

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 35 Femin., 400m Livres Absoluto
06-08-2011 - 11:25 Resultados Elimin

Rec Nac Absoluto	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996
Rec Nac Inf B	4:43.70	tempo limite			
Rec Nac Inf A	4:31.53	tempo limite			
Rec Nac Juv	4:28.67	tempo limite			
Rec Nac Jun	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	04-08-2002
Rec Nac Sen	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30-05-1996

TAC SEN/JUN2 Fem 16 +: 4:41.00 / TAC JUN1 Fem 15: 4:45.75 / TAC JUV Fem Juv: 4:58.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Sian Morgan	94	Swim Wales	4:19.74	+0,77	780	A
	50m: 30.51 30.51		150m: 1:35.78 32.91	250m: 2:41.65 33.11		350m: 3:47.94 33.19	
	100m: 1:02.87 32.36		200m: 2:08.54 32.76	300m: 3:14.75 33.10		400m: 4:19.74 31.80	
2.	Eleanor Faulkner	93	Co Sheffield	4:20.48	+0,79	773	A
	50m: 29.43 29.43		150m: 1:34.17 33.03	250m: 2:40.40 33.27		350m: 3:47.49 33.85	
	100m: 1:01.14 31.71		200m: 2:07.13 32.96	300m: 3:13.64 33.24		400m: 4:20.48 32.99	
3.	Danielle Stirrat	93	Swim Wales	4:27.28	+0,84	716	A
	50m: 31.12 31.12		150m: 1:38.93 33.85	250m: 2:46.56 33.67		350m: 3:53.77 33.75	
	100m: 1:05.08 33.96		200m: 2:12.89 33.96	300m: 3:20.02 33.46		400m: 4:27.28 33.51	
4.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:27.73	+0,96	712	A
	50m: 30.63 30.63		150m: 1:37.11 33.65	250m: 2:45.07 34.04		350m: 3:54.33 34.60	
	100m: 1:03.46 32.83		200m: 2:11.03 33.92	300m: 3:19.73 34.66		400m: 4:27.73 33.40	
5.	Ana Ribeiro Ferreira	92	Famalicao	4:29.85	+1,00	696	A
	50m: 31.62 31.62		150m: 1:39.12 34.13	250m: 2:47.29 34.31		350m: 3:55.71 34.10	
	100m: 1:04.99 33.37		200m: 2:12.98 33.86	300m: 3:21.61 34.32		400m: 4:29.85 34.14	
6.	Vania Soares Neves	90	Viana Natacao	4:30.80	+0,79	688	A
	50m: 31.13 31.13		150m: 1:38.52 33.60	250m: 2:47.14 33.83		350m: 3:56.42 34.15	
	100m: 1:04.92 33.79		200m: 2:13.31 34.79	300m: 3:22.27 35.13		400m: 4:30.80 34.38	
7.	Diana Margarida Duraes	96	Foca	4:30.83	+0,82	688	A
	50m: 30.81 30.81		150m: 1:38.83 34.18	250m: 2:48.04 34.03		350m: 3:57.55 34.37	
	100m: 1:04.65 33.84		200m: 2:14.01 35.18	300m: 3:23.18 35.14		400m: 4:30.83 33.28	
8.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:31.04	+1,04	686	A
	50m: 31.04 31.04		150m: 1:38.34 34.11	250m: 2:47.21 34.37		350m: 3:57.22 35.03	
	100m: 1:04.23 33.19		200m: 2:12.84 34.50	300m: 3:22.19 34.98		400m: 4:31.04 33.82	
9.	Sarah Mommers	94	Vilacondense	4:31.36	+0,95	684	B
	50m: 31.10 31.10		150m: 1:38.60 34.54	250m: 2:47.76 34.79		350m: 3:57.70 35.05	
	100m: 1:04.06 32.96		200m: 2:12.97 34.37	300m: 3:22.65 34.89		400m: 4:31.36 33.66	
10.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:32.56	+0,92	675	A
	50m: 30.75 30.75		150m: 1:38.10 33.91	250m: 2:46.50 34.15		350m: 3:57.36 35.71	
	100m: 1:04.19 33.44		200m: 2:12.35 34.25	300m: 3:21.65 35.15		400m: 4:32.56 35.20	
11.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:33.07	+0,97	671	A
	50m: 31.22 31.22		150m: 1:39.52 34.65	250m: 2:49.57 35.09		350m: 3:59.27 34.58	
	100m: 1:04.87 33.65		200m: 2:14.48 34.96	300m: 3:24.69 35.12		400m: 4:33.07 33.80	
12.	Angelica Maria Andre	94	Leixoes	4:34.01	+0,80	664	A
	50m: 31.31 31.31		150m: 1:39.57 34.48	250m: 2:49.64 35.28		350m: 3:59.82 35.05	
	100m: 1:05.09 33.78		200m: 2:14.36 34.79	300m: 3:24.77 35.13		400m: 4:34.01 34.19	

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:34.67	+0,96	660	R
	50m: 30.98 30.98	150m: 1:38.86 34.65	250m: 2:49.76 35.91	350m: 4:01.20 35.88			
	100m: 1:04.21 33.23	200m: 2:13.85 34.99	300m: 3:25.32 35.56	400m: 4:34.67 33.47			
14.	Leonor Mourinho Neves	95	Sporting	4:34.95	+0,89	658	R
	50m: 31.35 31.35	150m: 1:39.97 34.69	250m: 2:50.53 35.47	350m: 4:01.06 35.33			
	100m: 1:05.28 33.93	200m: 2:15.06 35.09	300m: 3:25.73 35.20	400m: 4:34.95 33.89			
15.	Maria Luis Amorim	95	Porto/Dolce Vita	4:36.07	+0,99	650	B
	50m: 31.13 31.13	150m: 1:40.01 34.62	250m: 2:50.60 34.88	350m: 4:01.34 35.06			
	100m: 1:05.39 34.26	200m: 2:15.72 35.71	300m: 3:26.28 35.68	400m: 4:36.07 34.73			
16.	Soraia Vanessa Ribeiro	92	Gespacos	4:36.51	+0,97	646	B
	50m: 31.70 31.70	150m: 1:40.11 34.57	250m: 2:50.14 35.24	350m: 4:01.83 35.81			
	100m: 1:05.54 33.84	200m: 2:14.90 34.79	300m: 3:26.02 35.88	400m: 4:36.51 34.68			
17.	Ana Margarida Domingos	93	Academico Viseu	4:37.18	+0,95	642	R
	50m: 31.92 31.92	150m: 1:41.50 34.60	250m: 2:51.98 34.81	350m: 4:02.90 34.99			
	100m: 1:06.90 34.98	200m: 2:17.17 35.67	300m: 3:27.91 35.93	400m: 4:37.18 34.28			
18.	Maria Teresa Amorim	97	Porto/Dolce Vita	4:37.96	+1,03	636	R
	50m: 32.04 32.04	150m: 1:41.73 35.41	250m: 2:53.01 35.67	350m: 4:04.12 35.53			
	100m: 1:06.32 34.28	200m: 2:17.34 35.61	300m: 3:28.59 35.58	400m: 4:37.96 33.84			
19.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:38.03	+0,89	636	
	50m: 31.61 31.61	150m: 1:40.71 35.09	250m: 2:51.89 35.72	350m: 4:03.34 35.52			
	100m: 1:05.62 34.01	200m: 2:16.17 35.46	300m: 3:27.82 35.93	400m: 4:38.03 34.69			
20.	Carolina Cunha Martins	95	Nautico/Matobra	4:38.22	+1,01	635	
	50m: 31.49 31.49	150m: 1:40.84 35.07	250m: 2:51.86 35.92	350m: 4:03.15 35.72			
	100m: 1:05.77 34.28	200m: 2:15.94 35.10	300m: 3:27.43 35.57	400m: 4:38.22 35.07			
21.	Marisa Alexandra Lage	94	Viana Natacao	4:38.39	+0,87	633	
	50m: 31.56 31.56	150m: 1:39.92 34.65	250m: 2:49.96 35.40	350m: 4:02.81 36.91			
	100m: 1:05.27 33.71	200m: 2:14.56 34.64	300m: 3:25.90 35.94	400m: 4:38.39 35.58			
22.	Ana Filipa Martins	97	Foca	4:39.70	+0,96	625	
	50m: 31.77 31.77	150m: 1:41.50 35.54	250m: 2:52.88 35.87	350m: 4:04.53 35.87			
	100m: 1:05.96 34.19	200m: 2:17.01 35.51	300m: 3:28.66 35.78	400m: 4:39.70 35.17			
23.	Ines Alexandra Paiva	96	Alges	4:39.81	+0,90	624	
	50m: 32.26 32.26	150m: 1:42.25 35.42	250m: 2:53.36 35.59	350m: 4:04.88 35.85			
	100m: 1:06.83 34.57	200m: 2:17.77 35.52	300m: 3:29.03 35.67	400m: 4:39.81 34.93			
24.	Joana Filipa Capela	89	Benfica	4:39.95	+0,88	623	
	50m: 30.91 30.91	150m: 1:39.20 34.43	250m: 2:50.74 36.16	350m: 4:04.12 36.62			
	100m: 1:04.77 33.86	200m: 2:14.58 35.38	300m: 3:27.50 36.76	400m: 4:39.95 35.83			
25.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:40.49	+0,90	619	
	50m: 31.82 31.82	150m: 1:42.75 35.55	250m: 2:54.74 35.80	350m: 4:05.83 35.11			
	100m: 1:07.20 35.38	200m: 2:18.94 36.19	300m: 3:30.72 35.98	400m: 4:40.49 34.66			
26.	Cassandra Pedro Oliveira	95	Vilacondense	4:42.16	+0,93	608	
	<i>FTL</i>						
	50m: 32.80 32.80	150m: 1:42.70 35.51	250m: 2:54.18 35.90	350m: 4:06.41 36.19			
	100m: 1:07.19 34.39	200m: 2:18.28 35.58	300m: 3:30.22 36.04	400m: 4:42.16 35.75			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Ines Sofia Sampaio <i>FTL</i>	94	Academico Viseu	4:42.96	+1,25	603	
	50m: 31.63 31.63	150m: 1:42.49 36.15	250m: 2:54.82 36.12	350m: 4:08.06 36.49			
	100m: 1:06.34 34.71	200m: 2:18.70 36.21	300m: 3:31.57 36.75	400m: 4:42.96 34.90			
28.	Marta Alexandra Saraiva <i>FTL</i>	93	Uniao Piedense	4:43.12		602	
	50m: 32.21 32.21	150m: 1:43.80 36.30	250m: 2:55.83 36.32	350m: 4:07.89 36.11			
	100m: 1:07.50 35.29	200m: 2:19.51 35.71	300m: 3:31.78 35.95	400m: 4:43.12 35.23			
29.	Paula Cristina Melo <i>FTL</i>	93	Natacao de Faro	4:43.35	+0,86	601	
	50m: 31.58 31.58	150m: 1:42.98 36.17	250m: 2:56.22 36.67	350m: 4:08.77 36.08			
	100m: 1:06.81 35.23	200m: 2:19.55 36.57	300m: 3:32.69 36.47	400m: 4:43.35 34.58			
30.	Marta Sofia Cunha <i>FTL</i>	95	Gesloures	4:43.40	+0,84	600	
	50m: 32.69 32.69	150m: 1:42.84 35.40	250m: 2:55.51 36.38	350m: 4:08.85 36.56			
	100m: 1:07.44 34.75	200m: 2:19.13 36.29	300m: 3:32.29 36.78	400m: 4:43.40 34.55			
31.	Joana Isabel Lampreia <i>FTL</i>	96	Beja	4:43.55	+0,84	599	
	50m: 32.23 32.23	150m: 1:43.61 36.19	250m: 2:55.91 36.25	350m: 4:08.22 36.00			
	100m: 1:07.42 35.19	200m: 2:19.66 36.05	300m: 3:32.22 36.31	400m: 4:43.55 35.33			
32.	Barbara Marques Rodrigues <i>FTL</i>	97	Alges	4:45.06	+0,86	590	
	50m: 32.33 32.33	150m: 1:44.53 36.61	250m: 2:56.58 36.10	350m: 4:09.53 36.48			
	100m: 1:07.92 35.59	200m: 2:20.48 35.95	300m: 3:33.05 36.47	400m: 4:45.06 35.53			
33.	Ana Isabel Neves <i>FTL</i>	96	Pimpoes/Cimai	4:45.66	+0,80	586	
	50m: 32.52 32.52	150m: 1:44.03 36.31	250m: 2:57.11 36.67	350m: 4:10.08 36.85			
	100m: 1:07.72 35.20	200m: 2:20.44 36.41	300m: 3:33.23 36.12	400m: 4:45.66 35.58			
34.	M. Mascarenhas <i>FTL</i>	97	Naval Setubalense	4:46.21	+0,86	583	
	50m: 32.36 32.36	150m: 1:45.10 36.78	250m: 2:59.11 36.87	350m: 4:11.42 35.92			
	100m: 1:08.32 35.96	200m: 2:22.24 37.14	300m: 3:35.50 36.39	400m: 4:46.21 34.79			
35.	Beatriz Filipa Matos <i>FTL</i>	97	Nautico/Matobra	4:47.90	+1,00	573	
	50m: 32.87 32.87	150m: 1:45.54 36.92	250m: 2:59.41 37.26	350m: 4:13.00 36.64			
	100m: 1:08.62 35.75	200m: 2:22.15 36.61	300m: 3:36.36 36.95	400m: 4:47.90 34.90			
36.	Ana Sofia Fernandes <i>FTL</i>	93	Braga	4:48.07	+1,10	572	
	50m: 32.11 32.11	150m: 1:42.97 36.52	250m: 2:56.55 37.49	350m: 4:11.92 38.30			
	100m: 1:06.45 34.34	200m: 2:19.06 36.09	300m: 3:33.62 37.07	400m: 4:48.07 36.15			
37.	Patricia Silva Damas <i>FTL</i>	92	Gesloures	4:48.11		571	
	50m: 32.86 32.86	150m: 1:44.11 36.11	250m: 2:56.52 36.38	350m: 4:11.06 37.52			
	100m: 1:08.00 35.14	200m: 2:20.14 36.03	300m: 3:33.54 37.02	400m: 4:48.11 37.05			
38.	Maria Joao Fernandes <i>FTL</i>	97	Porto/Dolce Vita	4:48.38	+0,80	570	
	50m: 32.94 32.94	150m: 1:46.39 37.10	250m: 3:00.54 37.09	350m: 4:13.54 36.28			
	100m: 1:09.29 36.35	200m: 2:23.45 37.06	300m: 3:37.26 36.72	400m: 4:48.38 34.84			
39.	Adriana Daniela Castro <i>FTL</i>	97	Individual Norte de Portugal	4:49.47	+1,30	563	
	50m: 33.10 33.10	150m: 1:46.62 36.49	250m: 3:00.95 36.68	350m: 4:14.03 36.08			
	100m: 1:10.13 37.03	200m: 2:24.27 37.65	300m: 3:37.95 37.00	400m: 4:49.47 35.44			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	Carolina Sanchez Rodrigues	97	Alges	4:49.73	+0,85	562	
	50m: 32.20 32.20	150m: 1:44.63 36.53	250m: 2:57.90 36.80	350m: 4:13.02 37.54			
	100m: 1:08.10 35.90	200m: 2:21.10 36.47	300m: 3:35.48 37.58	400m: 4:49.73 36.71			
41.	Cecilia Branco Almeida	97	Gesloures	4:50.65	+0,91	557	
	50m: 32.75 32.75	150m: 1:45.16 36.89	250m: 2:59.52 37.32	350m: 4:14.20 37.20			
	100m: 1:08.27 35.52	200m: 2:22.20 37.04	300m: 3:37.00 37.48	400m: 4:50.65 36.45			
42.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	4:51.48	+0,90	552	
	50m: 32.95 32.95	150m: 1:46.15 36.94	250m: 3:00.80 37.03	350m: 4:15.45 37.14			
	100m: 1:09.21 36.26	200m: 2:23.77 37.62	300m: 3:38.31 37.51	400m: 4:51.48 36.03			
43.	Matilde Domingues Gameiro	97	Nautico/Matobra	4:51.76	+0,96	550	
	50m: 32.55 32.55	150m: 1:44.57 36.03	250m: 2:59.26 37.15	350m: 4:15.44 37.65			
	100m: 1:08.54 35.99	200m: 2:22.11 37.54	300m: 3:37.79 38.53	400m: 4:51.76 36.32			
44.	Ines Mendes Paulo	96	Colegio Monte Maior	4:52.24	+0,78	548	
	<i>FTL</i>						
	50m: 31.80 31.80	150m: 1:44.12 36.87	250m: 2:59.36 38.03	350m: 4:15.60 38.33			
	100m: 1:07.25 35.45	200m: 2:21.33 37.21	300m: 3:37.27 37.91	400m: 4:52.24 36.64			
45.	Sara Faria Costa	97	Braga	4:52.28	+0,95	547	
	50m: 33.06 33.06	150m: 1:46.36 36.68	250m: 3:00.82 37.23	350m: 4:16.02 37.37			
	100m: 1:09.68 36.62	200m: 2:23.59 37.23	300m: 3:38.65 37.83	400m: 4:52.28 36.26			
46.	Maria Amelia Gaspar	96	Nautico/Matobra	4:52.44	+0,92	546	
	<i>FTL</i>						
	50m: 32.23 32.23	150m: 1:45.02 36.75	250m: 2:59.83 37.36	350m: 4:15.97 37.63			
	100m: 1:08.27 36.04	200m: 2:22.47 37.45	300m: 3:38.34 38.51	400m: 4:52.44 36.47			
47.	Daniela Figueiredo Metelo	97	Nautico/Matobra	4:53.43	+0,85	541	
	50m: 33.81 33.81	150m: 1:48.59 38.08	250m: 3:04.13 37.46	350m: 4:18.22 36.94			
	100m: 1:10.51 36.70	200m: 2:26.67 38.08	300m: 3:41.28 37.15	400m: 4:53.43 35.21			
48.	Carolina Madeira Santos	96	Naval Amorense	4:53.58	+0,88	540	
	<i>FTL</i>						
	50m: 32.06 32.06	150m: 1:46.09 37.73	250m: 3:01.91 38.11	350m: 4:18.45 38.12			
	100m: 1:08.36 36.30	200m: 2:23.80 37.71	300m: 3:40.33 38.42	400m: 4:53.58 35.13			
49.	Ana Rita Cruz	97	Uniao Piedense	4:54.81	+1,07	533	
	50m: 32.66 32.66	150m: 1:47.19 37.94	250m: 3:03.62 38.35	350m: 4:18.87 37.35			
	100m: 1:09.25 36.59	200m: 2:25.27 38.08	300m: 3:41.52 37.90	400m: 4:54.81 35.94			
50.	Carla Rosario Palma	96	Alcobaca	4:55.26	+0,85	531	
	<i>FTL</i>						
	50m: 32.66 32.66	150m: 1:46.67 37.38	250m: 3:02.66 37.92	350m: 4:18.11 36.90			
	100m: 1:09.29 36.63	200m: 2:24.74 38.07	300m: 3:41.21 38.55	400m: 4:55.26 37.15			
51.	Ana Catarina Pereira	97	Porto/Dolce Vita	4:56.01	+0,90	527	
	50m: 33.38 33.38	150m: 1:49.39 38.39	250m: 3:05.21 37.79	350m: 4:20.52 37.02			
	100m: 1:11.00 37.62	200m: 2:27.42 38.03	300m: 3:43.50 38.29	400m: 4:56.01 35.49			
52.	Rute Santos Ferreira	97	Porto/Dolce Vita	4:56.33	+0,90	525	
	50m: 32.60 32.60	150m: 1:45.77 36.89	250m: 3:01.57 37.66	350m: 4:18.66 38.43			
	100m: 1:08.88 36.28	200m: 2:23.91 38.14	300m: 3:40.23 38.66	400m: 4:56.33 37.67			
53.	Sara Filipe Marcos	97	Natacao de Olhao	4:57.09	+0,83	521	
	50m: 33.52 33.52	150m: 1:48.77 38.23	250m: 3:04.52 38.11	350m: 4:20.12 38.24			
	100m: 1:10.54 37.02	200m: 2:26.41 37.64	300m: 3:41.88 37.36	400m: 4:57.09 36.97			

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54.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeira	4:57.32	+1,03	520	
	50m: 32.31 32.31	150m: 1:46.24 37.86	250m: 3:02.90 38.24	350m: 4:20.41 38.67			
	100m: 1:08.38 36.07	200m: 2:24.66 38.42	300m: 3:41.74 38.84	400m: 4:57.32 36.91			
55.	Mafalda Mendes Magalhaes	97	Porto/Dolce Vita	4:58.53	+1,06	514	
	<i>FTL</i>						
	50m: 33.75 33.75	150m: 1:49.84 38.42	250m: 3:05.49 37.94	350m: 4:21.87 37.79			
	100m: 1:11.42 37.67	200m: 2:27.55 37.71	300m: 3:44.08 38.59	400m: 4:58.53 36.66			
56.	Ines Silva Mendes	97	Nautico/Matobra	4:59.21	+0,97	510	
	<i>FTL</i>						
	50m: 33.44 33.44	150m: 1:48.20 38.26	250m: 3:04.90 38.69	350m: 4:22.18 38.74			
	100m: 1:09.94 36.50	200m: 2:26.21 38.01	300m: 3:43.44 38.54	400m: 4:59.21 37.03			
57.	Mafalda Cristina Pita	97	Electrico	4:59.24	+0,91	510	
	<i>FTL</i>						
	50m: 33.32 33.32	150m: 1:48.29 38.20	250m: 3:05.06 38.71	350m: 4:23.51 39.42			
	100m: 1:10.09 36.77	200m: 2:26.35 38.06	300m: 3:44.09 39.03	400m: 4:59.24 35.73			
58.	Ines Sofia Borba	97	Litoral Alentejano	5:00.70	+0,88	503	
	<i>FTL</i>						
	50m: 33.67 33.67	150m: 1:48.62 38.16	250m: 3:04.63 37.98	350m: 4:22.33 39.20			
	100m: 1:10.46 36.79	200m: 2:26.65 38.03	300m: 3:43.13 38.50	400m: 5:00.70 38.37			

Juvenis

1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:33.07	+0,97	671	A
	50m: 31.22 31.22	150m: 1:39.52 34.65	250m: 2:49.57 35.09	350m: 3:59.27 34.58			
	100m: 1:04.87 33.65	200m: 2:14.48 34.96	300m: 3:24.69 35.12	400m: 4:33.07 33.80			
2.	Maria Teresa Amorim	97	Porto/Dolce Vita	4:37.96	+1,03	636	R
	50m: 32.04 32.04	150m: 1:41.73 35.41	250m: 2:53.01 35.67	350m: 4:04.12 35.53			
	100m: 1:06.32 34.28	200m: 2:17.34 35.61	300m: 3:28.59 35.58	400m: 4:37.96 33.84			
3.	Ana Filipa Martins	97	Foca	4:39.70	+0,96	625	
	50m: 31.77 31.77	150m: 1:41.50 35.54	250m: 2:52.88 35.87	350m: 4:04.53 35.87			
	100m: 1:05.96 34.19	200m: 2:17.01 35.51	300m: 3:28.66 35.78	400m: 4:39.70 35.17			
4.	Barbara Marques Rodrigues	97	Alges	4:45.06	+0,86	590	
	50m: 32.33 32.33	150m: 1:44.53 36.61	250m: 2:56.58 36.10	350m: 4:09.53 36.48			
	100m: 1:07.92 35.59	200m: 2:20.48 35.95	300m: 3:33.05 36.47	400m: 4:45.06 35.53			
5.	M. Mascarenhas	97	Naval Setubalense	4:46.21	+0,86	583	
	50m: 32.36 32.36	150m: 1:45.10 36.78	250m: 2:59.11 36.87	350m: 4:11.42 35.92			
	100m: 1:08.32 35.96	200m: 2:22.24 37.14	300m: 3:35.50 36.39	400m: 4:46.21 34.79			
6.	Beatriz Filipa Matos	97	Nautico/Matobra	4:47.90	+1,00	573	
	50m: 32.87 32.87	150m: 1:45.54 36.92	250m: 2:59.41 37.26	350m: 4:13.00 36.64			
	100m: 1:08.62 35.75	200m: 2:22.15 36.61	300m: 3:36.36 36.95	400m: 4:47.90 34.90			
7.	Maria Joao Fernandes	97	Porto/Dolce Vita	4:48.38	+0,80	570	
	50m: 32.94 32.94	150m: 1:46.39 37.10	250m: 3:00.54 37.09	350m: 4:13.54 36.28			
	100m: 1:09.29 36.35	200m: 2:23.45 37.06	300m: 3:37.26 36.72	400m: 4:48.38 34.84			
8.	Adriana Daniela Castro	97	Individual Norte de Portugal	4:49.47	+1,30	563	
	50m: 33.10 33.10	150m: 1:46.62 36.49	250m: 3:00.95 36.68	350m: 4:14.03 36.08			
	100m: 1:10.13 37.03	200m: 2:24.27 37.65	300m: 3:37.95 37.00	400m: 4:49.47 35.44			

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Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Carolina Sanchez Rodrigues	97	Alges	4:49.73	+0,85	562	
	50m: 32.20 32.20	150m: 1:44.63 36.53	250m: 2:57.90 36.80	350m: 4:13.02 37.54			
	100m: 1:08.10 35.90	200m: 2:21.10 36.47	300m: 3:35.48 37.58	400m: 4:49.73 36.71			
10.	Cecilia Branco Almeida	97	Gesloures	4:50.65	+0,91	557	
	50m: 32.75 32.75	150m: 1:45.16 36.89	250m: 2:59.52 37.32	350m: 4:14.20 37.20			
	100m: 1:08.27 35.52	200m: 2:22.20 37.04	300m: 3:37.00 37.48	400m: 4:50.65 36.45			
11.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	4:51.48	+0,90	552	
	50m: 32.95 32.95	150m: 1:46.15 36.94	250m: 3:00.80 37.03	350m: 4:15.45 37.14			
	100m: 1:09.21 36.26	200m: 2:23.77 37.62	300m: 3:38.31 37.51	400m: 4:51.48 36.03			
12.	Matilde Domingues Gameiro	97	Nautico/Matobra	4:51.76	+0,96	550	
	50m: 32.55 32.55	150m: 1:44.57 36.03	250m: 2:59.26 37.15	350m: 4:15.44 37.65			
	100m: 1:08.54 35.99	200m: 2:22.11 37.54	300m: 3:37.79 38.53	400m: 4:51.76 36.32			
13.	Sara Faria Costa	97	Braga	4:52.28	+0,95	547	
	50m: 33.06 33.06	150m: 1:46.36 36.68	250m: 3:00.82 37.23	350m: 4:16.02 37.37			
	100m: 1:09.68 36.62	200m: 2:23.59 37.23	300m: 3:38.65 37.83	400m: 4:52.28 36.26			
14.	Daniela Figueiredo Metelo	97	Nautico/Matobra	4:53.43	+0,85	541	
	50m: 33.81 33.81	150m: 1:48.59 38.08	250m: 3:04.13 37.46	350m: 4:18.22 36.94			
	100m: 1:10.51 36.70	200m: 2:26.67 38.08	300m: 3:41.28 37.15	400m: 4:53.43 35.21			
15.	Ana Rita Cruz	97	Uniao Piedense	4:54.81	+1,07	533	
	50m: 32.66 32.66	150m: 1:47.19 37.94	250m: 3:03.62 38.35	350m: 4:18.87 37.35			
	100m: 1:09.25 36.59	200m: 2:25.27 38.08	300m: 3:41.52 37.90	400m: 4:54.81 35.94			
16.	Ana Catarina Pereira	97	Porto/Dolce Vita	4:56.01	+0,90	527	
	50m: 33.38 33.38	150m: 1:49.39 38.39	250m: 3:05.21 37.79	350m: 4:20.52 37.02			
	100m: 1:11.00 37.62	200m: 2:27.42 38.03	300m: 3:43.50 38.29	400m: 4:56.01 35.49			
17.	Rute Santos Ferreira	97	Porto/Dolce Vita	4:56.33	+0,90	525	
	50m: 32.60 32.60	150m: 1:45.77 36.89	250m: 3:01.57 37.66	350m: 4:18.66 38.43			
	100m: 1:08.88 36.28	200m: 2:23.91 38.14	300m: 3:40.23 38.66	400m: 4:56.33 37.67			
18.	Sara Filipe Marcos	97	Natacao de Olhao	4:57.09	+0,83	521	
	50m: 33.52 33.52	150m: 1:48.77 38.23	250m: 3:04.52 38.11	350m: 4:20.12 38.24			
	100m: 1:10.54 37.02	200m: 2:26.41 37.64	300m: 3:41.88 37.36	400m: 4:57.09 36.97			
19.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeira	4:57.32	+1,03	520	
	50m: 32.31 32.31	150m: 1:46.24 37.86	250m: 3:02.90 38.24	350m: 4:20.41 38.67			
	100m: 1:08.38 36.07	200m: 2:24.66 38.42	300m: 3:41.74 38.84	400m: 4:57.32 36.91			
20.	Mafalda Mendes Magalhaes	97	Porto/Dolce Vita	4:58.53	+1,06	514	
	<i>FTL</i>						
	50m: 33.75 33.75	150m: 1:49.84 38.42	250m: 3:05.49 37.94	350m: 4:21.87 37.79			
	100m: 1:11.42 37.67	200m: 2:27.55 37.71	300m: 3:44.08 38.59	400m: 4:58.53 36.66			
21.	Ines Silva Mendes	97	Nautico/Matobra	4:59.21	+0,97	510	
	<i>FTL</i>						
	50m: 33.44 33.44	150m: 1:48.20 38.26	250m: 3:04.90 38.69	350m: 4:22.18 38.74			
	100m: 1:09.94 36.50	200m: 2:26.21 38.01	300m: 3:43.44 38.54	400m: 4:59.21 37.03			
22.	Mafalda Cristina Pita	97	Electrico	4:59.24	+0,91	510	
	<i>FTL</i>						
	50m: 33.32 33.32	150m: 1:48.29 38.20	250m: 3:05.06 38.71	350m: 4:23.51 39.42			
	100m: 1:10.09 36.77	200m: 2:26.35 38.06	300m: 3:44.09 39.03	400m: 4:59.24 35.73			

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Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Ines Sofia Borba <i>FTL</i>	97	Litoral Alentejano	5:00.70	+0,88	503	
	50m: 33.67 33.67	150m: 1:48.62 38.16	250m: 3:04.63 37.98	350m: 4:22.33 39.20			
	100m: 1:10.46 36.79	200m: 2:26.65 38.03	300m: 3:43.13 38.50	400m: 5:00.70 38.37			

Absolutos

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:27.73	+0,96	712 A	
	50m: 30.63 30.63	150m: 1:37.11 33.65	250m: 2:45.07 34.04	350m: 3:54.33 34.60			
	100m: 1:03.46 32.83	200m: 2:11.03 33.92	300m: 3:19.73 34.66	400m: 4:27.73 33.40			
2.	Ana Ribeiro Ferreira	92	Famalicao	4:29.85	+1,00	696 A	
	50m: 31.62 31.62	150m: 1:39.12 34.13	250m: 2:47.29 34.31	350m: 3:55.71 34.10			
	100m: 1:04.99 33.37	200m: 2:12.98 33.86	300m: 3:21.61 34.32	400m: 4:29.85 34.14			
3.	Vania Soares Neves	90	Viana Natacao	4:30.80	+0,79	688 A	
	50m: 31.13 31.13	150m: 1:38.52 33.60	250m: 2:47.14 33.83	350m: 3:56.42 34.15			
	100m: 1:04.92 33.79	200m: 2:13.31 34.79	300m: 3:22.27 35.13	400m: 4:30.80 34.38			
4.	Diana Margarida Duraes	96	Foca	4:30.83	+0,82	688 A	
	50m: 30.81 30.81	150m: 1:38.83 34.18	250m: 2:48.04 34.03	350m: 3:57.55 34.37			
	100m: 1:04.65 33.84	200m: 2:14.01 35.18	300m: 3:23.18 35.14	400m: 4:30.83 33.28			
5.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:31.04	+1,04	686 A	
	50m: 31.04 31.04	150m: 1:38.34 34.11	250m: 2:47.21 34.37	350m: 3:57.22 35.03			
	100m: 1:04.23 33.19	200m: 2:12.84 34.50	300m: 3:22.19 34.98	400m: 4:31.04 33.82			
6.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:32.56	+0,92	675 A	
	50m: 30.75 30.75	150m: 1:38.10 33.91	250m: 2:46.50 34.15	350m: 3:57.36 35.71			
	100m: 1:04.19 33.44	200m: 2:12.35 34.25	300m: 3:21.65 35.15	400m: 4:32.56 35.20			
7.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	4:33.07	+0,97	671 A	
	50m: 31.22 31.22	150m: 1:39.52 34.65	250m: 2:49.57 35.09	350m: 3:59.27 34.58			
	100m: 1:04.87 33.65	200m: 2:14.48 34.96	300m: 3:24.69 35.12	400m: 4:33.07 33.80			
8.	Angelica Maria Andre	94	Leixoes	4:34.01	+0,80	664 A	
	50m: 31.31 31.31	150m: 1:39.57 34.48	250m: 2:49.64 35.28	350m: 3:59.82 35.05			
	100m: 1:05.09 33.78	200m: 2:14.36 34.79	300m: 3:24.77 35.13	400m: 4:34.01 34.19			
9.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:34.67	+0,96	660 R	
	50m: 30.98 30.98	150m: 1:38.86 34.65	250m: 2:49.76 35.91	350m: 4:01.20 35.88			
	100m: 1:04.21 33.23	200m: 2:13.85 34.99	300m: 3:25.32 35.56	400m: 4:34.67 33.47			
10.	Leonor Mourinho Neves	95	Sporting	4:34.95	+0,89	658 R	
	50m: 31.35 31.35	150m: 1:39.97 34.69	250m: 2:50.53 35.47	350m: 4:01.06 35.33			
	100m: 1:05.28 33.93	200m: 2:15.06 35.09	300m: 3:25.73 35.20	400m: 4:34.95 33.89			
11.	Maria Luis Amorim	95	Porto/Dolce Vita	4:36.07	+0,99	650 B	
	50m: 31.13 31.13	150m: 1:40.01 34.62	250m: 2:50.60 34.88	350m: 4:01.34 35.06			
	100m: 1:05.39 34.26	200m: 2:15.72 35.71	300m: 3:26.28 35.68	400m: 4:36.07 34.73			
12.	Soraia Vanessa Ribeiro	92	Gespacos	4:36.51	+0,97	646 B	
	50m: 31.70 31.70	150m: 1:40.11 34.57	250m: 2:50.14 35.24	350m: 4:01.83 35.81			
	100m: 1:05.54 33.84	200m: 2:14.90 34.79	300m: 3:26.02 35.88	400m: 4:36.51 34.68			
13.	Ana Margarida Domingos	93	Academico Viseu	4:37.18	+0,95	642 R	
	50m: 31.92 31.92	150m: 1:41.50 34.60	250m: 2:51.98 34.81	350m: 4:02.90 34.99			
	100m: 1:06.90 34.98	200m: 2:17.17 35.67	300m: 3:27.91 35.93	400m: 4:37.18 34.28			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Maria Teresa Amorim	97	Porto/Dolce Vita	4:37.96	+1,03	636	R
	50m: 32.04 32.04	150m: 1:41.73 35.41	250m: 2:53.01 35.67	350m: 4:04.12 35.53			
	100m: 1:06.32 34.28	200m: 2:17.34 35.61	300m: 3:28.59 35.58	400m: 4:37.96 33.84			
15.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:38.03	+0,89	636	
	50m: 31.61 31.61	150m: 1:40.71 35.09	250m: 2:51.89 35.72	350m: 4:03.34 35.52			
	100m: 1:05.62 34.01	200m: 2:16.17 35.46	300m: 3:27.82 35.93	400m: 4:38.03 34.69			
16.	Carolina Cunha Martins	95	Nautico/Matobra	4:38.22	+1,01	635	
	50m: 31.49 31.49	150m: 1:40.84 35.07	250m: 2:51.86 35.92	350m: 4:03.15 35.72			
	100m: 1:05.77 34.28	200m: 2:15.94 35.10	300m: 3:27.43 35.57	400m: 4:38.22 35.07			
17.	Marisa Alexandra Lage	94	Viana Natacao	4:38.39	+0,87	633	
	50m: 31.56 31.56	150m: 1:39.92 34.65	250m: 2:49.96 35.40	350m: 4:02.81 36.91			
	100m: 1:05.27 33.71	200m: 2:14.56 34.64	300m: 3:25.90 35.94	400m: 4:38.39 35.58			
18.	Ana Filipa Martins	97	Foca	4:39.70	+0,96	625	
	50m: 31.77 31.77	150m: 1:41.50 35.54	250m: 2:52.88 35.87	350m: 4:04.53 35.87			
	100m: 1:05.96 34.19	200m: 2:17.01 35.51	300m: 3:28.66 35.78	400m: 4:39.70 35.17			
19.	Ines Alexandra Paiva	96	Alges	4:39.81	+0,90	624	
	50m: 32.26 32.26	150m: 1:42.25 35.42	250m: 2:53.36 35.59	350m: 4:04.88 35.85			
	100m: 1:06.83 34.57	200m: 2:17.77 35.52	300m: 3:29.03 35.67	400m: 4:39.81 34.93			
20.	Joana Filipa Capela	89	Benfica	4:39.95	+0,88	623	
	50m: 30.91 30.91	150m: 1:39.20 34.43	250m: 2:50.74 36.16	350m: 4:04.12 36.62			
	100m: 1:04.77 33.86	200m: 2:14.58 35.38	300m: 3:27.50 36.76	400m: 4:39.95 35.83			
21.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:40.49	+0,90	619	
	50m: 31.82 31.82	150m: 1:42.75 35.55	250m: 2:54.74 35.80	350m: 4:05.83 35.11			
	100m: 1:07.20 35.38	200m: 2:18.94 36.19	300m: 3:30.72 35.98	400m: 4:40.49 34.66			
22.	Cassandra Pedro Oliveira FTL	95	Vilacondense	4:42.16	+0,93	608	
	50m: 32.80 32.80	150m: 1:42.70 35.51	250m: 2:54.18 35.90	350m: 4:06.41 36.19			
	100m: 1:07.19 34.39	200m: 2:18.28 35.58	300m: 3:30.22 36.04	400m: 4:42.16 35.75			
23.	Ines Sofia Sampaio FTL	94	Academico Viseu	4:42.96	+1,25	603	
	50m: 31.63 31.63	150m: 1:42.49 36.15	250m: 2:54.82 36.12	350m: 4:08.06 36.49			
	100m: 1:06.34 34.71	200m: 2:18.70 36.21	300m: 3:31.57 36.75	400m: 4:42.96 34.90			
24.	Marta Alexandra Saraiva FTL	93	Uniao Piedense	4:43.12		602	
	50m: 32.21 32.21	150m: 1:43.80 36.30	250m: 2:55.83 36.32	350m: 4:07.89 36.11			
	100m: 1:07.50 35.29	200m: 2:19.51 35.71	300m: 3:31.78 35.95	400m: 4:43.12 35.23			
25.	Paula Cristina Melo FTL	93	Natacao de Faro	4:43.35	+0,86	601	
	50m: 31.58 31.58	150m: 1:42.98 36.17	250m: 2:56.22 36.67	350m: 4:08.77 36.08			
	100m: 1:06.81 35.23	200m: 2:19.55 36.57	300m: 3:32.69 36.47	400m: 4:43.35 34.58			
26.	Marta Sofia Cunha FTL	95	Gesloures	4:43.40	+0,84	600	
	50m: 32.69 32.69	150m: 1:42.84 35.40	250m: 2:55.51 36.38	350m: 4:08.85 36.56			
	100m: 1:07.44 34.75	200m: 2:19.13 36.29	300m: 3:32.29 36.78	400m: 4:43.40 34.55			

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Joana Isabel Lampreia	96	Beja	4:43.55	+0,84	599	
	50m: 32.23 32.23	150m: 1:43.61 36.19	250m: 2:55.91 36.25	350m: 4:08.22 36.00			
	100m: 1:07.42 35.19	200m: 2:19.66 36.05	300m: 3:32.22 36.31	400m: 4:43.55 35.33			
28.	Barbara Marques Rodrigues	97	Alges	4:45.06	+0,86	590	
	50m: 32.33 32.33	150m: 1:44.53 36.61	250m: 2:56.58 36.10	350m: 4:09.53 36.48			
	100m: 1:07.92 35.59	200m: 2:20.48 35.95	300m: 3:33.05 36.47	400m: 4:45.06 35.53			
29.	Ana Isabel Neves	96	Pimpoes/Cimai	4:45.66	+0,80	586	
	50m: 32.52 32.52	150m: 1:44.03 36.31	250m: 2:57.11 36.67	350m: 4:10.08 36.85			
	100m: 1:07.72 35.20	200m: 2:20.44 36.41	300m: 3:33.23 36.12	400m: 4:45.66 35.58			
30.	M. Mascarenhas	97	Naval Setubalense	4:46.21	+0,86	583	
	50m: 32.36 32.36	150m: 1:45.10 36.78	250m: 2:59.11 36.87	350m: 4:11.42 35.92			
	100m: 1:08.32 35.96	200m: 2:22.24 37.14	300m: 3:35.50 36.39	400m: 4:46.21 34.79			
31.	Beatriz Filipa Matos	97	Nautico/Matobra	4:47.90	+1,00	573	
	50m: 32.87 32.87	150m: 1:45.54 36.92	250m: 2:59.41 37.26	350m: 4:13.00 36.64			
	100m: 1:08.62 35.75	200m: 2:22.15 36.61	300m: 3:36.36 36.95	400m: 4:47.90 34.90			
32.	Ana Sofia Fernandes	93	Braga	4:48.07	+1,10	572	
	<i>FTL</i>						
	50m: 32.11 32.11	150m: 1:42.97 36.52	250m: 2:56.55 37.49	350m: 4:11.92 38.30			
	100m: 1:06.45 34.34	200m: 2:19.06 36.09	300m: 3:33.62 37.07	400m: 4:48.07 36.15			
33.	Patricia Silva Damas	92	Gesloures	4:48.11		571	
	<i>FTL</i>						
	50m: 32.86 32.86	150m: 1:44.11 36.11	250m: 2:56.52 36.38	350m: 4:11.06 37.52			
	100m: 1:08.00 35.14	200m: 2:20.14 36.03	300m: 3:33.54 37.02	400m: 4:48.11 37.05			
34.	Maria Joao Fernandes	97	Porto/Dolce Vita	4:48.38	+0,80	570	
	50m: 32.94 32.94	150m: 1:46.39 37.10	250m: 3:00.54 37.09	350m: 4:13.54 36.28			
	100m: 1:09.29 36.35	200m: 2:23.45 37.06	300m: 3:37.26 36.72	400m: 4:48.38 34.84			
35.	Adriana Daniela Castro	97	Individual Norte de Portugal	4:49.47	+1,30	563	
	50m: 33.10 33.10	150m: 1:46.62 36.49	250m: 3:00.95 36.68	350m: 4:14.03 36.08			
	100m: 1:10.13 37.03	200m: 2:24.27 37.65	300m: 3:37.95 37.00	400m: 4:49.47 35.44			
36.	Carolina Sanchez Rodrigues	97	Alges	4:49.73	+0,85	562	
	50m: 32.20 32.20	150m: 1:44.63 36.53	250m: 2:57.90 36.80	350m: 4:13.02 37.54			
	100m: 1:08.10 35.90	200m: 2:21.10 36.47	300m: 3:35.48 37.58	400m: 4:49.73 36.71			
37.	Cecilia Branco Almeida	97	Gesloures	4:50.65	+0,91	557	
	50m: 32.75 32.75	150m: 1:45.16 36.89	250m: 2:59.52 37.32	350m: 4:14.20 37.20			
	100m: 1:08.27 35.52	200m: 2:22.20 37.04	300m: 3:37.00 37.48	400m: 4:50.65 36.45			
38.	Beatriz Oliveira Luis	97	Pimpoes/Cimai	4:51.48	+0,90	552	
	50m: 32.95 32.95	150m: 1:46.15 36.94	250m: 3:00.80 37.03	350m: 4:15.45 37.14			
	100m: 1:09.21 36.26	200m: 2:23.77 37.62	300m: 3:38.31 37.51	400m: 4:51.48 36.03			
39.	Matilde Domingues Gameiro	97	Nautico/Matobra	4:51.76	+0,96	550	
	50m: 32.55 32.55	150m: 1:44.57 36.03	250m: 2:59.26 37.15	350m: 4:15.44 37.65			
	100m: 1:08.54 35.99	200m: 2:22.11 37.54	300m: 3:37.79 38.53	400m: 4:51.76 36.32			
40.	Ines Mendes Paulo	96	Colegio Monte Maior	4:52.24	+0,78	548	
	<i>FTL</i>						
	50m: 31.80 31.80	150m: 1:44.12 36.87	250m: 2:59.36 38.03	350m: 4:15.60 38.33			
	100m: 1:07.25 35.45	200m: 2:21.33 37.21	300m: 3:37.27 37.91	400m: 4:52.24 36.64			

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	Sara Faria Costa	97	Braga	4:52.28	+0,95	547	
	50m: 33.06 33.06	150m: 1:46.36 36.68	250m: 3:00.82 37.23	350m: 4:16.02 37.37			
	100m: 1:09.68 36.62	200m: 2:23.59 37.23	300m: 3:38.65 37.83	400m: 4:52.28 36.26			
42.	Maria Amelia Gaspar	96	Nautico/Matobra	4:52.44	+0,92	546	
	<i>FTL</i>						
	50m: 32.23 32.23	150m: 1:45.02 36.75	250m: 2:59.83 37.36	350m: 4:15.97 37.63			
	100m: 1:08.27 36.04	200m: 2:22.47 37.45	300m: 3:38.34 38.51	400m: 4:52.44 36.47			
43.	Daniela Figueiredo Metelo	97	Nautico/Matobra	4:53.43	+0,85	541	
	50m: 33.81 33.81	150m: 1:48.59 38.08	250m: 3:04.13 37.46	350m: 4:18.22 36.94			
	100m: 1:10.51 36.70	200m: 2:26.67 38.08	300m: 3:41.28 37.15	400m: 4:53.43 35.21			
44.	Carolina Madeira Santos	96	Naval Amorense	4:53.58	+0,88	540	
	<i>FTL</i>						
	50m: 32.06 32.06	150m: 1:46.09 37.73	250m: 3:01.91 38.11	350m: 4:18.45 38.12			
	100m: 1:08.36 36.30	200m: 2:23.80 37.71	300m: 3:40.33 38.42	400m: 4:53.58 35.13			
45.	Ana Rita Cruz	97	Uniao Piedense	4:54.81	+1,07	533	
	50m: 32.66 32.66	150m: 1:47.19 37.94	250m: 3:03.62 38.35	350m: 4:18.87 37.35			
	100m: 1:09.25 36.59	200m: 2:25.27 38.08	300m: 3:41.52 37.90	400m: 4:54.81 35.94			
46.	Carla Rosario Palma	96	Alcobaca	4:55.26	+0,85	531	
	<i>FTL</i>						
	50m: 32.66 32.66	150m: 1:46.67 37.38	250m: 3:02.66 37.92	350m: 4:18.11 36.90			
	100m: 1:09.29 36.63	200m: 2:24.74 38.07	300m: 3:41.21 38.55	400m: 4:55.26 37.15			
47.	Ana Catarina Pereira	97	Porto/Dolce Vita	4:56.01	+0,90	527	
	50m: 33.38 33.38	150m: 1:49.39 38.39	250m: 3:05.21 37.79	350m: 4:20.52 37.02			
	100m: 1:11.00 37.62	200m: 2:27.42 38.03	300m: 3:43.50 38.29	400m: 4:56.01 35.49			
48.	Rute Santos Ferreira	97	Porto/Dolce Vita	4:56.33	+0,90	525	
	50m: 32.60 32.60	150m: 1:45.77 36.89	250m: 3:01.57 37.66	350m: 4:18.66 38.43			
	100m: 1:08.88 36.28	200m: 2:23.91 38.14	300m: 3:40.23 38.66	400m: 4:56.33 37.67			
49.	Sara Filipe Marcos	97	Natacao de Olhao	4:57.09	+0,83	521	
	50m: 33.52 33.52	150m: 1:48.77 38.23	250m: 3:04.52 38.11	350m: 4:20.12 38.24			
	100m: 1:10.54 37.02	200m: 2:26.41 37.64	300m: 3:41.88 37.36	400m: 4:57.09 36.97			
50.	Luana Raquel Alves	97	Ancorensis/Serralharia Ribeira	4:57.32	+1,03	520	
	50m: 32.31 32.31	150m: 1:46.24 37.86	250m: 3:02.90 38.24	350m: 4:20.41 38.67			
	100m: 1:08.38 36.07	200m: 2:24.66 38.42	300m: 3:41.74 38.84	400m: 4:57.32 36.91			
51.	Mafalda Mendes Magalhaes	97	Porto/Dolce Vita	4:58.53	+1,06	514	
	<i>FTL</i>						
	50m: 33.75 33.75	150m: 1:49.84 38.42	250m: 3:05.49 37.94	350m: 4:21.87 37.79			
	100m: 1:11.42 37.67	200m: 2:27.55 37.71	300m: 3:44.08 38.59	400m: 4:58.53 36.66			
52.	Ines Silva Mendes	97	Nautico/Matobra	4:59.21	+0,97	510	
	<i>FTL</i>						
	50m: 33.44 33.44	150m: 1:48.20 38.26	250m: 3:04.90 38.69	350m: 4:22.18 38.74			
	100m: 1:09.94 36.50	200m: 2:26.21 38.01	300m: 3:43.44 38.54	400m: 4:59.21 37.03			
53.	Mafalda Cristina Pita	97	Electrico	4:59.24	+0,91	510	
	<i>FTL</i>						
	50m: 33.32 33.32	150m: 1:48.29 38.20	250m: 3:05.06 38.71	350m: 4:23.51 39.42			
	100m: 1:10.09 36.77	200m: 2:26.35 38.06	300m: 3:44.09 39.03	400m: 4:59.24 35.73			

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	Ines Sofia Borba <i>FTL</i>	97	Litoral Alentejano	5:00.70	+0,88	503	
	50m: 33.67 33.67	150m: 1:48.62 38.16	250m: 3:04.63 37.98	350m: 4:22.33 39.20			
	100m: 1:10.46 36.79	200m: 2:26.65 38.03	300m: 3:43.13 38.50	400m: 5:00.70 38.37			

Jun1

1.	Diana Margarida Duraes	96	Foca	4:30.83	+0,82	688	A
	50m: 30.81 30.81	150m: 1:38.83 34.18	250m: 2:48.04 34.03	350m: 3:57.55 34.37			
	100m: 1:04.65 33.84	200m: 2:14.01 35.18	300m: 3:23.18 35.14	400m: 4:30.83 33.28			
2.	Ana Monica Eloi	96	Nautico da Marinha Grande	4:38.03	+0,89	636	
	50m: 31.61 31.61	150m: 1:40.71 35.09	250m: 2:51.89 35.72	350m: 4:03.34 35.52			
	100m: 1:05.62 34.01	200m: 2:16.17 35.46	300m: 3:27.82 35.93	400m: 4:38.03 34.69			
3.	Ines Alexandra Paiva	96	Alges	4:39.81	+0,90	624	
	50m: 32.26 32.26	150m: 1:42.25 35.42	250m: 2:53.36 35.59	350m: 4:04.88 35.85			
	100m: 1:06.83 34.57	200m: 2:17.77 35.52	300m: 3:29.03 35.67	400m: 4:39.81 34.93			
4.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:40.49	+0,90	619	
	50m: 31.82 31.82	150m: 1:42.75 35.55	250m: 2:54.74 35.80	350m: 4:05.83 35.11			
	100m: 1:07.20 35.38	200m: 2:18.94 36.19	300m: 3:30.72 35.98	400m: 4:40.49 34.66			
5.	Joana Isabel Lampreia	96	Beja	4:43.55	+0,84	599	
	50m: 32.23 32.23	150m: 1:43.61 36.19	250m: 2:55.91 36.25	350m: 4:08.22 36.00			
	100m: 1:07.42 35.19	200m: 2:19.66 36.05	300m: 3:32.22 36.31	400m: 4:43.55 35.33			
6.	Ana Isabel Neves	96	Pimpoes/Cimai	4:45.66	+0,80	586	
	50m: 32.52 32.52	150m: 1:44.03 36.31	250m: 2:57.11 36.67	350m: 4:10.08 36.85			
	100m: 1:07.72 35.20	200m: 2:20.44 36.41	300m: 3:33.23 36.12	400m: 4:45.66 35.58			
7.	Ines Mendes Paulo <i>FTL</i>	96	Colegio Monte Maior	4:52.24	+0,78	548	
	50m: 31.80 31.80	150m: 1:44.12 36.87	250m: 2:59.36 38.03	350m: 4:15.60 38.33			
	100m: 1:07.25 35.45	200m: 2:21.33 37.21	300m: 3:37.27 37.91	400m: 4:52.24 36.64			
8.	Maria Amelia Gaspar <i>FTL</i>	96	Nautico/Matobra	4:52.44	+0,92	546	
	50m: 32.23 32.23	150m: 1:45.02 36.75	250m: 2:59.83 37.36	350m: 4:15.97 37.63			
	100m: 1:08.27 36.04	200m: 2:22.47 37.45	300m: 3:38.34 38.51	400m: 4:52.44 36.47			
9.	Carolina Madeira Santos <i>FTL</i>	96	Naval Amorense	4:53.58	+0,88	540	
	50m: 32.06 32.06	150m: 1:46.09 37.73	250m: 3:01.91 38.11	350m: 4:18.45 38.12			
	100m: 1:08.36 36.30	200m: 2:23.80 37.71	300m: 3:40.33 38.42	400m: 4:53.58 35.13			
10.	Carla Rosario Palma <i>FTL</i>	96	Alcobaca	4:55.26	+0,85	531	
	50m: 32.66 32.66	150m: 1:46.67 37.38	250m: 3:02.66 37.92	350m: 4:18.11 36.90			
	100m: 1:09.29 36.63	200m: 2:24.74 38.07	300m: 3:41.21 38.55	400m: 4:55.26 37.15			

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Sen/Jun2

1.	Andreia Catarina Gomes	94	Vitoria de Guimaraes	4:27.73	+0,96	712	A
	50m: 30.63 30.63	150m: 1:37.11 33.65	250m: 2:45.07 34.04	350m: 3:54.33 34.60			
	100m: 1:03.46 32.83	200m: 2:11.03 33.92	300m: 3:19.73 34.66	400m: 4:27.73 33.40			
2.	Ana Ribeiro Ferreira	92	Famalicao	4:29.85	+1,00	696	A
	50m: 31.62 31.62	150m: 1:39.12 34.13	250m: 2:47.29 34.31	350m: 3:55.71 34.10			
	100m: 1:04.99 33.37	200m: 2:12.98 33.86	300m: 3:21.61 34.32	400m: 4:29.85 34.14			
3.	Vania Soares Neves	90	Viana Natacao	4:30.80	+0,79	688	A
	50m: 31.13 31.13	150m: 1:38.52 33.60	250m: 2:47.14 33.83	350m: 3:56.42 34.15			
	100m: 1:04.92 33.79	200m: 2:13.31 34.79	300m: 3:22.27 35.13	400m: 4:30.80 34.38			
4.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:31.04	+1,04	686	A
	50m: 31.04 31.04	150m: 1:38.34 34.11	250m: 2:47.21 34.37	350m: 3:57.22 35.03			
	100m: 1:04.23 33.19	200m: 2:12.84 34.50	300m: 3:22.19 34.98	400m: 4:31.04 33.82			
5.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:32.56	+0,92	675	A
	50m: 30.75 30.75	150m: 1:38.10 33.91	250m: 2:46.50 34.15	350m: 3:57.36 35.71			
	100m: 1:04.19 33.44	200m: 2:12.35 34.25	300m: 3:21.65 35.15	400m: 4:32.56 35.20			
6.	Angelica Maria Andre	94	Leixoes	4:34.01	+0,80	664	A
	50m: 31.31 31.31	150m: 1:39.57 34.48	250m: 2:49.64 35.28	350m: 3:59.82 35.05			
	100m: 1:05.09 33.78	200m: 2:14.36 34.79	300m: 3:24.77 35.13	400m: 4:34.01 34.19			
7.	Joana Filipa Santos	93	Vitoria de Guimaraes	4:34.67	+0,96	660	R
	50m: 30.98 30.98	150m: 1:38.86 34.65	250m: 2:49.76 35.91	350m: 4:01.20 35.88			
	100m: 1:04.21 33.23	200m: 2:13.85 34.99	300m: 3:25.32 35.56	400m: 4:34.67 33.47			
8.	Leonor Mourinho Neves	95	Sporting	4:34.95	+0,89	658	R
	50m: 31.35 31.35	150m: 1:39.97 34.69	250m: 2:50.53 35.47	350m: 4:01.06 35.33			
	100m: 1:05.28 33.93	200m: 2:15.06 35.09	300m: 3:25.73 35.20	400m: 4:34.95 33.89			
9.	Maria Luis Amorim	95	Porto/Dolce Vita	4:36.07	+0,99	650	B
	50m: 31.13 31.13	150m: 1:40.01 34.62	250m: 2:50.60 34.88	350m: 4:01.34 35.06			
	100m: 1:05.39 34.26	200m: 2:15.72 35.71	300m: 3:26.28 35.68	400m: 4:36.07 34.73			
10.	Soraia Vanessa Ribeiro	92	Gespacos	4:36.51	+0,97	646	B
	50m: 31.70 31.70	150m: 1:40.11 34.57	250m: 2:50.14 35.24	350m: 4:01.83 35.81			
	100m: 1:05.54 33.84	200m: 2:14.90 34.79	300m: 3:26.02 35.88	400m: 4:36.51 34.68			
11.	Ana Margarida Domingos	93	Academico Viseu	4:37.18	+0,95	642	R
	50m: 31.92 31.92	150m: 1:41.50 34.60	250m: 2:51.98 34.81	350m: 4:02.90 34.99			
	100m: 1:06.90 34.98	200m: 2:17.17 35.67	300m: 3:27.91 35.93	400m: 4:37.18 34.28			
12.	Carolina Cunha Martins	95	Nautico/Matobra	4:38.22	+1,01	635	
	50m: 31.49 31.49	150m: 1:40.84 35.07	250m: 2:51.86 35.92	350m: 4:03.15 35.72			
	100m: 1:05.77 34.28	200m: 2:15.94 35.10	300m: 3:27.43 35.57	400m: 4:38.22 35.07			
13.	Marisa Alexandra Lage	94	Viana Natacao	4:38.39	+0,87	633	
	50m: 31.56 31.56	150m: 1:39.92 34.65	250m: 2:49.96 35.40	350m: 4:02.81 36.91			
	100m: 1:05.27 33.71	200m: 2:14.56 34.64	300m: 3:25.90 35.94	400m: 4:38.39 35.58			
14.	Joana Filipa Capela	89	Benfica	4:39.95	+0,88	623	
	50m: 30.91 30.91	150m: 1:39.20 34.43	250m: 2:50.74 36.16	350m: 4:04.12 36.62			
	100m: 1:04.77 33.86	200m: 2:14.58 35.38	300m: 3:27.50 36.76	400m: 4:39.95 35.83			
15.	Cassandra Pedro Oliveira	95	Vilacondense	4:42.16	+0,93	608	
	50m: 32.80 32.80	150m: 1:42.70 35.51	250m: 2:54.18 35.90	350m: 4:06.41 36.19			
	100m: 1:07.19 34.39	200m: 2:18.28 35.58	300m: 3:30.22 36.04	400m: 4:42.16 35.75			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Ines Sofia Sampaio	94	Academico Viseu	4:42.96	+1,25	603	
	<i>FTL</i>						
	50m: 31.63 31.63	150m: 1:42.49 36.15	250m: 2:54.82 36.12	350m: 4:08.06 36.49			
	100m: 1:06.34 34.71	200m: 2:18.70 36.21	300m: 3:31.57 36.75	400m: 4:42.96 34.90			
17.	Marta Alexandra Saraiva	93	Uniao Piedense	4:43.12		602	
	<i>FTL</i>						
	50m: 32.21 32.21	150m: 1:43.80 36.30	250m: 2:55.83 36.32	350m: 4:07.89 36.11			
	100m: 1:07.50 35.29	200m: 2:19.51 35.71	300m: 3:31.78 35.95	400m: 4:43.12 35.23			
18.	Paula Cristina Melo	93	Natacao de Faro	4:43.35	+0,86	601	
	<i>FTL</i>						
	50m: 31.58 31.58	150m: 1:42.98 36.17	250m: 2:56.22 36.67	350m: 4:08.77 36.08			
	100m: 1:06.81 35.23	200m: 2:19.55 36.57	300m: 3:32.69 36.47	400m: 4:43.35 34.58			
19.	Marta Sofia Cunha	95	Gesloures	4:43.40	+0,84	600	
	<i>FTL</i>						
	50m: 32.69 32.69	150m: 1:42.84 35.40	250m: 2:55.51 36.38	350m: 4:08.85 36.56			
	100m: 1:07.44 34.75	200m: 2:19.13 36.29	300m: 3:32.29 36.78	400m: 4:43.40 34.55			
20.	Ana Sofia Fernandes	93	Braga	4:48.07	+1,10	572	
	<i>FTL</i>						
	50m: 32.11 32.11	150m: 1:42.97 36.52	250m: 2:56.55 37.49	350m: 4:11.92 38.30			
	100m: 1:06.45 34.34	200m: 2:19.06 36.09	300m: 3:33.62 37.07	400m: 4:48.07 36.15			
21.	Patricia Silva Damas	92	Gesloures	4:48.11		571	
	<i>FTL</i>						
	50m: 32.86 32.86	150m: 1:44.11 36.11	250m: 2:56.52 36.38	350m: 4:11.06 37.52			
	100m: 1:08.00 35.14	200m: 2:20.14 36.03	300m: 3:33.54 37.02	400m: 4:48.11 37.05			