

Prova 8
04.05.2025 - 17:07

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 Claudia 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: AQUA 2024

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Margarida Ferreira Moura	11	Sporting	9:32.95	578
	50m: 34.62 34.62	250m: 2:59.23 36.39	450m: 5:23.30 35.99	650m: 7:46.08 35.64	
	100m: 1:10.11 35.49	300m: 3:35.05 35.82	500m: 5:59.18 35.88	700m: 8:21.77 35.69	
	150m: 1:46.52 36.41	350m: 4:11.15 36.10	550m: 6:34.79 35.61	750m: 8:57.59 35.82	
	200m: 2:22.84 36.32	400m: 4:47.31 36.16	600m: 7:10.44 35.65	800m: 9:32.95 35.36	
2.	Margarida Almeida Ferreira	11	Sporting	9:44.41	545
	50m: 34.67 34.67	250m: 2:59.25 35.88	450m: 5:23.81 36.06	650m: 7:50.67 37.49	
	100m: 1:10.66 35.99	300m: 3:35.31 36.06	500m: 5:59.96 36.15	700m: 8:28.53 37.86	
	150m: 1:46.93 36.27	350m: 4:11.41 36.10	550m: 6:36.38 36.42	750m: 9:06.61 38.08	
	200m: 2:23.37 36.44	400m: 4:47.75 36.34	600m: 7:13.18 36.80	800m: 9:44.41 37.80	
3.	Ana Filipa Serra	11	Colegio Int Monte Maior	9:59.62	504
	50m: 36.41 36.41	250m: 3:06.22 37.34	450m: 5:36.66 38.03	650m: 8:08.68 38.18	
	100m: 1:14.37 37.96	300m: 3:43.48 37.26	500m: 6:14.61 37.95	700m: 8:45.78 37.10	
	150m: 1:51.59 37.22	350m: 4:20.92 37.44	550m: 6:52.44 37.83	750m: 9:23.30 37.52	
	200m: 2:28.88 37.29	400m: 4:58.63 37.71	600m: 7:30.50 38.06	800m: 9:59.62 36.32	
4.	Maria Rendeiro Correia	11	Alges	10:02.64	497
	50m: 36.56 36.56	250m: 3:09.42 38.58	450m: 5:41.50 37.75	650m: 8:11.72 37.04	
	100m: 1:14.03 37.47	300m: 3:47.64 38.22	500m: 6:19.37 37.87	700m: 8:49.20 37.48	
	150m: 1:52.36 38.33	350m: 4:25.99 38.35	550m: 6:56.96 37.59	750m: 9:26.77 37.57	
	200m: 2:30.84 38.48	400m: 5:03.75 37.76	600m: 7:34.68 37.72	800m: 10:02.64 35.87	
5.	Laura Aguiar Bergamo	11	Alges	10:09.59	480
	50m: 36.90 36.90	250m: 3:11.23 38.12	450m: 5:45.52 38.84	650m: 8:17.65 38.29	
	100m: 1:15.28 38.38	300m: 3:49.47 38.24	500m: 6:23.41 37.89	700m: 8:56.07 38.42	
	150m: 1:53.89 38.61	350m: 4:27.94 38.47	550m: 7:01.37 37.96	750m: 9:33.36 37.29	
	200m: 2:33.11 39.22	400m: 5:06.68 38.74	600m: 7:39.36 37.99	800m: 10:09.59 36.23	
6.	Francisca Meneses Goncalves	11	Benfica	10:13.42	471
	50m: 36.05 36.05	250m: 3:10.81 38.98	450m: 5:45.22 38.82	650m: 8:18.76 38.89	
	100m: 1:14.22 38.17	300m: 3:49.57 38.76	500m: 6:23.48 38.26	700m: 8:57.75 38.99	
	150m: 1:52.95 38.73	350m: 4:28.01 38.44	550m: 7:01.33 37.85	750m: 9:36.78 39.03	
	200m: 2:31.83 38.88	400m: 5:06.40 38.39	600m: 7:39.87 38.54	800m: 10:13.42 36.64	
7.	Carolina Melo Camejo	11	Sporting	10:14.64	468
	50m: 36.00 36.00	250m: 3:10.64 39.00	450m: 5:44.84 38.90	650m: 8:19.02 38.26	
	100m: 1:14.04 38.04	300m: 3:48.97 38.33	500m: 6:23.73 38.89	700m: 8:58.44 39.42	
	150m: 1:53.12 39.08	350m: 4:27.88 38.91	550m: 7:02.17 38.44	750m: 9:36.82 38.38	
	200m: 2:31.64 38.52	400m: 5:05.94 38.06	600m: 7:40.76 38.59	800m: 10:14.64 37.82	
8.	Francisca Cunha Monteiro	11	Benfica	10:15.41	466
	50m: 36.76 36.76	250m: 3:09.76 38.67	450m: 5:43.76 38.73	650m: 8:19.72 38.98	
	100m: 1:14.90 38.14	300m: 3:48.05 38.29	500m: 6:22.59 38.83	700m: 8:58.63 38.91	
	150m: 1:52.88 37.98	350m: 4:26.76 38.71	550m: 7:01.35 38.76	750m: 9:37.44 38.81	
	200m: 2:31.09 38.21	400m: 5:05.03 38.27	600m: 7:40.74 39.39	800m: 10:15.41 37.97	
9.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	10:17.75	461
	50m: 37.19 37.19	250m: 3:11.00 38.53	450m: 5:44.85 38.69	650m: 8:21.34 39.26	
	100m: 1:15.32 38.13	300m: 3:49.08 38.08	500m: 6:23.78 38.93	700m: 9:00.41 39.07	
	150m: 1:53.77 38.45	350m: 4:27.48 38.40	550m: 7:02.43 38.65	750m: 9:39.75 39.34	
	200m: 2:32.47 38.70	400m: 5:06.16 38.68	600m: 7:42.08 39.65	800m: 10:17.75 38.00	
10.	Madalena Ferreira Baldo	11	Colegio Int Monte Maior	10:25.20	445
	50m: 36.50 36.50	250m: 3:10.81 38.57	450m: 5:48.08 39.49	650m: 8:27.75 40.15	
	100m: 1:14.63 38.13	300m: 3:49.78 38.97	500m: 6:27.91 39.83	700m: 9:07.20 39.45	
	150m: 1:53.53 38.90	350m: 4:29.49 39.71	550m: 7:07.34 39.43	750m: 9:46.93 39.73	
	200m: 2:32.24 38.71	400m: 5:08.59 39.10	600m: 7:47.60 40.26	800m: 10:25.20 38.27	
11.	Varvara Hurynovich	11	Alges	10:32.85	429
	50m: 36.89 36.89	250m: 3:11.97 39.20	450m: 5:50.27 39.96	650m: 8:32.37 40.83	
	100m: 1:15.18 38.29	300m: 3:51.18 39.21	500m: 6:30.49 40.22	700m: 9:13.16 40.79	
	150m: 1:54.02 38.84	350m: 4:30.68 39.50	550m: 7:10.79 40.30	750m: 9:53.57 40.41	
	200m: 2:32.77 38.75	400m: 5:10.31 39.63	600m: 7:51.54 40.75	800m: 10:32.85 39.28	

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Ana Mao de Ferro	11	Sporting	10:39.00	417
	50m: 36.77 36.77	250m: 3:12.56 39.33	450m: 5:52.14 41.07	650m: 8:36.11 41.29	
	100m: 1:15.08 38.31	300m: 3:51.89 39.33	500m: 6:32.94 40.80	700m: 9:17.62 41.51	
	150m: 1:53.87 38.79	350m: 4:31.10 39.21	550m: 7:13.56 40.62	750m: 9:58.86 41.24	
	200m: 2:33.23 39.36	400m: 5:11.07 39.97	600m: 7:54.82 41.26	800m: 10:39.00 40.14	
13.	Raquel Silva Delgadinho	11	Palmela Desporto	10:44.70	406
	50m: 36.93 36.93	250m: 3:14.03 40.10	450m: 5:57.59 41.10	650m: 8:44.52 41.94	
	100m: 1:15.47 38.54	300m: 3:54.07 40.04	500m: 6:39.38 41.79	700m: 9:26.36 41.84	
	150m: 1:54.50 39.03	350m: 4:35.56 41.49	550m: 7:21.10 41.72	750m: 10:06.52 40.16	
	200m: 2:33.93 39.43	400m: 5:16.49 40.93	600m: 8:02.58 41.48	800m: 10:44.70 38.18	
14.	Matilde Bento Pereira	11	Geslours	10:46.50	402
	50m: 36.88 36.88	250m: 3:15.47 40.15	450m: 5:58.02 40.67	650m: 8:41.66 41.28	
	100m: 1:15.98 39.10	300m: 3:55.68 40.21	500m: 6:38.62 40.60	700m: 9:23.23 41.57	
	150m: 1:55.47 39.49	350m: 4:36.49 40.81	550m: 7:19.28 40.66	750m: 10:05.36 42.13	
	200m: 2:35.32 39.85	400m: 5:17.35 40.86	600m: 8:00.38 41.10	800m: 10:46.50 41.14	
15.	Rita Ribeiro Pereira	11	Geslours	11:12.86	357
	50m: 36.46 36.46	250m: 3:21.19 42.35	450m: 6:13.92 43.20	650m: 9:07.87 43.98	
	100m: 1:15.92 39.46	300m: 4:04.01 42.82	500m: 6:57.31 43.39	700m: 9:51.35 43.48	
	150m: 1:57.12 41.20	350m: 4:47.13 43.12	550m: 7:40.44 43.13	750m: 10:33.40 42.05	
	200m: 2:38.84 41.72	400m: 5:30.72 43.59	600m: 8:23.89 43.45	800m: 11:12.86 39.46	
16.	Vitoria Alves Penedo <i>Fora Minimo Acesso</i>	11	Palmela Desporto	11:49.60	304
	50m: 40.67 40.67	250m: 3:38.52 45.52	450m: 6:36.49 44.92	650m: 9:33.23 41.84	
	100m: 1:23.91 43.24	300m: 4:22.56 44.04	500m: 7:21.69 45.20	700m: 10:23.67 50.44	
	150m: 2:07.68 43.77	350m: 5:07.19 44.63	550m: 8:06.30 44.61	750m: 11:08.60 44.93	
	200m: 2:53.00 45.32	400m: 5:51.57 44.38	600m: 8:51.39 45.09	800m: 11:49.60 41.00	

DNS Catarina Ribeiro Fernandez 11 Geslours

Juvenis A

1.	Carolina Escrevente Guerra	10	Alges	9:54.49	517
	50m: 35.52 35.52	250m: 3:03.43 37.67	450m: 5:33.42 37.40	650m: 8:03.71 38.02	
	100m: 1:11.99 36.47	300m: 3:41.49 38.06	500m: 6:10.70 37.28	700m: 8:41.15 37.44	
	150m: 1:48.72 36.73	350m: 4:18.81 37.32	550m: 6:48.29 37.59	750m: 9:19.03 37.88	
	200m: 2:25.76 37.04	400m: 4:56.02 37.21	600m: 7:25.69 37.40	800m: 9:54.49 35.46	
2.	Rita Braga Gomes	10	Alges	9:55.55	515
	50m: 34.27 34.27	250m: 3:01.11 36.92	450m: 5:32.29 37.72	650m: 8:03.51 37.80	
	100m: 1:10.26 35.99	300m: 3:38.53 37.42	500m: 6:09.91 37.62	700m: 8:41.97 38.46	
	150m: 1:47.00 36.74	350m: 4:16.47 37.94	550m: 6:47.93 38.02	750m: 9:19.26 37.29	
	200m: 2:24.19 37.19	400m: 4:54.57 38.10	600m: 7:25.71 37.78	800m: 9:55.55 36.29	
3.	Victoria Sales Proenca	10	Benfica	9:58.03	508
	50m: 34.78 34.78	250m: 3:04.45 37.79	450m: 5:37.06 37.91	650m: 8:08.66 37.67	
	100m: 1:11.40 36.62	300m: 3:42.77 38.32	500m: 6:14.98 37.92	700m: 8:46.33 37.67	
	150m: 1:48.85 37.45	350m: 4:21.00 38.23	550m: 6:53.00 38.02	750m: 9:22.37 36.04	
	200m: 2:26.66 37.81	400m: 4:59.15 38.15	600m: 7:30.99 37.99	800m: 9:58.03 35.66	
4.	Maria Madalena Fernandes	10	Alges	10:03.27	495
	50m: 35.67 35.67	250m: 3:03.04 37.69	450m: 5:34.00 37.98	650m: 8:08.27 38.56	
	100m: 1:11.59 35.92	300m: 3:40.65 37.61	500m: 6:12.52 38.52	700m: 8:47.00 38.73	
	150m: 1:47.99 36.40	350m: 4:18.19 37.54	550m: 6:51.19 38.67	750m: 9:25.44 38.44	
	200m: 2:25.35 37.36	400m: 4:56.02 37.83	600m: 7:29.71 38.52	800m: 10:03.27 37.83	
5.	Carolina Sofia Martins	10	Naval Setubalense	10:12.97	472
	50m: 35.59 35.59	250m: 3:10.48 39.36	450m: 5:43.87 38.38	650m: 8:19.77 39.10	
	100m: 1:13.88 38.29	300m: 3:48.90 38.42	500m: 6:23.36 39.49	700m: 8:58.25 38.48	
	150m: 1:52.44 38.56	350m: 4:26.96 38.06	550m: 7:02.33 38.97	750m: 9:37.04 38.79	
	200m: 2:31.12 38.68	400m: 5:05.49 38.53	600m: 7:40.67 38.34	800m: 10:12.97 35.93	
6.	Beatriz Paiva Branco	10	Laranjeiro	10:14.44	469
	50m: 36.06 36.06	250m: 3:08.45 38.40	450m: 5:43.94 39.14	650m: 8:20.04 38.94	
	100m: 1:13.02 36.96	300m: 3:47.27 38.82	500m: 6:23.23 39.29	700m: 8:58.71 38.67	
	150m: 1:51.27 38.25	350m: 4:25.67 38.40	550m: 7:02.43 39.20	750m: 9:37.26 38.55	
	200m: 2:30.05 38.78	400m: 5:04.80 39.13	600m: 7:41.10 38.67	800m: 10:14.44 37.18	
7.	Beatriz Costa Diniz	10	Sporting	10:17.54	462
	50m: 36.07 36.07	250m: 3:07.11 38.61	450m: 5:44.90 39.52	650m: 8:22.46 38.77	
	100m: 1:12.85 36.78	300m: 3:46.54 39.43	500m: 6:25.21 40.31	700m: 9:01.34 38.88	
	150m: 1:50.27 37.42	350m: 4:25.97 39.43	550m: 7:04.02 38.81	750m: 9:40.10 38.76	
	200m: 2:28.50 38.23	400m: 5:05.38 39.41	600m: 7:43.69 39.67	800m: 10:17.54 37.44	

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
8.	Rita Canas Brito	10	Naval Setubalense	10:18.13	460
	50m: 37.86 37.86	250m: 3:14.80 39.37	450m: 5:51.01 39.05	650m: 8:26.78 38.12	
	100m: 1:16.61 38.75	300m: 3:53.84 39.04	500m: 6:30.42 39.41	700m: 9:05.30 38.52	
	150m: 1:55.96 39.35	350m: 4:32.91 39.07	550m: 7:09.32 38.90	750m: 9:42.58 37.28	
	200m: 2:35.43 39.47	400m: 5:11.96 39.05	600m: 7:48.66 39.34	800m: 10:18.13 35.55	
9.	Bruna Sofia Simoes	10	Sporting	10:24.70	446
	50m: 34.77 34.77	250m: 3:04.23 38.23	450m: 5:41.29 40.05	650m: 8:22.89 40.75	
	100m: 1:11.35 36.58	300m: 3:42.97 38.74	500m: 6:21.35 40.06	700m: 9:03.77 40.88	
	150m: 1:48.54 37.19	350m: 4:21.96 38.99	550m: 7:01.80 40.45	750m: 9:44.70 40.93	
	200m: 2:26.00 37.46	400m: 5:01.24 39.28	600m: 7:42.14 40.34	800m: 10:24.70 40.00	
10.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	10:27.65	440
	50m: 35.94 35.94	250m: 3:10.47 39.35	450m: 5:48.68 39.82	650m: 8:29.78 40.43	
	100m: 1:13.45 37.51	300m: 3:49.92 39.45	500m: 6:28.63 39.95	700m: 9:10.09 40.31	
	150m: 1:52.09 38.64	350m: 4:29.33 39.41	550m: 7:08.97 40.34	750m: 9:50.13 40.04	
	200m: 2:31.12 39.03	400m: 5:08.86 39.53	600m: 7:49.35 40.38	800m: 10:27.65 37.52	
11.	Luisa Anjos Frischknecht	10	Naval Setubalense	10:33.59	427
	50m: 36.54 36.54	250m: 3:13.41 39.84	450m: 5:53.33 39.78	650m: 8:35.69 40.44	
	100m: 1:15.16 38.62	300m: 3:53.34 39.93	500m: 6:34.49 41.16	700m: 9:16.01 40.32	
	150m: 1:54.64 39.48	350m: 4:33.38 40.04	550m: 7:14.75 40.26	750m: 9:54.85 38.84	
	200m: 2:33.57 38.93	400m: 5:13.55 40.17	600m: 7:55.25 40.50	800m: 10:33.59 38.74	
12.	Joana Alexandra Silva	10	CPCD Povia de Santa Iria	10:40.76	413
	50m: 36.64 36.64	250m: 3:11.85 39.68	450m: 5:54.44 41.86	650m: 8:40.20 41.46	
	100m: 1:14.37 38.07	300m: 3:51.70 39.85	500m: 6:36.22 41.78	700m: 9:20.22 40.02	
	150m: 1:53.21 38.50	350m: 4:32.10 40.40	550m: 7:16.76 40.54	750m: 10:00.38 40.16	
	200m: 2:32.17 38.96	400m: 5:12.58 40.48	600m: 7:58.74 41.98	800m: 10:40.76 40.38	
13.	Alice Fernandes Rodrigues <i>Fora Minimo Acesso</i>	10	Geslours	10:51.68	393
	50m: 36.42 36.42	250m: 3:13.55 40.46	450m: 5:57.40 41.49	650m: 8:44.73 42.34	
	100m: 1:14.37 37.95	300m: 3:53.97 40.42	500m: 6:39.00 41.60	700m: 9:27.36 42.63	
	150m: 1:53.48 39.11	350m: 4:34.52 40.55	550m: 7:20.64 41.64	750m: 10:09.90 42.54	
	200m: 2:33.09 39.61	400m: 5:15.91 41.39	600m: 8:02.39 41.75	800m: 10:51.68 41.78	
14.	Maria Rita Filipe <i>Fora Minimo Acesso</i>	10	Geslours	11:03.24	372
	50m: 36.66 36.66	250m: 3:16.52 40.73	450m: 6:05.25 42.33	650m: 8:56.39 43.29	
	100m: 1:15.33 38.67	300m: 3:58.51 41.99	500m: 6:47.93 42.68	700m: 9:39.73 43.34	
	150m: 1:55.18 39.85	350m: 4:40.39 41.88	550m: 7:30.24 42.31	750m: 10:22.95 43.22	
	200m: 2:35.79 40.61	400m: 5:22.92 42.53	600m: 8:13.10 42.86	800m: 11:03.24 40.29	

Juvenis

1.	Margarida Ferreira Moura	11	Sporting	9:32.95	578
	50m: 34.62 34.62	250m: 2:59.23 36.39	450m: 5:23.30 35.99	650m: 7:46.08 35.64	
	100m: 1:10.11 35.49	300m: 3:35.05 35.82	500m: 5:59.18 35.88	700m: 8:21.77 35.69	
	150m: 1:46.52 36.41	350m: 4:11.15 36.10	550m: 6:34.79 35.61	750m: 8:57.59 35.82	
	200m: 2:22.84 36.32	400m: 4:47.31 36.16	600m: 7:10.44 35.65	800m: 9:32.95 35.36	
2.	Margarida Almeida Ferreira	11	Sporting	9:44.41	545
	50m: 34.67 34.67	250m: 2:59.25 35.88	450m: 5:23.81 36.06	650m: 7:50.67 37.49	
	100m: 1:10.66 35.99	300m: 3:35.31 36.06	500m: 5:59.96 36.15	700m: 8:28.53 37.86	
	150m: 1:46.93 36.27	350m: 4:11.41 36.10	550m: 6:36.38 36.42	750m: 9:06.61 38.08	
	200m: 2:23.37 36.44	400m: 4:47.75 36.34	600m: 7:13.18 36.80	800m: 9:44.41 37.80	
3.	Carolina Escrevente Guerra	10	Alges	9:54.49	517
	50m: 35.52 35.52	250m: 3:03.43 37.67	450m: 5:33.42 37.40	650m: 8:03.71 38.02	
	100m: 1:11.99 36.47	300m: 3:41.49 38.06	500m: 6:10.70 37.28	700m: 8:41.15 37.44	
	150m: 1:48.72 36.73	350m: 4:18.81 37.32	550m: 6:48.29 37.59	750m: 9:19.03 37.88	
	200m: 2:25.76 37.04	400m: 4:56.02 37.21	600m: 7:25.69 37.40	800m: 9:54.49 35.46	
4.	Rita Braga Gomes	10	Alges	9:55.55	515
	50m: 34.27 34.27	250m: 3:01.11 36.92	450m: 5:32.29 37.72	650m: 8:03.51 37.80	
	100m: 1:10.26 35.99	300m: 3:38.53 37.42	500m: 6:09.91 37.62	700m: 8:41.97 38.46	
	150m: 1:47.00 36.74	350m: 4:16.47 37.94	550m: 6:47.93 38.02	750m: 9:19.26 37.29	
	200m: 2:24.19 37.19	400m: 4:54.57 38.10	600m: 7:25.71 37.78	800m: 9:55.55 36.29	
5.	Victoria Sales Proenca	10	Benfica	9:58.03	508
	50m: 34.78 34.78	250m: 3:04.45 37.79	450m: 5:37.06 37.91	650m: 8:08.66 37.67	
	100m: 1:11.40 36.62	300m: 3:42.77 38.32	500m: 6:14.98 37.92	700m: 8:46.33 37.67	
	150m: 1:48.85 37.45	350m: 4:21.00 38.23	550m: 6:53.00 38.02	750m: 9:22.37 36.04	
	200m: 2:26.66 37.81	400m: 4:59.15 38.15	600m: 7:30.99 37.99	800m: 9:58.03 35.66	

Resultados online: anlisboa.info/live

Prova 8, Femin., 800m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
6.	Ana Filipa Serra	11	Colegio Int Monte Maior	9:59.62	504
	50m: 36.41 36.41	250m: 3:06.22 37.34	450m: 5:36.66 38.03	650m: 8:08.68 38.18	
	100m: 1:14.37 37.96	300m: 3:43.48 37.26	500m: 6:14.61 37.95	700m: 8:45.78 37.10	
	150m: 1:51.59 37.22	350m: 4:20.92 37.44	550m: 6:52.44 37.83	750m: 9:23.30 37.52	
	200m: 2:28.88 37.29	400m: 4:58.63 37.71	600m: 7:30.50 38.06	800m: 9:59.62 36.32	
7.	Maria Rendeiro Correia	11	Alges	10:02.64	497
	50m: 36.56 36.56	250m: 3:09.42 38.58	450m: 5:41.50 37.75	650m: 8:11.72 37.04	
	100m: 1:14.03 37.47	300m: 3:47.64 38.22	500m: 6:19.37 37.87	700m: 8:49.20 37.48	
	150m: 1:52.36 38.33	350m: 4:25.99 38.35	550m: 6:56.96 37.59	750m: 9:26.77 37.57	
	200m: 2:30.84 38.48	400m: 5:03.75 37.76	600m: 7:34.68 37.72	800m: 10:02.64 35.87	
8.	Maria Madalena Fernandes	10	Alges	10:03.27	495
	50m: 35.67 35.67	250m: 3:03.04 37.69	450m: 5:34.00 37.98	650m: 8:08.27 38.56	
	100m: 1:11.59 35.92	300m: 3:40.65 37.61	500m: 6:12.52 38.52	700m: 8:47.00 38.73	
	150m: 1:47.99 36.40	350m: 4:18.19 37.54	550m: 6:51.19 38.67	750m: 9:25.44 38.44	
	200m: 2:25.35 37.36	400m: 4:56.02 37.83	600m: 7:29.71 38.52	800m: 10:03.27 37.83	
9.	Laura Aguiar Bergamo	11	Alges	10:09.59	480
	50m: 36.90 36.90	250m: 3:11.23 38.12	450m: 5:45.52 38.84	650m: 8:17.65 38.29	
	100m: 1:15.28 38.38	300m: 3:49.47 38.24	500m: 6:23.41 37.89	700m: 8:56.07 38.42	
	150m: 1:53.89 38.61	350m: 4:27.94 38.47	550m: 7:01.37 37.96	750m: 9:33.36 37.29	
	200m: 2:33.11 39.22	400m: 5:06.68 38.74	600m: 7:39.36 37.99	800m: 10:09.59 36.23	
10.	Carolina Sofia Martins	10	Naval Setubalense	10:12.97	472
	50m: 35.59 35.59	250m: 3:10.48 39.36	450m: 5:43.87 38.38	650m: 8:19.77 39.10	
	100m: 1:13.88 38.29	300m: 3:48.90 38.42	500m: 6:23.36 39.49	700m: 8:58.25 38.48	
	150m: 1:52.44 38.56	350m: 4:26.96 38.06	550m: 7:02.33 38.97	750m: 9:37.04 38.79	
	200m: 2:31.12 38.68	400m: 5:05.49 38.53	600m: 7:40.67 38.34	800m: 10:12.97 35.93	
11.	Francisca Meneses Goncalves	11	Benfica	10:13.42	471
	50m: 36.05 36.05	250m: 3:10.81 38.98	450m: 5:45.22 38.82	650m: 8:18.76 38.89	
	100m: 1:14.22 38.17	300m: 3:49.57 38.76	500m: 6:23.48 38.26	700m: 8:57.75 38.99	
	150m: 1:52.95 38.73	350m: 4:28.01 38.44	550m: 7:01.33 37.85	750m: 9:36.78 39.03	
	200m: 2:31.83 38.88	400m: 5:06.40 38.39	600m: 7:39.87 38.54	800m: 10:13.42 36.64	
12.	Beatriz Paiva Branco	10	Laranjeiro	10:14.44	469
	50m: 36.06 36.06	250m: 3:08.45 38.40	450m: 5:43.94 39.14	650m: 8:20.04 38.94	
	100m: 1:13.02 36.96	300m: 3:47.27 38.82	500m: 6:23.23 39.29	700m: 8:58.71 38.67	
	150m: 1:51.27 38.25	350m: 4:25.67 38.40	550m: 7:02.43 39.20	750m: 9:37.26 38.55	
	200m: 2:30.05 38.78	400m: 5:04.80 39.13	600m: 7:41.10 38.67	800m: 10:14.44 37.18	
13.	Carolina Melo Camejo	11	Sporting	10:14.64	468
	50m: 36.00 36.00	250m: 3:10.64 39.00	450m: 5:44.84 38.90	650m: 8:19.02 38.26	
	100m: 1:14.04 38.04	300m: 3:48.97 38.33	500m: 6:23.73 38.89	700m: 8:58.44 39.42	
	150m: 1:53.12 39.08	350m: 4:27.88 38.91	550m: 7:02.17 38.44	750m: 9:36.82 38.38	
	200m: 2:31.64 38.52	400m: 5:05.94 38.06	600m: 7:40.76 38.59	800m: 10:14.64 37.82	
14.	Francisca Cunha Monteiro	11	Benfica	10:15.41	466
	50m: 36.76 36.76	250m: 3:09.76 38.67	450m: 5:43.76 38.73	650m: 8:19.72 38.98	
	100m: 1:14.90 38.14	300m: 3:48.05 38.29	500m: 6:22.59 38.83	700m: 8:58.63 38.91	
	150m: 1:52.88 37.98	350m: 4:26.76 38.71	550m: 7:01.35 38.76	750m: 9:37.44 38.81	
	200m: 2:31.09 38.21	400m: 5:05.03 38.27	600m: 7:40.74 39.39	800m: 10:15.41 37.97	
15.	Beatriz Costa Diniz	10	Sporting	10:17.54	462
	50m: 36.07 36.07	250m: 3:07.11 38.61	450m: 5:44.90 39.52	650m: 8:22.46 38.77	
	100m: 1:12.85 36.78	300m: 3:46.54 39.43	500m: 6:25.21 40.31	700m: 9:01.34 38.88	
	150m: 1:50.27 37.42	350m: 4:25.97 39.43	550m: 7:04.02 38.81	750m: 9:40.10 38.76	
	200m: 2:28.50 38.23	400m: 5:05.38 39.41	600m: 7:43.69 39.67	800m: 10:17.54 37.44	
16.	Ines Freitas Abrantes	11	Colegio Int Monte Maior	10:17.75	461
	50m: 37.19 37.19	250m: 3:11.00 38.53	450m: 5:44.85 38.69	650m: 8:21.34 39.26	
	100m: 1:15.32 38.13	300m: 3:49.08 38.08	500m: 6:23.78 38.93	700m: 9:00.41 39.07	
	150m: 1:53.77 38.45	350m: 4:27.48 38.40	550m: 7:02.43 38.65	750m: 9:39.75 39.34	
	200m: 2:32.47 38.70	400m: 5:06.16 38.68	600m: 7:42.08 39.65	800m: 10:17.75 38.00	
17.	Rita Canas Brito	10	Naval Setubalense	10:18.13	460
	50m: 37.86 37.86	250m: 3:14.80 39.37	450m: 5:51.01 39.05	650m: 8:26.78 38.12	
	100m: 1:16.61 38.75	300m: 3:53.84 39.04	500m: 6:30.42 39.41	700m: 9:05.30 38.52	
	150m: 1:55.96 39.35	350m: 4:32.91 39.07	550m: 7:09.32 38.90	750m: 9:42.58 37.28	
	200m: 2:35.43 39.47	400m: 5:11.96 39.05	600m: 7:48.66 39.34	800m: 10:18.13 35.55	
18.	Bruna Sofia Simoes	10	Sporting	10:24.70	446
	50m: 34.77 34.77	250m: 3:04.23 38.23	450m: 5:41.29 40.05	650m: 8:22.89 40.75	
	100m: 1:11.35 36.58	300m: 3:42.97 38.74	500m: 6:21.35 40.06	700m: 9:03.77 40.88	
	150m: 1:48.54 37.19	350m: 4:21.96 38.99	550m: 7:01.80 40.45	750m: 9:44.70 40.93	
	200m: 2:26.00 37.46	400m: 5:01.24 39.28	600m: 7:42.14 40.34	800m: 10:24.70 40.00	
19.	Madalena Ferreira Baldo	11	Colegio Int Monte Maior	10:25.20	445
	50m: 36.50 36.50	250m: 3:10.81 38.57	450m: 5:48.08 39.49	650m: 8:27.75 40.15	
	100m: 1:14.63 38.13	300m: 3:49.78 38.97	500m: 6:27.91 39.83	700m: 9:07.20 39.45	
	150m: 1:53.53 38.90	350m: 4:29.49 39.71	550m: 7:07.34 39.43	750m: 9:46.93 39.73	
	200m: 2:32.24 38.71	400m: 5:08.59 39.10	600m: 7:47.60 40.26	800m: 10:25.20 38.27	

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Prova 8, Femin., 800m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
20.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	10:27.65	440
	50m: 35.94 35.94	250m: 3:10.47 39.35	450m: 5:48.68 39.82	650m: 8:29.78 40.43	
	100m: 1:13.45 37.51	300m: 3:49.92 39.45	500m: 6:28.63 39.95	700m: 9:10.09 40.31	
	150m: 1:52.09 38.64	350m: 4:29.33 39.41	550m: 7:08.97 40.34	750m: 9:50.13 40.04	
	200m: 2:31.12 39.03	400m: 5:08.86 39.53	600m: 7:49.35 40.38	800m: 10:27.65 37.52	
21.	Varvara Hurynovich	11	Alges	10:32.85	429
	50m: 36.89 36.89	250m: 3:11.97 39.20	450m: 5:50.27 39.96	650m: 8:32.37 40.83	
	100m: 1:15.18 38.29	300m: 3:51.18 39.21	500m: 6:30.49 40.22	700m: 9:13.16 40.79	
	150m: 1:54.02 38.84	350m: 4:30.68 39.50	550m: 7:10.79 40.30	750m: 9:53.57 40.41	
	200m: 2:32.77 38.75	400m: 5:10.31 39.63	600m: 7:51.54 40.75	800m: 10:32.85 39.28	
22.	Luisa Anjos Frischknecht	10	Naval Setubalense	10:33.59	427
	50m: 36.54 36.54	250m: 3:13.41 39.84	450m: 5:53.33 39.78	650m: 8:35.69 40.44	
	100m: 1:15.16 38.62	300m: 3:53.34 39.93	500m: 6:34.49 41.16	700m: 9:16.01 40.32	
	150m: 1:54.64 39.48	350m: 4:33.38 40.04	550m: 7:14.75 40.26	750m: 9:54.85 38.84	
	200m: 2:33.57 38.93	400m: 5:13.55 40.17	600m: 7:55.25 40.50	800m: 10:33.59 38.74	
23.	Ana Mao de Ferro	11	Sporting	10:39.00	417
	50m: 36.77 36.77	250m: 3:12.56 39.33	450m: 5:52.14 41.07	650m: 8:36.11 41.29	
	100m: 1:15.08 38.31	300m: 3:51.89 39.33	500m: 6:32.94 40.80	700m: 9:17.62 41.51	
	150m: 1:53.87 38.79	350m: 4:31.10 39.21	550m: 7:13.56 40.62	750m: 9:58.86 41.24	
	200m: 2:33.23 39.36	400m: 5:11.07 39.97	600m: 7:54.82 41.26	800m: 10:39.00 40.14	
24.	Joana Alexandra Silva	10	CPCD Povia de Santa Iria	10:40.76	413
	50m: 36.64 36.64	250m: 3:11.85 39.68	450m: 5:54.44 41.86	650m: 8:40.20 41.46	
	100m: 1:14.71 38.07	300m: 3:51.70 39.85	500m: 6:36.22 41.78	700m: 9:20.22 40.02	
	150m: 1:53.21 38.50	350m: 4:32.10 40.40	550m: 7:16.76 40.54	750m: 10:00.38 40.16	
	200m: 2:32.17 38.96	400m: 5:12.58 40.48	600m: 7:58.74 41.98	800m: 10:40.76 40.38	
25.	Raquel Silva Delgadinho	11	Palmela Desporto	10:44.70	406
	50m: 36.93 36.93	250m: 3:14.03 40.10	450m: 5:57.59 41.10	650m: 8:44.52 41.94	
	100m: 1:15.47 38.54	300m: 3:54.07 40.04	500m: 6:39.38 41.79	700m: 9:26.36 41.84	
	150m: 1:54.50 39.03	350m: 4:35.56 41.49	550m: 7:21.10 41.72	750m: 10:06.52 40.16	
	200m: 2:33.93 39.43	400m: 5:16.49 40.93	600m: 8:02.58 41.48	800m: 10:44.70 38.18	
26.	Matilde Bento Pereira	11	Geslours	10:46.50	402
	50m: 36.88 36.88	250m: 3:15.47 40.15	450m: 5:58.02 40.67	650m: 8:41.66 41.28	
	100m: 1:15.98 39.10	300m: 3:55.68 40.21	500m: 6:38.62 40.60	700m: 9:23.23 41.57	
	150m: 1:55.47 39.49	350m: 4:36.49 40.81	550m: 7:19.28 40.66	750m: 10:05.36 42.13	
	200m: 2:35.32 39.85	400m: 5:17.35 40.86	600m: 8:00.38 41.10	800m: 10:46.50 41.14	
27.	Alice Fernandes Rodrigues <i>Fora Minimo Acesso</i>	10	Geslours	10:51.68	393
	50m: 36.42 36.42	250m: 3:13.55 40.46	450m: 5:57.40 41.49	650m: 8:44.73 42.34	
	100m: 1:14.37 37.95	300m: 3:53.97 40.42	500m: 6:39.00 41.60	700m: 9:27.36 42.63	
	150m: 1:53.48 39.11	350m: 4:34.52 40.55	550m: 7:20.64 41.64	750m: 10:09.90 42.54	
	200m: 2:33.09 39.61	400m: 5:15.91 41.39	600m: 8:02.39 41.75	800m: 10:51.68 41.78	
28.	Maria Rita Filipe <i>Fora Minimo Acesso</i>	10	Geslours	11:03.24	372
	50m: 36.66 36.66	250m: 3:16.52 40.73	450m: 6:05.25 42.33	650m: 8:56.39 43.29	
	100m: 1:15.33 38.67	300m: 3:58.51 41.99	500m: 6:47.93 42.68	700m: 9:39.73 43.34	
	150m: 1:55.18 39.85	350m: 4:40.39 41.88	550m: 7:30.24 42.31	750m: 10:22.95 43.22	
	200m: 2:35.79 40.61	400m: 5:22.92 42.53	600m: 8:13.10 42.86	800m: 11:03.24 40.29	
29.	Rita Ribeiro Pereira	11	Geslours	11:12.86	357
	50m: 36.46 36.46	250m: 3:21.19 42.35	450m: 6:13.92 43.20	650m: 9:07.87 43.98	
	100m: 1:15.92 39.46	300m: 4:04.01 42.82	500m: 6:57.31 43.39	700m: 9:51.35 43.48	
	150m: 1:57.12 41.20	350m: 4:47.13 43.12	550m: 7:40.44 43.13	750m: 10:33.40 42.05	
	200m: 2:38.84 41.72	400m: 5:30.72 43.59	600m: 8:23.89 43.45	800m: 11:12.86 39.46	
30.	Vitoria Alves Penedo <i>Fora Minimo Acesso</i>	11	Palmela Desporto	11:49.60	304
	50m: 40.67 40.67	250m: 3:38.52 45.52	450m: 6:36.49 44.92	650m: 9:33.23 41.84	
	100m: 1:23.91 43.24	300m: 4:22.56 44.04	500m: 7:21.69 45.20	700m: 10:23.67 50.44	
	150m: 2:07.68 43.77	350m: 5:07.19 44.63	550m: 8:06.30 44.61	750m: 11:08.60 44.93	
	200m: 2:53.00 45.32	400m: 5:51.57 44.38	600m: 8:51.39 45.09	800m: 11:49.60 41.00	
DNS	Catarina Ribeiro Fernandez	11	Geslours		

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