

Prova 23 Femin., 800m Livres Open Resultados
06/04/2024 - 17:10

Rec Nac Open	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Sen	8:29.33	DURAES, Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Jun 17	8:36.21	HOLUB, Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Rec Nac Jun 16	8:45.53	HOLUB, Tamila Hryhorivna	SCB	Coimbra	30/05/2015
Rec Nac Juv A	8:50.68	HOLUB, Tamila Hryhorivna	SCB	Oeiras	27/07/2014
Rec Nac Juv B	9:07.70	SILVA, Alexandra Maria	POR	Split (CRO)	10/09/1981

CEJun_Fem 14 - 18: 9:04.96 / CEPL : 8:36.84 / JO : 8:26.71

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
Juvenis B								
1.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	9:32.18	+0,83	608	
	100m: 1:07.25 1:07.25	300m: 3:30.37 1:11.60	500m: 5:55.38 1:12.89	700m: 8:21.06 1:13.13	200m: 2:18.77 1:11.52	400m: 4:42.49 1:12.12	600m: 7:07.93 1:12.55	800m: 9:32.18 1:11.12
2.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	9:58.62	+0,88	531	
	100m: 1:09.57 1:09.57	300m: 3:41.31 1:16.22	500m: 6:14.09 1:16.67	700m: 8:46.34 1:15.81	200m: 2:25.09 1:15.52	400m: 4:57.42 1:16.11	600m: 7:30.53 1:16.44	800m: 9:58.62 1:12.28
3.	CUNHA, Maria Rita	10	POR	Colegio Efanor	10:00.30	+0,73	526	
	100m: 1:10.65 1:10.65	300m: 3:42.26 1:15.87	500m: 6:13.75 1:15.66	700m: 8:45.75 1:15.98	200m: 2:26.39 1:15.74	400m: 4:58.09 1:15.83	600m: 7:29.77 1:16.02	800m: 10:00.30 1:14.55
4.	MARQUES, Ana Jose	10	POR	Braga	10:03.02	+0,81	519	
	100m: 1:09.93 1:09.93	300m: 3:40.03 1:15.91	500m: 6:13.31 1:16.88	700m: 8:47.57 1:17.17	200m: 2:24.12 1:14.19	400m: 4:56.43 1:16.40	600m: 7:30.40 1:17.09	800m: 10:03.02 1:15.45
5.	PAIVA, Leonor Antunes	10	POR	Nautico Academico	10:14.85		490	
	100m: 1:12.14 1:12.14	300m: 3:47.17 1:17.99	500m: 6:24.49 1:18.75	700m: 9:00.80 1:17.75	200m: 2:29.18 1:17.04	400m: 5:05.74 1:18.57	600m: 7:43.05 1:18.56	800m: 10:14.85 1:14.05
6.	NOGUEIRA, Ana Laura	10	POR	Braga	10:16.62	+0,85	485	
	100m: 1:12.58 1:12.58	300m: 3:49.36 1:18.38	500m: 6:25.88 1:17.97	700m: 9:01.74 1:17.31	200m: 2:30.98 1:18.40	400m: 5:07.91 1:18.55	600m: 7:44.43 1:18.55	800m: 10:16.62 1:14.88
7.	FERNANDES, Maria Madalena	10	POR	Alges	10:19.16	+0,67	480	
	100m: 1:14.23 1:14.23	300m: 3:50.33 1:18.18	500m: 6:27.28 1:18.14	700m: 9:03.71 1:17.91	200m: 2:32.15 1:17.92	400m: 5:09.14 1:18.81	600m: 7:45.80 1:18.52	800m: 10:19.16 1:15.45
8.	MENDES, Bianca Balbino	10	POR	Naval de Peniche	10:19.87	+0,77	478	
	100m: 1:12.37 1:12.37	300m: 3:48.87 1:18.63	500m: 6:25.26 1:18.20	700m: 9:02.94 1:18.73	200m: 2:30.24 1:17.87	400m: 5:07.06 1:18.19	600m: 7:44.21 1:18.95	800m: 10:19.87 1:16.93
9.	COSTA, Sofia Rodrigues	10	POR	Porto	10:23.15	+0,82	470	
	100m: 1:13.12 1:13.12	300m: 3:51.52 1:19.48	500m: 6:29.78 1:18.54	700m: 9:07.00 1:18.30	200m: 2:32.04 1:18.92	400m: 5:11.24 1:19.72	600m: 7:48.70 1:18.92	800m: 10:23.15 1:16.15
10.	PROENCA, Victoria Sales	10	POR	Benfica	10:24.18	+0,64	468	
	100m: 1:13.11 1:13.11	300m: 3:52.64 1:19.69	500m: 6:31.93 1:18.79	700m: 9:09.33 1:18.10	200m: 2:32.95 1:19.84	400m: 5:13.14 1:20.50	600m: 7:51.23 1:19.30	800m: 10:24.18 1:14.85
11.	MENDES, Ana Nabais	10	POR	Laranjeiro	10:34.25	+0,82	446	
	100m: 1:14.63 1:14.63	300m: 3:54.34 1:20.47	500m: 6:35.26 1:20.80	700m: 9:16.62 1:19.94	200m: 2:33.87 1:19.24	400m: 5:14.46 1:20.12	600m: 7:56.68 1:21.42	800m: 10:34.25 1:17.63
12.	PEDROSO, Madalena Gracio	10	POR	Nautico Marinha Grande	10:37.49	+0,60	439	
	100m: 1:13.93 1:13.93	300m: 3:54.02 1:20.62	500m: 6:35.28 1:20.73	700m: 9:17.90 1:21.35	200m: 2:33.40 1:19.47	400m: 5:14.55 1:20.53	600m: 7:56.55 1:21.27	800m: 10:37.49 1:19.59

**Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024**
Prova 23, Femin., 800m Livres, Juvenis B

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
13.	FERNANDES, Marta Silva	10	POR	Porto	10:50.24	+0,87	414
	100m: 1:15.20 1:15.20	300m: 3:57.41 1:21.76	500m: 6:42.47 1:22.82	700m: 9:28.41 1:23.32			
	200m: 2:35.65 1:20.45	400m: 5:19.65 1:22.24	600m: 8:05.09 1:22.62	800m: 10:50.24 1:21.83			

Juvenis A

1.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	9:35.64	+0,68	597
	100m: 1:06.82 1:06.82	300m: 3:32.12 1:13.06	500m: 5:57.33 1:11.77	700m: 8:24.35 1:13.54			
	200m: 2:19.06 1:12.24	400m: 4:45.56 1:13.44	600m: 7:10.81 1:13.48	800m: 9:35.64 1:11.29			
2.	TOMAS, Constanca Baptista	09	POR	Alcobaca	9:37.44	+0,60	591
	100m: 1:06.45 1:06.45	300m: 3:31.93 1:13.33	500m: 5:59.89 1:13.93	700m: 8:26.10 1:12.91			
	200m: 2:18.60 1:12.15	400m: 4:45.96 1:14.03	600m: 7:13.19 1:13.30	800m: 9:37.44 1:11.34			
3.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	9:39.91	+0,77	584
	100m: 1:07.89 1:07.89	300m: 3:35.60 1:13.55	500m: 6:02.38 1:13.04	700m: 8:28.93 1:13.67			
	200m: 2:22.05 1:14.16	400m: 4:49.34 1:13.74	600m: 7:15.26 1:12.88	800m: 9:39.91 1:10.98			
4.	PINTO, Maria Carvalho	09	POR	Viana Natacao	9:57.06	+0,84	535
	100m: 1:08.24 1:08.24	300m: 3:35.58 1:14.34	500m: 6:07.30 1:16.17	700m: 8:41.27 1:16.85			
	200m: 2:21.24 1:13.00	400m: 4:51.13 1:15.55	600m: 7:24.42 1:17.12	800m: 9:57.06 1:15.79			
5.	AMBRUS, Beatriz Alves	09	POR	Porto	9:57.16	+0,57	535
	100m: 1:09.25 1:09.25	300m: 3:39.44 1:15.21	500m: 6:10.65 1:15.78	700m: 8:42.65 1:16.40			
	200m: 2:24.23 1:14.98	400m: 4:54.87 1:15.43	600m: 7:26.25 1:15.60	800m: 9:57.16 1:14.51			
6.	RICARDO, Francisca Martingo	09	POR	Porto	10:00.40	+0,73	526
	100m: 1:08.67 1:08.67	300m: 3:40.20 1:16.20	500m: 6:13.07 1:16.64	700m: 8:46.89 1:16.79			
	200m: 2:24.00 1:15.33	400m: 4:56.43 1:16.23	600m: 7:30.10 1:17.03	800m: 10:00.40 1:13.51			
7.	MAIA, Lara Catarina	09	POR	Estarreja/PROZINCO	10:01.09	+0,61	524
	100m: 1:08.64 1:08.64	300m: 3:38.80 1:16.10	500m: 6:12.21 1:16.80	700m: 8:46.68 1:17.18			
	200m: 2:22.70 1:14.06	400m: 4:55.41 1:16.61	600m: 7:29.50 1:17.29	800m: 10:01.09 1:14.41			
8.	SANTOS, Mariana Silva	09	POR	Porto	10:14.14	+0,69	491
	100m: 1:11.41 1:11.41	300m: 3:43.54 1:17.06	500m: 6:19.37 1:18.29	700m: 8:57.05 1:18.88			
	200m: 2:26.48 1:15.07	400m: 5:01.08 1:17.54	600m: 7:38.17 1:18.80	800m: 10:14.14 1:17.09			
9.	MARTINS, Carolina Correia	09	POR	Porto	10:17.40	+0,63	484
	100m: 1:10.85 1:10.85	300m: 3:40.58 1:15.98	500m: 6:16.68 1:18.21	700m: 8:57.46 1:20.63			
	200m: 2:24.60 1:13.75	400m: 4:58.47 1:17.89	600m: 7:36.83 1:20.15	800m: 10:17.40 1:19.94			
10.	GASPAR, Joana Melo	09	POR	Nacional de Natacao	10:20.18	+0,89	477
	100m: 1:12.41 1:12.41	300m: 3:47.75 1:17.84	500m: 6:25.61 1:19.33	700m: 9:03.71 1:18.92			
	200m: 2:29.91 1:17.50	400m: 5:06.28 1:18.53	600m: 7:44.79 1:19.18	800m: 10:20.18 1:16.47			
11.	CRUZ, Constanca Lopes	09	POR	Colegio Int Monte Maior	10:21.64	+0,67	474
	100m: 1:13.00 1:13.00	300m: 3:48.20 1:17.57	500m: 6:25.85 1:19.12	700m: 9:04.18 1:18.85			
	200m: 2:30.63 1:17.63	400m: 5:06.73 1:18.53	600m: 7:45.33 1:19.48	800m: 10:21.64 1:17.46			
12.	FARIA, Ines Maria	09	POR	Porto	10:22.42	+0,81	472
	100m: 1:12.92 1:12.92	300m: 3:48.56 1:18.54	500m: 6:28.30 1:20.33	700m: 9:05.69 1:18.82			
	200m: 2:30.02 1:17.10	400m: 5:07.97 1:19.41	600m: 7:46.87 1:18.57	800m: 10:22.42 1:16.73			
13.	PEDREIRO, Francisca Soreto	09	POR	Galitos / Bresimar	10:24.60	+0,74	467
	100m: 1:12.62 1:12.62	300m: 3:49.36 1:18.98	500m: 6:28.15 1:19.28	700m: 9:07.96 1:19.82			
	200m: 2:30.38 1:17.76	400m: 5:08.87 1:19.51	600m: 7:48.14 1:19.99	800m: 10:24.60 1:16.64			

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

Prova 23, Femin., 800m Livres, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
14.	COSTA, Laura Brites	09	POR	Rio Maior	10:24.86	+0,58	466	
	100m: 1:11.65 1:11.65	300m: 3:48.70 1:19.02	500m: 6:27.32 1:19.24	700m: 9:07.93 1:20.37	200m: 2:29.68 1:18.03	400m: 5:08.08 1:19.38	600m: 7:47.56 1:20.24	800m: 10:24.86 1:16.93
15.	MORAIS, Laura Prates	09	POR	BUZIOS - Coruche	10:28.28	+0,84	459	
	100m: 1:13.53 1:13.53	300m: 3:52.63 1:19.85	500m: 6:32.97 1:20.20	700m: 9:12.24 1:19.06	200m: 2:32.78 1:19.25	400m: 5:12.77 1:20.14	600m: 7:53.18 1:20.21	800m: 10:28.28 1:16.04
16.	JESUS, Margarida Santos	09	POR	Olhao	10:38.59	+0,82	437	
	100m: 1:14.47 1:14.47	300m: 3:53.29 1:19.85	500m: 6:34.28 1:20.37	700m: 9:17.84 1:21.87	200m: 2:33.44 1:18.97	400m: 5:13.91 1:20.62	600m: 7:55.97 1:21.69	800m: 10:38.59 1:20.75
17.	LIMA, Beatriz Ribeiro	09	POR	Gesloures	10:42.40	+0,79	429	
	100m: 1:14.48 1:14.48	300m: 3:54.62 1:20.44	500m: 6:37.47 1:22.08	700m: 9:22.35 1:21.99	200m: 2:34.18 1:19.70	400m: 5:15.39 1:20.77	600m: 8:00.36 1:22.89	800m: 10:42.40 1:20.05

Juniores

1.	MESQUITA, Mafalda Martins	07	POR	Famalicao	9:27.60	+0,83	623	
	100m: 1:06.70 1:06.70	300m: 3:30.87 1:12.26	500m: 5:54.73 1:11.70	700m: 8:17.50 1:11.33	200m: 2:18.61 1:11.91	400m: 4:43.03 1:12.16	600m: 7:06.17 1:11.44	800m: 9:27.60 1:10.10
2.	SANTOS, Leonor Castanho	07	POR	Sporting	9:41.63	+0,80	579	
	100m: 1:07.90 1:07.90	300m: 3:33.41 1:13.28	500m: 6:01.15 1:13.70	700m: 8:29.45 1:14.20	200m: 2:20.13 1:12.23	400m: 4:47.45 1:14.04	600m: 7:15.25 1:14.10	800m: 9:41.63 1:12.18
3.	CABRAL, Carolina Vizinho	07	POR	CN Vagos	9:42.36	+0,76	576	
	100m: 1:06.76 1:06.76	300m: 3:32.36 1:13.31	500m: 6:00.62 1:14.30	700m: 8:31.55 1:15.24	200m: 2:19.05 1:12.29	400m: 4:46.32 1:13.96	600m: 7:16.31 1:15.69	800m: 9:42.36 1:10.81
4.	AGUILAR, Marta Andre	07	POR	Nautico Academico	9:43.54	+0,80	573	
	100m: 1:09.84 1:09.84	300m: 3:36.55 1:13.33	500m: 6:04.63 1:14.33	700m: 8:32.45 1:13.51	200m: 2:23.22 1:13.38	400m: 4:50.30 1:13.75	600m: 7:18.94 1:14.31	800m: 9:43.54 1:11.09
5.	ALVES, Sara Sofia	07	POR	Palmela Desporto	9:46.79	+0,78	563	
	100m: 1:08.16 1:08.16	300m: 3:34.40 1:13.45	500m: 6:02.80 1:14.51	700m: 8:32.67 1:14.91	200m: 2:20.95 1:12.79	400m: 4:48.29 1:13.89	600m: 7:17.76 1:14.96	800m: 9:46.79 1:14.12
6.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	9:47.52	+0,75	561	
	100m: 1:07.30 1:07.30	300m: 3:33.98 1:13.72	500m: 6:03.90 1:15.11	700m: 8:34.21 1:15.08	200m: 2:20.26 1:12.96	400m: 4:48.79 1:14.81	600m: 7:19.13 1:15.23	800m: 9:47.52 1:13.31
7.	ALMEIDA, Bianca Filipa	07	POR	Alges e Agueda XXI	9:52.15	+0,59	548	
	100m: 1:08.02 1:08.02	300m: 3:35.27 1:14.00	500m: 6:04.93 1:14.69	700m: 8:37.60 1:15.97	200m: 2:21.27 1:13.25	400m: 4:50.24 1:14.97	600m: 7:21.63 1:16.70	800m: 9:52.15 1:14.55
8.	LUIZ, Margarida Maria	08	POR	Lagoa Academico Clube	9:52.80	+0,73	546	
	100m: 1:09.71 1:09.71	300m: 3:38.16 1:14.59	500m: 6:08.33 1:15.33	700m: 8:39.36 1:15.33	200m: 2:23.57 1:13.86	400m: 4:53.00 1:14.84	600m: 7:24.03 1:15.70	800m: 9:52.80 1:13.44
9.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	9:52.89	+0,70	546	
	100m: 1:08.41 1:08.41	300m: 3:35.75 1:14.49	500m: 6:07.27 1:16.03	700m: 8:39.22 1:15.50	200m: 2:21.26 1:12.85	400m: 4:51.24 1:15.49	600m: 7:23.72 1:16.45	800m: 9:52.89 1:13.67
10.	VIANA, Matilde Violante	07	POR	CNLeiria	9:59.04	+0,86	530	
	100m: 1:09.25 1:09.25	300m: 3:39.59 1:15.56	500m: 6:11.91 1:16.27	700m: 8:45.13 1:16.26	200m: 2:24.03 1:14.78	400m: 4:55.64 1:16.05	600m: 7:28.87 1:16.96	800m: 9:59.04 1:13.91

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

Prova 23, Femin., 800m Livres, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
11.	MACEDO, Alice Mendes	08	POR	Associacao Estamos Juntos	10:24.91	+0,85	466
	100m: 1:09.55 1:09.55	300m: 3:46.74 1:19.98	500m: 6:28.44 1:21.17	700m: 9:09.55 1:20.26	800m: 10:24.91 1:15.36		
	200m: 2:26.76 1:17.21	400m: 5:07.27 1:20.53	600m: 7:49.29 1:20.85				
12.	CARVALHO, Sofia Alexandra	07	POR	Fluvial Portuense	10:29.20	+0,76	457
	100m: 1:08.02 1:08.02	300m: 3:41.58 1:17.91	500m: 6:23.38 1:21.96	700m: 9:06.55 1:22.08	800m: 10:29.20 1:22.65		
	200m: 2:23.67 1:15.65	400m: 5:01.42 1:19.84	600m: 7:44.47 1:21.09				

OPEN

1.	MARTINEZ GUILLEN, Angela	04	ESP	Spain	8:36.33	+0,45	827
	<i>Mínimos Camp da Europa de PL 2024</i>						
	100m: 1:01.40 1:01.40	300m: 3:10.37 1:04.90	500m: 5:21.03 1:05.49	700m: 7:32.22 1:05.76	800m: 8:36.33 1:04.11		
	200m: 2:05.47 1:04.07	400m: 4:15.54 1:05.17	600m: 6:26.46 1:05.43				
2.	DURAES, Diana Margarida	96	POR	Benfica	8:42.28	+0,79	799
	100m: 1:01.51 1:01.51	300m: 3:11.13 1:05.02	500m: 5:22.18 1:05.55	700m: 7:35.43 1:06.91	800m: 8:42.28 1:06.85		
	200m: 2:06.11 1:04.60	400m: 4:16.63 1:05.50	600m: 6:28.52 1:06.34				
3.	DE VALDES ALVAREZ, Maria	98	ESP	Spain	8:45.82	+0,74	783
	100m: 1:02.44 1:02.44	300m: 3:13.70 1:05.64	500m: 5:25.86 1:06.21	700m: 7:40.21 1:07.40	800m: 8:45.82 1:05.61		
	200m: 2:08.06 1:05.62	400m: 4:19.65 1:05.95	600m: 6:32.81 1:06.95				
4.	ANDRE, Angelica Maria	94	POR	Porto	8:58.20	+0,76	730
	100m: 1:04.93 1:04.93	300m: 3:21.52 1:08.19	500m: 5:36.86 1:07.54	700m: 7:51.52 1:07.16	800m: 8:58.20 1:06.68		
	200m: 2:13.33 1:08.40	400m: 4:29.32 1:07.80	600m: 6:44.36 1:07.50				
5.	HENRIQUES, Ines Jacinto	00	POR	Louzan Natacao/EFAPEL	9:01.29	+0,69	718
	100m: 1:03.78 1:03.78	300m: 3:18.73 1:07.86	500m: 5:36.00 1:08.93	700m: 7:53.66 1:08.69	800m: 9:01.29 1:07.63		
	200m: 2:10.87 1:07.09	400m: 4:27.07 1:08.34	600m: 6:44.97 1:08.97				
6.	VIANA, Carolina Pereira	04	POR	Sporting	9:04.25	+0,76	706
	100m: 1:05.16 1:05.16	300m: 3:23.31 1:09.21	500m: 5:41.16 1:08.66	700m: 7:57.88 1:07.99	800m: 9:04.25 1:06.37		
	200m: 2:14.10 1:08.94	400m: 4:32.50 1:09.19	600m: 6:49.89 1:08.73				
7.	MENDES, Mariana Amaral	02	POR	Sporting	9:05.68	+0,79	701
	100m: 1:05.36 1:05.36	300m: 3:22.75 1:08.99	500m: 5:40.55 1:08.75	700m: 7:58.50 1:08.93	800m: 9:05.68 1:07.18		
	200m: 2:13.76 1:08.40	400m: 4:31.80 1:09.05	600m: 6:49.57 1:09.02				
8.	CARMONA VILLAPLANA, Marta	05	ESP	Spain	9:10.53	+0,69	682
	100m: 1:06.23 1:06.23	300m: 3:24.56 1:09.00	500m: 5:42.60 1:08.66	700m: 8:01.56 1:09.79	800m: 9:10.53 1:08.97		
	200m: 2:15.56 1:09.33	400m: 4:33.94 1:09.38	600m: 6:51.77 1:09.17				
9.	LOPES, Daniela Magalhaes	05	POR	Famalicao	9:19.78	+0,78	649
	100m: 1:05.73 1:05.73	300m: 3:24.21 1:09.51	500m: 5:44.76 1:10.68	700m: 8:08.82 1:12.21	800m: 9:19.78 1:10.96		
	200m: 2:14.70 1:08.97	400m: 4:34.08 1:09.87	600m: 6:56.61 1:11.85				
10.	CARDEAL, Beatriz Nunes	04	POR	Individual ANCPN	9:23.31	+0,65	637
	100m: 1:05.94 1:05.94	300m: 3:26.95 1:10.38	500m: 5:49.42 1:10.88	700m: 8:12.82 1:11.82	800m: 9:23.31 1:10.49		
	200m: 2:16.57 1:10.63	400m: 4:38.54 1:11.59	600m: 7:01.00 1:11.58				
11.	ARMAS, Maria Ornelas	98	POR	Clube Oriental de Lisboa	9:24.14	+0,85	634
	100m: 1:06.44 1:06.44	300m: 3:28.46 1:11.18	500m: 5:51.60 1:11.77	700m: 8:13.74 1:11.13	800m: 9:24.14 1:10.40		
	200m: 2:17.28 1:10.84	400m: 4:39.83 1:11.37	600m: 7:02.61 1:11.01				
12.	PEIXOTO, Carolina Esteves	06	POR	Braga	9:26.83	+0,82	625
	100m: 1:05.51 1:05.51	300m: 3:27.24 1:11.56	500m: 5:51.91 1:12.30	700m: 8:17.08 1:12.53	800m: 9:26.83 1:09.75		
	200m: 2:15.68 1:10.17	400m: 4:39.61 1:12.37	600m: 7:04.55 1:12.64				

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
13.	MESQUITA, Mafalda Martins	07	POR	Famalicao	9:27.60	+0,83	623
	100m: 1:06.70 1:06.70	300m: 3:30.87 1:12.26	500m: 5:54.73 1:11.70	700m: 8:17.50 1:11.33	800m: 9:27.60 1:10.10		
	200m: 2:18.61 1:11.91	400m: 4:43.03 1:12.16	600m: 7:06.17 1:11.44				
14.	RAMOS, Joana Barbas	06	POR	Gafanha da Encarnacao	9:31.03	+0,73	611
	100m: 1:06.83 1:06.83	300m: 3:30.17 1:11.93	500m: 5:55.18 1:12.51	700m: 8:20.46 1:12.68	800m: 9:31.03 1:10.57		
	200m: 2:18.24 1:11.41	400m: 4:42.67 1:12.50	600m: 7:07.78 1:12.60				
15.	LOPES, Francisca Macedo	05	POR	Vilacondense	9:31.62	+0,78	610
	100m: 1:06.63 1:06.63	300m: 3:30.31 1:12.07	500m: 5:53.39 1:11.31	700m: 8:19.54 1:13.71	800m: 9:31.62 1:12.08		
	200m: 2:18.24 1:11.61	400m: 4:42.08 1:11.77	600m: 7:05.83 1:12.44				
16.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	9:32.18	+0,83	608
	100m: 1:07.25 1:07.25	300m: 3:30.37 1:11.60	500m: 5:55.38 1:12.89	700m: 8:21.06 1:13.13	800m: 9:32.18 1:11.12		
	200m: 2:18.77 1:11.52	400m: 4:42.49 1:12.12	600m: 7:07.93 1:12.55				
17.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	9:35.64	+0,68	597
	100m: 1:06.82 1:06.82	300m: 3:32.12 1:13.06	500m: 5:57.33 1:11.77	700m: 8:24.35 1:13.54	800m: 9:35.64 1:11.29		
	200m: 2:19.06 1:12.24	400m: 4:45.56 1:13.44	600m: 7:10.81 1:13.48				
18.	TOMAS, Constanca Baptista	09	POR	Alcobaca	9:37.44	+0,60	591
	100m: 1:06.45 1:06.45	300m: 3:31.93 1:13.33	500m: 5:59.89 1:13.93	700m: 8:26.10 1:12.91	800m: 9:37.44 1:11.34		
	200m: 2:18.60 1:12.15	400m: 4:45.96 1:14.03	600m: 7:13.19 1:13.30				
19.	FARIA, Leonor Verissimo	06	POR	Nautico Academico	9:39.41	+0,78	585
	100m: 1:06.94 1:06.94	300m: 3:31.79 1:12.77	500m: 5:59.16 1:13.86	700m: 8:27.22 1:14.24	800m: 9:39.41 1:12.19		
	200m: 2:19.02 1:12.08	400m: 4:45.30 1:13.51	600m: 7:12.98 1:13.82				
20.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	9:39.91	+0,77	584
	100m: 1:07.89 1:07.89	300m: 3:35.60 1:13.55	500m: 6:02.38 1:13.04	700m: 8:28.93 1:13.67	800m: 9:39.91 1:10.98		
	200m: 2:22.05 1:14.16	400m: 4:49.34 1:13.74	600m: 7:15.26 1:12.88				
21.	MORGADO, Alice Jesus	04	POR	Sporting	9:40.67	+0,77	581
	100m: 1:07.71 1:07.71	300m: 3:31.43 1:12.31	500m: 5:57.85 1:13.52	700m: 8:27.05 1:14.81	800m: 9:40.67 1:13.62		
	200m: 2:19.12 1:11.41	400m: 4:44.33 1:12.90	600m: 7:12.24 1:14.39				
22.	SILVA, Ines Martins	04	POR	Vilacondense	9:41.58	+0,74	579
	100m: 1:08.20 1:08.20	300m: 3:36.66 1:14.81	500m: 6:04.24 1:13.28	700m: 8:30.99 1:13.44	800m: 9:41.58 1:10.59		
	200m: 2:21.85 1:13.65	400m: 4:50.96 1:14.30	600m: 7:17.55 1:13.31				
23.	NUNES, Rita Sofia	05	POR	Colegio Efanor	9:41.59	+0,67	579
	100m: 1:06.73 1:06.73	300m: 3:31.73 1:13.23	500m: 6:00.23 1:14.79	700m: 8:30.30 1:14.57	800m: 9:41.59 1:11.29		
	200m: 2:18.50 1:11.77	400m: 4:45.44 1:13.71	600m: 7:15.73 1:15.50				
24.	SANTOS, Leonor Castanho	07	POR	Sporting	9:41.63	+0,80	579
	100m: 1:07.90 1:07.90	300m: 3:33.41 1:13.28	500m: 6:01.15 1:13.70	700m: 8:29.45 1:14.20	800m: 9:41.63 1:12.18		
	200m: 2:20.13 1:12.23	400m: 4:47.45 1:14.04	600m: 7:15.25 1:14.10				
25.	CABRAL, Carolina Vizinho	07	POR	CN Vagos	9:42.36	+0,76	576
	100m: 1:06.76 1:06.76	300m: 3:32.36 1:13.31	500m: 6:00.62 1:14.30	700m: 8:31.55 1:15.24	800m: 9:42.36 1:10.81		
	200m: 2:19.05 1:12.29	400m: 4:46.32 1:13.96	600m: 7:16.31 1:15.69				
26.	AGUILAR, Marta Andre	07	POR	Nautico Academico	9:43.54	+0,80	573
	100m: 1:09.84 1:09.84	300m: 3:36.55 1:13.33	500m: 6:04.63 1:14.33	700m: 8:32.45 1:13.51	800m: 9:43.54 1:11.09		
	200m: 2:23.22 1:13.38	400m: 4:50.30 1:13.75	600m: 7:18.94 1:14.31				
27.	ALVES, Sara Sofia	07	POR	Palmela Desporto	9:46.79	+0,78	563
	100m: 1:08.16 1:08.16	300m: 3:34.40 1:13.45	500m: 6:02.80 1:14.51	700m: 8:32.67 1:14.91	800m: 9:46.79 1:14.12		
	200m: 2:20.95 1:12.79	400m: 4:48.29 1:13.89	600m: 7:17.76 1:14.96				

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
28.	FERREIRA, Carolina Amadeu	08	POR	Leixoes Sport Clube	9:47.52	+0,75	561	
	100m: 1:07.30 1:07.30	300m: 3:33.98 1:13.72	500m: 6:03.90 1:15.11	700m: 8:34.21 1:15.08	200m: 2:20.26 1:12.96	400m: 4:48.79 1:14.81	600m: 7:19.13 1:15.23	800m: 9:47.52 1:13.31
29.	ALMEIDA, Bianca Filipa	07	POR	Alges e Agueda XXI	9:52.15	+0,59	548	
	100m: 1:08.02 1:08.02	300m: 3:35.27 1:14.00	500m: 6:04.93 1:14.69	700m: 8:37.60 1:15.97	200m: 2:21.27 1:13.25	400m: 4:50.24 1:14.97	600m: 7:21.63 1:16.70	800m: 9:52.15 1:14.55
30.	LUIZ, Margarida Maria	08	POR	Lagoa Academico Clube	9:52.80	+0,73	546	
	100m: 1:09.71 1:09.71	300m: 3:38.16 1:14.59	500m: 6:08.33 1:15.33	700m: 8:39.36 1:15.33	200m: 2:23.57 1:13.86	400m: 4:53.00 1:14.84	600m: 7:24.03 1:15.70	800m: 9:52.80 1:13.44
31.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	9:52.89	+0,70	546	
	100m: 1:08.41 1:08.41	300m: 3:35.75 1:14.49	500m: 6:07.27 1:16.03	700m: 8:39.22 1:15.50	200m: 2:21.26 1:12.85	400m: 4:51.24 1:15.49	600m: 7:23.72 1:16.45	800m: 9:52.89 1:13.67
32.	PINTO, Maria Carvalho	09	POR	Viana Natacao	9:57.06	+0,84	535	
	100m: 1:08.24 1:08.24	300m: 3:35.58 1:14.34	500m: 6:07.30 1:16.17	700m: 8:41.27 1:16.85	200m: 2:21.24 1:13.00	400m: 4:51.13 1:15.55	600m: 7:24.42 1:17.12	800m: 9:57.06 1:15.79
33.	AMBRUS, Beatriz Alves	09	POR	Porto	9:57.16	+0,57	535	
	100m: 1:09.25 1:09.25	300m: 3:39.44 1:15.21	500m: 6:10.65 1:15.78	700m: 8:42.65 1:16.40	200m: 2:24.23 1:14.98	400m: 4:54.87 1:15.43	600m: 7:26.25 1:15.60	800m: 9:57.16 1:14.51
34.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	9:58.62	+0,88	531	
	100m: 1:09.57 1:09.57	300m: 3:41.31 1:16.22	500m: 6:14.09 1:16.67	700m: 8:46.34 1:15.81	200m: 2:25.09 1:15.52	400m: 4:57.42 1:16.11	600m: 7:30.53 1:16.44	800m: 9:58.62 1:12.28
35.	VIANA, Matilde Violante	07	POR	CNLeiria	9:59.04	+0,86	530	
	100m: 1:09.25 1:09.25	300m: 3:39.59 1:15.56	500m: 6:11.91 1:16.27	700m: 8:45.13 1:16.26	200m: 2:24.03 1:14.78	400m: 4:55.64 1:16.05	600m: 7:28.87 1:16.96	800m: 9:59.04 1:13.91
36.	CUNHA, Maria Rita	10	POR	Colegio Efanor	10:00.30	+0,73	526	
	100m: 1:10.65 1:10.65	300m: 3:42.26 1:15.87	500m: 6:13.75 1:15.66	700m: 8:45.75 1:15.98	200m: 2:26.39 1:15.74	400m: 4:58.09 1:15.83	600m: 7:29.77 1:16.02	800m: 10:00.30 1:14.55
37.	RICARDO, Francisca Martingo	09	POR	Porto	10:00.40	+0,73	526	
	100m: 1:08.67 1:08.67	300m: 3:40.20 1:16.20	500m: 6:13.07 1:16.64	700m: 8:46.89 1:16.79	200m: 2:24.00 1:15.33	400m: 4:56.43 1:16.23	600m: 7:30.10 1:17.03	800m: 10:00.40 1:13.51
38.	MAIA, Lara Catarina	09	POR	Estarreja/PROZINCO	10:01.09	+0,61	524	
	100m: 1:08.64 1:08.64	300m: 3:38.80 1:16.10	500m: 6:12.21 1:16.80	700m: 8:46.68 1:17.18	200m: 2:22.70 1:14.06	400m: 4:55.41 1:16.61	600m: 7:29.50 1:17.29	800m: 10:01.09 1:14.41
39.	MARQUES, Ana Jose	10	POR	Braga	10:03.02	+0,81	519	
	100m: 1:09.93 1:09.93	300m: 3:40.03 1:15.91	500m: 6:13.31 1:16.88	700m: 8:47.57 1:17.17	200m: 2:24.12 1:14.19	400m: 4:56.43 1:16.40	600m: 7:30.40 1:17.09	800m: 10:03.02 1:15.45
40.	SANTOS, Mariana Silva	09	POR	Porto	10:14.14	+0,69	491	
	100m: 1:11.41 1:11.41	300m: 3:43.54 1:17.06	500m: 6:19.37 1:18.29	700m: 8:57.05 1:18.88	200m: 2:26.48 1:15.07	400m: 5:01.08 1:17.54	600m: 7:38.17 1:18.80	800m: 10:14.14 1:17.09
41.	PAIVA, Leonor Antunes	10	POR	Nautico Academico	10:14.85		490	
	100m: 1:12.14 1:12.14	300m: 3:47.17 1:17.99	500m: 6:24.49 1:18.75	700m: 9:00.80 1:17.75	200m: 2:29.18 1:17.04	400m: 5:05.74 1:18.57	600m: 7:43.05 1:18.56	800m: 10:14.85 1:14.05
42.	NOGUEIRA, Ana Laura	10	POR	Braga	10:16.62	+0,85	485	
	100m: 1:12.58 1:12.58	300m: 3:49.36 1:18.38	500m: 6:25.88 1:17.97	700m: 9:01.74 1:17.31	200m: 2:30.98 1:18.40	400m: 5:07.91 1:18.55	600m: 7:44.43 1:18.55	800m: 10:16.62 1:14.88

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
43.	MARTINS, Carolina Correia	09	POR	Porto	10:17.40	+0,63	484
	100m: 1:10.85 1:10.85	300m: 3:40.58 1:15.98	500m: 6:16.68 1:18.21	700m: 8:57.46 1:20.63	800m: 10:17.40 1:19.94		
	200m: 2:24.60 1:13.75	400m: 4:58.47 1:17.89	600m: 7:36.83 1:20.15				
44.	FERNANDES, Maria Madalena	10	POR	Alges	10:19.16	+0,67	480
	100m: 1:14.23 1:14.23	300m: 3:50.33 1:18.18	500m: 6:27.28 1:18.14	700m: 9:03.71 1:17.91	800m: 10:19.16 1:15.45		
	200m: 2:32.15 1:17.92	400m: 5:09.14 1:18.81	600m: 7:45.80 1:18.52				
45.	MENDES, Bianca Balbino	10	POR	Naval de Peniche	10:19.87	+0,77	478
	100m: 1:12.37 1:12.37	300m: 3:48.87 1:18.63	500m: 6:25.26 1:18.20	700m: 9:02.94 1:18.73	800m: 10:19.87 1:16.93		
	200m: 2:30.24 1:17.87	400m: 5:07.06 1:18.19	600m: 7:44.21 1:18.95				
46.	GASPAR, Joana Melo	09	POR	Nacional de Natacao	10:20.18	+0,89	477
	100m: 1:12.41 1:12.41	300m: 3:47.75 1:17.84	500m: 6:25.61 1:19.33	700m: 9:03.71 1:18.92	800m: 10:20.18 1:16.47		
	200m: 2:29.91 1:17.50	400m: 5:06.28 1:18.53	600m: 7:44.79 1:19.18				
47.	CRUZ, Constanca Lopes	09	POR	Colegio Int Monte Maior	10:21.64	+0,67	474
	100m: 1:13.00 1:13.00	300m: 3:48.20 1:17.57	500m: 6:25.85 1:19.12	700m: 9:04.18 1:18.85	800m: 10:21.64 1:17.46		
	200m: 2:30.63 1:17.63	400m: 5:06.73 1:18.53	600m: 7:45.33 1:19.48				
48.	FARIA, Ines Maria	09	POR	Porto	10:22.42	+0,81	472
	100m: 1:12.92 1:12.92	300m: 3:48.56 1:18.54	500m: 6:28.30 1:20.33	700m: 9:05.69 1:18.82	800m: 10:22.42 1:16.73		
	200m: 2:30.02 1:17.10	400m: 5:07.97 1:19.41	600m: 7:46.87 1:18.57				
49.	COSTA, Sofia Rodrigues	10	POR	Porto	10:23.15	+0,82	470
	100m: 1:13.12 1:13.12	300m: 3:51.52 1:19.48	500m: 6:29.78 1:18.54	700m: 9:07.00 1:18.30	800m: 10:23.15 1:16.15		
	200m: 2:32.04 1:18.92	400m: 5:11.24 1:19.72	600m: 7:48.70 1:18.92				
50.	PROENCA, Victoria Sales	10	POR	Benfica	10:24.18	+0,64	468
	100m: 1:13.11 1:13.11	300m: 3:52.64 1:19.69	500m: 6:31.93 1:18.79	700m: 9:09.33 1:18.10	800m: 10:24.18 1:14.85		
	200m: 2:32.95 1:19.84	400m: 5:13.14 1:20.50	600m: 7:51.23 1:19.30				
51.	PEDREIRO, Francisca Soreto	09	POR	Galitos / Bresimar	10:24.60	+0,74	467
	100m: 1:12.62 1:12.62	300m: 3:49.36 1:18.98	500m: 6:28.15 1:19.28	700m: 9:07.96 1:19.82	800m: 10:24.60 1:16.64		
	200m: 2:30.38 1:17.76	400m: 5:08.87 1:19.51	600m: 7:48.14 1:19.99				
52.	COSTA, Laura Brites	09	POR	Rio Maior	10:24.86	+0,58	466
	100m: 1:11.65 1:11.65	300m: 3:48.70 1:19.02	500m: 6:27.32 1:19.24	700m: 9:07.93 1:20.37	800m: 10:24.86 1:16.93		
	200m: 2:29.68 1:18.03	400m: 5:08.08 1:19.38	600m: 7:47.56 1:20.24				
53.	MACEDO, Alice Mendes	08	POR	Associacao Estamos Juntos	10:24.91	+0,85	466
	100m: 1:09.55 1:09.55	300m: 3:46.74 1:19.98	500m: 6:28.44 1:21.17	700m: 9:09.55 1:20.26	800m: 10:24.91 1:15.36		
	200m: 2:26.76 1:17.21	400m: 5:07.27 1:20.53	600m: 7:49.29 1:20.85				
54.	MORAIS, Laura Prates	09	POR	BUZIOS - Coruche	10:28.28	+0,84	459
	100m: 1:13.53 1:13.53	300m: 3:52.63 1:19.85	500m: 6:32.97 1:20.20	700m: 9:12.24 1:19.06	800m: 10:28.28 1:16.04		
	200m: 2:32.78 1:19.25	400m: 5:12.77 1:20.14	600m: 7:53.18 1:20.21				
55.	CARVALHO, Sofia Alexandra	07	POR	Fluvial Portuense	10:29.20	+0,76	457
	100m: 1:08.02 1:08.02	300m: 3:41.58 1:17.91	500m: 6:23.38 1:21.96	700m: 9:06.55 1:22.08	800m: 10:29.20 1:22.65		
	200m: 2:23.67 1:15.65	400m: 5:01.42 1:19.84	600m: 7:44.47 1:21.09				
56.	MENDES, Ana Nabais	10	POR	Laranjeiro	10:34.25	+0,82	446
	100m: 1:14.63 1:14.63	300m: 3:54.34 1:20.47	500m: 6:35.26 1:20.80	700m: 9:16.62 1:19.94	800m: 10:34.25 1:17.63		
	200m: 2:33.87 1:19.24	400m: 5:14.46 1:20.12	600m: 7:56.68 1:21.42				
57.	PEDROSO, Madalena Gracio	10	POR	Nautico Marinha Grande	10:37.49	+0,60	439
	100m: 1:13.93 1:13.93	300m: 3:54.02 1:20.62	500m: 6:35.28 1:20.73	700m: 9:17.90 1:21.35	800m: 10:37.49 1:19.59		
	200m: 2:33.40 1:19.47	400m: 5:14.55 1:20.53	600m: 7:56.55 1:21.27				

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Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
58.	JESUS, Margarida Santos	09	POR	Olhao	10:38.59	+0,82	437
	100m: 1:14.47 1:14.47	300m: 3:53.29 1:19.85	500m: 6:34.28 1:20.37	700m: 9:17.84 1:21.87			
	200m: 2:33.44 1:18.97	400m: 5:13.91 1:20.62	600m: 7:55.97 1:21.69	800m: 10:38.59 1:20.75			
59.	LIMA, Beatriz Ribeiro	09	POR	Gesloures	10:42.40	+0,79	429
	100m: 1:14.48 1:14.48	300m: 3:54.62 1:20.44	500m: 6:37.47 1:22.08	700m: 9:22.35 1:21.99			
	200m: 2:34.18 1:19.70	400m: 5:15.39 1:20.77	600m: 8:00.36 1:22.89	800m: 10:42.40 1:20.05			
60.	FERNANDES, Marta Silva	10	POR	Porto	10:50.24	+0,87	414
	100m: 1:15.20 1:15.20	300m: 3:57.41 1:21.76	500m: 6:42.47 1:22.82	700m: 9:28.41 1:23.32			
	200m: 2:35.65 1:20.45	400m: 5:19.65 1:22.24	600m: 8:05.09 1:22.62	800m: 10:50.24 1:21.83			