

Prova 1 Open
04/04/2024 - 17:00 Resultados

Rec Nac Open	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Jun 17	16:20.80	HOLUB, Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun 16	16:43.22	HOLUB, Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015
Rec Nac Juv A	16:54.60	HOLUB, Tamila Hryhorivna	POR	Dordrecht (NED)	11/07/2014
Rec Nac Juv B	17:34.28	VELOSO, Maria Miguel	CNAC	Coimbra	08/07/2007

CEJun_Fem 14 - 18: 17:14.78 / CEPL : 16:28.47 / JO : 16:09.09

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
Juvenis B								
1.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	18:16.49	+0,89	591	
	100m: 1:07.84 1:07.84	500m: 5:56.89 1:13.06	900m: 10:51.35 1:14.76	1300m: 15:49.30 1:14.71	200m: 2:19.36 1:11.52	600m: 7:10.04 1:13.15	1000m: 12:05.78 1:14.43	1400m: 17:03.11 1:13.81
	300m: 3:31.70 1:12.34	700m: 8:23.26 1:13.22	1100m: 13:20.09 1:14.31	1500m: 18:16.49 1:13.38	400m: 4:43.83 1:12.13	800m: 9:36.59 1:13.33	1200m: 14:34.59 1:14.50	
2.	MARQUES, Ana Jose	10	POR	Braga	19:04.24	+0,84	520	
	100m: 1:10.28 1:10.28	500m: 6:12.84 1:15.93	900m: 11:19.34 1:16.87	1300m: 16:30.14 1:17.77	200m: 2:25.29 1:15.01	600m: 7:29.61 1:16.77	1000m: 12:37.27 1:17.93	1400m: 17:48.23 1:18.09
	300m: 3:40.77 1:15.48	700m: 8:46.07 1:16.46	1100m: 13:54.46 1:17.19	1500m: 19:04.24 1:16.01	400m: 4:56.91 1:16.14	800m: 10:02.47 1:16.40	1200m: 15:12.37 1:17.91	
3.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	19:08.90	+0,98	514	
	100m: 1:10.46 1:10.46	500m: 6:17.34 1:16.80	900m: 11:23.30 1:17.83	1300m: 16:37.64 1:18.03	200m: 2:26.73 1:16.27	600m: 7:33.51 1:16.17	1000m: 12:41.99 1:18.69	1400m: 17:56.40 1:18.76
	300m: 3:43.78 1:17.05	700m: 8:49.30 1:15.79	1100m: 14:00.90 1:18.91	1500m: 19:08.90 1:12.50	400m: 5:00.54 1:16.76	800m: 10:05.47 1:16.17	1200m: 15:19.61 1:18.71	
4.	PAIVA, Leonor Antunes	10	POR	Nautico Academico	19:24.76	+0,60	493	
	100m: 1:13.36 1:13.36	500m: 6:26.47 1:18.23	900m: 11:40.03 1:17.99	1300m: 16:52.22 1:16.89	200m: 2:32.00 1:18.64	600m: 7:45.06 1:18.59	1000m: 12:58.33 1:18.30	1400m: 18:09.49 1:17.27
	300m: 3:50.11 1:18.11	700m: 9:03.79 1:18.73	1100m: 14:17.06 1:18.73	1500m: 19:24.76 1:15.27	400m: 5:08.24 1:18.13	800m: 10:22.04 1:18.25	1200m: 15:35.33 1:18.27	
5.	NOGUEIRA, Ana Laura	10	POR	Braga	19:37.46	+0,77	477	
	100m: 1:13.10 1:13.10	500m: 6:26.92 1:18.31	900m: 11:43.46 1:19.15	1300m: 17:01.68 1:19.14	200m: 2:31.39 1:18.29	600m: 7:45.80 1:18.88	1000m: 13:03.02 1:19.56	1400m: 18:21.15 1:19.47
	300m: 3:49.98 1:18.59	700m: 9:04.87 1:19.07	1100m: 14:22.66 1:19.64	1500m: 19:37.46 1:16.31	400m: 5:08.61 1:18.63	800m: 10:24.31 1:19.44	1200m: 15:42.54 1:19.88	
6.	COSTA, Sofia Rodrigues	10	POR	Porto	19:52.46	+0,91	459	
	100m: 1:13.90 1:13.90	500m: 6:32.53 1:20.01	900m: 11:51.63 1:19.57	1300m: 17:11.50 1:19.82	200m: 2:33.03 1:19.13	600m: 7:52.62 1:20.09	1000m: 13:11.55 1:19.92	1400m: 18:31.97 1:20.47
	300m: 3:52.53 1:19.50	700m: 9:13.22 1:20.60	1100m: 14:31.81 1:20.26	1500m: 19:52.46 1:20.49	400m: 5:12.52 1:19.99	800m: 10:32.06 1:18.84	1200m: 15:51.68 1:19.87	
7.	MENDES, Bianca Balbino	10	POR	Naval de Peniche	19:55.89	+0,76	456	
	100m: 1:13.73 1:13.73	500m: 6:33.30 1:20.71	900m: 11:52.54 1:18.91	1300m: 17:15.45 1:20.86	200m: 2:33.04 1:19.31	600m: 7:53.14 1:19.84	1000m: 13:12.60 1:20.06	1400m: 18:36.28 1:20.83
	300m: 3:53.22 1:20.18	700m: 9:13.11 1:19.97	1100m: 14:33.39 1:20.79	1500m: 19:55.89 1:19.61	400m: 5:12.59 1:19.37	800m: 10:33.63 1:20.52	1200m: 15:54.59 1:21.20	
8.	FERNANDES, Marta Silva	10	POR	Porto	20:23.15	+0,87	426	
	100m: 1:16.68 1:16.68	500m: 6:41.41 1:21.61	900m: 12:07.24 1:22.80	1300m: 17:37.91 1:23.32	200m: 2:37.22 1:20.54	600m: 8:02.60 1:21.19	1000m: 13:29.31 1:22.07	1400m: 19:01.88 1:23.97
	300m: 3:58.18 1:20.96	700m: 9:23.12 1:20.52	1100m: 14:52.36 1:23.05	1500m: 20:23.15 1:21.27	400m: 5:19.80 1:21.62	800m: 10:44.44 1:21.32	1200m: 16:14.59 1:22.23	

Prova 1, Femin., 1500m Livres

Juvenis A

1. CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	17:59.24	+0,76	620	
100m: 1:06.42	1:06.42	500m: 5:50.80	1:11.98	900m: 10:41.06	1:12.29	1300m: 15:34.42	1:13.30
200m: 2:16.13	1:09.71	600m: 7:03.00	1:12.20	1000m: 11:53.81	1:12.75	1400m: 16:48.80	1:14.38
300m: 3:27.63	1:11.50	700m: 8:15.84	1:12.84	1100m: 13:07.66	1:13.85	1500m: 17:59.24	1:10.44
400m: 4:38.82	1:11.19	800m: 9:28.77	1:12.93	1200m: 14:21.12	1:13.46		
2. MOREIRA, Madalena Valente	09	POR	Colegio Efanor	18:57.86	+0,70	529	
100m: 1:09.83	1:09.83	500m: 6:14.38	1:16.02	900m: 11:20.44	1:14.87	1300m: 16:26.06	1:16.17
200m: 2:25.37	1:15.54	600m: 7:31.51	1:17.13	1000m: 12:36.55	1:16.11	1400m: 17:43.70	1:17.64
300m: 3:41.61	1:16.24	700m: 8:48.78	1:17.27	1100m: 13:52.97	1:16.42	1500m: 18:57.86	1:14.16
400m: 4:58.36	1:16.75	800m: 10:05.57	1:16.79	1200m: 15:09.89	1:16.92		
3. PINTO, Maria Carvalho	09	POR	Viana Natacao	19:16.01	+0,90	504	
100m: 1:08.21	1:08.21	500m: 6:11.57	1:17.40	900m: 11:21.37	1:17.46	1300m: 16:37.41	1:19.95
200m: 2:22.13	1:13.92	600m: 7:28.89	1:17.32	1000m: 12:39.57	1:18.20	1400m: 17:56.98	1:19.57
300m: 3:37.87	1:15.74	700m: 8:46.35	1:17.46	1100m: 13:58.50	1:18.93	1500m: 19:16.01	1:19.03
400m: 4:54.17	1:16.30	800m: 10:03.91	1:17.56	1200m: 15:17.46	1:18.96		
4. MARTINS, Carolina Correia	09	POR	Porto	19:22.62	+0,61	496	
100m: 1:12.27	1:12.27	500m: 6:18.01	1:16.73	900m: 11:28.35	1:17.99	1300m: 16:43.34	1:18.75
200m: 2:27.62	1:15.35	600m: 7:35.22	1:17.21	1000m: 12:47.18	1:18.83	1400m: 18:02.64	1:19.30
300m: 3:44.16	1:16.54	700m: 8:52.76	1:17.54	1100m: 14:06.18	1:19.00	1500m: 19:22.62	1:19.98
400m: 5:01.28	1:17.12	800m: 10:10.36	1:17.60	1200m: 15:24.59	1:18.41		
5. UVA, Sofia Monteiro	09	POR	Alges	19:28.73	+0,67	488	
100m: 1:12.29	1:12.29	500m: 6:22.55	1:16.87	900m: 11:35.85	1:18.69	1300m: 16:52.22	1:19.64
200m: 2:31.10	1:18.81	600m: 7:40.84	1:18.29	1000m: 12:54.73	1:18.88	1400m: 18:09.62	1:17.40
300m: 3:49.56	1:18.46	700m: 8:59.13	1:18.29	1100m: 14:13.32	1:18.59	1500m: 19:28.73	1:19.11
400m: 5:05.68	1:16.12	800m: 10:17.16	1:18.03	1200m: 15:32.58	1:19.26		
6. FARIA, Ines Maria	09	POR	Porto	19:37.56	+0,66	477	
100m: 1:12.25	1:12.25	500m: 6:24.45	1:17.74	900m: 11:38.74	1:18.95	1300m: 17:00.74	1:20.37
200m: 2:30.18	1:17.93	600m: 7:42.33	1:17.88	1000m: 12:58.74	1:20.00	1400m: 18:20.19	1:19.45
300m: 3:49.24	1:19.06	700m: 9:00.86	1:18.53	1100m: 14:19.58	1:20.84	1500m: 19:37.56	1:17.37
400m: 5:06.71	1:17.47	800m: 10:19.79	1:18.93	1200m: 15:40.37	1:20.79		
7. NUNES, Francisca Ramos	09	POR	Naval de Peniche	19:42.57	+0,78	471	
100m: 1:11.43	1:11.43	500m: 6:29.41	1:20.16	900m: 11:49.39	1:19.99	1300m: 17:08.90	1:19.92
200m: 2:29.67	1:18.24	600m: 7:49.05	1:19.64	1000m: 13:08.63	1:19.24	1400m: 18:27.24	1:18.34
300m: 3:48.68	1:19.01	700m: 9:09.64	1:20.59	1100m: 14:29.08	1:20.45	1500m: 19:42.57	1:15.33
400m: 5:09.25	1:20.57	800m: 10:29.40	1:19.76	1200m: 15:48.98	1:19.90		
8. SANTOS, Mariana Silva	09	POR	Porto	19:49.38	+0,71	463	
100m: 1:12.77	1:12.77	500m: 6:27.71	1:19.46	900m: 11:49.33	1:20.73	1300m: 17:09.30	1:20.45
200m: 2:30.97	1:18.20	600m: 7:47.26	1:19.55	1000m: 13:09.09	1:19.76	1400m: 18:30.01	1:20.71
300m: 3:48.99	1:18.02	700m: 9:07.58	1:20.32	1100m: 14:28.63	1:19.54	1500m: 19:49.38	1:19.37
400m: 5:08.25	1:19.26	800m: 10:28.60	1:21.02	1200m: 15:48.85	1:20.22		
9. CRUZ, Constanca Lopes	09	POR	Colegio Int Monte Maior	19:53.11	+0,84	459	
100m: 1:14.48	1:14.48	500m: 6:29.62	1:19.37	900m: 11:49.15	1:20.91	1300m: 17:13.50	1:20.86
200m: 2:32.57	1:18.09	600m: 7:48.51	1:18.89	1000m: 13:10.17	1:21.02	1400m: 18:34.47	1:20.97
300m: 3:51.63	1:19.06	700m: 9:08.79	1:20.28	1100m: 14:31.07	1:20.90	1500m: 19:53.11	1:18.64
400m: 5:10.25	1:18.62	800m: 10:28.24	1:19.45	1200m: 15:52.64	1:21.57		
10. MORAIS, Laura Prates	09	POR	BUZIOS - Coruche	20:18.53		431	
100m: 1:14.39	1:14.39	500m: 6:36.63	1:21.06	900m: 12:05.57	1:22.63	1300m: 17:37.42	1:22.99
200m: 2:34.46	1:20.07	600m: 7:58.46	1:21.83	1000m: 13:27.92	1:22.35	1400m: 18:59.31	1:21.89
300m: 3:54.63	1:20.17	700m: 9:20.73	1:22.27	1100m: 14:51.02	1:23.10	1500m: 20:18.53	1:19.22
400m: 5:15.57	1:20.94	800m: 10:42.94	1:22.21	1200m: 16:14.43	1:23.41		

Prova 1, Femin., 1500m Livres, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
11.	LIMA, Beatriz Ribeiro	09	POR	Gesloures	20:33.20	+0,82	415
	100m: 1:14.75 1:14.75	500m: 6:40.93	1:22.38	900m: 12:10.38	1:23.26	1300m: 17:48.01	1:24.15
	200m: 2:35.12 1:20.37	600m: 8:02.57	1:21.64	1000m: 13:34.45	1:24.07	1400m: 19:12.39	1:24.38
	300m: 3:56.99 1:21.87	700m: 9:24.12	1:21.55	1100m: 14:59.23	1:24.78	1500m: 20:33.20	1:20.81
	400m: 5:18.55 1:21.56	800m: 10:47.12	1:23.00	1200m: 16:23.86	1:24.63		
12.	JESUS, Margarida Santos	09	POR	Olhao	21:39.80	+0,84	355
	100m: 1:16.67 1:16.67	500m: 6:48.17	1:26.38	900m: 12:44.62	1:30.11	1300m: 18:45.57	1:30.39
	200m: 2:37.45 1:20.78	600m: 8:16.33	1:28.16	1000m: 14:14.47	1:29.85	1400m: 20:14.12	1:28.55
	300m: 3:59.17 1:21.72	700m: 9:45.33	1:29.00	1100m: 15:44.82	1:30.35	1500m: 21:39.80	1:25.68
	400m: 5:21.79 1:22.62	800m: 11:14.51	1:29.18	1200m: 17:15.18	1:30.36		

Juniores

1.	AGUILAR, Marta Andre	07	POR	Nautico Academico	18:32.61	+0,78	566
	100m: 1:09.43 1:09.43	500m: 6:04.71	1:14.26	900m: 11:00.52	1:14.01	1300m: 16:03.71	1:15.96
	200m: 2:23.52 1:14.09	600m: 7:19.15	1:14.44	1000m: 12:15.75	1:15.23	1400m: 17:19.43	1:15.72
	300m: 3:36.96 1:13.44	700m: 8:33.15	1:14.00	1100m: 13:31.17	1:15.42	1500m: 18:32.61	1:13.18
	400m: 4:50.45 1:13.49	800m: 9:46.51	1:13.36	1200m: 14:47.75	1:16.58		
2.	SANTOS, Leonor Castanho	07	POR	Sporting	18:36.88	+0,88	559
	100m: 1:08.76 1:08.76	500m: 6:02.92	1:14.30	900m: 11:03.72	1:14.99	1300m: 16:06.72	1:16.32
	200m: 2:21.78 1:13.02	600m: 7:17.77	1:14.85	1000m: 12:19.08	1:15.36	1400m: 17:23.01	1:16.29
	300m: 3:34.94 1:13.16	700m: 8:33.30	1:15.53	1100m: 13:34.59	1:15.51	1500m: 18:36.88	1:13.87
	400m: 4:48.62 1:13.68	800m: 9:48.73	1:15.43	1200m: 14:50.40	1:15.81		
3.	VIANA, Matilde Violante	07	POR	CNLeiria	18:43.34	+0,83	550
	100m: 1:08.66 1:08.66	500m: 6:07.84	1:15.60	900m: 11:11.61	1:16.71	1300m: 16:15.73	1:15.07
	200m: 2:22.65 1:13.99	600m: 7:22.81	1:14.97	1000m: 12:27.94	1:16.33	1400m: 17:30.31	1:14.58
	300m: 3:37.16 1:14.51	700m: 8:38.58	1:15.77	1100m: 13:44.66	1:16.72	1500m: 18:43.34	1:13.03
	400m: 4:52.24 1:15.08	800m: 9:54.90	1:16.32	1200m: 15:00.66	1:16.00		
4.	ALVES, Sara Sofia	07	POR	Palmela Desporto	18:44.04	+0,86	549
	100m: 1:08.78 1:08.78	500m: 6:05.29	1:14.98	900m: 11:06.98	1:16.06	1300m: 16:14.94	1:17.11
	200m: 2:22.35 1:13.57	600m: 7:20.03	1:14.74	1000m: 12:23.62	1:16.64	1400m: 17:30.70	1:15.76
	300m: 3:36.17 1:13.82	700m: 8:35.22	1:15.19	1100m: 13:40.67	1:17.05	1500m: 18:44.04	1:13.34
	400m: 4:50.31 1:14.14	800m: 9:50.92	1:15.70	1200m: 14:57.83	1:17.16		
5.	MACEDO, Alice Mendes	08	POR	Associacao Estamos Juntos	18:50.65	+0,93	539
	100m: 1:09.52 1:09.52	500m: 6:12.93	1:16.26	900m: 11:15.44	1:14.22	1300m: 16:19.75	1:16.52
	200m: 2:23.90 1:14.38	600m: 7:29.33	1:16.40	1000m: 12:30.79	1:15.35	1400m: 17:35.86	1:16.11
	300m: 3:40.19 1:16.29	700m: 8:45.65	1:16.32	1100m: 13:46.58	1:15.79	1500m: 18:50.65	1:14.79
	400m: 4:56.67 1:16.48	800m: 10:01.22	1:15.57	1200m: 15:03.23	1:16.65		
6.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	19:08.19	+0,88	515
	100m: 1:10.33 1:10.33	500m: 6:14.64	1:16.32	900m: 11:21.67	1:16.28	1300m: 16:34.00	1:19.22
	200m: 2:25.58 1:15.25	600m: 7:31.48	1:16.84	1000m: 12:38.83	1:17.16	1400m: 17:52.48	1:18.48
	300m: 3:41.68 1:16.10	700m: 8:48.47	1:16.99	1100m: 13:56.76	1:17.93	1500m: 19:08.19	1:15.71
	400m: 4:58.32 1:16.64	800m: 10:05.39	1:16.92	1200m: 15:14.78	1:18.02		
7.	ALMEIDA, Bianca Filipa	07	POR	Alges e Agueda XXI	19:09.84	+0,59	513
	100m: 1:08.81 1:08.81	500m: 6:09.49	1:16.20	900m: 11:17.77	1:16.88	1300m: 16:33.85	1:18.90
	200m: 2:22.66 1:13.85	600m: 7:26.29	1:16.80	1000m: 12:35.89	1:18.12	1400m: 17:52.73	1:18.88
	300m: 3:37.49 1:14.83	700m: 8:43.51	1:17.22	1100m: 13:55.47	1:19.58	1500m: 19:09.84	1:17.11
	400m: 4:53.29 1:15.80	800m: 10:00.89	1:17.38	1200m: 15:14.95	1:19.48		

Prova 1, Femin., 1500m Livres, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
8.	CARVALHO, Sofia Alexandra	07	POR	Fluvial Portuense	20:18.37	+0,78	431	
	100m: 1:09.28	1:09.28	500m: 6:27.77	1:21.45	900m: 11:59.37	1:23.66	1300m: 17:34.20	1:23.98
	200m: 2:25.39	1:16.11	600m: 7:49.31	1:21.54	1000m: 13:22.94	1:23.57	1400m: 18:57.16	1:22.96
	300m: 3:44.80	1:19.41	700m: 9:12.70	1:23.39	1100m: 14:46.55	1:23.61	1500m: 20:18.37	1:21.21
	400m: 5:06.32	1:21.52	800m: 10:35.71	1:23.01	1200m: 16:10.22	1:23.67		

OPEN

1.	OTERO FERNANDEZ, Paula	04	ESP	Spain	16:23.08	+0,79	820	
	<i>Mínimos Camp da Europa de PL 2024</i>							
	100m: 1:02.55	1:02.55	500m: 5:21.62	1:05.37	900m: 9:44.91	1:06.11	1300m: 14:10.60	1:06.68
	200m: 2:06.62	1:04.07	600m: 6:27.12	1:05.50	1000m: 10:50.96	1:06.05	1400m: 15:17.43	1:06.83
	300m: 3:11.29	1:04.67	700m: 7:32.75	1:05.63	1100m: 11:57.09	1:06.13	1500m: 16:23.08	1:05.65
	400m: 4:16.25	1:04.96	800m: 8:38.80	1:06.05	1200m: 13:03.92	1:06.83		
2.	MARTINEZ GUILLEN, Angela	04	ESP	Spain	16:27.60		809	
	<i>Mínimos Camp da Europa de PL 2024</i>							
	100m: 1:03.18	1:03.18	500m: 5:24.53	1:05.91	900m: 9:48.75	1:06.32	1300m: 14:14.66	1:06.59
	200m: 2:07.87	1:04.69	600m: 6:30.49	1:05.96	1000m: 10:55.11	1:06.36	1400m: 15:21.29	1:06.63
	300m: 3:13.06	1:05.19	700m: 7:36.52	1:06.03	1100m: 12:01.55	1:06.44	1500m: 16:27.60	1:06.31
	400m: 4:18.62	1:05.56	800m: 8:42.43	1:05.91	1200m: 13:08.07	1:06.52		
3.	HOLUB, Tamila Hryhorivna	99	POR	Braga	16:37.75	+0,79	785	
	100m: 1:04.66	1:04.66	500m: 5:30.90	1:06.56	900m: 9:56.85	1:06.05	1300m: 14:24.28	1:07.05
	200m: 2:11.10	1:06.44	600m: 6:37.81	1:06.91	1000m: 11:03.05	1:06.20	1400m: 15:31.54	1:07.26
	300m: 3:17.76	1:06.66	700m: 7:44.54	1:06.73	1100m: 12:09.78	1:06.73	1500m: 16:37.75	1:06.21
	400m: 4:24.34	1:06.58	800m: 8:50.80	1:06.26	1200m: 13:17.23	1:07.45		
4.	DE VALDES ALVAREZ, Maria	98	ESP	Spain	16:41.27	+0,83	776	
	100m: 1:04.29	1:04.29	500m: 5:29.97	1:06.66	900m: 9:56.51	1:06.62	1300m: 14:26.40	1:07.84
	200m: 2:10.60	1:06.31	600m: 6:36.42	1:06.45	1000m: 11:03.89	1:07.38	1400m: 15:34.76	1:08.36
	300m: 3:16.96	1:06.36	700m: 7:43.32	1:06.90	1100m: 12:11.20	1:07.31	1500m: 16:41.27	1:06.51
	400m: 4:23.31	1:06.35	800m: 8:49.89	1:06.57	1200m: 13:18.56	1:07.36		
5.	MENDES, Mariana Amaral	02	POR	Sporting	16:55.62	+0,76	744	
	100m: 1:05.63	1:05.63	500m: 5:36.90	1:07.92	900m: 10:08.64	1:08.08	1300m: 14:41.09	1:08.19
	200m: 2:13.42	1:07.79	600m: 6:44.77	1:07.87	1000m: 11:16.40	1:07.76	1400m: 15:49.28	1:08.19
	300m: 3:21.18	1:07.76	700m: 7:52.74	1:07.97	1100m: 12:24.53	1:08.13	1500m: 16:55.62	1:06.34
	400m: 4:28.98	1:07.80	800m: 9:00.56	1:07.82	1200m: 13:32.90	1:08.37		
6.	DURAES, Diana Margarida	96	POR	Benfica	16:58.16	+0,81	738	
	100m: 1:01.83	1:01.83	500m: 5:23.99	1:06.19	900m: 9:57.75	1:09.98	1300m: 14:38.33	1:10.43
	200m: 2:06.62	1:04.79	600m: 6:30.81	1:06.82	1000m: 11:07.86	1:10.11	1400m: 15:48.57	1:10.24
	300m: 3:12.11	1:05.49	700m: 7:38.63	1:07.82	1100m: 12:17.88	1:10.02	1500m: 16:58.16	1:09.59
	400m: 4:17.80	1:05.69	800m: 8:47.77	1:09.14	1200m: 13:27.90	1:10.02		
7.	CARMONA VILLAPLANA, Mart	05	ESP	Spain	17:11.87	+0,66	709	
	100m: 1:05.82	1:05.82	500m: 5:42.34	1:09.50	900m: 10:18.70	1:08.66	1300m: 14:54.63	1:09.09
	200m: 2:14.72	1:08.90	600m: 6:51.56	1:09.22	1000m: 11:27.34	1:08.64	1400m: 16:04.00	1:09.37
	300m: 3:23.61	1:08.89	700m: 8:00.87	1:09.31	1100m: 12:36.26	1:08.92	1500m: 17:11.87	1:07.87
	400m: 4:32.84	1:09.23	800m: 9:10.04	1:09.17	1200m: 13:45.54	1:09.28		
8.	ANDRE, Angelica Maria	94	POR	Porto	17:14.30	+0,79	704	
	100m: 1:04.86	1:04.86	500m: 5:38.17	1:08.91	900m: 10:16.72	1:09.69	1300m: 14:56.23	1:09.91
	200m: 2:12.89	1:08.03	600m: 6:47.56	1:09.39	1000m: 11:26.64	1:09.92	1400m: 16:06.09	1:09.86
	300m: 3:20.81	1:07.92	700m: 7:57.14	1:09.58	1100m: 12:36.46	1:09.82	1500m: 17:14.30	1:08.21
	400m: 4:29.26	1:08.45	800m: 9:07.03	1:09.89	1200m: 13:46.32	1:09.86		

Prova 1, Femin., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
9.	VIANA, Carolina Pereira	04	POR	Sporting	17:23.01	+0,72	687
	100m: 1:04.98 1:04.98	500m: 5:41.12	1:09.42	900m: 10:21.21	1:10.56	1300m: 15:03.21	1:10.54
	200m: 2:13.43 1:08.45	600m: 6:50.70	1:09.58	1000m: 11:31.61	1:10.40	1400m: 16:13.66	1:10.45
	300m: 3:22.54 1:09.11	700m: 8:00.82	1:10.12	1100m: 12:42.47	1:10.86	1500m: 17:23.01	1:09.35
	400m: 4:31.70 1:09.16	800m: 9:10.65	1:09.83	1200m: 13:52.67	1:10.20		
10.	LOPES, Daniela Magalhaes	05	POR	Famalicao	17:45.41	+0,82	644
	100m: 1:06.62 1:06.62	500m: 5:47.11	1:11.26	900m: 10:33.64	1:11.58	1300m: 15:21.67	1:12.09
	200m: 2:15.64 1:09.02	600m: 6:58.75	1:11.64	1000m: 11:45.52	1:11.88	1400m: 16:34.33	1:12.66
	300m: 3:25.30 1:09.66	700m: 8:10.28	1:11.53	1100m: 12:57.42	1:11.90	1500m: 17:45.41	1:11.08
	400m: 4:35.85 1:10.55	800m: 9:22.06	1:11.78	1200m: 14:09.58	1:12.16		
11.	ARMAS, Maria Ornelas	98	POR	Clube Oriental de Lisboa	17:54.86	+0,91	628
	100m: 1:07.18 1:07.18	500m: 5:52.86	1:11.61	900m: 10:40.67	1:11.68	1300m: 15:29.78	1:12.60
	200m: 2:17.79 1:10.61	600m: 7:04.96	1:12.10	1000m: 11:52.58	1:11.91	1400m: 16:43.08	1:13.30
	300m: 3:29.50 1:11.71	700m: 8:16.92	1:11.96	1100m: 13:04.75	1:12.17	1500m: 17:54.86	1:11.78
	400m: 4:41.25 1:11.75	800m: 9:28.99	1:12.07	1200m: 14:17.18	1:12.43		
12.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	17:59.24	+0,76	620
	100m: 1:06.42 1:06.42	500m: 5:50.80	1:11.98	900m: 10:41.06	1:12.29	1300m: 15:34.42	1:13.30
	200m: 2:16.13 1:09.71	600m: 7:03.00	1:12.20	1000m: 11:53.81	1:12.75	1400m: 16:48.80	1:14.38
	300m: 3:27.63 1:11.50	700m: 8:15.84	1:12.84	1100m: 13:07.66	1:13.85	1500m: 17:59.24	1:10.44
	400m: 4:38.82 1:11.19	800m: 9:28.77	1:12.93	1200m: 14:21.12	1:13.46		
13.	RAMOS, Joana Barbas	06	POR	Gafanha da Encarnacao	18:08.54	+0,80	604
	100m: 1:07.17 1:07.17	500m: 5:54.28	1:12.38	900m: 10:46.87	1:13.61	1300m: 15:41.78	1:13.72
	200m: 2:18.07 1:10.90	600m: 7:07.11	1:12.83	1000m: 12:00.43	1:13.56	1400m: 16:55.57	1:13.79
	300m: 3:30.12 1:12.05	700m: 8:20.13	1:13.02	1100m: 13:13.94	1:13.51	1500m: 18:08.54	1:12.97
	400m: 4:41.90 1:11.78	800m: 9:33.26	1:13.13	1200m: 14:28.06	1:14.12		
14.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	18:16.49	+0,89	591
	100m: 1:07.84 1:07.84	500m: 5:56.89	1:13.06	900m: 10:51.35	1:14.76	1300m: 15:49.30	1:14.71
	200m: 2:19.36 1:11.52	600m: 7:10.04	1:13.15	1000m: 12:05.78	1:14.43	1400m: 17:03.11	1:13.81
	300m: 3:31.70 1:12.34	700m: 8:23.26	1:13.22	1100m: 13:20.09	1:14.31	1500m: 18:16.49	1:13.38
	400m: 4:43.83 1:12.13	800m: 9:36.59	1:13.33	1200m: 14:34.59	1:14.50		
15.	AGUILAR, Marta Andre	07	POR	Nautico Academico	18:32.61	+0,78	566
	100m: 1:09.43 1:09.43	500m: 6:04.71	1:14.26	900m: 11:00.52	1:14.01	1300m: 16:03.71	1:15.96
	200m: 2:23.52 1:14.09	600m: 7:19.15	1:14.44	1000m: 12:15.75	1:15.23	1400m: 17:19.43	1:15.72
	300m: 3:36.96 1:13.44	700m: 8:33.15	1:14.00	1100m: 13:31.17	1:15.42	1500m: 18:32.61	1:13.18
	400m: 4:50.45 1:13.49	800m: 9:46.51	1:13.36	1200m: 14:47.75	1:16.58		
16.	SANTOS, Leonor Castanho	07	POR	Sporting	18:36.88	+0,88	559
	100m: 1:08.76 1:08.76	500m: 6:02.92	1:14.30	900m: 11:03.72	1:14.99	1300m: 16:06.72	1:16.32
	200m: 2:21.78 1:13.02	600m: 7:17.77	1:14.85	1000m: 12:19.08	1:15.36	1400m: 17:23.01	1:16.29
	300m: 3:34.94 1:13.16	700m: 8:33.30	1:15.53	1100m: 13:34.59	1:15.51	1500m: 18:36.88	1:13.87
	400m: 4:48.62 1:13.68	800m: 9:48.73	1:15.43	1200m: 14:50.40	1:15.81		
17.	VIANA, Matilde Violante	07	POR	CNLeiria	18:43.34	+0,83	550
	100m: 1:08.66 1:08.66	500m: 6:07.84	1:15.60	900m: 11:11.61	1:16.71	1300m: 16:15.73	1:15.07
	200m: 2:22.65 1:13.99	600m: 7:22.81	1:14.97	1000m: 12:27.94	1:16.33	1400m: 17:30.31	1:14.58
	300m: 3:37.16 1:14.51	700m: 8:38.58	1:15.77	1100m: 13:44.66	1:16.72	1500m: 18:43.34	1:13.03
	400m: 4:52.24 1:15.08	800m: 9:54.90	1:16.32	1200m: 15:00.66	1:16.00		
18.	ALVES, Sara Sofia	07	POR	Palmela Desporto	18:44.04	+0,86	549
	100m: 1:08.78 1:08.78	500m: 6:05.29	1:14.98	900m: 11:06.98	1:16.06	1300m: 16:14.94	1:17.11
	200m: 2:22.35 1:13.57	600m: 7:20.03	1:14.74	1000m: 12:23.62	1:16.64	1400m: 17:30.70	1:15.76
	300m: 3:36.17 1:13.82	700m: 8:35.22	1:15.19	1100m: 13:40.67	1:17.05	1500m: 18:44.04	1:13.34
	400m: 4:50.31 1:14.14	800m: 9:50.92	1:15.70	1200m: 14:57.83	1:17.16		

Prova 1, Femin., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
19.	MACEDO, Alice Mendes	08	POR	Associacao Estamos Juntos	18:50.65	+0,93	539
	100m: 1:09.52 1:09.52			500m: 6:12.93 1:16.26	900m: 11:15.44 1:14.22	1300m: 16:19.75 1:16.52	
	200m: 2:23.90 1:14.38			600m: 7:29.33 1:16.40	1000m: 12:30.79 1:15.35	1400m: 17:35.86 1:16.11	
	300m: 3:40.19 1:16.29			700m: 8:45.65 1:16.32	1100m: 13:46.58 1:15.79	1500m: 18:50.65 1:14.79	
	400m: 4:56.67 1:16.48			800m: 10:01.22 1:15.57	1200m: 15:03.23 1:16.65		
20.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	18:57.86	+0,70	529
	100m: 1:09.83 1:09.83			500m: 6:14.38 1:16.02	900m: 11:20.44 1:14.87	1300m: 16:26.06 1:16.17	
	200m: 2:25.37 1:15.54			600m: 7:31.51 1:17.13	1000m: 12:36.55 1:16.11	1400m: 17:43.70 1:17.64	
	300m: 3:41.61 1:16.24			700m: 8:48.78 1:17.27	1100m: 13:52.97 1:16.42	1500m: 18:57.86 1:14.16	
	400m: 4:58.36 1:16.75			800m: 10:05.57 1:16.79	1200m: 15:09.89 1:16.92		
21.	MARQUES, Ana Jose	10	POR	Braga	19:04.24	+0,84	520
	100m: 1:10.28 1:10.28			500m: 6:12.84 1:15.93	900m: 11:19.34 1:16.87	1300m: 16:30.14 1:17.77	
	200m: 2:25.29 1:15.01			600m: 7:29.61 1:16.77	1000m: 12:37.27 1:17.93	1400m: 17:48.23 1:18.09	
	300m: 3:40.77 1:15.48			700m: 8:46.07 1:16.46	1100m: 13:54.46 1:17.19	1500m: 19:04.24 1:16.01	
	400m: 4:56.91 1:16.14			800m: 10:02.47 1:16.40	1200m: 15:12.37 1:17.91		
22.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	19:08.19	+0,88	515
	100m: 1:10.33 1:10.33			500m: 6:14.64 1:16.32	900m: 11:21.67 1:16.28	1300m: 16:34.00 1:19.22	
	200m: 2:25.58 1:15.25			600m: 7:31.48 1:16.84	1000m: 12:38.83 1:17.16	1400m: 17:52.48 1:18.48	
	300m: 3:41.68 1:16.10			700m: 8:48.47 1:16.99	1100m: 13:56.76 1:17.93	1500m: 19:08.19 1:15.71	
	400m: 4:58.32 1:16.64			800m: 10:05.39 1:16.92	1200m: 15:14.78 1:18.02		
23.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	19:08.90	+0,98	514
	100m: 1:10.46 1:10.46			500m: 6:17.34 1:16.80	900m: 11:23.30 1:17.83	1300m: 16:37.64 1:18.03	
	200m: 2:26.73 1:16.27			600m: 7:33.51 1:16.17	1000m: 12:41.99 1:18.69	1400m: 17:56.40 1:18.76	
	300m: 3:43.78 1:17.05			700m: 8:49.30 1:15.79	1100m: 14:00.90 1:18.91	1500m: 19:08.90 1:12.50	
	400m: 5:00.54 1:16.76			800m: 10:05.47 1:16.17	1200m: 15:19.61 1:18.71		
24.	ALMEIDA, Bianca Filipa	07	POR	Alges e Agueda XXI	19:09.84	+0,59	513
	100m: 1:08.81 1:08.81			500m: 6:09.49 1:16.20	900m: 11:17.77 1:16.88	1300m: 16:33.85 1:18.90	
	200m: 2:22.66 1:13.85			600m: 7:26.29 1:16.80	1000m: 12:35.89 1:18.12	1400m: 17:52.73 1:18.88	
	300m: 3:37.49 1:14.83			700m: 8:43.51 1:17.22	1100m: 13:55.47 1:19.58	1500m: 19:09.84 1:17.11	
	400m: 4:53.29 1:15.80			800m: 10:00.89 1:17.38	1200m: 15:14.95 1:19.48		
25.	PINTO, Maria Carvalho	09	POR	Viana Natacao	19:16.01	+0,90	504
	100m: 1:08.21 1:08.21			500m: 6:11.57 1:17.40	900m: 11:21.37 1:17.46	1300m: 16:37.41 1:19.95	
	200m: 2:22.13 1:13.92			600m: 7:28.89 1:17.32	1000m: 12:39.57 1:18.20	1400m: 17:56.98 1:19.57	
	300m: 3:37.87 1:15.74			700m: 8:46.35 1:17.46	1100m: 13:58.50 1:18.93	1500m: 19:16.01 1:19.03	
	400m: 4:54.17 1:16.30			800m: 10:03.91 1:17.56	1200m: 15:17.46 1:18.96		
26.	MARTINS, Carolina Correia	09	POR	Porto	19:22.62	+0,61	496
	100m: 1:12.27 1:12.27			500m: 6:18.01 1:16.73	900m: 11:28.35 1:17.99	1300m: 16:43.34 1:18.75	
	200m: 2:27.62 1:15.35			600m: 7:35.22 1:17.21	1000m: 12:47.18 1:18.83	1400m: 18:02.64 1:19.30	
	300m: 3:44.16 1:16.54			700m: 8:52.76 1:17.54	1100m: 14:06.18 1:19.00	1500m: 19:22.62 1:19.98	
	400m: 5:01.28 1:17.12			800m: 10:10.36 1:17.60	1200m: 15:24.59 1:18.41		
27.	PAIVA, Leonor Antunes	10	POR	Nautico Academico	19:24.76	+0,60	493
	100m: 1:13.36 1:13.36			500m: 6:26.47 1:18.23	900m: 11:40.03 1:17.99	1300m: 16:52.22 1:16.89	
	200m: 2:32.00 1:18.64			600m: 7:45.06 1:18.59	1000m: 12:58.33 1:18.30	1400m: 18:09.49 1:17.27	
	300m: 3:50.11 1:18.11			700m: 9:03.79 1:18.73	1100m: 14:17.06 1:18.73	1500m: 19:24.76 1:15.27	
	400m: 5:08.24 1:18.13			800m: 10:22.04 1:18.25	1200m: 15:35.33 1:18.27		
28.	UVA, Sofia Monteiro	09	POR	Alges	19:28.73	+0,67	488
	100m: 1:12.29 1:12.29			500m: 6:22.55 1:16.87	900m: 11:35.85 1:18.69	1300m: 16:52.22 1:19.64	
	200m: 2:31.10 1:18.81			600m: 7:40.84 1:18.29	1000m: 12:54.73 1:18.88	1400m: 18:09.62 1:17.40	
	300m: 3:49.56 1:18.46			700m: 8:59.13 1:18.29	1100m: 14:13.32 1:18.59	1500m: 19:28.73 1:19.11	
	400m: 5:05.68 1:16.12			800m: 10:17.16 1:18.03	1200m: 15:32.58 1:19.26		

Prova 1, Femin., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
29.	NOGUEIRA, Ana Laura	10	POR	Braga	19:37.46	+0,77	477
	100m: 1:13.10 1:13.10	500m: 6:26.92 1:18.31	900m: 11:43.46 1:19.15	1300m: 17:01.68 1:19.14			
	200m: 2:31.39 1:18.29	600m: 7:45.80 1:18.88	1000m: 13:03.02 1:19.56	1400m: 18:21.15 1:19.47			
	300m: 3:49.98 1:18.59	700m: 9:04.87 1:19.07	1100m: 14:22.66 1:19.64	1500m: 19:37.46 1:16.31			
	400m: 5:08.61 1:18.63	800m: 10:24.31 1:19.44	1200m: 15:42.54 1:19.88				
30.	FARIA, Ines Maria	09	POR	Porto	19:37.56	+0,66	477
	100m: 1:12.25 1:12.25	500m: 6:24.45 1:17.74	900m: 11:38.74 1:18.95	1300m: 17:00.74 1:20.37			
	200m: 2:30.18 1:17.93	600m: 7:42.33 1:17.88	1000m: 12:58.74 1:20.00	1400m: 18:20.19 1:19.45			
	300m: 3:49.24 1:19.06	700m: 9:00.86 1:18.53	1100m: 14:19.58 1:20.84	1500m: 19:37.56 1:17.37			
	400m: 5:06.71 1:17.47	800m: 10:19.79 1:18.93	1200m: 15:40.37 1:20.79				
31.	NUNES, Francisca Ramos	09	POR	Naval de Peniche	19:42.57	+0,78	471
	100m: 1:11.43 1:11.43	500m: 6:29.41 1:20.16	900m: 11:49.39 1:19.99	1300m: 17:08.90 1:19.92			
	200m: 2:29.67 1:18.24	600m: 7:49.05 1:19.64	1000m: 13:08.63 1:19.24	1400m: 18:27.24 1:18.34			
	300m: 3:48.68 1:19.01	700m: 9:09.64 1:20.59	1100m: 14:29.08 1:20.45	1500m: 19:42.57 1:15.33			
	400m: 5:09.25 1:20.57	800m: 10:29.40 1:19.76	1200m: 15:48.98 1:19.90				
32.	SANTOS, Mariana Silva	09	POR	Porto	19:49.38	+0,71	463
	100m: 1:12.77 1:12.77	500m: 6:27.71 1:19.46	900m: 11:49.33 1:20.73	1300m: 17:09.30 1:20.45			
	200m: 2:30.97 1:18.20	600m: 7:47.26 1:19.55	1000m: 13:09.09 1:19.76	1400m: 18:30.01 1:20.71			
	300m: 3:48.99 1:18.02	700m: 9:07.58 1:20.32	1100m: 14:28.63 1:19.54	1500m: 19:49.38 1:19.37			
	400m: 5:08.25 1:19.26	800m: 10:28.60 1:21.02	1200m: 15:48.85 1:20.22				
33.	COSTA, Sofia Rodrigues	10	POR	Porto	19:52.46	+0,91	459
	100m: 1:13.90 1:13.90	500m: 6:32.53 1:20.01	900m: 11:51.63 1:19.57	1300m: 17:11.50 1:19.82			
	200m: 2:33.03 1:19.13	600m: 7:52.62 1:20.09	1000m: 13:11.55 1:19.92	1400m: 18:31.97 1:20.47			
	300m: 3:52.53 1:19.50	700m: 9:13.22 1:20.60	1100m: 14:31.81 1:20.26	1500m: 19:52.46 1:20.49			
	400m: 5:12.52 1:19.99	800m: 10:32.06 1:18.84	1200m: 15:51.68 1:19.87				
34.	CRUZ, Constanca Lopes	09	POR	Colegio Int Monte Maior	19:53.11	+0,84	459
	100m: 1:14.48 1:14.48	500m: 6:29.62 1:19.37	900m: 11:49.15 1:20.91	1300m: 17:13.50 1:20.86			
	200m: 2:32.57 1:18.09	600m: 7:48.51 1:18.89	1000m: 13:10.17 1:21.02	1400m: 18:34.47 1:20.97			
	300m: 3:51.63 1:19.06	700m: 9:08.79 1:20.28	1100m: 14:31.07 1:20.90	1500m: 19:53.11 1:18.64			
	400m: 5:10.25 1:18.62	800m: 10:28.24 1:19.45	1200m: 15:52.64 1:21.57				
35.	MENDES, Bianca Balbino	10	POR	Naval de Peniche	19:55.89	+0,76	456
	100m: 1:13.73 1:13.73	500m: 6:33.30 1:20.71	900m: 11:52.54 1:18.91	1300m: 17:15.45 1:20.86			
	200m: 2:33.04 1:19.31	600m: 7:53.14 1:19.84	1000m: 13:12.60 1:20.06	1400m: 18:36.28 1:20.83			
	300m: 3:53.22 1:20.18	700m: 9:13.11 1:19.97	1100m: 14:33.39 1:20.79	1500m: 19:55.89 1:19.61			
	400m: 5:12.59 1:19.37	800m: 10:33.63 1:20.52	1200m: 15:54.59 1:21.20				
36.	CARVALHO, Sofia Alexandra	07	POR	Fluvial Portuense	20:18.37	+0,78	431
	100m: 1:09.28 1:09.28	500m: 6:27.77 1:21.45	900m: 11:59.37 1:23.66	1300m: 17:34.20 1:23.98			
	200m: 2:25.39 1:16.11	600m: 7:49.31 1:21.54	1000m: 13:22.94 1:23.57	1400m: 18:57.16 1:22.96			
	300m: 3:44.80 1:19.41	700m: 9:12.70 1:23.39	1100m: 14:46.55 1:23.61	1500m: 20:18.37 1:21.21			
	400m: 5:06.32 1:21.52	800m: 10:35.71 1:23.01	1200m: 16:10.22 1:23.67				
37.	MORAIS, Laura Prates	09	POR	BUZIOS - Coruche	20:18.53		431
	100m: 1:14.39 1:14.39	500m: 6:36.63 1:21.06	900m: 12:05.57 1:22.63	1300m: 17:37.42 1:22.99			
	200m: 2:34.46 1:20.07	600m: 7:58.46 1:21.83	1000m: 13:27.92 1:22.35	1400m: 18:59.31 1:21.89			
	300m: 3:54.63 1:20.17	700m: 9:20.73 1:22.27	1100m: 14:51.02 1:23.10	1500m: 20:18.53 1:19.22			
	400m: 5:15.57 1:20.94	800m: 10:42.94 1:22.21	1200m: 16:14.43 1:23.41				
38.	FERNANDES, Marta Silva	10	POR	Porto	20:23.15	+0,87	426
	100m: 1:16.68 1:16.68	500m: 6:41.41 1:21.61	900m: 12:07.24 1:22.80	1300m: 17:37.91 1:23.32			
	200m: 2:37.22 1:20.54	600m: 8:02.60 1:21.19	1000m: 13:29.31 1:22.07	1400m: 19:01.88 1:23.97			
	300m: 3:58.18 1:20.96	700m: 9:23.12 1:20.52	1100m: 14:52.36 1:23.05	1500m: 20:23.15 1:21.27			
	400m: 5:19.80 1:21.62	800m: 10:44.44 1:21.32	1200m: 16:14.59 1:22.23				

Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024

Prova 1, Femin., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
39.	LIMA, Beatriz Ribeiro	09	POR	Gesloures	20:33.20	+0,82	415	
	100m: 1:14.75	1:14.75	500m: 6:40.93	1:22.38	900m: 12:10.38	1:23.26	1300m: 17:48.01	1:24.15
	200m: 2:35.12	1:20.37	600m: 8:02.57	1:21.64	1000m: 13:34.45	1:24.07	1400m: 19:12.39	1:24.38
	300m: 3:56.99	1:21.87	700m: 9:24.12	1:21.55	1100m: 14:59.23	1:24.78	1500m: 20:33.20	1:20.81
	400m: 5:18.55	1:21.56	800m: 10:47.12	1:23.00	1200m: 16:23.86	1:24.63		
40.	JESUS, Margarida Santos	09	POR	Olhao	21:39.80	+0,84	355	
	100m: 1:16.67	1:16.67	500m: 6:48.17	1:26.38	900m: 12:44.62	1:30.11	1300m: 18:45.57	1:30.39
	200m: 2:37.45	1:20.78	600m: 8:16.33	1:28.16	1000m: 14:14.47	1:29.85	1400m: 20:14.12	1:28.55
	300m: 3:59.17	1:21.72	700m: 9:45.33	1:29.00	1100m: 15:44.82	1:30.35	1500m: 21:39.80	1:25.68
	400m: 5:21.79	1:22.62	800m: 11:14.51	1:29.18	1200m: 17:15.18	1:30.36		