

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 12
12/07/2024 - 17:00

Femin., 1500m Livres

Absolutos
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

Pontos: FINA 2024

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
Juvenis							
1.	MARTINS, Leonor Sombreiro	10	POR	BUZIOS - Coruche	18:30.37	+0,81	569
	100m: 1:09.35 1:09.35	500m: 6:08.20	1:15.44	900m: 11:06.27	1:15.01	1300m: 16:06.13	1:14.90
	200m: 2:23.73 1:14.38	600m: 7:22.72	1:14.52	1000m: 12:21.25	1:14.98	1400m: 17:21.21	1:15.08
	300m: 3:38.10 1:14.37	700m: 8:37.24	1:14.52	1100m: 13:36.35	1:15.10	1500m: 18:30.37	1:09.16
	400m: 4:52.76 1:14.66	800m: 9:51.26	1:14.02	1200m: 14:51.23	1:14.88		
2.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	18:31.18		568
	100m: 1:09.06 1:09.06	500m: 6:08.40	1:15.57	900m: 11:06.26	1:14.87	1300m: 16:05.95	1:14.54
	200m: 2:23.79 1:14.73	600m: 7:23.07	1:14.67	1000m: 12:21.20	1:14.94	1400m: 17:21.49	1:15.54
	300m: 3:38.14 1:14.35	700m: 8:37.57	1:14.50	1100m: 13:36.50	1:15.30	1500m: 18:31.18	1:09.69
	400m: 4:52.83 1:14.69	800m: 9:51.39	1:13.82	1200m: 14:51.42	1:14.92		
3.	MENDES, Bianca Balbino	10	POR	Naval de Peniche	19:20.56	+0,72	498
	100m: 1:11.28 1:11.28	500m: 6:17.75	1:17.78	900m: 11:29.46	1:17.54	1300m: 16:45.35	1:19.96
	200m: 2:27.34 1:16.06	600m: 7:36.01	1:18.26	1000m: 12:48.06	1:18.60	1400m: 18:04.23	1:18.88
	300m: 3:43.54 1:16.20	700m: 8:53.87	1:17.86	1100m: 14:06.32	1:18.26	1500m: 19:20.56	1:16.33
	400m: 4:59.97 1:16.43	800m: 10:11.92	1:18.05	1200m: 15:25.39	1:19.07		
4.	UVA, Sofia Monteiro	09	POR	Sport Alges e Dafundo	19:24.63	+0,61	493
	100m: 1:12.96 1:12.96	500m: 6:26.02	1:18.44	900m: 11:39.55	1:18.32	1300m: 16:52.11	1:17.60
	200m: 2:31.53 1:18.57	600m: 7:44.64	1:18.62	1000m: 12:57.86	1:18.31	1400m: 18:09.59	1:17.48
	300m: 3:49.98 1:18.45	700m: 9:02.60	1:17.96	1100m: 14:16.60	1:18.74	1500m: 19:24.63	1:15.04
	400m: 5:07.58 1:17.60	800m: 10:21.23	1:18.63	1200m: 15:34.51	1:17.91		
5.	MARTINS, Carolina Correia	09	POR	Porto	19:26.59		491
	100m: 1:14.02 1:14.02	500m: 6:29.36	1:19.04	900m: 11:43.36	1:18.65	1300m: 16:51.94	1:16.93
	200m: 2:32.01 1:17.99	600m: 7:47.71	1:18.35	1000m: 13:01.14	1:17.78	1400m: 18:09.50	1:17.56
	300m: 3:50.98 1:18.97	700m: 9:06.49	1:18.78	1100m: 14:18.03	1:16.89	1500m: 19:26.59	1:17.09
	400m: 5:10.32 1:19.34	800m: 10:24.71	1:18.22	1200m: 15:35.01	1:16.98		
6.	MARQUES, Ana Jose	10	POR	Braga	19:30.32		486
	100m: 1:10.20 1:10.20	500m: 6:18.42	1:18.80	900m: 11:34.68	1:19.27	1300m: 16:53.70	1:19.06
	200m: 2:24.87 1:14.67	600m: 7:37.23	1:18.81	1000m: 12:54.60	1:19.92	1400m: 18:12.91	1:19.21
	300m: 3:41.71 1:16.84	700m: 8:56.54	1:19.31	1100m: 14:14.75	1:20.15	1500m: 19:30.32	1:17.41
	400m: 4:59.62 1:17.91	800m: 10:15.41	1:18.87	1200m: 15:34.64	1:19.89		
7.	PAIVA, Leonor Antunes	10	POR	Cnac	19:30.61	+0,66	486
	100m: 1:13.01 1:13.01	500m: 6:25.84	1:18.55	900m: 11:41.46	1:18.60	1300m: 16:56.56	1:18.69
	200m: 2:30.58 1:17.57	600m: 7:44.95	1:19.11	1000m: 13:00.07	1:18.61	1400m: 18:15.05	1:18.49
	300m: 3:48.94 1:18.36	700m: 9:04.30	1:19.35	1100m: 14:18.86	1:18.79	1500m: 19:30.61	1:15.56
	400m: 5:07.29 1:18.35	800m: 10:22.86	1:18.56	1200m: 15:37.87	1:19.01		

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 12, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
8.	FARIA, Ines Maria	09	POR	Porto	19:36.31	+0,93	479
	100m: 1:14.16 1:14.16	500m: 6:29.41 1:18.97	900m: 11:44.12 1:18.60	1300m: 16:59.39 1:19.47			
	200m: 2:32.01 1:17.85	600m: 7:48.19 1:18.78	1000m: 13:02.47 1:18.35	1400m: 18:18.37 1:18.98			
	300m: 3:50.99 1:18.98	700m: 9:06.77 1:18.58	1100m: 14:20.69 1:18.22	1500m: 19:36.31 1:17.94			
	400m: 5:10.44 1:19.45	800m: 10:25.52 1:18.75	1200m: 15:39.92 1:19.23				
9.	SILVA, Leonor Mosca	10	POR	Columbofila Cantanhedense	19:54.98	+0,58	457
	100m: 1:14.72 1:14.72	500m: 6:32.78 1:19.92	900m: 11:53.26 1:20.53	1300m: 17:15.96 1:20.53			
	200m: 2:33.94 1:19.22	600m: 7:53.53 1:20.75	1000m: 13:13.70 1:20.44	1400m: 18:36.92 1:20.96			
	300m: 3:53.58 1:19.64	700m: 9:12.56 1:19.03	1100m: 14:34.36 1:20.66	1500m: 19:54.98 1:18.06			
	400m: 5:12.86 1:19.28	800m: 10:32.73 1:20.17	1200m: 15:55.43 1:21.07				
10.	VICENTE, Clara Alexandra	09	POR	Lagoa Academico Clube	19:57.45	+0,83	454
	100m: 1:13.70 1:13.70	500m: 6:33.40 1:19.22	900m: 11:54.54 1:20.24	1300m: 17:19.72 1:21.60			
	200m: 2:33.86 1:20.16	600m: 7:53.00 1:19.60	1000m: 13:15.53 1:20.99	1400m: 18:40.22 1:20.50			
	300m: 3:54.40 1:20.54	700m: 9:12.95 1:19.95	1100m: 14:37.24 1:21.71	1500m: 19:57.45 1:17.23			
	400m: 5:14.18 1:19.78	800m: 10:34.30 1:21.35	1200m: 15:58.12 1:20.88				
11.	FERNANDES, Maria Madalena	10	POR	Sport Alges e Dafundo	20:00.78	+0,67	450
	100m: 1:14.51 1:14.51	500m: 6:32.45 1:19.54	900m: 11:52.46 1:19.73	1300m: 17:18.97 1:22.36			
	200m: 2:33.48 1:18.97	600m: 7:52.54 1:20.09	1000m: 13:13.45 1:20.99	1400m: 18:41.25 1:22.28			
	300m: 3:52.87 1:19.39	700m: 9:12.38 1:19.84	1100m: 14:35.08 1:21.63	1500m: 20:00.78 1:19.53			
	400m: 5:12.91 1:20.04	800m: 10:32.73 1:20.35	1200m: 15:56.61 1:21.53				
12.	PEDREIRO, Francisca Soreto	09	POR	Galitos / Bresimar	20:02.78		448
	100m: 1:13.93 1:13.93	500m: 6:33.76 1:21.12	900m: 11:58.79 1:20.26	1300m: 17:23.94 1:21.83			
	200m: 2:33.30 1:19.37	600m: 7:54.48 1:20.72	1000m: 13:19.78 1:20.99	1400m: 18:45.93 1:21.99			
	300m: 3:53.07 1:19.77	700m: 9:16.60 1:22.12	1100m: 14:40.14 1:20.36	1500m: 20:02.78 1:16.85			
	400m: 5:12.64 1:19.57	800m: 10:38.53 1:21.93	1200m: 16:02.11 1:21.97				
13.	MORAIS, Laura Prates	09	POR	BUZIOS - Coruche	20:02.81	+0,91	448
	100m: 1:15.09 1:15.09	500m: 6:35.22 1:19.73	900m: 11:59.55 1:21.19	1300m: 17:27.03 1:22.22			
	200m: 2:34.03 1:18.94	600m: 7:56.02 1:20.80	1000m: 13:20.88 1:21.33	1400m: 18:46.67 1:19.64			
	300m: 3:54.54 1:20.51	700m: 9:17.22 1:21.20	1100m: 14:42.88 1:22.00	1500m: 20:02.81 1:16.14			
	400m: 5:15.49 1:20.95	800m: 10:38.36 1:21.14	1200m: 16:04.81 1:21.93				
14.	SANTOS, Mariana Silva	09	POR	Porto	20:03.65	+0,75	447
	100m: 1:13.77 1:13.77	500m: 6:28.69 1:19.08	900m: 11:50.15 1:21.57	1300m: 17:18.63 1:23.18			
	200m: 2:31.72 1:17.95	600m: 7:47.58 1:18.89	1000m: 13:11.76 1:21.61	1400m: 18:41.45 1:22.82			
	300m: 3:50.51 1:18.79	700m: 9:07.53 1:19.95	1100m: 14:33.40 1:21.64	1500m: 20:03.65 1:22.20			
	400m: 5:09.61 1:19.10	800m: 10:28.58 1:21.05	1200m: 15:55.45 1:22.05				
15.	REIS, Mafalda Brandao	09	POR	Famalicao	20:10.56	+0,77	439
	100m: 1:14.93 1:14.93	500m: 6:37.45 1:21.38	900m: 12:04.20 1:21.55	1300m: 17:30.35 1:21.67			
	200m: 2:34.42 1:19.49	600m: 7:58.91 1:21.46	1000m: 13:26.10 1:21.90	1400m: 18:51.64 1:21.29			
	300m: 3:55.21 1:20.79	700m: 9:20.90 1:21.99	1100m: 14:47.59 1:21.49	1500m: 20:10.56 1:18.92			
	400m: 5:16.07 1:20.86	800m: 10:42.65 1:21.75	1200m: 16:08.68 1:21.09				
16.	FRYXELL, Maria Ines	10	POR	AONDA	20:10.70	+0,59	439
	100m: 1:12.93 1:12.93	500m: 6:33.81 1:20.49	900m: 12:01.43 1:22.36	1300m: 17:30.55 1:21.77			
	200m: 2:32.85 1:19.92	600m: 7:55.49 1:21.68	1000m: 13:23.47 1:22.04	1400m: 18:51.66 1:21.11			
	300m: 3:52.90 1:20.05	700m: 9:17.11 1:21.62	1100m: 14:46.63 1:23.16	1500m: 20:10.70 1:19.04			
	400m: 5:13.32 1:20.42	800m: 10:39.07 1:21.96	1200m: 16:08.78 1:22.15				

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 12, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
17.	COSTA, Sofia Rodrigues	10	POR	Porto	20:11.96		438
	100m: 1:13.42 1:13.42	500m: 6:33.07 1:19.84	900m: 11:58.33 1:22.16	1300m: 17:27.23 1:22.52	1500m: 20:11.96 1:22.58		
	200m: 2:32.94 1:19.52	600m: 7:53.33 1:20.26	1000m: 13:20.42 1:22.09	1400m: 18:49.38 1:22.15			
	300m: 3:53.18 1:20.24	700m: 9:14.77 1:21.44	1100m: 14:42.82 1:22.40				
	400m: 5:13.23 1:20.05	800m: 10:36.17 1:21.40	1200m: 16:04.71 1:21.89				
18.	VELEZ, Vida Sofia	10	POR	Ba-Leiria	20:14.07	+0,69	435
	100m: 1:14.82 1:14.82	500m: 6:32.56 1:19.18	900m: 11:52.31 1:19.79	1300m: 17:25.82 1:25.80	1500m: 20:14.07 1:22.69		
	200m: 2:34.46 1:19.64	600m: 7:52.59 1:20.03	1000m: 13:13.11 1:20.80	1400m: 18:51.38 1:25.56			
	300m: 3:53.23 1:18.77	700m: 9:12.64 1:20.05	1100m: 14:35.01 1:21.90				
	400m: 5:13.38 1:20.15	800m: 10:32.52 1:19.88	1200m: 16:00.02 1:25.01				
19.	MATEUS, Ines Filipa	10	POR	Lagoa Academico Clube	20:19.96	+0,65	429
	100m: 1:14.58 1:14.58	500m: 6:36.20 1:22.38	900m: 12:11.41 1:23.73	1300m: 17:40.62 1:22.51	1500m: 20:19.96 1:18.41		
	200m: 2:33.67 1:19.09	600m: 7:59.84 1:23.64	1000m: 13:34.56 1:23.15	1400m: 19:01.55 1:20.93			
	300m: 3:53.03 1:19.36	700m: 9:24.00 1:24.16	1100m: 14:55.23 1:20.67				
	400m: 5:13.82 1:20.79	800m: 10:47.68 1:23.68	1200m: 16:18.11 1:22.88				
20.	JESUS, Margarida Santos	09	POR	Clube Natacao Olhao	20:24.21	+0,81	425
	100m: 1:13.35 1:13.35	500m: 6:34.18 1:20.46	900m: 12:05.92 1:23.42	1300m: 17:41.22 1:24.20	1500m: 20:24.21 1:20.22		
	200m: 2:32.70 1:19.35	600m: 7:56.46 1:22.28	1000m: 13:29.19 1:23.27	1400m: 19:03.99 1:22.77			
	300m: 3:52.79 1:20.09	700m: 9:19.03 1:22.57	1100m: 14:52.77 1:23.58				
	400m: 5:13.72 1:20.93	800m: 10:42.50 1:23.47	1200m: 16:17.02 1:24.25				
21.	CRUZ, Constanca Lopes	09	POR	Adrcimm	20:32.41		416
	100m: 1:15.81 1:15.81	500m: 6:42.44 1:22.09	900m: 12:13.98 1:23.74	1300m: 17:49.06 1:23.68	1500m: 20:32.41 1:20.16		
	200m: 2:36.79 1:20.98	600m: 8:04.37 1:21.93	1000m: 13:37.07 1:23.09	1400m: 19:12.25 1:23.19			
	300m: 3:58.71 1:21.92	700m: 9:26.69 1:22.32	1100m: 15:01.01 1:23.94				
	400m: 5:20.35 1:21.64	800m: 10:50.24 1:23.55	1200m: 16:25.38 1:24.37				
22.	SILVA, Jessica Alexandra	09	POR	Tubaroes de Gaia	20:46.93	+0,98	402
	100m: 1:16.16 1:16.16	500m: 6:47.75 1:23.80	900m: 12:24.12 1:23.91	1300m: 18:01.68 1:24.06	1500m: 20:46.93 1:21.77		
	200m: 2:37.66 1:21.50	600m: 8:11.72 1:23.97	1000m: 13:48.00 1:23.88	1400m: 19:25.16 1:23.48			
	300m: 4:00.44 1:22.78	700m: 9:35.97 1:24.25	1100m: 15:12.97 1:24.97				
	400m: 5:23.95 1:23.51	800m: 11:00.21 1:24.24	1200m: 16:37.62 1:24.65				
23.	LIMA, Beatriz Ribeiro	09	POR	Gesloures	21:00.41	+0,83	389
	100m: 1:15.49 1:15.49	500m: 6:50.37 1:25.60	900m: 12:31.67 1:25.32	1300m: 18:13.54 1:25.01	1500m: 21:00.41 1:24.78		
	200m: 2:36.77 1:21.28	600m: 8:15.98 1:25.61	1000m: 13:57.15 1:25.48	1400m: 19:35.63 1:22.09			
	300m: 4:00.02 1:23.25	700m: 9:40.65 1:24.67	1100m: 15:22.61 1:25.46				
	400m: 5:24.77 1:24.75	800m: 11:06.35 1:25.70	1200m: 16:48.53 1:25.92				
24.	PEREIRA, Mariana Dias	10	POR	Alges e Agueda XXI	21:27.10		365
	100m: 1:17.32 1:17.32	500m: 7:03.28 1:27.55	900m: 12:52.61 1:27.24	1300m: 18:36.15 1:24.93	1500m: 21:27.10 1:25.87		
	200m: 2:41.89 1:24.57	600m: 8:30.37 1:27.09	1000m: 14:19.39 1:26.78	1400m: 20:01.23 1:25.08			
	300m: 4:08.56 1:26.67	700m: 9:57.85 1:27.48	1100m: 15:46.44 1:27.05				
	400m: 5:35.73 1:27.17	800m: 11:25.37 1:27.52	1200m: 17:11.22 1:24.78				
25.	VIEIRA, Sara Goncalves	10	POR	Naval Praia da Vitoria	21:31.07	+0,87	362
	100m: 1:17.74 1:17.74	500m: 7:01.73 1:26.79	900m: 12:47.70 1:26.52	1300m: 18:37.95 1:26.75	1500m: 21:31.07 1:26.10		
	200m: 2:43.41 1:25.67	600m: 8:28.29 1:26.56	1000m: 14:15.00 1:27.30	1400m: 20:04.97 1:27.02			
	300m: 4:09.75 1:26.34	700m: 9:53.31 1:25.02	1100m: 15:42.49 1:27.49				
	400m: 5:34.94 1:25.19	800m: 11:21.18 1:27.87	1200m: 17:11.20 1:28.71				

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024
Prova 12, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
26.	CARVALHO, Mariana Bagagem	10	POR	Miranda do Corvo	21:45.64		350
	100m: 1:17.56 1:17.56	500m: 7:05.78	1:27.62	900m: 12:59.31	1:28.57	1300m: 18:53.73	1:27.73
	200m: 2:43.60 1:26.04	600m: 8:33.57	1:27.79	1000m: 14:29.35	1:30.04	1400m: 20:20.36	1:26.63
	300m: 4:11.08 1:27.48	700m: 10:02.64	1:29.07	1100m: 15:57.72	1:28.37	1500m: 21:45.64	1:25.28
	400m: 5:38.16 1:27.08	800m: 11:30.74	1:28.10	1200m: 17:26.00	1:28.28		
27.	MIGUEL, Beatriz Ferreira	09	POR	Alges e Agueda XXI	21:50.98	+0,89	346
	100m: 1:18.63 1:18.63	500m: 7:07.63	1:28.36	900m: 13:02.00	1:28.13	1300m: 18:56.39	1:28.77
	200m: 2:44.74 1:26.11	600m: 8:36.64	1:29.01	1000m: 14:30.15	1:28.15	1400m: 20:24.88	1:28.49
	300m: 4:11.47 1:26.73	700m: 10:05.23	1:28.59	1100m: 15:59.23	1:29.08	1500m: 21:50.98	1:26.10
	400m: 5:39.27 1:27.80	800m: 11:33.87	1:28.64	1200m: 17:27.62	1:28.39		

Juniores

1.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	18:20.04	+0,81	585
	100m: 1:08.50 1:08.50	500m: 5:57.43	1:12.23	900m: 10:54.06	1:14.59	1300m: 15:52.19	1:14.97
	200m: 2:20.55 1:12.05	600m: 7:11.60	1:14.17	1000m: 12:08.16	1:14.10	1400m: 17:06.95	1:14.76
	300m: 3:33.01 1:12.46	700m: 8:25.60	1:14.00	1100m: 13:22.31	1:14.15	1500m: 18:20.04	1:13.09
	400m: 4:45.20 1:12.19	800m: 9:39.47	1:13.87	1200m: 14:37.22	1:14.91		
2.	SANTOS, Leonor Castanho	07	POR	Sporting	18:25.74	+0,61	576
	100m: 1:08.27 1:08.27	500m: 5:59.95	1:13.51	900m: 10:57.57	1:14.38	1300m: 15:56.10	1:14.82
	200m: 2:21.12 1:12.85	600m: 7:14.00	1:14.05	1000m: 12:11.72	1:14.15	1400m: 17:11.20	1:15.10
	300m: 3:33.75 1:12.63	700m: 8:28.47	1:14.47	1100m: 13:26.12	1:14.40	1500m: 18:25.74	1:14.54
	400m: 4:46.44 1:12.69	800m: 9:43.19	1:14.72	1200m: 14:41.28	1:15.16		
3.	AGUILAR, Marta Andre	07	POR	Cnac	18:29.55	+0,79	570
	100m: 1:08.60 1:08.60	500m: 6:01.21	1:14.13	900m: 10:59.22	1:15.45	1300m: 16:01.21	1:16.44
	200m: 2:20.54 1:11.94	600m: 7:15.69	1:14.48	1000m: 12:14.61	1:15.39	1400m: 17:17.74	1:16.53
	300m: 3:33.96 1:13.42	700m: 8:29.29	1:13.60	1100m: 13:30.01	1:15.40	1500m: 18:29.55	1:11.81
	400m: 4:47.08 1:13.12	800m: 9:43.77	1:14.48	1200m: 14:44.77	1:14.76		
4.	ALMEIDA, Bianca Filipa	07	POR	Alges e Agueda XXI	18:37.49	+0,74	558
	100m: 1:08.65 1:08.65	500m: 6:01.98	1:14.18	900m: 11:01.84	1:14.99	1300m: 16:05.57	1:16.86
	200m: 2:21.25 1:12.60	600m: 7:16.92	1:14.94	1000m: 12:17.56	1:15.72	1400m: 17:22.14	1:16.57
	300m: 3:34.39 1:13.14	700m: 8:31.68	1:14.76	1100m: 13:32.62	1:15.06	1500m: 18:37.49	1:15.35
	400m: 4:47.80 1:13.41	800m: 9:46.85	1:15.17	1200m: 14:48.71	1:16.09		
5.	ALVES, Sara Sofia	07	POR	Pdem	18:44.01		549
	100m: 1:08.61 1:08.61	500m: 6:04.30	1:15.30	900m: 11:07.53	1:15.82	1300m: 16:11.89	1:16.53
	200m: 2:21.15 1:12.54	600m: 7:19.90	1:15.60	1000m: 12:23.31	1:15.78	1400m: 17:28.59	1:16.70
	300m: 3:34.70 1:13.55	700m: 8:35.65	1:15.75	1100m: 13:39.21	1:15.90	1500m: 18:44.01	1:15.42
	400m: 4:49.00 1:14.30	800m: 9:51.71	1:16.06	1200m: 14:55.36	1:16.15		
6.	VIANA, Matilde Violante	07	POR	CNLeiria	18:54.47	+0,84	534
	100m: 1:08.47 1:08.47	500m: 6:08.40	1:15.49	900m: 11:10.64	1:15.91	1300m: 16:18.88	1:18.08
	200m: 2:22.28 1:13.81	600m: 7:23.95	1:15.55	1000m: 12:26.28	1:15.64	1400m: 17:37.27	1:18.39
	300m: 3:37.47 1:15.19	700m: 8:39.31	1:15.36	1100m: 13:43.16	1:16.88	1500m: 18:54.47	1:17.20
	400m: 4:52.91 1:15.44	800m: 9:54.73	1:15.42	1200m: 15:00.80	1:17.64		
7.	BOTELHO, Margarida Santos	07	POR	Cns	18:58.70	+0,81	528
	100m: 1:10.27 1:10.27	500m: 6:17.44	1:16.47	900m: 11:22.75	1:16.22	1300m: 16:29.63	1:17.13
	200m: 2:26.74 1:16.47	600m: 7:33.70	1:16.26	1000m: 12:38.94	1:16.19	1400m: 17:46.54	1:16.91
	300m: 3:43.73 1:16.99	700m: 8:50.05	1:16.35	1100m: 13:55.42	1:16.48	1500m: 18:58.70	1:12.16
	400m: 5:00.97 1:17.24	800m: 10:06.53	1:16.48	1200m: 15:12.50	1:17.08		

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Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
8.	LUIZ, Margarida Maria	08	POR	Lagoa Academico Clube	19:01.48	+0,85	524
	100m: 1:09.77 1:09.77	500m: 6:13.62	1:16.70	900m: 11:22.10	1:17.79	1300m: 16:29.74	1:16.85
	200m: 2:23.80 1:14.03	600m: 7:30.42	1:16.80	1000m: 12:39.15	1:17.05	1400m: 17:46.36	1:16.62
	300m: 3:39.70 1:15.90	700m: 8:47.23	1:16.81	1100m: 13:56.09	1:16.94	1500m: 19:01.48	1:15.12
	400m: 4:56.92 1:17.22	800m: 10:04.31	1:17.08	1200m: 15:12.89	1:16.80		
9.	CARVALHO, Sofia Alexandra	07	POR	Fluvial Portuense	19:33.38	+0,78	482
	100m: 1:08.86 1:08.86	500m: 6:16.15	1:18.62	900m: 11:35.66	1:20.16	1300m: 16:56.96	1:20.23
	200m: 2:22.95 1:14.09	600m: 7:35.55	1:19.40	1000m: 12:55.52	1:19.86	1400m: 18:16.06	1:19.10
	300m: 3:39.13 1:16.18	700m: 8:55.77	1:20.22	1100m: 14:15.91	1:20.39	1500m: 19:33.38	1:17.32
	400m: 4:57.53 1:18.40	800m: 10:15.50	1:19.73	1200m: 15:36.73	1:20.82		
10.	MACEDO, Alice Mendes	08	POR	Aej	19:42.95	+0,84	471
	100m: 1:10.17 1:10.17	500m: 6:23.92	1:19.58	900m: 11:45.36	1:20.93	1300m: 17:06.48	1:20.05
	200m: 2:26.51 1:16.34	600m: 7:44.04	1:20.12	1000m: 13:05.98	1:20.62	1400m: 18:25.14	1:18.66
	300m: 3:44.55 1:18.04	700m: 9:03.85	1:19.81	1100m: 14:26.52	1:20.54	1500m: 19:42.95	1:17.81
	400m: 5:04.34 1:19.79	800m: 10:24.43	1:20.58	1200m: 15:46.43	1:19.91		
11.	JORGE, Sofia Pereira	08	POR	Galitos / Bresimar	20:10.52	+0,84	439
	100m: 1:14.55 1:14.55	500m: 6:37.55	1:20.92	900m: 12:01.94	1:19.90	1300m: 17:29.18	1:22.53
	200m: 2:34.62 1:20.07	600m: 7:58.69	1:21.14	1000m: 13:22.80	1:20.86	1400m: 18:51.19	1:22.01
	300m: 3:55.57 1:20.95	700m: 9:19.75	1:21.06	1100m: 14:44.66	1:21.86	1500m: 20:10.52	1:19.33
	400m: 5:16.63 1:21.06	800m: 10:42.04	1:22.29	1200m: 16:06.65	1:21.99		

Seniores

1.	DURAES, Diana Margarida	96	POR	Benfica	16:36.69	+0,74	787
	100m: 1:01.81 1:01.81	500m: 5:24.62	1:06.13	900m: 9:50.93	1:07.05	1300m: 14:21.49	1:08.05
	200m: 2:06.89 1:05.08	600m: 6:31.04	1:06.42	1000m: 10:58.02	1:07.09	1400m: 15:29.30	1:07.81
	300m: 3:12.60 1:05.71	700m: 7:37.48	1:06.44	1100m: 12:05.38	1:07.36	1500m: 16:36.69	1:07.39
	400m: 4:18.49 1:05.89	800m: 8:43.88	1:06.40	1200m: 13:13.44	1:08.06		
2.	HOLUB, Tamila Hryhorivna	99	POR	Braga	16:57.98	+0,81	739
	100m: 1:03.47 1:03.47	500m: 5:30.64	1:07.34	900m: 10:04.30	1:08.96	1300m: 14:41.10	1:08.96
	200m: 2:10.00 1:06.53	600m: 6:38.08	1:07.44	1000m: 11:13.76	1:09.46	1400m: 15:49.65	1:08.55
	300m: 3:16.37 1:06.37	700m: 7:46.55	1:08.47	1100m: 12:23.06	1:09.30	1500m: 16:57.98	1:08.33
	400m: 4:23.30 1:06.93	800m: 8:55.34	1:08.79	1200m: 13:32.14	1:09.08		
3.	ROSA, Mafalda Sofia	03	POR	Rio Maior	17:02.30	+0,77	729
	100m: 1:04.69 1:04.69	500m: 5:35.67	1:07.94	900m: 10:09.28	1:08.40	1300m: 14:44.54	1:09.21
	200m: 2:12.35 1:07.66	600m: 6:43.91	1:08.24	1000m: 11:17.92	1:08.64	1400m: 15:53.84	1:09.30
	300m: 3:19.93 1:07.58	700m: 7:52.27	1:08.36	1100m: 12:26.61	1:08.69	1500m: 17:02.30	1:08.46
	400m: 4:27.73 1:07.80	800m: 9:00.88	1:08.61	1200m: 13:35.33	1:08.72		
4.	MENDES, Mariana Amaral	02	POR	Sporting	17:02.84	+0,69	728
	100m: 1:05.94 1:05.94	500m: 5:40.11	1:08.65	900m: 10:13.90	1:08.59	1300m: 14:48.30	1:08.68
	200m: 2:14.24 1:08.30	600m: 6:48.52	1:08.41	1000m: 11:22.20	1:08.30	1400m: 15:56.89	1:08.59
	300m: 3:22.69 1:08.45	700m: 7:57.03	1:08.51	1100m: 12:30.64	1:08.44	1500m: 17:02.84	1:05.95
	400m: 4:31.46 1:08.77	800m: 9:05.31	1:08.28	1200m: 13:39.62	1:08.98		
5.	VIANA, Carolina Pereira	04	POR	Sporting	17:27.82	+0,77	677
	100m: 1:06.27 1:06.27	500m: 5:44.08	1:09.79	900m: 10:23.17	1:10.24	1300m: 15:06.51	1:10.94
	200m: 2:15.16 1:08.89	600m: 6:53.27	1:09.19	1000m: 11:34.07	1:10.90	1400m: 16:17.55	1:11.04
	300m: 3:24.86 1:09.70	700m: 8:03.20	1:09.93	1100m: 12:44.86	1:10.79	1500m: 17:27.82	1:10.27
	400m: 4:34.29 1:09.43	800m: 9:12.93	1:09.73	1200m: 13:55.57	1:10.71		

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Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
6.	ARMAS, Maria Ornelas	98	POR	Clube Oriental de Lisboa	17:44.15	+0,93	647
	100m: 1:06.17 1:06.17	500m: 5:47.84	1:11.07	900m: 10:34.22	1:11.79	1300m: 15:21.03	1:11.60
	200m: 2:16.05 1:09.88	600m: 6:58.78	1:10.94	1000m: 11:45.93	1:11.71	1400m: 16:33.15	1:12.12
	300m: 3:26.04 1:09.99	700m: 8:10.63	1:11.85	1100m: 12:57.87	1:11.94	1500m: 17:44.15	1:11.00
	400m: 4:36.77 1:10.73	800m: 9:22.43	1:11.80	1200m: 14:09.43	1:11.56		
7.	LOPES, Daniela Magalhaes	05	POR	Famalicao	17:52.92	+0,87	631
	100m: 1:06.13 1:06.13	500m: 5:52.73	1:12.53	900m: 10:39.36	1:11.00	1300m: 15:29.73	1:12.78
	200m: 2:16.89 1:10.76	600m: 7:05.00	1:12.27	1000m: 11:51.27	1:11.91	1400m: 16:42.49	1:12.76
	300m: 3:28.13 1:11.24	700m: 8:17.06	1:12.06	1100m: 13:03.83	1:12.56	1500m: 17:52.92	1:10.43
	400m: 4:40.20 1:12.07	800m: 9:28.36	1:11.30	1200m: 14:16.95	1:13.12		
8.	RODRIGUES, Helena Nunes	03	POR	Condeixa Aqua Clube	17:53.28	+0,88	630
	100m: 1:06.52 1:06.52	500m: 5:50.06	1:11.17	900m: 10:36.49	1:12.10	1300m: 15:27.42	1:12.88
	200m: 2:17.08 1:10.56	600m: 7:01.17	1:11.11	1000m: 11:49.19	1:12.70	1400m: 16:40.41	1:12.99
	300m: 3:27.53 1:10.45	700m: 8:12.66	1:11.49	1100m: 13:01.91	1:12.72	1500m: 17:53.28	1:12.87
	400m: 4:38.89 1:11.36	800m: 9:24.39	1:11.73	1200m: 14:14.54	1:12.63		
9.	PEIXOTO, Carolina Esteves	06	POR	Braga	17:55.19		627
	100m: 1:06.53 1:06.53	500m: 5:51.20	1:12.01	900m: 10:41.43	1:12.25	1300m: 15:31.55	1:12.76
	200m: 2:16.61 1:10.08	600m: 7:03.67	1:12.47	1000m: 11:53.62	1:12.19	1400m: 16:44.51	1:12.96
	300m: 3:27.71 1:11.10	700m: 8:16.50	1:12.83	1100m: 13:05.88	1:12.26	1500m: 17:55.19	1:10.68
	400m: 4:39.19 1:11.48	800m: 9:29.18	1:12.68	1200m: 14:18.79	1:12.91		
10.	FARIA, Leonor Verissimo	06	POR	Cnac	18:19.29	+0,89	587
	100m: 1:08.66 1:08.66	500m: 6:02.12	1:13.62	900m: 10:57.01	1:13.93	1300m: 15:53.52	1:13.86
	200m: 2:21.61 1:12.95	600m: 7:15.76	1:13.64	1000m: 12:11.16	1:14.15	1400m: 17:07.31	1:13.79
	300m: 3:34.89 1:13.28	700m: 8:29.34	1:13.58	1100m: 13:25.33	1:14.17	1500m: 18:19.29	1:11.98
	400m: 4:48.50 1:13.61	800m: 9:43.08	1:13.74	1200m: 14:39.66	1:14.33		
11.	NUNES, Rita Sofia	05	POR	Colegio Efanor	18:33.20	+0,85	565
	100m: 1:07.72 1:07.72	500m: 6:05.29	1:14.81	900m: 11:06.81	1:14.71	1300m: 16:06.66	1:14.73
	200m: 2:21.01 1:13.29	600m: 7:21.15	1:15.86	1000m: 12:21.54	1:14.73	1400m: 17:21.76	1:15.10
	300m: 3:35.64 1:14.63	700m: 8:36.59	1:15.44	1100m: 13:36.66	1:15.12	1500m: 18:33.20	1:11.44
	400m: 4:50.48 1:14.84	800m: 9:52.10	1:15.51	1200m: 14:51.93	1:15.27		
12.	SA, Maria Luis	06	POR	Fluvial Portuense	18:55.45	+0,75	532
	100m: 1:08.33 1:08.33	500m: 6:05.10	1:14.72	900m: 11:09.70	1:16.59	1300m: 16:19.77	1:17.59
	200m: 2:21.19 1:12.86	600m: 7:21.21	1:16.11	1000m: 12:26.36	1:16.66	1400m: 17:38.63	1:18.86
	300m: 3:35.82 1:14.63	700m: 8:37.00	1:15.79	1100m: 13:43.60	1:17.24	1500m: 18:55.45	1:16.82
	400m: 4:50.38 1:14.56	800m: 9:53.11	1:16.11	1200m: 15:02.18	1:18.58		