

Prova 1
25/02/2024

Femin., 1500m Livres

Master
Resultados

Master A A: 25:45.00 / Master B B: 27:06.00 / Master C C: 28:38.00 / Master D D: 31:07.00 / Master E E: 29:41.00 /
Master F F: 31:06.00 / Master G G: 34:58.00 / Master H H: 34:09.00 / Master I I: 37:14.00 / Master J J: 38:26.00 /
Master K K: 39:50.00

Pontos: DSV Masters 22

Lugar	Idade		Tempo final		Pts	
Master A						
1.	LOUSA, Irina Filipa	29	Porto	20:54.29	703	
	100m: 1:18.42	1:18.42	500m: 6:47.14	1:22.83	900m: 12:23.53	1:24.62
	200m: 2:39.49	1:21.07	600m: 8:10.70	1:23.56	1000m: 13:48.66	1:25.13
	300m: 4:01.79	1:22.30	700m: 9:34.39	1:23.69	1100m: 15:14.67	1:26.01
	400m: 5:24.31	1:22.52	800m: 10:58.91	1:24.52	1200m: 16:39.97	1:25.30
2.	RODRIGUES, Ana Margarida	28	Galitos / Bresimar	21:08.14	680	
	100m: 1:15.84	1:15.84	500m: 6:50.93	1:24.77	900m: 12:30.85	1:25.21
	200m: 2:37.57	1:21.73	600m: 8:15.86	1:24.93	1000m: 13:56.70	1:25.85
	300m: 4:01.57	1:24.00	700m: 9:40.71	1:24.85	1100m: 15:22.13	1:25.43
	400m: 5:26.16	1:24.59	800m: 11:05.64	1:24.93	1200m: 16:48.66	1:26.53
3.	SANTOS, Raquel Fernandes	26	Clube Natacao Masters de Almada	21:58.42	605	
	100m: 1:21.32	1:21.32	500m: 7:10.97	1:27.68	900m: 13:06.74	1:29.49
	200m: 2:47.62	1:26.30	600m: 8:39.23	1:28.26	1000m: 14:36.25	1:29.51
	300m: 4:15.17	1:27.55	700m: 10:08.86	1:29.63	1100m: 16:05.59	1:29.34
	400m: 5:43.29	1:28.12	800m: 11:37.25	1:28.39	1200m: 17:34.72	1:29.13
4.	FERNANDES, Alexia Alves	28	Natacao de Valongo	24:56.39	414	
	100m: 1:33.75	1:33.75	500m: 8:14.97	1:40.17	900m: 14:56.88	1:40.43
	200m: 3:14.15	1:40.40	600m: 9:56.31	1:41.34	1000m: 16:36.65	1:39.77
	300m: 4:54.30	1:40.15	700m: 11:36.62	1:40.31	1100m: 18:16.92	1:40.27
	400m: 6:34.80	1:40.50	800m: 13:16.45	1:39.83	1200m: 19:57.67	1:40.75
5.	RODRIGUES, Ines Florencio	27	Viana Natacao	25:27.62	389	
	100m: 1:33.56	1:33.56	500m: 8:18.96	1:43.08	900m: 15:10.19	1:43.03
	200m: 3:12.93	1:39.37	600m: 10:01.64	1:42.68	1000m: 16:53.37	1:43.18
	300m: 4:53.66	1:40.73	700m: 11:44.35	1:42.71	1100m: 18:36.99	1:43.62
	400m: 6:35.88	1:42.22	800m: 13:27.16	1:42.81	1200m: 20:21.45	1:44.46
6.	ORTIZ, Manuela Pia	29	RIA Aqua Tavira	25:43.86	377	
	100m: 1:27.16	1:27.16	500m: 8:21.69	1:45.31	900m: 15:23.13	1:47.28
	200m: 3:07.49	1:40.33	600m: 10:05.95	1:44.26	1000m: 17:07.43	1:44.30
	300m: 4:50.50	1:43.01	700m: 11:51.07	1:45.12	1100m: 18:52.08	1:44.65
	400m: 6:36.38	1:45.88	800m: 13:35.85	1:44.78	1200m: 20:37.22	1:45.14
7.	SANTOS, Edna Beatriz	28	Vieirense	25:53.50	370	
	<i>Standard Time</i>					
	100m: 1:34.76	1:34.76	500m: 8:33.70	1:44.75	900m: 15:33.84	1:44.23
	200m: 3:18.98	1:44.22	600m: 10:18.35	1:44.65	1000m: 17:19.26	1:45.42
	300m: 5:03.12	1:44.14	700m: 12:04.24	1:45.89	1100m: 19:02.59	1:43.33
	400m: 6:48.95	1:45.83	800m: 13:49.61	1:45.37	1200m: 20:46.93	1:44.34
8.	CORRAO, Daniela Pereira	25	CNLeiria	33:32.99	170	
	<i>Standard Time</i>					
	100m: 1:54.34	1:54.34	500m: 10:38.88	2:09.81	900m: 19:47.07	2:15.27
	200m: 3:52.21	1:57.87	600m: 13:00.06	2:21.18	1000m: 22:10.37	2:23.30
	300m: 6:07.91	2:15.70	700m: 15:09.77	2:09.71	1100m: 24:20.65	2:10.28
	400m: 8:29.07	2:21.16	800m: 17:31.80	2:22.03	1200m: 26:46.13	2:25.48

Prova 1, Femin., 1500m Livres

Master B

1. NEVES, Vania Soares	34	Viana Natacao	19:38.33	788
100m: 1:12.88 1:12.88	500m: 6:23.39 1:18.53	900m: 11:40.15 1:19.98	1300m: 16:59.59 1:19.84	
200m: 2:29.81 1:16.93	600m: 7:41.64 1:18.25	1000m: 13:00.46 1:20.31	1400m: 18:19.86 1:20.27	
300m: 3:47.10 1:17.29	700m: 9:00.40 1:18.76	1100m: 14:19.57 1:19.11	1500m: 19:38.33 1:18.47	
400m: 5:04.86 1:17.76	800m: 10:20.17 1:19.77	1200m: 15:39.75 1:20.18		
2. POLA, Laura	32	Porto	22:37.91	515
100m: 1:23.06 1:23.06	500m: 7:22.39 1:30.43	900m: 13:32.54 1:32.95	1300m: 19:42.06 1:31.99	
200m: 2:51.95 1:28.89	600m: 8:54.49 1:32.10	1000m: 15:05.15 1:32.61	1400m: 21:13.47 1:31.41	
300m: 4:21.85 1:29.90	700m: 10:26.73 1:32.24	1100m: 16:37.24 1:32.09	1500m: 22:37.91 1:24.44	
400m: 5:51.96 1:30.11	800m: 11:59.59 1:32.86	1200m: 18:10.07 1:32.83		
3. JORDAO, Marta Isabel	33	Famalicao	23:27.73	462
100m: 1:28.26 1:28.26	500m: 7:37.88 1:33.18	900m: 13:54.10 1:35.32	1300m: 20:16.93 1:35.23	
200m: 2:59.43 1:31.17	600m: 9:10.77 1:32.89	1000m: 15:30.31 1:36.21	1400m: 21:53.04 1:36.11	
300m: 4:32.00 1:32.57	700m: 10:44.27 1:33.50	1100m: 17:05.81 1:35.50	1500m: 23:27.73 1:34.69	
400m: 6:04.70 1:32.70	800m: 12:18.78 1:34.51	1200m: 18:41.70 1:35.89		
4. MACHADO, Sandra Marisa	31	Ba-Leiria	23:58.27	433
100m: 1:30.32 1:30.32	500m: 7:59.83 1:38.22	900m: 14:22.27 1:35.78	1300m: 20:47.88 1:35.45	
200m: 3:07.40 1:37.08	600m: 9:35.55 1:35.72	1000m: 15:59.40 1:37.13	1400m: 22:23.97 1:36.09	
300m: 4:45.15 1:37.75	700m: 11:11.33 1:35.78	1100m: 17:35.11 1:35.71	1500m: 23:58.27 1:34.30	
400m: 6:21.61 1:36.46	800m: 12:46.49 1:35.16	1200m: 19:12.43 1:37.32		
5. PEREIRA, Solange Ramalho	34	Ba-Leiria	24:07.23	425
100m: 1:30.60 1:30.60	500m: 7:55.45 1:36.83	900m: 14:23.35 1:36.93	1300m: 20:51.16 1:37.00	
200m: 3:06.27 1:35.67	600m: 9:33.53 1:38.08	1000m: 16:00.28 1:36.93	1400m: 22:31.49 1:40.33	
300m: 4:42.16 1:35.89	700m: 11:10.25 1:36.72	1100m: 17:37.21 1:36.93	1500m: 24:07.23 1:35.74	
400m: 6:18.62 1:36.46	800m: 12:46.42 1:36.17	1200m: 19:14.16 1:36.95		
6. LIRIO, Ana Raquel	34	Ginásio Sto. Tirso	25:53.79	344
100m: 1:34.43 1:34.43	500m: 8:26.66 1:43.97	900m: 15:24.10 1:45.94	1300m: 22:27.56 1:46.31	
200m: 3:14.99 1:40.56	600m: 10:10.30 1:43.64	1000m: 17:09.54 1:45.44	1400m: 24:12.85 1:45.29	
300m: 4:57.82 1:42.83	700m: 11:53.75 1:43.45	1100m: 18:53.98 1:44.44	1500m: 25:53.79 1:40.94	
400m: 6:42.69 1:44.87	800m: 13:38.16 1:44.41	1200m: 20:41.25 1:47.27		
7. ALMEIDA, Mariana Dias	31	Ginásio Sto. Tirso	25:55.90	342
100m: 1:33.30 1:33.30	500m: 8:32.45 1:45.76	900m: 15:34.54 1:44.61	1300m: 22:33.94 1:44.34	
200m: 3:15.61 1:42.31	600m: 10:19.04 1:46.59	1000m: 17:19.78 1:45.24	1400m: 24:17.36 1:43.42	
300m: 5:00.69 1:45.08	700m: 12:05.28 1:46.24	1100m: 19:04.39 1:44.61	1500m: 25:55.90 1:38.54	
400m: 6:46.69 1:46.00	800m: 13:49.93 1:44.65	1200m: 20:49.60 1:45.21		
8. GONCALVES, Ana Miguel	34	Ginasio Clube Figueirense	26:30.05	321
100m: 1:35.14 1:35.14	500m: 8:40.26 1:46.86	900m: 15:49.48 1:47.07	1300m: 23:02.58 1:48.16	
200m: 3:19.51 1:44.37	600m: 10:27.24 1:46.98	1000m: 17:37.08 1:47.60	1400m: 24:50.09 1:47.51	
300m: 5:06.41 1:46.90	700m: 12:14.43 1:47.19	1100m: 19:26.35 1:49.27	1500m: 26:30.05 1:39.96	
400m: 6:53.40 1:46.99	800m: 14:02.41 1:47.98	1200m: 21:14.42 1:48.07		
9. SALVADO, Catarina Pereira	31	Ba-Leiria	28:25.82	259
<i>Standard Time</i>				
100m: 1:52.67 1:52.67	500m: 9:48.53 1:55.81	900m: 17:28.93 1:52.90	1300m: 24:53.75 1:48.91	
200m: 3:53.87 2:01.20	600m: 11:44.64 1:56.11	1000m: 19:20.61 1:51.68	1400m: 26:43.73 1:49.98	
300m: 5:53.51 1:59.64	700m: 13:41.40 1:56.76	1100m: 21:13.21 1:52.60	1500m: 28:25.82 1:42.09	
400m: 7:52.72 1:59.21	800m: 15:36.03 1:54.63	1200m: 23:04.84 1:51.63		

Prova 1, Femin., 1500m Livres

Master C

1.	FONSECA, Maria Manuela	39	Leixoes Sport Club	22:15.53	581
	100m: 1:24.35 1:24.35	500m: 7:26.00 1:30.41	900m: 13:26.50 1:29.92	1300m: 19:23.83 1:29.16	
	200m: 2:53.67 1:29.32	600m: 8:57.44 1:31.44	1000m: 14:56.06 1:29.56	1400m: 20:50.82 1:26.99	
	300m: 4:23.77 1:30.10	700m: 10:26.64 1:29.20	1100m: 16:25.60 1:29.54	1500m: 22:15.53 1:24.71	
	400m: 5:55.59 1:31.82	800m: 11:56.58 1:29.94	1200m: 17:54.67 1:29.07		
2.	MIRANDA, Ana Filipa	39	Galitos / Bresimar	24:14.94	449
	100m: 1:30.20 1:30.20	500m: 8:03.23 1:38.52	900m: 14:35.95 1:38.41	1300m: 21:11.42 1:37.65	
	200m: 3:07.33 1:37.13	600m: 9:41.02 1:37.79	1000m: 16:15.71 1:39.76	1400m: 22:47.53 1:36.11	
	300m: 4:45.12 1:37.79	700m: 11:19.39 1:38.37	1100m: 17:54.98 1:39.27	1500m: 24:14.94 1:27.41	
	400m: 6:24.71 1:39.59	800m: 12:57.54 1:38.15	1200m: 19:33.77 1:38.79		
3.	CAVALCANTI, Roberta Szabo	39	Estarreja/PROZINCO	24:17.50	447
	100m: 1:33.99 1:33.99	500m: 8:04.55 1:38.58	900m: 14:35.46 1:37.60	1300m: 21:05.99 1:40.18	
	200m: 3:10.20 1:36.21	600m: 9:41.93 1:37.38	1000m: 16:12.45 1:36.99	1400m: 22:43.45 1:37.46	
	300m: 4:47.73 1:37.53	700m: 11:19.89 1:37.96	1100m: 17:47.10 1:34.65	1500m: 24:17.50 1:34.05	
	400m: 6:25.97 1:38.24	800m: 12:57.86 1:37.97	1200m: 19:25.81 1:38.71		
4.	LOPES, Maria Carolina	37	Braga	24:57.19	412
	100m: 1:27.17 1:27.17	500m: 8:01.84 1:42.57	900m: 14:49.65 1:41.51	1300m: 21:35.66 1:42.03	
	200m: 3:01.51 1:34.34	600m: 9:43.94 1:42.10	1000m: 16:31.30 1:41.65	1400m: 23:17.59 1:41.93	
	300m: 4:39.48 1:37.97	700m: 11:26.06 1:42.12	1100m: 18:12.04 1:40.74	1500m: 24:57.19 1:39.60	
	400m: 6:19.27 1:39.79	800m: 13:08.14 1:42.08	1200m: 19:53.63 1:41.59		
5.	MOLEN, Laurelin Lucinda	37	CCDSerta	25:16.62	397
	100m: 1:33.89 1:33.89	500m: 8:14.71 1:41.47	900m: 15:00.91 1:41.27	1300m: 21:55.45 1:43.96	
	200m: 3:11.94 1:38.05	600m: 9:56.62 1:41.91	1000m: 16:44.03 1:43.12	1400m: 23:37.37 1:41.92	
	300m: 4:52.27 1:40.33	700m: 11:38.14 1:41.52	1100m: 18:27.35 1:43.32	1500m: 25:16.62 1:39.25	
	400m: 6:33.24 1:40.97	800m: 13:19.64 1:41.50	1200m: 20:11.49 1:44.14		
6.	PIRES, Rafaela Barreiros	35	Braga	25:30.03	386
	100m: 1:33.94 1:33.94	500m: 8:16.25 1:42.19	900m: 15:04.79 1:42.52	1300m: 22:05.64 1:46.75	
	200m: 3:11.91 1:37.97	600m: 9:58.57 1:42.32	1000m: 16:47.76 1:42.97	1400m: 23:51.31 1:45.67	
	300m: 4:51.81 1:39.90	700m: 11:40.84 1:42.27	1100m: 18:33.47 1:45.71	1500m: 25:30.03 1:38.72	
	400m: 6:34.06 1:42.25	800m: 13:22.27 1:41.43	1200m: 20:18.89 1:45.42		
7.	OLIVEIRA, Juliana Cabral	39	Gafanha da Encarnacao	25:44.97	375
	100m: 1:34.73 1:34.73	500m: 8:28.78 1:45.41	900m: 15:24.34 1:44.23	1300m: 22:22.89 1:44.23	
	200m: 3:15.67 1:40.94	600m: 10:12.13 1:43.35	1000m: 17:10.19 1:45.85	1400m: 24:07.36 1:44.47	
	300m: 4:58.87 1:43.20	700m: 11:56.23 1:44.10	1100m: 18:53.20 1:43.01	1500m: 25:44.97 1:37.61	
	400m: 6:43.37 1:44.50	800m: 13:40.11 1:43.88	1200m: 20:38.66 1:45.46		
8.	ANTUNES, Tania Sofia	36	Miranda do Corvo	26:10.82	357
	100m: 1:31.74 1:31.74	500m: 8:26.76 1:46.47	900m: 15:35.63 1:47.17	1300m: 22:44.45 1:46.80	
	200m: 3:12.76 1:41.02	600m: 10:13.57 1:46.81	1000m: 17:23.71 1:48.08	1400m: 24:29.77 1:45.32	
	300m: 4:55.80 1:43.04	700m: 12:01.09 1:47.52	1100m: 19:10.78 1:47.07	1500m: 26:10.82 1:41.05	
	400m: 6:40.29 1:44.49	800m: 13:48.46 1:47.37	1200m: 20:57.65 1:46.87		
9.	PASCOAL, Rita Fernandes	36	CNLeiria	29:41.52	245
	<i>Standard Time</i>				
	100m: 1:50.05 1:50.05	500m: 9:54.41 2:02.40	900m: 17:54.58 1:59.99	1300m: 25:53.87 1:59.50	
	200m: 3:50.18 2:00.13	600m: 11:54.59 2:00.18	1000m: 19:53.76 1:59.18	1400m: 27:54.62 2:00.75	
	300m: 5:51.15 2:00.97	700m: 13:54.48 1:59.89	1100m: 21:53.69 1:59.93	1500m: 29:41.52 1:46.90	
	400m: 7:52.01 2:00.86	800m: 15:54.59 2:00.11	1200m: 23:54.37 2:00.68		

Prova 1, Femin., 1500m Livres

Master D

1. LUCAS, Mariana Sa	40	Litoral Alentejano	21:36.13	681
100m: 1:18.61 1:18.61	500m: 7:02.00 1:26.81	900m: 12:50.96 1:26.38	1300m: 18:42.92 1:28.43	
200m: 2:42.70 1:24.09	600m: 8:29.16 1:27.16	1000m: 14:18.70 1:27.74	1400m: 20:10.37 1:27.45	
300m: 4:07.99 1:25.29	700m: 9:57.39 1:28.23	1100m: 15:46.61 1:27.91	1500m: 21:36.13 1:25.76	
400m: 5:35.19 1:27.20	800m: 11:24.58 1:27.19	1200m: 17:14.49 1:27.88		
2. CUNHA, Joana Isabel	44	Galitos / Bresimar	23:09.45	553
100m: 1:22.33 1:22.33	500m: 7:25.86 1:32.55	900m: 13:39.09 1:34.23	1300m: 20:00.73 1:35.16	
200m: 2:51.56 1:29.23	600m: 8:58.37 1:32.51	1000m: 15:13.54 1:34.45	1400m: 21:36.26 1:35.53	
300m: 4:21.99 1:30.43	700m: 10:31.15 1:32.78	1100m: 16:49.21 1:35.67	1500m: 23:09.45 1:33.19	
400m: 5:53.31 1:31.32	800m: 12:04.86 1:33.71	1200m: 18:25.57 1:36.36		
3. VALENTE, Catia Marisa	40	Clube de Campismo Luz e Vida	23:58.87	498
100m: 1:30.43 1:30.43	500m: 7:56.99 1:36.29	900m: 14:22.92 1:36.80	1300m: 20:49.99 1:36.71	
200m: 3:06.98 1:36.55	600m: 9:33.45 1:36.46	1000m: 15:59.99 1:37.07	1400m: 22:26.09 1:36.10	
300m: 4:44.00 1:37.02	700m: 11:09.77 1:36.32	1100m: 17:36.35 1:36.36	1500m: 23:58.87 1:32.78	
400m: 6:20.70 1:36.70	800m: 12:46.12 1:36.35	1200m: 19:13.28 1:36.93		
4. GUEDES, Ana DAte	44	Leixoes Sport Club	24:08.38	488
100m: 1:29.60 1:29.60	500m: 8:00.56 1:37.69	900m: 14:31.16 1:37.35	1300m: 20:58.66 1:36.59	
200m: 3:06.74 1:37.14	600m: 9:37.60 1:37.04	1000m: 16:08.30 1:37.14	1400m: 22:35.06 1:36.40	
300m: 4:44.93 1:38.19	700m: 11:16.25 1:38.65	1100m: 17:44.85 1:36.55	1500m: 24:08.38 1:33.32	
400m: 6:22.87 1:37.94	800m: 12:53.81 1:37.56	1200m: 19:22.07 1:37.22		
5. REBOCHO, Mariana Sarmento	40	Fluvial Portuense	24:09.85	487
100m: 1:29.70 1:29.70	500m: 7:55.18 1:36.49	900m: 14:26.87 1:38.34	1300m: 21:00.14 1:38.66	
200m: 3:05.32 1:35.62	600m: 9:33.56 1:38.38	1000m: 16:04.82 1:37.95	1400m: 22:36.02 1:35.88	
300m: 4:41.50 1:36.18	700m: 11:10.74 1:37.18	1100m: 17:43.28 1:38.46	1500m: 24:09.85 1:33.83	
400m: 6:18.69 1:37.19	800m: 12:48.53 1:37.79	1200m: 19:21.48 1:38.20		
6. ARENAS, Lina Orrego	40	Porto	25:07.30	433
100m: 1:39.79 1:39.79	500m: 8:36.29 1:42.38	900m: 15:24.83 1:44.63	1300m: 22:01.16 1:38.12	
200m: 3:23.66 1:43.87	600m: 10:19.10 1:42.81	1000m: 17:06.33 1:41.50	1400m: 23:37.96 1:36.80	
300m: 5:09.45 1:45.79	700m: 11:58.75 1:39.65	1100m: 18:45.41 1:39.08	1500m: 25:07.30 1:29.34	
400m: 6:53.91 1:44.46	800m: 13:40.20 1:41.45	1200m: 20:23.04 1:37.63		
7. CORTEZ, Sara Filipa	43	Clube Natacao Masters de Almada	25:22.87	420
100m: 1:35.10 1:35.10	500m: 8:26.03 1:43.62	900m: 15:20.20 1:42.75	1300m: 22:12.22 1:42.17	
200m: 3:16.94 1:41.84	600m: 10:10.04 1:44.01	1000m: 17:03.90 1:43.70	1400m: 23:53.36 1:41.14	
300m: 5:00.10 1:43.16	700m: 11:53.96 1:43.92	1100m: 18:46.03 1:42.13	1500m: 25:22.87 1:29.51	
400m: 6:42.41 1:42.31	800m: 13:37.45 1:43.49	1200m: 20:30.05 1:44.02		
8. ERVILHA, Joana Antunes	43	CNLeiria	25:48.66	399
100m: 1:35.32 1:35.32	500m: 8:31.83 1:44.76	900m: 15:27.50 1:43.98	1300m: 22:24.36 1:43.90	
200m: 3:18.76 1:43.44	600m: 10:16.15 1:44.32	1000m: 17:11.80 1:44.30	1400m: 24:08.68 1:44.32	
300m: 5:02.97 1:44.21	700m: 11:59.77 1:43.62	1100m: 18:56.75 1:44.95	1500m: 25:48.66 1:39.98	
400m: 6:47.07 1:44.10	800m: 13:43.52 1:43.75	1200m: 20:40.46 1:43.71		
9. NEVES, Isabel Carolina	44	Fluvial Portuense	27:52.74	317
100m: 1:44.20 1:44.20	500m: 9:08.50 1:52.35	900m: 16:39.71 1:52.54	1300m: 24:14.24 1:54.83	
200m: 3:33.50 1:49.30	600m: 11:00.59 1:52.09	1000m: 18:33.63 1:53.92	1400m: 26:08.17 1:53.93	
300m: 5:24.46 1:50.96	700m: 12:54.68 1:54.09	1100m: 20:24.57 1:50.94	1500m: 27:52.74 1:44.57	
400m: 7:16.15 1:51.69	800m: 14:47.17 1:52.49	1200m: 22:19.41 1:54.84		
10. SILVA, Sofia Margarida	41	Litoral Alentejano	29:46.48	260
100m: 1:47.45 1:47.45	500m: 9:30.37 1:56.77	900m: 17:00.99 1:52.97	1300m: 25:18.62 2:15.12	
200m: 3:41.21 1:53.76	600m: 11:23.88 1:53.51	1000m: 18:53.07 1:52.08	1400m: 27:33.34 2:14.72	
300m: 5:37.71 1:56.50	700m: 13:15.82 1:51.94	1100m: 20:47.39 1:54.32	1500m: 29:46.48 2:13.14	
400m: 7:33.60 1:55.89	800m: 15:08.02 1:52.20	1200m: 23:03.50 2:16.11		

Prova 1, Femin., 1500m Livres, Master D

Lugar	Idade	Tempo final	Pts
11. MALHEIROS, Carmen Silvia	43 Litoral Alentejano	30:18.91	246
100m: 1:48.71 1:48.71	500m: 9:47.38 2:02.51	900m: 17:58.87 2:04.17	1300m: 26:16.80 2:05.38
200m: 3:45.65 1:56.94	600m: 11:49.87 2:02.49	1000m: 20:01.91 2:03.04	1400m: 28:20.74 2:03.94
300m: 5:44.33 1:58.68	700m: 13:53.23 2:03.36	1100m: 22:05.51 2:03.60	1500m: 30:18.91 1:58.17
400m: 7:44.87 2:00.54	800m: 15:54.70 2:01.47	1200m: 24:11.42 2:05.91	
12. COSTA, Ana Isabel	44 Natacao da Maia	30:38.25	238
100m: 1:51.12 1:51.12	500m: 10:06.40 2:05.09	900m: 18:18.36 2:03.08	1300m: 26:33.72 2:04.09
200m: 3:53.02 2:01.90	600m: 12:09.03 2:02.63	1000m: 20:22.86 2:04.50	1400m: 28:37.54 2:03.82
300m: 5:55.41 2:02.39	700m: 14:11.90 2:02.87	1100m: 22:26.30 2:03.44	1500m: 30:38.25 2:00.71
400m: 8:01.31 2:05.90	800m: 16:15.28 2:03.38	1200m: 24:29.63 2:03.33	
13. MACEDO, Ines Mendonca	40 Natacao da Maia	32:14.12	205
<i>Standard Time</i>			
100m: 1:58.66 1:58.66	500m: 10:40.29 2:10.01	900m: 19:25.77 2:08.35	1300m: 28:02.16 2:11.65
200m: 4:06.81 2:08.15	600m: 12:53.40 2:13.11	1000m: 21:33.83 2:08.06	1400m: 30:13.72 2:11.56
300m: 6:19.07 2:12.26	700m: 15:05.72 2:12.32	1100m: 23:38.85 2:05.02	1500m: 32:14.12 2:00.40
400m: 8:30.28 2:11.21	800m: 17:17.42 2:11.70	1200m: 25:50.51 2:11.66	
14. REIS, Catarina Almeida	44 Sporting Clube de Aveiro	32:58.37	191
<i>Standard Time</i>			
100m: 2:00.37 2:00.37	500m: 10:51.25 2:13.97	900m: 19:50.36 2:15.10	1300m: 28:41.73 2:13.86
200m: 4:09.09 2:08.72	600m: 13:06.05 2:14.80	1000m: 22:03.36 2:13.00	1400m: 30:53.57 2:11.84
300m: 6:22.14 2:13.05	700m: 15:19.04 2:12.99	1100m: 24:16.29 2:12.93	1500m: 32:58.37 2:04.80
400m: 8:37.28 2:15.14	800m: 17:35.26 2:16.22	1200m: 26:27.87 2:11.58	

Master E

1. COUTINHO, Gisela Barbosa	49 Fluvial Portuense	20:41.33	825
100m: 1:17.40 1:17.40	500m: 6:49.16 1:23.78	900m: 12:24.66 1:23.44	1300m: 17:59.78 1:24.01
200m: 2:39.00 1:21.60	600m: 8:13.43 1:24.27	1000m: 13:48.79 1:24.13	1400m: 19:22.58 1:22.80
300m: 4:01.72 1:22.72	700m: 9:37.65 1:24.22	1100m: 15:12.17 1:23.38	1500m: 20:41.33 1:18.75
400m: 5:25.38 1:23.66	800m: 11:01.22 1:23.57	1200m: 16:35.77 1:23.60	
2. BARBARA, Carla Santa	49 Porto	21:56.64	691
100m: 1:20.43 1:20.43	500m: 7:10.42 1:27.75	900m: 13:06.19 1:29.28	1300m: 19:04.49 1:29.67
200m: 2:47.71 1:27.28	600m: 8:38.88 1:28.46	1000m: 14:36.16 1:29.97	1400m: 20:34.41 1:29.92
300m: 4:14.86 1:27.15	700m: 10:08.25 1:29.37	1100m: 16:05.65 1:29.49	1500m: 21:56.64 1:22.23
400m: 5:42.67 1:27.81	800m: 11:36.91 1:28.66	1200m: 17:34.82 1:29.17	
3. PRIOR, Ana Filipa	47 Laranjeiro	23:29.28	564
100m: 1:30.74 1:30.74	500m: 7:45.64 1:34.95	900m: 14:02.46 1:34.63	1300m: 20:22.81 1:34.29
200m: 3:03.32 1:32.58	600m: 9:19.74 1:34.10	1000m: 15:38.43 1:35.97	1400m: 21:57.54 1:34.73
300m: 4:36.83 1:33.51	700m: 10:53.71 1:33.97	1100m: 17:13.27 1:34.84	1500m: 23:29.28 1:31.74
400m: 6:10.69 1:33.86	800m: 12:27.83 1:34.12	1200m: 18:48.52 1:35.25	
4. BARBARA, Sandra Santa	49 Ginásio Sto. Tirso	24:07.13	521
100m: 1:27.83 1:27.83	500m: 7:52.77 1:36.42	900m: 14:23.38 1:38.15	1300m: 20:55.87 1:38.17
200m: 3:03.53 1:35.70	600m: 9:30.17 1:37.40	1000m: 16:01.45 1:38.07	1400m: 22:33.39 1:37.52
300m: 4:40.14 1:36.61	700m: 11:07.50 1:37.33	1100m: 17:38.77 1:37.32	1500m: 24:07.13 1:33.74
400m: 6:16.35 1:36.21	800m: 12:45.23 1:37.73	1200m: 19:17.70 1:38.93	
5. CAVALEIRO, Joana Margarida	46 Ginasio Clube Figueirense	25:19.55	450
100m: 1:33.34 1:33.34	500m: 8:15.34 1:41.75	900m: 15:06.37 1:42.50	1300m: 21:57.15 1:42.94
200m: 3:12.60 1:39.26	600m: 9:57.58 1:42.24	1000m: 16:48.70 1:42.33	1400m: 23:39.55 1:42.40
300m: 4:52.68 1:40.08	700m: 11:40.78 1:43.20	1100m: 18:31.81 1:43.11	1500m: 25:19.55 1:40.00
400m: 6:33.59 1:40.91	800m: 13:23.87 1:43.09	1200m: 20:14.21 1:42.40	

Prova 1, Femin., 1500m Livres, Master E

Lugar	Nome		Idade	Clube		Tempo final	Pts	
6.	LOURO, Susana Campos		46	Braga		27:22.18	356	
	100m:	1:35.10 1:35.10	500m:	8:53.31 1:52.12	900m:	16:16.31 1:51.00	1300m:	23:45.78 1:52.10
	200m:	3:18.81 1:43.71	600m:	10:44.53 1:51.22	1000m:	18:08.56 1:52.25	1400m:	25:36.42 1:50.64
	300m:	5:09.08 1:50.27	700m:	12:35.03 1:50.50	1100m:	20:00.71 1:52.15	1500m:	27:22.18 1:45.76
	400m:	7:01.19 1:52.11	800m:	14:25.31 1:50.28	1200m:	21:53.68 1:52.97		
7.	GOMES, Ana Claudia		48	Academica de Coimbra		27:54.78	336	
	100m:	1:44.64 1:44.64	500m:	9:14.20 1:52.49	900m:	16:43.99 1:52.22	1300m:	24:15.63 1:53.42
	200m:	3:36.34 1:51.70	600m:	11:07.17 1:52.97	1000m:	18:37.63 1:53.64	1400m:	26:07.27 1:51.64
	300m:	5:28.14 1:51.80	700m:	12:59.42 1:52.25	1100m:	20:29.08 1:51.45	1500m:	27:54.78 1:47.51
	400m:	7:21.71 1:53.57	800m:	14:51.77 1:52.35	1200m:	22:22.21 1:53.13		
8.	SA, Inez Correa		45	Lagoa Academico Clube		28:09.29	327	
	100m:	1:42.57 1:42.57	500m:	9:15.17 1:56.44	900m:	16:55.93 1:54.81	1300m:	24:33.17 1:52.53
	200m:	3:32.00 1:49.43	600m:	11:10.97 1:55.80	1000m:	18:50.18 1:54.25	1400m:	26:28.93 1:55.76
	300m:	5:23.38 1:51.38	700m:	13:06.29 1:55.32	1100m:	20:43.53 1:53.35	1500m:	28:09.29 1:40.36
	400m:	7:18.73 1:55.35	800m:	15:01.12 1:54.83	1200m:	22:40.64 1:57.11		
9.	MARTINS, Ana Maria		45	Sporting Clube de Aveiro		29:55.73	272	
	<i>Standard Time</i>							
	100m:	1:53.59 1:53.59	500m:	9:56.00 2:01.71	900m:	17:59.91 2:01.06	1300m:	26:05.51 2:01.77
	200m:	3:52.61 1:59.02	600m:	11:57.38 2:01.38	1000m:	20:00.72 2:00.81	1400m:	28:03.87 1:58.36
	300m:	5:52.84 2:00.23	700m:	13:58.11 2:00.73	1100m:	22:02.26 2:01.54	1500m:	29:55.73 1:51.86
	400m:	7:54.29 2:01.45	800m:	15:58.85 2:00.74	1200m:	24:03.74 2:01.48		
10.	COSTA, Ana Isabel		49	Lagoa Academico Clube		31:58.14	223	
	<i>Standard Time</i>							
	100m:	1:51.76 1:51.76	500m:	10:21.47 2:07.24	900m:	18:50.93 2:07.63	1300m:	27:33.48 2:11.91
	200m:	3:57.87 2:06.11	600m:	12:28.91 2:07.44	1000m:	20:59.90 2:08.97	1400m:	29:46.25 2:12.77
	300m:	6:07.40 2:09.53	700m:	14:35.84 2:06.93	1100m:	23:09.96 2:10.06	1500m:	31:58.14 2:11.89
	400m:	8:14.23 2:06.83	800m:	16:43.30 2:07.46	1200m:	25:21.57 2:11.61		

Master F

1.	ROTHES, Ines Maria		51	Fluvial Portuense		21:54.07	676	
	100m:	1:18.59 1:18.59	500m:	7:06.54 1:28.15	900m:	13:01.62 1:29.36	1300m:	18:58.27 1:28.84
	200m:	2:43.20 1:24.61	600m:	8:34.79 1:28.25	1000m:	14:31.30 1:29.68	1400m:	20:26.65 1:28.38
	300m:	4:10.59 1:27.39	700m:	10:03.52 1:28.73	1100m:	16:00.92 1:29.62	1500m:	21:54.07 1:27.42
	400m:	5:38.39 1:27.80	800m:	11:32.26 1:28.74	1200m:	17:29.43 1:28.51		
2.	PALHARES, Daniela Maria		53	Fluvial Portuense		24:59.14	455	
	100m:	1:33.52 1:33.52	500m:	8:17.87 1:40.56	900m:	15:03.06 1:41.01	1300m:	21:43.61 1:39.62
	200m:	3:14.62 1:41.10	600m:	9:59.38 1:41.51	1000m:	16:44.19 1:41.13	1400m:	23:23.38 1:39.77
	300m:	4:55.84 1:41.22	700m:	11:41.21 1:41.83	1100m:	18:24.03 1:39.84	1500m:	24:59.14 1:35.76
	400m:	6:37.31 1:41.47	800m:	13:22.05 1:40.84	1200m:	20:03.99 1:39.96		
3.	FERREIRA, Maria Manuela		54	Vitoria Sport Clube		26:18.90	389	
	100m:	1:38.79 1:38.79	500m:	8:41.03 1:46.16	900m:	15:43.02 1:45.36	1300m:	22:50.51 1:47.57
	200m:	3:24.54 1:45.75	600m:	10:27.95 1:46.92	1000m:	17:30.65 1:47.63	1400m:	24:38.13 1:47.62
	300m:	5:09.41 1:44.87	700m:	12:12.52 1:44.57	1100m:	19:16.73 1:46.08	1500m:	26:18.90 1:40.77
	400m:	6:54.87 1:45.46	800m:	13:57.66 1:45.14	1200m:	21:02.94 1:46.21		
4.	LIPCIUC, Cristina Nicoleta		51	Braga		29:27.75	277	
	100m:	1:45.66 1:45.66	500m:	9:39.35 1:59.14	900m:	17:35.96 1:58.92	1300m:	25:34.01 1:59.51
	200m:	3:42.44 1:56.78	600m:	11:37.79 1:58.44	1000m:	19:35.00 1:59.04	1400m:	27:33.64 1:59.63
	300m:	5:41.12 1:58.68	700m:	13:38.06 2:00.27	1100m:	21:34.07 1:59.07	1500m:	29:27.75 1:54.11
	400m:	7:40.21 1:59.09	800m:	15:37.04 1:58.98	1200m:	23:34.50 2:00.43		

Prova 1, Femin., 1500m Livres, Master F

Lugar	Nome		Idade	Clube		Tempo final	Pts	
5.	SANTOS, Maria Paula		53	Natacao de Valongo		30:09.47	259	
	100m:	1:49.33 1:49.33	500m:	10:04.24 2:03.62	900m:	18:13.39 2:01.62	1300m:	26:14.99 1:57.37
	200m:	3:52.81 2:03.48	600m:	12:09.12 2:04.88	1000m:	20:14.42 2:01.03	1400m:	28:14.48 1:59.49
	300m:	5:56.84 2:04.03	700m:	14:11.08 2:01.96	1100m:	22:16.29 2:01.87	1500m:	30:09.47 1:54.99
	400m:	8:00.62 2:03.78	800m:	16:11.77 2:00.69	1200m:	24:17.62 2:01.33		
6.	CARVALHO, Cristina Rodrigues		51	Natacao da Maia		30:47.86	243	
	100m:	2:02.48 2:02.48	500m:	10:19.73 2:03.44	900m:	18:35.32 2:03.23	1300m:	26:47.13 2:02.93
	200m:	4:08.11 2:05.63	600m:	12:24.44 2:04.71	1000m:	20:37.81 2:02.49	1400m:	28:49.21 2:02.08
	300m:	6:11.78 2:03.67	700m:	14:28.15 2:03.71	1100m:	22:41.53 2:03.72	1500m:	30:47.86 1:58.65
	400m:	8:16.29 2:04.51	800m:	16:32.09 2:03.94	1200m:	24:44.20 2:02.67		
7.	SILVA, Nadia Gama		51	Porto		31:11.36	234	
	<i>Standard Time</i>							
	100m:	1:50.06 1:50.06	500m:	10:04.18 2:04.32	900m:	18:23.49 2:06.19	1300m:	26:59.16 2:09.77
	200m:	3:54.01 2:03.95	600m:	12:05.78 2:01.60	1000m:	20:30.25 2:06.76	1400m:	29:06.85 2:07.69
	300m:	5:57.09 2:03.08	700m:	14:10.75 2:04.97	1100m:	22:38.69 2:08.44	1500m:	31:11.36 2:04.51
	400m:	7:59.86 2:02.77	800m:	16:17.30 2:06.55	1200m:	24:49.39 2:10.70		
8.	SOARES, Susana Maria		54	Natacao de Valongo		31:26.38	228	
	<i>Standard Time</i>							
	100m:	1:54.68 1:54.68	500m:	10:15.77 2:04.89	900m:	18:40.02 2:05.98	1300m:	27:12.24 2:08.91
	200m:	3:57.87 2:03.19	600m:	12:21.44 2:05.67	1000m:	20:46.95 2:06.93	1400m:	29:21.56 2:09.32
	300m:	6:03.25 2:05.38	700m:	14:28.05 2:06.61	1100m:	22:54.97 2:08.02	1500m:	31:26.38 2:04.82
	400m:	8:10.88 2:07.63	800m:	16:34.04 2:05.99	1200m:	25:03.33 2:08.36		
9.	GARCIA, Ana Luisa		54	Leixoes Sport Club		31:38.90	224	
	<i>Standard Time</i>							
	100m:	2:03.28 2:03.28	500m:	10:33.84 2:07.77	900m:	18:59.79 2:05.57	1300m:	27:28.33 2:09.12
	200m:	4:12.37 2:09.09	600m:	12:40.00 2:06.16	1000m:	21:07.27 2:07.48	1400m:	29:34.85 2:06.52
	300m:	6:19.52 2:07.15	700m:	14:48.44 2:08.44	1100m:	23:13.10 2:05.83	1500m:	31:38.90 2:04.05
	400m:	8:26.07 2:06.55	800m:	16:54.22 2:05.78	1200m:	25:19.21 2:06.11		
10.	MATIAS, Claudia Maria		52	Lagoa Academico Clube		31:44.94	221	
	<i>Standard Time</i>							
	100m:	1:52.00 1:52.00	500m:	10:22.14 2:07.75	900m:	18:51.58 2:07.30	1300m:	27:33.13 2:10.88
	200m:	3:57.87 2:05.87	600m:	12:30.46 2:08.32	1000m:	21:00.62 2:09.04	1400m:	29:45.64 2:12.51
	300m:	6:06.88 2:09.01	700m:	14:36.68 2:06.22	1100m:	23:10.47 2:09.85	1500m:	31:44.94 1:59.30
	400m:	8:14.39 2:07.51	800m:	16:44.28 2:07.60	1200m:	25:22.25 2:11.78		
11.	LEITAO, Paula Nobre		50	Asc		31:56.12	218	
	<i>Standard Time</i>							
	100m:	1:56.54 1:56.54	500m:	10:26.15 2:07.12	900m:	19:02.56 2:11.13	1300m:	27:42.06 2:09.71
	200m:	4:02.23 2:05.69	600m:	12:33.63 2:07.48	1000m:	21:12.51 2:09.95	1400m:	29:50.91 2:08.85
	300m:	6:10.66 2:08.43	700m:	14:42.35 2:08.72	1100m:	23:21.58 2:09.07	1500m:	31:56.12 2:05.21
	400m:	8:19.03 2:08.37	800m:	16:51.43 2:09.08	1200m:	25:32.35 2:10.77		
12.	CASTRO, Eliana Marta		54	Sporting Clube de Aveiro		32:11.64	212	
	<i>Standard Time</i>							
	100m:	2:00.86 2:00.86	500m:	10:38.41 2:09.55	900m:	19:20.65 2:10.00	1300m:	28:03.93 2:10.49
	200m:	4:08.85 2:07.99	600m:	12:48.57 2:10.16	1000m:	21:33.16 2:12.51	1400m:	30:12.05 2:08.12
	300m:	6:17.99 2:09.14	700m:	15:00.02 2:11.45	1100m:	23:44.15 2:10.99	1500m:	32:11.64 1:59.59
	400m:	8:28.86 2:10.87	800m:	17:10.65 2:10.63	1200m:	25:53.44 2:09.29		
13.	HENRIQUES, Luisa Margarida		50	Alges e Agueda XXI		34:29.65	173	
	<i>Standard Time</i>							
	100m:	2:11.09 2:11.09	500m:	11:22.53 2:20.56	900m:	20:40.99 2:19.29	1300m:	29:52.17 2:18.37
	200m:	4:26.15 2:15.06	600m:	13:42.07 2:19.54	1000m:	22:59.62 2:18.63	1400m:	32:07.19 2:15.02
	300m:	6:43.52 2:17.37	700m:	16:01.57 2:19.50	1100m:	25:17.45 2:17.83	1500m:	34:29.65 2:22.46
	400m:	9:01.97 2:18.45	800m:	18:21.70 2:20.13	1200m:	27:33.80 2:16.35		

Prova 1, Femin., 1500m Livres

Master G

1.	FERREIRA, Isabel Baptista	57	Adrcimm	21:42.69	750
	100m: 1:23.82 1:23.82	500m: 7:13.81 1:27.09	900m: 13:02.10 1:27.99	1300m: 18:50.91 1:27.90	
	200m: 2:51.49 1:27.67	600m: 8:40.18 1:26.37	1000m: 14:29.10 1:27.00	1400m: 20:17.79 1:26.88	
	300m: 4:19.18 1:27.69	700m: 10:06.60 1:26.42	1100m: 15:55.72 1:26.62	1500m: 21:42.69 1:24.90	
	400m: 5:46.72 1:27.54	800m: 11:34.11 1:27.51	1200m: 17:23.01 1:27.29		
2.	PEREIRA, Patricia Diogenes	55	Adrcimm	22:27.58	678
	100m: 1:21.67 1:21.67	500m: 7:21.67 1:30.21	900m: 13:22.88 1:31.08	1300m: 19:25.92 1:31.08	
	200m: 2:50.35 1:28.68	600m: 8:51.87 1:30.20	1000m: 14:53.40 1:30.52	1400m: 20:57.46 1:31.54	
	300m: 4:20.72 1:30.37	700m: 10:21.68 1:29.81	1100m: 16:23.46 1:30.06	1500m: 22:27.58 1:30.12	
	400m: 5:51.46 1:30.74	800m: 11:51.80 1:30.12	1200m: 17:54.84 1:31.38		
3.	CARMO, Maria Helena	58	Individual ANL	23:16.58	609
	100m: 1:28.51 1:28.51	500m: 7:35.74 1:31.69	900m: 13:46.89 1:33.86	1300m: 20:08.18 1:36.01	
	200m: 2:59.69 1:31.18	600m: 9:07.46 1:31.72	1000m: 15:20.75 1:33.86	1400m: 21:43.56 1:35.38	
	300m: 4:31.75 1:32.06	700m: 10:39.03 1:31.57	1100m: 16:56.15 1:35.40	1500m: 23:16.58 1:33.02	
	400m: 6:04.05 1:32.30	800m: 12:13.03 1:34.00	1200m: 18:32.17 1:36.02		
4.	FERREIRA, Filipa Margarida	55	Fluvial Portuense	24:03.24	552
	100m: 1:34.61 1:34.61	500m: 8:06.31 1:37.20	900m: 14:33.45 1:36.88	1300m: 21:00.17 1:36.10	
	200m: 3:12.11 1:37.50	600m: 9:43.11 1:36.80	1000m: 16:10.23 1:36.78	1400m: 22:34.65 1:34.48	
	300m: 4:50.16 1:38.05	700m: 11:19.66 1:36.55	1100m: 17:47.71 1:37.48	1500m: 24:03.24 1:28.59	
	400m: 6:29.11 1:38.95	800m: 12:56.57 1:36.91	1200m: 19:24.07 1:36.36		
5.	ARCTANDER, Inger	58	Lagoa Academico Clube	26:10.87	428
	100m: 1:36.48 1:36.48	500m: 8:40.44 1:45.72	900m: 15:43.89 1:45.59	1300m: 22:47.13 1:46.40	
	200m: 3:22.48 1:46.00	600m: 10:26.95 1:46.51	1000m: 17:30.25 1:46.36	1400m: 24:32.06 1:44.93	
	300m: 5:08.32 1:45.84	700m: 12:12.47 1:45.52	1100m: 19:15.37 1:45.12	1500m: 26:10.87 1:38.81	
	400m: 6:54.72 1:46.40	800m: 13:58.30 1:45.83	1200m: 21:00.73 1:45.36		
6.	SEQUEIRA, Maria Manuela	56	Gafanha da Encarnacao	27:04.00	387
	100m: 1:40.83 1:40.83	500m: 9:00.15 1:50.31	900m: 16:13.31 1:48.05	1300m: 23:29.16 1:49.75	
	200m: 3:30.48 1:49.65	600m: 10:48.09 1:47.94	1000m: 18:01.88 1:48.57	1400m: 25:18.63 1:49.47	
	300m: 5:19.97 1:49.49	700m: 12:36.41 1:48.32	1100m: 19:50.92 1:49.04	1500m: 27:04.00 1:45.37	
	400m: 7:09.84 1:49.87	800m: 14:25.26 1:48.85	1200m: 21:39.41 1:48.49		
7.	REIS, Margarida Bleck	56	Fluvial Portuense	27:21.40	375
	100m: 1:41.54 1:41.54	500m: 8:58.53 1:49.18	900m: 16:18.85 1:50.65	1300m: 23:45.42 1:51.40	
	200m: 3:30.29 1:48.75	600m: 10:48.66 1:50.13	1000m: 18:11.33 1:52.48	1400m: 25:35.84 1:50.42	
	300m: 5:19.91 1:49.62	700m: 12:38.43 1:49.77	1100m: 20:02.63 1:51.30	1500m: 27:21.40 1:45.56	
	400m: 7:09.35 1:49.44	800m: 14:28.20 1:49.77	1200m: 21:54.02 1:51.39		
8.	MARTINS, Delfina Maria	58	Ginásio Sto. Tirso	34:15.89	191
	100m: 2:04.78 2:04.78	500m: 11:14.36 2:17.79	900m: 20:25.03 2:16.96	1300m: 29:42.00 2:18.58	
	200m: 4:19.66 2:14.88	600m: 13:32.27 2:17.91	1000m: 22:44.85 2:19.82	1400m: 32:01.47 2:19.47	
	300m: 6:37.81 2:18.15	700m: 15:50.86 2:18.59	1100m: 25:04.34 2:19.49	1500m: 34:15.89 2:14.42	
	400m: 8:56.57 2:18.76	800m: 18:08.07 2:17.21	1200m: 27:23.42 2:19.08		
9.	COSTA, Rosa Leitao	59	Foca	36:32.83	157
	<i>Standard Time</i>				
	100m: 2:08.37 2:08.37	500m: 11:53.86 2:26.41	900m: 21:44.09 2:28.76	1300m: 31:39.11 2:28.11	
	200m: 4:31.20 2:22.83	600m: 14:20.54 2:26.68	1000m: 24:13.49 2:29.40	1400m: 34:07.70 2:28.59	
	300m: 6:59.18 2:27.98	700m: 16:48.17 2:27.63	1100m: 26:42.78 2:29.29	1500m: 36:32.83 2:25.13	
	400m: 9:27.45 2:28.27	800m: 19:15.33 2:27.16	1200m: 29:11.00 2:28.22		

Prova 1, Femin., 1500m Livres

Master H

1.	GUIMARAES, Rita Cabral	60	Fluvial Portuense	27:17.42	575
	100m: 1:42.89 1:42.89	500m: 8:53.51 1:47.32	900m: 16:10.68 1:50.58	1300m: 23:36.74 1:53.53	
	200m: 3:30.70 1:47.81	600m: 10:42.30 1:48.79	1000m: 18:01.24 1:50.56	1400m: 25:28.35 1:51.61	
	300m: 5:18.19 1:47.49	700m: 12:31.41 1:49.11	1100m: 19:52.04 1:50.80	1500m: 27:17.42 1:49.07	
	400m: 7:06.19 1:48.00	800m: 14:20.10 1:48.69	1200m: 21:43.21 1:51.17		
2.	FERNANDES, Maria Santos	62	Leixoes Sport Club	27:49.39	542
	100m: 1:42.00 1:42.00	500m: 9:03.21 1:52.07	900m: 16:30.48 1:51.45	1300m: 24:04.78 1:54.15	
	200m: 3:30.08 1:48.08	600m: 10:54.70 1:51.49	1000m: 18:23.01 1:52.53	1400m: 25:58.09 1:53.31	
	300m: 5:20.14 1:50.06	700m: 12:46.68 1:51.98	1100m: 20:16.17 1:53.16	1500m: 27:49.39 1:51.30	
	400m: 7:11.14 1:51.00	800m: 14:39.03 1:52.35	1200m: 22:10.63 1:54.46		
3.	CUNHA, Maria Trigueiros	60	Leixoes Sport Club	28:36.51	499
	100m: 1:42.21 1:42.21	500m: 9:18.23 1:55.63	900m: 17:08.20 1:58.80	1300m: 24:53.65 1:56.01	
	200m: 3:33.32 1:51.11	600m: 11:14.78 1:56.55	1000m: 19:04.59 1:56.39	1400m: 26:47.43 1:53.78	
	300m: 5:26.21 1:52.89	700m: 13:11.69 1:56.91	1100m: 21:01.29 1:56.70	1500m: 28:36.51 1:49.08	
	400m: 7:22.60 1:56.39	800m: 15:09.40 1:57.71	1200m: 22:57.64 1:56.35		
4.	NETO, Maria Manuela	62	Natacao da Maia	30:39.70	405
	100m: 1:51.51 1:51.51	500m: 9:58.59 2:03.27	900m: 18:13.02 2:04.33	1300m: 26:34.12 2:04.75	
	200m: 3:51.13 1:59.62	600m: 12:02.13 2:03.54	1000m: 20:17.79 2:04.77	1400m: 28:39.00 2:04.88	
	300m: 5:51.73 2:00.60	700m: 14:05.33 2:03.20	1100m: 22:23.30 2:05.51	1500m: 30:39.70 2:00.70	
	400m: 7:55.32 2:03.59	800m: 16:08.69 2:03.36	1200m: 24:29.37 2:06.07		
5.	CANINAS, Maria Madalena	61	Clube Natacao Masters de Almada	30:45.18	402
	100m: 1:52.37 1:52.37	500m: 10:08.04 2:05.92	900m: 18:21.60 2:01.40	1300m: 26:38.08 2:03.06	
	200m: 3:53.22 2:00.85	600m: 12:13.83 2:05.79	1000m: 20:25.11 2:03.51	1400m: 28:43.13 2:05.05	
	300m: 5:57.31 2:04.09	700m: 14:19.62 2:05.79	1100m: 22:29.45 2:04.34	1500m: 30:45.18 2:02.05	
	400m: 8:02.12 2:04.81	800m: 16:20.20 2:00.58	1200m: 24:35.02 2:05.57		
6.	OLIVEIRA, Cristina Maria	64	Natacao de Valongo	33:14.93	318
	100m: 1:55.25 1:55.25	500m: 10:48.62 2:14.94	900m: 19:47.51 2:12.46	1300m: 28:48.75 2:16.43	
	200m: 4:05.59 2:10.34	600m: 13:03.40 2:14.78	1000m: 22:01.70 2:14.19	1400m: 31:04.88 2:16.13	
	300m: 6:19.28 2:13.69	700m: 15:20.14 2:16.74	1100m: 24:16.98 2:15.28	1500m: 33:14.93 2:10.05	
	400m: 8:33.68 2:14.40	800m: 17:35.05 2:14.91	1200m: 26:32.32 2:15.34		
7.	MARIA, Cidalia Conceicao	60	CNLeiria	50:13.31	92
	<i>Standard Time</i>				
	100m: 2:51.71 2:51.71	500m: 16:37.81 3:20.71	900m: 30:10.18 3:22.87	1300m: 43:34.65 3:21.53	
	200m: 6:17.80 3:26.09	600m: 20:00.03 3:22.22	1000m: 33:31.16 3:20.98	1400m: 46:56.18 3:21.53	
	300m: 9:47.49 3:29.69	700m: 23:23.45 3:23.42	1100m: 36:51.01 3:19.85	1500m: 50:13.31 3:17.13	
	400m: 13:17.10 3:29.61	800m: 26:47.31 3:23.86	1200m: 40:13.12 3:22.11		

DSQ URBANO, Maria Margarida 61 Academica de Coimbra
102 - O(a) atleta não completou o percurso - SW 10.2

Master I

1.	OLIVEIRA, Maria Teresa	67	Academica de Coimbra	28:37.51	648
	100m: 1:48.67 1:48.67	500m: 9:29.78 1:55.96	900m: 17:09.85 1:53.85	1300m: 24:50.98 1:56.24	
	200m: 3:43.48 1:54.81	600m: 11:24.59 1:54.81	1000m: 19:02.45 1:52.60	1400m: 26:46.83 1:55.85	
	300m: 5:38.58 1:55.10	700m: 13:19.94 1:55.35	1100m: 20:59.80 1:57.35	1500m: 28:37.51 1:50.68	
	400m: 7:33.82 1:55.24	800m: 15:16.00 1:56.06	1200m: 22:54.74 1:54.94		
2.	CAEIRO, Ana Maria	65	Grupo dos Amigos da Natacao-AC	31:55.00	467
	100m: 1:58.27 1:58.27	500m: 10:29.33 2:07.76	900m: 19:02.97 2:08.16	1300m: 27:41.85 2:10.84	
	200m: 4:05.26 2:06.99	600m: 12:37.45 2:08.12	1000m: 21:12.06 2:09.09	1400m: 29:51.60 2:09.75	
	300m: 6:13.14 2:07.88	700m: 14:46.28 2:08.83	1100m: 23:21.23 2:09.17	1500m: 31:55.00 2:03.40	
	400m: 8:21.57 2:08.43	800m: 16:54.81 2:08.53	1200m: 25:31.01 2:09.78		

Prova 1, Femin., 1500m Livres

Master

1.	NEVES, Vania Soares	34	Viana Natacao	19:38.33	788
	100m: 1:12.88 1:12.88	500m: 6:23.39 1:18.53	900m: 11:40.15 1:19.98	1300m: 16:59.59 1:19.84	
	200m: 2:29.81 1:16.93	600m: 7:41.64 1:18.25	1000m: 13:00.46 1:20.31	1400m: 18:19.86 1:20.27	
	300m: 3:47.10 1:17.29	700m: 9:00.40 1:18.76	1100m: 14:19.57 1:19.11	1500m: 19:38.33 1:18.47	
	400m: 5:04.86 1:17.76	800m: 10:20.17 1:19.77	1200m: 15:39.75 1:20.18		
2.	COUTINHO, Gisela Barbosa	49	Fluvial Portuense	20:41.33	825
	100m: 1:17.40 1:17.40	500m: 6:49.16 1:23.78	900m: 12:24.66 1:23.44	1300m: 17:59.78 1:24.01	
	200m: 2:39.00 1:21.60	600m: 8:13.43 1:24.27	1000m: 13:48.79 1:24.13	1400m: 19:22.58 1:22.80	
	300m: 4:01.72 1:22.72	700m: 9:37.65 1:24.22	1100m: 15:12.17 1:23.38	1500m: 20:41.33 1:18.75	
	400m: 5:25.38 1:23.66	800m: 11:01.22 1:23.57	1200m: 16:35.77 1:23.60		
3.	LOUSA, Irina Filipa	29	Porto	20:54.29	703
	100m: 1:18.42 1:18.42	500m: 6:47.14 1:22.83	900m: 12:23.53 1:24.62	1300m: 18:06.46 1:26.49	
	200m: 2:39.49 1:21.07	600m: 8:10.70 1:23.56	1000m: 13:48.66 1:25.13	1400m: 19:31.65 1:25.19	
	300m: 4:01.79 1:22.30	700m: 9:34.39 1:23.69	1100m: 15:14.67 1:26.01	1500m: 20:54.29 1:22.64	
	400m: 5:24.31 1:22.52	800m: 10:58.91 1:24.52	1200m: 16:39.97 1:25.30		
4.	RODRIGUES, Ana Margarida	28	Galitos / Bresimar	21:08.14	680
	100m: 1:15.84 1:15.84	500m: 6:50.93 1:24.77	900m: 12:30.85 1:25.21	1300m: 18:16.49 1:27.83	
	200m: 2:37.57 1:21.73	600m: 8:15.86 1:24.93	1000m: 13:56.70 1:25.85	1400m: 19:43.62 1:27.13	
	300m: 4:01.57 1:24.00	700m: 9:40.71 1:24.85	1100m: 15:22.13 1:25.43	1500m: 21:08.14 1:24.52	
	400m: 5:26.16 1:24.59	800m: 11:05.64 1:24.93	1200m: 16:48.66 1:26.53		
5.	LUCAS, Mariana Sa	40	Litoral Alentejano	21:36.13	681
	100m: 1:18.61 1:18.61	500m: 7:02.00 1:26.81	900m: 12:50.96 1:26.38	1300m: 18:42.92 1:28.43	
	200m: 2:42.70 1:24.09	600m: 8:29.16 1:27.16	1000m: 14:18.70 1:27.74	1400m: 20:10.37 1:27.45	
	300m: 4:07.99 1:25.29	700m: 9:57.39 1:28.23	1100m: 15:46.61 1:27.91	1500m: 21:36.13 1:25.76	
	400m: 5:35.19 1:27.20	800m: 11:24.58 1:27.19	1200m: 17:14.49 1:27.88		
6.	FERREIRA, Isabel Baptista	57	Adrcimm	21:42.69	750
	100m: 1:23.82 1:23.82	500m: 7:13.81 1:27.09	900m: 13:02.10 1:27.99	1300m: 18:50.91 1:27.90	
	200m: 2:51.49 1:27.67	600m: 8:40.18 1:26.37	1000m: 14:29.10 1:27.00	1400m: 20:17.79 1:26.88	
	300m: 4:19.18 1:27.69	700m: 10:06.60 1:26.42	1100m: 15:55.72 1:26.62	1500m: 21:42.69 1:24.90	
	400m: 5:46.72 1:27.54	800m: 11:34.11 1:27.51	1200m: 17:23.01 1:27.29		
7.	ROTHES, Ines Maria	51	Fluvial Portuense	21:54.07	676
	100m: 1:18.59 1:18.59	500m: 7:06.54 1:28.15	900m: 13:01.62 1:29.36	1300m: 18:58.27 1:28.84	
	200m: 2:43.20 1:24.61	600m: 8:34.79 1:28.25	1000m: 14:31.30 1:29.68	1400m: 20:26.65 1:28.38	
	300m: 4:10.59 1:27.39	700m: 10:03.52 1:28.73	1100m: 16:00.92 1:29.62	1500m: 21:54.07 1:27.42	
	400m: 5:38.39 1:27.80	800m: 11:32.26 1:28.74	1200m: 17:29.43 1:28.51		
8.	BARBARA, Carla Santa	49	Porto	21:56.64	691
	100m: 1:20.43 1:20.43	500m: 7:10.42 1:27.75	900m: 13:06.19 1:29.28	1300m: 19:04.49 1:29.67	
	200m: 2:47.71 1:27.28	600m: 8:38.88 1:28.46	1000m: 14:36.16 1:29.97	1400m: 20:34.41 1:29.92	
	300m: 4:14.86 1:27.15	700m: 10:08.25 1:29.37	1100m: 16:05.65 1:29.49	1500m: 21:56.64 1:22.23	
	400m: 5:42.67 1:27.81	800m: 11:36.91 1:28.66	1200m: 17:34.82 1:29.17		
9.	SANTOS, Raquel Fernandes	26	Clube Natacao Masters de Almada	21:58.42	605
	100m: 1:21.32 1:21.32	500m: 7:10.97 1:27.68	900m: 13:06.74 1:29.49	1300m: 19:04.51 1:29.79	
	200m: 2:47.62 1:26.30	600m: 8:39.23 1:28.26	1000m: 14:36.25 1:29.51	1400m: 20:34.09 1:29.58	
	300m: 4:15.17 1:27.55	700m: 10:08.86 1:29.63	1100m: 16:05.59 1:29.34	1500m: 21:58.42 1:24.33	
	400m: 5:43.29 1:28.12	800m: 11:37.25 1:28.39	1200m: 17:34.72 1:29.13		
10.	FONSECA, Maria Manuela	39	Leixoes Sport Club	22:15.53	581
	100m: 1:24.35 1:24.35	500m: 7:26.00 1:30.41	900m: 13:26.50 1:29.92	1300m: 19:23.83 1:29.16	
	200m: 2:53.67 1:29.32	600m: 8:57.44 1:31.44	1000m: 14:56.06 1:29.56	1400m: 20:50.82 1:26.99	
	300m: 4:23.77 1:30.10	700m: 10:26.64 1:29.20	1100m: 16:25.60 1:29.54	1500m: 22:15.53 1:24.71	
	400m: 5:55.59 1:31.82	800m: 11:56.58 1:29.94	1200m: 17:54.67 1:29.07		

Prova 1, Femin., 1500m Livres, Master

Lugar	Nome		Idade	Local		Tempo final					Pts	
11.	PEREIRA, Patricia Diogenes		55	Adrcimm		22:27.58					678	
	100m:	1:21.67	1:21.67	500m:	7:21.67	1:30.21	900m:	13:22.88	1:31.08	1300m:	19:25.92	1:31.08
	200m:	2:50.35	1:28.68	600m:	8:51.87	1:30.20	1000m:	14:53.40	1:30.52	1400m:	20:57.46	1:31.54
	300m:	4:20.72	1:30.37	700m:	10:21.68	1:29.81	1100m:	16:23.46	1:30.06	1500m:	22:27.58	1:30.12
	400m:	5:51.46	1:30.74	800m:	11:51.80	1:30.12	1200m:	17:54.84	1:31.38			
12.	POLA, Laura		32	Porto		22:37.91					515	
	100m:	1:23.06	1:23.06	500m:	7:22.39	1:30.43	900m:	13:32.54	1:32.95	1300m:	19:42.06	1:31.99
	200m:	2:51.95	1:28.89	600m:	8:54.49	1:32.10	1000m:	15:05.15	1:32.61	1400m:	21:13.47	1:31.41
	300m:	4:21.85	1:29.90	700m:	10:26.73	1:32.24	1100m:	16:37.24	1:32.09	1500m:	22:37.91	1:24.44
	400m:	5:51.96	1:30.11	800m:	11:59.59	1:32.86	1200m:	18:10.07	1:32.83			
13.	CUNHA, Joana Isabel		44	Galitos / Bresimar		23:09.45					553	
	100m:	1:22.33	1:22.33	500m:	7:25.86	1:32.55	900m:	13:39.09	1:34.23	1300m:	20:00.73	1:35.16
	200m:	2:51.56	1:29.23	600m:	8:58.37	1:32.51	1000m:	15:13.54	1:34.45	1400m:	21:36.26	1:35.53
	300m:	4:21.99	1:30.43	700m:	10:31.15	1:32.78	1100m:	16:49.21	1:35.67	1500m:	23:09.45	1:33.19
	400m:	5:53.31	1:31.32	800m:	12:04.86	1:33.71	1200m:	18:25.57	1:36.36			
14.	CARMO, Maria Helena		58	Individual ANL		23:16.58					609	
	100m:	1:28.51	1:28.51	500m:	7:35.74	1:31.69	900m:	13:46.89	1:33.86	1300m:	20:08.18	1:36.01
	200m:	2:59.69	1:31.18	600m:	9:07.46	1:31.72	1000m:	15:20.75	1:33.86	1400m:	21:43.56	1:35.38
	300m:	4:31.75	1:32.06	700m:	10:39.03	1:31.57	1100m:	16:56.15	1:35.40	1500m:	23:16.58	1:33.02
	400m:	6:04.05	1:32.30	800m:	12:13.03	1:34.00	1200m:	18:32.17	1:36.02			
15.	JORDAO, Marta Isabel		33	Famalicao		23:27.73					462	
	100m:	1:28.26	1:28.26	500m:	7:37.88	1:33.18	900m:	13:54.10	1:35.32	1300m:	20:16.93	1:35.23
	200m:	2:59.43	1:31.17	600m:	9:10.77	1:32.89	1000m:	15:30.31	1:36.21	1400m:	21:53.04	1:36.11
	300m:	4:32.00	1:32.57	700m:	10:44.27	1:33.50	1100m:	17:05.81	1:35.50	1500m:	23:27.73	1:34.69
	400m:	6:04.70	1:32.70	800m:	12:18.78	1:34.51	1200m:	18:41.70	1:35.89			
16.	PRIOR, Ana Filipa		47	Laranjeiro		23:29.28					564	
	100m:	1:30.74	1:30.74	500m:	7:45.64	1:34.95	900m:	14:02.46	1:34.63	1300m:	20:22.81	1:34.29
	200m:	3:03.32	1:32.58	600m:	9:19.74	1:34.10	1000m:	15:38.43	1:35.97	1400m:	21:57.54	1:34.73
	300m:	4:36.83	1:33.51	700m:	10:53.71	1:33.97	1100m:	17:13.27	1:34.84	1500m:	23:29.28	1:31.74
	400m:	6:10.69	1:33.86	800m:	12:27.83	1:34.12	1200m:	18:48.52	1:35.25			
17.	MACHADO, Sandra Marisa		31	Ba-Leiria		23:58.27					433	
	100m:	1:30.32	1:30.32	500m:	7:59.83	1:38.22	900m:	14:22.27	1:35.78	1300m:	20:47.88	1:35.45
	200m:	3:07.40	1:37.08	600m:	9:35.55	1:35.72	1000m:	15:59.40	1:37.13	1400m:	22:23.97	1:36.09
	300m:	4:45.15	1:37.75	700m:	11:11.33	1:35.78	1100m:	17:35.11	1:35.71	1500m:	23:58.27	1:34.30
	400m:	6:21.61	1:36.46	800m:	12:46.49	1:35.16	1200m:	19:12.43	1:37.32			
18.	VALENTE, Catia Marisa		40	Clube de Campismo Luz e Vida		23:58.87					498	
	100m:	1:30.43	1:30.43	500m:	7:56.99	1:36.29	900m:	14:22.92	1:36.80	1300m:	20:49.99	1:36.71
	200m:	3:06.98	1:36.55	600m:	9:33.45	1:36.46	1000m:	15:59.99	1:37.07	1400m:	22:26.09	1:36.10
	300m:	4:44.00	1:37.02	700m:	11:09.77	1:36.32	1100m:	17:36.35	1:36.36	1500m:	23:58.87	1:32.78
	400m:	6:20.70	1:36.70	800m:	12:46.12	1:36.35	1200m:	19:13.28	1:36.93			
19.	FERREIRA, Filipa Margarida		55	Fluvial Portuense		24:03.24					552	
	100m:	1:34.61	1:34.61	500m:	8:06.31	1:37.20	900m:	14:33.45	1:36.88	1300m:	21:00.17	1:36.10
	200m:	3:12.11	1:37.50	600m:	9:43.11	1:36.80	1000m:	16:10.23	1:36.78	1400m:	22:34.65	1:34.48
	300m:	4:50.16	1:38.05	700m:	11:19.66	1:36.55	1100m:	17:47.71	1:37.48	1500m:	24:03.24	1:28.59
	400m:	6:29.11	1:38.95	800m:	12:56.57	1:36.91	1200m:	19:24.07	1:36.36			
20.	BARBARA, Sandra Santa		49	Ginásio Sto. Tirso		24:07.13					521	
	100m:	1:27.83	1:27.83	500m:	7:52.77	1:36.42	900m:	14:23.38	1:38.15	1300m:	20:55.87	1:38.17
	200m:	3:03.53	1:35.70	600m:	9:30.17	1:37.40	1000m:	16:01.45	1:38.07	1400m:	22:33.39	1:37.52
	300m:	4:40.14	1:36.61	700m:	11:07.50	1:37.33	1100m:	17:38.77	1:37.32	1500m:	24:07.13	1:33.74
	400m:	6:16.35	1:36.21	800m:	12:45.23	1:37.73	1200m:	19:17.70	1:38.93			

Prova 1, Femin., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final		Pts				
21.	PEREIRA, Solange Ramalho		34	Ba-Leiria		24:07.23		425				
	100m:	1:30.60	1:30.60	500m:	7:55.45	1:36.83	900m:	14:23.35	1:36.93	1300m:	20:51.16	1:37.00
	200m:	3:06.27	1:35.67	600m:	9:33.53	1:38.08	1000m:	16:00.28	1:36.93	1400m:	22:31.49	1:40.33
	300m:	4:42.16	1:35.89	700m:	11:10.25	1:36.72	1100m:	17:37.21	1:36.93	1500m:	24:07.23	1:35.74
	400m:	6:18.62	1:36.46	800m:	12:46.42	1:36.17	1200m:	19:14.16	1:36.95			
22.	GUEDES, Ana DAte		44	Leixoes Sport Club		24:08.38		488				
	100m:	1:29.60	1:29.60	500m:	8:00.56	1:37.69	900m:	14:31.16	1:37.35	1300m:	20:58.66	1:36.59
	200m:	3:06.74	1:37.14	600m:	9:37.60	1:37.04	1000m:	16:08.30	1:37.14	1400m:	22:35.06	1:36.40
	300m:	4:44.93	1:38.19	700m:	11:16.25	1:38.65	1100m:	17:44.85	1:36.55	1500m:	24:08.38	1:33.32
	400m:	6:22.87	1:37.94	800m:	12:53.81	1:37.56	1200m:	19:22.07	1:37.22			
23.	REBOCHO, Mariana Sarmento		40	Fluvial Portuense		24:09.85		487				
	100m:	1:29.70	1:29.70	500m:	7:55.18	1:36.49	900m:	14:26.87	1:38.34	1300m:	21:00.14	1:38.66
	200m:	3:05.32	1:35.62	600m:	9:33.56	1:38.38	1000m:	16:04.82	1:37.95	1400m:	22:36.02	1:35.88
	300m:	4:41.50	1:36.18	700m:	11:10.74	1:37.18	1100m:	17:43.28	1:38.46	1500m:	24:09.85	1:33.83
	400m:	6:18.69	1:37.19	800m:	12:48.53	1:37.79	1200m:	19:21.48	1:38.20			
24.	MIRANDA, Ana Filipa		39	Galitos / Bresimar		24:14.94		449				
	100m:	1:30.20	1:30.20	500m:	8:03.23	1:38.52	900m:	14:35.95	1:38.41	1300m:	21:11.42	1:37.65
	200m:	3:07.33	1:37.13	600m:	9:41.02	1:37.79	1000m:	16:15.71	1:39.76	1400m:	22:47.53	1:36.11
	300m:	4:45.12	1:37.79	700m:	11:19.39	1:38.37	1100m:	17:54.98	1:39.27	1500m:	24:14.94	1:27.41
	400m:	6:24.71	1:39.59	800m:	12:57.54	1:38.15	1200m:	19:33.77	1:38.79			
25.	CAVALCANTI, Roberta Szabo		39	Estarreja/PROZINCO		24:17.50		447				
	100m:	1:33.99	1:33.99	500m:	8:04.55	1:38.58	900m:	14:35.46	1:37.60	1300m:	21:05.99	1:40.18
	200m:	3:10.20	1:36.21	600m:	9:41.93	1:37.38	1000m:	16:12.45	1:36.99	1400m:	22:43.45	1:37.46
	300m:	4:47.73	1:37.53	700m:	11:19.89	1:37.96	1100m:	17:47.10	1:34.65	1500m:	24:17.50	1:34.05
	400m:	6:25.97	1:38.24	800m:	12:57.86	1:37.97	1200m:	19:25.81	1:38.71			
26.	FERNANDES, Alexia Alves		28	Natacao de Valongo		24:56.39		414				
	100m:	1:33.75	1:33.75	500m:	8:14.97	1:40.17	900m:	14:56.88	1:40.43	1300m:	21:38.73	1:41.06
	200m:	3:14.15	1:40.40	600m:	9:56.31	1:41.34	1000m:	16:36.65	1:39.77	1400m:	23:19.31	1:40.58
	300m:	4:54.30	1:40.15	700m:	11:36.62	1:40.31	1100m:	18:16.92	1:40.27	1500m:	24:56.39	1:37.08
	400m:	6:34.80	1:40.50	800m:	13:16.45	1:39.83	1200m:	19:57.67	1:40.75			
27.	LOPES, Maria Carolina		37	Braga		24:57.19		412				
	100m:	1:27.17	1:27.17	500m:	8:01.84	1:42.57	900m:	14:49.65	1:41.51	1300m:	21:35.66	1:42.03
	200m:	3:01.51	1:34.34	600m:	9:43.94	1:42.10	1000m:	16:31.30	1:41.65	1400m:	23:17.59	1:41.93
	300m:	4:39.48	1:37.97	700m:	11:26.06	1:42.12	1100m:	18:12.04	1:40.74	1500m:	24:57.19	1:39.60
	400m:	6:19.27	1:39.79	800m:	13:08.14	1:42.08	1200m:	19:53.63	1:41.59			
28.	PALHARES, Daniela Maria		53	Fluvial Portuense		24:59.14		455				
	100m:	1:33.52	1:33.52	500m:	8:17.87	1:40.56	900m:	15:03.06	1:41.01	1300m:	21:43.61	1:39.62
	200m:	3:14.62	1:41.10	600m:	9:59.38	1:41.51	1000m:	16:44.19	1:41.13	1400m:	23:23.38	1:39.77
	300m:	4:55.84	1:41.22	700m:	11:41.21	1:41.83	1100m:	18:24.03	1:39.84	1500m:	24:59.14	1:35.76
	400m:	6:37.31	1:41.47	800m:	13:22.05	1:40.84	1200m:	20:03.99	1:39.96			
29.	ARENAS, Lina Orrego		40	Porto		25:07.30		433				
	100m:	1:39.79	1:39.79	500m:	8:36.29	1:42.38	900m:	15:24.83	1:44.63	1300m:	22:01.16	1:38.12
	200m:	3:23.66	1:43.87	600m:	10:19.10	1:42.81	1000m:	17:06.33	1:41.50	1400m:	23:37.96	1:36.80
	300m:	5:09.45	1:45.79	700m:	11:58.75	1:39.65	1100m:	18:45.41	1:39.08	1500m:	25:07.30	1:29.34
	400m:	6:53.91	1:44.46	800m:	13:40.20	1:41.45	1200m:	20:23.04	1:37.63			
30.	MOLEN, Laurelin Lucinda		37	CCDSerta		25:16.62		397				
	100m:	1:33.89	1:33.89	500m:	8:14.71	1:41.47	900m:	15:00.91	1:41.27	1300m:	21:55.45	1:43.96
	200m:	3:11.94	1:38.05	600m:	9:56.62	1:41.91	1000m:	16:44.03	1:43.12	1400m:	23:37.37	1:41.92
	300m:	4:52.27	1:40.33	700m:	11:38.14	1:41.52	1100m:	18:27.35	1:43.32	1500m:	25:16.62	1:39.25
	400m:	6:33.24	1:40.97	800m:	13:19.64	1:41.50	1200m:	20:11.49	1:44.14			

Prova 1, Femin., 1500m Livres, Master

Lugar			Idade			Tempo final			Pts
31.	CAVALEIRO, Joana Margarida		46	Ginasio Clube Figueirense		25:19.55			450
	100m: 1:33.34	1:33.34	500m: 8:15.34	1:41.75	900m: 15:06.37	1:42.50	1300m: 21:57.15	1:42.94	
	200m: 3:12.60	1:39.26	600m: 9:57.58	1:42.24	1000m: 16:48.70	1:42.33	1400m: 23:39.55	1:42.40	
	300m: 4:52.68	1:40.08	700m: 11:40.78	1:43.20	1100m: 18:31.81	1:43.11	1500m: 25:19.55	1:40.00	
	400m: 6:33.59	1:40.91	800m: 13:23.87	1:43.09	1200m: 20:14.21	1:42.40			
32.	CORTEZ, Sara Filipa		43	Clube Natacao Masters de Almada		25:22.87			420
	100m: 1:35.10	1:35.10	500m: 8:26.03	1:43.62	900m: 15:20.20	1:42.75	1300m: 22:12.22	1:42.17	
	200m: 3:16.94	1:41.84	600m: 10:10.04	1:44.01	1000m: 17:03.90	1:43.70	1400m: 23:53.36	1:41.14	
	300m: 5:00.10	1:43.16	700m: 11:53.96	1:43.92	1100m: 18:46.03	1:42.13	1500m: 25:22.87	1:29.51	
	400m: 6:42.41	1:42.31	800m: 13:37.45	1:43.49	1200m: 20:30.05	1:44.02			
33.	RODRIGUES, Ines Florencio		27	Viana Natacao		25:27.62			389
	100m: 1:33.56	1:33.56	500m: 8:18.96	1:43.08	900m: 15:10.19	1:43.03	1300m: 22:05.53	1:44.08	
	200m: 3:12.93	1:39.37	600m: 10:01.64	1:42.68	1000m: 16:53.37	1:43.18	1400m: 23:47.01	1:41.48	
	300m: 4:53.66	1:40.73	700m: 11:44.35	1:42.71	1100m: 18:36.99	1:43.62	1500m: 25:27.62	1:40.61	
	400m: 6:35.88	1:42.22	800m: 13:27.16	1:42.81	1200m: 20:21.45	1:44.46			
34.	PIRES, Rafaela Barreiros		35	Braga		25:30.03			386
	100m: 1:33.94	1:33.94	500m: 8:16.25	1:42.19	900m: 15:04.79	1:42.52	1300m: 22:05.64	1:46.75	
	200m: 3:11.91	1:37.97	600m: 9:58.57	1:42.32	1000m: 16:47.76	1:42.97	1400m: 23:51.31	1:45.67	
	300m: 4:51.81	1:39.90	700m: 11:40.84	1:42.27	1100m: 18:33.47	1:45.71	1500m: 25:30.03	1:38.72	
	400m: 6:34.06	1:42.25	800m: 13:22.27	1:41.43	1200m: 20:18.89	1:45.42			
35.	ORTIZ, Manuela Pia		29	RIA Aqua Tavira		25:43.86			377
	100m: 1:27.16	1:27.16	500m: 8:21.69	1:45.31	900m: 15:23.13	1:47.28	1300m: 22:20.73	1:43.51	
	200m: 3:07.49	1:40.33	600m: 10:05.95	1:44.26	1000m: 17:07.43	1:44.30	1400m: 24:04.04	1:43.31	
	300m: 4:50.50	1:43.01	700m: 11:51.07	1:45.12	1100m: 18:52.08	1:44.65	1500m: 25:43.86	1:39.82	
	400m: 6:36.38	1:45.88	800m: 13:35.85	1:44.78	1200m: 20:37.22	1:45.14			
36.	OLIVEIRA, Juliana Cabral		39	Gafanha da Encarnacao		25:44.97			375
	100m: 1:34.73	1:34.73	500m: 8:28.78	1:45.41	900m: 15:24.34	1:44.23	1300m: 22:22.89	1:44.23	
	200m: 3:15.67	1:40.94	600m: 10:12.13	1:43.35	1000m: 17:10.19	1:45.85	1400m: 24:07.36	1:41.17	
	300m: 4:58.87	1:43.20	700m: 11:56.23	1:44.10	1100m: 18:53.20	1:43.01	1500m: 25:44.97	1:37.61	
	400m: 6:43.37	1:44.50	800m: 13:40.11	1:43.88	1200m: 20:38.66	1:45.46			
37.	ERVILHA, Joana Antunes		43	CNLeiria		25:48.66			399
	100m: 1:35.32	1:35.32	500m: 8:31.83	1:44.76	900m: 15:27.50	1:43.98	1300m: 22:24.36	1:43.90	
	200m: 3:18.76	1:43.44	600m: 10:16.15	1:44.32	1000m: 17:11.80	1:44.30	1400m: 24:08.68	1:44.32	
	300m: 5:02.97	1:44.21	700m: 11:59.77	1:43.62	1100m: 18:56.75	1:44.95	1500m: 25:48.66	1:39.98	
	400m: 6:47.07	1:44.10	800m: 13:43.52	1:43.75	1200m: 20:40.46	1:43.71			
38.	SANTOS, Edna Beatriz		28	Vieirense		25:53.50			370
	<i>Standard Time</i>								
	100m: 1:34.76	1:34.76	500m: 8:33.70	1:44.75	900m: 15:33.84	1:44.23	1300m: 22:30.52	1:43.59	
	200m: 3:18.98	1:44.22	600m: 10:18.35	1:44.65	1000m: 17:19.26	1:45.42	1400m: 24:13.54	1:43.02	
	300m: 5:03.12	1:44.14	700m: 12:04.24	1:45.89	1100m: 19:02.59	1:43.33	1500m: 25:53.50	1:39.96	
	400m: 6:48.95	1:45.83	800m: 13:49.61	1:45.37	1200m: 20:46.93	1:44.34			
39.	LIRIO, Ana Raquel		34	Ginásio Sto. Tirso		25:53.79			344
	100m: 1:34.43	1:34.43	500m: 8:26.66	1:43.97	900m: 15:24.10	1:45.94	1300m: 22:27.56	1:46.31	
	200m: 3:14.99	1:40.56	600m: 10:10.30	1:43.64	1000m: 17:09.54	1:45.44	1400m: 24:12.85	1:45.29	
	300m: 4:57.82	1:42.83	700m: 11:53.75	1:43.45	1100m: 18:53.98	1:44.44	1500m: 25:53.79	1:40.94	
	400m: 6:42.69	1:44.87	800m: 13:38.16	1:44.41	1200m: 20:41.25	1:47.27			
40.	ALMEIDA, Mariana Dias		31	Ginásio Sto. Tirso		25:55.90			342
	100m: 1:33.30	1:33.30	500m: 8:32.45	1:45.76	900m: 15:34.54	1:44.61	1300m: 22:33.94	1:44.34	
	200m: 3:15.61	1:42.31	600m: 10:19.04	1:46.59	1000m: 17:19.78	1:45.24	1400m: 24:17.36	1:43.42	
	300m: 5:00.69	1:45.08	700m: 12:05.28	1:46.24	1100m: 19:04.39	1:44.61	1500m: 25:55.90	1:38.54	
	400m: 6:46.69	1:46.00	800m: 13:49.93	1:44.65	1200m: 20:49.60	1:45.21			

Prova 1, Femin., 1500m Livres, Master

Lugar	Idade		Tempo final		Pts
41. ANTUNES, Tania Sofia	36	Miranda do Corvo	26:10.82	357	
100m: 1:31.74 1:31.74	500m: 8:26.76 1:46.47	900m: 15:35.63 1:47.17	1300m: 22:44.45 1:46.80		
200m: 3:12.76 1:41.02	600m: 10:13.57 1:46.81	1000m: 17:23.71 1:48.08	1400m: 24:29.77 1:45.32		
300m: 4:55.80 1:43.04	700m: 12:01.09 1:47.52	1100m: 19:10.78 1:47.07	1500m: 26:10.82 1:41.05		
400m: 6:40.29 1:44.49	800m: 13:48.46 1:47.37	1200m: 20:57.65 1:46.87			
42. ARCTANDER, Inger	58	Lagoa Academico Clube	26:10.87	428	
100m: 1:36.48 1:36.48	500m: 8:40.44 1:45.72	900m: 15:43.89 1:45.59	1300m: 22:47.13 1:46.40		
200m: 3:22.48 1:46.00	600m: 10:26.95 1:46.51	1000m: 17:30.25 1:46.36	1400m: 24:32.06 1:44.93		
300m: 5:08.32 1:45.84	700m: 12:12.47 1:45.52	1100m: 19:15.37 1:45.12	1500m: 26:10.87 1:38.81		
400m: 6:54.72 1:46.40	800m: 13:58.30 1:45.83	1200m: 21:00.73 1:45.36			
43. FERREIRA, Maria Manuela	54	Vitoria Sport Clube	26:18.90	389	
100m: 1:38.79 1:38.79	500m: 8:41.03 1:46.16	900m: 15:43.02 1:45.36	1300m: 22:50.51 1:47.57		
200m: 3:24.54 1:45.75	600m: 10:27.95 1:46.92	1000m: 17:30.65 1:47.63	1400m: 24:38.13 1:47.62		
300m: 5:09.41 1:44.87	700m: 12:12.52 1:44.57	1100m: 19:16.73 1:46.08	1500m: 26:18.90 1:40.77		
400m: 6:54.87 1:45.46	800m: 13:57.66 1:45.14	1200m: 21:02.94 1:46.21			
44. GONCALVES, Ana Miguel	34	Ginasio Clube Figueirense	26:30.05	321	
100m: 1:35.14 1:35.14	500m: 8:40.26 1:46.86	900m: 15:49.48 1:47.07	1300m: 23:02.58 1:48.16		
200m: 3:19.51 1:44.37	600m: 10:27.24 1:46.98	1000m: 17:37.08 1:47.60	1400m: 24:50.09 1:47.51		
300m: 5:06.41 1:46.90	700m: 12:14.43 1:47.19	1100m: 19:26.35 1:49.27	1500m: 26:30.05 1:39.96		
400m: 6:53.40 1:46.99	800m: 14:02.41 1:47.98	1200m: 21:14.42 1:48.07			
45. SEQUEIRA, Maria Manuela	56	Gafanha da Encarnacao	27:04.00	387	
100m: 1:40.83 1:40.83	500m: 9:00.15 1:50.31	900m: 16:13.31 1:48.05	1300m: 23:29.16 1:49.75		
200m: 3:30.48 1:49.65	600m: 10:48.09 1:47.94	1000m: 18:01.88 1:48.57	1400m: 25:18.63 1:49.47		
300m: 5:19.97 1:49.49	700m: 12:36.41 1:48.32	1100m: 19:50.92 1:49.04	1500m: 27:04.00 1:45.37		
400m: 7:09.84 1:49.87	800m: 14:25.26 1:48.85	1200m: 21:39.41 1:48.49			
46. GUIMARAES, Rita Cabral	60	Fluvial Portuense	27:17.42	575	
100m: 1:42.89 1:42.89	500m: 8:53.51 1:47.32	900m: 16:10.68 1:50.58	1300m: 23:36.74 1:53.53		
200m: 3:30.70 1:47.81	600m: 10:42.30 1:48.79	1000m: 18:01.24 1:50.56	1400m: 25:28.35 1:51.61		
300m: 5:18.19 1:47.49	700m: 12:31.41 1:49.11	1100m: 19:52.04 1:50.80	1500m: 27:17.42 1:49.07		
400m: 7:06.19 1:48.00	800m: 14:20.10 1:48.69	1200m: 21:43.21 1:51.17			
47. REIS, Margarida Bleck	56	Fluvial Portuense	27:21.40	375	
100m: 1:41.54 1:41.54	500m: 8:58.53 1:49.18	900m: 16:18.85 1:50.65	1300m: 23:45.42 1:51.40		
200m: 3:30.29 1:48.75	600m: 10:48.66 1:50.13	1000m: 18:11.33 1:52.48	1400m: 25:35.84 1:50.42		
300m: 5:19.91 1:49.62	700m: 12:38.43 1:49.77	1100m: 20:02.63 1:51.30	1500m: 27:21.40 1:45.56		
400m: 7:09.35 1:49.44	800m: 14:28.20 1:49.77	1200m: 21:54.02 1:51.39			
48. LOURO, Susana Campos	46	Braga	27:22.18	356	
100m: 1:35.10 1:35.10	500m: 8:53.31 1:52.12	900m: 16:16.31 1:51.00	1300m: 23:45.78 1:52.10		
200m: 3:18.81 1:43.71	600m: 10:44.53 1:51.22	1000m: 18:08.56 1:52.25	1400m: 25:36.42 1:50.64		
300m: 5:09.08 1:50.27	700m: 12:35.03 1:50.50	1100m: 20:00.71 1:52.15	1500m: 27:22.18 1:45.76		
400m: 7:01.19 1:52.11	800m: 14:25.31 1:50.28	1200m: 21:53.68 1:52.97			
49. FERNANDES, Maria Santos	62	Leixoes Sport Club	27:49.39	542	
100m: 1:42.00 1:42.00	500m: 9:03.21 1:52.07	900m: 16:30.48 1:51.45	1300m: 24:04.78 1:54.15		
200m: 3:30.08 1:48.08	600m: 10:54.70 1:51.49	1000m: 18:23.01 1:52.53	1400m: 25:58.09 1:53.31		
300m: 5:20.14 1:50.06	700m: 12:46.68 1:51.98	1100m: 20:16.17 1:53.16	1500m: 27:49.39 1:51.30		
400m: 7:11.14 1:51.00	800m: 14:39.03 1:52.35	1200m: 22:10.63 1:54.46			
50. NEVES, Isabel Carolina	44	Fluvial Portuense	27:52.74	317	
100m: 1:44.20 1:44.20	500m: 9:08.50 1:52.35	900m: 16:39.71 1:52.54	1300m: 24:14.24 1:54.83		
200m: 3:33.50 1:49.30	600m: 11:00.59 1:52.09	1000m: 18:33.63 1:53.92	1400m: 26:08.17 1:53.93		
300m: 5:24.46 1:50.96	700m: 12:54.68 1:54.09	1100m: 20:24.57 1:50.94	1500m: 27:52.74 1:44.57		
400m: 7:16.15 1:51.69	800m: 14:47.17 1:52.49	1200m: 22:19.41 1:54.84			

Prova 1, Femin., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts					
51.	GOMES, Ana Claudia		48	Academica de Coimbra		27:54.78	336					
	100m:	1:44.64	1:44.64	500m:	9:14.20	1:52.49	900m:	16:43.99	1:52.22	1300m:	24:15.63	1:53.42
	200m:	3:36.34	1:51.70	600m:	11:07.17	1:52.97	1000m:	18:37.63	1:53.64	1400m:	26:07.27	1:51.64
	300m:	5:28.14	1:51.80	700m:	12:59.42	1:52.25	1100m:	20:29.08	1:51.45	1500m:	27:54.78	1:47.51
	400m:	7:21.71	1:53.57	800m:	14:51.77	1:52.35	1200m:	22:22.21	1:53.13			
52.	SA, Inez Correa		45	Lagoa Academico Clube		28:09.29	327					
	100m:	1:42.57	1:42.57	500m:	9:15.17	1:56.44	900m:	16:55.93	1:54.81	1300m:	24:33.17	1:52.53
	200m:	3:32.00	1:49.43	600m:	11:10.97	1:55.80	1000m:	18:50.18	1:54.25	1400m:	26:28.93	1:55.76
	300m:	5:23.38	1:51.38	700m:	13:06.29	1:55.32	1100m:	20:43.53	1:53.35	1500m:	28:09.29	1:40.36
	400m:	7:18.73	1:55.35	800m:	15:01.12	1:54.83	1200m:	22:40.64	1:57.11			
53.	SALVADO, Catarina Pereira		31	Ba-Leiria		28:25.82	259					
	<i>Standard Time</i>											
	100m:	1:52.67	1:52.67	500m:	9:48.53	1:55.81	900m:	17:28.93	1:52.90	1300m:	24:53.75	1:48.91
	200m:	3:53.87	2:01.20	600m:	11:44.64	1:56.11	1000m:	19:20.61	1:51.68	1400m:	26:43.73	1:49.98
	300m:	5:53.51	1:59.64	700m:	13:41.40	1:56.76	1100m:	21:13.21	1:52.60	1500m:	28:25.82	1:42.09
	400m:	7:52.72	1:59.21	800m:	15:36.03	1:54.63	1200m:	23:04.84	1:51.63			
54.	CUNHA, Maria Trigueiros		60	Leixoes Sport Club		28:36.51	499					
	100m:	1:42.21	1:42.21	500m:	9:18.23	1:55.63	900m:	17:08.20	1:58.80	1300m:	24:53.65	1:56.01
	200m:	3:33.32	1:51.11	600m:	11:14.78	1:56.55	1000m:	19:04.59	1:56.39	1400m:	26:47.43	1:53.78
	300m:	5:26.21	1:52.89	700m:	13:11.69	1:56.91	1100m:	21:01.29	1:56.70	1500m:	28:36.51	1:49.08
	400m:	7:22.60	1:56.39	800m:	15:09.40	1:57.71	1200m:	22:57.64	1:56.35			
55.	OLIVEIRA, Maria Teresa		67	Academica de Coimbra		28:37.51	648					
	100m:	1:48.67	1:48.67	500m:	9:29.78	1:55.96	900m:	17:09.85	1:53.85	1300m:	24:50.98	1:56.24
	200m:	3:43.48	1:54.81	600m:	11:24.59	1:54.81	1000m:	19:02.45	1:52.60	1400m:	26:46.83	1:55.85
	300m:	5:38.58	1:55.10	700m:	13:19.94	1:55.35	1100m:	20:59.80	1:57.35	1500m:	28:37.51	1:50.68
	400m:	7:33.82	1:55.24	800m:	15:16.00	1:56.06	1200m:	22:54.74	1:54.94			
56.	LIPCIUC, Cristina Nicoleta		51	Braga		29:27.75	277					
	100m:	1:45.66	1:45.66	500m:	9:39.35	1:59.14	900m:	17:35.96	1:58.92	1300m:	25:34.01	1:59.51
	200m:	3:42.44	1:56.78	600m:	11:37.79	1:58.44	1000m:	19:35.00	1:59.04	1400m:	27:33.64	1:59.63
	300m:	5:41.12	1:58.68	700m:	13:38.06	2:00.27	1100m:	21:34.07	1:59.07	1500m:	29:27.75	1:54.11
	400m:	7:40.21	1:59.09	800m:	15:37.04	1:58.98	1200m:	23:34.50	2:00.43			
57.	PASCOAL, Rita Fernandes		36	CNLeiria		29:41.52	245					
	<i>Standard Time</i>											
	100m:	1:50.05	1:50.05	500m:	9:54.41	2:02.40	900m:	17:54.58	1:59.99	1300m:	25:53.87	1:59.50
	200m:	3:50.18	2:00.13	600m:	11:54.59	2:00.18	1000m:	19:53.76	1:59.18	1400m:	27:54.62	2:00.75
	300m:	5:51.15	2:00.97	700m:	13:54.48	1:59.89	1100m:	21:53.69	1:59.93	1500m:	29:41.52	1:46.90
	400m:	7:52.01	2:00.86	800m:	15:54.59	2:00.11	1200m:	23:54.37	2:00.68			
58.	SILVA, Sofia Margarida		41	Litoral Alentejano		29:46.48	260					
	100m:	1:47.45	1:47.45	500m:	9:30.37	1:56.77	900m:	17:00.99	1:52.97	1300m:	25:18.62	2:15.12
	200m:	3:41.21	1:53.76	600m:	11:23.88	1:53.51	1000m:	18:53.07	1:52.08	1400m:	27:33.34	2:14.72
	300m:	5:37.71	1:56.50	700m:	13:15.82	1:51.94	1100m:	20:47.39	1:54.32	1500m:	29:46.48	2:13.14
	400m:	7:33.60	1:55.89	800m:	15:08.02	1:52.20	1200m:	23:03.50	2:16.11			
59.	MARTINS, Ana Maria		45	Sporting Clube de Aveiro		29:55.73	272					
	<i>Standard Time</i>											
	100m:	1:53.59	1:53.59	500m:	9:56.00	2:01.71	900m:	17:59.91	2:01.06	1300m:	26:05.51	2:01.77
	200m:	3:52.61	1:59.02	600m:	11:57.38	2:01.38	1000m:	20:00.72	2:00.81	1400m:	28:03.87	1:58.36
	300m:	5:52.84	2:00.23	700m:	13:58.11	2:00.73	1100m:	22:02.26	2:01.54	1500m:	29:55.73	1:51.86
	400m:	7:54.29	2:01.45	800m:	15:58.85	2:00.74	1200m:	24:03.74	2:01.48			
60.	SANTOS, Maria Paula		53	Natacao de Valongo		30:09.47	259					
	100m:	1:49.33	1:49.33	500m:	10:04.24	2:03.62	900m:	18:13.39	2:01.62	1300m:	26:14.99	1:57.37
	200m:	3:52.81	2:03.48	600m:	12:09.12	2:04.88	1000m:	20:14.42	2:01.03	1400m:	28:14.48	1:59.49
	300m:	5:56.84	2:04.03	700m:	14:11.08	2:01.96	1100m:	22:16.29	2:01.87	1500m:	30:09.47	1:54.99
	400m:	8:00.62	2:03.78	800m:	16:11.77	2:00.69	1200m:	24:17.62	2:01.33			

Prova 1, Femin., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts	
61.	MALHEIROS, Carmen Silvia		43	Litoral Alentejano		30:18.91	246	
	100m:	1:48.71 1:48.71	500m:	9:47.38 2:02.51	900m:	17:58.87 2:04.17	1300m:	26:16.80 2:05.38
	200m:	3:45.65 1:56.94	600m:	11:49.87 2:02.49	1000m:	20:01.91 2:03.04	1400m:	28:20.74 2:03.94
	300m:	5:44.33 1:58.68	700m:	13:53.23 2:03.36	1100m:	22:05.51 2:03.60	1500m:	30:18.91 1:58.17
	400m:	7:44.87 2:00.54	800m:	15:54.70 2:01.47	1200m:	24:11.42 2:05.91		
62.	COSTA, Ana Isabel		44	Natacao da Maia		30:38.25	238	
	100m:	1:51.12 1:51.12	500m:	10:06.40 2:05.09	900m:	18:18.36 2:03.08	1300m:	26:33.72 2:04.09
	200m:	3:53.02 2:01.90	600m:	12:09.03 2:02.63	1000m:	20:22.86 2:04.50	1400m:	28:37.54 2:03.82
	300m:	5:55.41 2:02.39	700m:	14:11.90 2:02.87	1100m:	22:26.30 2:03.44	1500m:	30:38.25 2:00.71
	400m:	8:01.31 2:05.90	800m:	16:15.28 2:03.38	1200m:	24:29.63 2:03.33		
63.	NETO, Maria Manuela		62	Natacao da Maia		30:39.70	405	
	100m:	1:51.51 1:51.51	500m:	9:58.59 2:03.27	900m:	18:13.02 2:04.33	1300m:	26:34.12 2:04.75
	200m:	3:51.13 1:59.62	600m:	12:02.13 2:03.54	1000m:	20:17.79 2:04.77	1400m:	28:39.00 2:04.88
	300m:	5:51.73 2:00.60	700m:	14:05.33 2:03.20	1100m:	22:23.30 2:05.51	1500m:	30:39.70 2:00.70
	400m:	7:55.32 2:03.59	800m:	16:08.69 2:03.36	1200m:	24:29.37 2:06.07		
64.	CANINAS, Maria Madalena		61	Clube Natacao Masters de Almada		30:45.18	402	
	100m:	1:52.37 1:52.37	500m:	10:08.04 2:05.92	900m:	18:21.60 2:01.40	1300m:	26:38.08 2:03.06
	200m:	3:53.22 2:00.85	600m:	12:13.83 2:05.79	1000m:	20:25.11 2:03.51	1400m:	28:43.13 2:05.05
	300m:	5:57.31 2:04.09	700m:	14:19.62 2:05.79	1100m:	22:29.45 2:04.34	1500m:	30:45.18 2:02.05
	400m:	8:02.12 2:04.81	800m:	16:20.20 2:00.58	1200m:	24:35.02 2:05.57		
65.	CARVALHO, Cristina Rodrigues		51	Natacao da Maia		30:47.86	243	
	100m:	2:02.48 2:02.48	500m:	10:19.73 2:03.44	900m:	18:35.32 2:03.23	1300m:	26:47.13 2:02.93
	200m:	4:08.11 2:05.63	600m:	12:24.44 2:04.71	1000m:	20:37.81 2:02.49	1400m:	28:49.21 2:02.08
	300m:	6:11.78 2:03.67	700m:	14:28.15 2:03.71	1100m:	22:41.53 2:03.72	1500m:	30:47.86 1:58.65
	400m:	8:16.29 2:04.51	800m:	16:32.09 2:03.94	1200m:	24:44.20 2:02.67		
66.	SILVA, Nadia Gama		51	Porto		31:11.36	234	
	<i>Standard Time</i>							
	100m:	1:50.06 1:50.06	500m:	10:04.18 2:04.32	900m:	18:23.49 2:06.19	1300m:	26:59.16 2:09.77
	200m:	3:54.01 2:03.95	600m:	12:05.78 2:01.60	1000m:	20:30.25 2:06.76	1400m:	29:06.85 2:07.69
	300m:	5:57.09 2:03.08	700m:	14:10.75 2:04.97	1100m:	22:38.69 2:08.44	1500m:	31:11.36 2:04.51
	400m:	7:59.86 2:02.77	800m:	16:17.30 2:06.55	1200m:	24:49.39 2:10.70		
67.	SOARES, Susana Maria		54	Natacao de Valongo		31:26.38	228	
	<i>Standard Time</i>							
	100m:	1:54.68 1:54.68	500m:	10:15.77 2:04.89	900m:	18:40.02 2:05.98	1300m:	27:12.24 2:08.91
	200m:	3:57.87 2:03.19	600m:	12:21.44 2:05.67	1000m:	20:46.95 2:06.93	1400m:	29:21.56 2:09.32
	300m:	6:03.25 2:05.38	700m:	14:28.05 2:06.61	1100m:	22:54.97 2:08.02	1500m:	31:26.38 2:04.82
	400m:	8:10.88 2:07.63	800m:	16:34.04 2:05.99	1200m:	25:03.33 2:08.36		
68.	GARCIA, Ana Luisa		54	Leixoes Sport Club		31:38.90	224	
	<i>Standard Time</i>							
	100m:	2:03.28 2:03.28	500m:	10:33.84 2:07.77	900m:	18:59.79 2:05.57	1300m:	27:28.33 2:09.12
	200m:	4:12.37 2:09.09	600m:	12:40.00 2:06.16	1000m:	21:07.27 2:07.48	1400m:	29:34.85 2:06.52
	300m:	6:19.52 2:07.15	700m:	14:48.44 2:08.44	1100m:	23:13.10 2:05.83	1500m:	31:38.90 2:04.05
	400m:	8:26.07 2:06.55	800m:	16:54.22 2:05.78	1200m:	25:19.21 2:06.11		
69.	MATIAS, Claudia Maria		52	Lagoa Academico Clube		31:44.94	221	
	<i>Standard Time</i>							
	100m:	1:52.00 1:52.00	500m:	10:22.14 2:07.75	900m:	18:51.58 2:07.30	1300m:	27:33.13 2:10.88
	200m:	3:57.87 2:05.87	600m:	12:30.46 2:08.32	1000m:	21:00.62 2:09.04	1400m:	29:45.64 2:12.51
	300m:	6:06.88 2:09.01	700m:	14:36.68 2:06.22	1100m:	23:10.47 2:09.85	1500m:	31:44.94 1:59.30
	400m:	8:14.39 2:07.51	800m:	16:44.28 2:07.60	1200m:	25:22.25 2:11.78		

Prova 1, Femin., 1500m Livres, Master

Lugar	Idade		Tempo final		Pts
70. CAEIRO, Ana Maria	65	Grupo dos Amigos da Natacao-AC	31:55.00	467	
100m: 1:58.27 1:58.27	500m: 10:29.33 2:07.76	900m: 19:02.97 2:08.16	1300m: 27:41.85 2:10.84		
200m: 4:05.26 2:06.99	600m: 12:37.45 2:08.12	1000m: 21:12.06 2:09.09	1400m: 29:51.60 2:09.75		
300m: 6:13.14 2:07.88	700m: 14:46.28 2:08.83	1100m: 23:21.23 2:09.17	1500m: 31:55.00 2:03.40		
400m: 8:21.57 2:08.43	800m: 16:54.81 2:08.53	1200m: 25:31.01 2:09.78			
71. LEITAO, Paula Nobre	50	Asc	31:56.12	218	
<i>Standard Time</i>					
100m: 1:56.54 1:56.54	500m: 10:26.15 2:07.12	900m: 19:02.56 2:11.13	1300m: 27:42.06 2:09.71		
200m: 4:02.23 2:05.69	600m: 12:33.63 2:07.48	1000m: 21:12.51 2:09.95	1400m: 29:50.91 2:08.85		
300m: 6:10.66 2:08.43	700m: 14:42.35 2:08.72	1100m: 23:21.58 2:09.07	1500m: 31:56.12 2:05.21		
400m: 8:19.03 2:08.37	800m: 16:51.43 2:09.08	1200m: 25:32.35 2:10.77			
72. COSTA, Ana Isabel	49	Lagoa Academico Clube	31:58.14	223	
<i>Standard Time</i>					
100m: 1:51.76 1:51.76	500m: 10:21.47 2:07.24	900m: 18:50.93 2:07.63	1300m: 27:33.48 2:11.91		
200m: 3:57.87 2:06.11	600m: 12:28.91 2:07.44	1000m: 20:59.90 2:08.97	1400m: 29:46.25 2:12.77		
300m: 6:07.40 2:09.53	700m: 14:35.84 2:06.93	1100m: 23:09.96 2:10.06	1500m: 31:58.14 2:11.89		
400m: 8:14.23 2:06.83	800m: 16:43.30 2:07.46	1200m: 25:21.57 2:11.61			
73. CASTRO, Eliana Marta	54	Sporting Clube de Aveiro	32:11.64	212	
<i>Standard Time</i>					
100m: 2:00.86 2:00.86	500m: 10:38.41 2:09.55	900m: 19:20.65 2:10.00	1300m: 28:03.93 2:10.49		
200m: 4:08.85 2:07.99	600m: 12:48.57 2:10.16	1000m: 21:33.16 2:12.51	1400m: 30:12.05 2:08.12		
300m: 6:17.99 2:09.14	700m: 15:00.02 2:11.45	1100m: 23:44.15 2:10.99	1500m: 32:11.64 1:59.59		
400m: 8:28.86 2:10.87	800m: 17:10.65 2:10.63	1200m: 25:53.44 2:09.29			
74. MACEDO, Ines Mendonca	40	Natacao da Maia	32:14.12	205	
<i>Standard Time</i>					
100m: 1:58.66 1:58.66	500m: 10:40.29 2:10.01	900m: 19:25.77 2:08.35	1300m: 28:02.16 2:11.65		
200m: 4:06.81 2:08.15	600m: 12:53.40 2:13.11	1000m: 21:33.83 2:08.06	1400m: 30:13.72 2:11.56		
300m: 6:19.07 2:12.26	700m: 15:05.72 2:12.32	1100m: 23:38.85 2:05.02	1500m: 32:14.12 2:00.40		
400m: 8:30.28 2:11.21	800m: 17:17.42 2:11.70	1200m: 25:50.51 2:11.66			
75. REIS, Catarina Almeida	44	Sporting Clube de Aveiro	32:58.37	191	
<i>Standard Time</i>					
100m: 2:00.37 2:00.37	500m: 10:51.25 2:13.97	900m: 19:50.36 2:15.10	1300m: 28:41.73 2:13.86		
200m: 4:09.09 2:08.72	600m: 13:06.05 2:14.80	1000m: 22:03.36 2:13.00	1400m: 30:53.57 2:11.84		
300m: 6:22.14 2:13.05	700m: 15:19.04 2:12.99	1100m: 24:16.29 2:12.93	1500m: 32:58.37 2:04.80		
400m: 8:37.28 2:15.14	800m: 17:35.26 2:16.22	1200m: 26:27.87 2:11.58			
76. OLIVEIRA, Cristina Maria	64	Natacao de Valongo	33:14.93	318	
100m: 1:55.25 1:55.25	500m: 10:48.62 2:14.94	900m: 19:47.51 2:12.46	1300m: 28:48.75 2:16.43		
200m: 4:05.59 2:10.34	600m: 13:03.40 2:14.78	1000m: 22:01.70 2:14.19	1400m: 31:04.88 2:16.13		
300m: 6:19.28 2:13.69	700m: 15:20.14 2:16.74	1100m: 24:16.98 2:15.28	1500m: 33:14.93 2:10.05		
400m: 8:33.68 2:14.40	800m: 17:35.05 2:14.91	1200m: 26:32.32 2:15.34			
77. CORRAO, Daniela Pereira	25	CNLeiria	33:32.99	170	
<i>Standard Time</i>					
100m: 1:54.34 1:54.34	500m: 10:38.88 2:09.81	900m: 19:47.07 2:15.27	1300m: 29:04.24 2:18.11		
200m: 3:52.21 1:57.87	600m: 13:00.06 2:21.18	1000m: 22:10.37 2:23.30	1400m: 31:24.36 2:20.12		
300m: 6:07.91 2:15.70	700m: 15:09.77 2:09.71	1100m: 24:20.65 2:10.28	1500m: 33:32.99 2:08.63		
400m: 8:29.07 2:21.16	800m: 17:31.80 2:22.03	1200m: 26:46.13 2:25.48			
78. MARTINS, Delfina Maria	58	Ginásio Sto. Tirso	34:15.89	191	
100m: 2:04.78 2:04.78	500m: 11:14.36 2:17.79	900m: 20:25.03 2:16.96	1300m: 29:42.00 2:18.58		
200m: 4:19.66 2:14.88	600m: 13:32.27 2:17.91	1000m: 22:44.85 2:19.82	1400m: 32:01.47 2:19.47		
300m: 6:37.81 2:18.15	700m: 15:50.86 2:18.59	1100m: 25:04.34 2:19.49	1500m: 34:15.89 2:14.42		
400m: 8:56.57 2:18.76	800m: 18:08.07 2:17.21	1200m: 27:23.42 2:19.08			

Prova 1, Femin., 1500m Livres, Master

Lugar	Nome	Idade	Local	Tempo final	Pts
79.	HENRIQUES, Luisa Margarida	50	Alges e Agueda XXI	34:29.65	173
	<i>Standard Time</i>				
	100m: 2:11.09 2:11.09	500m: 11:22.53 2:20.56	900m: 20:40.99 2:19.29	1300m: 29:52.17 2:18.37	
	200m: 4:26.15 2:15.06	600m: 13:42.07 2:19.54	1000m: 22:59.62 2:18.63	1400m: 32:07.19 2:15.02	
	300m: 6:43.52 2:17.37	700m: 16:01.57 2:19.50	1100m: 25:17.45 2:17.83	1500m: 34:29.65 2:22.46	
	400m: 9:01.97 2:18.45	800m: 18:21.70 2:20.13	1200m: 27:33.80 2:16.35		
80.	COSTA, Rosa Leitao	59	Foca	36:32.83	157
	<i>Standard Time</i>				
	100m: 2:08.37 2:08.37	500m: 11:53.86 2:26.41	900m: 21:44.09 2:28.76	1300m: 31:39.11 2:28.11	
	200m: 4:31.20 2:22.83	600m: 14:20.54 2:26.68	1000m: 24:13.49 2:29.40	1400m: 34:07.70 2:28.59	
	300m: 6:59.18 2:27.98	700m: 16:48.17 2:27.63	1100m: 26:42.78 2:29.29	1500m: 36:32.83 2:25.13	
	400m: 9:27.45 2:28.27	800m: 19:15.33 2:27.16	1200m: 29:11.00 2:28.22		
81.	MARIA, Cidalia Conceicao	60	CNLeiria	50:13.31	92
	<i>Standard Time</i>				
	100m: 2:51.71 2:51.71	500m: 16:37.81 3:20.71	900m: 30:10.18 3:22.87	1300m: 43:34.65 3:21.53	
	200m: 6:17.80 3:26.09	600m: 20:00.03 3:22.22	1000m: 33:31.16 3:20.98	1400m: 46:56.18 3:21.53	
	300m: 9:47.49 3:29.69	700m: 23:23.45 3:23.42	1100m: 36:51.01 3:19.85	1500m: 50:13.31 3:17.13	
	400m: 13:17.10 3:29.61	800m: 26:47.31 3:23.86	1200m: 40:13.12 3:22.11		
DSQ	URBANO, Maria Margarida	61	Academica de Coimbra		
	102 - O(a) atleta não completou o percurso - SW 10.2				