femin., 800m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Patricia Subtil Henriques	08	Gesloures	10:16.99	468
	50m: 35.68 35.68	250m: 3:08.88 38.36	450m: 5:42.53 38.48	650m: 8:20.43 39.47	
	100m: 1:13.41 37.73	300m: 3:47.09 38.21	500m: 6:21.59 39.06	700m: 9:00.39 39.96	
	150m: 1:51.72 38.31	350m: 4:25.43 38.34	550m: 7:01.05 39.46	750m: 9:39.99 39.60	
	200m: 2:30.52 38.80	400m: 5:04.05 38.62	600m: 7:40.96 39.91	800m: 10:16.99 37.00	
8.	Sofia Carlos Arede	09	Sporting	10:20.51	460
	50m: 36.05 36.05	250m: 3:10.68 38.87	450m: 5:48.55 39.63	650m: 8:27.13 39.58	
	100m: 1:13.69 37.64	300m: 3:49.84 39.16	500m: 6:27.99 39.44	700m: 9:05.50 38.37	
	150m: 1:52.46 38.77	350m: 4:29.62 39.78	550m: 7:07.73 39.74	750m: 9:44.70 39.20	
	200m: 2:31.81 39.35	400m: 5:08.92 39.30	600m: 7:47.55 39.82	800m: 10:20.51 35.81	
9.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	10:22.07	457
	50m: 37.26 37.26	250m: 3:13.83 39.18	450m: 5:52.08 39.36	650m: 8:29.18 39.17	
	100m: 1:15.93 38.67	300m: 3:53.43 39.60	500m: 6:31.33 39.25	700m: 9:08.02 38.84	
	150m: 1:55.26 39.33	350m: 4:33.03 39.60	550m: 7:10.43 39.10	750m: 9:46.16 38.14	
	200m: 2:34.65 39.39	400m: 5:12.72 39.69	600m: 7:50.01 39.58	800m: 10:22.07 35.91	
10.	Marta Matos Laranjeira	08	Vikings	10:22.25	457
	50m: 35.56 35.56	250m: 3:07.63 38.78	450m: 5:47.44 40.11	650m: 8:26.05 39.40	
	100m: 1:12.60 37.04	300m: 3:47.27 39.64	500m: 6:26.79 39.35	700m: 9:05.09 39.04	
	150m: 1:50.36 37.76	350m: 4:27.11 39.84	550m: 7:06.38 39.59	750m: 9:44.57 39.48	
	200m: 2:28.85 38.49	400m: 5:07.33 40.22	600m: 7:46.65 40.27	800m: 10:22.25 37.68	
11.	Joana Pontes Prior	08	Laranjeiro	10:23.98	453
	50m: 36.75 36.75	250m: 3:11.65 38.39	450m: 5:49.01 39.10	650m: 8:28.44 39.69	
	100m: 1:15.44 38.69	300m: 3:50.46 38.81	500m: 6:28.88 39.87	700m: 9:07.77 39.33	
	150m: 1:54.14 38.70	350m: 4:29.63 39.17	550m: 7:09.28 40.40	750m: 9:46.80 39.03	
	200m: 2:33.26 39.12	400m: 5:09.91 40.28	600m: 7:48.75 39.47	800m: 10:23.98 37.18	
12.	Sofia Monteiro Uva	09	Alges	10:25.06	450
	50m: 37.05 37.05	250m: 3:13.00 39.27	450m: 5:50.56 39.46	650m: 8:27.34 39.26	
	100m: 1:15.64 38.59	300m: 3:52.25 39.25	500m: 6:29.88 39.32	700m: 9:06.96 39.62	
	150m: 1:54.35 38.71	350m: 4:31.78 39.53	550m: 7:08.73 38.85	750m: 9:46.82 39.86	
	200m: 2:33.73 39.38	400m: 5:11.10 39.32	600m: 7:48.08 39.35	800m: 10:25.06 38.24	
13.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	10:25.31	450
	50m: 35.72 35.72	250m: 3:09.97 39.27	450m: 5:49.43 39.70	650m: 8:28.55 39.17	
	100m: 1:13.25 37.53	300m: 3:49.56 39.59	500m: 6:29.40 39.97	700m: 9:08.05 39.50	
	150m: 1:51.87 38.62	350m: 4:29.61 40.05	550m: 7:09.41 40.01	750m: 9:47.47 39.42	
	200m: 2:30.70 38.83	400m: 5:09.73 40.12	600m: 7:49.38 39.97	800m: 10:25.31 37.84	
14.	Maria Leonor Calcada	09	Sporting	10:27.38	446
	50m: 35.95 35.95	250m: 3:12.22 40.02	450m: 5:51.24 39.32	650m: 8:30.81 39.96	
	100m: 1:13.79 37.84	300m: 3:52.29 40.07	500m: 6:31.30 40.06	700m: 9:10.31 39.50	
	150m: 1:53.06 39.27	350m: 4:31.88 39.59	550m: 7:11.28 39.98	750m: 9:50.00 39.69	
	200m: 2:32.20 39.14	400m: 5:11.92 40.04	600m: 7:50.85 39.57	800m: 10:27.38 37.38	
15.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	10:30.70	438
	50m: 36.45 36.45	250m: 3:14.30 39.84	450m: 5:53.45 39.96	650m: 8:32.55 39.84	
	100m: 1:15.20 38.75	300m: 3:54.06 39.76	500m: 6:33.15 39.70	700m: 9:13.06 40.51	
	150m: 1:54.97 39.77	350m: 4:33.67 39.61	550m: 7:12.90 39.75	750m: 9:52.64 39.58	
	200m: 2:34.46 39.49	400m: 5:13.49 39.82	600m: 7:52.71 39.81	800m: 10:30.70 38.06	
16.	Alice Lucas Pedro	09	Alges	10:32.04	436
	50m: 37.80 37.80	250m: 3:15.04 39.14	450m: 5:53.70 39.74	650m: 8:33.86 40.48	
	100m: 1:16.37 38.57	300m: 3:54.71 39.67	500m: 6:33.79 40.09	700m: 9:14.67 40.81	
	150m: 1:56.23 39.86	350m: 4:34.63 39.92	550m: 7:13.48 39.69	750m: 9:54.29 39.62	
	200m: 2:35.90 39.67	400m: 5:13.96 39.33	600m: 7:53.38 39.90	800m: 10:32.04 37.75	
17.	Clarisse Teixeira Teles	08	Naval Setubalense	10:34.21	431
	50m: 38.14 38.14	250m: 3:15.82 39.90	450m: 5:55.48 40.25	650m: 8:35.92 40.26	
	100m: 1:16.93 38.79	300m: 3:55.56 39.74	500m: 6:35.40 39.92	700m: 9:15.88 39.96	
	150m: 1:56.29 39.36	350m: 4:35.65 40.09	550m: 7:15.51 40.11	750m: 9:55.49 39.61	
	200m: 2:35.92 39.63	400m: 5:15.23 39.58	600m: 7:55.66 40.15	800m: 10:34.21 38.72	
18.	Teresa Oliveira Santos	08	Alges	10:36.25	427
	50m: 37.31 37.31	250m: 3:16.40 40.23	450m: 5:57.47 40.09	650m: 8:38.95 40.45	
	100m: 1:16.51 39.20	300m: 3:56.69 40.29	500m: 6:37.40 39.93	700m: 9:19.24 40.29	
	150m: 1:56.74 40.23	350m: 4:37.76 41.07	550m: 7:18.52 41.12	750m: 9:57.92 38.68	
	200m: 2:36.17 39.43	400m: 5:17.38 39.62	600m: 7:58.50 39.98	800m: 10:36.25 38.33	
19.	Beatriz Ribeiro Lima	09	Gesloures	10:42.10	416
	50m: 36.48 36.48	250m: 3:14.20 40.12	450m: 5:59.01 41.88	650m: 8:43.60 41.59	
	100m: 1:15.13 38.65	300m: 3:54.73 40.53	500m: 6:39.64 40.63	700m: 9:23.47 39.87	
	150m: 1:54.34 39.21	350m: 4:35.72 40.99	550m: 7:20.46 40.82	750m: 10:03.51 40.04	
	200m: 2:34.08 39.74	400m: 5:17.13 41.41	600m: 8:02.01 41.55	800m: 10:42.10 38.59	

Resultados online: anlisboa.info/live

Prova 8, Femin., 800m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
20.	Rita Sofia Amaral	08	Alges	10:42.64	414
	50m: 38.42 38.42	250m: 3:17.99 40.49	450m: 5:59.39 40.19	650m: 8:42.93 41.28	
	100m: 1:17.74 39.32	300m: 3:58.34 40.35	500m: 6:40.47 41.08	700m: 9:23.50 40.57	
	150m: 1:57.14 39.40	350m: 4:38.74 40.40	550m: 7:21.05 40.58	750m: 10:03.77 40.27	
	200m: 2:37.50 40.36	400m: 5:19.20 40.46	600m: 8:01.65 40.60	800m: 10:42.64 38.87	
21.	Lis Fatima Melo	08	Gesloures	10:45.93	408
	50m: 37.86 37.86	250m: 3:16.15 40.20	450m: 5:58.50 41.14	650m: 8:43.46 41.22	
	100m: 1:16.48 38.62	300m: 3:56.23 40.08	500m: 6:39.54 41.04	700m: 9:24.60 41.14	
	150m: 1:56.11 39.63	350m: 4:36.44 40.21	550m: 7:20.83 41.29	750m: 10:05.68 41.08	
	200m: 2:35.95 39.84	400m: 5:17.36 40.92	600m: 8:02.24 41.41	800m: 10:45.93 40.25	
22.	Matilde Castro Teixeira	09	Sporting	10:49.38	402
	50m: 38.86 38.86	250m: 3:23.04 41.15	450m: 6:06.93 41.41	650m: 8:51.73 41.38	
	100m: 1:19.48 40.62	300m: 4:04.53 41.49	500m: 6:48.44 41.51	700m: 9:32.73 41.00	
	150m: 2:00.91 41.43	350m: 4:45.28 40.75	550m: 7:28.55 40.11	750m: 10:13.58 40.85	
	200m: 2:41.89 40.98	400m: 5:25.52 40.24	600m: 8:10.35 41.80	800m: 10:49.38 35.80	
23.	Teresa Bonita Oliveira <i>Fora Minimo Acesso</i>	08	Naval Setubalense	10:52.11	397
	50m: 38.13 38.13	250m: 3:21.86 41.39	450m: 6:06.59 40.96	650m: 8:51.93 41.38	
	100m: 1:18.19 40.06	300m: 4:02.95 41.09	500m: 6:47.83 41.24	700m: 9:32.91 40.98	
	150m: 1:59.30 41.11	350m: 4:44.12 41.17	550m: 7:29.17 41.34	750m: 10:14.00 41.09	
	200m: 2:40.47 41.17	400m: 5:25.63 41.51	600m: 8:10.55 41.38	800m: 10:52.11 38.11	
24.	Margarida Maia Lopes	09	Gesloures	10:58.22	386
	50m: 38.21 38.21	250m: 3:21.43 40.91	450m: 6:07.12 41.40	650m: 8:56.55 42.57	
	100m: 1:17.86 39.65	300m: 4:02.63 41.20	500m: 6:48.79 41.67	700m: 9:38.50 41.95	
	150m: 1:58.93 41.07	350m: 4:44.45 41.82	550m: 7:31.35 42.56	750m: 10:20.64 42.14	
	200m: 2:40.52 41.59	400m: 5:25.72 41.27	600m: 8:13.98 42.63	800m: 10:58.22 37.58	
25.	Joana Monteiro Caetano <i>Fora Minimo Acesso</i>	08	Gesloures	11:03.11	377
	50m: 38.96 38.96	250m: 3:23.41 41.87	450m: 6:10.12 41.17	650m: 9:01.19 42.88	
	100m: 1:18.76 39.80	300m: 4:05.26 41.85	500m: 6:52.11 41.99	700m: 9:43.83 42.64	
	150m: 1:59.82 41.06	350m: 4:46.87 41.61	550m: 7:35.14 43.03	750m: 10:24.00 40.17	
	200m: 2:41.54 41.72	400m: 5:28.95 42.08	600m: 8:18.31 43.17	800m: 11:03.11 39.11	
26.	Sara Cabaco Brasil	09	Fisica Torres Vedras	11:03.48	377
	50m: 39.48 39.48	250m: 3:25.66 42.16	450m: 6:13.43 41.66	650m: 9:00.29 42.06	
	100m: 1:19.59 40.11	300m: 4:08.03 42.37	500m: 6:55.16 41.73	700m: 9:42.32 42.03	
	150m: 2:01.37 41.78	350m: 4:49.77 41.74	550m: 7:36.22 41.06	750m: 10:23.52 41.20	
	200m: 2:43.50 42.13	400m: 5:31.77 42.00	600m: 8:18.23 42.01	800m: 11:03.48 39.96	
27.	Ana Kostenko	09	Naval Setubalense	11:08.34	368
	50m: 41.06 41.06	250m: 3:28.71 41.91	450m: 6:17.07 42.39	650m: 9:06.02 42.07	
	100m: 1:22.64 41.58	300m: 4:10.65 41.94	500m: 6:59.20 42.13	700m: 9:48.53 42.51	
	150m: 2:04.29 41.65	350m: 4:52.52 41.87	550m: 7:41.64 42.44	750m: 10:29.68 41.15	
	200m: 2:46.80 42.51	400m: 5:34.68 42.16	600m: 8:23.95 42.31	800m: 11:08.34 38.66	
28.	Ines Ferreira Franco <i>Fora Minimo Acesso</i>	08	Vikings	11:16.42	355
	50m: 39.49 39.49	250m: 3:25.01 42.16	450m: 6:17.71 43.74	650m: 9:10.07 42.86	
	100m: 1:19.71 40.22	300m: 4:07.73 42.72	500m: 7:00.93 43.22	700m: 9:52.39 42.32	
	150m: 2:00.99 41.28	350m: 4:50.61 42.88	550m: 7:43.93 43.00	750m: 10:34.55 42.16	
	200m: 2:42.85 41.86	400m: 5:33.97 43.36	600m: 8:27.21 43.28	800m: 11:16.42 41.87	
29.	Ana Matilde Silva <i>Fora Minimo Acesso</i>	09	Naval Setubalense	11:55.57	300
	50m: 43.14 43.14	250m: 3:42.26 44.98	450m: 6:43.71 45.52	650m: 9:43.79 44.62	
	100m: 1:27.52 44.38	300m: 4:27.51 45.25	500m: 7:28.92 45.21	700m: 10:28.56 44.77	
	150m: 2:12.16 44.64	350m: 5:13.01 45.50	550m: 8:14.34 45.42	750m: 11:12.53 43.97	
	200m: 2:57.28 45.12	400m: 5:58.19 45.18	600m: 8:59.17 44.83	800m: 11:55.57 43.04	
DNS	Ines Maria Lanca	09	União Piedense		

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