

**Prova 11**

24.11.2018 - 9:00

**Femin., 1500m Livres**
**Absolutos**
**Resultados**

Rec Regional Abs	16:46.15	Rita Barros Frischknecht	SAD	Alges	2017
Rec Regional Sen	16:46.15	Rita Barros Frischknecht	SAD	Alges	2017
Rec Regional Jun 2	17:06.59	Filipa Serrano Rodrigues	SLB	Porto	2017
Rec Regional Jun 1	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Nacional Abs	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Sen	16:18.04	Angelica Maria Andre	CFP	Porto	2017
Rec Nacional Jun 2	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	2014

TAC Jun 1: 20:02.86; Jun 2: 19:51.17; Sen: 19:45.34

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
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**Juniores**

<b>1. Mariana Marques Mercedes</b>	<b>03</b>	<b>Olivais e Moscavide</b>	<b>20:02.86</b>	<b>19:58.29</b>	<b>452</b>
50m: 33.38 33.38	450m: 5:44.41 39.47	850m: 11:07.05 40.89	1250m: 16:37.11 41.23		
100m: 1:10.22 36.84	500m: 6:23.76 39.35	900m: 11:47.90 40.85	1300m: 17:17.60 40.49		
150m: 1:48.33 38.11	550m: 7:03.97 40.21	950m: 12:29.53 41.63	1350m: 17:58.14 40.54		
200m: 2:27.39 39.06	600m: 7:44.06 40.09	1000m: 13:11.02 41.49	1400m: 18:38.66 40.52		
250m: 3:06.24 38.85	650m: 8:24.43 40.37	1050m: 13:52.28 41.26	1450m: 19:18.49 39.83		
300m: 3:45.65 39.41	700m: 9:04.90 40.47	1100m: 14:33.31 41.03	1500m: 19:58.29 39.80		
350m: 4:25.43 39.78	750m: 9:45.51 40.61	1150m: 15:14.62 41.31			
400m: 5:04.94 39.51	800m: 10:26.16 40.65	1200m: 15:55.88 41.26			
<b>2. Iolanda Sofia Clerigo</b>	<b>02</b>	<b>Palmela Desporto</b>	<b>19:51.17</b>	<b>20:17.25</b>	<b>431</b>
<i>Fora Tempo Acesso</i>					
50m: 32.61 32.61	450m: 5:52.29 41.01	850m: 11:23.51 41.64	1250m: 16:57.03 41.42		
100m: 1:09.51 36.90	500m: 6:33.38 41.09	900m: 12:05.31 41.80	1300m: 17:38.23 41.20		
150m: 1:47.93 38.42	550m: 7:14.61 41.23	950m: 12:46.75 41.44	1350m: 18:18.84 40.61		
200m: 2:27.84 39.91	600m: 7:55.90 41.29	1000m: 13:28.24 41.49	1400m: 18:58.99 40.15		
250m: 3:08.56 40.72	650m: 8:37.03 41.13	1050m: 14:09.91 41.67	1450m: 19:38.35 39.36		
300m: 3:49.64 41.08	700m: 9:18.79 41.76	1100m: 14:51.38 41.47	1500m: 20:17.25 38.90		
350m: 4:30.47 40.83	750m: 10:00.37 41.58	1150m: 15:33.29 41.91			
400m: 5:11.28 40.81	800m: 10:41.87 41.50	1200m: 16:15.61 42.32			

**Seniores**

<b>1. Ines Jacinto Henriques</b>	<b>00</b>	<b>Sporting</b>	<b>17:11.04</b>	<b>17:05.85</b>	<b>720</b>
50m: 31.71 31.71	450m: 5:06.32 33.86	850m: 9:40.22 33.86	1250m: 14:14.97 34.22		
100m: 1:06.14 34.43	500m: 5:40.66 34.34	900m: 10:14.29 34.07	1300m: 14:49.69 34.72		
150m: 1:40.67 34.53	550m: 6:15.08 34.42	950m: 10:48.49 34.20	1350m: 15:24.10 34.41		
200m: 2:15.29 34.62	600m: 6:49.40 34.32	1000m: 11:22.91 34.42	1400m: 15:58.20 34.10		
250m: 2:49.43 34.14	650m: 7:23.78 34.38	1050m: 11:57.69 34.78	1450m: 16:32.26 34.06		
300m: 3:23.83 34.40	700m: 7:58.01 34.23	1100m: 12:31.95 34.26	1500m: 17:05.85 33.59		
350m: 3:58.22 34.39	750m: 8:32.11 34.10	1150m: 13:06.51 34.56			
400m: 4:32.46 34.24	800m: 9:06.36 34.25	1200m: 13:40.75 34.24			
<b>2. Luisa Maria Machado</b>	<b>01</b>	<b>União Piedense</b>	<b>19:45.34</b>	<b>17:44.74</b>	<b>644</b>
50m: 32.10 32.10	450m: 5:10.74 35.24	850m: 9:55.28 35.60	1250m: 14:44.23 36.10		
100m: 1:06.66 34.56	500m: 5:45.84 35.10	900m: 10:31.22 35.94	1300m: 15:20.35 36.12		
150m: 1:41.64 34.98	550m: 6:21.27 35.43	950m: 11:07.19 35.97	1350m: 15:56.77 36.42		
200m: 2:16.54 34.90	600m: 6:56.94 35.67	1000m: 11:43.36 36.17	1400m: 16:33.12 36.35		
250m: 2:50.97 34.43	650m: 7:32.55 35.61	1050m: 12:19.60 36.24	1450m: 17:09.04 35.92		
300m: 3:25.89 34.92	700m: 8:08.22 35.67	1100m: 12:55.72 36.12	1500m: 17:44.74 35.70		
350m: 4:00.79 34.90	750m: 8:43.98 35.76	1150m: 13:31.94 36.22			
400m: 4:35.50 34.71	800m: 9:19.68 35.70	1200m: 14:08.13 36.19			
<b>3. Barbara Coimbra Teodosio</b>	<b>99</b>	<b>Sporting</b>	<b>19:45.34</b>	<b>17:58.59</b>	<b>619</b>
50m: 31.68 31.68	450m: 5:15.35 36.24	850m: 10:04.54 36.76	1250m: 14:56.46 36.89		
100m: 1:06.02 34.34	500m: 5:51.64 36.29	900m: 10:41.05 36.51	1300m: 15:33.20 36.74		
150m: 1:41.16 35.14	550m: 6:27.71 36.07	950m: 11:17.55 36.50	1350m: 16:09.83 36.63		
200m: 2:16.75 35.59	600m: 7:03.70 35.99	1000m: 11:53.87 36.32	1400m: 16:46.56 36.73		
250m: 2:52.56 35.81	650m: 7:39.86 36.16	1050m: 12:30.22 36.35	1450m: 17:23.31 36.75		
300m: 3:28.29 35.73	700m: 8:15.98 36.12	1100m: 13:06.60 36.38	1500m: 17:58.59 35.28		
350m: 4:04.12 35.83	750m: 8:52.23 36.25	1150m: 13:43.01 36.41			
400m: 4:39.11 34.99	800m: 9:27.78 35.55	1200m: 14:19.57 36.56			

**Prova 11, Femin., 1500m Livres, Seniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Eva Guerreiro Carvalho	99	Benfica	17:35.35	18:08.05	603
	50m: 33.33 33.33	450m: 5:24.22 36.79	850m: 10:15.00 36.38	1250m: 15:07.55 35.97		
	100m: 1:09.08 35.75	500m: 6:00.65 36.43	900m: 10:51.07 36.07	1300m: 15:43.59 36.04		
	150m: 1:45.20 36.12	550m: 6:36.94 36.29	950m: 11:27.57 36.50	1350m: 16:19.32 35.73		
	200m: 2:21.62 36.42	600m: 7:13.18 36.24	1000m: 12:04.64 37.07	1400m: 16:55.69 36.37		
	250m: 2:58.17 36.55	650m: 7:49.58 36.40	1050m: 12:41.44 36.80	1450m: 17:32.10 36.41		
	300m: 3:34.51 36.34	700m: 8:25.96 36.38	1100m: 13:18.21 36.77	1500m: 18:08.05 35.95		
	350m: 4:10.75 36.24	750m: 9:02.25 36.29	1150m: 13:55.15 36.94			
	400m: 4:47.43 36.68	800m: 9:38.62 36.37	1200m: 14:31.58 36.43			
5.	Beatriz Paulo Ranito	99	Sporting	19:45.34	18:13.17	595
	50m: 32.89 32.89	450m: 5:24.11 36.62	850m: 10:15.29 36.97	1250m: 15:08.44 36.63		
	100m: 1:08.66 35.77	500m: 6:00.42 36.31	900m: 10:52.18 36.89	1300m: 15:45.11 36.67		
	150m: 1:44.66 36.00	550m: 6:36.61 36.19	950m: 11:28.43 36.25	1350m: 16:22.23 37.12		
	200m: 2:21.31 36.65	600m: 7:12.53 35.92	1000m: 12:04.90 36.47	1400m: 16:59.58 37.35		
	250m: 2:57.85 36.54	650m: 7:48.86 36.33	1050m: 12:41.59 36.69	1450m: 17:36.62 37.04		
	300m: 3:34.22 36.37	700m: 8:25.22 36.36	1100m: 13:18.25 36.66	1500m: 18:13.17 36.55		
	350m: 4:10.78 36.56	750m: 9:01.65 36.43	1150m: 13:55.12 36.87			
	400m: 4:47.49 36.71	800m: 9:38.32 36.67	1200m: 14:31.81 36.69			
6.	Sara Rulin Loureiro	01	Benfica	18:35.99	18:24.88	576
	50m: 32.56 32.56	450m: 5:19.37 36.03	850m: 10:14.21 37.29	1250m: 15:15.87 37.85		
	100m: 1:07.77 35.21	500m: 5:55.77 36.40	900m: 10:51.57 37.36	1300m: 15:54.18 38.31		
	150m: 1:43.55 35.78	550m: 6:31.87 36.10	950m: 11:29.01 37.44	1350m: 16:32.79 38.61		
	200m: 2:19.72 36.17	600m: 7:08.56 36.69	1000m: 12:06.66 37.65	1400m: 17:10.51 37.72		
	250m: 2:55.64 35.92	650m: 7:45.17 36.61	1050m: 12:44.44 37.78	1450m: 17:48.28 37.77		
	300m: 3:31.39 35.75	700m: 8:22.41 37.24	1100m: 13:22.00 37.56	1500m: 18:24.88 36.60		
	350m: 4:07.40 36.01	750m: 8:59.87 37.46	1150m: 13:59.99 37.99			
	400m: 4:43.34 35.94	800m: 9:36.92 37.05	1200m: 14:38.02 38.03			

**Absolutos**

1.	Ines Jacinto Henriques <i>Campeã Regional</i>	00	Sporting	17:11.04	17:05.85	720
	50m: 31.71 31.71	450m: 5:06.32 33.86	850m: 9:40.22 33.86	1250m: 14:14.97 34.22		
	100m: 1:06.14 34.43	500m: 5:40.66 34.34	900m: 10:14.29 34.07	1300m: 14:49.69 34.72		
	150m: 1:40.67 34.53	550m: 6:15.08 34.42	950m: 10:48.49 34.20	1350m: 15:24.10 34.41		
	200m: 2:15.29 34.62	600m: 6:49.40 34.32	1000m: 11:22.91 34.42	1400m: 15:58.20 34.10		
	250m: 2:49.43 34.14	650m: 7:23.78 34.38	1050m: 11:57.69 34.78	1450m: 16:32.26 34.06		
	300m: 3:23.83 34.40	700m: 7:58.01 34.23	1100m: 12:31.95 34.26	1500m: 17:05.85 33.59		
	350m: 3:58.22 34.39	750m: 8:32.11 34.10	1150m: 13:06.51 34.56			
	400m: 4:32.46 34.24	800m: 9:06.36 34.25	1200m: 13:40.75 34.24			
2.	Luisa Maria Machado	01	União Piedense	19:45.34	17:44.74	644
	50m: 32.10 32.10	450m: 5:10.74 35.24	850m: 9:55.28 35.60	1250m: 14:44.23 36.10		
	100m: 1:06.66 34.56	500m: 5:45.84 35.10	900m: 10:31.22 35.94	1300m: 15:20.35 36.12		
	150m: 1:41.64 34.98	550m: 6:21.27 35.43	950m: 11:07.19 35.97	1350m: 15:56.77 36.42		
	200m: 2:16.54 34.90	600m: 6:56.94 35.67	1000m: 11:43.36 36.17	1400m: 16:33.12 36.35		
	250m: 2:50.97 34.43	650m: 7:32.55 35.61	1050m: 12:19.60 36.24	1450m: 17:09.04 35.92		
	300m: 3:25.89 34.92	700m: 8:08.22 35.67	1100m: 12:55.72 36.12	1500m: 17:44.74 35.70		
	350m: 4:00.79 34.90	750m: 8:43.98 35.76	1150m: 13:31.94 36.22			
	400m: 4:35.50 34.71	800m: 9:19.68 35.70	1200m: 14:08.13 36.19			
3.	Barbara Coimbra Teodosio	99	Sporting	19:45.34	17:58.59	619
	50m: 31.68 31.68	450m: 5:15.35 36.24	850m: 10:04.54 36.76	1250m: 14:56.46 36.89		
	100m: 1:06.02 34.34	500m: 5:51.64 36.29	900m: 10:41.05 36.51	1300m: 15:33.20 36.74		
	150m: 1:41.16 35.14	550m: 6:27.71 36.07	950m: 11:17.55 36.50	1350m: 16:09.83 36.63		
	200m: 2:16.75 35.59	600m: 7:03.70 35.99	1000m: 11:53.87 36.32	1400m: 16:46.56 36.73		
	250m: 2:52.56 35.81	650m: 7:39.86 36.16	1050m: 12:30.22 36.35	1450m: 17:23.31 36.75		
	300m: 3:28.29 35.73	700m: 8:15.98 36.12	1100m: 13:06.60 36.38	1500m: 17:58.59 35.28		
	350m: 4:04.12 35.83	750m: 8:52.23 36.25	1150m: 13:43.01 36.41			
	400m: 4:39.11 34.99	800m: 9:27.78 35.55	1200m: 14:19.57 36.56			
4.	Eva Guerreiro Carvalho	99	Benfica	17:35.35	18:08.05	603
	50m: 33.33 33.33	450m: 5:24.22 36.79	850m: 10:15.00 36.38	1250m: 15:07.55 35.97		
	100m: 1:09.08 35.75	500m: 6:00.65 36.43	900m: 10:51.07 36.07	1300m: 15:43.59 36.04		
	150m: 1:45.20 36.12	550m: 6:36.94 36.29	950m: 11:27.57 36.50	1350m: 16:19.32 35.73		
	200m: 2:21.62 36.42	600m: 7:13.18 36.24	1000m: 12:04.64 37.07	1400m: 16:55.69 36.37		
	250m: 2:58.17 36.55	650m: 7:49.58 36.40	1050m: 12:41.44 36.80	1450m: 17:32.10 36.41		
	300m: 3:34.51 36.34	700m: 8:25.96 36.38	1100m: 13:18.21 36.77	1500m: 18:08.05 35.95		
	350m: 4:10.75 36.24	750m: 9:02.25 36.29	1150m: 13:55.15 36.94			
	400m: 4:47.43 36.68	800m: 9:38.62 36.37	1200m: 14:31.58 36.43			

**Prova 11, Femin., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Beatriz Paulo Ranito	99	Sporting	19:45.34	<b>18:13.17</b>	595
	50m: 32.89 32.89	450m: 5:24.11 36.62	850m: 10:15.29 36.97	1250m: 15:08.44 36.63		
	100m: 1:08.66 35.77	500m: 6:00.42 36.31	900m: 10:52.18 36.89	1300m: 15:45.11 36.67		
	150m: 1:44.66 36.00	550m: 6:36.61 36.19	950m: 11:28.43 36.25	1350m: 16:22.23 37.12		
	200m: 2:21.31 36.65	600m: 7:12.53 35.92	1000m: 12:04.90 36.47	1400m: 16:59.58 37.35		
	250m: 2:57.85 36.54	650m: 7:48.86 36.33	1050m: 12:41.59 36.69	1450m: 17:36.62 37.04		
	300m: 3:34.22 36.37	700m: 8:25.22 36.36	1100m: 13:18.25 36.66	1500m: 18:13.17 36.55		
	350m: 4:10.78 36.56	750m: 9:01.65 36.43	1150m: 13:55.12 36.87			
	400m: 4:47.49 36.71	800m: 9:38.32 36.67	1200m: 14:31.81 36.69			
6.	Sara Rulin Loureiro	01	Benfica	18:35.99	<b>18:24.88</b>	576
	50m: 32.56 32.56	450m: 5:19.37 36.03	850m: 10:14.21 37.29	1250m: 15:15.87 37.85		
	100m: 1:07.77 35.21	500m: 5:55.77 36.40	900m: 10:51.57 37.36	1300m: 15:54.18 38.31		
	150m: 1:43.55 35.78	550m: 6:31.87 36.10	950m: 11:29.01 37.44	1350m: 16:32.79 38.61		
	200m: 2:19.72 36.17	600m: 7:08.56 36.69	1000m: 12:06.66 37.65	1400m: 17:10.51 37.72		
	250m: 2:55.64 35.92	650m: 7:45.17 36.61	1050m: 12:44.44 37.78	1450m: 17:48.28 37.77		
	300m: 3:31.39 35.75	700m: 8:22.41 37.24	1100m: 13:22.00 37.56	1500m: 18:24.88 36.60		
	350m: 4:07.40 36.01	750m: 8:59.87 37.46	1150m: 13:59.99 37.99			
	400m: 4:43.34 35.94	800m: 9:36.92 37.05	1200m: 14:38.02 38.03			
7.	Mariana Marques Mercedes	03	Olivais e Moscavide	20:02.86	<b>19:58.29</b>	452
	50m: 33.38 33.38	450m: 5:44.41 39.47	850m: 11:07.05 40.89	1250m: 16:37.11 41.23		
	100m: 1:10.22 36.84	500m: 6:23.76 39.35	900m: 11:47.90 40.85	1300m: 17:17.60 40.49		
	150m: 1:48.33 38.11	550m: 7:03.97 40.21	950m: 12:29.53 41.63	1350m: 17:58.14 40.54		
	200m: 2:27.39 39.06	600m: 7:44.06 40.09	1000m: 13:11.02 41.49	1400m: 18:38.66 40.52		
	250m: 3:06.24 38.85	650m: 8:24.43 40.37	1050m: 13:52.28 41.26	1450m: 19:18.49 39.83		
	300m: 3:45.65 39.41	700m: 9:04.90 40.47	1100m: 14:33.31 41.03	1500m: 19:58.29 39.80		
	350m: 4:25.43 39.78	750m: 9:45.51 40.61	1150m: 15:14.62 41.31			
	400m: 5:04.94 39.51	800m: 10:26.16 40.65	1200m: 15:55.88 41.26			
8.	Iolanda Sofia Clerigo <i>Fora Tempo Acesso</i>	02	Palmela Desporto	19:51.17	<b>20:17.25</b>	431
	50m: 32.61 32.61	450m: 5:52.29 41.01	850m: 11:23.51 41.64	1250m: 16:57.03 41.42		
	100m: 1:09.51 36.90	500m: 6:33.38 41.09	900m: 12:05.31 41.80	1300m: 17:38.23 41.20		
	150m: 1:47.93 38.42	550m: 7:14.61 41.23	950m: 12:46.75 41.44	1350m: 18:18.84 40.61		
	200m: 2:27.84 39.91	600m: 7:55.90 41.29	1000m: 13:28.24 41.49	1400m: 18:58.99 40.15		
	250m: 3:08.56 40.72	650m: 8:37.03 41.13	1050m: 14:09.91 41.67	1450m: 19:38.35 39.36		
	300m: 3:49.64 41.08	700m: 9:18.79 41.76	1100m: 14:51.38 41.47	1500m: 20:17.25 38.90		
	350m: 4:30.47 40.83	750m: 10:00.37 41.58	1150m: 15:33.29 41.91			
	400m: 5:11.28 40.81	800m: 10:41.87 41.50	1200m: 16:15.61 42.32			