

Prova 30 Femin., 800m Livres Absolutos  
 25.11.2018 - 9:00 Resultados

Rec Regional Abs	8:24.09	Diana Margarida Duraes	SLB	Moscow (RUS)	2017
Rec Regional Sen	8:24.09	Diana Margarida Duraes	SLB	Moscow (RUS)	2017
Rec Regional Jun 2	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	2002
Rec Regional Jun 1	8:51.12	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	8:46.74	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Penafiel	2004
Rec Nacional Abs	8:24.09	Diana Margarida Duraes	SLB	Moscow (RUS)	2017
Rec Nacional Sen	8:24.09	Diana Margarida Duraes	SLB	Moscow (RUS)	2017
Rec Nacional Jun 2	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	2014
Rec Nacional Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	9:00.27	Alexandra Maria Silva	FCP		1981

TAC Juv B: 10:56.04; Juv A: 10:37.81; Jun 1: 10:19.98; Jun 2: 10:13.95; Sen: 10:10.95

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Soraia Alexandra Delgado	05	CPCD Póvoa Sta Iria	9:31.69	<b>9:29.42</b>	596
	50m: 33.92 33.92	250m: 2:56.23 35.98	450m: 5:20.17 35.99	650m: 7:45.31 36.29		
	100m: 1:08.80 34.88	300m: 3:31.89 35.66	500m: 5:56.49 36.32	700m: 8:21.24 35.93		
	150m: 1:44.43 35.63	350m: 4:07.86 35.97	550m: 6:32.74 36.25	750m: 8:56.76 35.52		
	200m: 2:20.25 35.82	400m: 4:44.18 36.32	600m: 7:09.02 36.28	800m: 9:29.42 32.66		
2.	Marta Joao Pires	05	Alges	9:34.09	<b>9:42.77</b>	556
	50m: 35.10 35.10	250m: 3:00.99 36.56	450m: 5:28.04 36.44	650m: 7:54.77 36.98		
	100m: 1:11.18 36.08	300m: 3:37.77 36.78	500m: 6:04.57 36.53	700m: 8:31.46 36.69		
	150m: 1:47.92 36.74	350m: 4:14.46 36.69	550m: 6:41.12 36.55	750m: 9:08.14 36.68		
	200m: 2:24.43 36.51	400m: 4:51.60 37.14	600m: 7:17.79 36.67	800m: 9:42.77 34.63		
3.	Erica Cristina Reis	05	Sporting	9:52.90	<b>9:50.76</b>	534
	50m: 33.63 33.63	250m: 3:00.02 37.37	450m: 5:30.26 37.62	650m: 8:01.16 37.25		
	100m: 1:09.38 35.75	300m: 3:37.35 37.33	500m: 6:08.33 38.07	700m: 8:38.83 37.67		
	150m: 1:46.06 36.68	350m: 4:14.87 37.52	550m: 6:45.86 37.53	750m: 9:16.53 37.70		
	200m: 2:22.65 36.59	400m: 4:52.64 37.77	600m: 7:23.91 38.05	800m: 9:50.76 34.23		
4.	Sofia Antunes Sebastiao	05	Amadora	10:24.52	<b>9:51.29</b>	532
	50m: 33.70 33.70	250m: 3:00.22 36.99	450m: 5:30.36 37.44	650m: 8:00.72 37.31		
	100m: 1:09.26 35.56	300m: 3:38.04 37.82	500m: 6:08.16 37.80	700m: 8:38.39 37.67		
	150m: 1:45.98 36.72	350m: 4:15.45 37.41	550m: 6:45.57 37.41	750m: 9:16.62 38.23		
	200m: 2:23.23 37.25	400m: 4:52.92 37.47	600m: 7:23.41 37.84	800m: 9:51.29 34.67		
5.	Ana Beatriz Simoes	05	Sporting	9:59.57	<b>9:51.44</b>	532
	50m: 33.83 33.83	250m: 2:59.83 37.24	450m: 5:30.73 36.98	650m: 8:02.91 37.55		
	100m: 1:09.62 35.79	300m: 3:37.63 37.80	500m: 6:09.55 38.82	700m: 8:41.66 38.75		
	150m: 1:45.86 36.24	350m: 4:15.82 38.19	550m: 6:48.15 38.60	750m: 9:17.73 36.07		
	200m: 2:22.59 36.73	400m: 4:53.75 37.93	600m: 7:25.36 37.21	800m: 9:51.44 33.71		
6.	Isadora Maia Andre	05	Benfica	9:58.26	<b>10:13.59</b>	476
	50m: 34.65 34.65	250m: 3:06.26 39.25	450m: 5:42.49 38.90	650m: 8:19.06 39.47		
	100m: 1:10.71 36.06	300m: 3:45.40 39.14	500m: 6:21.31 38.82	700m: 8:58.04 38.98		
	150m: 1:48.53 37.82	350m: 4:24.29 38.89	550m: 7:00.50 39.19	750m: 9:36.32 38.28		
	200m: 2:27.01 38.48	400m: 5:03.59 39.30	600m: 7:39.59 39.09	800m: 10:13.59 37.27		
7.	Soraia Maria Salgado	05	Fisica Torres Vedras	10:40.33	<b>10:15.81</b>	471
	50m: 34.67 34.67	250m: 3:08.48 38.98	450m: 5:47.16 40.14	650m: 8:23.40 38.79		
	100m: 1:12.12 37.45	300m: 3:47.84 39.36	500m: 6:26.00 38.84	700m: 9:02.75 39.35		
	150m: 1:50.46 38.34	350m: 4:27.31 39.47	550m: 7:05.48 39.48	750m: 9:39.86 37.11		
	200m: 2:29.50 39.04	400m: 5:07.02 39.71	600m: 7:44.61 39.13	800m: 10:15.81 35.95		
8.	Joana Rocha Ferreira	05	Benfica	10:34.04	<b>10:18.73</b>	464
	50m: 37.82 37.82	250m: 3:14.77 39.49	450m: 5:51.23 38.49	650m: 8:26.89 38.52		
	100m: 1:16.97 39.15	300m: 3:54.43 39.66	500m: 6:30.29 39.06	700m: 9:04.66 37.77		
	150m: 1:56.18 39.21	350m: 4:33.30 38.87	550m: 7:09.81 39.52	750m: 9:42.35 37.69		
	200m: 2:35.28 39.10	400m: 5:12.74 39.44	600m: 7:48.37 38.56	800m: 10:18.73 36.38		
9.	Joana Fernandes Gama	05	Sporting	10:42.72	<b>10:19.58</b>	463
	50m: 35.80 35.80	250m: 3:09.96 39.07	450m: 5:47.80 39.33	650m: 8:23.90 38.75		
	100m: 1:13.40 37.60	300m: 3:49.30 39.34	500m: 6:26.85 39.05	700m: 9:03.17 39.27		
	150m: 1:51.86 38.46	350m: 4:28.80 39.50	550m: 7:05.89 39.04	750m: 9:42.04 38.87		
	200m: 2:30.89 39.03	400m: 5:08.47 39.67	600m: 7:45.15 39.26	800m: 10:19.58 37.54		

**Prova 30, Femin., 800m Livres, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
10.	Mariana Andreia Silva	05	Sporting	10:18.92	<b>10:20.10</b>	461
	50m: 35.96 35.96	250m: 3:11.68 39.51	450m: 5:48.10	38.97	650m: 8:25.19 39.37	
	100m: 1:14.13 38.17	300m: 3:50.78 39.10	500m: 6:26.94	38.84	700m: 9:03.86 38.67	
	150m: 1:53.21 39.08	350m: 4:30.52 39.74	550m: 7:06.57	39.63	750m: 9:42.66 38.80	
	200m: 2:32.17 38.96	400m: 5:09.13 38.61	600m: 7:45.82	39.25	800m: 10:20.10 37.44	
11.	Mariana Marques Santos	05	Gesloures	10:35.20	<b>10:24.48</b>	452
	50m: 34.85 34.85	250m: 3:09.58 39.15	450m: 5:46.94	39.58	650m: 8:26.49 39.75	
	100m: 1:12.99 38.14	300m: 3:48.64 39.06	500m: 6:26.83	39.89	700m: 9:06.52 40.03	
	150m: 1:51.69 38.70	350m: 4:27.90 39.26	550m: 7:06.80	39.97	750m: 9:46.55 40.03	
	200m: 2:30.43 38.74	400m: 5:07.36 39.46	600m: 7:46.74	39.94	800m: 10:24.48 37.93	
12.	Nicole Patriarca Franca	05	CPCD Póvoa Sta Iria	10:12.50	<b>10:26.25</b>	448
	50m: 36.42 36.42	250m: 3:12.35 39.75	450m: 5:51.24	40.33	650m: 8:31.21 39.52	
	100m: 1:14.57 38.15	300m: 3:51.87 39.52	500m: 6:31.01	39.77	700m: 9:10.44 39.23	
	150m: 1:53.71 39.14	350m: 4:31.14 39.27	550m: 7:11.18	40.17	750m: 9:49.49 39.05	
	200m: 2:32.60 38.89	400m: 5:10.91 39.77	600m: 7:51.69	40.51	800m: 10:26.25 36.76	
13.	Mafalda Santos Costa	05	Colegio Int Monte Maior	9:51.83	<b>10:29.10</b>	442
	50m: 35.84 35.84	250m: 3:09.81 39.23	450m: 5:49.10	39.72	650m: 8:30.16 40.45	
	100m: 1:13.21 37.37	300m: 3:49.65 39.84	500m: 6:29.37	40.27	700m: 9:10.17 40.01	
	150m: 1:51.30 38.09	350m: 4:29.64 39.99	550m: 7:09.27	39.90	750m: 9:50.09 39.92	
	200m: 2:30.58 39.28	400m: 5:09.38 39.74	600m: 7:49.71	40.44	800m: 10:29.10 39.01	
14.	Barbara Cunha Ventura	05	Benfica	10:46.14	<b>10:29.29</b>	441
	50m: 36.00 36.00	250m: 3:15.42 39.98	450m: 5:54.17	39.29	650m: 8:33.83 40.30	
	100m: 1:15.30 39.30	300m: 3:55.29 39.87	500m: 6:33.96	39.79	700m: 9:13.67 39.84	
	150m: 1:55.40 40.10	350m: 4:35.66 40.37	550m: 7:14.01	40.05	750m: 9:52.55 38.88	
	200m: 2:35.44 40.04	400m: 5:14.88 39.22	600m: 7:53.53	39.52	800m: 10:29.29 36.74	
15.	Francisca Otao Tribuna	05	Benfica	10:56.04	<b>10:31.45</b>	437
	50m: 36.87 36.87	250m: 3:12.79 39.69	450m: 5:52.43	39.76	650m: 8:33.89 40.33	
	100m: 1:15.19 38.32	300m: 3:52.62 39.83	500m: 6:33.15	40.72	700m: 9:13.85 39.96	
	150m: 1:53.91 38.72	350m: 4:32.64 40.02	550m: 7:13.40	40.25	750m: 9:54.14 40.29	
	200m: 2:33.10 39.19	400m: 5:12.67 40.03	600m: 7:53.56	40.16	800m: 10:31.45 37.31	
16.	Luisa Morais Marques	05	Fisica Torres Vedras	10:46.81	<b>10:35.83</b>	428
	50m: 35.27 35.27	250m: 3:14.01 40.69	450m: 5:56.95	40.65	650m: 8:38.13 40.20	
	100m: 1:13.61 38.34	300m: 3:54.83 40.82	500m: 6:36.67	39.72	700m: 9:18.49 40.36	
	150m: 1:53.35 39.74	350m: 4:35.70 40.87	550m: 7:17.43	40.76	750m: 9:57.99 39.50	
	200m: 2:33.32 39.97	400m: 5:16.30 40.60	600m: 7:57.93	40.50	800m: 10:35.83 37.84	
17.	Vera Di Martino Serafim	05	Sporting	10:52.29	<b>10:36.96</b>	426
	50m: 37.97 37.97	250m: 3:16.95 40.02	450m: 5:57.75	40.10	650m: 8:38.45 40.26	
	100m: 1:17.11 39.14	300m: 3:57.32 40.37	500m: 6:37.72	39.97	700m: 9:18.63 40.18	
	150m: 1:56.58 39.47	350m: 4:37.46 40.14	550m: 7:18.01	40.29	750m: 9:58.60 39.97	
	200m: 2:36.93 40.35	400m: 5:17.65 40.19	600m: 7:58.19	40.18	800m: 10:36.96 38.36	
18.	Sara Nunes Conceicao <i>Fora Tempo Acesso</i>	05	União Piedense	10:56.04	<b>11:02.47</b>	378
	50m: 37.85 37.85	250m: 3:25.16 41.92	450m: 6:13.43	41.75	650m: 9:01.14 41.99	
	100m: 1:18.88 41.03	300m: 4:06.85 41.69	500m: 6:55.20	41.77	700m: 9:42.18 41.04	
	150m: 2:01.36 42.48	350m: 4:49.11 42.26	550m: 7:37.14	41.94	750m: 10:23.42 41.24	
	200m: 2:43.24 41.88	400m: 5:31.68 42.57	600m: 8:19.15	42.01	800m: 11:02.47 39.05	
19.	Marta Sofia Carvalho <i>Fora Tempo Acesso</i>	05	Colegio Int Monte Maior	10:56.04	<b>11:07.21</b>	370
	50m: 38.07 38.07	250m: 3:19.37 41.21	450m: 6:08.75	42.55	650m: 8:59.20 42.84	
	100m: 1:17.25 39.18	300m: 4:01.21 41.84	500m: 6:51.32	42.57	700m: 9:41.86 42.66	
	150m: 1:57.42 40.17	350m: 4:43.66 42.45	550m: 7:33.95	42.63	750m: 10:24.73 42.87	
	200m: 2:38.16 40.74	400m: 5:26.20 42.54	600m: 8:16.36	42.41	800m: 11:07.21 42.48	
20.	Maria Sousa Caxaria <i>Fora Tempo Acesso</i>	05	C N Montijo	10:56.04	<b>11:32.18</b>	332
	50m: 36.76 36.76	250m: 3:27.54 43.54	450m: 6:24.20	44.21	650m: 9:23.78 44.69	
	100m: 1:17.01 40.25	300m: 4:12.08 44.54	500m: 7:09.15	44.95	700m: 10:08.05 44.27	
	150m: 2:00.17 43.16	350m: 4:56.00 43.92	550m: 7:54.26	45.11	750m: 10:51.30 43.25	
	200m: 2:44.00 43.83	400m: 5:39.99 43.99	600m: 8:39.09	44.83	800m: 11:32.18 40.88	

**Prova 30, Femin., 800m Livres**
**Juvenis A**

1. Maria Ferreira Moura	04	Sporting	9:19.59	9:23.54	615
50m: 32.64 32.64	250m: 2:50.31 35.14	450m: 5:13.01 35.62	650m: 7:36.70 36.30		
100m: 1:06.06 33.42	300m: 3:25.84 35.53	500m: 5:48.62 35.61	700m: 8:12.61 35.91		
150m: 1:40.36 34.30	350m: 4:01.55 35.71	550m: 6:24.50 35.88	750m: 8:48.74 36.13		
200m: 2:15.17 34.81	400m: 4:37.39 35.84	600m: 7:00.40 35.90	800m: 9:23.54 34.80		
2. Leonor Esteves Santos	04	Avançado EULx	9:44.32	9:29.66	595
50m: 34.94 34.94	250m: 2:59.58 36.10	450m: 5:23.47 36.04	650m: 7:46.80 35.37		
100m: 1:10.62 35.68	300m: 3:35.20 35.62	500m: 5:59.47 36.00	700m: 8:22.01 35.21		
150m: 1:46.82 36.20	350m: 4:11.24 36.04	550m: 6:35.64 36.17	750m: 8:56.71 34.70		
200m: 2:23.48 36.66	400m: 4:47.43 36.19	600m: 7:11.43 35.79	800m: 9:29.66 32.95		
3. Maria Gomes Pereira	04	Alges	9:35.25	9:33.08	585
50m: 34.33 34.33	250m: 2:58.35 36.18	450m: 5:23.21 35.97	650m: 7:47.73 35.73		
100m: 1:09.58 35.25	300m: 3:34.70 36.35	500m: 5:59.52 36.31	700m: 8:23.60 35.87		
150m: 1:45.74 36.16	350m: 4:11.01 36.31	550m: 6:35.64 36.12	750m: 8:58.84 35.24		
200m: 2:22.17 36.43	400m: 4:47.24 36.23	600m: 7:12.00 36.36	800m: 9:33.08 34.24		
4. Marta Macedo Inacio	04	Sporting	9:38.23	9:41.23	560
50m: 33.86 33.86	250m: 2:56.25 36.12	450m: 5:21.85 36.92	650m: 7:49.80 37.05		
100m: 1:08.74 34.88	300m: 3:32.41 36.16	500m: 5:58.79 36.94	700m: 8:27.39 37.59		
150m: 1:44.31 35.57	350m: 4:08.57 36.16	550m: 6:35.74 36.95	750m: 9:04.67 37.28		
200m: 2:20.13 35.82	400m: 4:44.93 36.36	600m: 7:12.75 37.01	800m: 9:41.23 36.56		
5. Catarina Nunes Costa	04	Geslours	10:22.84	9:58.09	514
50m: 34.95 34.95	250m: 3:06.50 37.93	450m: 5:37.93 37.77	650m: 8:07.33 37.04		
100m: 1:12.63 37.68	300m: 3:44.50 38.00	500m: 6:15.69 37.76	700m: 8:44.38 37.05		
150m: 1:50.49 37.86	350m: 4:22.27 37.77	550m: 6:53.11 37.42	750m: 9:22.01 37.63		
200m: 2:28.57 38.08	400m: 5:00.16 37.89	600m: 7:30.29 37.18	800m: 9:58.09 36.08		
6. Alice Jesus Morgado	04	Geslours	10:25.49	9:58.69	513
50m: 35.14 35.14	250m: 3:02.26 36.98	450m: 5:32.95 37.97	650m: 8:05.65 38.91		
100m: 1:11.82 36.68	300m: 3:39.57 37.31	500m: 6:10.91 37.96	700m: 8:44.15 38.50		
150m: 1:48.72 36.90	350m: 4:16.94 37.37	550m: 6:49.05 38.14	750m: 9:22.13 37.98		
200m: 2:25.28 36.56	400m: 4:54.98 38.04	600m: 7:26.74 37.69	800m: 9:58.69 36.56		
7. Margarida Filipe Ferreira	04	Desportivo Cova da Piedade	10:14.04	9:59.31	511
50m: 36.07 36.07	250m: 3:07.67 37.88	450m: 5:37.76 36.98	650m: 8:08.75 37.41		
100m: 1:13.69 37.62	300m: 3:45.31 37.64	500m: 6:15.56 37.80	700m: 8:46.49 37.74		
150m: 1:52.12 38.43	350m: 4:23.20 37.89	550m: 6:53.49 37.93	750m: 9:23.68 37.19		
200m: 2:29.79 37.67	400m: 5:00.78 37.58	600m: 7:31.34 37.85	800m: 9:59.31 35.63		
8. Mariana Fragoso Guterres	04	Benfica	10:15.02	10:01.24	506
50m: 33.55 33.55	250m: 3:03.24 37.77	450m: 5:34.53 37.87	650m: 8:07.35 37.97		
100m: 1:10.66 37.11	300m: 3:40.73 37.49	500m: 6:12.99 38.46	700m: 8:46.08 38.73		
150m: 1:48.04 37.38	350m: 4:18.67 37.94	550m: 6:51.29 38.30	750m: 9:23.76 37.68		
200m: 2:25.47 37.43	400m: 4:56.66 37.99	600m: 7:29.38 38.09	800m: 10:01.24 37.48		
9. Anais Cloe Pereira	04	Sporting	10:00.93	10:02.22	504
50m: 36.35 36.35	250m: 3:07.45 38.28	450m: 5:39.60 37.30	650m: 8:10.44 37.63		
100m: 1:13.31 36.96	300m: 3:45.57 38.12	500m: 6:17.18 37.58	700m: 8:48.65 38.21		
150m: 1:50.99 37.68	350m: 4:24.00 38.43	550m: 6:54.94 37.76	750m: 9:26.28 37.63		
200m: 2:29.17 38.18	400m: 5:02.30 38.30	600m: 7:32.81 37.87	800m: 10:02.22 35.94		
10. Carolina Porem Henriques	04	Sporting	10:03.39	10:02.41	503
50m: 35.78 35.78	250m: 3:07.37 38.14	450m: 5:39.53 37.44	650m: 8:10.79 37.81		
100m: 1:13.26 37.48	300m: 3:45.63 38.26	500m: 6:17.22 37.69	700m: 8:48.36 37.57		
150m: 1:51.32 38.06	350m: 4:24.10 38.47	550m: 6:55.18 37.96	750m: 9:26.39 38.03		
200m: 2:29.23 37.91	400m: 5:02.09 37.99	600m: 7:32.98 37.80	800m: 10:02.41 36.02		
11. Daniela Alexandra Pedro	04	Sporting	10:16.47	10:02.66	503
50m: 36.08 36.08	250m: 3:06.71 37.34	450m: 5:37.01 36.73	650m: 8:09.36 37.44		
100m: 1:13.90 37.82	300m: 3:44.94 38.23	500m: 6:15.20 38.19	700m: 8:47.73 38.37		
150m: 1:51.86 37.96	350m: 4:22.68 37.74	550m: 6:53.66 38.46	750m: 9:25.84 38.11		
200m: 2:29.37 37.51	400m: 5:00.28 37.60	600m: 7:31.92 38.26	800m: 10:02.66 36.82		
12. Vera Figueiredo Narra	04	Amadora	9:52.39	10:03.57	500
50m: 35.25 35.25	250m: 3:04.24 37.39	450m: 5:35.81 38.20	650m: 8:09.85 38.80		
100m: 1:11.98 36.73	300m: 3:41.46 37.22	500m: 6:13.78 37.97	700m: 8:48.53 38.68		
150m: 1:49.15 37.17	350m: 4:19.52 38.06	550m: 6:52.40 38.62	750m: 9:26.40 37.87		
200m: 2:26.85 37.70	400m: 4:57.61 38.09	600m: 7:31.05 38.65	800m: 10:03.57 37.17		
13. Carolina Fale Costa	04	Colegio Int Monte Maior	10:21.31	10:05.47	496
50m: 36.98 36.98	250m: 3:06.48 38.01	450m: 5:38.91 38.17	650m: 8:11.98 38.50		
100m: 1:13.71 36.73	300m: 3:44.22 37.74	500m: 6:17.00 38.09	700m: 8:50.32 38.34		
150m: 1:51.03 37.32	350m: 4:22.30 38.08	550m: 6:55.08 38.08	750m: 9:28.68 38.36		
200m: 2:28.47 37.44	400m: 5:00.74 38.44	600m: 7:33.48 38.40	800m: 10:05.47 36.79		

**Prova 30, Femin., 800m Livres, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	Raquel Raposo Lopes	04	Desportivo Cova da Piedade	9:56.08	10:07.12	492
	50m: 35.44 35.44	250m: 3:07.77 37.81	450m: 5:41.19 38.49	650m: 8:14.74 38.37		
	100m: 1:12.92 37.48	300m: 3:46.31 38.54	500m: 6:19.66 38.47	700m: 8:52.92 38.18		
	150m: 1:51.41 38.49	350m: 4:24.57 38.26	550m: 6:58.11 38.45	750m: 9:30.64 37.72		
	200m: 2:29.96 38.55	400m: 5:02.70 38.13	600m: 7:36.37 38.26	800m: 10:07.12 36.48		
15.	Madalena Graca Geraldes	04	Sporting	10:01.75	10:15.97	471
	50m: 34.83 34.83	250m: 3:06.09 38.44	450m: 5:40.96 38.88	650m: 8:18.62 39.50		
	100m: 1:11.71 36.88	300m: 3:44.50 38.41	500m: 6:20.58 39.62	700m: 8:58.27 39.65		
	150m: 1:49.65 37.94	350m: 4:23.05 38.55	550m: 6:59.60 39.02	750m: 9:37.32 39.05		
	200m: 2:27.65 38.00	400m: 5:02.08 39.03	600m: 7:39.12 39.52	800m: 10:15.97 38.65		
16.	Ines Marques Joaquim	04	Benfica	10:15.98	10:18.16	466
	50m: 36.70 36.70	250m: 3:11.25 38.81	450m: 5:47.45 39.29	650m: 8:23.22 39.24		
	100m: 1:15.03 38.33	300m: 3:50.25 39.00	500m: 6:26.25 38.80	700m: 9:02.51 39.29		
	150m: 1:53.84 38.81	350m: 4:29.02 38.77	550m: 7:05.06 38.81	750m: 9:41.72 39.21		
	200m: 2:32.44 38.60	400m: 5:08.16 39.14	600m: 7:43.98 38.92	800m: 10:18.16 36.44		
17.	Mariana Morais Delfino	04	Sporting	10:37.81	10:21.93	457
	50m: 36.91 36.91	250m: 3:09.74 38.69	450m: 5:45.26 39.43	650m: 8:23.12 40.28		
	100m: 1:14.74 37.83	300m: 3:48.29 38.55	500m: 6:24.30 39.04	700m: 9:02.71 39.59		
	150m: 1:52.95 38.21	350m: 4:27.01 38.72	550m: 7:03.56 39.26	750m: 9:42.65 39.94		
	200m: 2:31.05 38.10	400m: 5:05.83 38.82	600m: 7:42.84 39.28	800m: 10:21.93 39.28		
18.	Leonor Alves Morganho	04	Alges	10:03.72	10:23.54	454
	50m: 36.72 36.72	250m: 3:13.41 39.48	450m: 5:50.47 39.19	650m: 8:27.02 39.26		
	100m: 1:15.12 38.40	300m: 3:52.60 39.19	500m: 6:29.44 38.97	700m: 9:06.01 38.99		
	150m: 1:54.46 39.34	350m: 4:32.07 39.47	550m: 7:08.59 39.15	750m: 9:45.23 39.22		
	200m: 2:33.93 39.47	400m: 5:11.28 39.21	600m: 7:47.76 39.17	800m: 10:23.54 38.31		
19.	Carolina Osorio Brasao	04	Geslours	10:37.81	10:23.62	454
	50m: 34.20 34.20	250m: 3:11.30 39.64	450m: 5:49.53 39.88	650m: 8:27.96 39.77		
	100m: 1:12.71 38.51	300m: 3:50.68 39.38	500m: 6:28.88 39.35	700m: 9:07.74 39.78		
	150m: 1:52.39 39.68	350m: 4:30.32 39.64	550m: 7:08.36 39.48	750m: 9:46.76 39.02		
	200m: 2:31.66 39.27	400m: 5:09.65 39.33	600m: 7:48.19 39.83	800m: 10:23.62 36.86		
20.	Beatriz Costa Melo	04	Alges	10:37.81	10:27.36	446
	50m: 36.84 36.84	250m: 3:13.60 38.80	450m: 5:50.90 39.35	650m: 8:30.09 40.11		
	100m: 1:15.38 38.54	300m: 3:52.82 39.22	500m: 6:30.43 39.53	700m: 9:10.25 40.16		
	150m: 1:55.36 39.98	350m: 4:32.18 39.36	550m: 7:09.80 39.37	750m: 9:49.51 39.26		
	200m: 2:34.80 39.44	400m: 5:11.55 39.37	600m: 7:49.98 40.18	800m: 10:27.36 37.85		
21.	Joana Marinho Coelho	04	Sporting	10:19.21	10:32.03	436
	50m: 35.50 35.50	250m: 3:09.39 38.80	450m: 5:48.10 39.94	650m: 8:30.45 40.77		
	100m: 1:13.15 37.65	300m: 3:48.56 39.17	500m: 6:28.26 40.16	700m: 9:11.19 40.74		
	150m: 1:51.70 38.55	350m: 4:28.32 39.76	550m: 7:08.83 40.57	750m: 9:51.94 40.75		
	200m: 2:30.59 38.89	400m: 5:08.16 39.84	600m: 7:49.68 40.85	800m: 10:32.03 40.09		
22.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	União Piedense	10:31.35	10:37.95	424
	50m: 36.01 36.01	250m: 3:12.98 39.55	450m: 5:54.71 40.83	650m: 8:38.58 41.28		
	100m: 1:14.53 38.52	300m: 3:52.72 39.74	500m: 6:35.87 41.16	700m: 9:19.29 40.71		
	150m: 1:53.46 38.93	350m: 4:33.23 40.51	550m: 7:16.24 40.37	750m: 9:59.21 39.92		
	200m: 2:33.43 39.97	400m: 5:13.88 40.65	600m: 7:57.30 41.06	800m: 10:37.95 38.74		
23.	Alice Castico Moreira <i>Fora Tempo Acesso</i>	04	C N Montijo	10:37.81	10:47.76	405
	50m: 37.70 37.70	250m: 3:17.46 40.09	450m: 5:59.82 40.77	650m: 8:44.82 41.39		
	100m: 1:17.47 39.77	300m: 3:57.73 40.27	500m: 6:40.87 41.05	700m: 9:26.49 41.67		
	150m: 1:57.29 39.82	350m: 4:38.20 40.47	550m: 7:22.32 41.45	750m: 10:08.26 41.77		
	200m: 2:37.37 40.08	400m: 5:19.05 40.85	600m: 8:03.43 41.11	800m: 10:47.76 39.50		
24.	Aleksandra Bozanic Borcic <i>Fora Tempo Acesso</i>	04	Alges	10:36.79	10:53.44	394
	50m: 36.45 36.45	250m: 3:16.59 41.61	450m: 6:04.84 42.33	650m: 8:52.28 41.44		
	100m: 1:15.06 38.61	300m: 3:58.24 41.65	500m: 6:46.99 42.15	700m: 9:33.06 40.78		
	150m: 1:54.63 39.57	350m: 4:40.26 42.02	550m: 7:28.45 41.46	750m: 10:13.58 40.52		
	200m: 2:34.98 40.35	400m: 5:22.51 42.25	600m: 8:10.84 42.39	800m: 10:53.44 39.86		
25.	Ana Sofia Inacio <i>Fora Tempo Acesso</i>	04	Sporting	10:24.94	10:54.25	393
	50m: 36.11 36.11	250m: 3:14.86 41.23	450m: 6:01.71 41.70	650m: 8:50.74 42.06		
	100m: 1:14.12 38.01	300m: 3:56.41 41.55	500m: 6:43.89 42.18	700m: 9:33.29 42.55		
	150m: 1:53.83 39.71	350m: 4:38.24 41.83	550m: 7:25.94 42.05	750m: 10:14.43 41.14		
	200m: 2:33.63 39.80	400m: 5:20.01 41.77	600m: 8:08.68 42.74	800m: 10:54.25 39.82		

**Prova 30, Femin., 800m Livres, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
26.	Carolina Anjos Frischknecht <i>Fora Tempo Acesso</i>	04	Naval Setubalense	10:37.81	<b>11:01.11</b>	381
	50m: 39.81 39.81	250m: 3:27.72 41.93	450m: 6:14.62 41.07	650m: 9:00.61 41.45		
	100m: 1:21.30 41.49	300m: 4:09.60 41.88	500m: 6:56.08 41.46	700m: 9:40.92 40.31		
	150m: 2:03.80 42.50	350m: 4:51.46 41.86	550m: 7:37.69 41.61	750m: 10:21.93 41.01		
	200m: 2:45.79 41.99	400m: 5:33.55 42.09	600m: 8:19.16 41.47	800m: 11:01.11 39.18		

**Juniores**

1.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	8:55.03	<b>9:04.85</b>	680
	50m: 31.69 31.69	250m: 2:48.53 34.45	450m: 5:05.66 34.20	650m: 7:22.84 34.19		
	100m: 1:05.53 33.84	300m: 3:22.94 34.41	500m: 5:40.03 34.37	700m: 7:57.30 34.46		
	150m: 1:39.69 34.16	350m: 3:57.12 34.18	550m: 6:14.48 34.45	750m: 8:31.64 34.34		
	200m: 2:14.08 34.39	400m: 4:31.46 34.34	600m: 6:48.65 34.17	800m: 9:04.85 33.21		
2.	Ena Jeronimo Conceicao	03	Fisica Torres Vedras	9:23.33	<b>9:12.77</b>	652
	50m: 31.93 31.93	250m: 2:50.07 34.63	450m: 5:09.46 34.91	650m: 7:29.09 34.86		
	100m: 1:06.36 34.43	300m: 3:24.72 34.65	500m: 5:44.42 34.96	700m: 8:04.65 35.56		
	150m: 1:40.84 34.48	350m: 3:59.49 34.77	550m: 6:19.33 34.91	750m: 8:39.80 35.15		
	200m: 2:15.44 34.60	400m: 4:34.55 35.06	600m: 6:54.23 34.90	800m: 9:12.77 32.97		
3.	Filipa Ramos Peixeira	03	Sporting	9:37.83	<b>9:24.07</b>	613
	50m: 31.56 31.56	250m: 2:53.52 35.62	450m: 5:16.41 35.30	650m: 7:38.62 35.54		
	100m: 1:06.63 35.07	300m: 3:29.53 36.01	500m: 5:51.68 35.27	700m: 8:14.16 35.54		
	150m: 1:42.31 35.68	350m: 4:05.31 35.78	550m: 6:27.31 35.63	750m: 8:49.83 35.67		
	200m: 2:17.90 35.59	400m: 4:41.11 35.80	600m: 7:03.08 35.77	800m: 9:24.07 34.24		
4.	Mafalda Marques Pinto	02	Sporting	10:13.95	<b>9:32.64</b>	586
	50m: 30.83 30.83	250m: 2:53.61 35.59	450m: 5:20.91 37.99	650m: 7:48.08 36.97		
	100m: 1:05.69 34.86	300m: 3:29.69 36.08	500m: 5:57.67 36.76	700m: 8:24.14 36.06		
	150m: 1:41.96 36.27	350m: 4:06.41 36.72	550m: 6:33.50 35.83	750m: 9:00.18 36.04		
	200m: 2:18.02 36.06	400m: 4:42.92 36.51	600m: 7:11.11 37.61	800m: 9:32.64 32.46		
5.	Carolina Ganhao Ferro	02	Geslourses	9:53.22	<b>9:58.48</b>	513
	50m: 33.16 33.16	250m: 3:01.64 37.59	450m: 5:31.86 37.56	650m: 8:04.91 38.26		
	100m: 1:09.65 36.49	300m: 3:38.92 37.28	500m: 6:10.11 38.25	700m: 8:43.14 38.23		
	150m: 1:46.68 37.03	350m: 4:16.64 37.72	550m: 6:48.43 38.32	750m: 9:21.30 38.16		
	200m: 2:24.05 37.37	400m: 4:54.30 37.66	600m: 7:26.65 38.22	800m: 9:58.48 37.18		
6.	Maria Ines Ribeiro	03	Alges	10:06.08	<b>10:01.25</b>	506
	50m: 33.38 33.38	250m: 3:02.27 37.76	450m: 5:34.76 38.37	650m: 8:08.33 38.23		
	100m: 1:09.59 36.21	300m: 3:40.29 38.02	500m: 6:13.21 38.45	700m: 8:46.75 38.42		
	150m: 1:46.79 37.20	350m: 4:18.36 38.07	550m: 6:51.60 38.39	750m: 9:24.98 38.23		
	200m: 2:24.51 37.72	400m: 4:56.39 38.03	600m: 7:30.10 38.50	800m: 10:01.25 36.27		
7.	Rafaela Sofia Silva	03	Benfica	10:12.46	<b>10:02.49</b>	503
	50m: 32.82 32.82	250m: 3:03.08 37.96	450m: 5:36.07 38.45	650m: 8:09.26 38.42		
	100m: 1:09.44 36.62	300m: 3:41.52 38.44	500m: 6:14.19 38.12	700m: 8:47.55 38.29		
	150m: 1:47.10 37.66	350m: 4:19.48 37.96	550m: 6:52.62 38.43	750m: 9:25.77 38.22		
	200m: 2:25.12 38.02	400m: 4:57.62 38.14	600m: 7:30.84 38.22	800m: 10:02.49 36.72		
8.	Leonor Ramos Zacarias	03	Naval Setubalense	10:19.53	<b>10:12.13</b>	480
	50m: 34.43 34.43	250m: 3:07.97 38.28	450m: 5:43.12 38.81	650m: 8:18.15 38.50		
	100m: 1:12.17 37.74	300m: 3:46.26 38.29	500m: 6:21.68 38.56	700m: 8:56.95 38.80		
	150m: 1:50.79 38.62	350m: 4:25.25 38.99	550m: 7:00.61 38.93	750m: 9:35.71 38.76		
	200m: 2:29.69 38.90	400m: 5:04.31 39.06	600m: 7:39.65 39.04	800m: 10:12.13 36.42		
9.	Caetana Neves Carneiro	03	Natação de Lisboa	10:19.98	<b>10:18.56</b>	465
	50m: 33.75 33.75	250m: 3:08.71 39.07	450m: 5:46.25 38.38	650m: 8:22.76 38.96		
	100m: 1:11.88 38.13	300m: 3:48.55 39.84	500m: 6:25.44 39.19	700m: 9:02.01 39.25		
	150m: 1:50.48 38.60	350m: 4:27.84 39.29	550m: 7:04.68 39.24	750m: 9:40.88 38.87		
	200m: 2:29.64 39.16	400m: 5:07.87 40.03	600m: 7:43.80 39.12	800m: 10:18.56 37.68		
10.	Mariana Marques Mercedes <i>Fora Tempo Acesso</i>	03	Olivais e Moscavide	10:16.49	<b>10:22.30</b>	457
	50m: 34.23 34.23	250m: 3:10.35 39.78	450m: 5:47.41 38.84	650m: 8:24.95 39.62		
	100m: 1:12.13 37.90	300m: 3:49.68 39.33	500m: 6:26.79 39.38	700m: 9:04.59 39.64		
	150m: 1:50.95 38.82	350m: 4:29.21 39.53	550m: 7:06.10 39.31	750m: 9:43.79 39.20		
	200m: 2:30.57 39.62	400m: 5:08.57 39.36	600m: 7:45.33 39.23	800m: 10:22.30 38.51		

**Prova 30, Femin., 800m Livres**
**Seniores**

1. Rita Barros Frischknecht	98	Alges	8:53.11	8:56.00	715
50m: 29.78 29.78	250m: 2:42.13 33.43	450m: 4:56.68 33.56	650m: 7:13.52 34.30		
100m: 1:02.36 32.58	300m: 3:15.73 33.60	500m: 5:30.65 33.97	700m: 7:47.79 34.27		
150m: 1:35.36 33.00	350m: 3:49.45 33.72	550m: 6:04.94 34.29	750m: 8:22.38 34.59		
200m: 2:08.70 33.34	400m: 4:23.12 33.67	600m: 6:39.22 34.28	800m: 8:56.00 33.62		
2. Barbara Coimbra Teodosio	99	Sporting	9:37.11	9:25.19	610
50m: 32.03 32.03	250m: 2:53.63 35.91	450m: 5:15.83 36.03	650m: 7:39.63 36.19		
100m: 1:06.81 34.78	300m: 3:29.14 35.51	500m: 5:51.55 35.72	700m: 8:15.82 36.19		
150m: 1:42.62 35.81	350m: 4:04.52 35.38	550m: 6:27.25 35.70	750m: 8:51.33 35.51		
200m: 2:17.72 35.10	400m: 4:39.80 35.28	600m: 7:03.44 36.19	800m: 9:25.19 33.86		
3. Beatriz Paulo Ranito	99	Sporting	9:06.57	9:28.78	598
50m: 32.19 32.19	250m: 2:55.84 36.28	450m: 5:19.69 35.30	650m: 7:42.10 35.80		
100m: 1:07.33 35.14	300m: 3:32.01 36.17	500m: 5:54.82 35.13	700m: 8:18.21 36.11		
150m: 1:43.48 36.15	350m: 4:08.17 36.16	550m: 6:30.32 35.50	750m: 8:54.33 36.12		
200m: 2:19.56 36.08	400m: 4:44.39 36.22	600m: 7:06.30 35.98	800m: 9:28.78 34.45		
4. Margarida Messias Ribeiro	98	Geslourses	10:10.95	9:32.71	586
50m: 32.82 32.82	250m: 2:55.29 36.17	450m: 5:20.52 36.17	650m: 7:46.24 36.20		
100m: 1:08.01 35.19	300m: 3:31.58 36.29	500m: 5:57.15 36.63	700m: 8:22.37 36.13		
150m: 1:43.41 35.40	350m: 4:07.89 36.31	550m: 6:33.50 36.35	750m: 8:58.43 36.06		
200m: 2:19.12 35.71	400m: 4:44.35 36.46	600m: 7:10.04 36.54	800m: 9:32.71 34.28		
5. Sara Rulin Loureiro	01	Benfica	9:33.10	9:38.11	570
50m: 32.06 32.06	250m: 2:56.54 36.55	450m: 5:21.97 36.29	650m: 7:48.54 36.69		
100m: 1:07.27 35.21	300m: 3:32.66 36.12	500m: 5:58.49 36.52	700m: 8:25.23 36.69		
150m: 1:43.57 36.30	350m: 4:09.11 36.45	550m: 6:34.81 36.32	750m: 9:02.24 37.01		
200m: 2:19.99 36.42	400m: 4:45.68 36.57	600m: 7:11.85 37.04	800m: 9:38.11 35.87		
6. Maria Ornelas Armas	98	Avançado EULx	9:30.13	9:38.62	568
50m: 31.90 31.90	250m: 2:52.82 35.86	450m: 5:19.73 36.99	650m: 7:48.04 36.74		
100m: 1:06.21 34.31	300m: 3:28.85 36.03	500m: 5:56.85 37.12	700m: 8:24.86 36.82		
150m: 1:41.46 35.25	350m: 4:05.68 36.83	550m: 6:34.22 37.37	750m: 9:02.22 37.36		
200m: 2:16.96 35.50	400m: 4:42.74 37.06	600m: 7:11.30 37.08	800m: 9:38.62 36.40		
7. Tatiana Raquel Pombo	01	Desportivo Cova da Piedade	9:44.38	9:38.73	568
50m: 31.44 31.44	250m: 2:53.92 35.91	450m: 5:19.11 36.57	650m: 7:48.74 37.43		
100m: 1:06.39 34.95	300m: 3:29.90 35.98	500m: 5:56.26 37.15	700m: 8:26.14 37.40		
150m: 1:42.13 35.74	350m: 4:06.00 36.10	550m: 6:33.77 37.51	750m: 9:03.03 36.89		
200m: 2:18.01 35.88	400m: 4:42.54 36.54	600m: 7:11.31 37.54	800m: 9:38.73 35.70		
8. Sofia Alexandra Nunes	00	Laranjeiro	9:50.99	10:00.16	509
50m: 32.75 32.75	250m: 3:00.16 37.52	450m: 5:32.36 37.87	650m: 8:07.17 38.72		
100m: 1:08.78 36.03	300m: 3:38.46 38.30	500m: 6:10.89 38.53	700m: 8:46.08 38.91		
150m: 1:45.39 36.61	350m: 4:16.54 38.08	550m: 6:49.74 38.85	750m: 9:24.23 38.15		
200m: 2:22.64 37.25	400m: 4:54.49 37.95	600m: 7:28.45 38.71	800m: 10:00.16 35.93		

**Absolutos**

1. Rita Barros Frischknecht	98	Alges	8:53.11	8:56.00	715
<i>Campeã Regional</i>					
50m: 29.78 29.78	250m: 2:42.13 33.43	450m: 4:56.68 33.56	650m: 7:13.52 34.30		
100m: 1:02.36 32.58	300m: 3:15.73 33.60	500m: 5:30.65 33.97	700m: 7:47.79 34.27		
150m: 1:35.36 33.00	350m: 3:49.45 33.72	550m: 6:04.94 34.29	750m: 8:22.38 34.59		
200m: 2:08.70 33.34	400m: 4:23.12 33.67	600m: 6:39.22 34.28	800m: 8:56.00 33.62		
2. Mariana Amaral Mendes	02	Colegio Int Monte Maior	8:55.03	9:04.85	680
50m: 31.69 31.69	250m: 2:48.53 34.45	450m: 5:05.66 34.20	650m: 7:22.84 34.19		
100m: 1:05.53 33.84	300m: 3:22.94 34.41	500m: 5:40.03 34.37	700m: 7:57.30 34.46		
150m: 1:39.69 34.16	350m: 3:57.12 34.18	550m: 6:14.48 34.45	750m: 8:31.64 34.34		
200m: 2:14.08 34.39	400m: 4:31.46 34.34	600m: 6:48.65 34.17	800m: 9:04.85 33.21		
3. Ema Jeronimo Conceicao	03	Fisica Torres Vedras	9:23.33	9:12.77	652
50m: 31.93 31.93	250m: 2:50.07 34.63	450m: 5:09.46 34.91	650m: 7:29.09 34.86		
100m: 1:06.36 34.43	300m: 3:24.72 34.65	500m: 5:44.42 34.96	700m: 8:04.65 35.56		
150m: 1:40.84 34.48	350m: 3:59.49 34.77	550m: 6:19.33 34.91	750m: 8:39.80 35.15		
200m: 2:15.44 34.60	400m: 4:34.55 35.06	600m: 6:54.23 34.90	800m: 9:12.77 32.97		
4. Maria Ferreira Moura	04	Sporting	9:19.59	9:23.54	615
50m: 32.64 32.64	250m: 2:50.31 35.14	450m: 5:13.01 35.62	650m: 7:36.70 36.30		
100m: 1:06.06 33.42	300m: 3:25.84 35.53	500m: 5:48.62 35.61	700m: 8:12.61 35.91		
150m: 1:40.36 34.30	350m: 4:01.55 35.71	550m: 6:24.50 35.88	750m: 8:48.74 36.13		
200m: 2:15.17 34.81	400m: 4:37.39 35.84	600m: 7:00.40 35.90	800m: 9:23.54 34.80		

**Prova 30, Femin., 800m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
5.	Filipa Ramos Peixeira 50m: 31.56 31.56 100m: 1:06.63 35.07 150m: 1:42.31 35.68 200m: 2:17.90 35.59	03	Sporting 250m: 2:53.52 35.62 300m: 3:29.53 36.01 350m: 4:05.31 35.78 400m: 4:41.11 35.80	450m: 5:16.41 35.30 500m: 5:51.68 35.27 550m: 6:27.31 35.63 600m: 7:03.08 35.77	650m: 7:38.62 35.54 700m: 8:14.16 35.54 750m: 8:49.83 35.67 800m: 9:24.07 34.24	<b>9:37.83</b>	<b>9:24.07</b> 613
6.	Barbara Coimbra Teodosio 50m: 32.03 32.03 100m: 1:06.81 34.78 150m: 1:42.62 35.81 200m: 2:17.72 35.10	99	Sporting 250m: 2:53.63 35.91 300m: 3:29.14 35.51 350m: 4:04.52 35.38 400m: 4:39.80 35.28	450m: 5:15.83 36.03 500m: 5:51.55 35.72 550m: 6:27.25 35.70 600m: 7:03.44 36.19	650m: 7:39.63 36.19 700m: 8:15.82 36.19 750m: 8:51.33 35.51 800m: 9:25.19 33.86	<b>9:37.11</b>	<b>9:25.19</b> 610
7.	Beatriz Paulo Ranito 50m: 32.19 32.19 100m: 1:07.33 35.14 150m: 1:43.48 36.15 200m: 2:19.56 36.08	99	Sporting 250m: 2:55.84 36.28 300m: 3:32.01 36.17 350m: 4:08.17 36.16 400m: 4:44.39 36.22	450m: 5:19.69 35.30 500m: 5:54.82 35.13 550m: 6:30.32 35.50 600m: 7:06.30 35.98	650m: 7:42.10 35.80 700m: 8:18.21 36.11 750m: 8:54.33 36.12 800m: 9:28.78 34.45	<b>9:06.57</b>	<b>9:28.78</b> 598
8.	Soraia Alexandra Delgado 50m: 33.92 33.92 100m: 1:08.80 34.88 150m: 1:44.43 35.63 200m: 2:20.25 35.82	05	CPCD Póvoa Sta Iria 250m: 2:56.23 35.98 300m: 3:31.89 35.66 350m: 4:07.86 35.97 400m: 4:44.18 36.32	450m: 5:20.17 35.99 500m: 5:56.49 36.32 550m: 6:32.74 36.25 600m: 7:09.02 36.28	650m: 7:45.31 36.29 700m: 8:21.24 35.93 750m: 8:56.76 35.52 800m: 9:29.42 32.66	<b>9:31.69</b>	<b>9:29.42</b> 596
9.	Leonor Esteves Santos 50m: 34.94 34.94 100m: 1:10.62 35.68 150m: 1:46.82 36.20 200m: 2:23.48 36.66	04	Avançado EULx 250m: 2:59.58 36.10 300m: 3:35.20 35.62 350m: 4:11.24 36.04 400m: 4:47.43 36.19	450m: 5:23.47 36.04 500m: 5:59.47 36.00 550m: 6:35.64 36.17 600m: 7:11.43 35.79	650m: 7:46.80 35.37 700m: 8:22.01 35.21 750m: 8:56.71 34.70 800m: 9:29.66 32.95	<b>9:44.32</b>	<b>9:29.66</b> 595
10.	Mafalda Marques Pinto 50m: 30.83 30.83 100m: 1:05.69 34.86 150m: 1:41.96 36.27 200m: 2:18.02 36.06	02	Sporting 250m: 2:53.61 35.59 300m: 3:29.69 36.08 350m: 4:06.41 36.72 400m: 4:42.92 36.51	450m: 5:20.91 37.99 500m: 5:57.67 36.76 550m: 6:33.50 35.83 600m: 7:11.11 37.61	650m: 7:48.08 36.97 700m: 8:24.14 36.06 750m: 9:00.18 36.04 800m: 9:32.64 32.46	<b>10:13.95</b>	<b>9:32.64</b> 586
11.	Margarida Messias Ribeiro 50m: 32.82 32.82 100m: 1:08.01 35.19 150m: 1:43.41 35.40 200m: 2:19.12 35.71	98	Geslours 250m: 2:55.29 36.17 300m: 3:31.58 36.29 350m: 4:07.89 36.31 400m: 4:44.35 36.46	450m: 5:20.52 36.17 500m: 5:57.15 36.63 550m: 6:33.50 36.35 600m: 7:10.04 36.54	650m: 7:46.24 36.20 700m: 8:22.37 36.13 750m: 8:58.43 36.06 800m: 9:32.71 34.28	<b>10:10.95</b>	<b>9:32.71</b> 586
12.	Maria Gomes Pereira 50m: 34.33 34.33 100m: 1:09.58 35.25 150m: 1:45.74 36.16 200m: 2:22.17 36.43	04	Alges 250m: 2:58.35 36.18 300m: 3:34.70 36.35 350m: 4:11.01 36.31 400m: 4:47.24 36.23	450m: 5:23.21 35.97 500m: 5:59.52 36.31 550m: 6:35.64 36.12 600m: 7:12.00 36.36	650m: 7:47.73 35.73 700m: 8:23.60 35.87 750m: 8:58.84 35.24 800m: 9:33.08 34.24	<b>9:35.25</b>	<b>9:33.08</b> 585
13.	Sara Rulin Loureiro 50m: 32.06 32.06 100m: 1:07.27 35.21 150m: 1:43.57 36.30 200m: 2:19.99 36.42	01	Benfica 250m: 2:56.54 36.55 300m: 3:32.66 36.12 350m: 4:09.11 36.45 400m: 4:45.68 36.57	450m: 5:21.97 36.29 500m: 5:58.49 36.52 550m: 6:34.81 36.32 600m: 7:11.85 37.04	650m: 7:48.54 36.69 700m: 8:25.23 36.69 750m: 9:02.24 37.01 800m: 9:38.11 35.87	<b>9:33.10</b>	<b>9:38.11</b> 570
14.	Maria Ornelas Armas 50m: 31.90 31.90 100m: 1:06.21 34.31 150m: 1:41.46 35.25 200m: 2:16.96 35.50	98	Avançado EULx 250m: 2:52.82 35.86 300m: 3:28.85 36.03 350m: 4:05.68 36.83 400m: 4:42.74 37.06	450m: 5:19.73 36.99 500m: 5:56.85 37.12 550m: 6:34.22 37.37 600m: 7:11.30 37.08	650m: 7:48.04 36.74 700m: 8:24.86 36.82 750m: 9:02.22 37.36 800m: 9:38.62 36.40	<b>9:30.13</b>	<b>9:38.62</b> 568
15.	Tatiana Raquel Pombo 50m: 31.44 31.44 100m: 1:06.39 34.95 150m: 1:42.13 35.74 200m: 2:18.01 35.88	01	Desportivo Cova da Piedade 250m: 2:53.92 35.91 300m: 3:29.90 35.98 350m: 4:06.00 36.10 400m: 4:42.54 36.54	450m: 5:19.11 36.57 500m: 5:56.26 37.15 550m: 6:33.77 37.51 600m: 7:11.31 37.54	650m: 7:48.74 37.43 700m: 8:26.14 37.40 750m: 9:03.03 36.89 800m: 9:38.73 35.70	<b>9:44.38</b>	<b>9:38.73</b> 568
16.	Marta Macedo Inacio 50m: 33.86 33.86 100m: 1:08.74 34.88 150m: 1:44.31 35.57 200m: 2:20.13 35.82	04	Sporting 250m: 2:56.25 36.12 300m: 3:32.41 36.16 350m: 4:08.57 36.16 400m: 4:44.93 36.36	450m: 5:21.85 36.92 500m: 5:58.79 36.94 550m: 6:35.74 36.95 600m: 7:12.75 37.01	650m: 7:49.80 37.05 700m: 8:27.39 37.59 750m: 9:04.67 37.28 800m: 9:41.23 36.56	<b>9:38.23</b>	<b>9:41.23</b> 560
17.	Marta Joao Pires 50m: 35.10 35.10 100m: 1:11.18 36.08 150m: 1:47.92 36.74 200m: 2:24.43 36.51	05	Alges 250m: 3:00.99 36.56 300m: 3:37.77 36.78 350m: 4:14.46 36.69 400m: 4:51.60 37.14	450m: 5:28.04 36.44 500m: 6:04.57 36.53 550m: 6:41.12 36.55 600m: 7:17.79 36.67	650m: 7:54.77 36.98 700m: 8:31.46 36.69 750m: 9:08.14 36.68 800m: 9:42.77 34.63	<b>9:34.09</b>	<b>9:42.77</b> 556
18.	Erica Cristina Reis 50m: 33.63 33.63 100m: 1:09.38 35.75 150m: 1:46.06 36.68 200m: 2:22.65 36.59	05	Sporting 250m: 3:00.02 37.37 300m: 3:37.35 37.33 350m: 4:14.87 37.52 400m: 4:52.64 37.77	450m: 5:30.26 37.62 500m: 6:08.33 38.07 550m: 6:45.86 37.53 600m: 7:23.91 38.05	650m: 8:01.16 37.25 700m: 8:38.83 37.67 750m: 9:16.53 37.70 800m: 9:50.76 34.23	<b>9:52.90</b>	<b>9:50.76</b> 534

**Prova 30, Femin., 800m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
19.	<b>Sofia Antunes Sebastiao</b>	05	Amadora	10:24.52	9:51.29	532
	50m: 33.70 33.70	250m: 3:00.22 36.99	450m: 5:30.36 37.44	650m: 8:00.72 37.31		
	100m: 1:09.26 35.56	300m: 3:38.04 37.82	500m: 6:08.16 37.80	700m: 8:38.39 37.67		
	150m: 1:45.98 36.72	350m: 4:15.45 37.41	550m: 6:45.57 37.41	750m: 9:16.62 38.23		
	200m: 2:23.23 37.25	400m: 4:52.92 37.47	600m: 7:23.41 37.84	800m: 9:51.29 34.67		
20.	<b>Ana Beatriz Simoes</b>	05	Sporting	9:59.57	9:51.44	532
	50m: 33.83 33.83	250m: 2:59.83 37.24	450m: 5:30.73 36.98	650m: 8:02.91 37.55		
	100m: 1:09.62 35.79	300m: 3:37.63 37.80	500m: 6:09.55 38.82	700m: 8:41.66 38.75		
	150m: 1:45.86 36.24	350m: 4:15.82 38.19	550m: 6:48.15 38.60	750m: 9:17.73 36.07		
	200m: 2:22.59 36.73	400m: 4:53.75 37.93	600m: 7:25.36 37.21	800m: 9:51.44 33.71		
21.	<b>Catarina Nunes Costa</b>	04	Gesloures	10:22.84	9:58.09	514
	50m: 34.95 34.95	250m: 3:06.50 37.93	450m: 5:37.93 37.77	650m: 8:07.33 37.04		
	100m: 1:12.63 37.68	300m: 3:44.50 38.00	500m: 6:15.69 37.76	700m: 8:44.38 37.05		
	150m: 1:50.49 37.86	350m: 4:22.27 37.77	550m: 6:53.11 37.42	750m: 9:22.01 37.63		
	200m: 2:28.57 38.08	400m: 5:00.16 37.89	600m: 7:30.29 37.18	800m: 9:58.09 36.08		
22.	<b>Carolina Ganhao Ferro</b>	02	Gesloures	9:53.22	9:58.48	513
	50m: 33.16 33.16	250m: 3:01.64 37.59	450m: 5:31.86 37.56	650m: 8:04.91 38.26		
	100m: 1:09.65 36.49	300m: 3:38.92 37.28	500m: 6:10.11 38.25	700m: 8:43.14 38.23		
	150m: 1:46.68 37.03	350m: 4:16.64 37.72	550m: 6:48.43 38.32	750m: 9:21.30 38.16		
	200m: 2:24.05 37.37	400m: 4:54.30 37.66	600m: 7:26.65 38.22	800m: 9:58.48 37.18		
23.	<b>Alice Jesus Morgado</b>	04	Gesloures	10:25.49	9:58.69	513
	50m: 35.14 35.14	250m: 3:02.26 36.98	450m: 5:32.95 37.97	650m: 8:05.65 38.91		
	100m: 1:11.82 36.68	300m: 3:39.57 37.31	500m: 6:10.91 37.96	700m: 8:44.15 38.50		
	150m: 1:48.72 36.90	350m: 4:16.94 37.37	550m: 6:49.05 38.14	750m: 9:22.13 37.98		
	200m: 2:25.28 36.56	400m: 4:54.98 38.04	600m: 7:26.74 37.69	800m: 9:58.69 36.56		
24.	<b>Margarida Filipe Ferreira</b>	04	Desportivo Cova da Piedade	10:14.04	9:59.31	511
	50m: 36.07 36.07	250m: 3:07.67 37.88	450m: 5:37.76 36.98	650m: 8:08.75 37.41		
	100m: 1:13.69 37.62	300m: 3:45.31 37.64	500m: 6:15.56 37.80	700m: 8:46.49 37.74		
	150m: 1:52.12 38.43	350m: 4:23.20 37.89	550m: 6:53.49 37.93	750m: 9:23.68 37.19		
	200m: 2:29.79 37.67	400m: 5:00.78 37.58	600m: 7:31.34 37.85	800m: 9:59.31 35.63		
25.	<b>Sofia Alexandra Nunes</b>	00	Laranjeiro	9:50.99	10:00.16	509
	50m: 32.75 32.75	250m: 3:00.16 37.52	450m: 5:32.36 37.87	650m: 8:07.17 38.72		
	100m: 1:08.78 36.03	300m: 3:38.46 38.30	500m: 6:10.89 38.53	700m: 8:46.08 38.91		
	150m: 1:45.39 36.61	350m: 4:16.54 38.08	550m: 6:49.74 38.85	750m: 9:24.23 38.15		
	200m: 2:22.64 37.25	400m: 4:54.49 37.95	600m: 7:28.45 38.71	800m: 10:00.16 35.93		
26.	<b>Mariana Frago Guterres</b>	04	Benfica	10:15.02	10:01.24	506
	50m: 33.55 33.55	250m: 3:03.24 37.77	450m: 5:34.53 37.87	650m: 8:07.35 37.97		
	100m: 1:10.66 37.11	300m: 3:40.73 37.49	500m: 6:12.99 38.46	700m: 8:46.08 38.73		
	150m: 1:48.04 37.38	350m: 4:18.67 37.94	550m: 6:51.29 38.30	750m: 9:23.76 37.68		
	200m: 2:25.47 37.43	400m: 4:56.66 37.99	600m: 7:29.38 38.09	800m: 10:01.24 37.48		
27.	<b>Maria Ines Ribeiro</b>	03	Alges	10:06.08	10:01.25	506
	50m: 33.38 33.38	250m: 3:02.27 37.76	450m: 5:34.76 38.37	650m: 8:08.33 38.23		
	100m: 1:09.59 36.21	300m: 3:40.29 38.02	500m: 6:13.21 38.45	700m: 8:46.75 38.42		
	150m: 1:46.79 37.20	350m: 4:18.36 38.07	550m: 6:51.60 38.39	750m: 9:24.98 38.23		
	200m: 2:24.51 37.72	400m: 4:56.39 38.03	600m: 7:30.10 38.50	800m: 10:01.25 36.27		
28.	<b>Anais Cloe Pereira</b>	04	Sporting	10:00.93	10:02.22	504
	50m: 36.35 36.35	250m: 3:07.45 38.28	450m: 5:39.60 37.30	650m: 8:10.44 37.63		
	100m: 1:13.31 36.96	300m: 3:45.57 38.12	500m: 6:17.18 37.58	700m: 8:48.65 38.21		
	150m: 1:50.99 37.68	350m: 4:24.00 38.43	550m: 6:54.94 37.76	750m: 9:26.28 37.63		
	200m: 2:29.17 38.18	400m: 5:02.30 38.30	600m: 7:32.81 37.87	800m: 10:02.22 35.94		
29.	<b>Carolina Porem Henriques</b>	04	Sporting	10:03.39	10:02.41	503
	50m: 35.78 35.78	250m: 3:07.37 38.14	450m: 5:39.53 37.44	650m: 8:10.79 37.81		
	100m: 1:13.26 37.48	300m: 3:45.63 38.26	500m: 6:17.22 37.69	700m: 8:48.36 37.57		
	150m: 1:51.32 38.06	350m: 4:24.10 38.47	550m: 6:55.18 37.96	750m: 9:26.39 38.03		
	200m: 2:29.23 37.91	400m: 5:02.09 37.99	600m: 7:32.98 37.80	800m: 10:02.41 36.02		
30.	<b>Rafaela Sofia Silva</b>	03	Benfica	10:12.46	10:02.49	503
	50m: 32.82 32.82	250m: 3:03.08 37.96	450m: 5:36.07 38.45	650m: 8:09.26 38.42		
	100m: 1:09.44 36.62	300m: 3:41.52 38.44	500m: 6:14.19 38.12	700m: 8:47.55 38.29		
	150m: 1:47.10 37.66	350m: 4:19.48 37.96	550m: 6:52.62 38.43	750m: 9:25.77 38.22		
	200m: 2:25.12 38.02	400m: 4:57.62 38.14	600m: 7:30.84 38.22	800m: 10:02.49 36.72		
31.	<b>Daniela Alexandra Pedro</b>	04	Sporting	10:16.47	10:02.66	503
	50m: 36.08 36.08	250m: 3:06.71 37.34	450m: 5:37.01 36.73	650m: 8:09.36 37.44		
	100m: 1:13.90 37.82	300m: 3:44.94 38.23	500m: 6:15.20 38.19	700m: 8:47.73 38.37		
	150m: 1:51.86 37.96	350m: 4:22.68 37.74	550m: 6:53.66 38.46	750m: 9:25.84 38.11		
	200m: 2:29.37 37.51	400m: 5:00.28 37.60	600m: 7:31.92 38.26	800m: 10:02.66 36.82		
32.	<b>Vera Figueiredo Narra</b>	04	Amadora	9:52.39	10:03.57	500
	50m: 35.25 35.25	250m: 3:04.24 37.39	450m: 5:35.81 38.20	650m: 8:09.85 38.80		
	100m: 1:11.98 36.73	300m: 3:41.46 37.22	500m: 6:13.78 37.97	700m: 8:48.53 38.68		
	150m: 1:49.15 37.17	350m: 4:19.52 38.06	550m: 6:52.40 38.62	750m: 9:26.40 37.87		
	200m: 2:26.85 37.70	400m: 4:57.61 38.09	600m: 7:31.05 38.65	800m: 10:03.57 37.17		



**Prova 30, Femin., 800m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
33.	<b>Carolina Fale Costa</b>	04	<b>Colegio Int Monte Maior</b>	<b>10:21.31</b>	<b>10:05.47</b>	496
	50m: 36.98 36.98	250m: 3:06.48 38.01	450m: 5:38.91 38.17	650m: 8:11.98 38.50		
	100m: 1:13.71 36.73	300m: 3:44.22 37.74	500m: 6:17.00 38.09	700m: 8:50.32 38.34		
	150m: 1:51.03 37.32	350m: 4:22.30 38.08	550m: 6:55.08 38.08	750m: 9:28.68 38.36		
	200m: 2:28.47 37.44	400m: 5:00.74 38.44	600m: 7:33.48 38.40	800m: 10:05.47 36.79		
34.	<b>Raquel Raposo Lopes</b>	04	<b>Desportivo Cova da Piedade</b>	<b>9:56.08</b>	<b>10:07.12</b>	492
	50m: 35.44 35.44	250m: 3:07.77 37.81	450m: 5:41.19 38.49	650m: 8:14.74 38.37		
	100m: 1:12.92 37.48	300m: 3:46.31 38.54	500m: 6:19.66 38.47	700m: 8:52.92 38.18		
	150m: 1:51.41 38.49	350m: 4:24.57 38.26	550m: 6:58.11 38.45	750m: 9:30.64 37.72		
	200m: 2:29.96 38.55	400m: 5:02.70 38.13	600m: 7:36.37 38.26	800m: 10:07.12 36.48		
35.	<b>Leonor Ramos Zacarias</b>	03	<b>Naval Setubalense</b>	<b>10:19.53</b>	<b>10:12.13</b>	480
	50m: 34.43 34.43	250m: 3:07.97 38.28	450m: 5:43.12 38.81	650m: 8:18.15 38.50		
	100m: 1:12.17 37.74	300m: 3:46.26 38.29	500m: 6:21.68 38.56	700m: 8:56.95 38.80		
	150m: 1:50.79 38.62	350m: 4:25.25 38.99	550m: 7:00.61 38.93	750m: 9:35.71 38.76		
	200m: 2:29.69 38.90	400m: 5:04.31 39.06	600m: 7:39.65 39.04	800m: 10:12.13 36.42		
36.	<b>Isadora Maia Andre</b>	05	<b>Benfica</b>	<b>9:58.26</b>	<b>10:13.59</b>	476
	50m: 34.65 34.65	250m: 3:06.26 39.25	450m: 5:42.49 38.90	650m: 8:19.06 39.47		
	100m: 1:10.71 36.06	300m: 3:45.40 39.14	500m: 6:21.31 38.82	700m: 8:58.04 38.98		
	150m: 1:48.53 37.82	350m: 4:24.29 38.89	550m: 7:00.50 39.19	750m: 9:36.32 38.28		
	200m: 2:27.01 38.48	400m: 5:03.59 39.30	600m: 7:39.59 39.09	800m: 10:13.59 37.27		
37.	<b>Soraia Maria Salgado</b>	05	<b>Fisica Torres Vedras</b>	<b>10:40.33</b>	<b>10:15.81</b>	471
	50m: 34.67 34.67	250m: 3:08.48 38.98	450m: 5:47.16 40.14	650m: 8:23.40 38.79		
	100m: 1:12.12 37.45	300m: 3:47.84 39.36	500m: 6:26.00 38.84	700m: 9:02.75 39.35		
	150m: 1:50.46 38.34	350m: 4:27.31 39.47	550m: 7:05.48 39.48	750m: 9:39.86 37.11		
	200m: 2:29.50 39.04	400m: 5:07.02 39.71	600m: 7:44.61 39.13	800m: 10:15.81 35.95		
38.	<b>Madalena Graca Gerales</b>	04	<b>Sporting</b>	<b>10:01.75</b>	<b>10:15.97</b>	471
	50m: 34.83 34.83	250m: 3:06.09 38.44	450m: 5:40.96 38.88	650m: 8:18.62 39.50		
	100m: 1:11.71 36.88	300m: 3:44.50 38.41	500m: 6:20.58 39.62	700m: 8:58.27 39.65		
	150m: 1:49.65 37.94	350m: 4:23.05 38.55	550m: 6:59.60 39.02	750m: 9:37.32 39.05		
	200m: 2:27.65 38.00	400m: 5:02.08 39.03	600m: 7:39.12 39.52	800m: 10:15.97 38.65		
39.	<b>Ines Marques Joaquim</b>	04	<b>Benfica</b>	<b>10:15.98</b>	<b>10:18.16</b>	466
	50m: 36.70 36.70	250m: 3:11.25 38.81	450m: 5:47.45 39.29	650m: 8:23.22 39.24		
	100m: 1:15.03 38.33	300m: 3:50.25 39.00	500m: 6:26.25 38.80	700m: 9:02.51 39.29		
	150m: 1:53.84 38.81	350m: 4:29.02 38.77	550m: 7:05.06 38.81	750m: 9:41.72 39.21		
	200m: 2:32.44 38.60	400m: 5:08.16 39.14	600m: 7:43.98 38.92	800m: 10:18.16 36.44		
40.	<b>Caetana Neves Carneiro</b>	03	<b>Natação de Lisboa</b>	<b>10:19.98</b>	<b>10:18.56</b>	465
	50m: 33.75 33.75	250m: 3:08.71 39.07	450m: 5:46.25 38.38	650m: 8:22.76 38.96		
	100m: 1:11.88 38.13	300m: 3:48.55 39.84	500m: 6:25.44 39.19	700m: 9:02.01 39.25		
	150m: 1:50.48 38.60	350m: 4:27.84 39.29	550m: 7:04.68 39.24	750m: 9:40.88 38.87		
	200m: 2:29.64 39.16	400m: 5:07.87 40.03	600m: 7:43.80 39.12	800m: 10:18.56 37.68		
41.	<b>Joana Rocha Ferreira</b>	05	<b>Benfica</b>	<b>10:34.04</b>	<b>10:18.73</b>	464
	50m: 37.82 37.82	250m: 3:14.77 39.49	450m: 5:51.23 38.49	650m: 8:26.89 38.52		
	100m: 1:16.97 39.15	300m: 3:54.43 39.66	500m: 6:30.29 39.06	700m: 9:04.66 37.77		
	150m: 1:56.18 39.21	350m: 4:33.30 38.87	550m: 7:09.81 39.52	750m: 9:42.35 37.69		
	200m: 2:35.28 39.10	400m: 5:12.74 39.44	600m: 7:48.37 38.56	800m: 10:18.73 36.38		
42.	<b>Joana Fernandes Gama</b>	05	<b>Sporting</b>	<b>10:42.72</b>	<b>10:19.58</b>	463
	50m: 35.80 35.80	250m: 3:09.96 39.07	450m: 5:47.80 39.33	650m: 8:23.90 38.75		
	100m: 1:13.40 37.60	300m: 3:49.30 39.34	500m: 6:26.85 39.05	700m: 9:03.17 39.27		
	150m: 1:51.86 38.46	350m: 4:28.80 39.50	550m: 7:05.89 39.04	750m: 9:42.04 38.87		
	200m: 2:30.89 39.03	400m: 5:08.47 39.67	600m: 7:45.15 39.26	800m: 10:19.58 37.54		
43.	<b>Mariana Andreia Silva</b>	05	<b>Sporting</b>	<b>10:18.92</b>	<b>10:20.10</b>	461
	50m: 35.96 35.96	250m: 3:11.68 39.51	450m: 5:48.10 38.97	650m: 8:25.19 39.37		
	100m: 1:14.13 38.17	300m: 3:50.78 39.10	500m: 6:26.94 38.84	700m: 9:03.86 38.67		
	150m: 1:53.21 39.08	350m: 4:30.52 39.74	550m: 7:06.57 39.63	750m: 9:42.66 38.80		
	200m: 2:32.17 38.96	400m: 5:09.13 38.61	600m: 7:45.82 39.25	800m: 10:20.10 37.44		
44.	<b>Mariana Morais Delfino</b>	04	<b>Sporting</b>	<b>10:37.81</b>	<b>10:21.93</b>	457
	50m: 36.91 36.91	250m: 3:09.74 38.69	450m: 5:45.26 39.43	650m: 8:23.12 40.28		
	100m: 1:14.74 37.83	300m: 3:48.29 38.55	500m: 6:24.30 39.04	700m: 9:02.71 39.59		
	150m: 1:52.95 38.21	350m: 4:27.01 38.72	550m: 7:03.56 39.26	750m: 9:42.65 39.94		
	200m: 2:31.05 38.10	400m: 5:05.83 38.82	600m: 7:42.84 39.28	800m: 10:21.93 39.28		
45.	<b>Mariana Marques Mercedes</b>	03	<b>Olivais e Moscavide</b>	<b>10:16.49</b>	<b>10:22.30</b>	457
	<i>Fora Tempo Acesso</i>					
	50m: 34.23 34.23	250m: 3:10.35 39.78	450m: 5:47.41 38.84	650m: 8:24.95 39.62		
	100m: 1:12.13 37.90	300m: 3:49.68 39.33	500m: 6:26.79 39.38	700m: 9:04.59 39.64		
	150m: 1:50.95 38.82	350m: 4:29.21 39.53	550m: 7:06.10 39.31	750m: 9:43.79 39.20		
	200m: 2:30.57 39.62	400m: 5:08.57 39.36	600m: 7:45.33 39.23	800m: 10:22.30 38.51		

Prova 30, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
46.	Leonor Alves Morganho	04	Alges	10:03.72	10:23.54	454	
	50m: 36.72 36.72	250m: 3:13.41	39.48	450m: 5:50.47	39.19	650m: 8:27.02	39.26
	100m: 1:15.12 38.40	300m: 3:52.60	39.19	500m: 6:29.44	38.97	700m: 9:06.01	38.99
	150m: 1:54.46 39.34	350m: 4:32.07	39.47	550m: 7:08.59	39.15	750m: 9:45.23	39.22
	200m: 2:33.93 39.47	400m: 5:11.28	39.21	600m: 7:47.76	39.17	800m: 10:23.54	38.31
47.	Carolina Osorio Brasao	04	Gesloures	10:37.81	10:23.62	454	
	50m: 34.20 34.20	250m: 3:11.30	39.64	450m: 5:49.53	39.88	650m: 8:27.96	39.77
	100m: 1:12.71 38.51	300m: 3:50.68	39.38	500m: 6:28.88	39.35	700m: 9:07.74	39.78
	150m: 1:52.39 39.68	350m: 4:30.32	39.64	550m: 7:08.36	39.48	750m: 9:46.76	39.02
	200m: 2:31.66 39.27	400m: 5:09.65	39.33	600m: 7:48.19	39.83	800m: 10:23.62	36.86
48.	Mariana Marques Santos	05	Gesloures	10:35.20	10:24.48	452	
	50m: 34.85 34.85	250m: 3:09.58	39.15	450m: 5:46.94	39.58	650m: 8:26.49	39.75
	100m: 1:12.99 38.14	300m: 3:48.64	39.06	500m: 6:26.83	39.89	700m: 9:06.52	40.03
	150m: 1:51.69 38.70	350m: 4:27.90	39.26	550m: 7:06.80	39.97	750m: 9:46.55	40.03
	200m: 2:30.43 38.74	400m: 5:07.36	39.46	600m: 7:46.74	39.94	800m: 10:24.48	37.93
49.	Nicole Patriarca Franca	05	CPCD Póvoa Sta Iria	10:12.50	10:26.25	448	
	50m: 36.42 36.42	250m: 3:12.35	39.75	450m: 5:51.24	40.33	650m: 8:31.21	39.52
	100m: 1:14.57 38.15	300m: 3:51.87	39.52	500m: 6:31.01	39.77	700m: 9:10.44	39.23
	150m: 1:53.71 39.14	350m: 4:31.14	39.27	550m: 7:11.18	40.17	750m: 9:49.49	39.05
	200m: 2:32.60 38.89	400m: 5:10.91	39.77	600m: 7:51.69	40.51	800m: 10:26.25	36.76
50.	Beatriz Costa Melo	04	Alges	10:37.81	10:27.36	446	
	50m: 36.84 36.84	250m: 3:13.60	38.80	450m: 5:50.90	39.35	650m: 8:30.09	40.11
	100m: 1:15.38 38.54	300m: 3:52.82	39.22	500m: 6:30.43	39.53	700m: 9:10.25	40.16
	150m: 1:55.36 39.98	350m: 4:32.18	39.36	550m: 7:09.80	39.37	750m: 9:49.51	39.26
	200m: 2:34.80 39.44	400m: 5:11.55	39.37	600m: 7:49.98	40.18	800m: 10:27.36	37.85
51.	Mafalda Santos Costa	05	Colegio Int Monte Maior	9:51.83	10:29.10	442	
	50m: 35.84 35.84	250m: 3:09.81	39.23	450m: 5:49.10	39.72	650m: 8:30.16	40.45
	100m: 1:13.21 37.37	300m: 3:49.65	39.84	500m: 6:29.37	40.27	700m: 9:10.17	40.01
	150m: 1:51.30 38.09	350m: 4:29.64	39.99	550m: 7:09.27	39.90	750m: 9:50.09	39.92
	200m: 2:30.58 39.28	400m: 5:09.38	39.74	600m: 7:49.71	40.44	800m: 10:29.10	39.01
52.	Barbara Cunha Ventura	05	Benfica	10:46.14	10:29.29	441	
	50m: 36.00 36.00	250m: 3:15.42	39.98	450m: 5:54.17	39.29	650m: 8:33.83	40.30
	100m: 1:15.30 39.30	300m: 3:55.29	39.87	500m: 6:33.96	39.79	700m: 9:13.67	39.84
	150m: 1:55.40 40.10	350m: 4:35.66	40.37	550m: 7:14.01	40.05	750m: 9:52.55	38.88
	200m: 2:35.44 40.04	400m: 5:14.88	39.22	600m: 7:53.53	39.52	800m: 10:29.29	36.74
53.	Francisca Otao Tribuna	05	Benfica	10:56.04	10:31.45	437	
	50m: 36.87 36.87	250m: 3:12.79	39.69	450m: 5:52.43	39.76	650m: 8:33.89	40.33
	100m: 1:15.19 38.32	300m: 3:52.62	39.83	500m: 6:33.15	40.72	700m: 9:13.85	39.96
	150m: 1:53.91 38.72	350m: 4:32.64	40.02	550m: 7:13.40	40.25	750m: 9:54.14	40.29
	200m: 2:33.10 39.19	400m: 5:12.67	40.03	600m: 7:53.56	40.16	800m: 10:31.45	37.31
54.	Joana Marinho Coelho	04	Sporting	10:19.21	10:32.03	436	
	50m: 35.50 35.50	250m: 3:09.39	38.80	450m: 5:48.10	39.94	650m: 8:30.45	40.77
	100m: 1:13.15 37.65	300m: 3:48.56	39.17	500m: 6:28.26	40.16	700m: 9:11.19	40.74
	150m: 1:51.70 38.55	350m: 4:28.32	39.76	550m: 7:08.83	40.57	750m: 9:51.94	40.75
	200m: 2:30.59 38.89	400m: 5:08.16	39.84	600m: 7:49.68	40.85	800m: 10:32.03	40.09
55.	Luisa Morais Marques	05	Fisica Torres Vedras	10:46.81	10:35.83	428	
	50m: 35.27 35.27	250m: 3:14.01	40.69	450m: 5:56.95	40.65	650m: 8:38.13	40.20
	100m: 1:13.61 38.34	300m: 3:54.83	40.82	500m: 6:36.67	39.72	700m: 9:18.49	40.36
	150m: 1:53.35 39.74	350m: 4:35.70	40.87	550m: 7:17.43	40.76	750m: 9:57.99	39.50
	200m: 2:33.32 39.97	400m: 5:16.30	40.60	600m: 7:57.93	40.50	800m: 10:35.83	37.84
56.	Vera Di Martino Serafim	05	Sporting	10:52.29	10:36.96	426	
	50m: 37.97 37.97	250m: 3:16.95	40.02	450m: 5:57.75	40.10	650m: 8:38.45	40.26
	100m: 1:17.11 39.14	300m: 3:57.32	40.37	500m: 6:37.72	39.97	700m: 9:18.63	40.18
	150m: 1:56.58 39.47	350m: 4:37.46	40.14	550m: 7:18.01	40.29	750m: 9:58.60	39.97
	200m: 2:36.93 40.35	400m: 5:17.65	40.19	600m: 7:58.19	40.18	800m: 10:36.96	38.36
57.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	União Piedense	10:31.35	10:37.95	424	
	50m: 36.01 36.01	250m: 3:12.98	39.55	450m: 5:54.71	40.83	650m: 8:38.58	41.28
	100m: 1:14.53 38.52	300m: 3:52.72	39.74	500m: 6:35.87	41.16	700m: 9:19.29	40.71
	150m: 1:53.46 38.93	350m: 4:33.23	40.51	550m: 7:16.24	40.37	750m: 9:59.21	39.92
	200m: 2:33.43 39.97	400m: 5:13.88	40.65	600m: 7:57.30	41.06	800m: 10:37.95	38.74
58.	Alice Castico Moreira <i>Fora Tempo Acesso</i>	04	C N Montijo	10:37.81	10:47.76	405	
	50m: 37.70 37.70	250m: 3:17.46	40.09	450m: 5:59.82	40.77	650m: 8:44.82	41.39
	100m: 1:17.47 39.77	300m: 3:57.73	40.27	500m: 6:40.87	41.05	700m: 9:26.49	41.67
	150m: 1:57.29 39.82	350m: 4:38.20	40.47	550m: 7:22.32	41.45	750m: 10:08.26	41.77
	200m: 2:37.37 40.08	400m: 5:19.05	40.85	600m: 8:03.43	41.11	800m: 10:47.76	39.50

**Prova 30, Femin., 800m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
59.	Aleksandra Bozanic Borcic <i>Fora Tempo Acesso</i>	04	Algés	10:36.79	<b>10:53.44</b>	394	
	50m: 36.45 36.45	250m: 3:16.59	41.61	450m: 6:04.84	42.33	650m: 8:52.28	41.44
	100m: 1:15.06 38.61	300m: 3:58.24	41.65	500m: 6:46.99	42.15	700m: 9:33.06	40.78
	150m: 1:54.63 39.57	350m: 4:40.26	42.02	550m: 7:28.45	41.46	750m: 10:13.58	40.52
	200m: 2:34.98 40.35	400m: 5:22.51	42.25	600m: 8:10.84	42.39	800m: 10:53.44	39.86
60.	Ana Sofia Inacio <i>Fora Tempo Acesso</i>	04	Sporting	10:24.94	<b>10:54.25</b>	393	
	50m: 36.11 36.11	250m: 3:14.86	41.23	450m: 6:01.71	41.70	650m: 8:50.74	42.06
	100m: 1:14.12 38.01	300m: 3:56.41	41.55	500m: 6:43.89	42.18	700m: 9:33.29	42.55
	150m: 1:53.83 39.71	350m: 4:38.24	41.83	550m: 7:25.94	42.05	750m: 10:14.43	41.14
	200m: 2:33.63 39.80	400m: 5:20.01	41.77	600m: 8:08.68	42.74	800m: 10:54.25	39.82
61.	Carolina Anjos Frischknecht <i>Fora Tempo Acesso</i>	04	Naval Setubalense	10:37.81	<b>11:01.11</b>	381	
	50m: 39.81 39.81	250m: 3:27.72	41.93	450m: 6:14.62	41.07	650m: 9:00.61	41.45
	100m: 1:21.30 41.49	300m: 4:09.60	41.88	500m: 6:56.08	41.46	700m: 9:40.92	40.31
	150m: 2:03.80 42.50	350m: 4:51.46	41.86	550m: 7:37.69	41.61	750m: 10:21.93	41.01
	200m: 2:45.79 41.99	400m: 5:33.55	42.09	600m: 8:19.16	41.47	800m: 11:01.11	39.18
62.	Sara Nunes Conceicao <i>Fora Tempo Acesso</i>	05	União Piedense	10:56.04	<b>11:02.47</b>	378	
	50m: 37.85 37.85	250m: 3:25.16	41.92	450m: 6:13.43	41.75	650m: 9:01.14	41.99
	100m: 1:18.88 41.03	300m: 4:06.85	41.69	500m: 6:55.20	41.77	700m: 9:42.18	41.04
	150m: 2:01.36 42.48	350m: 4:49.11	42.26	550m: 7:37.14	41.94	750m: 10:23.42	41.24
	200m: 2:43.24 41.88	400m: 5:31.68	42.57	600m: 8:19.15	42.01	800m: 11:02.47	39.05
63.	Marta Sofia Carvalho <i>Fora Tempo Acesso</i>	05	Colegio Int Monte Maior	10:56.04	<b>11:07.21</b>	370	
	50m: 38.07 38.07	250m: 3:19.37	41.21	450m: 6:08.75	42.55	650m: 8:59.20	42.84
	100m: 1:17.25 39.18	300m: 4:01.21	41.84	500m: 6:51.32	42.57	700m: 9:41.86	42.66
	150m: 1:57.42 40.17	350m: 4:43.66	42.45	550m: 7:33.95	42.63	750m: 10:24.73	42.87
	200m: 2:38.16 40.74	400m: 5:26.20	42.54	600m: 8:16.36	42.41	800m: 11:07.21	42.48
64.	Maria Sousa Caxaria <i>Fora Tempo Acesso</i>	05	C N Montijo	10:56.04	<b>11:32.18</b>	332	
	50m: 36.76 36.76	250m: 3:27.54	43.54	450m: 6:24.20	44.21	650m: 9:23.78	44.69
	100m: 1:17.01 40.25	300m: 4:12.08	44.54	500m: 7:09.15	44.95	700m: 10:08.05	44.27
	150m: 2:00.17 43.16	350m: 4:56.00	43.92	550m: 7:54.26	45.11	750m: 10:51.30	43.25
	200m: 2:44.00 43.83	400m: 5:39.99	43.99	600m: 8:39.09	44.83	800m: 11:32.18	40.88