

Prova 9
15.11.15 - 10:15

Femin., 1500m Livres

Juvenis
Resultados

Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Regional Juv A	17:49.40	Barbara Marques Rodrigues	SAD	Algés	2012
Rec Regional Absoluto	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	2013
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	2014
Rec Nacional Absoluto	16:31.25	Angelica Maria Andre	CFP	Porto	2014

Mínimo Acesso Juv B: 20:34.50; Juv A: 19:59.89

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Mariana Amaral Mendes	02	Colégio Monte Maior	18:08.58	603
	50m: 34.60 34.60	450m: 5:21.97 35.81	850m: 10:13.71 36.65	1250m: 15:07.19 36.27	
	100m: 1:10.40 35.80	500m: 5:58.07 36.10	900m: 10:50.82 37.11	1300m: 15:44.03 36.84	
	150m: 1:46.08 35.68	550m: 6:34.59 36.52	950m: 11:27.74 36.92	1350m: 16:20.95 36.92	
	200m: 2:22.26 36.18	600m: 7:10.71 36.12	1000m: 12:04.07 36.33	1400m: 16:57.65 36.70	
	250m: 2:58.16 35.90	650m: 7:46.75 36.04	1050m: 12:40.91 36.84	1450m: 17:34.43 36.78	
	300m: 3:34.34 36.18	700m: 8:23.39 36.64	1100m: 13:17.39 36.48	1500m: 18:08.58 34.15	
	350m: 4:10.49 36.15	750m: 8:59.97 36.58	1150m: 13:54.10 36.71		
	400m: 4:46.16 35.67	800m: 9:37.06 37.09	1200m: 14:30.92 36.82		
2.	Rafaela Gomes Azevedo	02	Alges	18:24.42	577
	50m: 35.23 35.23	450m: 5:25.55 36.76	850m: 10:20.13 36.83	1250m: 15:17.37 37.30	
	100m: 1:09.95 34.72	500m: 6:02.57 37.02	900m: 10:57.13 37.00	1300m: 15:54.83 37.46	
	150m: 1:46.35 36.40	550m: 6:38.98 36.41	950m: 11:34.18 37.05	1350m: 16:32.06 37.23	
	200m: 2:22.73 36.38	600m: 7:15.62 36.64	1000m: 12:11.24 37.06	1400m: 17:09.60 37.54	
	250m: 2:59.93 37.20	650m: 7:52.58 36.96	1050m: 12:48.55 37.31	1450m: 17:46.83 37.23	
	300m: 3:35.94 36.01	700m: 8:29.28 36.70	1100m: 13:25.65 37.10	1500m: 18:24.42 37.59	
	350m: 4:12.44 36.50	750m: 9:06.28 37.00	1150m: 14:02.77 37.12		
	400m: 4:48.79 36.35	800m: 9:43.30 37.02	1200m: 14:40.07 37.30		
3.	Clara Gomes Pereira	02	Alges	18:38.22	556
	50m: 34.56 34.56	450m: 5:27.67 36.97	850m: 10:26.82 37.92	1250m: 15:29.89 37.60	
	100m: 1:11.06 36.50	500m: 6:04.47 36.80	900m: 11:04.90 38.08	1300m: 16:08.34 38.45	
	150m: 1:47.23 36.17	550m: 6:41.53 37.06	950m: 11:42.22 37.32	1350m: 16:46.33 37.99	
	200m: 2:23.88 36.65	600m: 7:19.01 37.48	1000m: 12:20.41 38.19	1400m: 17:24.61 38.28	
	250m: 3:00.49 36.61	650m: 7:55.97 36.96	1050m: 12:58.12 37.71	1450m: 18:02.85 38.24	
	300m: 3:36.86 36.37	700m: 8:33.82 37.85	1100m: 13:36.45 38.33	1500m: 18:38.22 35.37	
	350m: 4:13.51 36.65	750m: 9:11.19 37.37	1150m: 14:14.59 38.14		
	400m: 4:50.70 37.19	800m: 9:48.90 37.71	1200m: 14:52.29 37.70		
4.	Maria Margarida Belo	02	Sporting	18:54.15	533
	50m: 35.86 35.86	450m: 5:43.91 38.63	850m: 10:46.58 37.51	1250m: 15:47.90 37.46	
	100m: 1:14.61 38.75	500m: 6:21.95 38.04	900m: 11:24.10 37.52	1300m: 16:25.52 37.62	
	150m: 1:53.12 38.51	550m: 7:00.29 38.34	950m: 12:01.94 37.84	1350m: 17:03.19 37.67	
	200m: 2:31.87 38.75	600m: 7:38.40 38.11	1000m: 12:39.68 37.74	1400m: 17:41.11 37.92	
	250m: 3:10.10 38.23	650m: 8:16.59 38.19	1050m: 13:17.06 37.38	1450m: 18:18.24 37.13	
	300m: 3:48.86 38.76	700m: 8:54.31 37.72	1100m: 13:54.71 37.65	1500m: 18:54.15 35.91	
	350m: 4:27.24 38.38	750m: 9:31.37 37.06	1150m: 14:32.45 37.74		
	400m: 5:05.28 38.04	800m: 10:09.07 37.70	1200m: 15:10.44 37.99		
5.	Alexandra Couto Frazao	02	Amadora	18:54.24	533
	50m: 35.38 35.38	450m: 5:27.43 36.95	850m: 10:31.28 38.42	1250m: 15:42.39 38.81	
	100m: 1:11.09 35.71	500m: 6:03.73 36.30	900m: 11:10.24 38.96	1300m: 16:20.63 38.24	
	150m: 1:47.38 36.29	550m: 6:40.86 37.13	950m: 11:49.12 38.88	1350m: 16:59.24 38.61	
	200m: 2:23.75 36.37	600m: 7:18.52 37.66	1000m: 12:27.77 38.65	1400m: 17:37.28 38.04	
	250m: 3:00.30 36.55	650m: 7:57.02 38.50	1050m: 13:06.88 39.11	1450m: 18:15.57 38.29	
	300m: 3:37.10 36.80	700m: 8:35.84 38.82	1100m: 13:46.00 39.12	1500m: 18:54.24 38.67	
	350m: 4:13.80 36.70	750m: 9:14.40 38.56	1150m: 14:24.85 38.85		
	400m: 4:50.48 36.68	800m: 9:52.86 38.46	1200m: 15:03.58 38.73		
6.	Leonor Camacho Fernandes	02	Sporting	19:06.12	516
	50m: 34.21 34.21	450m: 5:24.50 37.53	850m: 10:31.01 39.24	1250m: 15:47.49 39.93	
	100m: 1:10.16 35.95	500m: 6:02.41 37.91	900m: 11:10.57 39.56	1300m: 16:27.58 40.09	
	150m: 1:45.97 35.81	550m: 6:40.43 38.02	950m: 11:49.94 39.37	1350m: 17:07.38 39.80	
	200m: 2:22.02 36.05	600m: 7:18.39 37.96	1000m: 12:29.09 39.15	1400m: 17:47.44 40.06	
	250m: 2:58.09 36.07	650m: 7:56.80 38.41	1050m: 13:08.22 39.13	1450m: 18:27.26 39.82	
	300m: 3:34.19 36.10	700m: 8:33.81 37.01	1100m: 13:48.12 39.90	1500m: 19:06.12 38.86	
	350m: 4:10.62 36.43	750m: 9:12.30 38.49	1150m: 14:28.45 40.33		
	400m: 4:46.97 36.35	800m: 9:51.77 39.47	1200m: 15:07.56 39.11		

Prova 9, Femin., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Madalena Maria Ferreira	02	Sporting	19:20.04	498
	50m: 35.35 35.35	450m: 5:41.81 38.79	850m: 10:54.23 39.36	1250m: 16:08.09 39.46	
	100m: 1:12.59 37.24	500m: 6:20.90 39.09	900m: 11:33.16 38.93	1300m: 16:47.40 39.31	
	150m: 1:50.28 37.69	550m: 6:59.81 38.91	950m: 12:12.17 39.01	1350m: 17:26.38 38.98	
	200m: 2:28.33 38.05	600m: 7:38.61 38.80	1000m: 12:50.88 38.71	1400m: 18:05.29 38.91	
	250m: 3:06.60 38.27	650m: 8:17.59 38.98	1050m: 13:30.65 39.77	1450m: 18:43.18 37.89	
	300m: 3:45.47 38.87	700m: 8:56.33 38.74	1100m: 14:09.79 39.14	1500m: 19:20.04 36.86	
	350m: 4:24.07 38.60	750m: 9:35.48 39.15	1150m: 14:48.93 39.14		
	400m: 5:03.02 38.95	800m: 10:14.87 39.39	1200m: 15:28.63 39.70		
8.	Carolina Barros Domingos	02	Sporting	19:32.18	483
	50m: 37.18 37.18	450m: 5:52.16 38.91	850m: 11:05.94 39.26	1250m: 16:18.87 39.23	
	100m: 1:16.07 38.89	500m: 6:31.29 39.13	900m: 11:45.02 39.08	1300m: 16:58.23 39.36	
	150m: 1:55.67 39.60	550m: 7:10.70 39.41	950m: 12:24.26 39.24	1350m: 17:36.71 38.48	
	200m: 2:35.04 39.37	600m: 7:49.77 39.07	1000m: 13:03.33 39.07	1400m: 18:16.17 39.46	
	250m: 3:14.80 39.76	650m: 8:29.17 39.40	1050m: 13:42.44 39.11	1450m: 18:54.71 38.54	
	300m: 3:54.34 39.54	700m: 9:08.56 39.39	1100m: 14:21.65 39.21	1500m: 19:32.18 37.47	
	350m: 4:33.75 39.41	750m: 9:47.65 39.09	1150m: 15:01.14 39.49		
	400m: 5:13.25 39.50	800m: 10:26.68 39.03	1200m: 15:39.64 38.50		
9.	Joana Filipa Varandas	02	Desporto Setúbal	19:42.91	469
	50m: 36.74 36.74	450m: 5:47.95 39.46	850m: 11:05.79 40.02	1250m: 16:27.21 39.79	
	100m: 1:14.92 38.18	500m: 6:27.14 39.19	900m: 11:46.28 40.49	1300m: 17:06.61 39.40	
	150m: 1:53.82 38.90	550m: 7:07.43 40.29	950m: 12:26.20 39.92	1350m: 17:46.10 39.49	
	200m: 2:32.51 38.69	600m: 7:47.20 39.77	1000m: 13:06.11 39.91	1400m: 18:25.68 39.58	
	250m: 3:11.25 38.74	650m: 8:26.41 39.21	1050m: 13:46.68 40.57	1450m: 19:04.80 39.12	
	300m: 3:50.62 39.37	700m: 9:06.78 40.37	1100m: 14:27.58 40.90	1500m: 19:42.91 38.11	
	350m: 4:29.22 38.60	750m: 9:46.20 39.42	1150m: 15:07.69 40.11		
	400m: 5:08.49 39.27	800m: 10:25.77 39.57	1200m: 15:47.42 39.73		
10.	Maria Mousinho Esteves	02	Amadora	20:01.15	448
	50m: 36.95 36.95	450m: 5:54.53 40.09	850m: 11:17.03 39.66	1250m: 16:41.88 40.73	
	100m: 1:16.40 39.45	500m: 6:34.26 39.73	900m: 11:57.38 40.35	1300m: 17:23.01 41.13	
	150m: 1:55.58 39.18	550m: 7:15.20 40.94	950m: 12:37.89 40.51	1350m: 18:03.44 40.43	
	200m: 2:34.06 38.48	600m: 7:55.59 40.39	1000m: 13:18.41 40.52	1400m: 18:43.57 40.13	
	250m: 3:14.01 39.95	650m: 8:36.35 40.76	1050m: 13:59.34 40.93	1450m: 19:23.42 39.85	
	300m: 3:54.28 40.27	700m: 9:15.92 39.57	1100m: 14:39.17 39.83	1500m: 20:01.15 37.73	
	350m: 4:33.56 39.28	750m: 9:57.03 41.11	1150m: 15:20.70 41.53		
	400m: 5:14.44 40.88	800m: 10:37.37 40.34	1200m: 16:01.15 40.45		
11.	Ana Rita Matos	02	Geslours	20:04.51	445
	50m: 37.37 37.37	450m: 5:57.03 40.30	850m: 11:22.40 40.99	1250m: 16:46.74 40.73	
	100m: 1:16.76 39.39	500m: 6:37.33 40.30	900m: 12:02.85 40.45	1300m: 17:27.02 40.28	
	150m: 1:56.52 39.76	550m: 7:18.03 40.70	950m: 12:43.19 40.34	1350m: 18:07.56 40.54	
	200m: 2:36.15 39.63	600m: 7:58.91 40.88	1000m: 13:24.06 40.87	1400m: 18:48.39 40.83	
	250m: 3:16.01 39.86	650m: 8:39.34 40.43	1050m: 14:04.37 40.31	1450m: 19:27.48 39.09	
	300m: 3:55.90 39.89	700m: 9:19.78 40.44	1100m: 14:44.75 40.38	1500m: 20:04.51 37.03	
	350m: 4:36.47 40.57	750m: 10:00.75 40.97	1150m: 15:25.27 40.52		
	400m: 5:16.73 40.26	800m: 10:41.41 40.66	1200m: 16:06.01 40.74		
12.	Ana Raquel Graveto	02	Benfica	20:14.20	434
	50m: 36.66 36.66	450m: 5:55.82 39.93	850m: 11:20.16 40.86	1250m: 16:50.65 41.36	
	100m: 1:15.32 38.66	500m: 6:36.18 40.36	900m: 12:01.26 41.10	1300m: 17:32.12 41.47	
	150m: 1:55.34 40.02	550m: 7:16.42 40.24	950m: 12:42.23 40.97	1350m: 18:13.47 41.35	
	200m: 2:35.39 40.05	600m: 7:56.93 40.51	1000m: 13:23.42 41.19	1400m: 18:54.81 41.34	
	250m: 3:15.46 40.07	650m: 8:37.43 40.50	1050m: 14:04.66 41.24	1450m: 19:36.43 41.62	
	300m: 3:55.73 40.27	700m: 9:18.06 40.63	1100m: 14:46.28 41.62	1500m: 20:14.20 37.77	
	350m: 4:35.64 39.91	750m: 9:58.58 40.52	1150m: 15:27.69 41.41		
	400m: 5:15.89 40.25	800m: 10:39.30 40.72	1200m: 16:09.29 41.60		
13.	Carolina Ganhao Ferro	02	Geslours	20:16.83	431
	50m: 37.28 37.28	450m: 5:55.08 40.48	850m: 11:21.76 40.97	1250m: 16:54.63 41.95	
	100m: 1:15.99 38.71	500m: 6:35.55 40.47	900m: 12:03.14 41.38	1300m: 17:36.01 41.38	
	150m: 1:55.31 39.32	550m: 7:16.37 40.82	950m: 12:44.20 41.06	1350m: 18:17.11 41.10	
	200m: 2:34.87 39.56	600m: 7:56.85 40.48	1000m: 13:25.53 41.33	1400m: 18:58.03 40.92	
	250m: 3:14.94 40.07	650m: 8:37.63 40.78	1050m: 14:06.73 41.20	1450m: 19:38.55 40.52	
	300m: 3:54.62 39.68	700m: 9:18.73 41.10	1100m: 14:48.79 42.06	1500m: 20:16.83 38.28	
	350m: 4:34.30 39.68	750m: 10:00.04 41.31	1150m: 15:30.33 41.54		
	400m: 5:14.60 40.30	800m: 10:40.79 40.75	1200m: 16:12.68 42.35		
14.	Natacha Sofia Silva	02	Benfica	20:24.99	423
	50m: 38.79 38.79	450m: 6:01.62 40.84	850m: 11:28.35 40.73	1250m: 16:59.39 41.28	
	100m: 1:18.40 39.61	500m: 6:42.48 40.86	900m: 12:09.89 41.54	1300m: 17:41.19 41.80	
	150m: 1:58.97 40.57	550m: 7:23.30 40.82	950m: 12:50.74 40.85	1350m: 18:22.75 41.56	
	200m: 2:39.10 40.13	600m: 8:04.17 40.87	1000m: 13:31.64 40.90	1400m: 19:04.20 41.45	
	250m: 3:19.28 40.18	650m: 8:45.11 40.94	1050m: 14:13.56 41.92	1450m: 19:45.78 41.58	
	300m: 3:59.64 40.36	700m: 9:25.95 40.84	1100m: 14:54.72 41.16	1500m: 20:24.99 39.21	
	350m: 4:40.17 40.53	750m: 10:06.79 40.84	1150m: 15:36.68 41.96		
	400m: 5:20.78 40.61	800m: 10:47.62 40.83	1200m: 16:18.11 41.43		

Prova 9, Femin., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
15.	Patricia Marques Bacelar	02	Desportivo Sesimbra	20:25.25	422
	50m: 37.55 37.55	450m: 6:05.71 41.39	850m: 11:32.29 41.00	1250m: 17:00.30 41.30	
	100m: 1:17.86 40.31	500m: 6:46.23 40.52	900m: 12:12.88 40.59	1300m: 17:41.62 41.32	
	150m: 1:58.73 40.87	550m: 7:27.33 41.10	950m: 12:53.76 40.88	1350m: 18:23.18 41.56	
	200m: 2:39.13 40.40	600m: 8:08.36 41.03	1000m: 13:34.84 41.08	1400m: 19:04.34 41.16	
	250m: 3:20.56 41.43	650m: 8:49.16 40.80	1050m: 14:15.65 40.81	1450m: 19:45.32 40.98	
	300m: 4:01.95 41.39	700m: 9:29.90 40.74	1100m: 14:56.83 41.18	1500m: 20:25.25 39.93	
	350m: 4:43.19 41.24	750m: 10:10.80 40.90	1150m: 15:37.61 40.78		
	400m: 5:24.32 41.13	800m: 10:51.29 40.49	1200m: 16:19.00 41.39		
16.	Margarida Cunha Barros	02	Naval Amorense	20:28.25	419
	50m: 37.74 37.74	450m: 6:03.18 41.08	850m: 11:32.69 41.76	1250m: 17:05.39 42.84	
	100m: 1:18.71 40.97	500m: 6:43.52 40.34	900m: 12:12.79 40.10	1300m: 17:47.06 41.67	
	150m: 2:00.26 41.55	550m: 7:24.50 40.98	950m: 12:54.20 41.41	1350m: 18:28.32 41.26	
	200m: 2:40.59 40.33	600m: 8:04.44 39.94	1000m: 13:35.90 41.70	1400m: 19:09.92 41.60	
	250m: 3:20.88 40.29	650m: 8:45.16 40.72	1050m: 14:17.48 41.58	1450m: 19:49.36 39.44	
	300m: 4:01.07 40.19	700m: 9:26.95 41.79	1100m: 14:58.60 41.12	1500m: 20:28.25 38.89	
	350m: 4:41.40 40.33	750m: 10:09.47 42.52	1150m: 15:41.04 42.44		
	400m: 5:22.10 40.70	800m: 10:50.93 41.46	1200m: 16:22.55 41.51		
17.	Mafalda Marques Pinto	02	Benfica	20:31.15	416
	50m: 37.22 37.22	450m: 6:00.40 40.96	850m: 11:30.46 41.09	1250m: 17:07.15 42.46	
	100m: 1:17.16 39.94	500m: 6:41.83 41.43	900m: 12:13.08 42.62	1300m: 17:48.38 41.23	
	150m: 1:57.77 40.61	550m: 7:23.35 41.52	950m: 12:55.14 42.06	1350m: 18:29.71 41.33	
	200m: 2:38.02 40.25	600m: 8:04.55 41.20	1000m: 13:37.27 42.13	1400m: 19:12.16 42.45	
	250m: 3:18.17 40.15	650m: 8:45.78 41.23	1050m: 14:18.69 41.42	1450m: 19:52.74 40.58	
	300m: 3:58.39 40.22	700m: 9:26.72 40.94	1100m: 15:00.66 41.97	1500m: 20:31.15 38.41	
	350m: 4:39.01 40.62	750m: 10:08.04 41.32	1150m: 15:42.59 41.93		
	400m: 5:19.44 40.43	800m: 10:49.37 41.33	1200m: 16:24.69 42.10		
18.	Catarina Pinho Estevez	02	Naval Setubalense	20:32.30	415
	50m: 37.46 37.46	450m: 6:06.39 41.06	850m: 11:36.89 41.05	1250m: 17:10.68 41.29	
	100m: 1:18.31 40.85	500m: 6:47.67 41.28	900m: 12:18.45 41.56	1300m: 17:51.82 41.14	
	150m: 1:59.71 41.40	550m: 7:29.01 41.34	950m: 13:00.33 41.88	1350m: 18:32.91 41.09	
	200m: 2:40.89 41.18	600m: 8:10.63 41.62	1000m: 13:41.94 41.61	1400m: 19:14.09 41.18	
	250m: 3:21.78 40.89	650m: 8:51.89 41.26	1050m: 14:23.56 41.62	1450m: 19:55.41 41.32	
	300m: 4:02.49 40.71	700m: 9:33.02 41.13	1100m: 15:05.78 42.22	1500m: 20:32.30 36.89	
	350m: 4:43.89 41.40	750m: 10:14.50 41.48	1150m: 15:47.26 41.48		
	400m: 5:25.33 41.44	800m: 10:55.84 41.34	1200m: 16:29.39 42.13		
19.	Carolina Morais Oliveira <i>Fora Minimo Acesso</i>	02	Amadora	20:34.76	413
	50m: 37.97 37.97	450m: 6:00.81 41.66	850m: 11:32.74 41.17	1250m: 17:07.32 42.14	
	100m: 1:16.90 38.93	500m: 6:42.55 41.74	900m: 12:14.73 41.99	1300m: 17:48.32 41.00	
	150m: 1:56.60 39.70	550m: 7:24.42 41.87	950m: 12:56.19 41.46	1350m: 18:30.69 42.37	
	200m: 2:36.46 39.86	600m: 8:06.01 41.59	1000m: 13:37.80 41.61	1400m: 19:12.63 41.94	
	250m: 3:16.68 40.22	650m: 8:47.28 41.27	1050m: 14:19.72 41.92	1450m: 19:54.13 41.50	
	300m: 3:57.25 40.57	700m: 9:29.01 41.73	1100m: 15:01.45 41.73	1500m: 20:34.76 40.63	
	350m: 4:38.11 40.86	750m: 10:10.35 41.34	1150m: 15:43.60 42.15		
	400m: 5:19.15 41.04	800m: 10:51.57 41.22	1200m: 16:25.18 41.58		
20.	Lara Moutinho Silva <i>Fora Minimo Acesso</i>	02	Palmela Desporto	20:45.93	402
	50m: 37.27 37.27	450m: 6:09.77 41.99	850m: 11:44.50 42.26	1250m: 17:20.75 41.85	
	100m: 1:17.52 40.25	500m: 6:51.89 42.12	900m: 12:26.70 42.20	1300m: 18:02.23 41.48	
	150m: 1:58.82 41.30	550m: 7:33.40 41.51	950m: 13:08.86 42.16	1350m: 18:43.58 41.35	
	200m: 2:40.64 41.82	600m: 8:15.07 41.67	1000m: 13:50.84 41.98	1400m: 19:25.52 41.94	
	250m: 3:22.26 41.62	650m: 8:56.61 41.54	1050m: 14:33.01 42.17	1450m: 20:06.65 41.13	
	300m: 4:04.12 41.86	700m: 9:38.47 41.86	1100m: 15:15.80 42.79	1500m: 20:45.93 39.28	
	350m: 4:46.10 41.98	750m: 10:20.52 42.05	1150m: 15:57.06 41.26		
	400m: 5:27.78 41.68	800m: 11:02.24 41.72	1200m: 16:38.90 41.84		
21.	Filipa Inacio Cazeiro <i>Fora Minimo Acesso</i>	02	Clube Instrucao Laranjeiro	20:47.40	400
	50m: 38.04 38.04	450m: 6:00.43 41.08	850m: 11:33.66 41.15	1250m: 17:16.05 42.51	
	100m: 1:17.53 39.49	500m: 6:42.12 41.69	900m: 12:16.13 42.47	1300m: 17:58.35 42.30	
	150m: 1:57.44 39.91	550m: 7:23.60 41.48	950m: 12:58.77 42.64	1350m: 18:41.68 43.33	
	200m: 2:37.46 40.02	600m: 8:05.71 42.11	1000m: 13:41.75 42.98	1400m: 19:24.16 42.48	
	250m: 3:17.57 40.11	650m: 8:47.22 41.51	1050m: 14:24.07 42.32	1450m: 20:06.54 42.38	
	300m: 3:58.28 40.71	700m: 9:28.94 41.72	1100m: 15:07.54 43.47	1500m: 20:47.40 40.86	
	350m: 4:38.06 39.78	750m: 10:10.83 41.89	1150m: 15:50.44 42.90		
	400m: 5:19.35 41.29	800m: 10:52.51 41.68	1200m: 16:33.54 43.10		

Prova 9, Femin., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
22.	Catarina Trigo Ferreira <i>Fora Minimo Acesso</i>	02	Amadora	21:02.90	386
	50m: 38.62 38.62	450m: 6:17.36	42.59	850m: 11:58.18	42.30
	100m: 1:19.26 40.64	500m: 7:00.05	42.69	900m: 12:41.39	43.21
	150m: 2:01.44 42.18	550m: 7:43.11	43.06	950m: 13:23.75	42.36
	200m: 2:43.69 42.25	600m: 8:25.97	42.86	1000m: 14:06.27	42.52
	250m: 3:26.22 42.53	650m: 9:08.25	42.28	1050m: 14:48.79	42.52
	300m: 4:08.74 42.52	700m: 9:50.33	42.08	1100m: 15:31.24	42.45
	350m: 4:51.97 43.23	750m: 10:33.16	42.83	1150m: 16:13.97	42.73
	400m: 5:34.77 42.80	800m: 11:15.88	42.72	1200m: 16:55.96	41.99
23.	Patricia Alexandra Boto <i>Fora Minimo Acesso</i>	02	Nautica do Seixal	22:11.37	329
	50m: 39.10 39.10	450m: 6:26.38	43.97	850m: 12:26.23	45.05
	100m: 1:21.23 42.13	500m: 7:11.23	44.85	900m: 13:11.76	45.53
	150m: 2:04.27 43.04	550m: 7:55.95	44.72	950m: 13:57.29	45.53
	200m: 2:47.31 43.04	600m: 8:41.44	45.49	1000m: 14:42.93	45.64
	250m: 3:30.89 43.58	650m: 9:26.52	45.08	1050m: 15:27.52	44.59
	300m: 4:14.50 43.61	700m: 10:11.49	44.97	1100m: 16:13.37	45.85
	350m: 4:58.39 43.89	750m: 10:56.19	44.70	1150m: 16:58.95	45.58
	400m: 5:42.41 44.02	800m: 11:41.18	44.99	1200m: 17:44.20	45.25
24.	Rita Costa Albuquerque <i>Fora Minimo Acesso</i>	02	Olivais e Moscavide	22:54.69	299
	50m: 41.80 41.80	450m: 6:38.79	45.70	850m: 12:49.85	47.83
	100m: 1:24.24 42.44	500m: 7:25.41	46.62	900m: 13:35.95	46.10
	150m: 2:08.37 44.13	550m: 8:11.39	45.98	950m: 14:22.76	46.81
	200m: 2:53.18 44.81	600m: 8:57.65	46.26	1000m: 15:10.65	47.89
	250m: 3:37.36 44.18	650m: 9:43.52	45.87	1050m: 15:57.34	46.69
	300m: 4:22.01 44.65	700m: 10:29.74	46.22	1100m: 16:43.74	46.40
	350m: 5:07.50 45.49	750m: 11:15.10	45.36	1150m: 17:31.22	47.48
	400m: 5:53.09 45.59	800m: 12:02.02	46.92	1200m: 18:19.47	48.25

Juvenis A

1.	Filipa Serrano Rodrigues	01	União Piedense	17:55.01	626
	50m: 35.06 35.06	450m: 5:20.94	35.90	850m: 10:08.62	35.68
	100m: 1:10.48 35.42	500m: 5:56.82	35.88	900m: 10:44.29	35.67
	150m: 1:46.27 35.79	550m: 6:32.69	35.87	950m: 11:20.10	35.81
	200m: 2:21.86 35.59	600m: 7:08.72	36.03	1000m: 11:56.14	36.04
	250m: 2:57.52 35.66	650m: 7:44.63	35.91	1050m: 12:32.56	36.42
	300m: 3:33.54 36.02	700m: 8:20.82	36.19	1100m: 13:08.65	36.09
	350m: 4:09.37 35.83	750m: 8:56.94	36.12	1150m: 13:45.04	36.39
	400m: 4:45.04 35.67	800m: 9:32.94	36.00	1200m: 14:21.59	36.55
2.	Luisa Maria Machado	01	União Piedense	18:10.12	600
	50m: 35.22 35.22	450m: 5:24.36	36.16	850m: 10:14.23	36.12
	100m: 1:10.88 35.66	500m: 6:00.63	36.27	900m: 10:50.61	36.38
	150m: 1:46.76 35.88	550m: 6:36.84	36.21	950m: 11:27.19	36.58
	200m: 2:22.64 35.88	600m: 7:13.28	36.44	1000m: 12:03.76	36.57
	250m: 2:58.98 36.34	650m: 7:49.29	36.01	1050m: 12:40.63	36.87
	300m: 3:35.05 36.07	700m: 8:25.80	36.51	1100m: 13:17.46	36.83
	350m: 4:11.53 36.48	750m: 9:02.01	36.21	1150m: 13:54.19	36.73
	400m: 4:48.20 36.67	800m: 9:38.11	36.10	1200m: 14:30.75	36.56
3.	Carolina Rosa Marcelino	01	Alges	18:19.04	586
	50m: 35.88 35.88	450m: 5:25.02	36.44	850m: 10:19.16	37.16
	100m: 1:11.48 35.60	500m: 6:01.87	36.85	900m: 10:56.03	36.87
	150m: 1:47.52 36.04	550m: 6:38.19	36.32	950m: 11:33.17	37.14
	200m: 2:24.16 36.64	600m: 7:15.08	36.89	1000m: 12:10.18	37.01
	250m: 3:00.11 35.95	650m: 7:52.14	37.06	1050m: 12:46.60	36.42
	300m: 3:36.27 36.16	700m: 8:28.90	36.76	1100m: 13:23.71	37.11
	350m: 4:12.68 36.41	750m: 9:05.09	36.19	1150m: 14:00.42	36.71
	400m: 4:48.58 35.90	800m: 9:42.00	36.91	1200m: 14:37.65	37.23
4.	Tatiana Raquel Pombro	01	Nautica do Seixal	18:56.83	529
	50m: 34.53 34.53	450m: 5:31.34	37.81	850m: 10:36.11	38.26
	100m: 1:10.50 35.97	500m: 6:09.32	37.98	900m: 11:14.45	38.34
	150m: 1:47.27 36.77	550m: 6:47.09	37.77	950m: 11:53.24	38.79
	200m: 2:24.36 37.09	600m: 7:25.07	37.98	1000m: 12:32.32	39.08
	250m: 3:01.46 37.10	650m: 8:03.20	38.13	1050m: 13:10.92	38.60
	300m: 3:38.83 37.37	700m: 8:41.36	38.16	1100m: 13:49.38	38.46
	350m: 4:15.98 37.15	750m: 9:19.25	37.89	1150m: 14:28.20	38.82
	400m: 4:53.53 37.55	800m: 9:57.85	38.60	1200m: 15:06.90	38.70

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
5.	Raquel Santos Sousa	01	Belenenses	18:59.19	526
	50m: 35.13 35.13	450m: 5:37.80 38.76	850m: 10:43.08 37.87	1250m: 15:48.51 38.63	
	100m: 1:11.03 35.90	500m: 6:16.64 38.84	900m: 11:20.91 37.83	1300m: 16:27.19 38.68	
	150m: 1:47.78 36.75	550m: 6:54.90 38.26	950m: 11:59.15 38.24	1350m: 17:05.64 38.45	
	200m: 2:24.93 37.15	600m: 7:32.93 38.03	1000m: 12:37.13 37.98	1400m: 17:44.14 38.50	
	250m: 3:02.99 38.06	650m: 8:11.47 38.54	1050m: 13:15.08 37.95	1450m: 18:22.40 38.26	
	300m: 3:41.42 38.43	700m: 8:49.51 38.04	1100m: 13:53.32 38.24	1500m: 18:59.19 36.79	
	350m: 4:20.13 38.71	750m: 9:27.30 37.79	1150m: 14:31.68 38.36		
	400m: 4:59.04 38.91	800m: 10:05.21 37.91	1200m: 15:09.88 38.20		
6.	Raquel Antunes Tremoco	01	Sporting	19:01.37	523
	50m: 36.19 36.19	450m: 5:36.70 37.47	850m: 10:43.72 38.51	1250m: 15:50.47 38.94	
	100m: 1:13.25 37.06	500m: 6:15.06 38.36	900m: 11:22.27 38.55	1300m: 16:28.24 37.77	
	150m: 1:50.85 37.60	550m: 6:53.45 38.39	950m: 12:00.82 38.55	1350m: 17:06.26 38.02	
	200m: 2:28.37 37.52	600m: 7:32.17 38.72	1000m: 12:38.87 38.05	1400m: 17:44.81 38.55	
	250m: 3:06.32 37.95	650m: 8:10.79 38.62	1050m: 13:16.59 37.72	1450m: 18:23.44 38.63	
	300m: 3:43.63 37.31	700m: 8:48.75 37.96	1100m: 13:54.82 38.23	1500m: 19:01.37 37.93	
	350m: 4:21.56 37.93	750m: 9:26.95 38.20	1150m: 14:33.18 38.36		
	400m: 4:59.23 37.67	800m: 10:05.21 38.26	1200m: 15:11.53 38.35		
7.	Mariana Delicado Correia	01	Sporting	19:07.46	514
	50m: 35.52 35.52	450m: 5:38.60 38.14	850m: 10:44.06 38.39	1250m: 15:53.32 38.47	
	100m: 1:12.79 37.27	500m: 6:16.80 38.20	900m: 11:22.38 38.32	1300m: 16:32.21 38.89	
	150m: 1:50.72 37.93	550m: 6:55.36 38.56	950m: 12:00.57 38.19	1350m: 17:11.42 39.21	
	200m: 2:28.70 37.98	600m: 7:33.20 37.84	1000m: 12:39.84 39.27	1400m: 17:50.17 38.75	
	250m: 3:06.37 37.67	650m: 8:11.37 38.17	1050m: 13:18.12 38.28	1450m: 18:29.25 39.08	
	300m: 3:44.29 37.92	700m: 8:49.25 37.88	1100m: 13:56.52 38.40	1500m: 19:07.46 38.21	
	350m: 4:22.18 37.89	750m: 9:27.47 38.22	1150m: 14:36.10 39.58		
	400m: 5:00.46 38.28	800m: 10:05.67 38.20	1200m: 15:14.85 38.75		
8.	Ana Cruz Antunes	01	Benfica	19:08.86	513
	50m: 35.87 35.87	450m: 5:37.90 37.52	850m: 10:45.87 38.59	1250m: 15:57.83 39.17	
	100m: 1:13.54 37.67	500m: 6:16.05 38.15	900m: 11:24.59 38.72	1300m: 16:37.39 39.56	
	150m: 1:51.67 38.13	550m: 6:54.93 38.88	950m: 12:03.86 39.27	1350m: 17:15.76 38.37	
	200m: 2:29.31 37.64	600m: 7:33.24 38.31	1000m: 12:43.16 39.30	1400m: 17:55.87 40.11	
	250m: 3:06.93 37.62	650m: 8:11.57 38.33	1050m: 13:21.60 38.44	1450m: 18:33.73 37.86	
	300m: 3:44.62 37.69	700m: 8:49.96 38.39	1100m: 14:00.43 38.83	1500m: 19:08.86 35.13	
	350m: 4:22.50 37.88	750m: 9:28.32 38.36	1150m: 14:39.98 39.55		
	400m: 5:00.38 37.88	800m: 10:07.28 38.96	1200m: 15:18.66 38.68		
9.	Rita Alexandra Vital	01	Alges	19:09.40	512
	50m: 36.04 36.04	450m: 5:36.77 37.69	850m: 10:44.36 38.36	1250m: 15:55.65 39.25	
	100m: 1:13.00 36.96	500m: 6:14.70 37.93	900m: 11:22.84 38.48	1300m: 16:35.38 39.73	
	150m: 1:49.77 36.77	550m: 6:53.20 38.50	950m: 12:01.48 38.64	1350m: 17:14.93 39.55	
	200m: 2:27.27 37.50	600m: 7:31.55 38.35	1000m: 12:39.17 37.69	1400m: 17:54.50 39.57	
	250m: 3:04.53 37.26	650m: 8:10.34 38.79	1050m: 13:17.87 38.70	1450m: 18:32.84 38.34	
	300m: 3:42.47 37.94	700m: 8:48.57 38.23	1100m: 13:57.58 39.71	1500m: 19:09.40 36.56	
	350m: 4:20.65 38.18	750m: 9:27.21 38.64	1150m: 14:36.96 39.38		
	400m: 4:59.08 38.43	800m: 10:06.00 38.79	1200m: 15:16.40 39.44		
10.	Ana Margarida Branco	01	Alges	19:13.88	506
	50m: 35.71 35.71	450m: 5:41.55 38.69	850m: 10:52.92 38.62	1250m: 16:02.39 38.30	
	100m: 1:13.19 37.48	500m: 6:20.77 39.22	900m: 11:31.47 38.55	1300m: 16:41.03 38.64	
	150m: 1:51.49 38.30	550m: 6:59.55 38.78	950m: 12:09.94 38.47	1350m: 17:19.85 38.82	
	200m: 2:29.75 38.26	600m: 7:38.44 38.89	1000m: 12:48.75 38.81	1400m: 17:58.94 39.09	
	250m: 3:08.06 38.31	650m: 8:17.28 38.84	1050m: 13:27.05 38.30	1450m: 18:37.08 38.14	
	300m: 3:46.27 38.21	700m: 8:56.10 38.82	1100m: 14:05.89 38.84	1500m: 19:13.88 36.80	
	350m: 4:26.15 39.88	750m: 9:35.54 39.44	1150m: 14:44.83 38.94		
	400m: 5:02.86 36.71	800m: 10:14.30 38.76	1200m: 15:24.09 39.26		
11.	Mafalda Rato Monteiro	01	Naval Setubalense	19:17.79	501
	50m: 36.07 36.07	450m: 5:42.45 38.74	850m: 10:53.29 39.02	1250m: 16:05.59 38.89	
	100m: 1:13.91 37.84	500m: 6:20.88 38.43	900m: 11:32.19 38.90	1300m: 16:44.51 38.92	
	150m: 1:52.01 38.10	550m: 6:59.54 38.66	950m: 12:11.10 38.91	1350m: 17:23.86 39.35	
	200m: 2:30.32 38.31	600m: 7:38.11 38.57	1000m: 12:50.24 39.14	1400m: 18:02.89 39.03	
	250m: 3:08.58 38.26	650m: 8:17.14 39.03	1050m: 13:29.27 39.03	1450m: 18:41.17 38.28	
	300m: 3:46.71 38.13	700m: 8:56.01 38.87	1100m: 14:08.55 39.28	1500m: 19:17.79 36.62	
	350m: 4:25.04 38.33	750m: 9:35.12 39.11	1150m: 14:47.70 39.15		
	400m: 5:03.71 38.67	800m: 10:14.27 39.15	1200m: 15:26.70 39.00		
12.	Celeste Santos Ricardo	01	Naval Amorense	19:28.44	487
	50m: 37.10 37.10	450m: 5:49.57 39.09	850m: 11:03.49 39.18	1250m: 16:19.12 39.39	
	100m: 1:15.66 38.56	500m: 6:29.05 39.48	900m: 11:43.18 39.69	1300m: 16:58.38 39.26	
	150m: 1:55.41 39.75	550m: 7:08.24 39.19	950m: 12:22.94 39.76	1350m: 17:36.70 38.32	
	200m: 2:34.90 39.49	600m: 7:47.43 39.19	1000m: 13:02.62 39.68	1400m: 18:14.66 37.96	
	250m: 3:14.11 39.21	650m: 8:26.34 38.91	1050m: 13:41.85 39.23	1450m: 18:52.22 37.56	
	300m: 3:52.78 38.67	700m: 9:05.60 39.26	1100m: 14:21.03 39.18	1500m: 19:28.44 36.22	
	350m: 4:31.86 39.08	750m: 9:44.73 39.13	1150m: 15:00.38 39.35		
	400m: 5:10.48 38.62	800m: 10:24.31 39.58	1200m: 15:39.73 39.35		

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
13.	Beatriz Seixas Goncalves	01	Colégio Monte Maior	19:30.27	485
	50m: 36.75 36.75	450m: 5:42.64 38.68	850m: 10:58.91 39.72	1250m: 16:15.83 39.39	
	100m: 1:14.53 37.78	500m: 6:21.56 38.92	900m: 11:38.87 39.96	1300m: 16:55.22 39.39	
	150m: 1:52.24 37.71	550m: 7:00.63 39.07	950m: 12:18.51 39.64	1350m: 17:33.84 38.62	
	200m: 2:29.82 37.58	600m: 7:40.17 39.54	1000m: 12:58.64 40.13	1400m: 18:13.46 39.62	
	250m: 3:07.97 38.15	650m: 8:19.39 39.22	1050m: 13:38.69 40.05	1450m: 18:53.13 39.67	
	300m: 3:46.45 38.48	700m: 8:59.01 39.62	1100m: 14:19.13 40.44	1500m: 19:30.27 37.14	
	350m: 4:24.96 38.51	750m: 9:39.01 40.00	1150m: 14:57.31 38.18		
	400m: 5:03.96 39.00	800m: 10:19.19 40.18	1200m: 15:36.44 39.13		
14.	Mariana Sobral Galacha	01	Sporting	19:31.14	484
	50m: 36.31 36.31	450m: 5:39.41 38.17	850m: 10:52.56 38.90	1250m: 16:11.49 39.44	
	100m: 1:13.41 37.10	500m: 6:17.74 38.33	900m: 11:32.49 39.93	1300m: 16:52.13 40.64	
	150m: 1:51.43 38.02	550m: 6:56.62 38.88	950m: 12:12.47 39.98	1350m: 17:32.46 40.33	
	200m: 2:29.57 38.14	600m: 7:35.46 38.84	1000m: 12:52.06 39.59	1400m: 18:12.51 40.05	
	250m: 3:07.21 37.64	650m: 8:14.58 39.12	1050m: 13:31.90 39.84	1450m: 18:52.43 39.92	
	300m: 3:44.95 37.74	700m: 8:54.33 39.75	1100m: 14:12.02 40.12	1500m: 19:31.14 38.71	
	350m: 4:22.93 37.98	750m: 9:33.85 39.52	1150m: 14:51.97 39.95		
	400m: 5:01.24 38.31	800m: 10:13.66 39.81	1200m: 15:32.05 40.08		
15.	Sara Rulin Loureiro	01	Benfica	19:49.67	462
	50m: 38.27 38.27	450m: 5:54.72 39.34	850m: 11:10.66 39.76	1250m: 16:31.38 40.57	
	100m: 1:17.53 39.26	500m: 6:34.23 39.51	900m: 11:50.30 39.64	1300m: 17:11.52 40.14	
	150m: 1:56.93 39.40	550m: 7:13.42 39.19	950m: 12:29.97 39.67	1350m: 17:51.26 39.74	
	200m: 2:36.13 39.20	600m: 7:52.87 39.45	1000m: 13:09.66 39.69	1400m: 18:31.97 40.71	
	250m: 3:15.95 39.82	650m: 8:32.32 39.45	1050m: 13:49.87 40.21	1450m: 19:12.08 40.11	
	300m: 3:55.87 39.92	700m: 9:11.76 39.44	1100m: 14:29.87 40.00	1500m: 19:49.67 37.59	
	350m: 4:35.64 39.77	750m: 9:51.07 39.31	1150m: 15:10.37 40.50		
	400m: 5:15.38 39.74	800m: 10:30.90 39.83	1200m: 15:50.81 40.44		
16.	Tatiana Alexandre Cardoso	01	Amadora	19:58.09	452
	50m: 38.13 38.13	450m: 5:50.73 38.66	850m: 11:11.27 40.50	1250m: 16:37.14 40.68	
	100m: 1:16.80 38.67	500m: 6:30.08 39.35	900m: 11:51.68 40.41	1300m: 17:17.93 40.79	
	150m: 1:55.65 38.85	550m: 7:10.08 40.00	950m: 12:32.57 40.89	1350m: 17:58.60 40.67	
	200m: 2:34.91 39.26	600m: 7:49.70 39.62	1000m: 13:13.20 40.63	1400m: 18:39.44 40.84	
	250m: 3:14.25 39.34	650m: 8:29.81 40.11	1050m: 13:53.84 40.64	1450m: 19:19.46 40.02	
	300m: 3:53.25 39.00	700m: 9:09.96 40.15	1100m: 14:34.21 40.37	1500m: 19:58.09 38.63	
	350m: 4:32.58 39.33	750m: 9:50.13 40.17	1150m: 15:15.03 40.82		
	400m: 5:12.07 39.49	800m: 10:30.77 40.64	1200m: 15:56.46 41.43		
17.	Filipa Bile Grilo	01	Benfica	20:01.71	448
	<i>Fora Minimo Acesso</i>				
	50m: 36.77 36.77	450m: 5:55.56 39.87	850m: 11:15.67 40.09	1250m: 16:38.61 40.34	
	100m: 1:15.95 39.18	500m: 6:35.32 39.76	900m: 11:56.01 40.34	1300m: 17:19.02 40.41	
	150m: 1:55.99 40.04	550m: 7:15.47 40.15	950m: 12:36.28 40.27	1350m: 18:00.42 41.40	
	200m: 2:35.72 39.73	600m: 7:55.79 40.32	1000m: 13:16.44 40.16	1400m: 18:41.12 40.70	
	250m: 3:15.17 39.45	650m: 8:35.00 39.21	1050m: 13:56.49 40.05	1450m: 19:21.97 40.85	
	300m: 3:55.06 39.89	700m: 9:14.76 39.76	1100m: 14:36.70 40.21	1500m: 20:01.71 39.74	
	350m: 4:35.82 40.76	750m: 9:55.68 40.92	1150m: 15:17.56 40.86		
	400m: 5:15.69 39.87	800m: 10:35.58 39.90	1200m: 15:58.27 40.71		
18.	Mafalda Sofia Dias	01	Naval Setubalense	20:07.84	441
	<i>Fora Minimo Acesso</i>				
	50m: 38.42 38.42	450m: 6:03.67 41.22	850m: 11:27.42 40.27	1250m: 16:52.49 40.59	
	100m: 1:18.36 39.94	500m: 6:44.86 41.19	900m: 12:08.01 40.59	1300m: 17:32.95 40.46	
	150m: 1:59.06 40.70	550m: 7:24.52 39.66	950m: 12:48.98 40.97	1350m: 18:12.97 40.02	
	200m: 2:40.32 41.26	600m: 8:05.32 40.80	1000m: 13:29.88 40.90	1400m: 18:52.88 39.91	
	250m: 3:20.88 40.56	650m: 8:45.18 39.86	1050m: 14:10.43 40.55	1450m: 19:31.51 38.63	
	300m: 4:01.74 40.86	700m: 9:25.75 40.57	1100m: 14:50.90 40.47	1500m: 20:07.84 36.33	
	350m: 4:41.88 40.14	750m: 10:06.83 41.08	1150m: 15:31.23 40.33		
	400m: 5:22.45 40.57	800m: 10:47.15 40.32	1200m: 16:11.90 40.67		
19.	Luana Correia Rodrigues	01	Amadora	20:09.43	439
	<i>Fora Minimo Acesso</i>				
	50m: 36.75 36.75	450m: 5:52.65 40.00	850m: 11:16.11 40.32	1250m: 16:45.15 41.79	
	100m: 1:15.15 38.40	500m: 6:32.74 40.09	900m: 11:56.53 40.42	1300m: 17:26.52 41.37	
	150m: 1:54.42 39.27	550m: 7:13.13 40.39	950m: 12:37.34 40.81	1350m: 18:07.75 41.23	
	200m: 2:33.70 39.28	600m: 7:53.84 40.71	1000m: 13:18.58 41.24	1400m: 18:48.88 41.13	
	250m: 3:12.84 39.14	650m: 8:34.33 40.49	1050m: 13:59.27 40.69	1450m: 19:30.07 41.19	
	300m: 3:52.50 39.66	700m: 9:14.82 40.49	1100m: 14:40.53 41.26	1500m: 20:09.43 39.36	
	350m: 4:32.44 39.94	750m: 9:55.57 40.75	1150m: 15:21.99 41.46		
	400m: 5:12.65 40.21	800m: 10:35.79 40.22	1200m: 16:03.36 41.37		

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
20.	Sofia Isabel Lourenco <i>Fora Minimo Acesso</i>	01	Alges	20:09.90	439
	50m: 38.98 38.98	450m: 5:57.63	40.62	850m: 11:21.20	41.53
	100m: 1:18.90 39.92	500m: 6:38.29	40.66	900m: 12:02.23	41.03
	150m: 1:58.10 39.20	550m: 7:18.34	40.05	950m: 12:43.27	41.04
	200m: 2:37.59 39.49	600m: 7:58.65	40.31	1000m: 13:24.40	41.13
	250m: 3:17.42 39.83	650m: 8:38.94	40.29	1050m: 14:05.45	41.05
	300m: 3:56.66 39.24	700m: 9:18.72	39.78	1100m: 14:46.34	40.89
	350m: 4:36.98 40.32	750m: 9:59.00	40.28	1150m: 15:27.62	41.28
	400m: 5:17.01 40.03	800m: 10:39.67	40.67	1200m: 16:09.04	41.42
21.	Maria Rodrigues Tome <i>Fora Minimo Acesso</i>	01	Olivais e Moscavide	20:18.06	430
	50m: 35.25 35.25	450m: 5:52.83	40.52	850m: 11:22.01	41.10
	100m: 1:12.97 37.72	500m: 6:33.54	40.71	900m: 12:03.61	41.60
	150m: 1:50.95 37.98	550m: 7:14.31	40.77	950m: 12:45.23	41.62
	200m: 2:30.53 39.58	600m: 7:55.76	41.45	1000m: 13:26.99	41.76
	250m: 3:10.75 40.22	650m: 8:36.72	40.96	1050m: 14:09.29	42.30
	300m: 3:50.98 40.23	700m: 9:17.98	41.26	1100m: 14:50.67	41.38
	350m: 4:31.60 40.62	750m: 9:59.17	41.19	1150m: 15:32.34	41.67
	400m: 5:12.31 40.71	800m: 10:40.91	41.74	1200m: 16:14.57	42.23
22.	Ines Rodrigues Ferreira <i>Fora Minimo Acesso</i>	01	Benfica	20:38.06	409
	50m: 36.72 36.72	450m: 6:02.66	41.23	850m: 11:34.42	41.49
	100m: 1:15.56 38.84	500m: 6:43.34	40.68	900m: 12:16.36	41.94
	150m: 1:55.78 40.22	550m: 7:24.96	41.62	950m: 12:58.87	42.51
	200m: 2:36.13 40.35	600m: 8:06.34	41.38	1000m: 13:41.16	42.29
	250m: 3:16.57 40.44	650m: 8:48.36	42.02	1050m: 14:22.35	41.19
	300m: 3:57.92 41.35	700m: 9:29.93	41.57	1100m: 15:04.76	42.41
	350m: 4:39.59 41.67	750m: 10:11.74	41.81	1150m: 15:47.12	42.36
	400m: 5:21.43 41.84	800m: 10:52.93	41.19	1200m: 16:29.56	42.44
23.	Bruna Paulo Lourenco <i>Fora Minimo Acesso</i>	01	Sporting	20:50.85	397
	50m: 36.76 36.76	450m: 6:07.44	41.68	850m: 11:41.90	42.51
	100m: 1:16.50 39.74	500m: 6:49.21	41.77	900m: 12:24.55	42.65
	150m: 1:57.59 41.09	550m: 7:31.08	41.87	950m: 13:07.05	42.50
	200m: 2:38.74 41.15	600m: 8:12.33	41.25	1000m: 13:49.04	41.99
	250m: 3:20.30 41.56	650m: 8:54.27	41.94	1050m: 14:31.65	42.61
	300m: 4:02.27 41.97	700m: 9:35.74	41.47	1100m: 15:14.03	42.38
	350m: 4:43.84 41.57	750m: 10:17.43	41.69	1150m: 15:56.24	42.21
	400m: 5:25.76 41.92	800m: 10:59.39	41.96	1200m: 16:38.68	42.44
24.	Andreia Catarina Meireles <i>Fora Minimo Acesso</i>	01	Clube Instrucao Laranjeiro	20:52.54	395
	50m: 39.81 39.81	450m: 6:13.87	41.93	850m: 11:49.29	42.33
	100m: 1:21.01 41.20	500m: 6:55.49	41.62	900m: 12:32.38	43.09
	150m: 2:02.11 41.10	550m: 7:36.78	41.29	950m: 13:13.86	41.48
	200m: 2:43.50 41.39	600m: 8:18.70	41.92	1000m: 13:55.45	41.59
	250m: 3:25.64 42.14	650m: 9:00.72	42.02	1050m: 14:37.54	42.09
	300m: 4:07.72 42.08	700m: 9:42.83	42.11	1100m: 15:19.59	42.05
	350m: 4:49.64 41.92	750m: 10:25.01	42.18	1150m: 16:01.82	42.23
	400m: 5:31.94 42.30	800m: 11:06.96	41.95	1200m: 16:43.61	41.79
25.	Joana Mira Pereira <i>Fora Minimo Acesso</i>	01	Naval Setubalense	20:52.95	395
	50m: 38.74 38.74	450m: 6:12.71	42.61	850m: 11:51.37	42.05
	100m: 1:18.46 39.72	500m: 6:55.12	42.41	900m: 12:33.14	41.77
	150m: 1:58.80 40.34	550m: 7:37.19	42.07	950m: 13:15.58	42.44
	200m: 2:40.16 41.36	600m: 8:19.67	42.48	1000m: 13:59.05	43.47
	250m: 3:22.67 42.51	650m: 9:02.06	42.39	1050m: 14:43.03	43.98
	300m: 4:05.09 42.42	700m: 9:45.89	43.83	1100m: 15:26.47	43.44
	350m: 4:47.38 42.29	750m: 10:27.54	41.65	1150m: 16:08.33	41.86
	400m: 5:30.10 42.72	800m: 11:09.32	41.78	1200m: 16:49.78	41.45