

Prova 38 Femin., 800m Livres
16.11.2025 - 11:19 Absolutos Resultados

Rec Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	2019
Rec Nacional Sen	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	2019
Rec Nacional Jun 18	8:30.86	Tamila Hryhorivna Holub	SCB	Moscovo (RUS)	2017
Rec Nacional Jun 17	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Juv A	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	2014
Rec Nacional Juv B	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	2004

Mínimo Participação Juv B: 11:00.66; Juv A: 10:35.25; Jun 17: 10:16.75; Jun 18: 10:04.66; 19: 9:52.80; 20 +: 9:46.87

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Margarida Almeida Ferreira	11	Sporting	9:29.86	9:30.26	586
	50m: 34.32 34.32	250m: 2:58.79 36.59	450m: 5:23.54 35.38	650m: 7:45.34 35.02		
	100m: 1:09.76 35.44	300m: 3:35.51 36.72	500m: 5:59.27 35.73	700m: 8:20.93 35.59		
	150m: 1:45.68 35.92	350m: 4:11.92 36.41	550m: 6:34.91 35.64	750m: 8:56.27 35.34		
	200m: 2:22.20 36.52	400m: 4:48.16 36.24	600m: 7:10.32 35.41	800m: 9:30.26 33.99		
2.	Margarida Ferreira Moura	11	Sporting	9:32.95	9:36.64	567
	50m: 34.53 34.53	250m: 2:59.72 36.61	450m: 5:25.24 35.85	650m: 7:48.59 35.82		
	100m: 1:10.61 36.08	300m: 3:36.37 36.65	500m: 6:00.97 35.73	700m: 8:24.61 36.02		
	150m: 1:46.86 36.25	350m: 4:12.94 36.57	550m: 6:36.96 35.99	750m: 9:01.02 36.41		
	200m: 2:23.11 36.25	400m: 4:49.39 36.45	600m: 7:12.77 35.81	800m: 9:36.64 35.62		
3.	Ana Filipa Serra	11	Colegio Int Monte Maior	9:42.28	9:48.81	533
	50m: 35.26 35.26	250m: 3:03.36 36.95	450m: 5:31.76 37.33	650m: 7:59.54 37.24		
	100m: 1:11.93 36.67	300m: 3:40.64 37.28	500m: 6:08.52 36.76	700m: 8:36.22 36.68		
	150m: 1:49.22 37.29	350m: 4:17.91 37.27	550m: 6:45.65 37.13	750m: 9:13.12 36.90		
	200m: 2:26.41 37.19	400m: 4:54.43 36.52	600m: 7:22.30 36.65	800m: 9:48.81 35.69		
4.	Francisca Cunha Monteiro	11	Benfica	10:15.41	9:59.48	505
	50m: 35.45 35.45	250m: 3:05.11 37.68	450m: 5:36.91 37.89	650m: 8:08.68 37.87		
	100m: 1:12.42 36.97	300m: 3:43.59 38.48	500m: 6:15.31 38.40	700m: 8:46.80 38.12		
	150m: 1:50.06 37.64	350m: 4:21.34 37.75	550m: 6:53.06 37.75	750m: 9:23.36 36.56		
	200m: 2:27.43 37.37	400m: 4:59.02 37.68	600m: 7:30.81 37.75	800m: 9:59.48 36.12		
5.	Maria Rendeiro Correia	11	Alges	10:02.64	10:02.66	497
	50m: 35.25 35.25	250m: 3:04.53 37.77	450m: 5:36.48 37.87	650m: 8:08.30 37.56		
	100m: 1:11.91 36.66	300m: 3:42.75 38.22	500m: 6:14.92 38.44	700m: 8:46.63 38.33		
	150m: 1:49.20 37.29	350m: 4:20.43 37.68	550m: 6:52.72 37.80	750m: 9:24.79 38.16		
	200m: 2:26.76 37.56	400m: 4:58.61 38.18	600m: 7:30.74 38.02	800m: 10:02.66 37.87		
6.	Carolina Melo Camejo	11	Sporting	10:14.64	10:06.98	486
	50m: 35.18 35.18	250m: 3:05.49 37.78	450m: 5:37.79 38.29	650m: 8:12.80 38.51		
	100m: 1:12.10 36.92	300m: 3:44.06 38.57	500m: 6:16.12 38.33	700m: 8:51.65 38.85		
	150m: 1:49.88 37.78	350m: 4:22.84 38.78	550m: 6:54.89 38.77	750m: 9:29.20 37.55		
	200m: 2:27.71 37.83	400m: 4:59.50 36.66	600m: 7:34.29 39.40	800m: 10:06.98 37.78		
7.	Ana Mao de Ferro	11	Sporting	10:39.00	10:09.78	479
	50m: 35.97 35.97	250m: 3:07.55 38.53	450m: 5:42.39 38.68	650m: 8:16.61 38.33		
	100m: 1:13.00 37.03	300m: 3:46.20 38.65	500m: 6:21.31 38.92	700m: 8:54.70 38.09		
	150m: 1:50.66 37.66	350m: 4:24.94 38.74	550m: 6:59.99 38.68	750m: 9:32.77 38.07		
	200m: 2:29.02 38.36	400m: 5:03.71 38.77	600m: 7:38.28 38.29	800m: 10:09.78 37.01		
8.	Laura Aguiar Bergamo	11	Alges	10:09.59	10:11.78	475
	50m: 36.71 36.71	250m: 3:09.75 38.72	450m: 5:44.10 38.59	650m: 8:17.86 38.72		
	100m: 1:14.62 37.91	300m: 3:48.42 38.67	500m: 6:22.28 38.18	700m: 8:56.02 38.16		
	150m: 1:52.71 38.09	350m: 4:27.02 38.60	550m: 7:00.80 38.52	750m: 9:33.66 37.64		
	200m: 2:31.03 38.32	400m: 5:05.51 38.49	600m: 7:39.14 38.34	800m: 10:11.78 38.12		
9.	Varvara Hurynovich	11	Alges	10:32.85	10:12.05	474
	50m: 35.66 35.66	250m: 3:08.03 38.41	450m: 5:42.18 38.72	650m: 8:16.94 38.59		
	100m: 1:13.25 37.59	300m: 3:46.54 38.51	500m: 6:20.89 38.71	700m: 8:55.41 38.47		
	150m: 1:51.39 38.14	350m: 4:24.97 38.43	550m: 6:59.44 38.55	750m: 9:34.19 38.78		
	200m: 2:29.62 38.23	400m: 5:03.46 38.49	600m: 7:38.35 38.91	800m: 10:12.05 37.86		
10.	Carmo Rosa Madeira	11	Laranjeiro	11:00.66	10:18.66	459
	50m: 34.72 34.72	250m: 3:11.39 39.28	450m: 5:46.59 38.65	650m: 8:23.22 39.56		
	100m: 1:13.58 38.86	300m: 3:50.77 39.38	500m: 6:25.35 38.76	700m: 9:02.23 39.01		
	150m: 1:52.64 39.06	350m: 4:29.45 38.68	550m: 7:04.52 39.17	750m: 9:41.19 38.96		
	200m: 2:32.11 39.47	400m: 5:07.94 38.49	600m: 7:43.66 39.14	800m: 10:18.66 37.47		
11.	Raquel Silva Delgadinho	11	Palmela Desporto	10:26.35	10:47.04	401
	50m: 36.87 36.87	250m: 3:15.96 41.35	450m: 6:01.50 41.93	650m: 8:47.60 42.11		
	100m: 1:15.80 38.93	300m: 3:56.52 40.56	500m: 6:42.59 41.09	700m: 9:28.61 41.01		
	150m: 1:55.66 39.86	350m: 4:37.92 41.40	550m: 7:23.25 40.66	750m: 10:08.04 39.43		
	200m: 2:34.61 38.95	400m: 5:19.57 41.65	600m: 8:05.49 42.24	800m: 10:47.04 39.00		

Resultados online: anlisboa.pt/live

Prova 38, Femin., 800m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
12.	Natalia Landa Paredes	11	Salesianos	11:12.34	10:51.54	393
	50m: 36.15 36.15	250m: 3:16.24 40.65	450m: 6:00.89 41.23	650m: 8:47.68 41.75		
	100m: 1:14.59 38.44	300m: 3:57.30 41.06	500m: 6:42.56 41.67	700m: 9:29.95 42.27		
	150m: 1:54.84 40.25	350m: 4:38.36 41.06	550m: 7:24.28 41.72	750m: 10:11.42 41.47		
	200m: 2:35.59 40.75	400m: 5:19.66 41.30	600m: 8:05.93 41.65	800m: 10:51.54 40.12		
13.	Vitoria Alves Penedo <i>Fora Tempo Acesso</i>	11	Palmela Desporto	11:49.60	11:50.07	303
	50m: 42.22 42.22	250m: 3:41.76 44.34	450m: 6:41.48 44.51	650m: 9:39.81 44.57		
	100m: 1:26.57 44.35	300m: 4:26.99 45.23	500m: 7:25.78 44.30	700m: 10:24.79 44.98		
	150m: 2:11.81 45.24	350m: 5:12.18 45.19	550m: 8:10.58 44.80	750m: 11:08.35 43.56		
	200m: 2:57.42 45.61	400m: 5:56.97 44.79	600m: 8:55.24 44.66	800m: 11:50.07 41.72		

Juvenis A

1.	Carolina Escrevente Guerra	10	Alges	9:54.49	9:53.64	520
	50m: 34.97 34.97	250m: 3:01.46 37.09	450m: 5:30.90 37.83	650m: 8:01.79 37.71		
	100m: 1:10.89 35.92	300m: 3:38.27 36.81	500m: 6:08.60 37.70	700m: 8:39.64 37.85		
	150m: 1:47.81 36.92	350m: 4:15.58 37.31	550m: 6:46.16 37.56	750m: 9:17.05 37.41		
	200m: 2:24.37 36.56	400m: 4:53.07 37.49	600m: 7:24.08 37.92	800m: 9:53.64 36.59		
2.	Carolina Sofia Martins	10	Palmela Desporto	10:12.97	9:55.98	514
	50m: 36.02 36.02	250m: 3:05.64 37.46	450m: 5:35.81 37.25	650m: 8:05.49 37.48		
	100m: 1:13.01 36.99	300m: 3:43.49 37.85	500m: 6:13.49 37.68	700m: 8:42.62 37.13		
	150m: 1:50.62 37.61	350m: 4:21.30 37.81	550m: 6:50.72 37.23	750m: 9:19.84 37.22		
	200m: 2:28.18 37.56	400m: 4:58.56 37.26	600m: 7:28.01 37.29	800m: 9:55.98 36.14		
3.	Rita Braga Gomes	10	Alges	9:50.76	10:24.14	447
	50m: 34.44 34.44	250m: 3:05.25 38.78	450m: 5:43.82 39.83	650m: 8:20.61 39.36		
	100m: 1:10.68 36.24	300m: 3:44.51 39.26	500m: 6:22.88 39.06	700m: 9:00.94 40.33		
	150m: 1:47.94 37.26	350m: 4:23.93 39.42	550m: 7:01.77 38.89	750m: 9:42.33 41.39		
	200m: 2:26.47 38.53	400m: 5:03.99 40.06	600m: 7:41.25 39.48	800m: 10:24.14 41.81		
4.	Luisa Anjos Frischknecht	10	Naval Setubalense	10:33.59	10:25.92	443
	50m: 36.75 36.75	250m: 3:10.59 39.46	450m: 5:47.11 39.01	650m: 8:27.39 40.25		
	100m: 1:14.78 38.03	300m: 3:49.62 39.03	500m: 6:27.16 40.05	700m: 9:07.32 39.93		
	150m: 1:52.80 38.02	350m: 4:29.01 39.39	550m: 7:07.09 39.93	750m: 9:47.40 40.08		
	200m: 2:31.13 38.33	400m: 5:08.10 39.09	600m: 7:47.14 40.05	800m: 10:25.92 38.52		
5.	Beatriz Paiva Branco	10	Laranjeiro	10:05.47	10:26.43	442
	50m: 34.58 34.58	250m: 3:11.96 39.65	450m: 5:50.50 39.69	650m: 8:29.56 39.81		
	100m: 1:13.63 39.05	300m: 3:51.61 39.65	500m: 6:29.98 39.48	700m: 9:09.25 39.69		
	150m: 1:52.98 39.35	350m: 4:31.05 39.44	550m: 7:10.26 40.28	750m: 9:48.57 39.32		
	200m: 2:32.31 39.33	400m: 5:10.81 39.76	600m: 7:49.75 39.49	800m: 10:26.43 37.86		
6.	Luana Raquel Monteiro	10	Palmela Desporto	10:41.43	10:32.00	431
	50m: 35.40 35.40	250m: 3:13.69 40.04	450m: 5:54.51 39.79	650m: 8:35.65 39.86		
	100m: 1:14.39 38.99	300m: 3:53.76 40.07	500m: 6:34.86 40.35	700m: 9:15.32 39.67		
	150m: 1:53.86 39.47	350m: 4:34.77 41.01	550m: 7:14.99 40.13	750m: 9:54.23 38.91		
	200m: 2:33.65 39.79	400m: 5:14.72 39.95	600m: 7:55.79 40.80	800m: 10:32.00 37.77		

Juniores

1.	Carolina Marques Madeira <i>Campeã Regional</i>	09	Nacional de Natação	9:43.33	9:49.99	529
	50m: 33.75 33.75	250m: 3:03.17 38.05	450m: 5:32.99 37.32	650m: 8:01.47 36.61		
	100m: 1:10.16 36.41	300m: 3:40.76 37.59	500m: 6:10.27 37.28	700m: 8:38.53 37.06		
	150m: 1:47.56 37.40	350m: 4:18.14 37.38	550m: 6:47.62 37.35	750m: 9:14.99 36.46		
	200m: 2:25.12 37.56	400m: 4:55.67 37.53	600m: 7:24.86 37.24	800m: 9:49.99 35.00		
2.	Joana Pontes Prior	08	Laranjeiro	10:04.66	9:50.00	529
	50m: 33.48 33.48	250m: 3:01.34 37.29	450m: 5:31.45 37.36	650m: 8:01.16 37.29		
	100m: 1:09.41 35.93	300m: 3:38.94 37.60	500m: 6:08.77 37.32	700m: 8:38.26 37.10		
	150m: 1:46.62 37.21	350m: 4:16.53 37.59	550m: 6:46.47 37.70	750m: 9:15.26 37.00		
	200m: 2:24.05 37.43	400m: 4:54.09 37.56	600m: 7:23.87 37.40	800m: 9:50.00 34.74		
3.	Marta Matos Laranjeira <i>Fora Tempo Acesso</i>	08	Fisica Torres Vedras	10:04.66	10:12.97	472
	50m: 33.32 33.32	250m: 3:05.97 38.58	450m: 5:41.55 39.42	650m: 8:17.38 38.31		
	100m: 1:10.41 37.09	300m: 3:44.72 38.75	500m: 6:20.29 38.74	700m: 8:56.03 38.65		
	150m: 1:48.68 38.27	350m: 4:23.66 38.94	550m: 6:59.35 39.06	750m: 9:35.51 39.48		
	200m: 2:27.39 38.71	400m: 5:02.13 38.47	600m: 7:39.07 39.72	800m: 10:12.97 37.46		

Resultados online: anlisboa.pt/live

Prova 38, Femin., 800m Livres

Seniores

1.	Ema Jeronimo Conceicao	03	Alges	9:46.87	8:48.75	736
	<i>Campeã Regional</i>					
	50m: 30.14 30.14	250m: 2:42.29 33.23	450m: 4:55.87 33.25	650m: 7:09.17 33.05		
	100m: 1:02.86 32.72	300m: 3:15.62 33.33	500m: 5:29.27 33.40	700m: 7:43.26 34.09		
	150m: 1:35.79 32.93	350m: 3:49.02 33.40	550m: 6:02.81 33.54	750m: 8:16.66 33.40		
	200m: 2:09.06 33.27	400m: 4:22.62 33.60	600m: 6:36.12 33.31	800m: 8:48.75 32.09		
2.	Maria Ornelas Armas	98	Colegio Int Monte Maior	9:03.16	9:20.47	618
	50m: 31.83 31.83	250m: 2:49.60 34.87	450m: 5:11.19 35.50	650m: 7:33.34 35.66		
	100m: 1:05.60 33.77	300m: 3:24.85 35.25	500m: 5:46.61 35.42	700m: 8:09.26 35.92		
	150m: 1:40.11 34.51	350m: 4:00.16 35.31	550m: 6:22.01 35.40	750m: 8:45.05 35.79		
	200m: 2:14.73 34.62	400m: 4:35.69 35.53	600m: 6:57.68 35.67	800m: 9:20.47 35.42		
3.	Beatriz Paulo Ranito	99	Geslours	9:18.40	9:26.30	599
	50m: 31.61 31.61	250m: 2:52.30 35.89	450m: 5:15.44 35.99	650m: 7:39.31 36.00		
	100m: 1:05.78 34.17	300m: 3:27.88 35.58	500m: 5:51.31 35.87	700m: 8:15.39 36.08		
	150m: 1:40.94 35.16	350m: 4:03.72 35.84	550m: 6:27.21 35.90	750m: 8:51.24 35.85		
	200m: 2:16.41 35.47	400m: 4:39.45 35.73	600m: 7:03.31 36.10	800m: 9:26.30 35.06		
4.	Marta Lima Pimentel	04	Colegio Int Monte Maior	9:28.59	9:35.38	571
	50m: 32.98 32.98	250m: 2:56.36 36.42	450m: 5:21.77 36.34	650m: 7:47.06 36.56		
	100m: 1:08.10 35.12	300m: 3:32.77 36.41	500m: 5:57.91 36.14	700m: 8:23.58 36.52		
	150m: 1:43.99 35.89	350m: 4:09.16 36.39	550m: 6:34.07 36.16	750m: 8:59.66 36.08		
	200m: 2:19.94 35.95	400m: 4:45.43 36.27	600m: 7:10.50 36.43	800m: 9:35.38 35.72		
5.	Margarida Santos Botelho	07	Naval Setubalense	9:43.22	10:24.65	446
	<i>Fora Tempo Acesso</i>					
	50m: 34.41 34.41	250m: 3:09.36 39.35	450m: 5:47.37 39.48	650m: 8:26.24 39.72		
	100m: 1:12.23 37.82	300m: 3:48.94 39.58	500m: 6:27.40 40.03	700m: 9:06.78 40.54		
	150m: 1:50.87 38.64	350m: 4:28.44 39.50	550m: 7:06.67 39.27	750m: 9:47.01 40.23		
	200m: 2:30.01 39.14	400m: 5:07.89 39.45	600m: 7:46.52 39.85	800m: 10:24.65 37.64		

Absolutos

1.	Ema Jeronimo Conceicao	03	Alges	9:46.87	8:48.75	736
	<i>Campeã Regional</i>					
	50m: 30.14 30.14	250m: 2:42.29 33.23	450m: 4:55.87 33.25	650m: 7:09.17 33.05		
	100m: 1:02.86 32.72	300m: 3:15.62 33.33	500m: 5:29.27 33.40	700m: 7:43.26 34.09		
	150m: 1:35.79 32.93	350m: 3:49.02 33.40	550m: 6:02.81 33.54	750m: 8:16.66 33.40		
	200m: 2:09.06 33.27	400m: 4:22.62 33.60	600m: 6:36.12 33.31	800m: 8:48.75 32.09		
2.	Maria Ornelas Armas	98	Colegio Int Monte Maior	9:03.16	9:20.47	618
	50m: 31.83 31.83	250m: 2:49.60 34.87	450m: 5:11.19 35.50	650m: 7:33.34 35.66		
	100m: 1:05.60 33.77	300m: 3:24.85 35.25	500m: 5:46.61 35.42	700m: 8:09.26 35.92		
	150m: 1:40.11 34.51	350m: 4:00.16 35.31	550m: 6:22.01 35.40	750m: 8:45.05 35.79		
	200m: 2:14.73 34.62	400m: 4:35.69 35.53	600m: 6:57.68 35.67	800m: 9:20.47 35.42		
3.	Beatriz Paulo Ranito	99	Geslours	9:18.40	9:26.30	599
	50m: 31.61 31.61	250m: 2:52.30 35.89	450m: 5:15.44 35.99	650m: 7:39.31 36.00		
	100m: 1:05.78 34.17	300m: 3:27.88 35.58	500m: 5:51.31 35.87	700m: 8:15.39 36.08		
	150m: 1:40.94 35.16	350m: 4:03.72 35.84	550m: 6:27.21 35.90	750m: 8:51.24 35.85		
	200m: 2:16.41 35.47	400m: 4:39.45 35.73	600m: 7:03.31 36.10	800m: 9:26.30 35.06		
4.	Margarida Almeida Ferreira	11	Sporting	9:29.86	9:30.26	586
	50m: 34.32 34.32	250m: 2:58.79 36.59	450m: 5:23.54 35.38	650m: 7:45.34 35.02		
	100m: 1:09.76 35.44	300m: 3:35.51 36.72	500m: 5:59.27 35.73	700m: 8:20.93 35.59		
	150m: 1:45.68 35.92	350m: 4:11.92 36.41	550m: 6:34.91 35.64	750m: 8:56.27 35.34		
	200m: 2:22.20 36.52	400m: 4:48.16 36.24	600m: 7:10.32 35.41	800m: 9:30.26 33.99		
5.	Marta Lima Pimentel	04	Colegio Int Monte Maior	9:28.59	9:35.38	571
	50m: 32.98 32.98	250m: 2:56.36 36.42	450m: 5:21.77 36.34	650m: 7:47.06 36.56		
	100m: 1:08.10 35.12	300m: 3:32.77 36.41	500m: 5:57.91 36.14	700m: 8:23.58 36.52		
	150m: 1:43.99 35.89	350m: 4:09.16 36.39	550m: 6:34.07 36.16	750m: 8:59.66 36.08		
	200m: 2:19.94 35.95	400m: 4:45.43 36.27	600m: 7:10.50 36.43	800m: 9:35.38 35.72		
6.	Margarida Ferreira Moura	11	Sporting	9:32.95	9:36.64	567
	50m: 34.53 34.53	250m: 2:59.72 36.61	450m: 5:25.24 35.85	650m: 7:48.59 35.82		
	100m: 1:10.61 36.08	300m: 3:36.37 36.65	500m: 6:00.97 35.73	700m: 8:24.61 36.02		
	150m: 1:46.86 36.25	350m: 4:12.94 36.57	550m: 6:36.96 35.99	750m: 9:01.02 36.41		
	200m: 2:23.11 36.25	400m: 4:49.39 36.45	600m: 7:12.77 35.81	800m: 9:36.64 35.62		
7.	Ana Filipa Serra	11	Colegio Int Monte Maior	9:42.28	9:48.81	533
	50m: 35.26 35.26	250m: 3:03.36 36.95	450m: 5:31.76 37.33	650m: 7:59.54 37.24		
	100m: 1:11.93 36.67	300m: 3:40.64 37.28	500m: 6:08.52 36.76	700m: 8:36.22 36.68		
	150m: 1:49.22 37.29	350m: 4:17.91 37.27	550m: 6:45.65 37.13	750m: 9:13.12 36.90		
	200m: 2:26.41 37.19	400m: 4:54.43 36.52	600m: 7:22.30 36.65	800m: 9:48.81 35.69		

Resultados online: anlisboa.pt/live

Prova 38, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
8.	Carolina Marques Madeira	09	Nacional de Natação	9:43.33	9:49.99	529
	50m: 33.75 33.75	250m: 3:03.17 38.05	450m: 5:32.99 37.32	650m: 8:01.47 36.61		
	100m: 1:10.16 36.41	300m: 3:40.76 37.59	500m: 6:10.27 37.28	700m: 8:38.53 37.06		
	150m: 1:47.56 37.40	350m: 4:18.14 37.38	550m: 6:47.62 37.35	750m: 9:14.99 36.46		
	200m: 2:25.12 37.56	400m: 4:55.67 37.53	600m: 7:24.86 37.24	800m: 9:49.99 35.00		
9.	Joana Pontes Prior	08	Laranjeiro	10:04.66	9:50.00	529
	50m: 33.48 33.48	250m: 3:01.34 37.29	450m: 5:31.45 37.36	650m: 8:01.16 37.29		
	100m: 1:09.41 35.93	300m: 3:38.94 37.60	500m: 6:08.77 37.32	700m: 8:38.26 37.10		
	150m: 1:46.62 37.21	350m: 4:16.53 37.59	550m: 6:46.47 37.70	750m: 9:15.26 37.00		
	200m: 2:24.05 37.43	400m: 4:54.09 37.56	600m: 7:23.87 37.40	800m: 9:50.00 34.74		
10.	Carolina Escrevente Guerra	10	Alges	9:54.49	9:53.64	520
	50m: 34.97 34.97	250m: 3:01.46 37.09	450m: 5:30.90 37.83	650m: 8:01.79 37.71		
	100m: 1:10.89 35.92	300m: 3:38.27 36.81	500m: 6:08.60 37.70	700m: 8:39.64 37.85		
	150m: 1:47.81 36.92	350m: 4:15.58 37.31	550m: 6:46.16 37.56	750m: 9:17.05 37.41		
	200m: 2:24.37 36.56	400m: 4:53.07 37.49	600m: 7:24.08 37.92	800m: 9:53.64 36.59		
11.	Carolina Sofia Martins	10	Palmela Desporto	10:12.97	9:55.98	514
	50m: 36.02 36.02	250m: 3:05.64 37.46	450m: 5:35.81 37.25	650m: 8:05.49 37.48		
	100m: 1:13.01 36.99	300m: 3:43.49 37.85	500m: 6:13.49 37.68	700m: 8:42.62 37.13		
	150m: 1:50.62 37.61	350m: 4:21.30 37.81	550m: 6:50.72 37.23	750m: 9:19.84 37.22		
	200m: 2:28.18 37.56	400m: 4:58.56 37.26	600m: 7:28.01 37.29	800m: 9:55.98 36.14		
12.	Francisca Cunha Monteiro	11	Benfica	10:15.41	9:59.48	505
	50m: 35.45 35.45	250m: 3:05.11 37.68	450m: 5:36.91 37.89	650m: 8:08.68 37.87		
	100m: 1:12.42 36.97	300m: 3:43.59 38.48	500m: 6:15.31 38.40	700m: 8:46.80 38.12		
	150m: 1:50.06 37.64	350m: 4:21.34 37.75	550m: 6:53.06 37.75	750m: 9:23.36 36.56		
	200m: 2:27.43 37.37	400m: 4:59.02 37.68	600m: 7:30.81 37.75	800m: 9:59.48 36.12		
13.	Maria Rendeiro Correia	11	Alges	10:02.64	10:02.66	497
	50m: 35.25 35.25	250m: 3:04.53 37.77	450m: 5:36.48 37.87	650m: 8:08.30 37.56		
	100m: 1:11.91 36.66	300m: 3:42.75 38.22	500m: 6:14.92 38.44	700m: 8:46.63 38.33		
	150m: 1:49.20 37.29	350m: 4:20.43 37.68	550m: 6:52.72 37.80	750m: 9:24.79 38.16		
	200m: 2:26.76 37.56	400m: 4:58.61 38.18	600m: 7:30.74 38.02	800m: 10:02.66 37.87		
14.	Carolina Melo Camejo	11	Sporting	10:14.64	10:06.98	486
	50m: 35.18 35.18	250m: 3:05.49 37.78	450m: 5:37.79 38.29	650m: 8:12.80 38.51		
	100m: 1:12.10 36.92	300m: 3:44.06 38.57	500m: 6:16.12 38.33	700m: 8:51.65 38.85		
	150m: 1:49.88 37.78	350m: 4:22.84 38.78	550m: 6:54.89 38.77	750m: 9:29.20 37.55		
	200m: 2:27.71 37.83	400m: 4:59.50 36.66	600m: 7:34.29 39.40	800m: 10:06.98 37.78		
15.	Ana Mao de Ferro	11	Sporting	10:39.00	10:09.78	479
	50m: 35.97 35.97	250m: 3:07.55 38.53	450m: 5:42.39 38.68	650m: 8:16.61 38.33		
	100m: 1:13.00 37.03	300m: 3:46.20 38.65	500m: 6:21.31 38.92	700m: 8:54.70 38.09		
	150m: 1:50.66 37.66	350m: 4:24.94 38.74	550m: 6:59.99 38.68	750m: 9:32.77 38.07		
	200m: 2:29.02 38.36	400m: 5:03.71 38.77	600m: 7:38.28 38.29	800m: 10:09.78 37.01		
16.	Laura Aguiar Bergamo	11	Alges	10:09.59	10:11.78	475
	50m: 36.71 36.71	250m: 3:09.75 38.72	450m: 5:44.10 38.59	650m: 8:17.86 38.72		
	100m: 1:14.62 37.91	300m: 3:48.42 38.67	500m: 6:22.28 38.18	700m: 8:56.02 38.16		
	150m: 1:52.71 38.09	350m: 4:27.02 38.60	550m: 7:00.80 38.52	750m: 9:33.66 37.64		
	200m: 2:31.03 38.32	400m: 5:05.51 38.49	600m: 7:39.14 38.34	800m: 10:11.78 38.12		
17.	Varvara Hurynovich	11	Alges	10:32.85	10:12.05	474
	50m: 35.66 35.66	250m: 3:08.03 38.41	450m: 5:42.18 38.72	650m: 8:16.94 38.59		
	100m: 1:13.25 37.59	300m: 3:46.54 38.51	500m: 6:20.89 38.71	700m: 8:55.41 38.47		
	150m: 1:51.39 38.14	350m: 4:24.97 38.43	550m: 6:59.44 38.55	750m: 9:34.19 38.78		
	200m: 2:29.62 38.23	400m: 5:03.46 38.49	600m: 7:38.35 38.91	800m: 10:12.05 37.86		
18.	Marta Matos Laranjeira <i>Fora Tempo Acesso</i>	08	Fisica Torres Vedras	10:04.66	10:12.97	472
	50m: 33.32 33.32	250m: 3:05.97 38.58	450m: 5:41.55 39.42	650m: 8:17.38 38.31		
	100m: 1:10.41 37.09	300m: 3:44.72 38.75	500m: 6:20.29 38.74	700m: 8:56.03 38.65		
	150m: 1:48.68 38.27	350m: 4:23.66 38.94	550m: 6:59.35 39.06	750m: 9:35.51 39.48		
	200m: 2:27.39 38.71	400m: 5:02.13 38.47	600m: 7:39.07 39.72	800m: 10:12.97 37.46		
19.	Carmo Rosa Madeira	11	Laranjeiro	11:00.66	10:18.66	459
	50m: 34.72 34.72	250m: 3:11.39 39.28	450m: 5:46.59 38.65	650m: 8:23.22 39.56		
	100m: 1:13.58 38.86	300m: 3:50.77 39.38	500m: 6:25.35 38.76	700m: 9:02.23 39.01		
	150m: 1:52.64 39.06	350m: 4:29.45 38.68	550m: 7:04.52 39.17	750m: 9:41.19 38.96		
	200m: 2:32.11 39.47	400m: 5:07.94 38.49	600m: 7:43.66 39.14	800m: 10:18.66 37.47		
20.	Rita Braga Gomes	10	Alges	9:50.76	10:24.14	447
	50m: 34.44 34.44	250m: 3:05.25 38.78	450m: 5:43.82 39.83	650m: 8:20.61 39.36		
	100m: 1:10.68 36.24	300m: 3:44.51 39.26	500m: 6:22.88 39.06	700m: 9:00.94 40.33		
	150m: 1:47.94 37.26	350m: 4:23.93 39.42	550m: 7:01.77 38.89	750m: 9:42.33 41.39		
	200m: 2:26.47 38.53	400m: 5:03.99 40.06	600m: 7:41.25 39.48	800m: 10:24.14 41.81		

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Prova 38, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
21.	Margarida Santos Botelho <i>Fora Tempo Acesso</i>	07	Naval Setubalense	9:43.22	10:24.65	446
	50m: 34.41 34.41	250m: 3:09.36 39.35	450m: 5:47.37 39.48	650m: 8:26.24 39.72		
	100m: 1:12.23 37.82	300m: 3:48.94 39.58	500m: 6:27.40 40.03	700m: 9:06.78 40.54		
	150m: 1:50.87 38.64	350m: 4:28.44 39.50	550m: 7:06.67 39.27	750m: 9:47.01 40.23		
	200m: 2:30.01 39.14	400m: 5:07.89 39.45	600m: 7:46.52 39.85	800m: 10:24.65 37.64		
22.	Luisa Anjos Frischknecht	10	Naval Setubalense	10:33.59	10:25.92	443
	50m: 36.75 36.75	250m: 3:10.59 39.46	450m: 5:47.11 39.01	650m: 8:27.39 40.25		
	100m: 1:14.78 38.03	300m: 3:49.62 39.03	500m: 6:27.16 40.05	700m: 9:07.32 39.93		
	150m: 1:52.80 38.02	350m: 4:29.01 39.39	550m: 7:07.09 39.93	750m: 9:47.40 40.08		
	200m: 2:31.13 38.33	400m: 5:08.10 39.09	600m: 7:47.14 40.05	800m: 10:25.92 38.52		
23.	Beatriz Paiva Branco	10	Laranjeiro	10:05.47	10:26.43	442
	50m: 34.58 34.58	250m: 3:11.96 39.65	450m: 5:50.50 39.69	650m: 8:29.56 39.81		
	100m: 1:13.63 39.05	300m: 3:51.61 39.65	500m: 6:29.98 39.48	700m: 9:09.25 39.69		
	150m: 1:52.98 39.35	350m: 4:31.05 39.44	550m: 7:10.26 40.28	750m: 9:48.57 39.32		
	200m: 2:32.31 39.33	400m: 5:10.81 39.76	600m: 7:49.75 39.49	800m: 10:26.43 37.86		
24.	Luana Raquel Monteiro	10	Palmela Desporto	10:41.43	10:32.00	431
	50m: 35.40 35.40	250m: 3:13.69 40.04	450m: 5:54.51 39.79	650m: 8:35.65 39.86		
	100m: 1:14.39 38.99	300m: 3:53.76 40.07	500m: 6:34.86 40.35	700m: 9:15.32 39.67		
	150m: 1:53.86 39.47	350m: 4:34.77 41.01	550m: 7:14.99 40.13	750m: 9:54.23 38.91		
	200m: 2:33.65 39.79	400m: 5:14.72 39.95	600m: 7:55.79 40.80	800m: 10:32.00 37.77		
25.	Raquel Silva Delgadinho	11	Palmela Desporto	10:26.35	10:47.04	401
	50m: 36.87 36.87	250m: 3:15.96 41.35	450m: 6:01.50 41.93	650m: 8:47.60 42.11		
	100m: 1:15.80 38.93	300m: 3:56.52 40.56	500m: 6:42.59 41.09	700m: 9:28.61 41.01		
	150m: 1:55.66 39.86	350m: 4:37.92 41.40	550m: 7:23.25 40.66	750m: 10:08.04 39.43		
	200m: 2:34.61 38.95	400m: 5:19.57 41.65	600m: 8:05.49 42.24	800m: 10:47.04 39.00		
26.	Natalia Landa Paredes	11	Salesianos	11:12.34	10:51.54	393
	50m: 36.15 36.15	250m: 3:16.24 40.65	450m: 6:00.89 41.23	650m: 8:47.68 41.75		
	100m: 1:14.59 38.44	300m: 3:57.30 41.06	500m: 6:42.56 41.67	700m: 9:29.95 42.27		
	150m: 1:54.84 40.25	350m: 4:38.36 41.06	550m: 7:24.28 41.72	750m: 10:11.42 41.47		
	200m: 2:35.59 40.75	400m: 5:19.66 41.30	600m: 8:05.93 41.65	800m: 10:51.54 40.12		
27.	Vitoria Alves Penedo <i>Fora Tempo Acesso</i>	11	Palmela Desporto	11:49.60	11:50.07	303
	50m: 42.22 42.22	250m: 3:41.76 44.34	450m: 6:41.48 44.51	650m: 9:39.81 44.57		
	100m: 1:26.57 44.35	300m: 4:26.99 45.23	500m: 7:25.78 44.30	700m: 10:24.79 44.98		
	150m: 2:11.81 45.24	350m: 5:12.18 45.19	550m: 8:10.58 44.80	750m: 11:08.35 43.56		
	200m: 2:57.42 45.61	400m: 5:56.97 44.79	600m: 8:55.24 44.66	800m: 11:50.07 41.72		

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