

Prova 7
23.02.2025

Femin., 800m Livres

Infantis
Resultados

Rec Regional Inf A	9:27.51	Rafaela Gomes Azevedo	SAD	Algés	2015
Rec Regional Inf B	9:49.25	Beatriz Rodrigues Conde	SCP	Tavira	2010
Rec Regional Absoluto	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Inf A	9:03.90	Alexandra Maria Silva	FCP	Porto	1980
Rec Nacional Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	2009
Rec Nacional Absoluto	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis B						
1.	Madalena Marques Martins	13	União Piedense	12:29.93	10:43.05	409
	100m: 1:15.39 1:15.39	300m: 3:57.28 1:21.61	500m: 6:39.82 1:20.92	700m: 9:22.59 1:20.81		
	200m: 2:35.67 1:20.28	400m: 5:18.90 1:21.62	600m: 8:01.78 1:21.96	800m: 10:43.05 1:20.46		
2.	Ines Miguel Bastos	13	Sporting	11:50.00	10:47.11	401
	100m: 1:17.58 1:17.58	300m: 4:03.14 1:22.58	500m: 6:47.60 1:22.42	700m: 9:29.51 1:20.50		
	200m: 2:40.56 1:22.98	400m: 5:25.18 1:22.04	600m: 8:09.01 1:21.41	800m: 10:47.11 1:17.60		
3.	Teresa Vale Carvalho	13	Sporting	11:35.14	10:47.87	400
	100m: 1:19.18 1:19.18	300m: 4:03.63 1:22.19	500m: 6:48.51 1:22.54	700m: 9:31.22 1:21.08		
	200m: 2:41.44 1:22.26	400m: 5:25.97 1:22.34	600m: 8:10.14 1:21.63	800m: 10:47.87 1:16.65		
4.	Maria Freitas Teives	13	Sporting	12:26.44	10:51.43	393
	100m: 1:17.58 1:17.58	300m: 4:02.65 1:22.66	500m: 6:48.04 1:23.29	700m: 9:33.41 1:22.11		
	200m: 2:39.99 1:22.41	400m: 5:24.75 1:22.10	600m: 8:11.30 1:23.26	800m: 10:51.43 1:18.02		
5.	Sofia Mao de Ferro	13	Sporting	12:05.00	11:08.38	364
	100m: 1:19.89 1:19.89	300m: 4:09.21 1:24.69	500m: 7:00.01 1:25.37	700m: 9:48.57 1:24.37		
	200m: 2:44.52 1:24.63	400m: 5:34.64 1:25.43	600m: 8:24.20 1:24.19	800m: 11:08.38 1:19.81		
6.	Joana Ferreira Espada	13	AONDA - Azeitão	11:32.30	11:10.85	360
	100m: 1:20.51 1:20.51	300m: 4:11.78 1:25.70	500m: 7:03.75 1:25.57	700m: 9:51.93 1:22.28		
	200m: 2:46.08 1:25.57	400m: 5:38.18 1:26.40	600m: 8:29.65 1:25.90	800m: 11:10.85 1:18.92		
7.	Matilde Cravo Barreiros	13	Palmela Desporto	12:26.25	11:23.24	341
	100m: 1:17.52 1:17.52	300m: 4:08.96 1:25.91	500m: 7:04.04 1:28.08	700m: 10:00.27 1:28.30		
	200m: 2:43.05 1:25.53	400m: 5:35.96 1:27.00	600m: 8:31.97 1:27.93	800m: 11:23.24 1:22.97		
8.	Beatriz Simao Brito	13	Geslours	13:30.00	11:29.65	331
	100m: 1:22.69 1:22.69	300m: 4:20.53 1:29.36	500m: 7:17.12 1:28.47	700m: 10:11.02 1:26.93		
	200m: 2:51.17 1:28.48	400m: 5:48.65 1:28.12	600m: 8:44.09 1:26.97	800m: 11:29.65 1:18.63		
9.	Constanca Marques Jeronimo	13	Sporting	12:40.00	11:35.27	323
	100m: 1:20.50 1:20.50	300m: 4:15.68 1:28.65	500m: 7:12.21 1:28.19	700m: 10:09.68 1:29.31		
	200m: 2:47.03 1:26.53	400m: 5:44.02 1:28.34	600m: 8:40.37 1:28.16	800m: 11:35.27 1:25.59		
10.	Maria Paco Amaro	13	Benfica	13:30.00	11:50.08	303
	100m: 1:20.36 1:20.36	300m: 4:20.70 1:30.96	500m: 7:21.22 1:29.98	700m: 10:24.05 1:32.05		
	200m: 2:49.74 1:29.38	400m: 5:51.24 1:30.54	600m: 8:52.00 1:30.78	800m: 11:50.08 1:26.03		
11.	Matilde Sofia Castanheira	13	Geslours	13:30.00	11:54.44	298
	100m: 1:21.80 1:21.80	300m: 4:20.99 1:30.98	500m: 7:24.60 1:33.21	700m: 10:26.60 1:30.45		
	200m: 2:50.01 1:28.21	400m: 5:51.39 1:30.40	600m: 8:56.15 1:31.55	800m: 11:54.44 1:27.84		
12.	Maria Ines Correia	13	Geslours	13:30.00	11:56.61	295
	100m: 1:24.31 1:24.31	300m: 4:25.93 1:31.60	500m: 7:27.72 1:30.80	700m: 10:28.19 1:29.65		
	200m: 2:54.33 1:30.02	400m: 5:56.92 1:30.99	600m: 8:58.54 1:30.82	800m: 11:56.61 1:28.42		
13.	Maria Nunes Roque	13	Benfica	12:54.29	12:12.41	276
	100m: 1:21.67 1:21.67	300m: 4:23.63 1:32.55	500m: 7:29.45 1:33.23	700m: 10:41.00 1:36.12		
	200m: 2:51.08 1:29.41	400m: 5:56.22 1:32.59	600m: 9:04.88 1:35.43	800m: 12:12.41 1:31.41		
14.	Beatriz Salvador Pocinho	13	Geslours	13:06.09	12:14.59	274
	100m: 1:26.74 1:26.74	300m: 4:30.88 1:32.93	500m: 7:38.94 1:33.45	700m: 10:44.68 1:32.62		
	200m: 2:57.95 1:31.21	400m: 6:05.49 1:34.61	600m: 9:12.06 1:33.12	800m: 12:14.59 1:29.91		
15.	Catarina Sousa Barreto	13	Geslours	13:30.00	12:23.84	264
	100m: 1:25.01 1:25.01	300m: 4:30.94 1:33.46	500m: 7:41.07 1:35.35	700m: 10:52.29 1:35.98		
	200m: 2:57.48 1:32.47	400m: 6:05.72 1:34.78	600m: 9:16.31 1:35.24	800m: 12:23.84 1:31.55		
16.	Clara Damasceno Reis	13	Sporting	13:20.00	12:36.85	250
	100m: 1:29.39 1:29.39	300m: 4:44.38 1:37.43	500m: 7:57.94 1:36.73	700m: 11:06.71 1:33.12		
	200m: 3:06.95 1:37.56	400m: 6:21.21 1:36.83	600m: 9:33.59 1:35.65	800m: 12:36.85 1:30.14		
17.	Carolina Sao Bras	13	Geslours	13:30.00	12:38.71	249
	100m: 1:30.07 1:30.07	300m: 4:41.40 1:35.96	500m: 7:55.26 1:36.62	700m: 11:07.67 1:35.02		
	200m: 3:05.44 1:35.37	400m: 6:18.64 1:37.24	600m: 9:32.65 1:37.39	800m: 12:38.71 1:31.04		

Resultados online: anlisboa.info/live

Prova 7, Femin., 800m Livres, Infantis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
18.	Carolina Sales Lima	13	Geslours	13:30.00	12:56.19	232
	100m: 1:33.13 200m: 3:12.60 1:39.47	300m: 4:51.67 400m: 6:30.80 1:39.07 1:39.13	500m: 8:10.27 600m: 9:45.38	1:39.47 1:35.11	700m: 11:22.89 800m: 12:56.19	1:37.51 1:33.30
19.	Marta Nogueira Esteves	13	Geslours	13:30.00	13:03.92	225
	100m: 1:25.63 200m: 3:02.86 1:37.23	300m: 4:41.83 400m: 6:22.82 1:38.97 1:40.99	500m: 8:04.20 600m: 9:46.83	1:41.38 1:42.63	700m: 11:28.57 800m: 13:03.92	1:41.74 1:35.35
20.	Maria Joana Carvalho	13	Geslours	13:30.00	13:08.34	222
	100m: 1:32.33 200m: 3:08.47 1:36.14	300m: 4:47.61 400m: 6:28.92 1:39.14 1:41.31	500m: 8:09.27 600m: 9:50.49	1:40.35 1:41.22	700m: 11:32.28 800m: 13:08.34	1:41.79 1:36.06
21.	Joana Guerra Oliveira	13	Colegio Monte Maior	13:30.00	13:12.32	218
	100m: 1:26.77 200m: 3:02.22 1:35.45	300m: 4:41.54 400m: 6:23.14 1:39.32 1:41.60	500m: 8:06.17 600m: 9:49.92	1:43.03 1:43.75	700m: 11:34.04 800m: 13:12.32	1:44.12 1:38.28
22.	Ines Rodrigues Batista	13	Geslours	13:30.00	13:28.64	205
	100m: 1:32.46 200m: 3:12.40 1:39.94	300m: 4:54.69 400m: 6:37.94 1:42.29 1:43.25	500m: 8:21.59 600m: 10:06.22	1:43.65 1:44.63	700m: 11:49.91 800m: 13:28.64	1:43.69 1:38.73
23.	Laura Tomas Santos	13	Geslours	13:30.00	13:39.64	197
	100m: 1:34.53 200m: 3:16.83 1:42.30	300m: 5:01.66 400m: 6:44.11 1:44.83 1:42.45	500m: 8:31.20 600m: 10:17.82	1:47.09 1:46.62	700m: 12:02.74 800m: 13:39.64	1:44.92 1:36.90

Infantis A

1.	Maria Ines Nunes	12	Sporting	10:23.96	9:54.85	516
	100m: 1:09.24 200m: 2:23.89 1:09.24 1:14.65	300m: 3:38.73 400m: 4:54.00 1:14.84 1:15.27	500m: 6:09.59 600m: 7:25.65	1:15.59 1:16.06	700m: 8:41.39 800m: 9:54.85	1:15.74 1:13.46
2.	Isabella Andrea Carvalho	12	Colegio Monte Maior	11:16.06	10:21.46	453
	100m: 1:13.73 200m: 2:32.95 1:13.73 1:19.22	300m: 3:51.38 400m: 5:09.69 1:18.43 1:18.31	500m: 6:28.32 600m: 7:46.47	1:18.63 1:18.15	700m: 9:06.12 800m: 10:21.46	1:19.65 1:15.34
3.	Maria Ines Monjardino	12	Colegio Monte Maior	11:02.19	10:21.92	452
	100m: 1:11.73 200m: 2:28.89 1:11.73 1:17.16	300m: 3:47.94 400m: 5:06.96 1:19.05 1:19.02	500m: 6:26.35 600m: 7:46.26	1:19.39 1:19.91	700m: 9:05.48 800m: 10:21.92	1:19.22 1:16.44
4.	Maria Ines Antunes	12	Benfica	11:11.75	10:24.90	445
	100m: 1:13.83 200m: 2:32.68 1:13.83 1:18.85	300m: 3:51.33 400m: 5:10.83 1:18.65 1:19.50	500m: 6:30.31 600m: 7:49.66	1:19.48 1:19.35	700m: 9:07.75 800m: 10:24.90	1:18.09 1:17.15
5.	Matilde Pires Guerra	12	Colegio Monte Maior	11:14.32	10:26.46	442
	100m: 1:14.05 200m: 2:32.85 1:14.05 1:18.80	300m: 3:52.17 400m: 5:11.80 1:19.32 1:19.63	500m: 6:29.93 600m: 7:49.38	1:18.13 1:19.45	700m: 9:08.85 800m: 10:26.46	1:19.47 1:17.61
6.	Sofia Dias Ferreira	12	Palmela Desporto	10:42.79	10:28.83	437
	100m: 1:12.41 200m: 2:31.79 1:12.41 1:19.38	300m: 3:50.88 400m: 5:10.71 1:19.09 1:19.83	500m: 6:30.57 600m: 7:50.44	1:19.86 1:19.87	700m: 9:11.23 800m: 10:28.83	1:20.79 1:17.60
7.	Marta Almeida Lopes	12	Benfica	11:52.50	10:42.27	410
	100m: 1:15.33 200m: 2:35.93 1:15.33 1:20.60	300m: 3:56.54 400m: 5:17.66 1:20.61 1:21.12	500m: 6:39.23 600m: 8:00.78	1:21.57 1:21.55	700m: 9:22.26 800m: 10:42.27	1:21.48 1:20.01
8.	Carlota Velada Pereira	12	Sporting	11:18.68	10:46.61	402
	100m: 1:13.42 200m: 2:32.14 1:13.42 1:18.72	300m: 3:51.92 400m: 5:12.80 1:19.78 1:20.88	500m: 6:35.07 600m: 7:59.09	1:22.27 1:24.02	700m: 9:23.74 800m: 10:46.61	1:24.65 1:22.87
9.	Jade Duarte Bexigas	12	Geslours	11:30.00	11:04.70	370
	100m: 1:17.85 200m: 2:40.89 1:17.85 1:23.04	300m: 4:04.31 400m: 5:28.11 1:23.42 1:23.80	500m: 6:52.41 600m: 8:16.97	1:24.30 1:24.56	700m: 9:41.52 800m: 11:04.70	1:24.55 1:23.18
10.	Maria Chenrim Raimundo	12	Sporting	12:20.00	11:13.82	355
	100m: 1:20.18 200m: 2:44.89 1:20.18 1:24.71	300m: 4:10.19 400m: 5:36.39 1:25.30 1:26.20	500m: 7:02.35 600m: 8:27.45	1:25.96 1:25.10	700m: 9:52.19 800m: 11:13.82	1:24.74 1:21.63
11.	Margarida Pires Correia	12	Geslours	12:45.00	11:26.27	336
	100m: 1:21.22 200m: 2:48.03 1:21.22 1:26.81	300m: 4:14.92 400m: 5:41.58 1:26.89 1:26.66	500m: 7:09.71 600m: 8:37.15	1:28.13 1:27.44	700m: 10:03.69 800m: 11:26.27	1:26.54 1:22.58
12.	Arina Golendukhina	12	Palmela Desporto	12:00.00	11:33.42	326
	100m: 1:17.98 200m: 2:44.58 1:17.98 1:26.60	300m: 4:12.28 400m: 5:40.17 1:27.70 1:27.89	500m: 7:09.30 600m: 8:38.37	1:29.13 1:29.07	700m: 10:08.15 800m: 11:33.42	1:29.78 1:25.27
13.	Yara Alexandra Carreira	12	Sporting	12:45.00	12:13.82	275
	100m: 1:20.25 200m: 2:48.68 1:20.25 1:28.43	300m: 4:21.83 400m: 5:57.00 1:33.15 1:35.17	500m: 7:31.95 600m: 9:07.89	1:34.95 1:35.94	700m: 10:44.79 800m: 12:13.82	1:36.90 1:29.03
DNS	Beatriz Caetano Oliveira	12	Alges	12:45.00		

Resultados online: anlisboa.info/live

Prova 7, Femin., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
DNS	Ines Moreira Pedro	12	Benfica	11:35.46		

Infantis

1.	Maria Ines Nunes	12	Sporting	10:23.96	9:54.85	516
	100m: 1:09.24 200m: 2:23.89 1:14.65	300m: 3:38.73 400m: 4:54.00	1:14.84 1:15.27	500m: 6:09.59 600m: 7:25.65	700m: 8:41.39 800m: 9:54.85	1:15.74 1:13.46
2.	Isabella Andrea Carvalho	12	Colegio Monte Maior	11:16.06	10:21.46	453
	100m: 1:13.73 200m: 2:32.95 1:19.22	300m: 3:51.38 400m: 5:09.69	1:18.43 1:18.31	500m: 6:28.32 600m: 7:46.47	700m: 9:06.12 800m: 10:21.46	1:19.65 1:15.34
3.	Maria Ines Monjardino	12	Colegio Monte Maior	11:02.19	10:21.92	452
	100m: 1:11.73 200m: 2:28.89 1:17.16	300m: 3:47.94 400m: 5:06.96	1:19.05 1:19.02	500m: 6:26.35 600m: 7:46.26	700m: 9:05.48 800m: 10:21.92	1:19.22 1:16.44
4.	Maria Ines Antunes	12	Benfica	11:11.75	10:24.90	445
	100m: 1:13.83 200m: 2:32.68 1:18.85	300m: 3:51.33 400m: 5:10.83	1:18.65 1:19.50	500m: 6:30.31 600m: 7:49.66	700m: 9:07.75 800m: 10:24.90	1:18.09 1:17.15
5.	Matilde Pires Guerra	12	Colegio Monte Maior	11:14.32	10:26.46	442
	100m: 1:14.05 200m: 2:32.85 1:18.80	300m: 3:52.17 400m: 5:11.80	1:19.32 1:19.63	500m: 6:29.93 600m: 7:49.38	700m: 9:08.85 800m: 10:26.46	1:19.47 1:17.61
6.	Sofia Dias Ferreira	12	Palmela Desporto	10:42.79	10:28.83	437
	100m: 1:12.41 200m: 2:31.79 1:19.38	300m: 3:50.88 400m: 5:10.71	1:19.09 1:19.83	500m: 6:30.57 600m: 7:50.44	700m: 9:11.23 800m: 10:28.83	1:20.79 1:17.60
7.	Marta Almeida Lopes	12	Benfica	11:52.50	10:42.27	410
	100m: 1:15.33 200m: 2:35.93 1:20.60	300m: 3:56.54 400m: 5:17.66	1:20.61 1:21.12	500m: 6:39.23 600m: 8:00.78	700m: 9:22.26 800m: 10:42.27	1:21.48 1:20.01
8.	Madalena Marques Martins	13	União Piedense	12:29.93	10:43.05	409
	100m: 1:15.39 200m: 2:35.67 1:20.28	300m: 3:57.28 400m: 5:18.90	1:21.61 1:21.62	500m: 6:39.82 600m: 8:01.78	700m: 9:22.59 800m: 10:43.05	1:20.81 1:20.46
9.	Carlota Velada Pereira	12	Sporting	11:18.68	10:46.61	402
	100m: 1:13.42 200m: 2:32.14 1:18.72	300m: 3:51.92 400m: 5:12.80	1:19.78 1:20.88	500m: 6:35.07 600m: 7:59.09	700m: 9:23.74 800m: 10:46.61	1:24.65 1:22.87
10.	Ines Miguel Bastos	13	Sporting	11:50.00	10:47.11	401
	100m: 1:17.58 200m: 2:40.56 1:22.98	300m: 4:03.14 400m: 5:25.18	1:22.58 1:22.04	500m: 6:47.60 600m: 8:09.01	700m: 9:29.51 800m: 10:47.11	1:20.50 1:17.60
11.	Teresa Vale Carvalho	13	Sporting	11:35.14	10:47.87	400
	100m: 1:19.18 200m: 2:41.44 1:22.26	300m: 4:03.63 400m: 5:25.97	1:22.19 1:22.34	500m: 6:48.51 600m: 8:10.14	700m: 9:31.22 800m: 10:47.87	1:21.08 1:16.65
12.	Maria Freitas Teives	13	Sporting	12:26.44	10:51.43	393
	100m: 1:17.58 200m: 2:39.99 1:22.41	300m: 4:02.65 400m: 5:24.75	1:22.66 1:22.10	500m: 6:48.04 600m: 8:11.30	700m: 9:33.41 800m: 10:51.43	1:22.11 1:18.02
13.	Jade Duarte Bexigas	12	Geslours	11:30.00	11:04.70	370
	100m: 1:17.85 200m: 2:40.89 1:23.04	300m: 4:04.31 400m: 5:28.11	1:23.42 1:23.80	500m: 6:52.41 600m: 8:16.97	700m: 9:41.52 800m: 11:04.70	1:24.55 1:23.18
14.	Sofia Mao de Ferro	13	Sporting	12:05.00	11:08.38	364
	100m: 1:19.89 200m: 2:44.52 1:24.63	300m: 4:09.21 400m: 5:34.64	1:24.69 1:25.43	500m: 7:00.01 600m: 8:24.20	700m: 9:48.57 800m: 11:08.38	1:24.37 1:19.81
15.	Joana Ferreira Espada	13	AONDA - Azeitão	11:32.30	11:10.85	360
	100m: 1:20.51 200m: 2:46.08 1:25.57	300m: 4:11.78 400m: 5:38.18	1:25.70 1:26.40	500m: 7:03.75 600m: 8:29.65	700m: 9:51.93 800m: 11:10.85	1:22.28 1:18.92
16.	Maria Chenrim Raimundo	12	Sporting	12:20.00	11:13.82	355
	100m: 1:20.18 200m: 2:44.89 1:24.71	300m: 4:10.19 400m: 5:36.39	1:25.30 1:26.20	500m: 7:02.35 600m: 8:27.45	700m: 9:52.19 800m: 11:13.82	1:24.74 1:21.63
17.	Matilde Cravo Barreiros	13	Palmela Desporto	12:26.25	11:23.24	341
	100m: 1:17.52 200m: 2:43.05 1:25.53	300m: 4:08.96 400m: 5:35.96	1:25.91 1:27.00	500m: 7:04.04 600m: 8:31.97	700m: 10:00.27 800m: 11:23.24	1:28.30 1:22.97
18.	Margarida Pires Correia	12	Geslours	12:45.00	11:26.27	336
	100m: 1:21.22 200m: 2:48.03 1:26.81	300m: 4:14.92 400m: 5:41.58	1:26.89 1:26.66	500m: 7:09.71 600m: 8:37.15	700m: 10:03.69 800m: 11:26.27	1:26.54 1:22.58
19.	Beatriz Simao Brito	13	Geslours	13:30.00	11:29.65	331
	100m: 1:22.69 200m: 2:51.17 1:28.48	300m: 4:20.53 400m: 5:48.65	1:29.36 1:28.12	500m: 7:17.12 600m: 8:44.09	700m: 10:11.02 800m: 11:29.65	1:26.93 1:18.63

Resultados online: anlisboa.info/live

Prova 7, Femin., 800m Livres, Infantis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
20.	Arina Golendukhina	12	Palmela Desporto	12:00.00	11:33.42	326
	100m: 1:17.98 1:17.98	300m: 4:12.28 1:27.70	500m: 7:09.30 1:29.13	700m: 10:08.15 1:29.78		
	200m: 2:44.58 1:26.60	400m: 5:40.17 1:27.89	600m: 8:38.37 1:29.07	800m: 11:33.42 1:25.27		
21.	Constanca Marques Jeronimo	13	Sporting	12:40.00	11:35.27	323
	100m: 1:20.50 1:20.50	300m: 4:15.68 1:28.65	500m: 7:12.21 1:28.19	700m: 10:09.68 1:29.31		
	200m: 2:47.03 1:26.53	400m: 5:44.02 1:28.34	600m: 8:40.37 1:28.16	800m: 11:35.27 1:25.59		
22.	Maria Paco Amaro	13	Benfica	13:30.00	11:50.08	303
	100m: 1:20.36 1:20.36	300m: 4:20.70 1:30.96	500m: 7:21.22 1:29.98	700m: 10:24.05 1:32.05		
	200m: 2:49.74 1:29.38	400m: 5:51.24 1:30.54	600m: 8:52.00 1:30.78	800m: 11:50.08 1:26.03		
23.	Matilde Sofia Castanheira	13	Geslours	13:30.00	11:54.44	298
	100m: 1:21.80 1:21.80	300m: 4:20.99 1:30.98	500m: 7:24.60 1:33.21	700m: 10:26.60 1:30.45		
	200m: 2:50.01 1:28.21	400m: 5:51.39 1:30.40	600m: 8:56.15 1:31.55	800m: 11:54.44 1:27.84		
24.	Maria Ines Correia	13	Geslours	13:30.00	11:56.61	295
	100m: 1:24.31 1:24.31	300m: 4:25.93 1:31.60	500m: 7:27.72 1:30.80	700m: 10:28.19 1:29.65		
	200m: 2:54.33 1:30.02	400m: 5:56.92 1:30.99	600m: 8:58.54 1:30.82	800m: 11:56.61 1:28.42		
25.	Maria Nunes Roque	13	Benfica	12:54.29	12:12.41	276
	100m: 1:21.67 1:21.67	300m: 4:23.63 1:32.55	500m: 7:29.45 1:33.23	700m: 10:41.00 1:36.12		
	200m: 2:51.08 1:29.41	400m: 5:56.22 1:32.59	600m: 9:04.88 1:35.43	800m: 12:12.41 1:31.41		
26.	Yara Alexandra Carreira	12	Sporting	12:45.00	12:13.82	275
	100m: 1:20.25 1:20.25	300m: 4:21.83 1:33.15	500m: 7:31.95 1:34.95	700m: 10:44.79 1:36.90		
	200m: 2:48.68 1:28.43	400m: 5:57.00 1:35.17	600m: 9:07.89 1:35.94	800m: 12:13.82 1:29.03		
27.	Beatriz Salvador Pocinho	13	Geslours	13:06.09	12:14.59	274
	100m: 1:26.74 1:26.74	300m: 4:30.88 1:32.93	500m: 7:38.94 1:33.45	700m: 10:44.68 1:32.62		
	200m: 2:57.95 1:31.21	400m: 6:05.49 1:34.61	600m: 9:12.06 1:33.12	800m: 12:14.59 1:29.91		
28.	Catarina Sousa Barreto	13	Geslours	13:30.00	12:23.84	264
	100m: 1:25.01 1:25.01	300m: 4:30.94 1:33.46	500m: 7:41.07 1:35.35	700m: 10:52.29 1:35.98		
	200m: 2:57.48 1:32.47	400m: 6:05.72 1:34.78	600m: 9:16.31 1:35.24	800m: 12:23.84 1:31.55		
29.	Clara Damasceno Reis	13	Sporting	13:20.00	12:36.85	250
	100m: 1:29.39 1:29.39	300m: 4:44.38 1:37.43	500m: 7:57.94 1:36.73	700m: 11:06.71 1:33.12		
	200m: 3:06.95 1:37.56	400m: 6:21.21 1:36.83	600m: 9:33.59 1:35.65	800m: 12:36.85 1:30.14		
30.	Carolina Sao Bras	13	Geslours	13:30.00	12:38.71	249
	100m: 1:30.07 1:30.07	300m: 4:41.40 1:35.96	500m: 7:55.26 1:36.62	700m: 11:07.67 1:35.02		
	200m: 3:05.44 1:35.37	400m: 6:18.64 1:37.24	600m: 9:32.65 1:37.39	800m: 12:38.71 1:31.04		
31.	Carolina Sales Lima	13	Geslours	13:30.00	12:56.19	232
	100m: 1:33.13 1:33.13	300m: 4:51.67 1:39.07	500m: 8:10.27 1:39.47	700m: 11:22.89 1:37.51		
	200m: 3:12.60 1:39.47	400m: 6:30.80 1:39.13	600m: 9:45.38 1:35.11	800m: 12:56.19 1:33.30		
32.	Marta Nogueira Esteves	13	Geslours	13:30.00	13:03.92	225
	100m: 1:25.63 1:25.63	300m: 4:41.83 1:38.97	500m: 8:04.20 1:41.38	700m: 11:28.57 1:41.74		
	200m: 3:02.86 1:37.23	400m: 6:22.82 1:40.99	600m: 9:46.83 1:42.63	800m: 13:03.92 1:35.35		
33.	Maria Joana Carvalha	13	Geslours	13:30.00	13:08.34	222
	100m: 1:32.33 1:32.33	300m: 4:47.61 1:39.14	500m: 8:09.27 1:40.35	700m: 11:32.28 1:41.79		
	200m: 3:08.47 1:36.14	400m: 6:28.92 1:41.31	600m: 9:50.49 1:41.22	800m: 13:08.34 1:36.06		
34.	Joana Guerra Oliveira	13	Colegio Monte Maior	13:30.00	13:12.32	218
	100m: 1:26.77 1:26.77	300m: 4:41.54 1:39.32	500m: 8:06.17 1:43.03	700m: 11:34.04 1:44.12		
	200m: 3:02.22 1:35.45	400m: 6:23.14 1:41.60	600m: 9:49.92 1:43.75	800m: 13:12.32 1:38.28		
35.	Ines Rodrigues Batista	13	Geslours	13:30.00	13:28.64	205
	100m: 1:32.46 1:32.46	300m: 4:54.69 1:42.29	500m: 8:21.59 1:43.65	700m: 11:49.91 1:43.69		
	200m: 3:12.40 1:39.94	400m: 6:37.94 1:43.25	600m: 10:06.22 1:44.63	800m: 13:28.64 1:38.73		
36.	Laura Tomas Santos	13	Geslours	13:30.00	13:39.64	197
	100m: 1:34.53 1:34.53	300m: 5:01.66 1:44.83	500m: 8:31.20 1:47.09	700m: 12:02.74 1:44.92		
	200m: 3:16.83 1:42.30	400m: 6:44.11 1:42.45	600m: 10:17.82 1:46.62	800m: 13:39.64 1:36.90		
DNS	Beatriz Caetano Oliveira	12	Alges	12:45.00		
DNS	Ines Moreira Pedro	12	Benfica	11:35.46		

Resultados online: anlisboa.info/live