

Prova 1 Femin., 400m Estilos 12 - 15 anos  
06-02-2021 - 9:30 Resultados

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
<b>Infantis A</b>			
1. Mariana Avila, MENDES	08 Núcleo Sporting	<b>6:40.62</b>	270
50m: 44.32 44.32	150m: 2:26.74 48.78	250m: 4:11.92 56.06	350m: 5:56.69 46.38
100m: 1:37.96 53.64	200m: 3:15.86 49.12	300m: 5:10.31 58.39	400m: 6:40.62 43.93
2. Maria Antonia, TOSTE	08 Núcleo Sporting	<b>7:53.16</b>	163
50m: 49.84 49.84	150m: 2:51.34 57.61	250m: 4:57.99 1:06.24	350m: 6:59.39 53.78
100m: 1:53.73 1:03.89	200m: 3:51.75 1:00.41	300m: 6:05.61 1:07.62	400m: 7:53.16 53.77
<b>Infantis B</b>			
1. Clara Tonel, SOUSA	09 Naval Praia da Vitoria	<b>7:33.72</b>	185
50m: 48.47 48.47	150m: 2:52.42 59.90	250m: 4:53.47 1:04.18	350m: 6:46.74 53.27
100m: 1:52.52 1:04.05	200m: 3:49.29 56.87	300m: 5:53.47 1:00.00	400m: 7:33.72 46.98
2. Margarida Pinto, BORBA	09 Núcleo Sporting	<b>7:46.38</b>	171
50m: 56.25 56.25	150m: 2:58.78 55.21	250m: 4:58.28 1:02.57	350m: 6:54.62 54.02
100m: 2:03.57 1:07.32	200m: 3:55.71 56.93	300m: 6:00.60 1:02.32	400m: 7:46.38 51.76
3. Carolina Oliveira, LOPES	09 Terceira Auto Clube	<b>8:16.76</b>	141
50m: 53.53 53.53	150m: 2:58.12 59.28	250m: 5:10.69 1:11.77	350m: 7:21.36 56.73
100m: 1:58.84 1:05.31	200m: 3:58.92 1:00.80	300m: 6:24.63 1:13.94	400m: 8:16.76 55.40
DSQ Ines Goncalves, FERREIRA	09 Núcleo Sporting		
<i>Na viragem de costas para bruços não chegou na posição de costas</i>			
<b>Juvenis B</b>			
1. Matilde Filipe, SOUSA	07 Núcleo Sporting	<b>5:40.52</b>	439
50m: 37.87 37.87	150m: 2:03.51 43.27	250m: 3:33.58 47.96	350m: 5:02.66 39.14
100m: 1:20.24 42.37	200m: 2:45.62 42.11	300m: 4:23.52 49.94	400m: 5:40.52 37.86
2. Ana Rita, LOPES	07 Terceira Auto Clube	<b>6:09.65</b>	343
50m: 43.32 43.32	150m: 2:16.59 45.97	250m: 3:53.33 51.00	350m: 5:29.06 43.67
100m: 1:30.62 47.30	200m: 3:02.33 45.74	300m: 4:45.39 52.06	400m: 6:09.65 40.59
3. Ana Rita, MONIZ	07 Núcleo Sporting	<b>6:12.03</b>	337
50m: 35.02 35.02	150m: 2:07.15 47.83	250m: 3:49.73 55.89	350m: 5:32.21 44.46
100m: 1:19.32 44.30	200m: 2:53.84 46.69	300m: 4:47.75 58.02	400m: 6:12.03 39.82
4. Maria Fagundes, PEREIRA	07 Naval Praia da Vitoria	<b>6:17.46</b>	322
50m: 38.49 38.49	150m: 2:10.93 48.29	250m: 3:54.89 56.29	350m: 5:34.84 44.05
100m: 1:22.64 44.15	200m: 2:58.60 47.67	300m: 4:50.79 55.90	400m: 6:17.46 42.62
5. Bruna Fantasia, ROCHA	07 Núcleo Sporting	<b>6:18.19</b>	320
50m: 38.99 38.99	150m: 2:16.66 48.71	250m: 4:00.54 54.94	350m: 5:37.90 42.36
100m: 1:27.95 48.96	200m: 3:05.60 48.94	300m: 4:55.54 55.00	400m: 6:18.19 40.29
6. Benedita Cardoso, MELO	07 Naval Praia da Vitoria	<b>6:21.33</b>	313
50m: 40.71 40.71	150m: 2:19.71 49.83	250m: 4:00.55 51.11	350m: 5:38.02 44.31
100m: 1:29.88 49.17	200m: 3:09.44 49.73	300m: 4:53.71 53.16	400m: 6:21.33 43.31
7. Inês Tonel, SOUSA	07 Naval Praia da Vitoria	<b>6:22.97</b>	309
50m: 43.62 43.62	150m: 2:27.16 50.27	250m: 4:04.77 49.30	350m: 5:41.06 45.23
100m: 1:36.89 53.27	200m: 3:15.47 48.31	300m: 4:55.83 51.06	400m: 6:22.97 41.91
8. Leonor Lima, AFONSO	07 Núcleo Sporting	<b>6:27.14</b>	299
50m: 42.68 42.68	150m: 2:24.72 50.16	250m: 4:03.97 50.96	350m: 5:43.69 45.71
100m: 1:34.56 51.88	200m: 3:13.01 48.29	300m: 4:57.98 54.01	400m: 6:27.14 43.45

Prova 1, Femin., 400m Estilos, Juvenis B

Lugar	Ano	Tempo final	Pts
DSQ Lara Raquel, COELHO	07 Núcleo Sporting		
<i>Não efetuou a viragem imediatamente após completar o último ciclo de braçada</i>			

Juvenis A

1. Isabel Pires, ALMEIDA	06 Núcleo Sporting	<b>5:59.71</b>	373
50m: 33.94 33.94 150m: 2:01.73 47.42 250m: 3:44.20 55.27 350m: 5:20.53 39.94			
100m: 1:14.31 40.37 200m: 2:48.93 47.20 300m: 4:40.59 56.39 400m: 5:59.71 39.18			
2. Laura Espinola, BARBEITO	06 Núcleo Sporting	<b>5:59.98</b>	372
50m: 39.24 39.24 150m: 2:06.01 43.25 250m: 3:43.71 52.32 350m: 5:17.67 41.19			
100m: 1:22.76 43.52 200m: 2:51.39 45.38 300m: 4:36.48 52.77 400m: 5:59.98 42.31			
3. Beatriz Lourenco, LANDEIRO	06 Naval Praia da Vitoria	<b>6:38.92</b>	273
50m: 41.65 41.65 150m: 2:24.38 50.97 250m: 4:12.03 59.11 350m: 5:55.73 45.75			
100m: 1:33.41 51.76 200m: 3:12.92 48.54 300m: 5:09.98 57.95 400m: 6:38.92 43.19			
DSQ Leonor Espinola, AVILA	06 Naval Praia da Vitoria		
<i>Falsa partida</i>			

Prova 2

Masc., 1500m Livres

13 - 18 anos

06-02-2021 - 10:01

Resultados

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
1. Tiago Oliveira, DIEZ	08 Naval Praia da Vitoria	<b>23:23.26</b>	220
100m: 1:26.45 1:26.45 500m: 7:27.84 1:27.96 900m: 13:39.29 1:32.11 1300m: 20:12.26 1:39.57			
200m: 2:57.50 1:31.05 600m: 9:00.80 1:32.96 1000m: 15:17.06 1:37.77 1400m: 21:49.30 1:37.04			
300m: 4:29.22 1:31.72 700m: 10:34.27 1:33.47 1100m: 16:54.67 1:37.61 1500m: 23:23.26 1:33.96			
400m: 5:59.88 1:30.66 800m: 12:07.18 1:32.91 1200m: 18:32.69 1:38.02			

Juvenis B

1. Martim Candido, TOSTE	06 Naval Praia da Vitoria	<b>19:18.12</b>	392
100m: 1:13.67 1:13.67 500m: 6:23.43 1:17.56 900m: 11:36.84 1:18.82 1300m: 16:47.03 1:15.60			
200m: 2:30.40 1:16.73 600m: 7:41.69 1:18.26 1000m: 12:55.03 1:18.19 1400m: 18:02.80 1:15.77			
300m: 3:48.22 1:17.82 700m: 8:59.61 1:17.92 1100m: 14:13.72 1:18.69 1500m: 19:18.12 1:15.32			
400m: 5:05.87 1:17.65 800m: 10:18.02 1:18.41 1200m: 15:31.43 1:17.71			
2. Joao Melo, CAMARA	06 Terceira Auto Clube	<b>21:10.53</b>	297
100m: 1:16.68 1:16.68 500m: 6:52.07 1:25.87 900m: 12:34.73 1:26.51 1300m: 18:18.58 1:25.66			
200m: 2:38.60 1:21.92 600m: 8:17.69 1:25.62 1000m: 14:00.95 1:26.22 1400m: 19:46.08 1:27.50			
300m: 4:02.54 1:23.94 700m: 9:42.93 1:25.24 1100m: 15:27.22 1:26.27 1500m: 21:10.53 1:24.45			
400m: 5:26.20 1:23.66 800m: 11:08.22 1:25.29 1200m: 16:52.92 1:25.70			
3. Pedro Manuel, PEREIRA	06 Naval Praia da Vitoria	<b>23:41.81</b>	212
100m: 1:29.09 1:29.09 500m: 7:50.88 1:35.31 900m: 14:10.09 1:34.96 1300m: 20:34.09 1:35.47			
200m: 3:03.89 1:34.80 600m: 9:25.58 1:34.70 1000m: 15:45.62 1:35.53 1400m: 22:09.85 1:35.76			
300m: 4:40.36 1:36.47 700m: 11:01.14 1:35.56 1100m: 17:21.57 1:35.95 1500m: 23:41.81 1:31.96			
400m: 6:15.57 1:35.21 800m: 12:35.13 1:33.99 1200m: 18:58.62 1:37.05			
4. Goncalo Maria, RICARTE	06 Núcleo Sporting	<b>25:58.06</b>	161
100m: 1:32.69 1:32.69 500m: 8:25.63 1:44.60 900m: 15:31.45 1:48.50 1300m: 22:38.71 1:46.06			
200m: 3:14.00 1:41.31 600m: 10:09.85 1:44.22 1000m: 17:18.77 1:47.32 1400m: 24:24.61 1:45.90			
300m: 4:56.91 1:42.91 700m: 11:56.16 1:46.31 1100m: 19:05.33 1:46.56 1500m: 25:58.06 1:33.45			
400m: 6:41.03 1:44.12 800m: 13:42.95 1:46.79 1200m: 20:52.65 1:47.32			

Prova 2, Masc., 1500m Livres

Juvenis A

1. Afonso Coelho, SOUSA	05	Núcleo Sporting	<b>17:58.25</b>	486
100m: 1:07.09 1:07.09	500m: 5:49.19 1:11.42	900m: 10:38.04 1:13.30	1300m: 15:32.48 1:14.06	
200m: 2:16.51 1:09.42	600m: 7:00.46 1:11.27	1000m: 11:51.07 1:13.03	1400m: 16:46.14 1:13.66	
300m: 3:26.58 1:10.07	700m: 8:12.32 1:11.86	1100m: 13:04.87 1:13.80	1500m: 17:58.25 1:12.11	
400m: 4:37.77 1:11.19	800m: 9:24.74 1:12.42	1200m: 14:18.42 1:13.55		
2. Tomas Borges, TEIXEIRA	05	Núcleo Sporting	<b>20:43.83</b>	316
100m: 1:15.39 1:15.39	500m: 6:39.57 1:23.46	900m: 12:15.92 1:24.01	1300m: 18:00.86 1:26.18	
200m: 2:34.68 1:19.29	600m: 8:02.61 1:23.04	1000m: 13:42.34 1:26.42	1400m: 19:22.08 1:21.22	
300m: 3:54.41 1:19.73	700m: 9:28.48 1:25.87	1100m: 15:08.07 1:25.73	1500m: 20:43.83 1:21.75	
400m: 5:16.11 1:21.70	800m: 10:51.91 1:23.43	1200m: 16:34.68 1:26.61		

Juniores

1. Gil Amaral, MATOS	04	Terceira Auto Clube	<b>18:52.06</b>	420
100m: 1:12.94 1:12.94	500m: 6:13.13 1:14.89	900m: 11:16.05 1:15.75	1300m: 16:21.13 1:16.21	
200m: 2:27.88 1:14.94	600m: 7:28.65 1:15.52	1000m: 12:31.88 1:15.83	1400m: 17:37.74 1:16.61	
300m: 3:42.78 1:14.90	700m: 8:44.48 1:15.83	1100m: 13:48.35 1:16.47	1500m: 18:52.06 1:14.32	
400m: 4:58.24 1:15.46	800m: 10:00.30 1:15.82	1200m: 15:04.92 1:16.57		
2. Tomas Andrade, ORMONDE	03	Naval Praia da Vitoria	<b>20:25.45</b>	331
100m: 1:15.32 1:15.32	500m: 6:39.51 1:22.94	900m: 12:09.34 1:22.97	1300m: 17:41.92 1:23.55	
200m: 2:35.10 1:19.78	600m: 8:01.04 1:21.53	1000m: 13:32.71 1:23.37	1400m: 19:04.47 1:22.55	
300m: 3:54.64 1:19.54	700m: 9:22.77 1:21.73	1100m: 14:55.07 1:22.36	1500m: 20:25.45 1:20.98	
400m: 5:16.57 1:21.93	800m: 10:46.37 1:23.60	1200m: 16:18.37 1:23.30		

Prova 3  
06-02-2021 - 15:30

Masc., 400m Estilos

13 - 18 anos  
Resultados

Pontos: FINA 2020

Lugar	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. Tiago Oliveira, DIEZ	08	Naval Praia da Vitoria	<b>6:48.28</b> 190
50m: 43.74 43.74	150m: 2:29.42 50.25	250m: 4:21.35 1:03.68	350m: 6:03.28 45.08
100m: 1:39.17 55.43	200m: 3:17.67 48.25	300m: 5:18.20 56.85	400m: 6:48.28 45.00
2. Raul Sarroeira, BERBEREIA	08	Núcleo Sporting	<b>7:45.73</b> 128
50m: 56.24 56.24	150m: 2:57.05 55.54	250m: 4:51.36 57.46	350m: 6:48.94 59.07
100m: 2:01.51 1:05.27	200m: 3:53.90 56.85	300m: 5:49.87 58.51	400m: 7:45.73 56.79

Juvenis B

1. Martim Candido, TOSTE	06	Naval Praia da Vitoria	<b>5:04.63</b> 457
50m: 30.72 30.72	150m: 1:46.90 40.33	250m: 3:09.79 43.80	350m: 4:30.09 35.43
100m: 1:06.57 35.85	200m: 2:25.99 39.09	300m: 3:54.66 44.87	400m: 5:04.63 34.54
2. Joao Melo, CAMARA	06	Terceira Auto Clube	<b>5:46.30</b> 311
50m: 38.61 38.61	150m: 2:07.41 42.91	250m: 3:39.14 49.65	350m: 5:09.59 40.16
100m: 1:24.50 45.89	200m: 2:49.49 42.08	300m: 4:29.43 50.29	400m: 5:46.30 36.71
3. Pedro Manuel, PEREIRA	06	Naval Praia da Vitoria	<b>6:57.24</b> 178
50m: 49.01 49.01	150m: 2:42.21 56.11	250m: 4:31.06 55.45	350m: 6:13.23 46.22
100m: 1:46.10 57.09	200m: 3:35.61 53.40	300m: 5:27.01 55.95	400m: 6:57.24 44.01
4. Goncalo Maria, RICARTE	06	Núcleo Sporting	<b>7:20.73</b> 151
50m: 48.73 48.73	150m: 2:47.24 57.59	250m: 4:44.33 58.98	350m: 6:34.63 51.89
100m: 1:49.65 1:00.92	200m: 3:45.35 58.11	300m: 5:42.74 58.41	400m: 7:20.73 46.10

Prova 3, Masc., 400m Estilos

Juvenis A

1. Afonso Coelho, SOUSA	05	Núcleo Sporting	<b>5:21.86</b>	388	
50m: 32.43 32.43	150m: 1:50.28	40.25 250m: 3:17.78	47.53	350m: 4:45.15	38.54
100m: 1:10.03 37.60	200m: 2:30.25	39.97 300m: 4:06.61	48.83	400m: 5:21.86	36.71
2. Tomas Borges, TEIXEIRA	05	Núcleo Sporting	<b>5:43.67</b>	318	
50m: 35.55 35.55	150m: 2:01.65	44.83 250m: 4:11.73	1:26.46	350m: 5:03.17	41.82
100m: 1:16.82 41.27	200m: 2:45.27	43.62 300m: 4:21.35	9.62	400m: 5:43.67	40.50

Juniores

1. Gil Amaral, MATOS	04	Terceira Auto Clube	<b>5:07.19</b>	446	
50m: 33.06 33.06	150m: 1:52.36	41.51 250m: 3:14.51	42.32	350m: 4:33.22	36.21
100m: 1:10.85 37.79	200m: 2:32.19	39.83 300m: 3:57.01	42.50	400m: 5:07.19	33.97
2. Tomas Andrade, ORMONDE	03	Naval Praia da Vitoria	<b>5:46.33</b>	311	
50m: 37.17 37.17	150m: 2:05.98	43.50 250m: 3:40.90	51.80	350m: 5:10.51	37.61
100m: 1:22.48 45.31	200m: 2:49.10	43.12 300m: 4:32.90	52.00	400m: 5:46.33	35.82

Prova 4  
06-02-2021 - 15:59

Femin., 800m Livres

12 - 15 anos  
Resultados

Pontos: FINA 2020

Lugar	Ano		Tempo final	Pts	
<b>Infantis B</b>					
1. Ines Goncalves, FERREIRA	09	Núcleo Sporting	<b>13:28.26</b>	208	
100m: 1:36.84 1:36.84	300m: 5:02.17	1:42.97 500m: 8:26.35	1:42.98	700m: 11:53.57	1:42.53
200m: 3:19.20 1:42.36	400m: 6:43.37	1:41.20 600m: 10:11.04	1:44.69	800m: 13:28.26	1:34.69
2. Carolina Oliveira, LOPES	09	Terceira Auto Clube	<b>14:38.61</b>	162	
100m: 1:43.13 1:43.13	300m: 5:25.41	1:51.20 500m: 9:08.83	1:51.77	700m: 12:53.06	1:51.34
200m: 3:34.21 1:51.08	400m: 7:17.06	1:51.65 600m: 11:01.72	1:52.89	800m: 14:38.61	1:45.55
3. Margarida Pinto, BORBA	09	Núcleo Sporting	<b>15:08.94</b>	146	
100m: 1:48.75 1:48.75	300m: 5:43.15	1:57.81 500m: 9:32.74	1:54.08	700m: 13:22.52	1:53.98
200m: 3:45.34 1:56.59	400m: 7:38.66	1:55.51 600m: 11:28.54	1:55.80	800m: 15:08.94	1:46.42

Infantis A

1. Mariana Avila, MENDES	08	Núcleo Sporting	<b>11:51.78</b>	305	
100m: 1:24.73 1:24.73	300m: 4:25.03	1:31.06 500m: 7:26.67	1:31.43	700m: 10:26.88	1:30.20
200m: 2:53.97 1:29.24	400m: 5:55.24	1:30.21 600m: 8:56.68	1:30.01	800m: 11:51.78	1:24.90
2. Leonor Cota, SOUSA	08	Núcleo Sporting	<b>12:34.44</b>	256	
100m: 1:27.87 1:27.87	300m: 4:37.53	1:37.04 500m: 7:49.80	1:37.36	700m: 11:04.80	1:36.90
200m: 3:00.49 1:32.62	400m: 6:12.44	1:34.91 600m: 9:27.90	1:38.10	800m: 12:34.44	1:29.64
3. Maria Antonia, TOSTE	08	Núcleo Sporting	<b>14:00.54</b>	185	
100m: 1:37.56 1:37.56	300m: 5:09.32	1:46.39 500m: 8:43.61	1:47.55	700m: 12:17.02	1:45.96
200m: 3:22.93 1:45.37	400m: 6:56.06	1:46.74 600m: 10:31.06	1:47.45	800m: 14:00.54	1:43.52

Prova 4, Femin., 800m Livres

Juvenis B

1. Matilde Filipe, SOUSA	07	Núcleo Sporting	<b>10:28.41</b>	443
100m: 1:17.61 1:17.61	300m: 3:55.39 1:19.06	500m: 6:33.74 1:19.44	700m: 9:11.85 1:18.91	
200m: 2:36.33 1:18.72	400m: 5:14.30 1:18.91	600m: 7:52.94 1:19.20	800m: 10:28.41 1:16.56	
2. Lara Raquel, COELHO	07	Núcleo Sporting	<b>10:57.89</b>	386
100m: 1:16.38 1:16.38	300m: 4:00.57 1:22.37	500m: 6:48.82 1:23.82	700m: 9:38.11 1:24.61	
200m: 2:38.20 1:21.82	400m: 5:25.00 1:24.43	600m: 8:13.50 1:24.68	800m: 10:57.89 1:19.78	
3. Ana Rita, MONIZ	07	Núcleo Sporting	<b>11:16.17</b>	356
100m: 1:22.93 1:22.93	300m: 4:15.02 1:25.82	500m: 7:09.38 1:27.39	700m: 9:59.30 1:24.68	
200m: 2:49.20 1:26.27	400m: 5:41.99 1:26.97	600m: 8:34.62 1:25.24	800m: 11:16.17 1:16.87	
4. Bruna Fantasia, ROCHA	07	Núcleo Sporting	<b>11:19.11</b>	351
100m: 1:18.00 1:18.00	300m: 4:06.29 1:25.68	500m: 6:59.58 1:26.92	700m: 9:54.07 1:27.37	
200m: 2:40.61 1:22.61	400m: 5:32.66 1:26.37	600m: 8:26.70 1:27.12	800m: 11:19.11 1:25.04	
5. Ana Rita, LOPES	07	Terceira Auto Clube	<b>11:23.91</b>	344
100m: 1:20.53 1:20.53	300m: 4:12.03 1:26.28	500m: 7:05.92 1:26.84	700m: 9:59.64 1:26.37	
200m: 2:45.75 1:25.22	400m: 5:39.08 1:27.05	600m: 8:33.27 1:27.35	800m: 11:23.91 1:24.27	
6. Maria Fagundes, PEREIRA	07	Naval Praia da Vitoria	<b>11:32.78</b>	331
100m: 1:23.16 1:23.16	300m: 4:15.03 1:26.01	500m: 7:09.72 1:26.62	700m: 10:06.13 1:29.19	
200m: 2:49.02 1:25.86	400m: 5:43.10 1:28.07	600m: 8:36.94 1:27.22	800m: 11:32.78 1:26.65	
7. Leonor Lima, AFONSO	07	Núcleo Sporting	<b>11:48.44</b>	309
100m: 1:26.06 1:26.06	300m: 4:24.45 1:29.22	500m: 7:24.16 1:29.82	700m: 10:23.91 1:29.20	
200m: 2:55.23 1:29.17	400m: 5:54.34 1:29.89	600m: 8:54.71 1:30.55	800m: 11:48.44 1:24.53	
8. Benedita Cardoso, MELO	07	Naval Praia da Vitoria	<b>11:48.48</b>	309
100m: 1:24.83 1:24.83	300m: 4:23.16 1:29.51	500m: 7:23.31 1:30.46	700m: 10:22.35 1:29.16	
200m: 2:53.65 1:28.82	400m: 5:52.85 1:29.69	600m: 8:53.19 1:29.88	800m: 11:48.48 1:26.13	
9. Inês Tonel, SOUSA	07	Naval Praia da Vitoria	<b>12:11.20</b>	281
100m: 1:30.28 1:30.28	300m: 4:35.30 1:32.39	500m: 7:38.45 1:31.44	700m: 10:44.07 1:32.16	
200m: 3:02.91 1:32.63	400m: 6:07.01 1:31.71	600m: 9:11.91 1:33.46	800m: 12:11.20 1:27.13	

Juvenis A

1. Isabel Pires, ALMEIDA	06	Núcleo Sporting	<b>10:45.95</b>	408
100m: 1:17.68 1:17.68	300m: 3:59.09 1:21.79	500m: 6:42.50 1:22.42	700m: 9:26.80 1:22.94	
200m: 2:37.30 1:19.62	400m: 5:20.08 1:20.99	600m: 8:03.86 1:21.36	800m: 10:45.95 1:19.15	
2. Laura Espinola, BARBEITO	06	Núcleo Sporting	<b>10:56.69</b>	388
100m: 1:17.92 1:17.92	300m: 4:00.13 1:22.46	500m: 6:47.11 1:24.43	700m: 9:36.59 1:23.91	
200m: 2:37.67 1:19.75	400m: 5:22.68 1:22.55	600m: 8:12.68 1:25.57	800m: 10:56.69 1:20.10	
3. Leonor Espinola, AVILA	06	Naval Praia da Vitoria	<b>11:15.65</b>	357
100m: 1:20.69 1:20.69	300m: 4:10.44 1:26.12	500m: 7:03.06 1:26.94	700m: 9:54.80 1:25.39	
200m: 2:44.32 1:23.63	400m: 5:36.12 1:25.68	600m: 8:29.41 1:26.35	800m: 11:15.65 1:20.85	
4. Beatriz Lourenco, LANDEIRO	06	Naval Praia da Vitoria	<b>12:23.20</b>	268
100m: 1:32.93 1:32.93	300m: 4:39.30 1:33.09	500m: 7:45.44 1:33.13	700m: 10:53.66 1:33.46	
200m: 3:06.21 1:33.28	400m: 6:12.31 1:33.01	600m: 9:20.20 1:34.76	800m: 12:23.20 1:29.54	