

Prova 11 Femin., 1500m Livres Absolutos
18.11.2023 - 9:00 Resultados

Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	16:48.10	Mariana Amaral Mendes	ADRCIMM	Felgueiras	2018
Rec Regional Jun 1	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Regional Juv A	17:40.84	Leonor Esteves Santos	EULX	Algés	2019
Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Nacional Abs Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	2019
Rec Nacional Abs Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	2013
Rec Nacional Sen	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	2019
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
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	2014
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	2013

TAC Juv B: 20:56.40; Juv A: 20:19.81; Jun 1: 19:55.89; Jun 2: 19:44.05; Sen 1: 19:33.49; Sen +: 19:21.75

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
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Juvenis B

1. Rita Braga Gomes	10	Sporting	21:00.00	19:46.51	463
50m: 34.40	34.40	450m: 5:51.14	39.79	850m: 11:11.45	40.35
100m: 1:12.92	38.52	500m: 6:30.77	39.63	900m: 11:51.89	40.44
150m: 1:52.58	39.66	550m: 7:10.78	40.01	950m: 12:32.37	40.48
200m: 2:32.42	39.84	600m: 7:51.01	40.23	1000m: 13:12.56	40.19
250m: 3:11.91	39.49	650m: 8:31.16	40.15	1050m: 13:52.23	39.67
300m: 3:51.58	39.67	700m: 9:11.16	40.00	1100m: 14:32.27	40.04
350m: 4:31.68	40.10	750m: 9:51.15	39.99	1150m: 15:11.95	39.68
400m: 5:11.35	39.67	800m: 10:31.10	39.95	1200m: 15:51.62	39.67

Juvenis A

1. Matilde Castro Teixeira	09	Sporting	20:00.00	20:14.58	431
50m: 35.20	35.20	450m: 5:55.37	40.86	850m: 11:22.97	41.40
100m: 1:13.88	38.68	500m: 6:36.54	41.17	900m: 12:03.95	40.98
150m: 1:53.30	39.42	550m: 7:17.09	40.55	950m: 12:44.96	41.01
200m: 2:33.66	40.36	600m: 7:58.59	41.50	1000m: 13:26.17	41.21
250m: 3:13.40	39.74	650m: 8:39.18	40.59	1050m: 14:06.76	40.59
300m: 3:53.44	40.04	700m: 9:20.29	41.11	1100m: 14:47.47	40.71
350m: 4:34.35	40.91	750m: 10:01.19	40.90	1150m: 15:29.23	41.76
400m: 5:14.51	40.16	800m: 10:41.57	40.38	1200m: 16:10.05	40.82
2. Beatriz Ribeiro Lima	09	Geslours	19:33.33	20:21.65	424
<i>Fora Tempo Acesso</i>					
50m: 34.70	34.70	450m: 5:59.09	41.09	850m: 11:25.44	40.45
100m: 1:13.34	38.64	500m: 6:39.73	40.64	900m: 12:06.70	41.26
150m: 1:53.27	39.93	550m: 7:20.70	40.97	950m: 12:47.13	40.43
200m: 2:33.94	40.67	600m: 8:01.92	41.22	1000m: 13:28.74	41.61
250m: 3:14.82	40.88	650m: 8:42.61	40.69	1050m: 14:09.07	40.33
300m: 3:55.79	40.97	700m: 9:23.83	41.22	1100m: 14:50.31	41.24
350m: 4:36.83	41.04	750m: 10:04.23	40.40	1150m: 15:31.39	41.08
400m: 5:18.00	41.17	800m: 10:44.99	40.76	1200m: 16:12.29	40.90

Juniores

1. Catarina Andrade Franco	07	Benfica	17:56.16	17:47.99	635
<i>Campeã Regional</i>					
50m: 31.38	31.38	450m: 5:12.76	35.48	850m: 9:56.11	36.06
100m: 1:05.56	34.18	500m: 5:48.17	35.41	900m: 10:31.85	35.74
150m: 1:40.46	34.90	550m: 6:22.85	34.68	950m: 11:07.74	35.89
200m: 2:15.60	35.14	600m: 6:58.11	35.26	1000m: 11:43.50	35.76
250m: 2:50.77	35.17	650m: 7:33.30	35.19	1050m: 12:20.16	36.66
300m: 3:25.94	35.17	700m: 8:08.92	35.62	1100m: 12:56.52	36.36
350m: 4:01.62	35.68	750m: 8:44.51	35.59	1150m: 13:32.74	36.22
400m: 4:37.28	35.66	800m: 9:20.05	35.54	1200m: 14:09.48	36.74

Prova 11, Femin., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Catarina Maria Lopes	08	Benfica	18:15.55	18:19.20	582
	50m: 32.81 32.81	450m: 5:22.69 36.95	850m: 10:17.50 37.02	1250m: 15:14.45 37.17		
	100m: 1:07.81 35.00	500m: 5:59.04 36.35	900m: 10:54.56 37.06	1300m: 15:51.90 37.45		
	150m: 1:43.81 36.00	550m: 6:35.85 36.81	950m: 11:31.80 37.24	1350m: 16:29.50 37.60		
	200m: 2:20.11 36.30	600m: 7:12.83 36.98	1000m: 12:08.96 37.16	1400m: 17:06.44 36.94		
	250m: 2:56.48 36.37	650m: 7:49.48 36.65	1050m: 12:45.76 36.80	1450m: 17:43.76 37.32		
	300m: 3:32.83 36.35	700m: 8:26.12 36.64	1100m: 13:22.84 37.08	1500m: 18:19.20 35.44		
	350m: 4:09.42 36.59	750m: 9:03.43 37.31	1150m: 13:59.84 37.00			
	400m: 4:45.74 36.32	800m: 9:40.48 37.05	1200m: 14:37.28 37.44			
3.	Leonor Castanho Santos	07	Sporting	18:57.55	18:19.78	581
	50m: 32.77 32.77	450m: 5:22.54 36.61	850m: 10:16.71 36.93	1250m: 15:14.97 37.52		
	100m: 1:08.05 35.28	500m: 5:59.16 36.62	900m: 10:53.42 36.71	1300m: 15:52.14 37.17		
	150m: 1:43.99 35.94	550m: 6:35.62 36.46	950m: 11:30.59 37.17	1350m: 16:29.72 37.58		
	200m: 2:20.05 36.06	600m: 7:12.18 36.56	1000m: 12:07.76 37.17	1400m: 17:07.04 37.32		
	250m: 2:56.50 36.45	650m: 7:48.75 36.57	1050m: 12:45.10 37.34	1450m: 17:43.75 36.71		
	300m: 3:32.64 36.14	700m: 8:25.53 36.78	1100m: 13:22.13 37.03	1500m: 18:19.78 36.03		
	350m: 4:09.08 36.44	750m: 9:02.61 37.08	1150m: 13:59.82 37.69			
	400m: 4:45.93 36.85	800m: 9:39.78 37.17	1200m: 14:37.45 37.63			
4.	Sara Sofia Alves	07	Palmela Desporto	19:10.11	18:26.13	571
	50m: 32.61 32.61	450m: 5:27.22 37.49	850m: 10:24.67 37.04	1250m: 15:20.67 37.19		
	100m: 1:08.37 35.76	500m: 6:04.31 37.09	900m: 11:01.74 37.07	1300m: 15:58.18 37.51		
	150m: 1:44.78 36.41	550m: 6:41.09 36.78	950m: 11:38.78 37.04	1350m: 16:35.26 37.08		
	200m: 2:21.54 36.76	600m: 7:18.56 37.47	1000m: 12:15.58 36.80	1400m: 17:12.51 37.25		
	250m: 2:58.43 36.89	650m: 7:55.82 37.26	1050m: 12:52.06 36.48	1450m: 17:49.85 37.34		
	300m: 3:35.61 37.18	700m: 8:33.29 37.47	1100m: 13:29.45 37.39	1500m: 18:26.13 36.28		
	350m: 4:12.54 36.93	750m: 9:10.54 37.25	1150m: 14:06.43 36.98			
	400m: 4:49.73 37.19	800m: 9:47.63 37.09	1200m: 14:43.48 37.05			
5.	Constanca Isabel Carvalho	08	Algés	19:43.42	19:17.71	498
	50m: 33.36 33.36	450m: 5:36.04 38.46	850m: 10:46.44 39.15	1250m: 16:01.18 39.85		
	100m: 1:09.72 36.36	500m: 6:14.53 38.49	900m: 11:25.43 38.99	1300m: 16:41.06 39.88		
	150m: 1:47.01 37.29	550m: 6:53.00 38.47	950m: 12:04.81 39.38	1350m: 17:21.25 40.19		
	200m: 2:24.81 37.80	600m: 7:31.54 38.54	1000m: 12:44.14 39.33	1400m: 18:01.38 40.13		
	250m: 3:02.96 38.15	650m: 8:10.28 38.74	1050m: 13:23.31 39.17	1450m: 18:40.26 38.88		
	300m: 3:40.84 37.88	700m: 8:49.22 38.94	1100m: 14:02.58 39.27	1500m: 19:17.71 37.45		
	350m: 4:19.32 38.48	750m: 9:28.38 39.16	1150m: 14:41.90 39.32			
	400m: 4:57.58 38.26	800m: 10:07.29 38.91	1200m: 15:21.33 39.43			
6.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	20:00.00	21:51.95	342
	50m: 38.59 38.59	450m: 6:22.41 43.47	850m: 12:09.96 43.34	1250m: 18:07.43 45.76		
	100m: 1:20.41 41.82	500m: 7:05.98 43.57	900m: 12:54.02 44.06	1300m: 18:53.53 46.10		
	150m: 2:03.45 43.04	550m: 7:49.36 43.38	950m: 13:38.04 44.02	1350m: 19:39.05 45.52		
	200m: 2:46.49 43.04	600m: 8:33.10 43.74	1000m: 14:22.41 44.37	1400m: 20:23.81 44.76		
	250m: 3:29.61 43.12	650m: 9:16.24 43.14	1050m: 15:06.31 43.90	1450m: 21:08.19 44.38		
	300m: 4:12.94 43.33	700m: 9:59.46 43.22	1100m: 15:51.71 45.40	1500m: 21:51.95 43.76		
	350m: 4:56.06 43.12	750m: 10:43.32 43.86	1150m: 16:36.22 44.51			
	400m: 5:38.94 42.88	800m: 11:26.62 43.30	1200m: 17:21.67 45.45			

Seniores

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	19:00.00	16:56.50	736
	50m: 30.70 30.70	450m: 5:00.01 33.79	850m: 9:32.06 34.04	1250m: 14:06.58 34.34		
	100m: 1:03.78 33.08	500m: 5:33.93 33.92	900m: 10:06.04 33.98	1300m: 14:41.09 34.51		
	150m: 1:37.42 33.64	550m: 6:07.98 34.05	950m: 10:40.23 34.19	1350m: 15:15.23 34.14		
	200m: 2:11.13 33.71	600m: 6:41.72 33.74	1000m: 11:14.51 34.28	1400m: 15:49.26 34.03		
	250m: 2:44.86 33.73	650m: 7:15.79 34.07	1050m: 11:49.00 34.49	1450m: 16:23.77 34.51		
	300m: 3:18.65 33.79	700m: 7:49.76 33.97	1100m: 12:23.53 34.53	1500m: 16:56.50 32.73		
	350m: 3:52.46 33.81	750m: 8:23.76 34.00	1150m: 12:57.87 34.34			
	400m: 4:26.22 33.76	800m: 8:58.02 34.26	1200m: 13:32.24 34.37			
2.	Maria Ornelas Armas	98	Vikings	17:30.21	17:43.49	643
	50m: 31.46 31.46	450m: 5:10.28 34.98	850m: 9:55.31 36.10	1250m: 14:42.02 36.10		
	100m: 1:05.02 33.56	500m: 5:45.70 35.42	900m: 10:31.27 35.96	1300m: 15:18.32 36.30		
	150m: 1:39.52 34.50	550m: 6:20.90 35.20	950m: 11:07.22 35.95	1350m: 15:55.01 36.69		
	200m: 2:14.83 35.31	600m: 6:56.53 35.63	1000m: 11:43.12 35.90	1400m: 16:31.42 36.41		
	250m: 2:50.10 35.27	650m: 7:31.92 35.39	1050m: 12:19.30 36.18	1450m: 17:08.10 36.68		
	300m: 3:25.25 35.15	700m: 8:07.90 35.98	1100m: 12:54.68 35.38	1500m: 17:43.49 35.39		
	350m: 4:00.24 34.99	750m: 8:43.26 35.36	1150m: 13:30.14 35.46			
	400m: 4:35.30 35.06	800m: 9:19.21 35.95	1200m: 14:05.92 35.78			

Prova 11, Femin., 1500m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
3.	Matilde Nunes Lopes	06	Benfica	17:44.51	17:59.51	614
	50m: 31.59 31.59	450m: 5:12.43 35.61	850m: 9:59.72 36.14	1250m: 14:53.27 37.18		
	100m: 1:05.50 33.91	500m: 5:47.85 35.42	900m: 10:35.54 35.82	1300m: 15:30.80 37.53		
	150m: 1:40.23 34.73	550m: 6:23.42 35.57	950m: 11:11.89 36.35	1350m: 16:08.35 37.55		
	200m: 2:15.32 35.09	600m: 6:59.24 35.82	1000m: 11:48.07 36.18	1400m: 16:45.75 37.40		
	250m: 2:50.65 35.33	650m: 7:35.27 36.03	1050m: 12:25.04 36.97	1450m: 17:23.19 37.44		
	300m: 3:26.09 35.44	700m: 8:11.36 36.09	1100m: 13:01.79 36.75	1500m: 17:59.51 36.32		
	350m: 4:01.37 35.28	750m: 8:47.39 36.03	1150m: 13:38.74 36.95			
	400m: 4:36.82 35.45	800m: 9:23.58 36.19	1200m: 14:16.09 37.35			
4.	Joana Rocha Ferreira	05	Benfica	19:00.00	18:09.10	598
	50m: 32.27 32.27	450m: 5:25.49 37.08	850m: 10:19.12 36.24	1250m: 15:09.91 36.23		
	100m: 1:07.85 35.58	500m: 6:02.49 37.00	900m: 10:54.93 35.81	1300m: 15:46.47 36.56		
	150m: 1:44.26 36.41	550m: 6:39.62 37.13	950m: 11:30.88 35.95	1350m: 16:22.14 35.67		
	200m: 2:20.63 36.37	600m: 7:16.34 36.72	1000m: 12:06.95 36.07	1400m: 16:57.75 35.61		
	250m: 2:57.24 36.61	650m: 7:53.26 36.92	1050m: 12:43.08 36.13	1450m: 17:34.27 36.52		
	300m: 3:34.40 37.16	700m: 8:29.73 36.47	1100m: 13:20.15 37.07	1500m: 18:09.10 34.83		
	350m: 4:11.41 37.01	750m: 9:06.25 36.52	1150m: 13:56.82 36.67			
	400m: 4:48.41 37.00	800m: 9:42.88 36.63	1200m: 14:33.68 36.86			
5.	Ana Rita Matos	02	Belenenses	19:00.00	18:10.98	595
	50m: 32.56 32.56	450m: 5:19.99 36.11	850m: 10:12.13 36.71	1250m: 15:06.75 36.81		
	100m: 1:07.62 35.06	500m: 5:56.32 36.33	900m: 10:48.81 36.68	1300m: 15:43.81 37.06		
	150m: 1:43.73 36.11	550m: 6:32.77 36.45	950m: 11:25.45 36.64	1350m: 16:20.81 37.00		
	200m: 2:19.67 35.94	600m: 7:09.18 36.41	1000m: 12:02.33 36.88	1400m: 16:57.96 37.15		
	250m: 2:55.82 36.15	650m: 7:45.77 36.59	1050m: 12:39.19 36.86	1450m: 17:34.96 37.00		
	300m: 3:31.67 35.85	700m: 8:22.02 36.25	1100m: 13:16.09 36.90	1500m: 18:10.98 36.02		
	350m: 4:07.72 36.05	750m: 8:58.62 36.60	1150m: 13:53.00 36.91			
	400m: 4:43.88 36.16	800m: 9:35.42 36.80	1200m: 14:29.94 36.94			
6.	Luana Correia Rodrigues	01	Belenenses	19:00.00	18:30.55	564
	50m: 32.74 32.74	450m: 5:25.89 36.88	850m: 10:22.27 37.62	1250m: 15:23.59 37.51		
	100m: 1:08.14 35.40	500m: 6:02.66 36.77	900m: 10:59.98 37.71	1300m: 16:01.35 37.76		
	150m: 1:44.54 36.40	550m: 6:39.41 36.75	950m: 11:37.78 37.80	1350m: 16:39.25 37.90		
	200m: 2:21.24 36.70	600m: 7:16.24 36.83	1000m: 12:15.65 37.87	1400m: 17:17.06 37.81		
	250m: 2:58.33 37.09	650m: 7:53.23 36.99	1050m: 12:53.42 37.77	1450m: 17:54.85 37.79		
	300m: 3:35.24 36.91	700m: 8:30.08 36.85	1100m: 13:31.07 37.65	1500m: 18:30.55 35.70		
	350m: 4:12.20 36.96	750m: 9:07.32 37.24	1150m: 14:08.61 37.54			
	400m: 4:49.01 36.81	800m: 9:44.65 37.33	1200m: 14:46.08 37.47			
7.	Joana Filipa Varandas	02	Laranjeiro	18:47.75	18:38.93	552
	50m: 33.38 33.38	450m: 5:24.54 36.92	850m: 10:26.71 37.95	1250m: 15:31.74 38.13		
	100m: 1:08.71 35.33	500m: 6:01.69 37.15	900m: 11:04.56 37.85	1300m: 16:09.76 38.02		
	150m: 1:44.73 36.02	550m: 6:39.29 37.60	950m: 11:42.70 38.14	1350m: 16:47.88 38.12		
	200m: 2:21.03 36.30	600m: 7:16.82 37.53	1000m: 12:20.99 38.29	1400m: 17:25.43 37.55		
	250m: 2:57.58 36.55	650m: 7:54.53 37.71	1050m: 12:59.12 38.13	1450m: 18:03.15 37.72		
	300m: 3:34.05 36.47	700m: 8:32.65 38.12	1100m: 13:36.95 37.83	1500m: 18:38.93 35.78		
	350m: 4:10.71 36.66	750m: 9:10.84 38.19	1150m: 14:15.37 38.42			
	400m: 4:47.62 36.91	800m: 9:48.76 37.92	1200m: 14:53.61 38.24			
8.	Natacha Sofia Silva	02	Benfica	18:30.28	18:50.58	535
	50m: 33.04 33.04	450m: 5:27.65 37.52	850m: 10:32.57 38.14	1250m: 15:40.70 38.67		
	100m: 1:08.19 35.15	500m: 6:05.42 37.77	900m: 11:10.86 38.29	1300m: 16:19.17 38.47		
	150m: 1:44.65 36.46	550m: 6:43.38 37.96	950m: 11:49.33 38.47	1350m: 16:57.29 38.12		
	200m: 2:21.52 36.87	600m: 7:21.70 38.32	1000m: 12:27.83 38.50	1400m: 17:36.01 38.72		
	250m: 2:58.10 36.58	650m: 7:59.52 37.82	1050m: 13:06.46 38.63	1450m: 18:13.77 37.76		
	300m: 3:35.17 37.07	700m: 8:37.50 37.98	1100m: 13:44.73 38.27	1500m: 18:50.58 36.81		
	350m: 4:12.54 37.37	750m: 9:15.84 38.34	1150m: 14:23.36 38.63			
	400m: 4:50.13 37.59	800m: 9:54.43 38.59	1200m: 15:02.03 38.67			

Absolutos

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	19:00.00	16:56.50	736
	50m: 30.70 30.70	450m: 5:00.01 33.79	850m: 9:32.06 34.04	1250m: 14:06.58 34.34		
	100m: 1:03.78 33.08	500m: 5:33.93 33.92	900m: 10:06.04 33.98	1300m: 14:41.09 34.51		
	150m: 1:37.42 33.64	550m: 6:07.98 34.05	950m: 10:40.23 34.19	1350m: 15:15.23 34.14		
	200m: 2:11.13 33.71	600m: 6:41.72 33.74	1000m: 11:14.51 34.28	1400m: 15:49.26 34.03		
	250m: 2:44.86 33.73	650m: 7:15.79 34.07	1050m: 11:49.00 34.49	1450m: 16:23.77 34.51		
	300m: 3:18.65 33.79	700m: 7:49.76 33.97	1100m: 12:23.53 34.53	1500m: 16:56.50 32.73		
	350m: 3:52.46 33.81	750m: 8:23.76 34.00	1150m: 12:57.87 34.34			
	400m: 4:26.22 33.76	800m: 8:58.02 34.26	1200m: 13:32.24 34.37			

Prova 11, Fem., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Maria Ornelas Armas	98	Vikings	17:30.21	17:43.49	643
	50m: 31.46 31.46	450m: 5:10.28 34.98	850m: 9:55.31 36.10	1250m: 14:42.02 36.10	1500m: 17:43.49 35.39	
	100m: 1:05.02 33.56	500m: 5:45.70 35.42	900m: 10:31.27 35.96	1300m: 15:18.32 36.30		
	150m: 1:39.52 34.50	550m: 6:20.90 35.20	950m: 11:07.22 35.95	1350m: 15:55.01 36.69		
	200m: 2:14.83 35.31	600m: 6:56.53 35.63	1000m: 11:43.12 35.90	1400m: 16:31.42 36.41		
	250m: 2:50.10 35.27	650m: 7:31.92 35.39	1050m: 12:19.30 36.18	1450m: 17:08.10 36.68		
	300m: 3:25.25 35.15	700m: 8:07.90 35.98	1100m: 12:54.68 35.38			
	350m: 4:00.24 34.99	750m: 8:43.26 35.36	1150m: 13:30.14 35.46			
	400m: 4:35.30 35.06	800m: 9:19.21 35.95	1200m: 14:05.92 35.78			
3.	Catarina Andrade Franco	07	Benfica	17:56.16	17:47.99	635
	50m: 31.38 31.38	450m: 5:12.76 35.48	850m: 9:56.11 36.06	1250m: 14:46.21 36.73		
	100m: 1:05.56 34.18	500m: 5:48.17 35.41	900m: 10:31.85 35.74	1300m: 15:23.27 37.06		
	150m: 1:40.46 34.90	550m: 6:22.85 34.68	950m: 11:07.74 35.89	1350m: 15:59.99 36.72		
	200m: 2:15.60 35.14	600m: 6:58.11 35.26	1000m: 11:43.50 35.76	1400m: 16:36.84 36.85		
	250m: 2:50.77 35.17	650m: 7:33.30 35.19	1050m: 12:20.16 36.66	1450m: 17:13.07 36.23		
	300m: 3:25.94 35.17	700m: 8:08.92 35.62	1100m: 12:56.52 36.36	1500m: 17:47.99 34.92		
	350m: 4:01.62 35.68	750m: 8:44.51 35.59	1150m: 13:32.74 36.22			
	400m: 4:37.28 35.66	800m: 9:20.05 35.54	1200m: 14:09.48 36.74			
4.	Matilde Nunes Lopes	06	Benfica	17:44.51	17:59.51	614
	50m: 31.59 31.59	450m: 5:12.43 35.61	850m: 9:59.72 36.14	1250m: 14:53.27 37.18		
	100m: 1:05.50 33.91	500m: 5:47.85 35.42	900m: 10:35.54 35.82	1300m: 15:30.80 37.53		
	150m: 1:40.23 34.73	550m: 6:23.42 35.57	950m: 11:11.89 36.35	1350m: 16:08.35 37.55		
	200m: 2:15.32 35.09	600m: 6:59.24 35.82	1000m: 11:48.07 36.18	1400m: 16:45.75 37.40		
	250m: 2:50.65 35.33	650m: 7:35.27 36.03	1050m: 12:25.04 36.97	1450m: 17:23.19 37.44		
	300m: 3:26.09 35.44	700m: 8:11.36 36.09	1100m: 13:01.79 36.75	1500m: 17:59.51 36.32		
	350m: 4:01.37 35.28	750m: 8:47.39 36.03	1150m: 13:38.74 36.95			
	400m: 4:36.82 35.45	800m: 9:23.58 36.19	1200m: 14:16.09 37.35			
5.	Joana Rocha Ferreira	05	Benfica	19:00.00	18:09.10	598
	50m: 32.27 32.27	450m: 5:25.49 37.08	850m: 10:19.12 36.24	1250m: 15:09.91 36.23		
	100m: 1:07.85 35.58	500m: 6:02.49 37.00	900m: 10:54.93 35.81	1300m: 15:46.47 36.56		
	150m: 1:44.26 36.41	550m: 6:39.62 37.13	950m: 11:30.88 35.95	1350m: 16:22.14 35.67		
	200m: 2:20.63 36.37	600m: 7:16.34 36.72	1000m: 12:06.95 36.07	1400m: 16:57.75 35.61		
	250m: 2:57.24 36.61	650m: 7:53.26 36.92	1050m: 12:43.08 36.13	1450m: 17:34.27 36.52		
	300m: 3:34.40 37.16	700m: 8:29.73 36.47	1100m: 13:20.15 37.07	1500m: 18:09.10 34.83		
	350m: 4:11.41 37.01	750m: 9:06.25 36.52	1150m: 13:56.82 36.67			
	400m: 4:48.41 37.00	800m: 9:42.88 36.63	1200m: 14:33.68 36.86			
6.	Ana Rita Matos	02	Belenenses	19:00.00	18:10.98	595
	50m: 32.56 32.56	450m: 5:19.99 36.11	850m: 10:12.13 36.71	1250m: 15:06.75 36.81		
	100m: 1:07.62 35.06	500m: 5:56.32 36.33	900m: 10:48.81 36.68	1300m: 15:43.81 37.06		
	150m: 1:43.73 36.11	550m: 6:32.77 36.45	950m: 11:25.45 36.64	1350m: 16:20.81 37.00		
	200m: 2:19.67 35.94	600m: 7:09.18 36.41	1000m: 12:02.33 36.88	1400m: 16:57.96 37.15		
	250m: 2:55.82 36.15	650m: 7:45.77 36.59	1050m: 12:39.19 36.86	1450m: 17:34.96 37.00		
	300m: 3:31.67 35.85	700m: 8:22.02 36.25	1100m: 13:16.09 36.90	1500m: 18:10.98 36.02		
	350m: 4:07.72 36.05	750m: 8:58.62 36.60	1150m: 13:53.00 36.91			
	400m: 4:43.88 36.16	800m: 9:35.42 36.80	1200m: 14:29.94 36.94			
7.	Catarina Maria Lopes	08	Benfica	18:15.55	18:19.20	582
	50m: 32.81 32.81	450m: 5:22.69 36.95	850m: 10:17.50 37.02	1250m: 15:14.45 37.17		
	100m: 1:07.81 35.00	500m: 5:59.04 36.35	900m: 10:54.56 37.06	1300m: 15:51.90 37.45		
	150m: 1:43.81 36.00	550m: 6:35.85 36.81	950m: 11:31.80 37.24	1350m: 16:29.50 37.60		
	200m: 2:20.11 36.30	600m: 7:12.83 36.98	1000m: 12:08.96 37.16	1400m: 17:06.44 36.94		
	250m: 2:56.48 36.37	650m: 7:49.48 36.65	1050m: 12:45.76 36.80	1450m: 17:43.76 37.32		
	300m: 3:32.83 36.35	700m: 8:26.12 36.64	1100m: 13:22.84 37.08	1500m: 18:19.20 35.44		
	350m: 4:09.42 36.59	750m: 9:03.43 37.31	1150m: 13:59.84 37.00			
	400m: 4:45.74 36.32	800m: 9:40.48 37.05	1200m: 14:37.28 37.44			
8.	Leonor Castanho Santos	07	Sporting	18:57.55	18:19.78	581
	50m: 32.77 32.77	450m: 5:22.54 36.61	850m: 10:16.71 36.93	1250m: 15:14.97 37.52		
	100m: 1:08.05 35.28	500m: 5:59.16 36.62	900m: 10:53.42 36.71	1300m: 15:52.14 37.17		
	150m: 1:43.99 35.94	550m: 6:35.62 36.46	950m: 11:30.59 37.17	1350m: 16:29.72 37.58		
	200m: 2:20.05 36.06	600m: 7:12.18 36.56	1000m: 12:07.76 37.17	1400m: 17:07.04 37.32		
	250m: 2:56.50 36.45	650m: 7:48.75 36.57	1050m: 12:45.10 37.34	1450m: 17:43.75 36.71		
	300m: 3:32.64 36.14	700m: 8:25.53 36.78	1100m: 13:22.13 37.03	1500m: 18:19.78 36.03		
	350m: 4:09.08 36.44	750m: 9:02.61 37.08	1150m: 13:59.82 37.69			
	400m: 4:45.93 36.85	800m: 9:39.78 37.17	1200m: 14:37.45 37.63			
9.	Sara Sofia Alves	07	Palmela Desporto	19:10.11	18:26.13	571
	50m: 32.61 32.61	450m: 5:27.22 37.49	850m: 10:24.67 37.04	1250m: 15:20.67 37.19		
	100m: 1:08.37 35.76	500m: 6:04.31 37.09	900m: 11:01.74 37.07	1300m: 15:58.18 37.51		
	150m: 1:44.78 36.41	550m: 6:41.09 36.78	950m: 11:38.78 37.04	1350m: 16:35.26 37.08		
	200m: 2:21.54 36.76	600m: 7:18.56 37.47	1000m: 12:15.58 36.80	1400m: 17:12.51 37.25		
	250m: 2:58.43 36.89	650m: 7:55.82 37.26	1050m: 12:52.06 36.48	1450m: 17:49.85 37.34		
	300m: 3:35.61 37.18	700m: 8:33.29 37.47	1100m: 13:29.45 37.39	1500m: 18:26.13 36.28		
	350m: 4:12.54 36.93	750m: 9:10.54 37.25	1150m: 14:06.43 36.98			
	400m: 4:49.73 37.19	800m: 9:47.63 37.09	1200m: 14:43.48 37.05			

Prova 11, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
10.	Luana Correia Rodrigues	01	Belenenses	19:00.00	18:30.55	564	
	50m: 32.74	450m: 5:25.89	36.88	850m: 10:22.27	37.62	1250m: 15:23.59	37.51
	100m: 1:08.14	500m: 6:02.66	36.77	900m: 10:59.98	37.71	1300m: 16:01.35	37.76
	150m: 1:44.54	550m: 6:39.41	36.75	950m: 11:37.78	37.80	1350m: 16:39.25	37.90
	200m: 2:21.24	600m: 7:16.24	36.83	1000m: 12:15.65	37.87	1400m: 17:17.06	37.81
	250m: 2:58.33	650m: 7:53.23	36.99	1050m: 12:53.42	37.77	1450m: 17:54.85	37.79
	300m: 3:35.24	700m: 8:30.08	36.85	1100m: 13:31.07	37.65	1500m: 18:30.55	35.70
	350m: 4:12.20	750m: 9:07.32	37.24	1150m: 14:08.61	37.54		
	400m: 4:49.01	800m: 9:44.65	37.33	1200m: 14:46.08	37.47		
11.	Joana Filipa Varandas	02	Laranjeiro	18:47.75	18:38.93	552	
	50m: 33.38	450m: 5:24.54	36.92	850m: 10:26.71	37.95	1250m: 15:31.74	38.13
	100m: 1:08.71	500m: 6:01.69	37.15	900m: 11:04.56	37.85	1300m: 16:09.76	38.02
	150m: 1:44.73	550m: 6:39.29	37.60	950m: 11:42.70	38.14	1350m: 16:47.88	38.12
	200m: 2:21.03	600m: 7:16.82	37.53	1000m: 12:20.99	38.29	1400m: 17:25.43	37.55
	250m: 2:57.58	650m: 7:54.53	37.71	1050m: 12:59.12	38.13	1450m: 18:03.15	37.72
	300m: 3:34.05	700m: 8:32.65	38.12	1100m: 13:36.95	37.83	1500m: 18:38.93	35.78
	350m: 4:10.71	750m: 9:10.84	38.19	1150m: 14:15.37	38.42		
	400m: 4:47.62	800m: 9:48.76	37.92	1200m: 14:53.61	38.24		
12.	Natacha Sofia Silva	02	Benfica	18:30.28	18:50.58	535	
	50m: 33.04	450m: 5:27.65	37.52	850m: 10:32.57	38.14	1250m: 15:40.70	38.67
	100m: 1:08.19	500m: 6:05.42	37.77	900m: 11:10.86	38.29	1300m: 16:19.17	38.47
	150m: 1:44.65	550m: 6:43.38	37.96	950m: 11:49.33	38.47	1350m: 16:57.29	38.12
	200m: 2:21.52	600m: 7:21.70	38.32	1000m: 12:27.83	38.50	1400m: 17:36.01	38.72
	250m: 2:58.10	650m: 7:59.52	37.82	1050m: 13:06.46	38.63	1450m: 18:13.77	37.76
	300m: 3:35.17	700m: 8:37.50	37.98	1100m: 13:44.73	38.27	1500m: 18:50.58	36.81
	350m: 4:12.54	750m: 9:15.84	38.34	1150m: 14:23.36	38.63		
	400m: 4:50.13	800m: 9:54.43	38.59	1200m: 15:02.03	38.67		
13.	Constanca Isabel Carvalho	08	Algés	19:43.42	19:17.71	498	
	50m: 33.36	450m: 5:26.04	38.46	850m: 10:46.44	39.15	1250m: 16:01.18	39.85
	100m: 1:09.72	500m: 6:14.53	38.49	900m: 11:25.43	38.99	1300m: 16:41.06	39.88
	150m: 1:47.01	550m: 6:53.00	38.47	950m: 12:04.81	39.38	1350m: 17:21.25	40.19
	200m: 2:24.81	600m: 7:31.54	38.54	1000m: 12:44.14	39.33	1400m: 18:01.38	40.13
	250m: 3:02.96	650m: 8:10.28	38.74	1050m: 13:23.31	39.17	1450m: 18:40.26	38.88
	300m: 3:40.84	700m: 8:49.22	38.94	1100m: 14:02.58	39.27	1500m: 19:17.71	37.45
	350m: 4:19.32	750m: 9:28.38	39.16	1150m: 14:41.90	39.32		
	400m: 4:57.58	800m: 10:07.29	38.91	1200m: 15:21.33	39.43		
14.	Rita Braga Gomes	10	Sporting	21:00.00	19:46.51	463	
	50m: 34.40	450m: 5:51.14	39.79	850m: 11:11.45	40.35	1250m: 16:31.55	39.93
	100m: 1:12.92	500m: 6:30.77	39.63	900m: 11:51.89	40.44	1300m: 17:11.07	39.52
	150m: 1:52.58	550m: 7:10.78	40.01	950m: 12:32.37	40.48	1350m: 17:51.00	39.93
	200m: 2:32.42	600m: 7:51.01	40.23	1000m: 13:12.56	40.19	1400m: 18:29.84	38.84
	250m: 3:11.91	650m: 8:31.16	40.15	1050m: 13:52.23	39.67	1450m: 19:09.40	39.56
	300m: 3:51.58	700m: 9:11.16	40.00	1100m: 14:32.27	40.04	1500m: 19:46.51	37.11
	350m: 4:31.68	750m: 9:51.15	39.99	1150m: 15:11.95	39.68		
	400m: 5:11.35	800m: 10:31.10	39.95	1200m: 15:51.62	39.67		
15.	Matilde Castro Teixeira	09	Sporting	20:00.00	20:14.58	431	
	50m: 35.20	450m: 5:55.37	40.86	850m: 11:22.97	41.40	1250m: 16:51.69	41.64
	100m: 1:13.88	500m: 6:36.54	41.17	900m: 12:03.95	40.98	1300m: 17:32.71	41.02
	150m: 1:53.30	550m: 7:17.09	40.55	950m: 12:44.96	41.01	1350m: 18:14.57	41.86
	200m: 2:33.66	600m: 7:58.59	41.50	1000m: 13:26.17	41.21	1400m: 18:55.12	40.55
	250m: 3:13.40	650m: 8:39.18	40.59	1050m: 14:06.76	40.59	1450m: 19:35.74	40.62
	300m: 3:53.44	700m: 9:20.29	41.11	1100m: 14:47.47	40.71	1500m: 20:14.58	38.84
	350m: 4:34.35	750m: 10:01.19	40.90	1150m: 15:29.23	41.76		
	400m: 5:14.51	800m: 10:41.57	40.38	1200m: 16:10.05	40.82		
16.	Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	Geslours	19:33.33	20:21.65	424	
	50m: 34.70	450m: 5:59.09	41.09	850m: 11:25.44	40.45	1250m: 16:53.95	41.66
	100m: 1:13.34	500m: 6:39.73	40.64	900m: 12:06.70	41.26	1300m: 17:36.41	42.46
	150m: 1:53.27	550m: 7:20.70	40.97	950m: 12:47.13	40.43	1350m: 18:17.70	41.29
	200m: 2:33.94	600m: 8:01.92	41.22	1000m: 13:28.74	41.61	1400m: 18:59.37	41.67
	250m: 3:14.82	650m: 8:42.61	40.69	1050m: 14:09.07	40.33	1450m: 19:40.94	41.57
	300m: 3:55.79	700m: 9:23.83	41.22	1100m: 14:50.31	41.24	1500m: 20:21.65	40.71
	350m: 4:36.83	750m: 10:04.23	40.40	1150m: 15:31.39	41.08		
	400m: 5:18.00	800m: 10:44.99	40.76	1200m: 16:12.29	40.90		

Prova 11, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
17.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	20:00.00	21:51.95	342
	50m: 38.59	38.59	450m: 6:22.41	43.47	850m: 12:09.96	43.34
	100m: 1:20.41	41.82	500m: 7:05.98	43.57	900m: 12:54.02	44.06
	150m: 2:03.45	43.04	550m: 7:49.36	43.38	950m: 13:38.04	44.02
	200m: 2:46.49	43.04	600m: 8:33.10	43.74	1000m: 14:22.41	44.37
	250m: 3:29.61	43.12	650m: 9:16.24	43.14	1050m: 15:06.31	43.90
	300m: 4:12.94	43.33	700m: 9:59.46	43.22	1100m: 15:51.71	45.40
	350m: 4:56.06	43.12	750m: 10:43.32	43.86	1150m: 16:36.22	44.51
	400m: 5:38.94	42.88	800m: 11:26.62	43.30	1200m: 17:21.67	45.45
					1250m: 18:07.43	45.76
					1300m: 18:53.53	46.10
					1350m: 19:39.05	45.52
					1400m: 20:23.81	44.76
					1450m: 21:08.19	44.38
					1500m: 21:51.95	43.76