

Prova 7  
5.12.15 - 9:30

Femin., 800m Livres

Juvenis  
Resultados

Rec Nacional Juv B	9:00.27	Alexandra Maria Silva	FCP		1981
Rec Nacional Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Absoluto	8:36.75	Tamila Hryhorivna Holub	SCB	Felgueiras	2015

Mínimos de Participação Juv B: 10:27.05; Juv A: 10:09.47

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Rafaela Gomes Azevedo	02	Algés	<b>9:30.74</b>	592
	100m: 1:05.86 1:05.86		300m: 3:30.42 1:12.85	500m: 5:56.86 1:13.51	700m: 8:21.83 1:12.29
	200m: 2:17.57 1:11.71		400m: 4:43.35 1:12.93	600m: 7:09.54 1:12.68	800m: 9:30.74 1:08.91
2.	Alexandra Couto Frazao	02	Amadora	<b>9:31.45</b>	590
	100m: 1:07.88 1:07.88		300m: 3:34.33 1:13.45	500m: 6:00.08 1:12.94	700m: 8:24.09 1:11.28
	200m: 2:20.88 1:13.00		400m: 4:47.14 1:12.81	600m: 7:12.81 1:12.73	800m: 9:31.45 1:07.36
3.	Leonor Camacho Fernandes	02	Sporting	<b>9:47.75</b>	542
	100m: 1:07.59 1:07.59		300m: 3:33.48 1:13.06	500m: 5:59.69 1:12.85	700m: 8:31.01 1:16.52
	200m: 2:20.42 1:12.83		400m: 4:46.84 1:13.36	600m: 7:14.49 1:14.80	800m: 9:47.75 1:16.74
4.	Constanca Filipa Rodrigues	02	Benedita Sport Clube	<b>10:03.70</b>	500
	100m: 1:10.53 1:10.53		300m: 3:42.40 1:15.88	500m: 6:14.84 1:15.94	700m: 8:48.42 1:16.53
	200m: 2:26.52 1:15.99		400m: 4:58.90 1:16.50	600m: 7:31.89 1:17.05	800m: 10:03.70 1:15.28
5.	Elisa Sauval Goncalves	02	Natação de Olhão	<b>10:04.36</b>	498
	100m: 1:10.21 1:10.21		300m: 3:39.94 1:15.10	500m: 6:13.07 1:16.97	700m: 8:48.45 1:18.51
	200m: 2:24.84 1:14.63		400m: 4:56.10 1:16.16	600m: 7:29.94 1:16.87	800m: 10:04.36 1:15.91
6.	Ana Correia Ferreira	02	Nautico Marinha Grande	<b>10:07.43</b>	491
	100m: 1:10.72 1:10.72		300m: 3:43.12 1:16.16	500m: 6:18.32 1:18.49	700m: 8:53.91 1:17.56
	200m: 2:26.96 1:16.24		400m: 4:59.83 1:16.71	600m: 7:36.35 1:18.03	800m: 10:07.43 1:13.52
7.	Ana Rita Matos	02	Geslours	<b>10:13.45</b>	477
	100m: 1:12.40 1:12.40		300m: 3:48.00 1:18.26	500m: 6:23.30 1:17.70	700m: 8:58.69 1:17.63
	200m: 2:29.74 1:17.34		400m: 5:05.60 1:17.60	600m: 7:41.06 1:17.76	800m: 10:13.45 1:14.76
8.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>10:14.34</b>	475
	100m: 1:09.56 1:09.56		300m: 3:45.46 1:18.93	500m: 6:22.68 1:18.44	700m: 8:59.73 1:17.97
	200m: 2:26.53 1:16.97		400m: 5:04.24 1:18.78	600m: 7:41.76 1:19.08	800m: 10:14.34 1:14.61
9.	Carolina Barros Domingos	02	Sporting	<b>10:14.82</b>	473
	100m: 1:11.07 1:11.07		300m: 3:46.14 1:17.85	500m: 6:22.37 1:18.11	700m: 8:58.20 1:17.68
	200m: 2:28.29 1:17.22		400m: 5:04.26 1:18.12	600m: 7:40.52 1:18.15	800m: 10:14.82 1:16.62
10.	Joana Filipa Varandas	02	Desporto Setúbal	<b>10:15.63</b>	472
	100m: 1:11.79 1:11.79		300m: 3:45.97 1:17.92	500m: 6:23.07 1:18.31	700m: 8:59.27 1:18.10
	200m: 2:28.05 1:16.26		400m: 5:04.76 1:18.79	600m: 7:41.17 1:18.10	800m: 10:15.63 1:16.36
11.	Ana Daniela Espingardeiro	02	Naval Praia da Vitoria	<b>10:16.08</b>	470
	100m: 1:13.65 1:13.65		300m: 3:46.18 1:16.60	500m: 6:22.87 1:18.55	700m: 8:59.88 1:18.25
	200m: 2:29.58 1:15.93		400m: 5:04.32 1:18.14	600m: 7:41.63 1:18.76	800m: 10:16.08 1:16.20
12.	Filipa Cardigo Fitas	02	Assoc.20km-Almeirim	<b>10:16.45</b>	470
	100m: 1:11.40 1:11.40		300m: 3:47.26 1:18.27	500m: 6:23.59 1:17.84	700m: 8:59.76 1:17.67
	200m: 2:28.99 1:17.59		400m: 5:05.75 1:18.49	600m: 7:42.09 1:18.50	800m: 10:16.45 1:16.69
13.	Carina Vlasyuk	02	Sporting	<b>10:21.67</b>	458
	100m: 1:13.11 1:13.11		300m: 3:49.19 1:18.19	500m: 6:26.27 1:18.74	700m: 9:03.73 1:19.00
	200m: 2:31.00 1:17.89		400m: 5:07.53 1:18.34	600m: 7:44.73 1:18.46	800m: 10:21.67 1:17.94
14.	Cintia Cristina Cruz	02	Alcobaça	<b>10:24.06</b>	453
	100m: 1:14.31 1:14.31		300m: 3:52.95 1:19.59	500m: 6:29.86 1:18.08	700m: 9:06.73 1:18.42
	200m: 2:33.36 1:19.05		400m: 5:11.78 1:18.83	600m: 7:48.31 1:18.45	800m: 10:24.06 1:17.33
15.	Rita Morgado Vieira	02	Rio Maior	<b>10:26.23</b>	448
	100m: 1:15.05 1:15.05		300m: 3:53.68 1:19.53	500m: 6:32.21 1:19.23	700m: 9:07.81 1:17.67
	200m: 2:34.15 1:19.10		400m: 5:12.98 1:19.30	600m: 7:50.14 1:17.93	800m: 10:26.23 1:18.42
16.	Maria Leitao Carvalho FTL (Fora do Tempo Limite)	02	Bairro dos Anjos/Bomcar	<b>10:31.70</b>	436
	100m: 1:14.23 1:14.23		300m: 3:52.91 1:19.36	500m: 6:31.84 1:19.15	700m: 9:12.03 1:19.75
	200m: 2:33.55 1:19.32		400m: 5:12.69 1:19.78	600m: 7:52.28 1:20.44	800m: 10:31.70 1:19.67

Prova 7, Femin., 800m Livres

Juvenis A

1. Filipa Serrano Rodrigues	01 União Piedense	<b>9:18.58</b>	631
100m: 1:04.37 1:04.37	300m: 3:22.29 1:09.49	500m: 5:43.71 1:11.42	700m: 8:07.87 1:12.15
200m: 2:12.80 1:08.43	400m: 4:32.29 1:10.00	600m: 6:55.72 1:12.01	800m: 9:18.58 1:10.71
2. Luisa Maria Machado	01 União Piedense	<b>9:28.08</b>	600
100m: 1:05.32 1:05.32	300m: 3:27.94 1:11.49	500m: 5:51.80 1:11.88	700m: 8:16.38 1:12.44
200m: 2:16.45 1:11.13	400m: 4:39.92 1:11.98	600m: 7:03.94 1:12.14	800m: 9:28.08 1:11.70
3. Rita Alexandra Vital	01 Algés	<b>9:40.83</b>	562
100m: 1:07.15 1:07.15	300m: 3:32.01 1:12.30	500m: 5:59.17 1:13.86	700m: 8:27.98 1:14.26
200m: 2:19.71 1:12.56	400m: 4:45.31 1:13.30	600m: 7:13.72 1:14.55	800m: 9:40.83 1:12.85
4. Ana Margarida Branco	01 Algés	<b>9:52.13</b>	530
100m: 1:09.01 1:09.01	300m: 3:36.23 1:14.28	500m: 6:06.53 1:15.43	700m: 8:38.67 1:15.89
200m: 2:21.95 1:12.94	400m: 4:51.10 1:14.87	600m: 7:22.78 1:16.25	800m: 9:52.13 1:13.46
5. Mariana Delicado Correia	01 Sporting	<b>9:57.96</b>	515
100m: 1:07.77 1:07.77	300m: 3:37.93 1:15.46	500m: 6:10.05 1:16.08	700m: 8:42.56 1:16.58
200m: 2:22.47 1:14.70	400m: 4:53.97 1:16.04	600m: 7:25.98 1:15.93	800m: 9:57.96 1:15.40
6. Patricia Goncalves Leal	01 Bairro dos Anjos/Bomcar	<b>10:00.73</b>	508
100m: 1:10.37 1:10.37	300m: 3:42.87 1:16.27	500m: 6:14.32 1:16.15	700m: 8:46.15 1:15.57
200m: 2:26.60 1:16.23	400m: 4:58.17 1:15.30	600m: 7:30.58 1:16.26	800m: 10:00.73 1:14.58
7. Sofia Oliveira Andre	01 Nautico Marinha Grande	<b>10:05.81</b>	495
100m: 1:11.47 1:11.47	300m: 3:45.74 1:17.09	500m: 6:19.58 1:16.92	700m: 8:51.78 1:15.64
200m: 2:28.65 1:17.18	400m: 5:02.66 1:16.92	600m: 7:36.14 1:16.56	800m: 10:05.81 1:14.03
8. Andreia Catarina Meireles FTL (Fora do Tempo Limite)	01 Clube Instrucao Laranjeiro	<b>10:10.41</b>	484
100m: 1:10.54 1:10.54	300m: 3:42.83 1:16.76	500m: 6:19.18 1:18.31	700m: 8:54.99 1:17.24
200m: 2:26.07 1:15.53	400m: 5:00.87 1:18.04	600m: 7:37.75 1:18.57	800m: 10:10.41 1:15.42
9. Ana Cruz Antunes FTL (Fora do Tempo Limite)	01 Benfica	<b>10:18.73</b>	464
100m: 1:09.94 1:09.94	300m: 3:44.42 1:18.16	500m: 6:22.52 1:18.99	700m: 9:01.23 1:18.80
200m: 2:26.26 1:16.32	400m: 5:03.53 1:19.11	600m: 7:42.43 1:19.91	800m: 10:18.73 1:17.50
DNS Raquel Santos Sousa	01 Belenenses		

Juvenis

1. Filipa Serrano Rodrigues	01 União Piedense	<b>9:18.58</b>	631
100m: 1:04.37 1:04.37	300m: 3:22.29 1:09.49	500m: 5:43.71 1:11.42	700m: 8:07.87 1:12.15
200m: 2:12.80 1:08.43	400m: 4:32.29 1:10.00	600m: 6:55.72 1:12.01	800m: 9:18.58 1:10.71
2. Luisa Maria Machado	01 União Piedense	<b>9:28.08</b>	600
100m: 1:05.32 1:05.32	300m: 3:27.94 1:11.49	500m: 5:51.80 1:11.88	700m: 8:16.38 1:12.44
200m: 2:16.45 1:11.13	400m: 4:39.92 1:11.98	600m: 7:03.94 1:12.14	800m: 9:28.08 1:11.70
3. Rafaela Gomes Azevedo	02 Algés	<b>9:30.74</b>	592
100m: 1:05.86 1:05.86	300m: 3:30.42 1:12.85	500m: 5:56.86 1:13.51	700m: 8:21.83 1:12.29
200m: 2:17.57 1:11.71	400m: 4:43.35 1:12.93	600m: 7:09.54 1:12.68	800m: 9:30.74 1:08.91
4. Alexandra Couto Frazao	02 Amadora	<b>9:31.45</b>	590
100m: 1:07.88 1:07.88	300m: 3:34.33 1:13.45	500m: 6:00.08 1:12.94	700m: 8:24.09 1:11.28
200m: 2:20.88 1:13.00	400m: 4:47.14 1:12.81	600m: 7:12.81 1:12.73	800m: 9:31.45 1:07.36
5. Rita Alexandra Vital	01 Algés	<b>9:40.83</b>	562
100m: 1:07.15 1:07.15	300m: 3:32.01 1:12.30	500m: 5:59.17 1:13.86	700m: 8:27.98 1:14.26
200m: 2:19.71 1:12.56	400m: 4:45.31 1:13.30	600m: 7:13.72 1:14.55	800m: 9:40.83 1:12.85
6. Leonor Camacho Fernandes	02 Sporting	<b>9:47.75</b>	542
100m: 1:07.59 1:07.59	300m: 3:33.48 1:13.06	500m: 5:59.69 1:12.85	700m: 8:31.01 1:16.52
200m: 2:20.42 1:12.83	400m: 4:46.84 1:13.36	600m: 7:14.49 1:14.80	800m: 9:47.75 1:16.74
7. Ana Margarida Branco	01 Algés	<b>9:52.13</b>	530
100m: 1:09.01 1:09.01	300m: 3:36.23 1:14.28	500m: 6:06.53 1:15.43	700m: 8:38.67 1:15.89
200m: 2:21.95 1:12.94	400m: 4:51.10 1:14.87	600m: 7:22.78 1:16.25	800m: 9:52.13 1:13.46
8. Mariana Delicado Correia	01 Sporting	<b>9:57.96</b>	515
100m: 1:07.77 1:07.77	300m: 3:37.93 1:15.46	500m: 6:10.05 1:16.08	700m: 8:42.56 1:16.58
200m: 2:22.47 1:14.70	400m: 4:53.97 1:16.04	600m: 7:25.98 1:15.93	800m: 9:57.96 1:15.40
9. Patricia Goncalves Leal	01 Bairro dos Anjos/Bomcar	<b>10:00.73</b>	508
100m: 1:10.37 1:10.37	300m: 3:42.87 1:16.27	500m: 6:14.32 1:16.15	700m: 8:46.15 1:15.57
200m: 2:26.60 1:16.23	400m: 4:58.17 1:15.30	600m: 7:30.58 1:16.26	800m: 10:00.73 1:14.58

Prova 7, Femin., 800m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
10.	Constanca Filipa Rodrigues 100m: 1:10.53 1:10.53 200m: 2:26.52 1:15.99	02	Benedita Sport Clube 300m: 3:42.40 1:15.88 500m: 6:14.84 1:15.94 400m: 4:58.90 1:16.50 600m: 7:31.89 1:17.05 800m: 10:03.70 1:15.28	<b>10:03.70</b>	500
11.	Elisa Sauval Goncalves 100m: 1:10.21 1:10.21 200m: 2:24.84 1:14.63	02	Natação de Olhão 300m: 3:39.94 1:15.10 500m: 6:13.07 1:16.97 400m: 4:56.10 1:16.16 600m: 7:29.94 1:16.87 800m: 10:04.36 1:15.91	<b>10:04.36</b>	498
12.	Sofia Oliveira Andre 100m: 1:11.47 1:11.47 200m: 2:28.65 1:17.18	01	Nautico Marinha Grande 300m: 3:45.74 1:17.09 500m: 6:19.58 1:16.92 400m: 5:02.66 1:16.92 600m: 7:36.14 1:16.56 800m: 10:05.81 1:14.03	<b>10:05.81</b>	495
13.	Ana Correia Ferreira 100m: 1:10.72 1:10.72 200m: 2:26.96 1:16.24	02	Nautico Marinha Grande 300m: 3:43.12 1:16.16 500m: 6:18.32 1:18.49 400m: 4:59.83 1:16.71 600m: 7:36.35 1:18.03 800m: 10:07.43 1:13.52	<b>10:07.43</b>	491
14.	Andreia Catarina Meireles FTL (Fora do Tempo Limite) 100m: 1:10.54 1:10.54 200m: 2:26.07 1:15.53	01	Clube Instrucao Laranjeiro 300m: 3:42.83 1:16.76 500m: 6:19.18 1:18.31 400m: 5:00.87 1:18.04 600m: 7:37.75 1:18.57 800m: 10:10.41 1:15.42	<b>10:10.41</b>	484
15.	Ana Rita Matos 100m: 1:12.40 1:12.40 200m: 2:29.74 1:17.34	02	Geslours 300m: 3:48.00 1:18.26 500m: 6:23.30 1:17.70 400m: 5:05.60 1:17.60 600m: 7:41.06 1:17.76 800m: 10:13.45 1:14.76	<b>10:13.45</b>	477
16.	Carolina Silverio Carpinteiro 100m: 1:09.56 1:09.56 200m: 2:26.53 1:16.97	02	Natacao do Tejo 300m: 3:45.46 1:18.93 500m: 6:22.68 1:18.44 400m: 5:04.24 1:18.78 600m: 7:41.76 1:19.08 800m: 10:14.34 1:14.61	<b>10:14.34</b>	475
17.	Carolina Barros Domingos 100m: 1:11.07 1:11.07 200m: 2:28.29 1:17.22	02	Sporting 300m: 3:46.14 1:17.85 500m: 6:22.37 1:18.11 400m: 5:04.26 1:18.12 600m: 7:40.52 1:18.15 800m: 10:14.82 1:16.62	<b>10:14.82</b>	473
18.	Joana Filipa Varandas 100m: 1:11.79 1:11.79 200m: 2:28.05 1:16.26	02	Desporto Setúbal 300m: 3:45.97 1:17.92 500m: 6:23.07 1:18.31 400m: 5:04.76 1:18.79 600m: 7:41.17 1:18.10 800m: 10:15.63 1:16.36	<b>10:15.63</b>	472
19.	Ana Daniela Espingardeiro 100m: 1:13.65 1:13.65 200m: 2:29.58 1:15.93	02	Naval Praia da Vitoria 300m: 3:46.18 1:16.60 500m: 6:22.87 1:18.55 400m: 5:04.32 1:18.14 600m: 7:41.63 1:18.76 800m: 10:16.08 1:16.20	<b>10:16.08</b>	470
20.	Filipa Cardigo Fitas 100m: 1:11.40 1:11.40 200m: 2:28.99 1:17.59	02	Assoc.20km-Almeirim 300m: 3:47.26 1:18.27 500m: 6:23.59 1:17.84 400m: 5:05.75 1:18.49 600m: 7:42.09 1:18.50 800m: 10:16.45 1:16.69	<b>10:16.45</b>	470
21.	Ana Cruz Antunes FTL (Fora do Tempo Limite) 100m: 1:09.94 1:09.94 200m: 2:26.26 1:16.32	01	Benfica 300m: 3:44.42 1:18.16 500m: 6:22.52 1:18.99 400m: 5:03.53 1:19.11 600m: 7:42.43 1:19.91 800m: 10:01.23 1:18.80 9:18.73 1:17.50	<b>10:18.73</b>	464
22.	Carina Vlasjuk 100m: 1:13.11 1:13.11 200m: 2:31.00 1:17.89	02	Sporting 300m: 3:49.19 1:18.19 500m: 6:26.27 1:18.74 400m: 5:07.53 1:18.34 600m: 7:44.73 1:18.46 800m: 10:21.67 1:17.94	<b>10:21.67</b>	458
23.	Cintia Cristina Cruz 100m: 1:14.31 1:14.31 200m: 2:33.36 1:19.05	02	Alcobaça 300m: 3:52.95 1:19.59 500m: 6:29.86 1:18.08 400m: 5:11.78 1:18.83 600m: 7:48.31 1:18.45 800m: 10:24.06 1:17.33	<b>10:24.06</b>	453
24.	Rita Morgado Vieira 100m: 1:15.05 1:15.05 200m: 2:34.15 1:19.10	02	Rio Maior 300m: 3:53.68 1:19.53 500m: 6:32.21 1:19.23 400m: 5:12.98 1:19.30 600m: 7:50.14 1:17.93 800m: 10:26.23 1:18.42	<b>10:26.23</b>	448
25.	Maria Leitao Carvalho FTL (Fora do Tempo Limite) 100m: 1:14.23 1:14.23 200m: 2:33.55 1:19.32	02	Bairro dos Anjos/Bomcar 300m: 3:52.91 1:19.36 500m: 6:31.84 1:19.15 400m: 5:12.69 1:19.78 600m: 7:52.28 1:20.44 800m: 10:31.70 1:19.75	<b>10:31.70</b>	436
DNS	Raquel Santos Sousa	01	Belenenses		