

Prova 14
22-11-2015

Femin., 1500m Livres
GRAFIPRONGO

Juvenis
Resultados

Rec Nacionais - 25m Absoluto	16:31.25	Angelica Maria, ANDRE	CFP	Porto	19-12-2014
Rec Nacionais - 25m Juv B	17:17.43	Tamila Hryhorivna, HOLUB	SCB	Vila Praia de Âncora	30-06-2013
Rec Nacionais - 25m Juv A	16:54.39	Tamila Hryhorivna, HOLUB	SCB	Vila Praia de Âncora	16-03-2014
Recorde Regional 25m Absoluto	16:31.25	Angelica Maria, ANDRE	CFP	Porto	19-12-2014
Recorde Regional 25m Juv B	17:18.70	Alexandra Maria, SILVA	FCP	Antas	17-03-1981
Recorde Regional 25m Juv A	17:57.28	Ana Ribeiro, FERREIRA	GDNF	Senhora da Hora	01-05-2007

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis A								
1.	Maria Carolina, COSTA	F	119080	01	Porto	18:07.43	604	
	50m: 34.40	34.40	450m: 5:21.40	36.16	850m: 10:11.96	36.28	1250m: 15:04.64	36.92
	100m: 1:09.34	34.94	500m: 5:57.69	36.29	900m: 10:48.40	36.44	1300m: 15:41.46	36.82
	150m: 1:45.08	35.74	550m: 6:33.87	36.18	950m: 11:24.91	36.51	1350m: 16:18.51	37.05
	200m: 2:21.01	35.93	600m: 7:10.19	36.32	1000m: 12:01.26	36.35	1400m: 16:55.24	36.73
	250m: 2:57.21	36.20	650m: 7:46.67	36.48	1050m: 12:37.54	36.28	1450m: 17:31.93	36.69
	300m: 3:33.27	36.06	700m: 8:22.91	36.24	1100m: 13:14.04	36.50	1500m: 18:07.43	35.50
	350m: 4:09.13	35.86	750m: 8:59.26	36.35	1150m: 13:50.85	36.81		
	400m: 4:45.24	36.11	800m: 9:35.68	36.42	1200m: 14:27.72	36.87		
2.	Ines Neto, ROCHA	F	111313	01	Aquatico Pacense	18:12.70	596	
	50m: 34.90	34.90	450m: 5:30.83	37.42	850m: 10:25.02	36.41	1250m: 15:15.05	36.11
	100m: 1:11.49	36.59	500m: 6:08.14	37.31	900m: 11:01.32	36.30	1300m: 15:51.73	36.68
	150m: 1:48.58	37.09	550m: 6:44.75	36.61	950m: 11:37.85	36.53	1350m: 16:27.69	35.96
	200m: 2:25.51	36.93	600m: 7:21.84	37.09	1000m: 12:14.20	36.35	1400m: 17:03.55	35.86
	250m: 3:02.22	36.71	650m: 7:58.45	36.61	1050m: 12:50.63	36.43	1450m: 17:39.44	35.89
	300m: 3:39.20	36.98	700m: 8:35.32	36.87	1100m: 13:27.06	36.43	1500m: 18:12.70	33.26
	350m: 4:16.49	37.29	750m: 9:11.92	36.60	1150m: 14:02.91	35.85		
	400m: 4:53.41	36.92	800m: 9:48.61	36.69	1200m: 14:38.94	36.03		
3.	Carolina Ascenso, SANTOS	F	121271	01	CNMaia	18:32.49	565	
	50m: 33.83	33.83	450m: 5:32.57	37.58	850m: 10:31.83	37.23	1250m: 15:29.07	36.52
	100m: 1:10.10	36.27	500m: 6:10.23	37.66	900m: 11:09.31	37.48	1300m: 16:05.94	36.87
	150m: 1:46.76	36.66	550m: 6:47.70	37.47	950m: 11:46.70	37.39	1350m: 16:43.31	37.37
	200m: 2:23.85	37.09	600m: 7:24.90	37.20	1000m: 12:23.83	37.13	1400m: 17:20.62	37.31
	250m: 3:01.39	37.54	650m: 8:02.02	37.12	1050m: 13:00.70	36.87	1450m: 17:57.32	36.70
	300m: 3:39.32	37.93	700m: 8:39.84	37.82	1100m: 13:37.71	37.01	1500m: 18:32.49	35.17
	350m: 4:16.75	37.43	750m: 9:17.00	37.16	1150m: 14:14.89	37.18		
	400m: 4:54.99	38.24	800m: 9:54.60	37.60	1200m: 14:52.55	37.66		
4.	Isabel Porfirio, PEGO	F	121336	01	Porto	18:37.47	557	
	50m: 36.37	36.37	450m: 5:32.44	37.40	850m: 10:29.36	37.07	1250m: 15:29.43	38.18
	100m: 1:13.09	36.72	500m: 6:09.11	36.67	900m: 11:06.50	37.14	1300m: 16:06.82	37.39
	150m: 1:50.10	37.01	550m: 6:46.07	36.96	950m: 11:43.71	37.21	1350m: 16:44.11	37.29
	200m: 2:27.38	37.28	600m: 7:23.07	37.00	1000m: 12:21.82	38.11	1400m: 17:21.73	37.62
	250m: 3:04.00	36.62	650m: 8:00.61	37.54	1050m: 12:59.08	37.26	1450m: 17:59.40	37.67
	300m: 3:40.95	36.95	700m: 8:38.27	37.66	1100m: 13:36.71	37.63	1500m: 18:37.47	38.07
	350m: 4:17.60	36.65	750m: 9:15.13	36.86	1150m: 14:13.94	37.23		
	400m: 4:55.04	37.44	800m: 9:52.29	37.16	1200m: 14:51.25	37.31		
5.	Ines Alves, MARTINS	F	112126	01	Fluvial Portuense	18:43.69	548	
	50m: 35.69	35.69	450m: 5:33.44	37.56	850m: 10:33.28	37.36	1250m: 15:35.33	37.80
	100m: 1:12.42	36.73	500m: 6:10.93	37.49	900m: 11:10.60	37.32	1300m: 16:13.43	38.10
	150m: 1:49.28	36.86	550m: 6:48.20	37.27	950m: 11:48.35	37.75	1350m: 16:51.63	38.20
	200m: 2:26.84	37.56	600m: 7:25.57	37.37	1000m: 12:26.35	38.00	1400m: 17:29.24	37.61
	250m: 3:03.98	37.14	650m: 8:02.91	37.34	1050m: 13:03.95	37.60	1450m: 18:07.26	38.02
	300m: 3:41.22	37.24	700m: 8:40.59	37.68	1100m: 13:41.89	37.94	1500m: 18:43.69	36.43
	350m: 4:18.43	37.21	750m: 9:18.42	37.83	1150m: 14:19.76	37.87		
	400m: 4:55.88	37.45	800m: 9:55.92	37.50	1200m: 14:57.53	37.77		
6.	Joana Daniela, JACINTO	F	111230	01	CNMaia	18:58.73	526	
	50m: 34.77	34.77	450m: 5:35.18	37.62	850m: 10:39.75	38.33	1250m: 15:47.86	38.80
	100m: 1:12.17	37.40	500m: 6:12.99	37.81	900m: 11:18.03	38.28	1300m: 16:26.74	38.88
	150m: 1:49.84	37.67	550m: 6:50.63	37.64	950m: 11:56.41	38.38	1350m: 17:05.52	38.78
	200m: 2:27.85	38.01	600m: 7:28.65	38.02	1000m: 12:34.90	38.49	1400m: 17:43.66	38.14
	250m: 3:05.21	37.36	650m: 8:06.75	38.10	1050m: 13:13.40	38.50	1450m: 18:21.79	38.13
	300m: 3:42.48	37.27	700m: 8:44.86	38.11	1100m: 13:51.89	38.49	1500m: 18:58.73	36.94
	350m: 4:19.81	37.33	750m: 9:22.84	37.98	1150m: 14:30.61	38.72		
	400m: 4:57.56	37.75	800m: 10:01.42	38.58	1200m: 15:09.06	38.45		
7.	Lara Beatriz, MATOS	F	111049	01	Famalicao	19:02.86	521	
	50m: 35.05	35.05	450m: 5:32.94	38.09	850m: 10:39.86	38.16	1250m: 15:51.09	38.82
	100m: 1:10.60	35.55	500m: 6:10.97	38.03	900m: 11:18.76	38.90	1300m: 16:29.76	38.67
	150m: 1:47.27	36.67	550m: 6:49.06	38.09	950m: 11:57.74	38.98	1350m: 17:08.55	38.79
	200m: 2:24.49	37.22	600m: 7:27.39	38.33	1000m: 12:36.55	38.81	1400m: 17:47.17	38.62
	250m: 3:01.96	37.47	650m: 8:05.89	38.50	1050m: 13:15.27	38.72	1450m: 18:25.86	38.69
	300m: 3:39.35	37.39	700m: 8:44.57	38.68	1100m: 13:54.20	38.93	1500m: 19:02.86	37.00
	350m: 4:17.16	37.81	750m: 9:23.08	38.51	1150m: 14:33.47	39.27		
	400m: 4:54.85	37.69	800m: 10:01.70	38.62	1200m: 15:12.27	38.80		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, 11.40161

Registered to Associação de Natacao do Norte de Portugal

22-11-2015 15:58 - Página 1



Prova 14, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Beatriz Santos, SILVA	F	112078	01	Porto	19:06.82	515	
	50m: 35.05	35.05	450m: 5:34.87	38.08	850m: 10:40.60	38.66	1250m: 15:53.03	39.41
	100m: 1:11.37	36.32	500m: 6:12.56	37.69	900m: 11:19.32	38.72	1300m: 16:31.78	38.75
	150m: 1:48.25	36.88	550m: 6:50.22	37.66	950m: 11:58.03	38.71	1350m: 17:11.14	39.36
	200m: 2:25.69	37.44	600m: 7:28.24	38.02	1000m: 12:36.82	38.79	1400m: 17:50.11	38.97
	250m: 3:03.52	37.83	650m: 8:06.51	38.27	1050m: 13:15.78	38.96	1450m: 18:28.89	38.78
	300m: 3:40.89	37.37	700m: 8:44.69	38.18	1100m: 13:54.94	39.16	1500m: 19:06.82	37.93
	350m: 4:18.51	37.62	750m: 9:23.18	38.49	1150m: 14:34.24	39.30		
	400m: 4:56.79	38.28	800m: 10:01.94	38.76	1200m: 15:13.62	39.38		
9.	Sofia Filipa, GONCALVES	F	122990	01	Leixões Sport Clube	19:33.06	481	
	50m: 37.04	37.04	450m: 5:45.64	38.54	850m: 10:59.26	39.30	1250m: 16:15.45	40.11
	100m: 1:14.95	37.91	500m: 6:24.05	38.41	900m: 11:39.22	39.96	1300m: 16:56.39	40.94
	150m: 1:53.98	39.03	550m: 7:03.00	38.95	950m: 12:19.01	39.79	1350m: 17:36.30	39.91
	200m: 2:32.59	38.61	600m: 7:41.74	38.74	1000m: 12:58.30	39.29	1400m: 18:15.68	39.38
	250m: 3:11.49	38.90	650m: 8:21.11	39.37	1050m: 13:36.08	37.78	1450m: 18:54.94	39.26
	300m: 3:49.86	38.37	700m: 9:00.97	39.86	1100m: 14:14.77	38.69	1500m: 19:33.06	38.12
	350m: 4:28.13	38.27	750m: 9:40.62	39.65	1150m: 14:55.62	40.85		
	400m: 5:07.10	38.97	800m: 10:19.96	39.34	1200m: 15:35.34	39.72		
10.	Julia Albuquerque, FRAGA	F	123700	01	Aquatico Pacense	19:38.09	475	
	50m: 38.19	38.19	450m: 5:54.30	39.25	850m: 11:09.58	39.36	1250m: 16:24.70	39.35
	100m: 1:17.15	38.96	500m: 6:33.72	39.42	900m: 11:49.50	39.92	1300m: 17:03.92	39.22
	150m: 1:57.20	40.05	550m: 7:13.37	39.65	950m: 12:28.57	39.07	1350m: 17:42.62	38.70
	200m: 2:36.73	39.53	600m: 7:52.79	39.42	1000m: 13:08.15	39.58	1400m: 18:21.97	39.35
	250m: 3:16.09	39.36	650m: 8:32.73	39.94	1050m: 13:47.39	39.24	1450m: 19:00.52	38.55
	300m: 3:55.65	39.56	700m: 9:12.47	39.74	1100m: 14:26.76	39.37	1500m: 19:38.09	37.57
	350m: 4:35.01	39.36	750m: 9:51.10	38.63	1150m: 15:06.04	39.28		
	400m: 5:15.05	40.04	800m: 10:30.22	39.12	1200m: 15:45.35	39.31		
	Mariana Cardoso, COSTA	F	117322	01	CNMaia	19:38.09	475	
	50m: 35.56	35.56	350m: 4:25.74	38.45	650m: 8:20.97	39.70	1200m: 15:38.87	1:19.97
	100m: 1:12.64	37.08	400m: 5:04.98	39.24	700m: 9:00.35	39.38	1300m: 16:58.93	1:20.06
	150m: 1:51.05	38.41	450m: 5:44.13	39.15	800m: 10:19.56	1:19.21	1400m: 18:19.92	1:20.99
	200m: 2:29.69	38.64	500m: 6:22.98	38.85	900m: 11:38.75	1:19.19	1500m: 19:38.09	1:18.17
	250m: 3:08.63	38.94	550m: 7:02.04	39.06	1000m: 12:58.74	1:19.99		
	300m: 3:47.29	38.66	600m: 7:41.27	39.23	1100m: 14:18.90	1:20.16		
12.	Beatriz Rodrigues, OLIVEIRA	F	122175	01	Assoc. Desportiva de Fafe	19:49.14	462	
	50m: 37.18	37.18	450m: 5:53.83	39.21	850m: 11:07.92	39.38	1250m: 16:27.36	41.05
	100m: 1:16.71	39.53	500m: 6:33.20	39.37	900m: 11:47.94	40.02	1300m: 17:08.02	40.66
	150m: 1:56.94	40.23	550m: 7:12.59	39.39	950m: 12:27.52	39.58	1350m: 17:49.28	41.26
	200m: 2:36.53	39.59	600m: 7:51.40	38.81	1000m: 13:07.39	39.87	1400m: 18:29.84	40.56
	250m: 3:16.24	39.71	650m: 8:30.27	38.87	1050m: 13:47.15	39.76	1450m: 19:10.24	40.40
	300m: 3:56.11	39.87	700m: 9:09.35	39.08	1100m: 14:26.64	39.49	1500m: 19:49.14	38.90
	350m: 4:35.35	39.24	750m: 9:49.11	39.76	1150m: 15:06.48	39.84		
	400m: 5:14.62	39.27	800m: 10:28.54	39.43	1200m: 15:46.31	39.83		
13.	Ines Araujo, MARTINS	F	111046	01	Famalicao	19:52.67	458	
	50m: 36.56	36.56	450m: 5:52.41	39.89	850m: 11:15.67	40.36	1250m: 16:37.53	39.91
	100m: 1:14.78	38.22	500m: 6:32.60	40.19	900m: 11:55.95	40.28	1300m: 17:18.00	40.47
	150m: 1:54.18	39.40	550m: 7:12.99	40.39	950m: 12:36.29	40.34	1350m: 17:58.28	40.28
	200m: 2:33.65	39.47	600m: 7:53.26	40.27	1000m: 13:17.10	40.81	1400m: 18:37.67	39.39
	250m: 3:13.07	39.42	650m: 8:33.90	40.64	1050m: 13:57.38	40.28	1450m: 19:16.22	38.55
	300m: 3:53.31	40.24	700m: 9:14.23	40.33	1100m: 14:37.54	40.16	1500m: 19:52.67	36.45
	350m: 4:33.22	39.91	750m: 9:54.87	40.64	1150m: 15:18.08	40.54		
	400m: 5:12.52	39.30	800m: 10:35.31	40.44	1200m: 15:57.62	39.54		
14.	Sara Silva, MARQUES	F	125960	01	Aquatico Pacense	20:35.74	412	
	50m: 37.43	37.43	400m: 5:21.56	1:21.80	800m: 10:51.22	1:22.85	1200m: 16:26.24	1:25.71
	100m: 1:16.81	39.38	500m: 6:44.00	1:22.44	900m: 12:15.23	1:24.01	1300m: 17:51.18	1:24.94
	200m: 2:38.10	1:21.29	600m: 8:06.77	1:22.77	1000m: 13:37.10	1:21.87	1400m: 19:15.03	1:23.85
	300m: 3:59.76	1:21.66	700m: 9:28.37	1:21.60	1100m: 15:00.53	1:23.43	1500m: 20:35.74	1:20.71
15.	Beatriz Sousa, FONTES	F	126659	01	Colegio SMLamas	20:47.24	400	
	50m: 38.57	38.57	450m: 6:07.30	40.67	850m: 11:41.54	41.70	1250m: 17:17.19	42.46
	100m: 1:19.43	40.86	500m: 6:48.93	41.63	900m: 12:23.87	42.33	1300m: 17:59.18	41.99
	150m: 2:00.86	41.43	550m: 7:30.13	41.20	950m: 13:05.54	41.67	1350m: 18:41.53	42.35
	200m: 2:42.08	41.22	600m: 8:12.12	41.99	1000m: 13:47.61	42.07	1400m: 19:23.87	42.34
	250m: 3:23.30	41.22	650m: 8:53.94	41.82	1050m: 14:29.50	41.89	1450m: 20:05.86	41.99
	300m: 4:04.42	41.12	700m: 9:36.20	42.26	1100m: 15:10.63	41.13	1500m: 20:47.24	41.38
	350m: 4:45.62	41.20	750m: 10:18.03	41.83	1150m: 15:53.04	42.41		
	400m: 5:26.63	41.01	800m: 10:59.84	41.81	1200m: 16:34.73	41.69		
16.	Francisca Alexandra, GRACA	F	118051	01	Vilacondense	21:12.08	377	
	50m: 37.86	37.86	450m: 6:09.44	42.06	850m: 11:51.84	43.18	1250m: 17:38.86	44.11
	100m: 1:18.11	40.25	500m: 6:52.28	42.84	900m: 12:35.59	43.75	1300m: 18:22.25	43.39
	150m: 1:59.38	41.27	550m: 7:35.65	43.37	950m: 13:18.83	43.24	1350m: 19:05.37	43.12
	200m: 2:40.56	41.18	600m: 8:17.47	41.82	1000m: 14:01.63	42.80	1400m: 19:48.01	42.64
	250m: 3:22.22	41.66	650m: 8:59.80	42.33	1050m: 14:44.41	42.78	1450m: 20:31.27	43.26
	300m: 4:03.57	41.35	700m: 9:42.81	43.01	1100m: 15:27.84	43.43	1500m: 21:12.08	40.81
	350m: 4:45.46	41.89	750m: 10:25.39	42.58	1150m: 16:11.26	43.42		
	400m: 5:27.38	41.92	800m: 11:08.66	43.27	1200m: 16:54.75	43.49		

Prova 14, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17.	Maria Nogueira, CARVALHO	F	122163	01	Assoc. Desportiva de Fafe	21:15.73	374	
	50m: 38.97		450m: 6:16.22		42.30	850m: 11:58.56		42.37
	100m: 1:20.33		500m: 6:58.51		42.29	900m: 12:42.23		43.67
	150m: 2:02.27		550m: 7:41.49		42.98	950m: 13:25.76		43.53
	200m: 2:44.24		600m: 8:24.03		42.54	1000m: 14:09.70		43.94
	250m: 3:26.58		650m: 9:07.18		43.15	1050m: 14:52.83		43.13
	300m: 4:08.46		700m: 9:49.74		42.56	1100m: 15:37.15		44.32
	350m: 4:51.56		750m: 10:32.98		43.24	1150m: 16:20.53		43.38
	400m: 5:33.92		800m: 11:16.19		43.21	1200m: 17:04.40		43.87
18.	Ines Carneiro, PINTO	F	123922	01	Aquatico Pacense	21:17.10	373	
	50m: 38.52		450m: 6:15.68		42.35	850m: 11:55.41		42.89
	100m: 1:19.86		500m: 6:58.54		42.86	900m: 12:38.51		43.10
	150m: 2:01.55		550m: 7:41.49		42.95	950m: 13:22.53		44.02
	200m: 2:43.90		600m: 8:23.92		42.43	1000m: 14:05.94		43.41
	250m: 3:26.09		650m: 9:05.91		41.99	1050m: 14:48.81		42.87
	300m: 4:08.46		700m: 9:47.80		41.89	1100m: 15:32.73		43.92
	350m: 4:50.88		750m: 10:30.05		42.25	1150m: 16:15.77		43.04
	400m: 5:33.33		800m: 11:12.52		42.47	1200m: 16:59.28		43.51
19.	Joana Rocha, ANJO	F	119757	01	Vilacondense	21:25.02	366	
	50m: 38.25		450m: 6:13.39		42.80	850m: 11:57.80		44.09
	100m: 1:18.89		500m: 6:55.81		42.42	900m: 12:41.47		43.67
	150m: 2:00.31		550m: 7:39.60		43.79	950m: 13:25.67		44.20
	200m: 2:41.89		600m: 8:22.90		43.30	1000m: 14:09.62		43.95
	250m: 3:23.38		650m: 9:05.14		42.24	1050m: 14:53.18		43.56
	300m: 4:05.56		700m: 9:48.02		42.88	1100m: 15:36.70		43.52
	350m: 4:47.74		750m: 10:30.39		42.37	1150m: 16:21.05		44.35
	400m: 5:30.59		800m: 11:13.71		43.32	1200m: 17:05.40		44.35
20.	Ana Margarida, GONCALVES	F	118052	01	Vilacondense	21:28.69	363	
	50m: 40.42		450m: 6:14.74		42.49	850m: 11:56.47		43.67
	100m: 1:21.47		500m: 6:56.95		42.21	900m: 12:40.06		43.59
	150m: 2:03.24		550m: 7:39.14		42.19	950m: 13:24.05		43.99
	200m: 2:45.14		600m: 8:21.46		42.32	1000m: 14:08.05		44.00
	250m: 3:26.94		650m: 9:04.00		42.54	1050m: 14:51.77		43.72
	300m: 4:08.30		700m: 9:46.74		42.74	1100m: 15:36.03		44.26
	350m: 4:50.08		750m: 10:29.43		42.69	1150m: 16:20.19		44.16
	400m: 5:32.25		800m: 11:12.80		43.37	1200m: 17:04.29		44.10
21.	Joana Raquel, TAVARES	F	122229	01	AP Vila D'Este	21:31.22	361	
	50m: 38.52		450m: 6:14.65		41.99	850m: 11:58.98		42.35
	100m: 1:19.94		500m: 6:57.54		42.89	900m: 12:43.65		44.67
	150m: 2:02.43		550m: 7:40.68		43.14	950m: 13:26.34		42.69
	200m: 2:44.38		600m: 8:23.66		42.98	1000m: 14:10.19		43.85
	250m: 3:26.30		650m: 9:06.71		43.05	1050m: 14:54.18		43.99
	300m: 4:08.14		700m: 9:50.28		43.57	1100m: 15:38.49		44.31
	350m: 4:49.74		750m: 10:32.17		41.89	1150m: 16:23.75		45.26
	400m: 5:32.66		800m: 11:16.63		44.46	1200m: 17:06.68		42.93
WDR	Daniela Fernanda, BARBOSA	F	116901	01	Leixões Sport Clube			WDR
WDR	Maria Morais, GONCALVES	F	125141	01	Leixões Sport Clube			WDR
WDR	Isabel Ferreira, SOUSA	F	118896	01	Leixões Sport Clube			WDR

Juvenis B

1.	Mariana Sousa, MAIA	F	118219	02	Famalicao	18:39.35	554	
	50m: 36.72		450m: 5:37.16		37.27	850m: 10:34.20		37.22
	100m: 1:13.73		500m: 6:14.27		37.11	900m: 11:11.98		37.78
	150m: 1:50.93		550m: 6:51.60		37.33	950m: 11:49.41		37.43
	200m: 2:28.59		600m: 7:29.01		37.41	1000m: 12:27.12		37.71
	250m: 3:06.66		650m: 8:06.30		37.29	1050m: 13:04.49		37.37
	300m: 3:44.55		700m: 8:43.53		37.23	1100m: 13:42.02		37.53
	350m: 4:21.99		750m: 9:20.04		36.51	1150m: 14:19.49		37.47
	400m: 4:59.89		800m: 9:56.98		36.94	1200m: 14:56.93		37.44
2.	Ana Margarida, LEITE	F	123141	02	Assoc. Desportiva de Fafe	18:52.19	536	
	50m: 36.20		300m: 3:41.32		37.67	800m: 9:57.88		1:15.35
	100m: 1:12.55		400m: 4:56.31		1:14.99	900m: 11:14.06		1:16.18
	150m: 1:49.19		500m: 6:11.60		1:15.29	1000m: 12:31.26		1:17.20
	200m: 2:25.93		600m: 7:26.95		1:15.35	1100m: 13:46.91		1:15.65
	250m: 3:03.65		700m: 8:42.53		1:15.58	1300m: 16:22.04		2:35.13
3.	Mariana Fernandes, BARBOSA	F	121985	02	Porto	19:00.41	524	
	50m: 35.75		450m: 5:40.39		38.58	850m: 10:44.42		38.02
	100m: 1:13.32		500m: 6:17.97		37.58	900m: 11:23.14		38.72
	150m: 1:50.94		550m: 6:55.87		37.90	950m: 12:01.07		37.93
	200m: 2:29.32		600m: 7:33.71		37.84	1000m: 12:39.95		38.88
	250m: 3:07.17		650m: 8:11.36		37.65	1050m: 13:17.29		37.34
	300m: 3:44.92		700m: 8:49.80		38.44	1100m: 13:55.42		38.13
	350m: 4:23.07		750m: 9:28.83		39.03	1150m: 14:33.51		38.09
	400m: 5:01.81		800m: 10:06.40		37.57	1200m: 15:12.08		38.57

Prova 14, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4.	Mariana Filipa, MOREIRA	F	125777	02	Natacao de Valongo	19:14.70	505	
	50m: 36.46		450m: 5:43.31		38.28	850m: 10:51.44		38.80
	100m: 1:14.05		500m: 6:21.41		38.10	900m: 11:30.43		38.99
	150m: 1:52.33		550m: 6:59.52		38.11	950m: 12:09.54		39.11
	200m: 2:30.73		600m: 7:37.88		38.36	1000m: 12:48.39		38.85
	250m: 3:09.16		650m: 8:16.42		38.54	1050m: 13:27.63		39.24
	300m: 3:47.63		700m: 8:54.75		38.33	1100m: 14:06.48		38.85
	350m: 4:26.52		750m: 9:33.68		38.93	1150m: 14:45.18		38.70
	400m: 5:05.03		800m: 10:12.64		38.96	1200m: 15:23.76		38.58
5.	Daniela Oliveira, RODRIGUES	F	118056	02	Natacao de Valongo	19:25.99	490	
	50m: 34.97		350m: 4:25.31		39.00	650m: 8:19.92		38.87
	100m: 1:12.81		400m: 5:04.19		38.88	700m: 8:58.98		39.06
	150m: 1:51.13		450m: 5:43.21		39.02	750m: 9:38.14		39.16
	200m: 2:29.45		500m: 6:22.72		39.51	800m: 10:17.09		38.95
	250m: 3:07.94		550m: 7:01.84		39.12	850m: 10:56.31		39.22
	300m: 3:46.31		600m: 7:41.05		39.21	900m: 11:35.83		39.52
6.	Ana Catarina, MAGALHAES	F	119092	02	Lousada Seculo XXI	19:40.75	472	
	50m: 34.28		450m: 5:44.66		40.28	850m: 11:03.34		39.90
	100m: 1:11.04		500m: 6:23.70		39.04	900m: 11:43.77		40.43
	150m: 1:49.15		550m: 7:03.43		39.73	950m: 12:23.74		39.97
	200m: 2:28.23		600m: 7:43.42		39.99	1000m: 13:04.00		40.26
	250m: 3:06.99		650m: 8:23.56		40.14	1050m: 13:44.19		40.19
	300m: 3:46.13		700m: 9:03.32		39.76	1100m: 14:26.55		42.36
	350m: 4:25.10		750m: 9:43.45		40.13	1150m: 15:05.87		39.32
	400m: 5:04.38		800m: 10:23.44		39.99	1200m: 15:45.48		39.61
7.	Mafalda Joana, OLIVEIRA	F	119096	02	Lousada Seculo XXI	19:41.83	471	
	50m: 34.08		450m: 5:47.51		39.92	850m: 11:07.87		40.37
	100m: 1:11.67		500m: 6:27.16		39.65	900m: 11:47.99		40.12
	150m: 1:49.86		550m: 7:07.18		40.02	950m: 12:27.77		39.78
	200m: 2:29.31		600m: 7:47.06		39.88	1000m: 13:07.91		40.14
	250m: 3:08.47		650m: 8:27.05		39.99	1050m: 13:48.07		40.16
	300m: 3:48.43		700m: 9:07.39		40.34	1100m: 14:27.82		39.75
	350m: 4:27.77		750m: 9:47.43		40.04	1150m: 15:07.73		39.91
	400m: 5:07.59		800m: 10:27.50		40.07	1200m: 15:47.40		39.67
8.	Francisca Costa, CARNEIRO	F	118218	02	Famalicao	19:43.13	469	
	50m: 38.22		200m: 2:36.66		1:19.37	800m: 10:32.46		5:14.40
	100m: 1:17.29		400m: 5:18.06		2:41.40	1500m: 19:43.13		9:10.67
9.	Nina Pinto, RIBEIRO	F	116914	02	Foca	19:56.54	454	
	50m: 36.31		450m: 5:47.33		39.95	850m: 11:08.82		40.07
	100m: 1:14.24		500m: 6:27.39		40.06	900m: 11:49.60		40.78
	150m: 1:52.73		550m: 7:07.42		40.03	950m: 12:29.73		40.13
	200m: 2:31.09		600m: 7:47.83		40.41	1000m: 13:10.42		40.69
	250m: 3:10.06		650m: 8:27.57		39.74	1050m: 13:51.49		41.07
	300m: 3:48.84		700m: 9:07.69		40.12	1100m: 14:32.34		40.85
	350m: 4:27.72		750m: 9:48.20		40.51	1150m: 15:13.19		40.85
	400m: 5:07.38		800m: 10:28.75		40.55	1200m: 15:53.83		40.64
10.	Ana Margarida, TEIXEIRA	F	111504	02	Foca	20:01.52	448	
	50m: 35.31		450m: 5:45.08		38.54	850m: 11:11.54		44.23
	100m: 1:13.08		500m: 6:25.30		40.22	900m: 11:54.11		42.57
	150m: 1:52.17		550m: 7:05.55		40.25	950m: 12:35.44		41.33
	200m: 2:30.44		600m: 7:45.84		40.29	1000m: 13:16.11		40.67
	250m: 3:09.78		650m: 8:26.49		40.65	1050m: 13:58.24		42.13
	300m: 3:48.45		700m: 9:06.93		40.44	1100m: 14:39.50		41.26
	350m: 4:27.50		750m: 9:46.97		40.04	1150m: 15:21.17		41.67
	400m: 5:06.54		800m: 10:27.31		40.34	1200m: 16:02.17		41.00
11.	Ana Carmo, PINHEIRO	F	124856	02	Ginásio Santo Tirso	20:11.48	437	
	50m: 38.40		450m: 5:58.28		39.96	850m: 11:20.14		40.13
	100m: 1:17.11		500m: 6:38.61		40.33	900m: 12:01.02		40.88
	150m: 1:56.86		550m: 7:19.08		40.47	950m: 12:42.18		41.16
	200m: 2:36.69		600m: 7:58.02		38.94	1000m: 13:23.26		41.08
	250m: 3:16.93		650m: 8:37.93		39.91	1050m: 14:04.01		40.75
	300m: 3:57.39		700m: 9:18.63		40.70	1100m: 14:44.95		40.94
	350m: 4:37.68		750m: 9:59.02		40.39	1150m: 15:25.76		40.81
	400m: 5:18.32		800m: 10:40.01		40.99	1200m: 16:06.94		41.18
12.	Ana Lopes, SANTOS	F	120698	02	Vilacondense	20:24.28	423	
	50m: 37.16		450m: 6:03.38		41.19	850m: 11:29.28		40.96
	100m: 1:16.70		500m: 6:44.54		41.16	900m: 12:10.60		41.32
	150m: 1:56.58		550m: 7:25.35		40.81	950m: 12:52.32		41.72
	200m: 2:37.50		600m: 8:06.26		40.91	1000m: 13:33.50		41.18
	250m: 3:17.97		650m: 8:46.26		40.00	1050m: 14:14.58		41.08
	300m: 3:59.75		700m: 9:27.04		40.78	1100m: 14:55.59		41.01
	350m: 4:41.41		750m: 10:07.65		40.61	1150m: 15:36.63		41.04
	400m: 5:22.19		800m: 10:48.32		40.67	1200m: 16:18.58		41.95



Prova 14, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
13.	Beatriz Daniela, MACEDO	F	124313	02	Vitória de Guimaraes/Olicargo	20:25.60	422		
	50m: 40.33		450m: 6:07.38		40.97	850m: 11:31.38	40.52	1250m: 17:03.27	41.39
	100m: 1:20.62	40.29	500m: 6:48.55	41.17	900m: 12:12.12	40.74	1300m: 17:43.93	40.66	
	150m: 2:00.96	40.34	550m: 7:29.17	40.62	950m: 12:52.95	40.83	1350m: 18:24.77	40.84	
	200m: 2:41.60	40.64	600m: 8:09.49	40.32	1000m: 13:34.63	41.68	1400m: 19:06.16	41.39	
	250m: 3:23.11	41.51	650m: 8:49.90	40.41	1050m: 14:17.03	42.40	1450m: 19:47.00	40.84	
	300m: 4:04.55	41.44	700m: 9:30.27	40.37	1100m: 14:58.87	41.84	1500m: 20:25.60	38.60	
	350m: 4:45.50	40.95	750m: 10:10.41	40.14	1150m: 15:40.38	41.51			
	400m: 5:26.41	40.91	800m: 10:50.86	40.45	1200m: 16:21.88	41.50			
14.	Alexandra Martins, CAMPOS	F	127155	02	Leixões Sport Clube	20:26.34	421		
	50m: 36.11	36.11	450m: 6:00.75	41.55	850m: 11:31.07	42.19	1250m: 17:02.85	41.54	
	100m: 1:14.90	38.79	500m: 6:41.69	40.94	900m: 12:12.50	41.43	1300m: 17:44.13	41.28	
	150m: 1:55.01	40.11	550m: 7:22.51	40.82	950m: 12:54.03	41.53	1350m: 18:24.84	40.71	
	200m: 2:35.52	40.51	600m: 8:03.72	41.21	1000m: 13:35.85	41.82	1400m: 19:06.18	41.34	
	250m: 3:16.51	40.99	650m: 8:44.84	41.12	1050m: 14:17.11	41.26	1450m: 19:47.87	41.69	
	300m: 3:57.28	40.77	700m: 9:26.01	41.17	1100m: 14:58.72	41.61	1500m: 20:26.34	38.47	
	350m: 4:38.42	41.14	750m: 10:07.49	41.48	1150m: 15:39.56	40.84			
	400m: 5:19.20	40.78	800m: 10:48.88	41.39	1200m: 16:21.31	41.75			
15.	Mafalda Pacheco, CUNHA	F	121589	02	Fluvial Portuense	20:33.75	414		
	50m: 38.92	38.92	450m: 6:06.12	41.06	850m: 11:34.69	41.21	1250m: 17:06.43	42.20	
	100m: 1:19.89	40.97	500m: 6:47.29	41.17	900m: 12:15.67	40.98	1300m: 17:48.30	41.87	
	150m: 2:00.53	40.64	550m: 7:28.55	41.26	950m: 12:56.90	41.23	1350m: 18:29.17	40.87	
	200m: 2:41.47	40.94	600m: 8:09.34	40.79	1000m: 13:38.23	41.33	1400m: 19:10.82	41.65	
	250m: 3:22.44	40.97	650m: 8:49.96	40.62	1050m: 14:19.06	40.83	1450m: 19:52.62	41.80	
	300m: 4:03.61	41.17	700m: 9:30.86	40.90	1100m: 15:00.39	41.33	1500m: 20:33.75	41.13	
	350m: 4:43.87	40.26	750m: 10:12.16	41.30	1150m: 15:42.29	41.90			
	400m: 5:25.06	41.19	800m: 10:53.48	41.32	1200m: 16:24.23	41.94			
16.	Sofia Xavier, GOMES	F	122007	02	Vilacondense	20:45.45	402		
	50m: 36.61	36.61	450m: 6:02.21	42.08	850m: 11:36.55	41.97	1250m: 17:17.10	42.90	
	100m: 1:15.34	38.73	500m: 6:43.59	41.38	900m: 12:19.09	42.54	1300m: 18:00.28	43.18	
	150m: 1:55.47	40.13	550m: 7:24.96	41.37	950m: 13:00.87	41.78	1350m: 18:43.69	43.41	
	200m: 2:35.88	40.41	600m: 8:07.31	42.35	1000m: 13:42.84	41.97	1400m: 19:25.57	41.88	
	250m: 3:16.69	40.81	650m: 8:48.87	41.56	1050m: 14:26.35	43.51	1450m: 20:06.77	41.20	
	300m: 3:57.70	41.01	700m: 9:30.17	41.30	1100m: 15:08.37	42.02	1500m: 20:45.45	38.68	
	350m: 4:38.98	41.28	750m: 10:12.31	42.14	1150m: 15:51.57	43.20			
	400m: 5:20.13	41.15	800m: 10:54.58	42.27	1200m: 16:34.20	42.63			
17.	Angela Filipa, RIBEIRO	F	122115	02	Aquatico Pacense	20:58.92	389		
	50m: 38.68	38.68	450m: 6:09.88	41.49	850m: 11:45.45	41.93	1250m: 17:22.11	42.33	
	100m: 1:19.00	40.32	500m: 6:51.51	41.63	900m: 12:26.84	41.39	1300m: 18:05.88	43.77	
	150m: 2:00.11	41.11	550m: 7:33.52	42.01	950m: 13:09.35	42.51	1350m: 18:50.65	44.77	
	200m: 2:41.67	41.56	600m: 8:15.77	42.25	1000m: 13:51.16	41.81	1400m: 19:35.64	44.99	
	250m: 3:23.09	41.42	650m: 8:57.74	41.97	1050m: 14:33.12	41.96	1450m: 20:18.78	43.14	
	300m: 4:04.75	41.66	700m: 9:39.53	41.79	1100m: 15:15.53	42.41	1500m: 20:58.92	40.14	
	350m: 4:46.87	42.12	750m: 10:21.28	41.75	1150m: 15:57.24	41.71			
	400m: 5:28.39	41.52	800m: 11:03.52	42.24	1200m: 16:39.78	42.54			
18.	Mariana Baptista, PINTO	F	122180	02	Colegio SMLamas	20:59.48	389		
	50m: 38.85	38.85	450m: 6:09.93	42.16	850m: 11:51.37	43.07	1250m: 17:32.08	44.17	
	100m: 1:20.16	41.31	500m: 6:52.50	42.57	900m: 12:34.58	43.21	1300m: 18:14.55	42.47	
	150m: 2:01.52	41.36	550m: 7:35.83	43.33	950m: 13:16.61	42.03	1350m: 18:56.18	41.63	
	200m: 2:42.59	41.07	600m: 8:17.68	41.85	1000m: 13:58.21	41.60	1400m: 19:38.95	42.77	
	250m: 3:23.59	41.00	650m: 9:00.75	43.07	1050m: 14:39.67	41.46	1450m: 20:20.26	41.31	
	300m: 4:05.35	41.76	700m: 9:43.15	42.40	1100m: 15:22.66	42.99	1500m: 20:59.48	39.22	
	350m: 4:46.34	40.99	750m: 10:25.66	42.51	1150m: 16:05.38	42.72			
	400m: 5:27.77	41.43	800m: 11:08.30	42.64	1200m: 16:47.91	42.53			
19.	Soraia Isabel, GUIMARAES	F	119151	02	Vitória de Guimaraes/Olicargo	21:13.62	376		
	50m: 38.66	38.66	400m: 5:32.10	1:23.72	800m: 11:13.09	1:26.46	1200m: 16:57.82	1:27.07	
	100m: 1:19.91	41.25	500m: 6:56.60	1:24.50	900m: 12:37.47	1:24.38	1300m: 18:25.50	1:27.68	
	200m: 2:43.80	1:23.89	600m: 8:21.16	1:24.56	1000m: 14:04.30	1:26.83	1400m: 19:53.00	1:27.50	
	300m: 4:08.38	1:24.58	700m: 9:46.63	1:25.47	1100m: 15:30.75	1:26.45	1500m: 21:13.62	1:20.62	
20.	Ines Cadilhe, ALEXANDRE	F	128400	02	Clube Naval Povoense	21:23.91	367		
	50m: 39.05	39.05	450m: 6:16.57	42.16	850m: 11:58.79	42.55	1250m: 17:47.56	43.06	
	100m: 1:20.64	41.59	500m: 6:59.08	42.51	900m: 12:42.16	43.37	1300m: 18:31.16	43.60	
	150m: 2:02.46	41.82	550m: 7:41.20	42.12	950m: 13:25.75	43.59	1350m: 19:14.80	43.64	
	200m: 2:44.62	42.16	600m: 8:24.23	43.03	1000m: 14:09.43	43.68	1400m: 19:58.64	43.84	
	250m: 3:26.81	42.19	650m: 9:07.23	43.00	1050m: 14:53.04	43.61	1450m: 20:41.64	43.00	
	300m: 4:08.72	41.91	700m: 9:50.05	42.82	1100m: 15:37.09	44.05	1500m: 21:23.91	42.27	
	350m: 4:51.83	43.11	750m: 10:33.21	43.16	1150m: 16:20.81	43.72			
	400m: 5:34.41	42.58	800m: 11:16.24	43.03	1200m: 17:04.50	43.69			
21.	Daniela Filipa, ROCHA	F	128609	02	Aquatico Pacense	21:24.25	367		
	50m: 39.50	39.50	450m: 6:15.19	41.79	850m: 11:56.79	42.92	1250m: 17:46.45	43.94	
	100m: 1:21.15	41.65	500m: 6:57.51	42.32	900m: 12:40.06	43.27	1300m: 18:31.01	44.56	
	150m: 2:03.04	41.89	550m: 7:40.12	42.61	950m: 13:23.01	42.95	1350m: 19:15.24	44.23	
	200m: 2:45.31	42.27	600m: 8:22.93	42.81	1000m: 14:07.30	44.29	1400m: 19:59.54	44.30	
	250m: 3:27.02	41.71	650m: 9:04.94	42.01	1050m: 14:49.92	42.62	1450m: 20:42.62	43.08	
	300m: 4:09.31	42.29	700m: 9:47.71	42.77	1100m: 15:34.15	44.23	1500m: 21:24.25	41.63	
	350m: 4:51.37	42.06	750m: 10:30.72	43.01	1150m: 16:18.48	44.33			
	400m: 5:33.40	42.03	800m: 11:13.87	43.15	1200m: 17:02.51	44.03			

Prova 14, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
22.	Ana Sofia, AGUIAR	F	120624	02	Vilacondense	21:29.78	362	
	50m: 39.28	39.28	450m: 6:20.17	42.52	850m: 12:10.23	44.28	1250m: 18:01.40	44.03
	100m: 1:21.09	41.81	500m: 7:03.23	43.06	900m: 12:53.77	43.54	1300m: 18:46.96	45.56
	150m: 2:03.60	42.51	550m: 7:47.16	43.93	950m: 13:37.39	43.62	1350m: 19:29.39	42.43
	200m: 2:46.22	42.62	600m: 8:31.47	44.31	1000m: 14:20.95	43.56	1400m: 20:12.09	42.70
	250m: 3:29.03	42.81	650m: 9:14.92	43.45	1050m: 15:03.30	42.35	1450m: 20:52.92	40.83
	300m: 4:11.24	42.21	700m: 9:58.24	43.32	1100m: 15:48.25	44.95	1500m: 21:29.78	36.86
	350m: 4:54.26	43.02	750m: 10:41.93	43.69	1150m: 16:32.57	44.32		
	400m: 5:37.65	43.39	800m: 11:25.95	44.02	1200m: 17:17.37	44.80		
23.	Ines Filipa, MAGALHAES	F	121786	02	Aquatico Pacense	21:32.22	360	
	50m: 41.17	41.17	450m: 6:25.51	43.43	850m: 12:14.90	43.58	1250m: 18:02.20	42.83
	100m: 1:23.92	42.75	500m: 7:09.24	43.73	900m: 12:58.26	43.36	1300m: 18:45.19	42.99
	150m: 2:06.94	43.02	550m: 7:52.80	43.56	950m: 13:41.56	43.30	1350m: 19:28.15	42.96
	200m: 2:49.89	42.95	600m: 8:36.77	43.97	1000m: 14:25.31	43.75	1400m: 20:11.25	43.10
	250m: 3:32.60	42.71	650m: 9:20.32	43.55	1050m: 15:08.64	43.33	1450m: 20:53.07	41.82
	300m: 4:15.80	43.20	700m: 10:03.51	43.19	1100m: 15:52.60	43.96	1500m: 21:32.22	39.15
	350m: 4:58.67	42.87	750m: 10:47.03	43.52	1150m: 16:36.19	43.59		
	400m: 5:42.08	43.41	800m: 11:31.32	44.29	1200m: 17:19.37	43.18		
24.	Ana Carolina, GOMES	F	125961	02	Aquatico Pacense	21:33.43	359	
	50m: 39.58	39.58	450m: 6:26.20	43.41	850m: 12:09.04	42.55	1250m: 17:58.55	43.42
	100m: 1:20.92	41.34	500m: 7:09.37	43.17	900m: 12:52.99	43.95	1300m: 18:42.68	44.13
	150m: 2:03.73	42.81	550m: 7:52.12	42.75	950m: 13:36.24	43.25	1350m: 19:26.05	43.37
	200m: 2:46.89	43.16	600m: 8:34.64	42.52	1000m: 14:19.80	43.56	1400m: 20:10.13	44.08
	250m: 3:30.52	43.63	650m: 9:16.92	42.28	1050m: 15:03.62	43.82	1450m: 20:52.36	42.23
	300m: 4:14.21	43.69	700m: 10:00.01	43.09	1100m: 15:47.65	44.03	1500m: 21:33.43	41.07
	350m: 4:58.26	44.05	750m: 10:43.11	43.10	1150m: 16:31.52	43.87		
	400m: 5:42.79	44.53	800m: 11:26.49	43.38	1200m: 17:15.13	43.61		
25.	Ines Neiva, NOVA	F	125002	02	Clube Naval Povoense	22:27.37	318	
	50m: 38.85	38.85	450m: 6:36.17	44.70	850m: 12:39.05	46.05	1250m: 18:43.56	45.16
	100m: 1:21.71	42.86	500m: 7:21.48	45.31	900m: 13:24.88	45.83	1300m: 19:29.96	46.40
	150m: 2:06.17	44.46	550m: 8:06.28	44.80	950m: 14:10.11	45.23	1350m: 20:15.59	45.63
	200m: 2:50.95	44.78	600m: 8:51.48	45.20	1000m: 14:55.13	45.02	1400m: 20:59.30	43.71
	250m: 3:35.72	44.77	650m: 9:36.80	45.32	1050m: 15:41.55	46.42	1450m: 21:44.36	45.06
	300m: 4:21.14	45.42	700m: 10:21.47	44.67	1100m: 16:27.99	46.44	1500m: 22:27.37	43.01
	350m: 5:06.14	45.00	750m: 11:06.62	45.15	1150m: 17:12.81	44.82		
	400m: 5:51.47	45.33	800m: 11:53.00	46.38	1200m: 17:58.40	45.59		
26.	Catarina Pinhal, CAMPOS	F	126729	02	Vilacondense	22:28.90	316	
	50m: 41.73	41.73	450m: 6:41.32	45.48	850m: 12:42.09	44.64	1250m: 18:47.03	45.38
	100m: 1:25.39	43.66	500m: 7:26.36	45.04	900m: 13:27.40	45.31	1300m: 19:32.59	45.56
	150m: 2:09.81	44.42	550m: 8:12.01	45.65	950m: 14:12.47	45.07	1350m: 20:16.73	44.14
	200m: 2:54.36	44.55	600m: 8:56.61	44.60	1000m: 14:58.25	45.78	1400m: 21:02.08	45.35
	250m: 3:39.71	45.35	650m: 9:41.98	45.37	1050m: 15:44.25	46.00	1450m: 21:46.09	44.01
	300m: 4:25.41	45.70	700m: 10:27.17	45.19	1100m: 16:29.76	45.51	1500m: 22:28.90	42.81
	350m: 5:10.21	44.80	750m: 11:12.29	45.12	1150m: 17:16.00	46.24		
	400m: 5:55.84	45.63	800m: 11:57.45	45.16	1200m: 18:01.65	45.65		
27.	Joana Carvalho, CASANOVA	F	127095	02	Clube Naval Povoense	23:07.30	291	
	50m: 40.42	40.42	450m: 6:43.20	46.45	850m: 12:57.22	47.17	1250m: 19:16.57	47.33
	100m: 1:23.22	42.80	500m: 7:29.95	46.75	900m: 13:44.04	46.82	1300m: 20:03.86	47.29
	150m: 2:07.92	44.70	550m: 8:16.57	46.62	950m: 14:31.29	47.25	1350m: 20:50.38	46.52
	200m: 2:53.31	45.39	600m: 9:02.97	46.40	1000m: 15:18.65	47.36	1400m: 21:36.50	46.12
	250m: 3:39.07	45.76	650m: 9:49.60	46.63	1050m: 16:06.68	48.03	1450m: 22:22.03	45.53
	300m: 4:24.56	45.49	700m: 10:36.14	46.54	1100m: 16:54.26	47.58	1500m: 23:07.30	45.27
	350m: 5:10.55	45.99	750m: 11:23.52	47.38	1150m: 17:41.78	47.52		
	400m: 5:56.75	46.20	800m: 12:10.05	46.53	1200m: 18:29.24	47.46		
28.	Catarina Goncalves, BRANDAO	F	132139	02	Vilacondense	24:17.37	251	
	50m: 45.36	45.36	450m: 7:16.98	48.29	850m: 13:50.66	49.16	1250m: 20:24.80	48.36
	100m: 1:33.44	48.08	500m: 8:05.94	48.96	900m: 14:39.99	49.33	1300m: 21:12.24	47.44
	150m: 2:21.56	48.12	550m: 8:55.01	49.07	950m: 15:29.72	49.73	1350m: 21:59.85	47.61
	200m: 3:10.31	48.75	600m: 9:44.46	49.45	1000m: 16:18.94	49.22	1400m: 22:47.78	47.93
	250m: 3:59.87	49.56	650m: 10:34.09	49.63	1050m: 17:08.38	49.44	1450m: 23:34.23	46.45
	300m: 4:50.45	50.58	700m: 11:24.52	50.43	1100m: 17:58.68	50.30	1500m: 24:17.37	43.14
	350m: 5:40.14	49.69	750m: 12:13.39	48.87	1150m: 18:48.19	49.51		
	400m: 6:28.69	48.55	800m: 13:01.50	48.11	1200m: 19:36.44	48.25		
WDR	Maria Luis, FERNANDES	F	122893	02	Leixões Sport Clube			WDR
WDR	Matilde Guimaraes, SANTOS	F	122894	02	Leixões Sport Clube			WDR