

Prova 14  
13/12/2024 - 17:00

Femin., 1500m Livres

Absolutos  
Resultados

|            |          |                          |     |            |            |
|------------|----------|--------------------------|-----|------------|------------|
| RN25 Open  | 15:55.19 | Diana Margarida, Duraes  | SLB | Felgueiras | 23/11/2019 |
| RN25 Sen   | 15:55.19 | Diana Margarida, Duraes  | SLB | Felgueiras | 23/11/2019 |
| RN25 Jun18 | 16:46.74 | Angelica Maria, Andre    | LSC | Lousada    | 12/05/2012 |
| RN25 Jun17 | 16:11.67 | Tamila Hryhorivna, Holub | SCB | Porto      | 11/12/2015 |
| RN25 Jun16 | 16:44.26 | Tamila Hryhorivna, Holub | SCB | Porto      | 19/12/2014 |

Pontos: AQUA 2024

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | FINA | PARA |
|-------|------|-----|-------|-------------|-------|------|------|
|-------|------|-----|-------|-------------|-------|------|------|

Seniores

|    |                           |                       |                           |                         |       |     |  |
|----|---------------------------|-----------------------|---------------------------|-------------------------|-------|-----|--|
| 1. | Angelica Maria, Andre     | 94                    | Porto                     | <b>16:26.89</b>         | +0,79 | 779 |  |
|    | 100m: 1:03.96 1:03.96     | 500m: 5:29.22 1:06.32 | 900m: 9:53.35 1:05.97     | 1300m: 14:18.76 1:06.13 |       |     |  |
|    | 200m: 2:10.12 1:06.16     | 600m: 6:35.23 1:06.01 | 1000m: 10:59.66 1:06.31   | 1400m: 15:24.43 1:05.67 |       |     |  |
|    | 300m: 3:16.50 1:06.38     | 700m: 7:41.24 1:06.01 | 1100m: 12:05.98 1:06.32   | 1500m: 16:26.89 1:02.46 |       |     |  |
|    | 400m: 4:22.90 1:06.40     | 800m: 8:47.38 1:06.14 | 1200m: 13:12.63 1:06.65   |                         |       |     |  |
| 2. | Mariana Amaral, Mendes    | 02                    | Sporting                  | <b>16:27.63</b>         | +0,80 | 777 |  |
|    | 100m: 1:04.07 1:04.07     | 500m: 5:28.99 1:06.29 | 900m: 9:53.09 1:05.92     | 1300m: 14:18.65 1:06.20 |       |     |  |
|    | 200m: 2:10.02 1:05.95     | 600m: 6:35.00 1:06.01 | 1000m: 10:59.41 1:06.32   | 1400m: 15:24.12 1:05.47 |       |     |  |
|    | 300m: 3:16.49 1:06.47     | 700m: 7:40.94 1:05.94 | 1100m: 12:05.95 1:06.54   | 1500m: 16:27.63 1:03.51 |       |     |  |
|    | 400m: 4:22.70 1:06.21     | 800m: 8:47.17 1:06.23 | 1200m: 13:12.45 1:06.50   |                         |       |     |  |
| 3. | Mafalda Sofia, Rosa       | 03                    | Academico Viseu Futebol   | <b>16:47.91</b>         | +0,82 | 731 |  |
|    | 100m: 1:04.39 1:04.39     | 500m: 5:31.49 1:06.94 | 900m: 10:01.00 1:07.53    | 1300m: 14:31.54 1:07.71 |       |     |  |
|    | 200m: 2:10.99 1:06.60     | 600m: 6:38.67 1:07.18 | 1000m: 11:08.75 1:07.75   | 1400m: 15:40.11 1:08.57 |       |     |  |
|    | 300m: 3:17.77 1:06.78     | 700m: 7:46.01 1:07.34 | 1100m: 12:16.27 1:07.52   | 1500m: 16:47.91 1:07.80 |       |     |  |
|    | 400m: 4:24.55 1:06.78     | 800m: 8:53.47 1:07.46 | 1200m: 13:23.83 1:07.56   |                         |       |     |  |
| 4. | Daniela Magalhaes, Lopes  | 05                    | Porto                     | <b>16:51.85</b>         | +0,78 | 723 |  |
|    | 100m: 1:04.71 1:04.71     | 500m: 5:32.04 1:06.77 | 900m: 10:00.77 1:07.45    | 1300m: 14:34.89 1:09.19 |       |     |  |
|    | 200m: 2:11.62 1:06.91     | 600m: 6:39.13 1:07.09 | 1000m: 11:08.72 1:07.95   | 1400m: 15:44.11 1:09.22 |       |     |  |
|    | 300m: 3:18.38 1:06.76     | 700m: 7:46.27 1:07.14 | 1100m: 12:16.90 1:08.18   | 1500m: 16:51.85 1:07.74 |       |     |  |
|    | 400m: 4:25.27 1:06.89     | 800m: 8:53.32 1:07.05 | 1200m: 13:25.70 1:08.80   |                         |       |     |  |
| 5. | Maria Ornelas, Armas      | 98                    | Clube Oriental de Lisboa  | <b>17:25.49</b>         | +0,88 | 655 |  |
|    | 100m: 1:05.55 1:05.55     | 500m: 5:43.55 1:09.27 | 900m: 10:23.27 1:10.01    | 1300m: 15:05.20 1:11.06 |       |     |  |
|    | 200m: 2:15.01 1:09.46     | 600m: 6:53.66 1:10.11 | 1000m: 11:33.36 1:10.09   | 1400m: 16:16.04 1:10.84 |       |     |  |
|    | 300m: 3:24.65 1:09.64     | 700m: 8:03.51 1:09.85 | 1100m: 12:43.62 1:10.26   | 1500m: 17:25.49 1:09.45 |       |     |  |
|    | 400m: 4:34.28 1:09.63     | 800m: 9:13.26 1:09.75 | 1200m: 13:54.14 1:10.52   |                         |       |     |  |
| 6. | Carolina Esteves, Peixoto | 06                    | Sporting Clube de Braga   | <b>17:42.28</b>         | +0,84 | 625 |  |
|    | 100m: 1:05.67 1:05.67     | 500m: 5:44.38 1:09.78 | 900m: 10:28.43 1:11.49    | 1300m: 15:17.89 1:12.70 |       |     |  |
|    | 200m: 2:14.53 1:08.86     | 600m: 6:54.73 1:10.35 | 1000m: 11:40.51 1:12.08   | 1400m: 16:30.63 1:12.74 |       |     |  |
|    | 300m: 3:24.40 1:09.87     | 700m: 8:05.54 1:10.81 | 1100m: 12:52.90 1:12.39   | 1500m: 17:42.28 1:11.65 |       |     |  |
|    | 400m: 4:34.60 1:10.20     | 800m: 9:16.94 1:11.40 | 1200m: 14:05.19 1:12.29   |                         |       |     |  |
| 7. | Ana Rita, Matos           | 02                    | Clube Futebol Os Belenens | <b>17:47.63</b>         | +0,73 | 615 |  |
|    | 100m: 1:06.24 1:06.24     | 500m: 5:47.24 1:10.60 | 900m: 10:32.57 1:11.64    | 1300m: 15:22.19 1:13.12 |       |     |  |
|    | 200m: 2:15.72 1:09.48     | 600m: 6:57.89 1:10.65 | 1000m: 11:44.56 1:11.99   | 1400m: 16:35.11 1:12.92 |       |     |  |
|    | 300m: 3:25.89 1:10.17     | 700m: 8:09.03 1:11.14 | 1100m: 12:56.92 1:12.36   | 1500m: 17:47.63 1:12.52 |       |     |  |
|    | 400m: 4:36.64 1:10.75     | 800m: 9:20.93 1:11.90 | 1200m: 14:09.07 1:12.15   |                         |       |     |  |
| 8. | Beatriz Paulo, Ranito     | 99                    | Gesloures                 | <b>17:55.49</b>         | +0,74 | 602 |  |
|    | 100m: 1:05.22 1:05.22     | 500m: 5:50.36 1:11.73 | 900m: 10:38.44 1:12.47    | 1300m: 15:30.94 1:13.18 |       |     |  |
|    | 200m: 2:15.82 1:10.60     | 600m: 7:01.85 1:11.49 | 1000m: 11:51.10 1:12.66   | 1400m: 16:43.45 1:12.51 |       |     |  |
|    | 300m: 3:27.22 1:11.40     | 700m: 8:14.11 1:12.26 | 1100m: 13:04.24 1:13.14   | 1500m: 17:55.49 1:12.04 |       |     |  |
|    | 400m: 4:38.63 1:11.41     | 800m: 9:25.97 1:11.86 | 1200m: 14:17.76 1:13.52   |                         |       |     |  |

Prova 14, Femin., 1500m Livres, Seniores

| Lugar | Nome                 | Ano     | Clube          | Tempo Final     | TReac           | FINA    | PARA            |         |
|-------|----------------------|---------|----------------|-----------------|-----------------|---------|-----------------|---------|
| 9.    | Ines Martins, Silva  | 04      | Vilacondense   | <b>17:56.77</b> | +0,78           | 600     |                 |         |
|       | 100m: 1:06.94        | 1:06.94 | 500m: 5:52.66  | 1:12.17         | 900m: 10:42.21  | 1:12.90 | 1300m: 15:33.47 | 1:12.89 |
|       | 200m: 2:17.46        | 1:10.52 | 600m: 7:04.47  | 1:11.81         | 1000m: 11:54.74 | 1:12.53 | 1400m: 16:46.32 | 1:12.85 |
|       | 300m: 3:28.56        | 1:11.10 | 700m: 8:17.06  | 1:12.59         | 1100m: 13:07.41 | 1:12.67 | 1500m: 17:56.77 | 1:10.45 |
|       | 400m: 4:40.49        | 1:11.93 | 800m: 9:29.31  | 1:12.25         | 1200m: 14:20.58 | 1:13.17 |                 |         |
| 10.   | Marta Lima, Pimentel | 04      | Colegio Efanor | <b>18:00.80</b> | +0,81           | 593     |                 |         |
|       | 100m: 1:07.60        | 1:07.60 | 500m: 5:55.57  | 1:12.28         | 900m: 10:45.80  | 1:12.42 | 1300m: 15:36.61 | 1:12.59 |
|       | 200m: 2:19.06        | 1:11.46 | 600m: 7:08.03  | 1:12.46         | 1000m: 11:58.37 | 1:12.57 | 1400m: 16:49.15 | 1:12.54 |
|       | 300m: 3:31.12        | 1:12.06 | 700m: 8:20.74  | 1:12.71         | 1100m: 13:11.31 | 1:12.94 | 1500m: 18:00.80 | 1:11.65 |
|       | 400m: 4:43.29        | 1:12.17 | 800m: 9:33.38  | 1:12.64         | 1200m: 14:24.02 | 1:12.71 |                 |         |
| 11.   | Rita Sofia, Nunes    | 05      | Colegio Efanor | <b>18:20.56</b> | +0,85           | 562     |                 |         |
|       | 100m: 1:07.23        | 1:07.23 | 500m: 5:56.92  | 1:13.33         | 900m: 10:54.10  | 1:14.97 | 1300m: 15:53.35 | 1:14.87 |
|       | 200m: 2:18.81        | 1:11.58 | 600m: 7:10.68  | 1:13.76         | 1000m: 12:09.20 | 1:15.10 | 1400m: 17:08.21 | 1:14.86 |
|       | 300m: 3:30.85        | 1:12.04 | 700m: 8:24.85  | 1:14.17         | 1100m: 13:23.79 | 1:14.59 | 1500m: 18:20.56 | 1:12.35 |
|       | 400m: 4:43.59        | 1:12.74 | 800m: 9:39.13  | 1:14.28         | 1200m: 14:38.48 | 1:14.69 |                 |         |
| 12.   | Joana Silva, Alves   | 05      | Pimpoes/Cimai  | <b>18:26.01</b> | +0,70           | 553     |                 |         |
|       | 100m: 1:08.71        | 1:08.71 | 500m: 6:02.71  | 1:14.04         | 900m: 10:59.49  | 1:13.86 | 1300m: 15:57.48 | 1:14.96 |
|       | 200m: 2:21.79        | 1:13.08 | 600m: 7:16.39  | 1:13.68         | 1000m: 12:14.06 | 1:14.57 | 1400m: 17:12.03 | 1:14.55 |
|       | 300m: 3:35.05        | 1:13.26 | 700m: 8:30.80  | 1:14.41         | 1100m: 13:28.27 | 1:14.21 | 1500m: 18:26.01 | 1:13.98 |
|       | 400m: 4:48.67        | 1:13.62 | 800m: 9:45.63  | 1:14.83         | 1200m: 14:42.52 | 1:14.25 |                 |         |

Juniores

|    |                           |         |                        |                 |                 |         |                 |         |
|----|---------------------------|---------|------------------------|-----------------|-----------------|---------|-----------------|---------|
| 1. | Mafalda Martins, Mesquita | 07      | Famalicao              | <b>17:14.77</b> | +0,85           | 676     |                 |         |
|    | 100m: 1:05.79             | 1:05.79 | 500m: 5:44.07          | 1:09.58         | 900m: 10:22.81  | 1:09.42 | 1300m: 14:58.74 | 1:08.62 |
|    | 200m: 2:15.16             | 1:09.37 | 600m: 6:54.05          | 1:09.98         | 1000m: 11:32.07 | 1:09.26 | 1400m: 16:07.44 | 1:08.70 |
|    | 300m: 3:24.84             | 1:09.68 | 700m: 8:03.68          | 1:09.63         | 1100m: 12:41.17 | 1:09.10 | 1500m: 17:14.77 | 1:07.33 |
|    | 400m: 4:34.49             | 1:09.65 | 800m: 9:13.39          | 1:09.71         | 1200m: 13:50.12 | 1:08.95 |                 |         |
| 2. | Luana Ferreira, Craveiro  | 09      | Nautico Marinha Grande | <b>17:20.50</b> | +0,75           | 665     |                 |         |
|    | 100m: 1:05.53             | 1:05.53 | 500m: 5:42.53          | 1:09.88         | 900m: 10:22.28  | 1:10.25 | 1300m: 15:01.75 | 1:10.28 |
|    | 200m: 2:13.66             | 1:08.13 | 600m: 6:52.63          | 1:10.10         | 1000m: 11:31.51 | 1:09.23 | 1400m: 16:12.06 | 1:10.31 |
|    | 300m: 3:22.97             | 1:09.31 | 700m: 8:02.38          | 1:09.75         | 1100m: 12:40.94 | 1:09.43 | 1500m: 17:20.50 | 1:08.44 |
|    | 400m: 4:32.65             | 1:09.68 | 800m: 9:12.03          | 1:09.65         | 1200m: 13:51.47 | 1:10.53 |                 |         |
| 3. | Matilde Violante, Viana   | 07      | CNLeiria - VOID        | <b>17:31.65</b> | +0,84           | 644     |                 |         |
|    | 100m: 1:05.14             | 1:05.14 | 500m: 5:43.06          | 1:09.64         | 900m: 10:25.24  | 1:10.75 | 1300m: 15:10.55 | 1:11.71 |
|    | 200m: 2:14.46             | 1:09.32 | 600m: 6:53.36          | 1:10.30         | 1000m: 11:36.33 | 1:11.09 | 1400m: 16:21.99 | 1:11.44 |
|    | 300m: 3:23.52             | 1:09.06 | 700m: 8:03.56          | 1:10.20         | 1100m: 12:47.75 | 1:11.42 | 1500m: 17:31.65 | 1:09.66 |
|    | 400m: 4:33.42             | 1:09.90 | 800m: 9:14.49          | 1:10.93         | 1200m: 13:58.84 | 1:11.09 |                 |         |
| 4. | Leonor Castanho, Santos   | 07      | Sporting               | <b>17:39.67</b> | +0,79           | 629     |                 |         |
|    | 100m: 1:04.41             | 1:04.41 | 500m: 5:42.79          | 1:10.65         | 900m: 10:28.30  | 1:11.62 | 1300m: 15:16.17 | 1:12.49 |
|    | 200m: 2:12.53             | 1:08.12 | 600m: 6:53.43          | 1:10.64         | 1000m: 11:40.23 | 1:11.93 | 1400m: 16:28.53 | 1:12.36 |
|    | 300m: 3:22.08             | 1:09.55 | 700m: 8:04.82          | 1:11.39         | 1100m: 12:51.80 | 1:11.57 | 1500m: 17:39.67 | 1:11.14 |
|    | 400m: 4:32.14             | 1:10.06 | 800m: 9:16.68          | 1:11.86         | 1200m: 14:03.68 | 1:11.88 |                 |         |
| 5. | Beatriz Alves, Ambrus     | 09      | Porto                  | <b>17:49.71</b> | +0,71           | 612     |                 |         |
|    | 100m: 1:07.81             | 1:07.81 | 500m: 5:49.04          | 1:10.11         | 900m: 10:35.85  | 1:12.63 | 1300m: 15:26.47 | 1:12.73 |
|    | 200m: 2:18.19             | 1:10.38 | 600m: 6:59.74          | 1:10.70         | 1000m: 11:48.09 | 1:12.24 | 1400m: 16:38.85 | 1:12.38 |
|    | 300m: 3:28.70             | 1:10.51 | 700m: 8:11.29          | 1:11.55         | 1100m: 13:01.33 | 1:13.24 | 1500m: 17:49.71 | 1:10.86 |
|    | 400m: 4:38.93             | 1:10.23 | 800m: 9:23.22          | 1:11.93         | 1200m: 14:13.74 | 1:12.41 |                 |         |

Prova 14, Femin., 1500m Livres, Juniores

| Lugar | Nome                       | Ano                    | Clube                     | Tempo Final             | TReac | FINA | PARA |
|-------|----------------------------|------------------------|---------------------------|-------------------------|-------|------|------|
| 6.    | Margarida Maria, Luiz      | 08                     | Lagoa Academico Clube     | <b>18:12.44</b>         | +0,76 | 574  |      |
|       | 100m: 1:07.99 1:07.99      | 500m: 5:59.29 1:13.49  | 900m: 10:54.93 1:13.48    | 1300m: 15:47.90 1:13.25 |       |      |      |
|       | 200m: 2:20.11 1:12.12      | 600m: 7:13.59 1:14.30  | 1000m: 12:08.00 1:13.07   | 1400m: 17:00.64 1:12.74 |       |      |      |
|       | 300m: 3:32.68 1:12.57      | 700m: 8:27.71 1:14.12  | 1100m: 13:21.13 1:13.13   | 1500m: 18:12.44 1:11.80 |       |      |      |
|       | 400m: 4:45.80 1:13.12      | 800m: 9:41.45 1:13.74  | 1200m: 14:34.65 1:13.52   |                         |       |      |      |
| 7.    | Marta Andre, Aguilar       | 07                     | Cnac                      | <b>18:14.73</b>         | +0,75 | 571  |      |
|       | 100m: 1:06.73 1:06.73      | 500m: 5:53.45 1:12.41  | 900m: 10:46.17 1:14.15    | 1300m: 15:46.45 1:15.63 |       |      |      |
|       | 200m: 2:17.60 1:10.87      | 600m: 7:05.98 1:12.53  | 1000m: 12:01.04 1:14.87   | 1400m: 17:01.58 1:15.13 |       |      |      |
|       | 300m: 3:28.73 1:11.13      | 700m: 8:18.64 1:12.66  | 1100m: 13:15.71 1:14.67   | 1500m: 18:14.73 1:13.15 |       |      |      |
|       | 400m: 4:41.04 1:12.31      | 800m: 9:32.02 1:13.38  | 1200m: 14:30.82 1:15.11   |                         |       |      |      |
| 8.    | Sara Sofia, Alves          | 07                     | Palmela Desporto          | <b>18:23.69</b>         | +0,85 | 557  |      |
|       | 100m: 1:05.00 1:05.00      | 500m: 5:52.48 1:13.94  | 900m: 10:52.59 1:15.50    | 1300m: 15:54.87 1:15.20 |       |      |      |
|       | 200m: 2:14.25 1:09.25      | 600m: 7:06.55 1:14.07  | 1000m: 12:08.02 1:15.43   | 1400m: 17:09.66 1:14.79 |       |      |      |
|       | 300m: 3:25.50 1:11.25      | 700m: 8:21.80 1:15.25  | 1100m: 13:23.90 1:15.88   | 1500m: 18:23.69 1:14.03 |       |      |      |
|       | 400m: 4:38.54 1:13.04      | 800m: 9:37.09 1:15.29  | 1200m: 14:39.67 1:15.77   |                         |       |      |      |
| 9.    | Maria Carvalho, Pinto      | 09                     | Viana Natacao             | <b>18:25.09</b>         | +0,86 | 555  |      |
|       | 100m: 1:06.23 1:06.23      | 500m: 5:56.55 1:13.15  | 900m: 10:55.08 1:14.99    | 1300m: 15:56.03 1:14.85 |       |      |      |
|       | 200m: 2:17.42 1:11.19      | 600m: 7:10.57 1:14.02  | 1000m: 12:10.44 1:15.36   | 1400m: 17:11.92 1:15.89 |       |      |      |
|       | 300m: 3:30.01 1:12.59      | 700m: 8:25.62 1:15.05  | 1100m: 13:25.79 1:15.35   | 1500m: 18:25.09 1:13.17 |       |      |      |
|       | 400m: 4:43.40 1:13.39      | 800m: 9:40.09 1:14.47  | 1200m: 14:41.18 1:15.39   |                         |       |      |      |
| 10.   | Diana Gomes, Freitas       | 08                     | Amigos da Montanha        | <b>18:33.61</b>         | +0,85 | 542  |      |
|       | 100m: 1:07.16 1:07.16      | 500m: 5:53.11 1:13.26  | 900m: 10:54.33 1:15.42    | 1300m: 16:01.37 1:17.46 |       |      |      |
|       | 200m: 2:17.10 1:09.94      | 600m: 7:08.01 1:14.90  | 1000m: 12:11.02 1:16.69   | 1400m: 17:18.05 1:16.68 |       |      |      |
|       | 300m: 3:27.91 1:10.81      | 700m: 8:23.01 1:15.00  | 1100m: 13:27.06 1:16.04   | 1500m: 18:33.61 1:15.56 |       |      |      |
|       | 400m: 4:39.85 1:11.94      | 800m: 9:38.91 1:15.90  | 1200m: 14:43.91 1:16.85   |                         |       |      |      |
| 11.   | Raquel Campos, Cardoso     | 09                     | Bombeiros de Ponta Delgar | <b>18:47.99</b>         | +0,76 | 522  |      |
|       | 100m: 1:10.65 1:10.65      | 500m: 6:09.15 1:14.97  | 900m: 11:12.56 1:15.40    | 1300m: 16:16.95 1:16.47 |       |      |      |
|       | 200m: 2:24.49 1:13.84      | 600m: 7:25.23 1:16.08  | 1000m: 12:29.39 1:16.83   | 1400m: 17:32.44 1:15.49 |       |      |      |
|       | 300m: 3:38.93 1:14.44      | 700m: 8:41.41 1:16.18  | 1100m: 13:45.14 1:15.75   | 1500m: 18:47.99 1:15.55 |       |      |      |
|       | 400m: 4:54.18 1:15.25      | 800m: 9:57.16 1:15.75  | 1200m: 15:00.48 1:15.34   |                         |       |      |      |
| 12.   | Sofia Monteiro, Uva        | 09                     | Sport Alges e Dafundo     | <b>18:51.70</b>         | +0,60 | 516  |      |
|       | 100m: 1:09.09 1:09.09      | 500m: 6:13.16 1:16.20  | 900m: 11:15.65 1:15.60    | 1300m: 16:20.89 1:15.84 |       |      |      |
|       | 200m: 2:24.31 1:15.22      | 600m: 7:28.85 1:15.69  | 1000m: 12:31.64 1:15.99   | 1400m: 17:37.20 1:16.31 |       |      |      |
|       | 300m: 3:40.33 1:16.02      | 700m: 8:44.38 1:15.53  | 1100m: 13:48.12 1:16.48   | 1500m: 18:51.70 1:14.50 |       |      |      |
|       | 400m: 4:56.96 1:16.63      | 800m: 10:00.05 1:15.67 | 1200m: 15:05.05 1:16.93   |                         |       |      |      |
| 13.   | Beatriz Silva, Jordao      | 09                     | Clube Futebol Os Belenens | <b>19:15.42</b>         | +0,87 | 485  |      |
|       | 100m: 1:11.64 1:11.64      | 500m: 6:16.98 1:17.13  | 900m: 11:27.01 1:17.85    | 1300m: 16:39.06 1:18.45 |       |      |      |
|       | 200m: 2:26.93 1:15.29      | 600m: 7:33.57 1:16.59  | 1000m: 12:44.51 1:17.50   | 1400m: 17:58.27 1:19.21 |       |      |      |
|       | 300m: 3:43.60 1:16.67      | 700m: 8:51.34 1:17.77  | 1100m: 14:02.50 1:17.99   | 1500m: 19:15.42 1:17.15 |       |      |      |
|       | 400m: 4:59.85 1:16.25      | 800m: 10:09.16 1:17.82 | 1200m: 15:20.61 1:18.11   |                         |       |      |      |
| 14.   | Rita Cunha, Gomes          | 07                     | Viana Natacao             | <b>19:18.77</b>         | +0,89 | 481  |      |
|       | 100m: 1:11.15 1:11.15      | 500m: 6:17.17 1:17.19  | 900m: 11:27.06 1:17.80    | 1300m: 16:42.79 1:19.39 |       |      |      |
|       | 200m: 2:26.13 1:14.98      | 600m: 7:33.75 1:16.58  | 1000m: 12:45.70 1:18.64   | 1400m: 18:01.99 1:19.20 |       |      |      |
|       | 300m: 3:42.57 1:16.44      | 700m: 8:51.47 1:17.72  | 1100m: 14:03.98 1:18.28   | 1500m: 19:18.77 1:16.78 |       |      |      |
|       | 400m: 4:59.98 1:17.41      | 800m: 10:09.26 1:17.79 | 1200m: 15:23.40 1:19.42   |                         |       |      |      |
| 15.   | Francisca Soreto, Pedreiro | 09                     | Galitos / Bresimar        | <b>19:30.58</b>         | +0,77 | 467  |      |
|       | 100m: 1:11.47 1:11.47      | 500m: 6:20.01 1:18.23  | 900m: 11:32.94 1:18.53    | 1300m: 16:52.01 1:19.99 |       |      |      |
|       | 200m: 2:27.46 1:15.99      | 600m: 7:37.94 1:17.93  | 1000m: 12:52.55 1:19.61   | 1400m: 18:11.68 1:19.67 |       |      |      |
|       | 300m: 3:44.03 1:16.57      | 700m: 8:55.83 1:17.89  | 1100m: 14:12.10 1:19.55   | 1500m: 19:30.58 1:18.90 |       |      |      |
|       | 400m: 5:01.78 1:17.75      | 800m: 10:14.41 1:18.58 | 1200m: 15:32.02 1:19.92   |                         |       |      |      |