

Prova 1 Open
28/03/2026 - 17:41 Resultados
Femin., 1500m Livres

Recordes Nacionais 50m Open	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
Recordes Nacionais 50m Sen	16:15.12	DURAES, Diana Margarida	SLB	Lisboa	09/02/2020
Recordes Nacionais 50m Jun 18	16:24.05	HOLUB, Tamila Hryhorivna	POR	Budapeste (HUN)	24/07/2017
Recordes Nacionais 50m Jun 17	16:20.80	HOLUB, Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Recordes Nacionais 50m 16	16:43.22	HOLUB, Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015
Recordes Nacionais 50m 15	16:54.60	HOLUB, Tamila Hryhorivna	POR	Dordrecht (NED)	11/07/2014
Recordes Nacionais 50m 14	17:34.28	VELOSO, Maria Miguel	CNAC	Coimbra	08/07/2007
Recordes Nacionais 50m 13	18:05.56	ROSA, Mafalda Sofia	CNRM	Rio Maior	24/06/2016

Pontos: AQUA 2026

Lugar Name Ano Nac Club Time TReac AQUA

Juniores

1. CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	18:11.00	+0,68	600
100m: 1:07.04 1:07.04	500m: 5:55.98 1:12.91	900m: 10:49.16 1:13.79	1300m: 15:44.98 1:13.35			
200m: 2:18.95 1:11.91	600m: 7:09.04 1:13.06	1000m: 12:03.03 1:13.87	1400m: 16:58.61 1:13.63			
300m: 3:31.66 1:12.71	700m: 8:22.42 1:13.38	1100m: 13:17.31 1:14.28	1500m: 18:11.00 1:12.39			
400m: 4:43.07 1:11.41	800m: 9:35.37 1:12.95	1200m: 14:31.63 1:14.32				
2. PINTO, Maria Carvalho	09	POR	Viana Natacao	18:20.19	+0,87	585
100m: 1:05.44 1:05.44	500m: 5:53.44 1:13.99	900m: 10:50.80 1:15.01	1300m: 15:50.86 1:14.90			
200m: 2:15.18 1:09.74	600m: 7:07.31 1:13.87	1000m: 12:06.18 1:15.38	1400m: 17:06.24 1:15.38			
300m: 3:26.57 1:11.39	700m: 8:21.29 1:13.98	1100m: 13:20.79 1:14.61	1500m: 18:20.19 1:13.95			
400m: 4:39.45 1:12.88	800m: 9:35.79 1:14.50	1200m: 14:35.96 1:15.17				
3. AMBRUS, Beatriz Alves	09	POR	Porto	18:27.92	+0,61	573
100m: 1:06.38 1:06.38	500m: 5:56.35 1:13.83	900m: 10:56.18 1:15.52	1300m: 15:58.50 1:15.50			
200m: 2:17.39 1:11.01	600m: 7:10.59 1:14.24	1000m: 12:11.82 1:15.64	1400m: 17:13.91 1:15.41			
300m: 3:29.95 1:12.56	700m: 8:25.37 1:14.78	1100m: 13:27.36 1:15.54	1500m: 18:27.92 1:14.01			
400m: 4:42.52 1:12.57	800m: 9:40.66 1:15.29	1200m: 14:43.00 1:15.64				
4. FREITAS, Diana Gomes	08	POR	Amigos da Montanha	18:44.64		548
100m: 1:07.64 1:07.64	500m: 6:01.65 1:14.28	900m: 11:05.97 1:16.63	1300m: 16:13.46 1:16.83			
200m: 2:20.15 1:12.51	600m: 7:16.93 1:15.28	1000m: 12:22.80 1:16.83	1400m: 17:30.03 1:16.57			
300m: 3:33.36 1:13.21	700m: 8:33.02 1:16.09	1100m: 13:39.42 1:16.62	1500m: 18:44.64 1:14.61			
400m: 4:47.37 1:14.01	800m: 9:49.34 1:16.32	1200m: 14:56.63 1:17.21				
5. TOMAS, Constanca Baptista	09	POR	Alcobaca	18:56.77	+0,77	530
100m: 1:08.99 1:08.99	500m: 6:11.06 1:15.57	900m: 11:15.34 1:16.20	1300m: 16:25.16 1:17.60			
200m: 2:24.29 1:15.30	600m: 7:26.37 1:15.31	1000m: 12:32.09 1:16.75	1400m: 17:42.25 1:17.09			
300m: 3:40.04 1:15.75	700m: 8:42.57 1:16.20	1100m: 13:49.81 1:17.72	1500m: 18:56.77 1:14.52			
400m: 4:55.49 1:15.45	800m: 9:59.14 1:16.57	1200m: 15:07.56 1:17.75				
6. MOREIRA, Madalena Valente	09	POR	Colegio Efanor	19:17.54	+0,71	502
100m: 1:09.54 1:09.54	500m: 6:12.41 1:17.00	900m: 11:24.54 1:18.59	1300m: 16:39.95 1:19.60			
200m: 2:24.50 1:14.96	600m: 7:30.18 1:17.77	1000m: 12:42.76 1:18.22	1400m: 17:58.75 1:18.80			
300m: 3:40.42 1:15.92	700m: 8:47.86 1:17.68	1100m: 14:01.21 1:18.45	1500m: 19:17.54 1:18.79			
400m: 4:55.41 1:14.99	800m: 10:05.95 1:18.09	1200m: 15:20.35 1:19.14				

Seniores Sub21

1. SANTOS, Leonor Castanho	07	POR	Sporting	18:11.34	+0,70	600
100m: 1:07.24 1:07.24	500m: 5:57.48 1:13.11	900m: 10:53.80 1:14.06	1300m: 15:46.73 1:13.26			
200m: 2:18.86 1:11.62	600m: 7:11.29 1:13.81	1000m: 12:07.17 1:13.37	1400m: 17:00.49 1:13.76			
300m: 3:31.72 1:12.86	700m: 8:25.70 1:14.41	1100m: 13:20.09 1:12.92	1500m: 18:11.34 1:10.85			
400m: 4:44.37 1:12.65	800m: 9:39.74 1:14.04	1200m: 14:33.47 1:13.38				

Prova 1, Femin., 1500m Livres, Seniores Sub21

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
2.	LOPES, Francisca Macedo	05	POR	Fluvial Portuense	18:12.87	+0,69	597
	100m: 1:05.52 1:05.52	500m: 5:52.21 1:12.35	900m: 10:45.22 1:13.79	1300m: 15:43.62 1:15.11			
	200m: 2:16.15 1:10.63	600m: 7:04.80 1:12.59	1000m: 11:59.74 1:14.52	1400m: 16:58.81 1:15.19			
	300m: 3:28.00 1:11.85	700m: 8:17.75 1:12.95	1100m: 13:14.10 1:14.36	1500m: 18:12.87 1:14.06			
	400m: 4:39.86 1:11.86	800m: 9:31.43 1:13.68	1200m: 14:28.51 1:14.41				
3.	MESQUITA, Mafalda Martins	07	POR	Famalicão	18:22.32	+0,79	582
	100m: 1:06.89 1:06.89	500m: 6:00.05 1:13.61	900m: 10:55.93 1:14.28	1300m: 15:54.51 1:14.76			
	200m: 2:19.62 1:12.73	600m: 7:13.65 1:13.60	1000m: 12:10.14 1:14.21	1400m: 17:09.09 1:14.58			
	300m: 3:32.74 1:13.12	700m: 8:27.75 1:14.10	1100m: 13:25.12 1:14.98	1500m: 18:22.32 1:13.23			
	400m: 4:46.44 1:13.70	800m: 9:41.65 1:13.90	1200m: 14:39.75 1:14.63				

Absolutos

1.	VIANA, Carolina Pereira	04	POR	Sporting	17:14.62	+0,69	704
	100m: 1:04.94 1:04.94	500m: 5:40.55 1:09.18	900m: 10:18.20 1:09.64	1300m: 14:56.28 1:09.52			
	200m: 2:13.48 1:08.54	600m: 6:49.58 1:09.03	1000m: 11:27.69 1:09.49	1400m: 16:06.12 1:09.84			
	300m: 3:22.40 1:08.92	700m: 7:58.94 1:09.36	1100m: 12:37.17 1:09.48	1500m: 17:14.62 1:08.50			
	400m: 4:31.37 1:08.97	800m: 9:08.56 1:09.62	1200m: 13:46.76 1:09.59				
2.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	17:24.45	+0,70	684
	100m: 1:05.75 1:05.75	500m: 5:42.19 1:09.60	900m: 10:21.69 1:10.01	1300m: 15:02.58 1:10.54			
	200m: 2:14.70 1:08.95	600m: 6:51.96 1:09.77	1000m: 11:32.26 1:10.57	1400m: 16:14.06 1:11.48			
	300m: 3:23.56 1:08.86	700m: 8:01.73 1:09.77	1100m: 12:42.10 1:09.84	1500m: 17:24.45 1:10.39			
	400m: 4:32.59 1:09.03	800m: 9:11.68 1:09.95	1200m: 13:52.04 1:09.94				
3.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	17:55.51	+0,84	626
	100m: 1:06.98 1:06.98	500m: 5:48.71 1:11.29	900m: 10:37.53 1:12.66	1300m: 15:30.13 1:13.54			
	200m: 2:16.60 1:09.62	600m: 7:00.46 1:11.75	1000m: 11:50.81 1:13.28	1400m: 16:43.42 1:13.29			
	300m: 3:26.69 1:10.09	700m: 8:12.36 1:11.90	1100m: 13:03.45 1:12.64	1500m: 17:55.51 1:12.09			
	400m: 4:37.42 1:10.73	800m: 9:24.87 1:12.51	1200m: 14:16.59 1:13.14				
4.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	18:11.00	+0,68	600
	100m: 1:07.04 1:07.04	500m: 5:55.98 1:12.91	900m: 10:49.16 1:13.79	1300m: 15:44.98 1:13.35			
	200m: 2:18.95 1:11.91	600m: 7:09.04 1:13.06	1000m: 12:03.03 1:13.87	1400m: 16:58.61 1:13.63			
	300m: 3:31.66 1:12.71	700m: 8:22.42 1:13.38	1100m: 13:17.31 1:14.28	1500m: 18:11.00 1:12.39			
	400m: 4:43.07 1:11.41	800m: 9:35.37 1:12.95	1200m: 14:31.63 1:14.32				
5.	SANTOS, Leonor Castanho	07	POR	Sporting	18:11.34	+0,70	600
	100m: 1:07.24 1:07.24	500m: 5:57.48 1:13.11	900m: 10:53.80 1:14.06	1300m: 15:46.73 1:13.26			
	200m: 2:18.86 1:11.62	600m: 7:11.29 1:13.81	1000m: 12:07.17 1:13.37	1400m: 17:00.49 1:13.76			
	300m: 3:31.72 1:12.86	700m: 8:25.70 1:14.41	1100m: 13:20.09 1:12.92	1500m: 18:11.34 1:10.85			
	400m: 4:44.37 1:12.65	800m: 9:39.74 1:14.04	1200m: 14:33.47 1:13.38				
6.	LOPES, Francisca Macedo	05	POR	Fluvial Portuense	18:12.87	+0,69	597
	100m: 1:05.52 1:05.52	500m: 5:52.21 1:12.35	900m: 10:45.22 1:13.79	1300m: 15:43.62 1:15.11			
	200m: 2:16.15 1:10.63	600m: 7:04.80 1:12.59	1000m: 11:59.74 1:14.52	1400m: 16:58.81 1:15.19			
	300m: 3:28.00 1:11.85	700m: 8:17.75 1:12.95	1100m: 13:14.10 1:14.36	1500m: 18:12.87 1:14.06			
	400m: 4:39.86 1:11.86	800m: 9:31.43 1:13.68	1200m: 14:28.51 1:14.41				
7.	ARMAS, Maria Ornelas	98	POR	ADRCCI Monte Maior	18:16.11		592
	100m: 1:07.28 1:07.28	500m: 5:58.02 1:12.73	900m: 10:52.23 1:13.69	1300m: 15:48.89 1:14.48			
	200m: 2:18.95 1:11.67	600m: 7:11.34 1:13.32	1000m: 12:06.16 1:13.93	1400m: 17:02.77 1:13.88			
	300m: 3:31.97 1:13.02	700m: 8:24.97 1:13.63	1100m: 13:20.11 1:13.95	1500m: 18:16.11 1:13.34			
	400m: 4:45.29 1:13.32	800m: 9:38.54 1:13.57	1200m: 14:34.41 1:14.30				

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
8.	PINTO, Maria Carvalho	09	POR	Viana Natacao	18:20.19	+0,87	585
	100m: 1:05.44 1:05.44			500m: 5:53.44 1:13.99	900m: 10:50.80 1:15.01	1300m: 15:50.86 1:14.90	
	200m: 2:15.18 1:09.74			600m: 7:07.31 1:13.87	1000m: 12:06.18 1:15.38	1400m: 17:06.24 1:15.38	
	300m: 3:26.57 1:11.39			700m: 8:21.29 1:13.98	1100m: 13:20.79 1:14.61	1500m: 18:20.19 1:13.95	
	400m: 4:39.45 1:12.88			800m: 9:35.79 1:14.50	1200m: 14:35.96 1:15.17		
9.	MESQUITA, Mafalda Martins	07	POR	Famalicão	18:22.32	+0,79	582
	100m: 1:06.89 1:06.89			500m: 6:00.05 1:13.61	900m: 10:55.93 1:14.28	1300m: 15:54.51 1:14.76	
	200m: 2:19.62 1:12.73			600m: 7:13.65 1:13.60	1000m: 12:10.14 1:14.21	1400m: 17:09.09 1:14.58	
	300m: 3:32.74 1:13.12			700m: 8:27.75 1:14.10	1100m: 13:25.12 1:14.98	1500m: 18:22.32 1:13.23	
	400m: 4:46.44 1:13.70			800m: 9:41.65 1:13.90	1200m: 14:39.75 1:14.63		
10.	AMBRUS, Beatriz Alves	09	POR	Porto	18:27.92	+0,61	573
	100m: 1:06.38 1:06.38			500m: 5:56.35 1:13.83	900m: 10:56.18 1:15.52	1300m: 15:58.50 1:15.50	
	200m: 2:17.39 1:11.01			600m: 7:10.59 1:14.24	1000m: 12:11.82 1:15.64	1400m: 17:13.91 1:15.41	
	300m: 3:29.95 1:12.56			700m: 8:25.37 1:14.78	1100m: 13:27.36 1:15.54	1500m: 18:27.92 1:14.01	
	400m: 4:42.52 1:12.57			800m: 9:40.66 1:15.29	1200m: 14:43.00 1:15.64		
11.	CASTRO, Leticia Alves	10	POR	Braga	18:35.14	+0,78	562
	100m: 1:09.48 1:09.48			500m: 6:08.74 1:15.45	900m: 11:09.04 1:14.96	1300m: 16:06.63 1:14.55	
	200m: 2:23.69 1:14.21			600m: 7:23.53 1:14.79	1000m: 12:23.54 1:14.50	1400m: 17:21.77 1:15.14	
	300m: 3:38.54 1:14.85			700m: 8:38.51 1:14.98	1100m: 13:37.92 1:14.38	1500m: 18:35.14 1:13.37	
	400m: 4:53.29 1:14.75			800m: 9:54.08 1:15.57	1200m: 14:52.08 1:14.16		
12.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	18:44.64		548
	100m: 1:07.64 1:07.64			500m: 6:01.65 1:14.28	900m: 11:05.97 1:16.63	1300m: 16:13.46 1:16.83	
	200m: 2:20.15 1:12.51			600m: 7:16.93 1:15.28	1000m: 12:22.80 1:16.83	1400m: 17:30.03 1:16.57	
	300m: 3:33.36 1:13.21			700m: 8:33.02 1:16.09	1100m: 13:39.42 1:16.62	1500m: 18:44.64 1:14.61	
	400m: 4:47.37 1:14.01			800m: 9:49.34 1:16.32	1200m: 14:56.63 1:17.21		
13.	TOMAS, Constanca Baptista	09	POR	Alcobaca	18:56.77	+0,77	530
	100m: 1:08.99 1:08.99			500m: 6:11.06 1:15.57	900m: 11:15.34 1:16.20	1300m: 16:25.16 1:17.60	
	200m: 2:24.29 1:15.30			600m: 7:26.37 1:15.31	1000m: 12:32.09 1:16.75	1400m: 17:42.25 1:17.09	
	300m: 3:40.04 1:15.75			700m: 8:42.57 1:16.20	1100m: 13:49.81 1:17.72	1500m: 18:56.77 1:14.52	
	400m: 4:55.49 1:15.45			800m: 9:59.14 1:16.57	1200m: 15:07.56 1:17.75		
14.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	19:17.54	+0,71	502
	100m: 1:09.54 1:09.54			500m: 6:12.41 1:17.00	900m: 11:24.54 1:18.59	1300m: 16:39.95 1:19.60	
	200m: 2:24.50 1:14.96			600m: 7:30.18 1:17.77	1000m: 12:42.76 1:18.22	1400m: 17:58.75 1:18.80	
	300m: 3:40.42 1:15.92			700m: 8:47.86 1:17.68	1100m: 14:01.21 1:18.45	1500m: 19:17.54 1:18.79	
	400m: 4:55.41 1:14.99			800m: 10:05.95 1:18.09	1200m: 15:20.35 1:19.14		
OPEN							
1.	VIANA, Carolina Pereira	04	POR	Sporting	17:14.62	+0,69	704
	100m: 1:04.94 1:04.94			500m: 5:40.55 1:09.18	900m: 10:18.20 1:09.64	1300m: 14:56.28 1:09.52	
	200m: 2:13.48 1:08.54			600m: 6:49.58 1:09.03	1000m: 11:27.69 1:09.49	1400m: 16:06.12 1:09.84	
	300m: 3:22.40 1:08.92			700m: 7:58.94 1:09.36	1100m: 12:37.17 1:09.48	1500m: 17:14.62 1:08.50	
	400m: 4:31.37 1:08.97			800m: 9:08.56 1:09.62	1200m: 13:46.76 1:09.59		
2.	CARDEAL, Beatriz Nunes	04	POR	Condeixa Aqua Clube	17:24.45	+0,70	684
	100m: 1:05.75 1:05.75			500m: 5:42.19 1:09.60	900m: 10:21.69 1:10.01	1300m: 15:02.58 1:10.54	
	200m: 2:14.70 1:08.95			600m: 6:51.96 1:09.77	1000m: 11:32.26 1:10.57	1400m: 16:14.06 1:11.48	
	300m: 3:23.56 1:08.86			700m: 8:01.73 1:09.77	1100m: 12:42.10 1:09.84	1500m: 17:24.45 1:10.39	
	400m: 4:32.59 1:09.03			800m: 9:11.68 1:09.95	1200m: 13:52.04 1:09.94		

Prova 1, Femin., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
3.	MARCELO, Camila Duarte	10	POR	Condeixa Aqua Clube	17:55.51	+0,84	626
	100m: 1:06.98 1:06.98	500m: 5:48.71 1:11.29	900m: 10:37.53 1:12.66	1300m: 15:30.13 1:13.54			
	200m: 2:16.60 1:09.62	600m: 7:00.46 1:11.75	1000m: 11:50.81 1:13.28	1400m: 16:43.42 1:13.29			
	300m: 3:26.69 1:10.09	700m: 8:12.36 1:11.90	1100m: 13:03.45 1:12.64	1500m: 17:55.51 1:12.09			
	400m: 4:37.42 1:10.73	800m: 9:24.87 1:12.51	1200m: 14:16.59 1:13.14				
4.	CRAVEIRO, Luana Ferreira	09	POR	Nautico Marinha Grande	18:11.00	+0,68	600
	100m: 1:07.04 1:07.04	500m: 5:55.98 1:12.91	900m: 10:49.16 1:13.79	1300m: 15:44.98 1:13.35			
	200m: 2:18.95 1:11.91	600m: 7:09.04 1:13.06	1000m: 12:03.03 1:13.87	1400m: 16:58.61 1:13.63			
	300m: 3:31.66 1:12.71	700m: 8:22.42 1:13.38	1100m: 13:17.31 1:14.28	1500m: 18:11.00 1:12.39			
	400m: 4:43.07 1:11.41	800m: 9:35.37 1:12.95	1200m: 14:31.63 1:14.32				
5.	SANTOS, Leonor Castanho	07	POR	Sporting	18:11.34	+0,70	600
	100m: 1:07.24 1:07.24	500m: 5:57.48 1:13.11	900m: 10:53.80 1:14.06	1300m: 15:46.73 1:13.26			
	200m: 2:18.86 1:11.62	600m: 7:11.29 1:13.81	1000m: 12:07.17 1:13.37	1400m: 17:00.49 1:13.76			
	300m: 3:31.72 1:12.86	700m: 8:25.70 1:14.41	1100m: 13:20.09 1:12.92	1500m: 18:11.34 1:10.85			
	400m: 4:44.37 1:12.65	800m: 9:39.74 1:14.04	1200m: 14:33.47 1:13.38				
6.	LOPES, Francisca Macedo	05	POR	Fluvial Portuense	18:12.87	+0,69	597
	100m: 1:05.52 1:05.52	500m: 5:52.21 1:12.35	900m: 10:45.22 1:13.79	1300m: 15:43.62 1:15.11			
	200m: 2:16.15 1:10.63	600m: 7:04.80 1:12.59	1000m: 11:59.74 1:14.52	1400m: 16:58.81 1:15.19			
	300m: 3:28.00 1:11.85	700m: 8:17.75 1:12.95	1100m: 13:14.10 1:14.36	1500m: 18:12.87 1:14.06			
	400m: 4:39.86 1:11.86	800m: 9:31.43 1:13.68	1200m: 14:28.51 1:14.41				
7.	ARMAS, Maria Ornelas	98	POR	ADRCCI Monte Maior	18:16.11		592
	100m: 1:07.28 1:07.28	500m: 5:58.02 1:12.73	900m: 10:52.23 1:13.69	1300m: 15:48.89 1:14.48			
	200m: 2:18.95 1:11.67	600m: 7:11.34 1:13.32	1000m: 12:06.16 1:13.93	1400m: 17:02.77 1:13.88			
	300m: 3:31.97 1:13.02	700m: 8:24.97 1:13.63	1100m: 13:20.11 1:13.95	1500m: 18:16.11 1:13.34			
	400m: 4:45.29 1:13.32	800m: 9:38.54 1:13.57	1200m: 14:34.41 1:14.30				
8.	PINTO, Maria Carvalho	09	POR	Viana Natacao	18:20.19	+0,87	585
	100m: 1:05.44 1:05.44	500m: 5:53.44 1:13.99	900m: 10:50.80 1:15.01	1300m: 15:50.86 1:14.90			
	200m: 2:15.18 1:09.74	600m: 7:07.31 1:13.87	1000m: 12:06.18 1:15.38	1400m: 17:06.24 1:15.38			
	300m: 3:26.57 1:11.39	700m: 8:21.29 1:13.98	1100m: 13:20.79 1:14.61	1500m: 18:20.19 1:13.95			
	400m: 4:39.45 1:12.88	800m: 9:35.79 1:14.50	1200m: 14:35.96 1:15.17				
9.	MESQUITA, Mafalda Martins	07	POR	Famalicão	18:22.32	+0,79	582
	100m: 1:06.89 1:06.89	500m: 6:00.05 1:13.61	900m: 10:55.93 1:14.28	1300m: 15:54.51 1:14.76			
	200m: 2:19.62 1:12.73	600m: 7:13.65 1:13.60	1000m: 12:10.14 1:14.21	1400m: 17:09.09 1:14.58			
	300m: 3:32.74 1:13.12	700m: 8:27.75 1:14.10	1100m: 13:25.12 1:14.98	1500m: 18:22.32 1:13.23			
	400m: 4:46.44 1:13.70	800m: 9:41.65 1:13.90	1200m: 14:39.75 1:14.63				
10.	AMBRUS, Beatriz Alves	09	POR	Porto	18:27.92	+0,61	573
	100m: 1:06.38 1:06.38	500m: 5:56.35 1:13.83	900m: 10:56.18 1:15.52	1300m: 15:58.50 1:15.50			
	200m: 2:17.39 1:11.01	600m: 7:10.59 1:14.24	1000m: 12:11.82 1:15.64	1400m: 17:13.91 1:15.41			
	300m: 3:29.95 1:12.56	700m: 8:25.37 1:14.78	1100m: 13:27.36 1:15.54	1500m: 18:27.92 1:14.01			
	400m: 4:42.52 1:12.57	800m: 9:40.66 1:15.29	1200m: 14:43.00 1:15.64				
11.	CASTRO, Leticia Alves	10	POR	Braga	18:35.14	+0,78	562
	100m: 1:09.48 1:09.48	500m: 6:08.74 1:15.45	900m: 11:09.04 1:14.96	1300m: 16:06.63 1:14.55			
	200m: 2:23.69 1:14.21	600m: 7:23.53 1:14.79	1000m: 12:23.54 1:14.50	1400m: 17:21.77 1:15.14			
	300m: 3:38.54 1:14.85	700m: 8:38.51 1:14.98	1100m: 13:37.92 1:14.38	1500m: 18:35.14 1:13.37			
	400m: 4:53.29 1:14.75	800m: 9:54.08 1:15.57	1200m: 14:52.08 1:14.16				
12.	FREITAS, Diana Gomes	08	POR	Amigos da Montanha	18:44.64		548
	100m: 1:07.64 1:07.64	500m: 6:01.65 1:14.28	900m: 11:05.97 1:16.63	1300m: 16:13.46 1:16.83			
	200m: 2:20.15 1:12.51	600m: 7:16.93 1:15.28	1000m: 12:22.80 1:16.83	1400m: 17:30.03 1:16.57			
	300m: 3:33.36 1:13.21	700m: 8:33.02 1:16.09	1100m: 13:39.42 1:16.62	1500m: 18:44.64 1:14.61			
	400m: 4:47.37 1:14.01	800m: 9:49.34 1:16.32	1200m: 14:56.63 1:17.21				

Prova 1, Femin., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
13.	TOMAS, Constanca Baptista	09	POR	Alcobaca	18:56.77	+0,77	530	
	100m: 1:08.99	1:08.99	500m: 6:11.06	1:15.57	900m: 11:15.34	1:16.20	1300m: 16:25.16	1:17.60
	200m: 2:24.29	1:15.30	600m: 7:26.37	1:15.31	1000m: 12:32.09	1:16.75	1400m: 17:42.25	1:17.09
	300m: 3:40.04	1:15.75	700m: 8:42.57	1:16.20	1100m: 13:49.81	1:17.72	1500m: 18:56.77	1:14.52
	400m: 4:55.49	1:15.45	800m: 9:59.14	1:16.57	1200m: 15:07.56	1:17.75		
14.	MOREIRA, Madalena Valente	09	POR	Colegio Efanor	19:17.54	+0,71	502	
	100m: 1:09.54	1:09.54	500m: 6:12.41	1:17.00	900m: 11:24.54	1:18.59	1300m: 16:39.95	1:19.60
	200m: 2:24.50	1:14.96	600m: 7:30.18	1:17.77	1000m: 12:42.76	1:18.22	1400m: 17:58.75	1:18.80
	300m: 3:40.42	1:15.92	700m: 8:47.86	1:17.68	1100m: 14:01.21	1:18.45	1500m: 19:17.54	1:18.79
	400m: 4:55.41	1:14.99	800m: 10:05.95	1:18.09	1200m: 15:20.35	1:19.14		