

Prova 37 Femin., 800m Livres Absolutos
19/11/2023 - 10:11 Resultados

Recordes Nacionais 25m Open	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Sen	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Recordes Nacionais 25m Jun 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13/12/2015
Recordes Nacionais 25m Jun 16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21/12/2014
Recordes Territoriais 25m Open	8:32.85	Angelica Maria, ANDRE	FCP	Leiria	11/12/2022
Recordes Territoriais 25m Sen	8:32.85	Angelica Maria, ANDRE	FCP	Leiria	11/12/2022
Recordes Territoriais 25m Jun 17	8:50.98	Ana Rita, RAMOS	FCP	Felgueiras	27/04/2019
Recordes Territoriais 25m Jun 16	8:52.24	Ana Feio, ALEGRIA	SCB	Alges	26/02/1993

TLP Juniores Femininos Jun: 10:26.33 / TLP Seniores Femininos Sen: 9:56.91

Pontos: FINA 2022

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
1.	Mafalda Martins, MESQUITA	202805	07	Famalicão	9:09.82	662
	50m: 32.01 32.01 250m: 2:49.86 34.80 450m: 5:09.31 34.95 650m: 7:29.03 35.00					
	100m: 1:06.23 34.22 300m: 3:24.70 34.84 500m: 5:44.18 34.87 700m: 8:03.65 34.62					
	150m: 1:40.72 34.49 350m: 3:59.47 34.77 550m: 6:19.06 34.88 750m: 8:37.27 33.62					
	200m: 2:15.06 34.34 400m: 4:34.36 34.89 600m: 6:54.03 34.97 800m: 9:09.82 32.55					
2.	Ana Beatriz, VIEIRA	202851	07	Foca Quinta Da Lixa - Cnf	9:27.47	602
	50m: 32.03 32.03 250m: 2:52.54 35.88 450m: 5:16.59 35.97 650m: 7:41.04 36.10					
	100m: 1:06.16 34.13 300m: 3:28.40 35.86 500m: 5:52.81 36.22 700m: 8:17.40 36.36					
	150m: 1:41.07 34.91 350m: 4:04.50 36.10 550m: 6:29.01 36.20 750m: 8:53.16 35.76					
	200m: 2:16.66 35.59 400m: 4:40.62 36.12 600m: 7:04.94 35.93 800m: 9:27.47 34.31					
3.	Sofia Alexandra, CARVALHO	133262	07	Fluvial Portuense	9:51.00	533
	50m: 32.68 32.68 250m: 2:57.56 37.00 450m: 5:27.66 38.02 650m: 7:58.96 37.87					
	100m: 1:07.99 35.31 300m: 3:34.83 37.27 500m: 6:05.84 38.18 700m: 8:36.72 37.76					
	150m: 1:44.15 36.16 350m: 4:12.17 37.34 550m: 6:42.97 37.13 750m: 9:14.41 37.69					
	200m: 2:20.56 36.41 400m: 4:49.64 37.47 600m: 7:21.09 38.12 800m: 9:51.00 36.59					
4.	Lara Filipa, PINTO	200514	08	Porto	9:54.05	525
	50m: 32.96 32.96 250m: 2:58.29 36.78 450m: 5:27.62 36.88 650m: 8:00.08 38.26					
	100m: 1:08.81 35.85 300m: 3:35.82 37.53 500m: 6:05.80 38.18 700m: 8:38.65 38.57					
	150m: 1:44.98 36.17 350m: 4:13.42 37.60 550m: 6:43.46 37.66 750m: 9:17.16 38.51					
	200m: 2:21.51 36.53 400m: 4:50.74 37.32 600m: 7:21.82 38.36 800m: 9:54.05 36.89					
5.	Bruna Maria, BARBOSA	202261	08	Aquatico Pacense	10:13.04	478
	50m: 34.02 34.02 250m: 3:05.26 38.31 450m: 5:40.73 39.04 650m: 8:17.74 39.01					
	100m: 1:11.23 37.21 300m: 3:43.92 38.66 500m: 6:19.99 39.26 700m: 8:56.91 39.17					
	150m: 1:49.00 37.77 350m: 4:22.60 38.68 550m: 6:59.41 39.42 750m: 9:35.86 38.95					
	200m: 2:26.95 37.95 400m: 5:01.69 39.09 600m: 7:38.73 39.32 800m: 10:13.04 37.18					
6.	Lara Mota, FERREIRA	209955	08	Assoc. Desportiva de Fafe	10:17.93	466
	50m: 33.54 33.54 250m: 3:06.45 39.21 450m: 5:44.04 39.49 650m: 8:22.56 39.71					
	100m: 1:10.46 36.92 300m: 3:45.43 38.98 500m: 6:23.67 39.63 700m: 9:02.02 39.46					
	150m: 1:48.51 38.05 350m: 4:24.97 39.54 550m: 7:03.43 39.76 750m: 9:40.90 38.88					
	200m: 2:27.24 38.73 400m: 5:04.55 39.58 600m: 7:42.85 39.42 800m: 10:17.93 37.03					
7.	Matilde Vidal, SILVA	214613	08	Fluvial Portuense	10:28.18	444
	<i>FTL</i>					
	50m: 35.76 35.76 250m: 3:13.21 39.62 450m: 5:53.24 40.50 650m: 8:31.45 39.29					
	100m: 1:14.60 38.84 300m: 3:52.36 39.15 500m: 6:32.55 39.31 700m: 9:11.05 39.60					
	150m: 1:53.84 39.24 350m: 4:32.28 39.92 550m: 7:12.68 40.13 750m: 9:50.25 39.20					
	200m: 2:33.59 39.75 400m: 5:12.74 40.46 600m: 7:52.16 39.48 800m: 10:28.18 37.93					
8.	Maria Leonor, MOUTINHO	213221	08	Natacao da Maia	10:39.22	421
	<i>FTL</i>					
	50m: 34.38 34.38 250m: 3:14.16 40.08 450m: 5:55.11 40.63 650m: 8:39.22 40.44					
	100m: 1:13.48 39.10 300m: 3:53.97 39.81 500m: 6:36.76 41.65 700m: 9:21.03 41.81					
	150m: 1:53.74 40.26 350m: 4:33.87 39.90 550m: 7:17.22 40.46 750m: 10:01.03 40.00					
	200m: 2:34.08 40.34 400m: 5:14.48 40.61 600m: 7:58.78 41.56 800m: 10:39.22 38.19					
9.	Alexandra Noemia, SILVANO	213220	08	Natacao da Maia	10:41.51	417
	<i>FTL</i>					
	50m: 37.30 37.30 250m: 3:20.47 40.98 450m: 6:03.53 40.20 650m: 8:43.23 39.32					
	100m: 1:17.72 40.42 300m: 4:01.49 41.02 500m: 6:43.80 40.27 700m: 9:23.22 39.99					
	150m: 1:58.65 40.93 350m: 4:42.40 40.91 550m: 7:23.86 40.06 750m: 10:02.68 39.46					
	200m: 2:39.49 40.84 400m: 5:23.33 40.93 600m: 8:03.91 40.05 800m: 10:41.51 38.83					

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.78086

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ORGANIZAÇÃO



PARCEIRO INSTITUCIONAL



FORNECEDOR OFICIAL



Prova 37, Femin., 800m Livres, Juniores

Lugar	Nome	Licena	Ano	Clube	Tempo Final	FINA
10.	Melissa Freitas, NOGUEIRA FTL	210657	07	Assoc. Desportiva de Fafe	10:53.60	394
	50m: 34.79 34.79	250m: 3:15.00 40.83	450m: 6:02.17 41.85	650m: 8:50.47 42.00		
	100m: 1:13.98 39.19	300m: 3:56.65 41.65	500m: 6:44.52 42.35	700m: 9:32.25 41.78		
	150m: 1:54.10 40.12	350m: 4:38.38 41.73	550m: 7:25.87 41.35	750m: 10:14.01 41.76		
	200m: 2:34.17 40.07	400m: 5:20.32 41.94	600m: 8:08.47 42.60	800m: 10:53.60 39.59		

Seniores

1.	Francisca Soares, MARTINS	126504	03	Foca Quinta Da Lixa - Cnf	8:35.11	805
	50m: 29.78 29.78	250m: 2:38.01 32.32	450m: 4:47.93 32.59	650m: 6:57.82 32.60		
	100m: 1:01.44 31.66	300m: 3:10.61 32.60	500m: 5:20.36 32.43	700m: 7:30.58 32.76		
	150m: 1:33.53 32.09	350m: 3:43.00 32.39	550m: 5:52.80 32.44	750m: 8:03.45 32.87		
	200m: 2:05.69 32.16	400m: 4:15.34 32.34	600m: 6:25.22 32.42	800m: 8:35.11 31.66		
2.	Angelica Maria, ANDRE	15497	94	Porto	8:47.77	749
	50m: 30.83 30.83	250m: 2:42.68 33.02	450m: 4:55.24 33.14	650m: 7:08.63 33.58		
	100m: 1:03.45 32.62	300m: 3:15.82 33.14	500m: 5:28.48 33.24	700m: 7:42.08 33.45		
	150m: 1:36.35 32.90	350m: 3:48.85 33.03	550m: 6:01.64 33.16	750m: 8:15.37 33.29		
	200m: 2:09.66 33.31	400m: 4:22.10 33.25	600m: 6:35.05 33.41	800m: 8:47.77 32.40		
3.	Daniela Magalhaes, LOPES	130098	05	Famalicao	9:11.05	658
	50m: 31.87 31.87	250m: 2:48.25 34.58	450m: 5:07.08 34.62	650m: 7:26.96 35.11		
	100m: 1:05.60 33.73	300m: 3:22.99 34.74	500m: 5:41.90 34.82	700m: 8:01.87 34.91		
	150m: 1:39.56 33.96	350m: 3:57.74 34.75	550m: 6:16.86 34.96	750m: 8:36.73 34.86		
	200m: 2:13.67 34.11	400m: 4:32.46 34.72	600m: 6:51.85 34.99	800m: 9:11.05 34.32		
4.	Francisca Macedo, LOPES	129982	05	Vilacondense	9:19.06	630
	50m: 31.38 31.38	250m: 2:50.37 35.34	450m: 5:12.03 35.17	650m: 7:32.52 35.62		
	100m: 1:05.34 33.96	300m: 3:25.87 35.50	500m: 5:46.71 34.68	700m: 8:08.39 35.87		
	150m: 1:39.97 34.63	350m: 4:01.32 35.45	550m: 6:21.70 34.99	750m: 8:44.21 35.82		
	200m: 2:15.03 35.06	400m: 4:36.86 35.54	600m: 6:56.90 35.20	800m: 9:19.06 34.85		
5.	Ines Martins, SILVA	127134	04	Vilacondense	9:23.38	615
	50m: 32.12 32.12	250m: 2:52.03 35.53	450m: 5:15.11 36.15	650m: 7:38.08 35.74		
	100m: 1:06.43 34.31	300m: 3:27.75 35.72	500m: 5:50.61 35.50	700m: 8:14.22 36.14		
	150m: 1:41.12 34.69	350m: 4:03.21 35.46	550m: 6:26.44 35.83	750m: 8:49.65 35.43		
	200m: 2:16.50 35.38	400m: 4:38.96 35.75	600m: 7:02.34 35.90	800m: 9:23.38 33.73		
6.	Maria Luis, SA	131836	06	Fluvial Portuense	9:32.26	587
	50m: 31.04 31.04	250m: 2:52.43 36.17	450m: 5:16.96 36.23	650m: 7:43.44 36.91		
	100m: 1:05.04 34.00	300m: 3:28.34 35.91	500m: 5:53.42 36.46	700m: 8:20.06 36.62		
	150m: 1:40.39 35.35	350m: 4:04.43 36.09	550m: 6:29.92 36.50	750m: 8:56.97 36.91		
	200m: 2:16.26 35.87	400m: 4:40.73 36.30	600m: 7:06.53 36.61	800m: 9:32.26 35.29		
7.	Marta Lima, PIMENTEL	130230	04	Porto	9:33.91	582
	50m: 33.13 33.13	250m: 2:56.21 36.23	450m: 5:21.48 36.43	650m: 7:46.28 36.06		
	100m: 1:08.20 35.07	300m: 3:32.52 36.31	500m: 5:57.66 36.18	700m: 8:22.62 36.34		
	150m: 1:43.99 35.79	350m: 4:08.70 36.18	550m: 6:33.86 36.20	750m: 8:58.99 36.37		
	200m: 2:19.98 35.99	400m: 4:45.05 36.35	600m: 7:10.22 36.36	800m: 9:33.91 34.92		
8.	Lia Beatriz, GOMES	200413	06	Vit�ria Sport Clube	9:35.81	576
	50m: 32.24 32.24	250m: 2:53.09 35.54	450m: 5:18.43 36.61	650m: 7:46.63 37.05		
	100m: 1:06.80 34.56	300m: 3:29.03 35.94	500m: 5:55.43 37.00	700m: 8:23.89 37.26		
	150m: 1:41.85 35.05	350m: 4:05.32 36.29	550m: 6:32.38 36.95	750m: 9:00.92 37.03		
	200m: 2:17.55 35.70	400m: 4:41.82 36.50	600m: 7:09.58 37.20	800m: 9:35.81 34.89		
9.	Catarina Gaspar, PIRES	129871	06	Porto	9:38.51	568
	50m: 32.75 32.75	250m: 2:54.94 36.15	450m: 5:21.35 36.93	650m: 7:47.83 36.39		
	100m: 1:07.41 34.66	300m: 3:31.28 36.34	500m: 5:58.03 36.68	700m: 8:25.11 37.28		
	150m: 1:42.90 35.49	350m: 4:07.80 36.52	550m: 6:34.76 36.73	750m: 9:02.31 37.20		
	200m: 2:18.79 35.89	400m: 4:44.42 36.62	600m: 7:11.44 36.68	800m: 9:38.51 36.20		
10.	Rita Sofia, NUNES	129103	05	Colegio Efanor	9:42.06	558
	50m: 32.08 32.08	250m: 2:56.11 36.63	450m: 5:24.44 37.02	650m: 7:52.98 37.22		
	100m: 1:06.83 34.75	300m: 3:32.88 36.77	500m: 6:01.70 37.26	700m: 8:29.63 36.65		
	150m: 1:42.97 36.14	350m: 4:10.21 37.33	550m: 6:38.71 37.01	750m: 9:06.31 36.68		
	200m: 2:19.48 36.51	400m: 4:47.42 37.21	600m: 7:15.76 37.05	800m: 9:42.06 35.75		
11.	Carolina Silva, SOARES	123910	03	Natacao de Valongo	9:51.85	531
	50m: 32.78 32.78	250m: 3:00.34 37.08	450m: 5:30.38 37.01	650m: 8:00.84 37.78		
	100m: 1:08.95 36.17	300m: 3:38.08 37.74	500m: 6:07.89 37.51	700m: 8:38.68 37.84		
	150m: 1:45.66 36.71	350m: 4:15.88 37.80	550m: 6:45.29 37.40	750m: 9:16.46 37.78		
	200m: 2:23.26 37.60	400m: 4:53.37 37.49	600m: 7:23.06 37.77	800m: 9:51.85 35.39		

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19/11/2023 23:25 - P gina 2

Prova 37, Femin., 800m Livres, Seniores

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
12.	Carolina Ascenso, SANTOS <i>FTL</i>	121271	01	Natacao de Valongo	10:17.22	468
	50m: 33.40 33.40	250m: 3:06.55 38.73	450m: 5:43.59 39.26	650m: 8:21.91 39.67		
	100m: 1:10.90 37.50	300m: 3:45.41 38.86	500m: 6:23.19 39.60	700m: 9:00.94 39.03		
	150m: 1:49.54 38.64	350m: 4:25.25 39.84	550m: 7:02.70 39.51	750m: 9:40.11 39.17		
	200m: 2:27.82 38.28	400m: 5:04.33 39.08	600m: 7:42.24 39.54	800m: 10:17.22 37.11		
13.	Matilde Teixeira, SOUSA <i>FTL</i>	129947	06	Natacao de Valongo	10:28.73	443
	50m: 33.10 33.10	250m: 3:04.61 38.00	450m: 5:45.82 40.36	650m: 8:29.30 40.87		
	100m: 1:10.44 37.34	300m: 3:44.49 39.88	500m: 6:26.93 41.11	700m: 9:10.53 41.23		
	150m: 1:48.80 38.36	350m: 4:25.25 40.76	550m: 7:07.51 40.58	750m: 9:50.64 40.11		
	200m: 2:26.61 37.81	400m: 5:05.46 40.21	600m: 7:48.43 40.92	800m: 10:28.73 38.09		
14.	Jessica Filipa, SILVA <i>FTL</i>	123095	03	Associacao Tubaroes de Gai	10:48.11	404
	50m: 35.38 35.38	250m: 3:16.91 40.66	450m: 6:01.89 41.13	650m: 8:46.41 40.96		
	100m: 1:15.14 39.76	300m: 3:58.11 41.20	500m: 6:43.60 41.71	700m: 9:27.56 41.15		
	150m: 1:55.31 40.17	350m: 4:39.19 41.08	550m: 7:24.33 40.73	750m: 10:08.57 41.01		
	200m: 2:36.25 40.94	400m: 5:20.76 41.57	600m: 8:05.45 41.12	800m: 10:48.11 39.54		

Absolutos

1.	Francisca Soares, MARTINS	126504	03	Foca Quinta Da Lixa - Cnf	8:35.11	805
	50m: 29.78 29.78	250m: 2:38.01 32.32	450m: 4:47.93 32.59	650m: 6:57.82 32.60		
	100m: 1:01.44 31.66	300m: 3:10.61 32.60	500m: 5:20.36 32.43	700m: 7:30.58 32.76		
	150m: 1:33.53 32.09	350m: 3:43.00 32.39	550m: 5:52.80 32.44	750m: 8:03.45 32.87		
	200m: 2:05.69 32.16	400m: 4:15.34 32.34	600m: 6:25.22 32.42	800m: 8:35.11 31.66		
2.	Angelica Maria, ANDRE	15497	94	Porto	8:47.77	749
	50m: 30.83 30.83	250m: 2:42.68 33.02	450m: 4:55.24 33.14	650m: 7:08.63 33.58		
	100m: 1:03.45 32.62	300m: 3:15.82 33.14	500m: 5:28.48 33.24	700m: 7:42.08 33.45		
	150m: 1:36.35 32.90	350m: 3:48.85 33.03	550m: 6:01.64 33.16	750m: 8:15.37 33.29		
	200m: 2:09.66 33.31	400m: 4:22.10 33.25	600m: 6:35.05 33.41	800m: 8:47.77 32.40		
3.	Mafalda Martins, MESQUITA	202805	07	Famalic�o	9:09.82	662
	50m: 32.01 32.01	250m: 2:49.86 34.80	450m: 5:09.31 34.95	650m: 7:29.03 35.00		
	100m: 1:06.23 34.22	300m: 3:24.70 34.84	500m: 5:44.18 34.87	700m: 8:03.65 34.62		
	150m: 1:40.72 34.49	350m: 3:59.47 34.77	550m: 6:19.06 34.88	750m: 8:37.27 33.62		
	200m: 2:15.06 34.34	400m: 4:34.36 34.89	600m: 6:54.03 34.97	800m: 9:09.82 32.55		
4.	Daniela Magalhaes, LOPES	130098	05	Famalic�o	9:11.05	658
	50m: 31.87 31.87	250m: 2:48.25 34.58	450m: 5:07.08 34.62	650m: 7:26.96 35.11		
	100m: 1:05.60 33.73	300m: 3:22.99 34.74	500m: 5:41.90 34.82	700m: 8:01.87 34.91		
	150m: 1:39.56 33.96	350m: 3:57.74 34.75	550m: 6:16.86 34.96	750m: 8:36.73 34.86		
	200m: 2:13.67 34.11	400m: 4:32.46 34.72	600m: 6:51.85 34.99	800m: 9:11.05 34.32		
5.	Francisca Macedo, LOPES	129982	05	Vilacondense	9:19.06	630
	50m: 31.38 31.38	250m: 2:50.37 35.34	450m: 5:12.03 35.17	650m: 7:32.52 35.62		
	100m: 1:05.34 33.96	300m: 3:25.87 35.50	500m: 5:46.71 34.68	700m: 8:08.39 35.87		
	150m: 1:39.97 34.63	350m: 4:01.32 35.45	550m: 6:21.70 34.99	750m: 8:44.21 35.82		
	200m: 2:15.03 35.06	400m: 4:36.86 35.54	600m: 6:56.90 35.20	800m: 9:19.06 34.85		
6.	Ines Martins, SILVA	127134	04	Vilacondense	9:23.38	615
	50m: 32.12 32.12	250m: 2:52.03 35.53	450m: 5:15.11 36.15	650m: 7:38.08 35.74		
	100m: 1:06.43 34.31	300m: 3:27.75 35.72	500m: 5:50.61 35.50	700m: 8:14.22 36.14		
	150m: 1:41.12 34.69	350m: 4:03.21 35.46	550m: 6:26.44 35.83	750m: 8:49.65 35.43		
	200m: 2:16.50 35.38	400m: 4:38.96 35.75	600m: 7:02.34 35.90	800m: 9:23.38 33.73		
7.	Ana Beatriz, VIEIRA	202851	07	Foca Quinta Da Lixa - Cnf	9:27.47	602
	50m: 32.03 32.03	250m: 2:52.54 35.88	450m: 5:16.59 35.97	650m: 7:41.04 36.10		
	100m: 1:06.16 34.13	300m: 3:28.40 35.86	500m: 5:52.81 36.22	700m: 8:17.40 36.36		
	150m: 1:41.07 34.91	350m: 4:04.50 36.10	550m: 6:29.01 36.20	750m: 8:53.16 35.76		
	200m: 2:16.66 35.59	400m: 4:40.62 36.12	600m: 7:04.94 35.93	800m: 9:27.47 34.31		
8.	Maria Luis, SA	131836	06	Fluvial Portuense	9:32.26	587
	50m: 31.04 31.04	250m: 2:52.43 36.17	450m: 5:16.96 36.23	650m: 7:43.44 36.91		
	100m: 1:05.04 34.00	300m: 3:28.34 35.91	500m: 5:53.42 36.46	700m: 8:20.06 36.62		
	150m: 1:40.39 35.35	350m: 4:04.43 36.09	550m: 6:29.92 36.50	750m: 8:56.97 36.91		
	200m: 2:16.26 35.87	400m: 4:40.73 36.30	600m: 7:06.53 36.61	800m: 9:32.26 35.29		

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O Juiz  rbitro

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ORGANIZAÇÃO



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Prova 37, Femin., 800m Livres, Absolutos

Lugar	Nome	Licena	Ano	Clube	Tempo Final	FINA
9.	Marta Lima, PIMENTEL	130230	04	Porto	9:33.91	582
	50m: 33.13 33.13	250m: 2:56.21 36.23	450m: 5:21.48 36.43	650m: 7:46.28 36.06		
	100m: 1:08.20 35.07	300m: 3:32.52 36.31	500m: 5:57.66 36.18	700m: 8:22.62 36.34		
	150m: 1:43.99 35.79	350m: 4:08.70 36.18	550m: 6:33.86 36.20	750m: 8:58.99 36.37		
	200m: 2:19.98 35.99	400m: 4:45.05 36.35	600m: 7:10.22 36.36	800m: 9:33.91 34.92		
10.	Lia Beatriz, GOMES	200413	06	Vit�ria Sport Clube	9:35.81	576
	50m: 32.24 32.24	250m: 2:53.09 35.54	450m: 5:18.43 36.61	650m: 7:46.63 37.05		
	100m: 1:06.80 34.56	300m: 3:29.03 35.94	500m: 5:55.43 37.00	700m: 8:23.89 37.26		
	150m: 1:41.85 35.05	350m: 4:05.32 36.29	550m: 6:32.38 36.95	750m: 9:00.92 37.03		
	200m: 2:17.55 35.70	400m: 4:41.82 36.50	600m: 7:09.58 37.20	800m: 9:35.81 34.89		
11.	Catarina Gaspar, PIRES	129871	06	Porto	9:38.51	568
	50m: 32.75 32.75	250m: 2:54.94 36.15	450m: 5:21.35 36.93	650m: 7:47.83 36.39		
	100m: 1:07.41 34.66	300m: 3:31.28 36.34	500m: 5:58.03 36.68	700m: 8:25.11 37.28		
	150m: 1:42.90 35.49	350m: 4:07.80 36.52	550m: 6:34.76 36.73	750m: 9:02.31 37.20		
	200m: 2:18.79 35.89	400m: 4:44.42 36.62	600m: 7:11.44 36.68	800m: 9:38.51 36.20		
12.	Rita Sofia, NUNES	129103	05	Colegio Efanor	9:42.06	558
	50m: 32.08 32.08	250m: 2:56.11 36.63	450m: 5:24.44 37.02	650m: 7:52.98 37.22		
	100m: 1:06.83 34.75	300m: 3:32.88 36.77	500m: 6:01.70 37.26	700m: 8:29.63 36.65		
	150m: 1:42.97 36.14	350m: 4:10.21 37.33	550m: 6:38.71 37.01	750m: 9:06.31 36.68		
	200m: 2:19.48 36.51	400m: 4:47.42 37.21	600m: 7:15.76 37.05	800m: 9:42.06 35.75		
13.	Sofia Alexandra, CARVALHO	133262	07	Fluvial Portuense	9:51.00	533
	50m: 32.68 32.68	250m: 2:57.56 37.00	450m: 5:27.66 38.02	650m: 7:58.96 37.87		
	100m: 1:07.99 35.31	300m: 3:34.83 37.27	500m: 6:05.84 38.18	700m: 8:36.72 37.76		
	150m: 1:44.15 36.16	350m: 4:12.17 37.34	550m: 6:42.97 37.13	750m: 9:14.41 37.69		
	200m: 2:20.56 36.41	400m: 4:49.64 37.47	600m: 7:21.09 38.12	800m: 9:51.00 36.59		
14.	Carolina Silva, SOARES	123910	03	Natacao de Valongo	9:51.85	531
	50m: 32.78 32.78	250m: 3:00.34 37.08	450m: 5:30.38 37.01	650m: 8:00.84 37.78		
	100m: 1:08.95 36.17	300m: 3:38.08 37.74	500m: 6:07.89 37.51	700m: 8:38.68 37.84		
	150m: 1:45.66 36.71	350m: 4:15.88 37.80	550m: 6:45.29 37.40	750m: 9:16.46 37.78		
	200m: 2:23.26 37.60	400m: 4:53.37 37.49	600m: 7:23.06 37.77	800m: 9:51.85 35.39		
15.	Lara Filipa, PINTO	200514	08	Porto	9:54.05	525
	50m: 32.96 32.96	250m: 2:58.29 36.78	450m: 5:27.62 36.88	650m: 8:00.08 38.26		
	100m: 1:08.81 35.85	300m: 3:35.82 37.53	500m: 6:05.80 38.18	700m: 8:38.65 38.57		
	150m: 1:44.98 36.17	350m: 4:13.42 37.60	550m: 6:43.46 37.66	750m: 9:17.16 38.51		
	200m: 2:21.51 36.53	400m: 4:50.74 37.32	600m: 7:21.82 38.36	800m: 9:54.05 36.89		
16.	Bruna Maria, BARBOSA	202261	08	Aquatico Pacense	10:13.04	478
	50m: 34.02 34.02	250m: 3:05.26 38.31	450m: 5:40.73 39.04	650m: 8:17.74 39.01		
	100m: 1:11.23 37.21	300m: 3:43.92 38.66	500m: 6:19.99 39.26	700m: 8:56.91 39.17		
	150m: 1:49.00 37.77	350m: 4:22.60 38.68	550m: 6:59.41 39.42	750m: 9:35.86 38.95		
	200m: 2:26.95 37.95	400m: 5:01.69 39.09	600m: 7:38.73 39.32	800m: 10:13.04 37.18		
17.	Carolina Ascenso, SANTOS <i>FTL</i>	121271	01	Natacao de Valongo	10:17.22	468
	50m: 33.40 33.40	250m: 3:06.55 38.73	450m: 5:43.59 39.26	650m: 8:21.91 39.67		
	100m: 1:10.90 37.50	300m: 3:45.41 38.86	500m: 6:23.19 39.60	700m: 9:00.94 39.03		
	150m: 1:49.54 38.64	350m: 4:25.25 39.84	550m: 7:02.70 39.51	750m: 9:40.11 39.17		
	200m: 2:27.82 38.28	400m: 5:04.33 39.08	600m: 7:42.24 39.54	800m: 10:17.22 37.11		
18.	Lara Mota, FERREIRA	209955	08	Assoc. Desportiva de Fafe	10:17.93	466
	50m: 33.54 33.54	250m: 3:06.45 39.21	450m: 5:44.04 39.49	650m: 8:22.56 39.71		
	100m: 1:10.46 36.92	300m: 3:45.43 38.98	500m: 6:23.67 39.63	700m: 9:02.02 39.46		
	150m: 1:48.51 38.05	350m: 4:24.97 39.54	550m: 7:03.43 39.76	750m: 9:40.90 38.88		
	200m: 2:27.24 38.73	400m: 5:04.55 39.58	600m: 7:42.85 39.42	800m: 10:17.93 37.03		
19.	Matilde Vidal, SILVA <i>FTL</i>	214613	08	Fluvial Portuense	10:28.18	444
	50m: 35.76 35.76	250m: 3:13.21 39.62	450m: 5:53.24 40.50	650m: 8:31.45 39.29		
	100m: 1:14.60 38.84	300m: 3:52.36 39.15	500m: 6:32.55 39.31	700m: 9:11.05 39.60		
	150m: 1:53.84 39.24	350m: 4:32.28 39.92	550m: 7:12.68 40.13	750m: 9:50.25 39.20		
	200m: 2:33.59 39.75	400m: 5:12.74 40.46	600m: 7:52.16 39.48	800m: 10:28.18 37.93		
20.	Matilde Teixeira, SOUSA <i>FTL</i>	129947	06	Natacao de Valongo	10:28.73	443
	50m: 33.10 33.10	250m: 3:04.61 38.00	450m: 5:45.82 40.36	650m: 8:29.30 40.87		
	100m: 1:10.44 37.34	300m: 3:44.49 39.88	500m: 6:26.93 41.11	700m: 9:10.53 41.23		
	150m: 1:48.80 38.36	350m: 4:25.25 40.76	550m: 7:07.51 40.58	750m: 9:50.64 40.11		
	200m: 2:26.61 37.81	400m: 5:05.46 40.21	600m: 7:48.43 40.92	800m: 10:28.73 38.09		

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Prova 37, Femin., 800m Livres, Absolutos

Lugar	Nome	Licença	Ano	Clube	Tempo Final	FINA
21.	Maria Leonor, MOUTINHO <i>FTL</i>	213221	08	Natacao da Maia	10:39.22	421
	50m: 34.38 34.38	250m: 3:14.16 40.08	450m: 5:55.11 40.63	650m: 8:39.22 40.44		
	100m: 1:13.48 39.10	300m: 3:53.97 39.81	500m: 6:36.76 41.65	700m: 9:21.03 41.81		
	150m: 1:53.74 40.26	350m: 4:33.87 39.90	550m: 7:17.22 40.46	750m: 10:01.03 40.00		
	200m: 2:34.08 40.34	400m: 5:14.48 40.61	600m: 7:58.78 41.56	800m: 10:39.22 38.19		
22.	Alexandra Noemia, SILVANO <i>FTL</i>	213220	08	Natacao da Maia	10:41.51	417
	50m: 37.30 37.30	250m: 3:20.47 40.98	450m: 6:03.53 40.20	650m: 8:43.23 39.32		
	100m: 1:17.72 40.42	300m: 4:01.49 41.02	500m: 6:43.80 40.27	700m: 9:23.22 39.99		
	150m: 1:58.65 40.93	350m: 4:42.40 40.91	550m: 7:23.86 40.06	750m: 10:02.68 39.46		
	200m: 2:39.49 40.84	400m: 5:23.33 40.93	600m: 8:03.91 40.05	800m: 10:41.51 38.83		
23.	Jessica Filipa, SILVA <i>FTL</i>	123095	03	Associacao Tubaroes de Gai	10:48.11	404
	50m: 35.38 35.38	250m: 3:16.91 40.66	450m: 6:01.89 41.13	650m: 8:46.41 40.96		
	100m: 1:15.14 39.76	300m: 3:58.11 41.20	500m: 6:43.60 41.71	700m: 9:27.56 41.15		
	150m: 1:55.31 40.17	350m: 4:39.19 41.08	550m: 7:24.33 40.73	750m: 10:08.57 41.01		
	200m: 2:36.25 40.94	400m: 5:20.76 41.57	600m: 8:05.45 41.12	800m: 10:48.11 39.54		
24.	Melissa Freitas, NOGUEIRA <i>FTL</i>	210657	07	Assoc. Desportiva de Fafe	10:53.60	394
	50m: 34.79 34.79	250m: 3:15.00 40.83	450m: 6:02.17 41.85	650m: 8:50.47 42.00		
	100m: 1:13.98 39.19	300m: 3:56.65 41.65	500m: 6:44.52 42.35	700m: 9:32.25 41.78		
	150m: 1:54.10 40.12	350m: 4:38.38 41.73	550m: 7:25.87 41.35	750m: 10:14.01 41.76		
	200m: 2:34.17 40.07	400m: 5:20.32 41.94	600m: 8:08.47 42.60	800m: 10:53.60 39.59		
EXH	Diana Margarida, DURAES	102992	96	Benfica	8:36.05	801
	50m: 30.41 30.41	250m: 2:39.44 32.31	450m: 4:49.55 32.55	650m: 6:59.91 32.69		
	100m: 1:02.42 32.01	300m: 3:11.89 32.45	500m: 5:21.94 32.39	700m: 7:32.56 32.65		
	150m: 1:34.74 32.32	350m: 3:44.45 32.56	550m: 5:54.62 32.68	750m: 8:04.90 32.34		
	200m: 2:07.13 32.39	400m: 4:17.00 32.55	600m: 6:27.22 32.60	800m: 8:36.05 31.15		

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