

Prova 4
19/05/2024 - 10:20

Femin., 800m Livres

Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Laura Prates Morais	09	BUZIOS - Coruche	10:06.36		488	
	50m: 35.45 35.45	300m: 3:43.96 1:15.71	600m: 7:35.99 1:17.74				
	100m: 1:12.21 36.76	400m: 5:01.84 1:17.88	700m: 8:54.16 1:18.17				
	200m: 2:28.25 1:16.04	500m: 6:18.25 1:16.41	800m: 10:06.36 1:12.20				
2.	Laura Brites Costa	09	Rio Maior	10:08.19		483	
	50m: 35.51 35.51	300m: 3:43.29 1:15.60	600m: 7:24.61 1:07.25				
	100m: 1:12.22 36.71	400m: 4:59.83 1:16.54	700m: 8:51.86 1:27.25				
	200m: 2:27.69 1:15.47	500m: 6:17.36 1:17.53	800m: 10:08.19 1:16.33				
3.	Rita Lobo Pires	09	Natacao do Fundao/GIRASSOL	10:15.82		465	
	50m: 36.39 36.39	300m: 3:46.13 1:17.06	600m: 7:39.80 1:18.04				
	100m: 1:13.32 36.93	400m: 5:04.13 1:18.00	700m: 8:58.39 1:18.59				
	200m: 2:29.07 1:15.75	500m: 6:21.76 1:17.63	800m: 10:15.82 1:17.43				
4.	Eduarda Galvao Raposo	09	Natacao do Fundao/GIRASSOL	10:27.84		439	
	50m: 37.28 37.28	300m: 3:52.38 1:18.68	600m: 7:52.91 1:20.00				
	100m: 1:15.78 38.50	400m: 5:12.31 1:19.93	700m: 9:12.00 1:19.09				
	200m: 2:33.70 1:17.92	500m: 6:32.91 1:20.60	800m: 10:27.84 1:15.84				
5.	Leonor Margarida Mateus	09	BUZIOS - Coruche	10:54.46		388	
	50m: 37.05 37.05	300m: 3:59.00 1:21.60	600m: 8:11.08 1:24.87				
	100m: 1:16.85 39.80	400m: 5:21.90 1:22.90	700m: 9:34.24 1:23.16				
	200m: 2:37.40 1:20.55	500m: 6:46.21 1:24.31	800m: 10:54.46 1:20.22				
6.	Vitoria Morao Almeida	09	Albicastrense	11:54.54		298	
	50m: 37.92 37.92	300m: 4:18.04 1:29.71	600m: 8:54.08 1:32.33				
	100m: 1:20.11 42.19	400m: 5:49.24 1:31.20	700m: 10:27.30 1:33.22				
	200m: 2:48.33 1:28.22	500m: 7:21.75 1:32.51	800m: 11:54.54 1:27.24				
7.	Catarina Isabel Galvao	09	BUZIOS - Coruche	12:14.06		275	
	50m: 42.80 42.80	300m: 4:34.06 1:32.38	600m: 9:13.82 1:33.06				
	100m: 1:28.42 45.62	400m: 6:07.22 1:33.16	700m: 10:45.98 1:32.16				
	200m: 3:01.68 1:33.26	500m: 7:40.76 1:33.54	800m: 12:14.06 1:28.08				
8.	Maria Ines Teixeira	09	Penta da Covilha	12:25.06		263	
	50m: 41.56 41.56	300m: 4:33.99 1:35.90	600m: 9:20.59 1:34.95				
	100m: 1:25.74 44.18	400m: 6:09.67 1:35.68	700m: 10:55.21 1:34.62				
	200m: 2:58.09 1:32.35	500m: 7:45.64 1:35.97	800m: 12:25.06 1:29.85				
9.	Simone Pais Marques	09	Albicastrense	12:26.47		261	
	50m: 43.94 43.94	300m: 4:36.12 1:34.12	600m: 9:20.75 1:35.28				
	100m: 1:29.12 45.18	400m: 6:10.79 1:34.67	700m: 10:56.29 1:35.54				
	200m: 3:02.00 1:32.88	500m: 7:45.47 1:34.68	800m: 12:26.47 1:30.18				
10.	Vera Almeida Rosa	09	Nautico Abrantes	12:36.29		251	
	50m: 43.07 43.07	300m: 4:37.16 1:34.16	600m: 9:25.70 1:36.60				
	100m: 1:29.42 46.35	400m: 6:13.64 1:36.48	700m: 11:03.10 1:37.40				
	200m: 3:03.00 1:33.58	500m: 7:49.10 1:35.46	800m: 12:36.29 1:33.19				
11.	Clara Sofia Marcal	09	CCDSerta	12:37.49		250	
	50m: 45.05 45.05	300m: 4:46.85 1:38.68	600m: 9:34.54 1:34.44				
	100m: 1:31.76 46.71	400m: 6:24.17 1:37.32	700m: 11:08.43 1:33.89				
	200m: 3:08.17 1:36.41	500m: 8:00.10 1:35.93	800m: 12:37.49 1:29.06				
12.	Maria Ines Campos	09	Nautico Abrantes	13:36.90		199	
	50m: 44.78 44.78	300m: 4:58.69 1:43.63	600m: 10:11.88 1:44.82				
	100m: 1:35.75 50.97	400m: 6:42.38 1:43.69	700m: 11:56.56 1:44.68				
	200m: 3:15.06 1:39.31	500m: 8:27.06 1:44.68	800m: 13:36.90 1:40.34				
WDR	Maria Ines Almeida	09	Natacao do Fundao/GIRASSOL				
WDR	Ana Sofia Baptista	09	CCDSerta				

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Juvenil B
Resultados

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Leonor Sombreiro Martins	10	BUZIOS - Coruche	9:43.81		546	
	50m: 33.39 33.39		300m: 3:36.57 1:14.00	600m: 7:19.39 1:14.43			
	100m: 1:09.28 35.89		400m: 4:50.57 1:14.00	700m: 8:33.17 1:13.78			
	200m: 2:22.57 1:13.29		500m: 6:04.96 1:14.39	800m: 9:43.81 1:10.64			
2.	Lara Paixao Silva	10	Rio Maior	10:32.62		429	
	50m: 37.06 37.06		300m: 3:54.04 1:19.42	600m: 7:55.41 1:20.78			
	100m: 1:15.68 38.62		400m: 5:14.56 1:20.52	700m: 9:15.53 1:20.12			
	200m: 2:34.62 1:18.94		500m: 6:34.63 1:20.07	800m: 10:32.62 1:17.09			
3.	Flor Fortunata Ferreira	10	Gualdim Pais	10:54.06		388	
	50m: 38.21 38.21		300m: 4:03.46 1:21.00	600m: 8:11.43 1:22.87			
	100m: 1:18.93 40.72		400m: 5:25.68 1:22.22	700m: 9:33.78 1:22.35			
	200m: 2:42.46 1:23.53		500m: 6:48.56 1:22.88	800m: 10:54.06 1:20.28			
4.	Maria Carmo Rodrigues	10	BUZIOS - Coruche	11:41.39		315	
	50m: 41.02 41.02		300m: 4:18.92 1:29.97	600m: 8:50.95 1:29.15			
	100m: 1:22.70 41.68		400m: 5:51.39 1:32.47	700m: 10:19.92 1:28.97			
	200m: 2:48.95 1:26.25		500m: 7:21.80 1:30.41	800m: 11:41.39 1:21.47			
5.	Carolina Pinto Banhudo	10	Albicastrense	11:51.35		302	
	50m: 38.42 38.42		300m: 4:16.70 1:27.10	600m: 8:51.13 1:31.53			
	100m: 1:21.03 42.61		400m: 5:47.60 1:30.90	700m: 10:23.87 1:32.74			
	200m: 2:49.60 1:28.57		500m: 7:19.60 1:32.00	800m: 11:51.35 1:27.48			
6.	Carolina Neves Sousa	10	Electrico Clube/ FGil.pt	12:21.25		267	
	50m: 40.69 40.69		300m: 4:31.37 1:33.65	600m: 9:18.50 1:37.42			
	100m: 1:24.55 43.86		400m: 6:05.97 1:34.60	700m: 10:53.97 1:35.47			
	200m: 2:57.72 1:33.17		500m: 7:41.08 1:35.11	800m: 12:21.25 1:27.28			
7.	Madalena Pires Tavares	10	Albicastrense	13:51.74		189	
	50m: 50.35 50.35		300m: 5:20.92 1:49.15	600m: 10:37.25 1:44.73			
	100m: 1:43.35 53.00		400m: 7:07.35 1:46.43	700m: 12:20.67 1:43.42			
	200m: 3:31.77 1:48.42		500m: 8:52.52 1:45.17	800m: 13:51.74 1:31.07			

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Infantil A
Resultados

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Sofia Barroca Pereira	11	BUZIOS - Coruche	10:24.19		447	
	50m: 37.80 37.80		300m: 3:57.54 1:20.00	600m: 7:53.16 1:17.66			
	100m: 1:17.70 39.90		400m: 5:16.76 1:19.22	700m: 9:10.70 1:17.54			
	200m: 2:37.54 1:19.84		500m: 6:35.50 1:18.74	800m: 10:24.19 1:13.49			
2.	Margarida Pinho Formigo	11	Torres Novas	11:08.34		364	
	50m: 38.81 38.81		300m: 4:07.21 1:23.90	600m: 8:22.42 1:25.18			
	100m: 1:19.74 40.93		400m: 5:31.92 1:24.71	700m: 9:46.49 1:24.07			
	200m: 2:43.31 1:23.57		500m: 6:57.24 1:25.32	800m: 11:08.34 1:21.85			
3.	Benedita Maria Lagarinhos	11	Viver Santarem	11:11.43		359	
	50m: 39.47 39.47		300m: 4:10.51 1:24.12	600m: 8:25.39 1:24.70			
	100m: 1:21.86 42.39		400m: 5:35.65 1:25.14	700m: 9:50.57 1:25.18			
	200m: 2:46.39 1:24.53		500m: 7:00.69 1:25.04	800m: 11:11.43 1:20.86			
4.	Beatriz Agostinho Duque	11	20Km de Almeirim	11:42.50		313	
	50m: 44.18 44.18		300m: 4:30.86 1:29.58	600m: 8:54.21 1:27.35			
	100m: 1:31.25 47.07		400m: 5:58.86 1:28.00	700m: 10:20.43 1:26.22			
	200m: 3:01.28 1:30.03		500m: 7:26.86 1:28.00	800m: 11:42.50 1:22.07			

Prova 4, Femin., 800m Livres, Infantil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
5.	Rita Lino Ferreira	11	BUZIOS - Coruche	11:48.76		305	
	50m: 42.16 42.16		300m: 4:26.41 1:31.75	600m: 8:52.66 1:30.00			
	100m: 1:25.91 43.75		400m: 5:52.87 1:26.46	700m: 10:22.41 1:29.75			
	200m: 2:54.66 1:28.75		500m: 7:22.66 1:29.79	800m: 11:48.76 1:26.35			
6.	Matilde Nogueira Lourenco	11	CCDSerta	12:07.28		282	
	50m: 42.09 42.09		300m: 4:33.04 1:33.93	600m: 9:12.67 1:32.63			
	100m: 1:28.06 45.97		400m: 6:07.28 1:34.24	700m: 10:43.51 1:30.84			
	200m: 2:59.11 1:31.05		500m: 7:40.04 1:32.76	800m: 12:07.28 1:23.77			
7.	Maria Ines Ferreira	11	Torres Novas	12:36.67		251	
	50m: 44.74 44.74		300m: 4:44.99 1:37.00	600m: 9:31.06 1:34.71			
	100m: 1:31.81 47.07		400m: 6:21.10 1:36.11	700m: 11:05.45 1:34.39			
	200m: 3:07.99 1:36.18		500m: 7:56.35 1:35.25	800m: 12:36.67 1:31.22			
8.	Ines Martins Farinha	11	CCDSerta	13:00.23		229	
	50m: 45.06 45.06		300m: 4:54.19 1:40.78	600m: 9:53.94 1:39.25			
	100m: 1:32.80 47.74		400m: 6:34.69 1:40.50	700m: 11:32.31 1:38.37			
	200m: 3:13.41 1:40.61		500m: 8:14.69 1:40.00	800m: 13:00.23 1:27.92			
9.	Beatriz Isabel Moura	11	Nautico Abrantes	13:07.99		222	
	50m: 45.35 45.35		300m: 4:56.72 1:40.76	600m: 9:58.35 1:40.73			
	100m: 1:35.29 49.94		400m: 6:37.49 1:40.77	700m: 11:38.05 1:39.70			
	200m: 3:15.96 1:40.67		500m: 8:17.62 1:40.13	800m: 13:07.99 1:29.94			
10.	Daniela Matias Ribeiro	11	CCDSerta	13:22.06		210	
	50m: 45.46 45.46		300m: 4:57.12 1:42.50	600m: 10:02.78 1:42.72			
	100m: 1:34.46 49.00		400m: 6:39.08 1:41.96	700m: 11:45.78 1:43.00			
	200m: 3:14.62 1:40.16		500m: 8:20.06 1:40.98	800m: 13:22.06 1:36.28			
11.	Maria Francisca Constantino	11	Electrico Clube/ FGil.pt	13:27.95		206	
	50m: 44.66 44.66		300m: 4:48.66 1:39.66	600m: 10:02.56 1:46.74			
	100m: 1:32.12 47.46		400m: 6:32.47 1:43.81	700m: 11:43.85 1:41.29			
	200m: 3:09.00 1:36.88		500m: 8:15.82 1:43.35	800m: 13:27.95 1:44.10			
12.	Catarina Leonor Pereira	11	CLAC-Entroncamento	13:54.91		186	
	50m: 45.56 45.56		300m: 4:59.66 1:44.27	600m: 10:23.84 1:49.75			
	100m: 1:34.28 48.72		400m: 6:46.98 1:47.32	700m: 12:13.66 1:49.82			
	200m: 3:15.39 1:41.11		500m: 8:34.09 1:47.11	800m: 13:54.91 1:41.25			
13.	Madalena Santos Rolo	11	CCDSerta	14:45.31		156	
	50m: 52.60 52.60		300m: 5:36.42 1:54.07	600m: 11:14.22 1:51.36			
	100m: 1:47.92 55.32		400m: 7:31.09 1:54.67	700m: 13:04.35 1:50.13			
	200m: 3:42.35 1:54.43		500m: 9:22.86 1:51.77	800m: 14:45.31 1:40.96			
DNS	Ines Sendas Marco	11	Albicastrense				
WDR	Carolina Reis Lopes	11	Torres Novas				
WDR	Mariana Freitas Mota	11	Torres Novas				

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Infantil B
Resultados

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Matilde Casimiro Bibi	12	BUZIOS - Coruche	10:36.49		422	
	50m: 36.74 36.74		300m: 3:58.20 1:20.48	600m: 7:59.13 1:20.60			
	100m: 1:16.00 39.26		400m: 5:18.00 1:19.80	700m: 9:19.51 1:20.38			
	200m: 2:37.72 1:21.72		500m: 6:38.53 1:20.53	800m: 10:36.49 1:16.98			
2.	Rita Gomes Valentim	12	Torres Novas	11:13.57		356	
	50m: 39.70 39.70		300m: 4:10.45 1:23.78	600m: 8:26.29 1:25.09			
	100m: 1:21.73 42.03		400m: 5:36.02 1:25.57	700m: 9:51.57 1:25.28			
	200m: 2:46.67 1:24.94		500m: 7:01.20 1:25.18	800m: 11:13.57 1:22.00			

Prova 4, Femin., 800m Livres, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
3.	Rita Maria Rosa	12	BUZIOS - Coruche	11:26.71		336	
	50m: 38.17 38.17	300m: 4:11.12 1:26.80	600m: 8:33.83 1:27.84				
	100m: 1:18.49 40.32	400m: 5:37.32 1:26.20	700m: 10:03.08 1:29.25				
	200m: 2:44.32 1:25.83	500m: 7:05.99 1:28.67	800m: 11:26.71 1:23.63				
4.	Maria Beatriz Mestre	12	Electrico Clube/ FGil.pt	11:31.90		328	
	50m: 39.30 39.30	300m: 4:12.16 1:25.94	600m: 8:38.76 1:29.97				
	100m: 1:21.39 42.09	400m: 5:39.32 1:27.16	700m: 10:06.93 1:28.17				
	200m: 2:46.22 1:24.83	500m: 7:08.79 1:29.47	800m: 11:31.90 1:24.97				
5.	Marta Costa Soares	12	Uniao Samorense	11:41.21		315	
	50m: 39.17 39.17	300m: 4:15.21 1:28.22	600m: 8:46.46 1:30.50				
	100m: 1:20.57 41.40	400m: 5:45.17 1:29.96	700m: 10:16.49 1:30.03				
	200m: 2:46.99 1:26.42	500m: 7:15.96 1:30.79	800m: 11:41.21 1:24.72				
6.	Rita Balsa Alves	12	BUZIOS - Coruche	11:57.16		295	
	50m: 40.55 40.55	300m: 4:23.80 1:31.65	600m: 9:01.99 1:32.47				
	100m: 1:22.93 42.38	400m: 5:56.53 1:32.73	700m: 10:33.67 1:31.68				
	200m: 2:52.15 1:29.22	500m: 7:29.52 1:32.99	800m: 11:57.16 1:23.49				
7.	Alicia Lopes Deep	12	BUZIOS - Coruche	12:06.69		283	
	50m: 39.67 39.67	300m: 4:26.95 1:31.56	600m: 9:09.48 1:33.16				
	100m: 1:23.67 44.00	400m: 6:00.70 1:33.75	700m: 10:41.02 1:31.54				
	200m: 2:55.39 1:31.72	500m: 7:36.32 1:35.62	800m: 12:06.69 1:25.67				
8.	Margarida Madeira Pires	12	Rio Maior	12:11.75		277	
	50m: 43.64 43.64	300m: 4:32.27 1:32.49	600m: 9:11.39 1:32.09				
	100m: 1:29.25 45.61	400m: 6:06.25 1:33.98	700m: 10:43.13 1:31.74				
	200m: 2:59.78 1:30.53	500m: 7:39.30 1:33.05	800m: 12:11.75 1:28.62				
9.	Maria Pais Santos	12	BUZIOS - Coruche	12:17.66		271	
	50m: 43.40 43.40	300m: 4:33.20 1:30.57	600m: 9:14.91 1:33.83				
	100m: 1:29.20 45.80	400m: 6:08.05 1:34.85	700m: 10:48.24 1:33.33				
	200m: 3:02.63 1:33.43	500m: 7:41.08 1:33.03	800m: 12:17.66 1:29.42				
10.	Juliana Antunes Monteiro	12	Gualdim Pais	13:02.44		227	
	50m: 42.75 42.75	300m: 4:49.97 1:40.64	600m: 9:53.56 1:42.56				
	100m: 1:30.82 48.07	400m: 6:30.94 1:40.97	700m: 11:29.76 1:36.20				
	200m: 3:09.33 1:38.51	500m: 8:11.00 1:40.06	800m: 13:02.44 1:32.68				
11.	Ines Munhos Silva	12	Albicastrense	13:05.48		224	
	50m: 43.03 43.03	300m: 4:45.55 1:38.63	600m: 9:45.23 1:41.14				
	100m: 1:30.02 46.99	400m: 6:24.07 1:38.52	700m: 11:26.19 1:40.96				
	200m: 3:06.92 1:36.90	500m: 8:04.09 1:40.02	800m: 13:05.48 1:39.29				
12.	Margarida Lourenco Antunes	12	CCDSerta	13:34.48		201	
	50m: 45.76 45.76	300m: 5:00.10 1:44.08	600m: 10:11.70 1:45.25				
	100m: 1:34.86 49.10	400m: 6:42.39 1:42.29	700m: 11:55.10 1:43.40				
	200m: 3:16.02 1:41.16	500m: 8:26.45 1:44.06	800m: 13:34.48 1:39.38				
13.	Diana Sofia Pereira	12	Natacao do Fundao/GIRASSOL	13:55.57		186	
	50m: 47.59 47.59	300m: 5:13.42 1:48.08	600m: 10:29.92 1:45.25				
	100m: 1:38.81 51.22	400m: 6:58.67 1:45.25	700m: 12:15.07 1:45.15				
	200m: 3:25.34 1:46.53	500m: 8:44.67 1:46.00	800m: 13:55.57 1:40.50				
14.	Margarida Amaral Mesquita	12	Electrico Clube/ FGil.pt	14:19.98		171	
	50m: 49.74 49.74	300m: 5:23.83 1:50.28	600m: 10:51.26 1:47.93				
	100m: 1:43.93 54.19	400m: 7:15.66 1:51.83	700m: 12:38.93 1:47.67				
	200m: 3:33.55 1:49.62	500m: 9:03.33 1:47.67	800m: 14:19.98 1:41.05				
15.	Maria Benedita Ribeiro	12	CCDSerta	14:32.04		164	
	50m: 48.39 48.39	300m: 5:20.31 1:51.53	600m: 10:55.78 1:52.67				
	100m: 1:40.50 52.11	400m: 7:11.00 1:50.69	700m: 12:48.31 1:52.53				
	200m: 3:28.78 1:48.28	500m: 9:03.11 1:52.11	800m: 14:32.04 1:43.73				
16.	Ana Marisa Simples	12	Uniao Samorense	14:38.82		160	
	50m: 49.51 49.51	300m: 5:19.20 1:49.20	600m: 10:53.95 1:53.59				
	100m: 1:51.73 1:02.22	400m: 7:07.26 1:48.06	700m: 12:47.86 1:53.91				
	200m: 3:30.00 1:38.27	500m: 9:00.36 1:53.10	800m: 14:38.82 1:50.96				

Prova 4, Femin., 800m Livres, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
17.	Leonor Cardoso Tavares	12	CCDSerta	14:43.15		157	
	50m: 52.33 52.33	300m: 5:28.69 1:51.72	600m: 11:08.72 1:52.07				
	100m: 1:47.12 54.79	400m: 7:22.97 1:54.28	700m: 13:02.22 1:53.50				
	200m: 3:36.97 1:49.85	500m: 9:16.65 1:53.68	800m: 14:43.15 1:40.93				
18.	Joana Verissimo Tavares	12	CLAC-Entroncamento	15:19.53		139	
	50m: 51.77 51.77	300m: 5:42.35 1:57.99	600m: 11:34.47 1:58.93				
	100m: 1:49.04 57.27	400m: 7:37.68 1:55.33	700m: 13:30.72 1:56.25				
	200m: 3:44.36 1:55.32	500m: 9:35.54 1:57.86	800m: 15:19.53 1:48.81				
19.	Ines Santos Pina	12	CLAC-Entroncamento	15:20.70		139	
	50m: 51.10 51.10	300m: 5:37.92 1:56.89	600m: 11:34.67 1:59.32				
	100m: 1:45.85 54.75	400m: 7:37.77 1:59.85	700m: 13:22.63 1:47.96				
	200m: 3:41.03 1:55.18	500m: 9:35.35 1:57.58	800m: 15:20.70 1:58.07				
DNS	Margarida Serejo Cane	12	Electrico Clube/ FGil.pt				
DNS	Matilde Nunes Simoes	12	CCDSerta				
DNS	Laura Rosinha Maia	12	Gualdim Pais				
WDR	Ines Barata Henrique	12	Albicastrense				
WDR	Beatriz Rodrigues Fontinho	12	CLAC-Entroncamento				
WDR	Maria Vitoria Martinho	12	Gualdim Pais				
EXH	Carolina Cupertino Marchante09		CLAC-Entroncamento	12:48.35		239	
	50m: 45.06 45.06	300m: 4:46.06 1:37.11	600m: 9:36.41 1:37.46				
	100m: 1:32.26 47.20	400m: 6:21.51 1:35.45	700m: 11:11.89 1:35.48				
	200m: 3:08.95 1:36.69	500m: 7:58.95 1:37.44	800m: 12:48.35 1:36.46				
EXH	Matilde Abelho Vaz	12	CLAC-Entroncamento	13:17.07		214	
	50m: 46.81 46.81	300m: 4:57.67 1:41.18	600m: 10:03.42 1:41.61				
	100m: 1:36.31 49.50	400m: 6:38.92 1:41.25	700m: 11:44.03 1:40.61				
	200m: 3:16.49 1:40.18	500m: 8:21.81 1:42.89	800m: 13:17.07 1:33.04				