

Prova 37  
19.11.2023 - 11:20

Femin., 800m Livres

Absolutos  
Resultados

Rec Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Sen	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
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 Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	2019
Rec Nacional Abs Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibes (FRA)	1980
Rec Nacional Sen	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	2019
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	Antibes (FRA)	1980

TAC Juv B: 10:47.57; Juv A: 10:28.71; Jun 1: 10:16.38; Jun 2: 10:10.28; Sen 1: 10:04.84; Sen +: 9:58.79

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juvenis B</b>						
1.	Carolina Escrevente Guerra	10	Algés	10:57.50	<b>10:19.78</b>	462
	50m: 35.07 35.07	250m: 3:10.14 38.61	450m: 5:46.83 39.25	650m: 8:24.27 39.08		
	100m: 1:13.46 38.39	300m: 3:49.03 38.89	500m: 6:26.54 39.71	700m: 9:03.55 39.28		
	150m: 1:52.48 39.02	350m: 4:27.90 38.87	550m: 7:06.02 39.48	750m: 9:42.78 39.23		
	200m: 2:31.53 39.05	400m: 5:07.58 39.68	600m: 7:45.19 39.17	800m: 10:19.78 37.00		
2.	Maria Madalena Fernandes	10	Algés	10:35.71	<b>10:22.17</b>	457
	50m: 35.33 35.33	250m: 3:11.27 39.05	450m: 5:49.26 39.27	650m: 8:26.74 38.88		
	100m: 1:14.10 38.77	300m: 3:50.91 39.64	500m: 6:28.75 39.49	700m: 9:05.38 38.64		
	150m: 1:53.23 39.13	350m: 4:30.54 39.63	550m: 7:08.52 39.77	750m: 9:44.69 39.31		
	200m: 2:32.22 38.99	400m: 5:09.99 39.45	600m: 7:47.86 39.34	800m: 10:22.17 37.48		
3.	Maria Duarte Carvalho	10	Benfica	10:56.86	<b>10:40.93</b>	418
	50m: 36.17 36.17	250m: 3:18.36 41.23	450m: 6:00.89 40.63	650m: 8:42.13 40.03		
	100m: 1:15.90 39.73	300m: 3:59.35 40.99	500m: 6:41.00 40.11	700m: 9:22.16 40.03		
	150m: 1:56.55 40.65	350m: 4:39.71 40.36	550m: 7:21.57 40.57	750m: 10:02.31 40.15		
	200m: 2:37.13 40.58	400m: 5:20.26 40.55	600m: 8:02.10 40.53	800m: 10:40.93 38.62		
4.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	11:30.00	<b>10:51.20</b>	398
	<i>Fora Tempo Acesso</i>					
	50m: 34.73 34.73	250m: 3:18.45 41.49	450m: 6:04.26 41.40	650m: 8:51.04 41.66		
	100m: 1:14.39 39.66	300m: 3:59.81 41.36	500m: 6:45.93 41.67	700m: 9:32.76 41.72		
	150m: 1:55.49 41.10	350m: 4:41.22 41.41	550m: 7:27.69 41.76	750m: 10:13.20 40.44		
	200m: 2:36.96 41.47	400m: 5:22.86 41.64	600m: 8:09.38 41.69	800m: 10:51.20 38.00		
5.	Luana Raquel Monteiro	10	Palmela Desporto	11:01.51	<b>11:01.88</b>	379
	<i>Fora Tempo Acesso</i>					
	50m: 36.34 36.34	250m: 3:21.89 42.07	450m: 6:10.01 41.64	650m: 8:58.35 41.85		
	100m: 1:16.71 40.37	300m: 4:04.16 42.27	500m: 6:52.32 42.31	700m: 9:40.37 42.02		
	150m: 1:57.82 41.11	350m: 4:46.29 42.13	550m: 7:34.27 41.95	750m: 10:22.17 41.80		
	200m: 2:39.82 42.00	400m: 5:28.37 42.08	600m: 8:16.50 42.23	800m: 11:01.88 39.71		

**Juvenis A**

1.	Sofia Monteiro Uva	09	Algés	10:14.21	<b>10:01.10</b>	507
	50m: 33.10 33.10	250m: 3:02.31 37.43	450m: 5:33.54 37.93	650m: 8:07.74 39.01		
	100m: 1:10.32 37.22	300m: 3:39.59 37.28	500m: 6:11.70 38.16	700m: 8:46.14 38.40		
	150m: 1:47.53 37.21	350m: 4:17.71 38.12	550m: 6:50.34 38.64	750m: 9:23.98 37.84		
	200m: 2:24.88 37.35	400m: 4:55.61 37.90	600m: 7:28.73 38.39	800m: 10:01.10 37.12		
2.	Joana Melo Gaspar	09	Nacional de Natação	10:06.85	<b>10:02.63</b>	503
	50m: 34.37 34.37	250m: 3:05.99 37.91	450m: 5:38.62 38.04	650m: 8:10.50 38.17		
	100m: 1:11.86 37.49	300m: 3:44.14 38.15	500m: 6:16.51 37.89	700m: 8:47.70 37.20		
	150m: 1:49.89 38.03	350m: 4:22.45 38.31	550m: 6:54.35 37.84	750m: 9:23.43 35.73		
	200m: 2:28.08 38.19	400m: 5:00.58 38.13	600m: 7:32.33 37.98	800m: 10:02.63 39.20		
3.	Matilde Lopes Fialho	09	Palmela Desporto	10:10.60	<b>10:09.20</b>	487
	50m: 33.36 33.36	250m: 3:04.14 38.48	450m: 5:39.96 38.57	650m: 8:13.94 38.74		
	100m: 1:10.16 36.80	300m: 3:43.36 39.22	500m: 6:18.78 38.82	700m: 8:53.01 39.07		
	150m: 1:47.56 37.40	350m: 4:22.60 39.24	550m: 6:56.43 37.65	750m: 9:31.59 38.58		
	200m: 2:25.66 38.10	400m: 5:01.39 38.79	600m: 7:35.20 38.77	800m: 10:09.20 37.61		

Prova 37, Femin., 800m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	9:50.88	10:11.41	481
	50m: 34.06 34.06	250m: 3:05.28 37.92	450m: 5:39.93 38.41	650m: 8:16.84 39.51		
	100m: 1:10.75 36.69	300m: 3:44.00 38.72	500m: 6:19.03 39.10	700m: 8:55.87 39.03		
	150m: 1:48.90 38.15	350m: 4:22.93 38.93	550m: 6:58.40 39.37	750m: 9:34.85 38.98		
	200m: 2:27.36 38.46	400m: 5:01.52 38.59	600m: 7:37.33 38.93	800m: 10:11.41 36.56		
5.	Beatriz Ribeiro Lima	09	Geslours	10:12.42	10:25.35	450
	50m: 34.85 34.85	250m: 3:11.96 39.37	450m: 5:51.31 39.74	650m: 8:30.08 39.53		
	100m: 1:13.48 38.63	300m: 3:51.89 39.93	500m: 6:30.83 39.52	700m: 9:10.20 40.12		
	150m: 1:52.79 39.31	350m: 4:32.07 40.18	550m: 7:10.56 39.73	750m: 9:48.73 38.53		
	200m: 2:32.59 39.80	400m: 5:11.57 39.50	600m: 7:50.55 39.99	800m: 10:25.35 36.62		
6.	Matilde Castro Teixeira <i>Fora Tempo Acesso</i>	09	Sporting	10:49.38	10:30.96	438
	50m: 34.80 34.80	250m: 3:10.49 38.83	450m: 5:50.03 39.82	650m: 8:31.47 40.18		
	100m: 1:13.86 39.06	300m: 3:49.58 39.09	500m: 6:30.75 40.72	700m: 9:11.54 40.07		
	150m: 1:52.67 38.81	350m: 4:29.31 39.73	550m: 7:10.62 39.87	750m: 9:52.60 41.06		
	200m: 2:31.66 38.99	400m: 5:10.21 40.90	600m: 7:51.29 40.67	800m: 10:30.96 38.36		

Juniores

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	Benfica	9:36.38	9:12.20	654
	50m: 30.57 30.57	250m: 2:48.43 34.72	450m: 5:06.71 33.99	650m: 7:27.42 35.46		
	100m: 1:04.25 33.68	300m: 3:23.18 34.75	500m: 5:41.64 34.93	700m: 8:03.06 35.64		
	150m: 1:38.92 34.67	350m: 3:57.91 34.73	550m: 6:16.65 35.01	750m: 8:38.18 35.12		
	200m: 2:13.71 34.79	400m: 4:32.72 34.81	600m: 6:51.96 35.31	800m: 9:12.20 34.02		
2.	Sara Sofia Alves	07	Palmela Desporto	9:54.25	9:32.49	586
	50m: 32.20 32.20	250m: 2:55.41 35.93	450m: 5:21.17 36.19	650m: 7:45.89 36.25		
	100m: 1:07.43 35.23	300m: 3:31.81 36.40	500m: 5:57.23 36.06	700m: 8:22.12 36.23		
	150m: 1:43.23 35.80	350m: 4:08.56 36.75	550m: 6:33.46 36.23	750m: 8:58.00 35.88		
	200m: 2:19.48 36.25	400m: 4:44.98 36.42	600m: 7:09.64 36.18	800m: 9:32.49 34.49		
3.	Rita Machita Santos	07	Naval Setubalense	9:58.51	9:34.95	579
	50m: 32.83 32.83	250m: 2:56.28 36.03	450m: 5:21.81 36.03	650m: 7:46.88 36.59		
	100m: 1:08.17 35.34	300m: 3:32.77 36.49	500m: 5:57.90 36.09	700m: 8:23.34 36.46		
	150m: 1:44.02 35.85	350m: 4:09.30 36.53	550m: 6:34.07 36.17	750m: 8:59.66 36.32		
	200m: 2:20.25 36.23	400m: 4:45.78 36.48	600m: 7:10.29 36.22	800m: 9:34.95 35.29		
4.	Catarina Maria Lopes	08	Benfica	9:28.54	9:39.05	567
	50m: 32.03 32.03	250m: 2:56.23 36.64	450m: 5:23.12 37.08	650m: 7:51.09 36.72		
	100m: 1:07.22 35.19	300m: 3:32.71 36.48	500m: 6:00.06 36.94	700m: 8:28.00 36.91		
	150m: 1:43.17 35.95	350m: 4:09.31 36.60	550m: 6:37.42 37.36	750m: 9:04.28 36.28		
	200m: 2:19.59 36.42	400m: 4:46.04 36.73	600m: 7:14.37 36.95	800m: 9:39.05 34.77		
5.	Margarida Santos Botelho	07	Naval Setubalense	9:48.23	9:55.88	520
	50m: 33.19 33.19	250m: 3:00.78 37.26	450m: 5:31.68 36.98	650m: 8:03.97 37.75		
	100m: 1:09.40 36.21	300m: 3:37.91 37.13	500m: 6:09.76 38.08	700m: 8:41.78 37.81		
	150m: 1:46.13 36.73	350m: 4:16.19 38.28	550m: 6:47.88 38.12	750m: 9:19.57 37.79		
	200m: 2:23.52 37.39	400m: 4:54.70 38.51	600m: 7:26.22 38.34	800m: 9:55.88 36.31		
6.	Ana Beatriz Pires	08	Uniao Piedense	9:59.89	10:04.97	497
	50m: 33.23 33.23	250m: 2:59.90 37.77	450m: 5:32.79 38.35	650m: 8:08.74 39.45		
	100m: 1:09.28 36.05	300m: 3:38.08 38.18	500m: 6:11.21 38.42	700m: 8:47.79 39.05		
	150m: 1:45.32 36.04	350m: 4:16.13 38.05	550m: 6:50.36 39.15	750m: 9:26.74 38.95		
	200m: 2:22.13 36.81	400m: 4:54.44 38.31	600m: 7:29.29 38.93	800m: 10:04.97 38.23		
7.	Teresa Oliveira Santos	08	Algés	9:53.99	10:10.13	484
	50m: 32.79 32.79	250m: 3:06.71 39.25	450m: 5:41.42 39.44	650m: 8:18.03 38.74		
	100m: 1:09.99 37.20	300m: 3:44.68 37.97	500m: 6:21.13 39.71	700m: 8:56.95 38.92		
	150m: 1:48.68 38.69	350m: 4:22.74 38.06	550m: 7:00.89 39.76	750m: 9:35.01 38.06		
	200m: 2:27.46 38.78	400m: 5:01.98 39.24	600m: 7:39.29 38.40	800m: 10:10.13 35.12		
8.	Elena Del Rio Bernat <i>Fora Tempo Acesso</i>	07	Algés	9:58.96	10:11.96	480
	50m: 33.57 33.57	250m: 3:05.16 38.39	450m: 5:39.90 39.04	650m: 8:17.37 39.42		
	100m: 1:10.54 36.97	300m: 3:43.90 38.74	500m: 6:18.71 38.81	700m: 8:56.46 39.09		
	150m: 1:48.41 37.87	350m: 4:22.39 38.49	550m: 6:58.28 39.57	750m: 9:35.17 38.71		
	200m: 2:26.77 38.36	400m: 5:00.86 38.47	600m: 7:37.95 39.67	800m: 10:11.96 36.79		
9.	Leticia Rodrigues Magalhaes <i>Fora Tempo Acesso</i>	07	Naval Setubalense	10:06.26	10:16.15	470
	50m: 32.93 32.93	250m: 3:03.55 39.39	450m: 5:40.67 38.91	650m: 8:18.37 39.12		
	100m: 1:09.58 36.65	300m: 3:42.92 39.37	500m: 6:19.97 39.30	700m: 8:57.83 39.46		
	150m: 1:46.70 37.12	350m: 4:22.37 39.45	550m: 6:59.54 39.57	750m: 9:37.30 39.47		
	200m: 2:24.16 37.46	400m: 5:01.76 39.39	600m: 7:39.25 39.71	800m: 10:16.15 38.85		

Prova 37, Femin., 800m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
10.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	11:16.42	<b>11:22.75</b>	346
	50m: 37.27 37.27	250m: 3:24.83 42.63	450m: 6:18.73 43.93	650m: 9:13.47 43.86		
	100m: 1:17.26 39.99	300m: 4:08.65 43.82	500m: 7:02.14 43.41	700m: 9:57.49 44.02		
	150m: 1:59.31 42.05	350m: 4:51.74 43.09	550m: 7:46.54 44.40	750m: 10:41.04 43.55		
	200m: 2:42.20 42.89	400m: 5:34.80 43.06	600m: 8:29.61 43.07	800m: 11:22.75 41.71		

Seniores

1.	Leonor Tavares Catalao <i>Campeã Regional</i>	06	Sporting	9:31.80	<b>9:13.85</b>	648
	50m: 31.29 31.29	250m: 2:51.33 34.78	450m: 5:11.46 34.78	650m: 7:31.05 34.86		
	100m: 1:06.18 34.89	300m: 3:26.51 35.18	500m: 5:46.30 34.84	700m: 8:05.73 34.68		
	150m: 1:41.18 35.00	350m: 4:01.78 35.27	550m: 6:21.13 34.83	750m: 8:40.56 34.83		
	200m: 2:16.55 35.37	400m: 4:36.68 34.90	600m: 6:56.19 35.06	800m: 9:13.85 33.29		
2.	Matilde Nunes Lopes	06	Benfica	9:17.75	<b>9:27.98</b>	601
	50m: 31.82 31.82	250m: 2:53.92 35.65	450m: 5:16.00 35.77	650m: 7:39.92 35.93		
	100m: 1:06.95 35.13	300m: 3:29.24 35.32	500m: 5:51.51 35.51	700m: 8:16.14 36.22		
	150m: 1:42.54 35.59	350m: 4:04.74 35.50	550m: 6:27.63 36.12	750m: 8:52.45 36.31		
	200m: 2:18.27 35.73	400m: 4:40.23 35.49	600m: 7:03.99 36.36	800m: 9:27.98 35.53		
3.	Bruna Martins Riesenberger	97	Laranjeiro	9:58.79	<b>9:30.82</b>	592
	50m: 33.21 33.21	250m: 2:55.52 35.70	450m: 5:19.08 36.11	650m: 7:42.96 35.81		
	100m: 1:08.97 35.76	300m: 3:31.31 35.79	500m: 5:54.87 35.79	700m: 8:19.68 36.72		
	150m: 1:44.78 35.81	350m: 4:07.25 35.94	550m: 6:30.63 35.76	750m: 8:55.81 36.13		
	200m: 2:19.82 35.04	400m: 4:42.97 35.72	600m: 7:07.15 36.52	800m: 9:30.82 35.01		
4.	Maria Jardim Fidalgo	04	Belenenses	10:02.54	<b>9:32.82</b>	585
	50m: 33.09 33.09	250m: 2:59.24 36.47	450m: 5:22.96 35.46	650m: 7:46.95 36.01		
	100m: 1:09.49 36.40	300m: 3:35.43 36.19	500m: 5:58.58 35.62	700m: 8:22.67 35.72		
	150m: 1:46.40 36.91	350m: 4:11.58 36.15	550m: 6:34.70 36.12	750m: 8:58.65 35.98		
	200m: 2:22.77 36.37	400m: 4:47.50 35.92	600m: 7:10.94 36.24	800m: 9:32.82 34.17		
5.	Ana Rita Matos	02	Belenenses	9:55.30	<b>9:34.06</b>	582
	50m: 32.00 32.00	250m: 2:54.91 36.44	450m: 5:19.93 36.15	650m: 7:45.89 36.85		
	100m: 1:06.49 34.49	300m: 3:31.05 36.14	500m: 5:55.93 36.00	700m: 8:22.61 36.72		
	150m: 1:42.50 36.01	350m: 4:07.46 36.41	550m: 6:32.71 36.78	750m: 8:58.71 36.10		
	200m: 2:18.47 35.97	400m: 4:43.78 36.32	600m: 7:09.04 36.33	800m: 9:34.06 35.35		
6.	Maria Teresa Fernandes	05	Algés	9:51.45	<b>9:56.50</b>	518
	50m: 32.73 32.73	250m: 3:01.51 37.75	450m: 5:32.41 37.40	650m: 8:02.76 37.45		
	100m: 1:09.49 36.76	300m: 3:39.05 37.54	500m: 6:10.34 37.93	700m: 8:41.25 38.49		
	150m: 1:46.09 36.60	350m: 4:16.83 37.78	550m: 6:47.96 37.62	750m: 9:19.15 37.90		
	200m: 2:23.76 37.67	400m: 4:55.01 38.18	600m: 7:25.31 37.35	800m: 9:56.50 37.35		
7.	Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	Geslours	9:44.01	<b>10:24.70</b>	451
	50m: 33.67 33.67	250m: 3:05.97 38.78	450m: 5:44.77 40.05	650m: 8:25.38 40.29		
	100m: 1:10.65 36.98	300m: 3:45.20 39.23	500m: 6:24.82 40.05	700m: 9:06.07 40.69		
	150m: 1:48.63 37.98	350m: 4:24.80 39.60	550m: 7:05.03 40.21	750m: 9:45.74 39.67		
	200m: 2:27.19 38.56	400m: 5:04.72 39.92	600m: 7:45.09 40.06	800m: 10:24.70 38.96		
8.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	10:42.20	<b>10:27.05</b>	446
	50m: 33.19 33.19	250m: 3:08.66 40.08	450m: 5:48.71 40.08	650m: 8:29.51 40.37		
	100m: 1:10.73 37.54	300m: 3:48.46 39.80	500m: 6:29.24 40.53	700m: 9:09.47 39.96		
	150m: 1:49.19 38.46	350m: 4:28.35 39.89	550m: 7:08.73 39.49	750m: 9:49.07 39.60		
	200m: 2:28.58 39.39	400m: 5:08.63 40.28	600m: 7:49.14 40.41	800m: 10:27.05 37.98		

Absolutos

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	Benfica	9:36.38	<b>9:12.20</b>	654
	50m: 30.57 30.57	250m: 2:48.43 34.72	450m: 5:06.71 33.99	650m: 7:27.42 35.46		
	100m: 1:04.25 33.68	300m: 3:23.18 34.75	500m: 5:41.64 34.93	700m: 8:03.06 35.64		
	150m: 1:38.92 34.67	350m: 3:57.91 34.73	550m: 6:16.65 35.01	750m: 8:38.18 35.12		
	200m: 2:13.71 34.79	400m: 4:32.72 34.81	600m: 6:51.96 35.31	800m: 9:12.20 34.02		

Prova 37, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Leonor Tavares Catalao	06	Sporting	9:31.80	9:13.85	648
	50m: 31.29 31.29	250m: 2:51.33 34.78	450m: 5:11.46 34.78	650m: 7:31.05 34.86		
	100m: 1:06.18 34.89	300m: 3:26.51 35.18	500m: 5:46.30 34.84	700m: 8:05.73 34.68		
	150m: 1:41.18 35.00	350m: 4:01.78 35.27	550m: 6:21.13 34.83	750m: 8:40.56 34.83		
	200m: 2:16.55 35.37	400m: 4:36.68 34.90	600m: 6:56.19 35.06	800m: 9:13.85 33.29		
3.	Matilde Nunes Lopes	06	Benfica	9:17.75	9:27.98	601
	50m: 31.82 31.82	250m: 2:53.92 35.65	450m: 5:16.00 35.77	650m: 7:39.92 35.93		
	100m: 1:06.95 35.13	300m: 3:29.24 35.32	500m: 5:51.51 35.51	700m: 8:16.14 36.22		
	150m: 1:42.54 35.59	350m: 4:04.74 35.50	550m: 6:27.63 36.12	750m: 8:52.45 36.31		
	200m: 2:18.27 35.73	400m: 4:40.23 35.49	600m: 7:03.99 36.36	800m: 9:27.98 35.53		
4.	Bruna Martins Riesenberger	97	Laranjeiro	9:58.79	9:30.82	592
	50m: 33.21 33.21	250m: 2:55.52 35.70	450m: 5:19.08 36.11	650m: 7:42.96 35.81		
	100m: 1:08.97 35.76	300m: 3:31.31 35.79	500m: 5:54.87 35.79	700m: 8:19.68 36.72		
	150m: 1:44.78 35.81	350m: 4:07.25 35.94	550m: 6:30.63 35.76	750m: 8:55.81 36.13		
	200m: 2:19.82 35.04	400m: 4:42.97 35.72	600m: 7:07.15 36.52	800m: 9:30.82 35.01		
5.	Sara Sofia Alves	07	Palmela Desporto	9:54.25	9:32.49	586
	50m: 32.20 32.20	250m: 2:55.41 35.93	450m: 5:21.17 36.19	650m: 7:45.89 36.25		
	100m: 1:07.43 35.23	300m: 3:31.81 36.40	500m: 5:57.23 36.06	700m: 8:22.12 36.23		
	150m: 1:43.23 35.80	350m: 4:08.56 36.75	550m: 6:33.46 36.23	750m: 8:58.00 35.88		
	200m: 2:19.48 36.25	400m: 4:44.98 36.42	600m: 7:09.64 36.18	800m: 9:32.49 34.49		
6.	Maria Jardim Fidalgo	04	Belenenses	10:02.54	9:32.82	585
	50m: 33.09 33.09	250m: 2:59.24 36.47	450m: 5:22.96 35.46	650m: 7:46.95 36.01		
	100m: 1:09.49 36.40	300m: 3:35.43 36.19	500m: 5:58.58 35.62	700m: 8:22.67 35.72		
	150m: 1:46.40 36.91	350m: 4:11.58 36.15	550m: 6:34.70 36.12	750m: 8:58.65 35.98		
	200m: 2:22.77 36.37	400m: 4:47.50 35.92	600m: 7:10.94 36.24	800m: 9:32.82 34.17		
7.	Ana Rita Matos	02	Belenenses	9:55.30	9:34.06	582
	50m: 32.00 32.00	250m: 2:54.91 36.44	450m: 5:19.93 36.15	650m: 7:45.89 36.85		
	100m: 1:06.49 34.49	300m: 3:31.05 36.14	500m: 5:55.93 36.00	700m: 8:22.61 36.72		
	150m: 1:42.50 36.01	350m: 4:07.46 36.41	550m: 6:32.71 36.78	750m: 8:58.71 36.10		
	200m: 2:18.47 35.97	400m: 4:43.78 36.32	600m: 7:09.04 36.33	800m: 9:34.06 35.35		
8.	Rita Machita Santos	07	Naval Setubalense	9:58.51	9:34.95	579
	50m: 32.83 32.83	250m: 2:56.28 36.03	450m: 5:21.81 36.03	650m: 7:46.88 36.59		
	100m: 1:08.17 35.34	300m: 3:32.77 36.49	500m: 5:57.90 36.09	700m: 8:23.34 36.46		
	150m: 1:44.02 35.85	350m: 4:09.30 36.53	550m: 6:34.07 36.17	750m: 8:59.66 36.32		
	200m: 2:20.25 36.23	400m: 4:45.78 36.48	600m: 7:10.29 36.22	800m: 9:34.95 35.29		
9.	Catarina Maria Lopes	08	Benfica	9:28.54	9:39.05	567
	50m: 32.03 32.03	250m: 2:56.23 36.64	450m: 5:23.12 37.08	650m: 7:51.09 36.72		
	100m: 1:07.22 35.19	300m: 3:32.71 36.48	500m: 6:00.06 36.94	700m: 8:28.00 36.91		
	150m: 1:43.17 35.95	350m: 4:09.31 36.60	550m: 6:37.42 37.36	750m: 9:04.28 36.28		
	200m: 2:19.59 36.42	400m: 4:46.04 36.73	600m: 7:14.37 36.95	800m: 9:39.05 34.77		
10.	Margarida Santos Botelho	07	Naval Setubalense	9:48.23	9:55.88	520
	50m: 33.19 33.19	250m: 3:00.78 37.26	450m: 5:31.68 36.98	650m: 8:03.97 37.75		
	100m: 1:09.40 36.21	300m: 3:37.91 37.13	500m: 6:09.76 38.08	700m: 8:41.78 37.81		
	150m: 1:46.13 36.73	350m: 4:16.19 38.28	550m: 6:47.88 38.12	750m: 9:19.57 37.79		
	200m: 2:23.52 37.39	400m: 4:54.70 38.51	600m: 7:26.22 38.34	800m: 9:55.88 36.31		
11.	Maria Teresa Fernandes	05	Algés	9:51.45	9:56.50	518
	50m: 32.73 32.73	250m: 3:01.51 37.75	450m: 5:32.41 37.40	650m: 8:02.76 37.45		
	100m: 1:09.49 36.76	300m: 3:39.05 37.54	500m: 6:10.34 37.93	700m: 8:41.25 38.49		
	150m: 1:46.09 36.60	350m: 4:16.83 37.78	550m: 6:47.96 37.62	750m: 9:19.15 37.90		
	200m: 2:23.76 37.67	400m: 4:55.01 38.18	600m: 7:25.31 37.35	800m: 9:56.50 37.35		
12.	Sofia Monteiro Uva	09	Algés	10:14.21	10:01.10	507
	50m: 33.10 33.10	250m: 3:02.31 37.43	450m: 5:33.54 37.93	650m: 8:07.74 39.01		
	100m: 1:10.32 37.22	300m: 3:39.59 37.28	500m: 6:11.70 38.16	700m: 8:46.14 38.40		
	150m: 1:47.53 37.21	350m: 4:17.71 38.12	550m: 6:50.34 38.64	750m: 9:23.98 37.84		
	200m: 2:24.88 37.35	400m: 4:55.61 37.90	600m: 7:28.73 38.39	800m: 10:01.10 37.12		
13.	Joana Melo Gaspar	09	Nacional de Natação	10:06.85	10:02.63	503
	50m: 34.37 34.37	250m: 3:05.99 37.91	450m: 5:38.62 38.04	650m: 8:10.50 38.17		
	100m: 1:11.86 37.49	300m: 3:44.14 38.15	500m: 6:16.51 37.89	700m: 8:47.70 37.20		
	150m: 1:49.89 38.03	350m: 4:22.45 38.31	550m: 6:54.35 37.84	750m: 9:23.43 35.73		
	200m: 2:28.08 38.19	400m: 5:00.58 38.13	600m: 7:32.33 37.98	800m: 10:02.63 39.20		
14.	Ana Beatriz Pires	08	Uniao Piedense	9:59.89	10:04.97	497
	50m: 33.23 33.23	250m: 2:59.90 37.77	450m: 5:32.79 38.35	650m: 8:08.74 39.45		
	100m: 1:09.28 36.05	300m: 3:38.08 38.18	500m: 6:11.21 38.42	700m: 8:47.79 39.05		
	150m: 1:45.32 36.04	350m: 4:16.13 38.05	550m: 6:50.36 39.15	750m: 9:26.74 38.95		
	200m: 2:22.13 36.81	400m: 4:54.44 38.31	600m: 7:29.29 38.93	800m: 10:04.97 38.23		
15.	Matilde Lopes Fialho	09	Palmela Desporto	10:10.60	10:09.20	487
	50m: 33.36 33.36	250m: 3:04.14 38.48	450m: 5:39.96 38.57	650m: 8:13.94 38.74		
	100m: 1:10.16 36.80	300m: 3:43.36 39.22	500m: 6:18.78 38.82	700m: 8:53.01 39.07		
	150m: 1:47.56 37.40	350m: 4:22.60 39.24	550m: 6:56.43 37.65	750m: 9:31.59 38.58		
	200m: 2:25.66 38.10	400m: 5:01.39 38.79	600m: 7:35.20 38.77	800m: 10:09.20 37.61		

Prova 37, Fem., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Teresa Oliveira Santos	08	Algés	9:53.99	10:10.13	484
	50m: 32.79 32.79	250m: 3:06.71 39.25	450m: 5:41.42 39.44	650m: 8:18.03 38.74		
	100m: 1:09.99 37.20	300m: 3:44.68 37.97	500m: 6:21.13 39.71	700m: 8:56.95 38.92		
	150m: 1:48.68 38.69	350m: 4:22.74 38.06	550m: 7:00.89 39.76	750m: 9:35.01 38.06		
	200m: 2:27.46 38.78	400m: 5:01.98 39.24	600m: 7:39.29 38.40	800m: 10:10.13 35.12		
17.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	9:50.88	10:11.41	481
	50m: 34.06 34.06	250m: 3:05.28 37.92	450m: 5:39.93 38.41	650m: 8:16.84 39.51		
	100m: 1:10.75 36.69	300m: 3:44.00 38.72	500m: 6:19.03 39.10	700m: 8:55.87 39.03		
	150m: 1:48.90 38.15	350m: 4:22.93 38.93	550m: 6:58.40 39.37	750m: 9:34.85 38.98		
	200m: 2:27.36 38.46	400m: 5:01.52 38.59	600m: 7:37.33 38.93	800m: 10:11.41 36.56		
18.	Elena Del Rio Bernat <i>Fora Tempo Acesso</i>	07	Algés	9:58.96	10:11.96	480
	50m: 33.57 33.57	250m: 3:05.16 38.39	450m: 5:39.90 39.04	650m: 8:17.37 39.42		
	100m: 1:10.54 36.97	300m: 3:43.90 38.74	500m: 6:18.71 38.81	700m: 8:56.46 39.09		
	150m: 1:48.41 37.87	350m: 4:22.39 38.49	550m: 6:58.28 39.57	750m: 9:35.17 38.71		
	200m: 2:26.77 38.36	400m: 5:00.86 38.47	600m: 7:37.95 39.67	800m: 10:11.96 36.79		
19.	Leticia Rodrigues Magalhaes <i>Fora Tempo Acesso</i>	07	Naval Setubalense	10:06.26	10:16.15	470
	50m: 32.93 32.93	250m: 3:03.55 39.39	450m: 5:40.67 38.91	650m: 8:18.37 39.12		
	100m: 1:09.58 36.65	300m: 3:42.92 39.37	500m: 6:19.97 39.30	700m: 8:57.83 39.46		
	150m: 1:46.70 37.12	350m: 4:22.37 39.45	550m: 6:59.54 39.57	750m: 9:37.30 39.47		
	200m: 2:24.16 37.46	400m: 5:01.76 39.39	600m: 7:39.25 39.71	800m: 10:16.15 38.85		
20.	Carolina Escrevente Guerra	10	Algés	10:57.50	10:19.78	462
	50m: 35.07 35.07	250m: 3:10.14 38.61	450m: 5:46.83 39.25	650m: 8:24.27 39.08		
	100m: 1:13.46 38.39	300m: 3:49.03 38.89	500m: 6:26.54 39.71	700m: 9:03.55 39.28		
	150m: 1:52.48 39.02	350m: 4:27.90 38.87	550m: 7:06.02 39.48	750m: 9:42.78 39.23		
	200m: 2:31.53 39.05	400m: 5:07.58 39.68	600m: 7:45.19 39.17	800m: 10:19.78 37.00		
21.	Maria Madalena Fernandes	10	Algés	10:35.71	10:22.17	457
	50m: 35.33 35.33	250m: 3:11.27 39.05	450m: 5:49.26 39.27	650m: 8:26.74 38.88		
	100m: 1:14.10 38.77	300m: 3:50.91 39.64	500m: 6:28.75 39.49	700m: 9:05.38 38.64		
	150m: 1:53.23 39.13	350m: 4:30.54 39.63	550m: 7:08.52 39.77	750m: 9:44.69 39.31		
	200m: 2:32.22 38.99	400m: 5:09.99 39.45	600m: 7:47.86 39.34	800m: 10:22.17 37.48		
22.	Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	Geslours	9:44.01	10:24.70	451
	50m: 33.67 33.67	250m: 3:05.97 38.78	450m: 5:44.77 40.05	650m: 8:25.38 40.29		
	100m: 1:10.65 36.98	300m: 3:45.20 39.23	500m: 6:24.82 40.05	700m: 9:06.07 40.69		
	150m: 1:48.63 37.98	350m: 4:24.80 39.60	550m: 7:05.03 40.21	750m: 9:45.74 39.67		
	200m: 2:27.19 38.56	400m: 5:04.72 39.92	600m: 7:45.09 40.06	800m: 10:24.70 38.96		
23.	Beatriz Ribeiro Lima	09	Geslours	10:12.42	10:25.35	450
	50m: 34.85 34.85	250m: 3:11.96 39.37	450m: 5:51.31 39.74	650m: 8:30.08 39.53		
	100m: 1:13.48 38.63	300m: 3:51.89 39.93	500m: 6:30.83 39.52	700m: 9:10.20 40.12		
	150m: 1:52.79 39.31	350m: 4:32.07 40.18	550m: 7:10.56 39.73	750m: 9:48.73 38.53		
	200m: 2:32.59 39.80	400m: 5:11.57 39.50	600m: 7:50.55 39.99	800m: 10:25.35 36.62		
24.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	10:42.20	10:27.05	446
	50m: 33.19 33.19	250m: 3:08.66 40.08	450m: 5:48.71 40.08	650m: 8:29.51 40.37		
	100m: 1:10.73 37.54	300m: 3:48.46 39.80	500m: 6:29.24 40.53	700m: 9:09.47 39.96		
	150m: 1:49.19 38.46	350m: 4:28.35 39.89	550m: 7:08.73 39.49	750m: 9:49.07 39.60		
	200m: 2:28.58 39.39	400m: 5:08.63 40.28	600m: 7:49.14 40.41	800m: 10:27.05 37.98		
25.	Matilde Castro Teixeira <i>Fora Tempo Acesso</i>	09	Sporting	10:49.38	10:30.96	438
	50m: 34.80 34.80	250m: 3:10.49 38.83	450m: 5:50.03 39.82	650m: 8:31.47 40.18		
	100m: 1:13.86 39.06	300m: 3:49.58 39.09	500m: 6:30.75 40.72	700m: 9:11.54 40.07		
	150m: 1:52.67 38.81	350m: 4:29.31 39.73	550m: 7:10.62 39.87	750m: 9:52.60 41.06		
	200m: 2:31.66 38.99	400m: 5:10.21 40.90	600m: 7:51.29 40.67	800m: 10:30.96 38.36		
26.	Maria Duarte Carvalho	10	Benfica	10:56.86	10:40.93	418
	50m: 36.17 36.17	250m: 3:18.36 41.23	450m: 6:00.89 40.63	650m: 8:42.13 40.03		
	100m: 1:15.90 39.73	300m: 3:59.35 40.99	500m: 6:41.00 40.11	700m: 9:22.16 40.03		
	150m: 1:56.55 40.65	350m: 4:39.71 40.36	550m: 7:21.57 40.57	750m: 10:02.31 40.15		
	200m: 2:37.13 40.58	400m: 5:20.26 40.55	600m: 8:02.10 40.53	800m: 10:40.93 38.62		
27.	Jessica Bernardino Lopes <i>Fora Tempo Acesso</i>	10	Fisica Torres Vedras	11:30.00	10:51.20	398
	50m: 34.73 34.73	250m: 3:18.45 41.49	450m: 6:04.26 41.40	650m: 8:51.04 41.66		
	100m: 1:14.39 39.66	300m: 3:59.81 41.36	500m: 6:45.93 41.67	700m: 9:32.76 41.72		
	150m: 1:55.49 41.10	350m: 4:41.22 41.41	550m: 7:27.69 41.76	750m: 10:13.20 40.44		
	200m: 2:36.96 41.47	400m: 5:22.86 41.64	600m: 8:09.38 41.69	800m: 10:51.20 38.00		

Prova 37, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
28.	Luana Raquel Monteiro <i>Fora Tempo Acesso</i>	10	Palmela Desporto	11:01.51	<b>11:01.88</b>	379
	50m: 36.34	36.34	250m: 3:21.89	42.07	450m: 6:10.01	41.64
	100m: 1:16.71	40.37	300m: 4:04.16	42.27	500m: 6:52.32	42.31
	150m: 1:57.82	41.11	350m: 4:46.29	42.13	550m: 7:34.27	41.95
	200m: 2:39.82	42.00	400m: 5:28.37	42.08	600m: 8:16.50	42.23
					650m: 8:58.35	41.85
					700m: 9:40.37	42.02
					750m: 10:22.17	41.80
					800m: 11:01.88	39.71
29.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	11:16.42	<b>11:22.75</b>	346
	50m: 37.27	37.27	250m: 3:24.83	42.63	450m: 6:18.73	43.93
	100m: 1:17.26	39.99	300m: 4:08.65	43.82	500m: 7:02.14	43.41
	150m: 1:59.31	42.05	350m: 4:51.74	43.09	550m: 7:46.54	44.40
	200m: 2:42.20	42.89	400m: 5:34.80	43.06	600m: 8:29.61	43.07
					650m: 9:13.47	43.86
					700m: 9:57.49	44.02
					750m: 10:41.04	43.55
					800m: 11:22.75	41.71
EXH	Beatriz Silva Louro	07	Louletano / Loule Concelho	9:12.20	<b>9:17.53</b>	635
	50m: 30.54	30.54	250m: 2:48.87	35.22	450m: 5:10.15	35.28
	100m: 1:04.09	33.55	300m: 3:24.23	35.36	500m: 5:45.17	35.02
	150m: 1:38.57	34.48	350m: 3:59.41	35.18	550m: 6:20.32	35.15
	200m: 2:13.65	35.08	400m: 4:34.87	35.46	600m: 6:55.75	35.43
					650m: 7:31.29	35.54
					700m: 8:07.00	35.71
					750m: 8:42.61	35.61
					800m: 9:17.53	34.92