

Campeonato Nacional de Infantis  
Rio Maior, 20- - 22-7-2012

Prova 20  
22-07-2012 - 10:40

Femin., 400m Livres

Infantis  
Resultados

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			

TAC Fem Inf A Inf A: 5:09.00 / TAC Fem Inf B Inf B: 5:23.00

Pontos: FINA 2012

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts FINA
<b>Infantis B</b>							
1.	Ana Rita Faria	00	117417	Porto	<b>4:52.21</b>		548
	50m: 33.59 33.59		150m: 1:46.81 36.56	250m: 3:01.43 37.08	350m: 4:16.12 36.98		
	100m: 1:10.25 36.66		200m: 2:24.35 37.54	300m: 3:39.14 37.71	400m: 4:52.21 36.09		
2.	Ana Miguel Reis	00	108089	SCC/Oryzon Energias	<b>4:58.23</b>		515
	50m: 33.08 33.08		150m: 1:48.04 37.94	250m: 3:05.01 38.32	350m: 4:21.52 37.83		
	100m: 1:10.10 37.02		200m: 2:26.69 38.65	300m: 3:43.69 38.68	400m: 4:58.23 36.71		
3.	Carolina Mæiro Augusto	00	109750	Natacao de Olhao	<b>5:01.38</b>		499
	50m: 33.74 33.74		150m: 1:48.63 37.51	250m: 3:05.36 38.66	350m: 4:23.30 38.79		
	100m: 1:11.12 37.38		200m: 2:26.70 38.07	300m: 3:44.51 39.15	400m: 5:01.38 38.08		
4.	Mariana Santos Ferreira	00	112044	Miranda do Corvo	<b>5:04.92</b>		482
	50m: 33.89 33.89		150m: 1:49.99 38.88	250m: 3:08.63 39.33	350m: 4:27.30 39.47		
	100m: 1:11.11 37.22		200m: 2:29.30 39.31	300m: 3:47.83 39.20	400m: 5:04.92 37.62		
5.	Joana Francisca Costa	00	118312	Foca	<b>5:11.15</b>		454
	50m: 34.57 34.57		150m: 1:53.49 40.43	250m: 3:14.74 40.73	350m: 4:34.65 39.51		
	100m: 1:13.06 38.49		200m: 2:34.01 40.52	300m: 3:55.14 40.40	400m: 5:11.15 36.50		
6.	Raquel Gomes Pereira	00	118469	Alges	<b>5:11.18</b>		453
	50m: 33.67 33.67		150m: 1:51.82 40.17	250m: 3:12.59 40.38	350m: 4:33.59 40.03		
	100m: 1:11.65 37.98		200m: 2:32.21 40.39	300m: 3:53.56 40.97	400m: 5:11.18 37.59		
7.	Adriana Azevedo Couto	00	108336	Famalicao	<b>5:11.89</b>		450
	50m: 33.43 33.43		150m: 1:52.48 40.25	250m: 3:14.53 41.01	350m: 4:35.14 39.69		
	100m: 1:12.23 38.80		200m: 2:33.52 41.04	300m: 3:55.45 40.92	400m: 5:11.89 36.75		
8.	Patricia Branco Panta	00	120469	Nacional de Natacao	<b>5:12.08</b>		450
	50m: 34.62 34.62		150m: 1:53.54 40.13	250m: 3:14.77 40.28	350m: 4:34.23 39.46		
	100m: 1:13.41 38.79		200m: 2:34.49 40.95	300m: 3:54.77 40.00	400m: 5:12.08 37.85		
9.	Laura Catarina Abreu	00	107900	Desportivo Nacional	<b>5:12.73</b>		447
	50m: 35.46 35.46		150m: 1:54.33 39.46	250m: 3:13.85 40.00	350m: 4:33.84 39.84		
	100m: 1:14.87 39.41		200m: 2:33.85 39.52	300m: 3:54.00 40.15	400m: 5:12.73 38.89		
10.	Sara Kalinicova Guerreiro	00	120967	Imortal	<b>5:12.83</b>		446
	50m: 34.50 34.50		150m: 1:53.38 40.73	250m: 3:13.97 40.66	350m: 4:34.92 40.25		
	100m: 1:12.65 38.15		200m: 2:33.31 39.93	300m: 3:54.67 40.70	400m: 5:12.83 37.91		
11.	Lara Ferreira Martins	00	117834	Nautico da Marinha Grande	<b>5:15.47</b>		435
	50m: 35.16 35.16		150m: 1:55.36 40.11	250m: 3:15.89 40.17	350m: 4:36.73 39.84		
	100m: 1:15.25 40.09		200m: 2:35.72 40.36	300m: 3:56.89 41.00	400m: 5:15.47 38.74		
12.	Mariana Figueiras Matos	00	120721	Sporting	<b>5:16.05</b>		433
	50m: 35.43 35.43		150m: 1:55.66 40.69	250m: 3:17.46 40.77	350m: 4:38.27 40.62		
	100m: 1:14.97 39.54		200m: 2:36.69 41.03	300m: 3:57.65 40.19	400m: 5:16.05 37.78		
13.	Adriana Marisa Figueiredo	00	109297	Famalicao	<b>5:16.28</b>		432
	50m: 34.48 34.48		150m: 1:54.63 41.21	250m: 3:16.22 40.67	350m: 4:37.59 40.45		
	100m: 1:13.42 38.94		200m: 2:35.55 40.92	300m: 3:57.14 40.92	400m: 5:16.28 38.69		
14.	Maria Leonor Gomes	00	108201	Desportivo Nacional	<b>5:18.66</b>		422
	50m: 35.27 35.27		150m: 1:55.63 40.83	250m: 3:18.44 41.23	350m: 4:40.32 40.55		
	100m: 1:14.80 39.53		200m: 2:37.21 41.58	300m: 3:59.77 41.33	400m: 5:18.66 38.34		
15.	Mariana Simoes Antunes	00	120871	Sporting	<b>5:19.17</b>		420
	50m: 35.50 35.50		150m: 1:54.55 40.19	250m: 3:16.55 41.00	350m: 4:38.97 41.22		
	100m: 1:14.36 38.86		200m: 2:35.55 41.00	300m: 3:57.75 41.20	400m: 5:19.17 40.20		

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Prova 20, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts FINA
16.	Mariana Silva Navalho	00	120577	Uniao Piedense	<b>5:21.38</b>		412
	50m: 36.48 36.48	150m: 1:58.76	41.48	250m: 3:21.94	41.28	350m: 4:42.37	39.82
	100m: 1:17.28 40.80	200m: 2:40.66	41.90	300m: 4:02.55	40.61	400m: 5:21.38	39.01
17.	Margarida Valente Orrico	00	118395	Uniao Piedense	<b>5:21.98</b>		409
	50m: 35.69 35.69	150m: 1:57.72	41.55	250m: 3:21.34	41.70	350m: 4:43.92	41.36
	100m: 1:16.17 40.48	200m: 2:39.64	41.92	300m: 4:02.56	41.22	400m: 5:21.98	38.06
18.	Joana Martins Pereira	00	111512	Vilacondense	<b>5:22.23</b>		408
	50m: 35.61 35.61	150m: 1:56.67	40.45	250m: 3:20.22	41.60	350m: 4:45.26	41.98
	100m: 1:16.22 40.61	200m: 2:38.62	41.95	300m: 4:03.28	43.06	400m: 5:22.23	36.97
	Ines Silva Bernardo	00	122689	Colegio Monte Maior	<b>5:22.23</b>		408
	50m: 36.22 36.22	150m: 1:57.61	40.99	250m: 3:20.69	41.41	350m: 4:42.61	40.97
	100m: 1:16.62 40.40	200m: 2:39.28	41.67	300m: 4:01.64	40.95	400m: 5:22.23	39.62
20.	Carlota Santos Silva	00	117491	Nautico de Coimbra	<b>5:24.58</b>		399
	<i>FTL</i>						
	50m: 36.10 36.10	150m: 1:57.62	41.06	250m: 3:20.72	41.62	350m: 4:44.14	41.69
	100m: 1:16.56 40.46	200m: 2:39.10	41.48	300m: 4:02.45	41.73	400m: 5:24.58	40.44
21.	Rita Goncalves Marieiro	00	117710	Galitos	<b>5:24.71</b>		399
	<i>FTL</i>						
	50m: 36.95 36.95	150m: 1:58.66	41.36	250m: 3:22.46	42.24	350m: 4:45.30	41.42
	100m: 1:17.30 40.35	200m: 2:40.22	41.56	300m: 4:03.88	41.42	400m: 5:24.71	39.41
22.	Ana Cristina Afonso	00	119480	Viana Natacao	<b>5:25.40</b>		396
	<i>FTL</i>						
	50m: 36.80 36.80	150m: 1:59.02	42.35	250m: 3:24.79	42.96	350m: 4:47.17	40.08
	100m: 1:16.67 39.87	200m: 2:41.83	42.81	300m: 4:07.09	42.30	400m: 5:25.40	38.23
23.	Joana Silva Ulpiano	00	119425	Lisnave	<b>5:26.36</b>		393
	<i>FTL</i>						
	50m: 35.61 35.61	150m: 1:57.16	41.00	250m: 3:22.56	42.36	350m: 4:46.90	41.39
	100m: 1:16.16 40.55	200m: 2:40.20	43.04	300m: 4:05.51	42.95	400m: 5:26.36	39.46
24.	Rita Guedes Moreira	00	110881	Louletano/Loule Concelho	<b>5:26.47</b>		393
	<i>FTL</i>						
	50m: 35.39 35.39	150m: 1:57.55	41.85	250m: 3:22.83	42.51	350m: 4:46.42	41.18
	100m: 1:15.70 40.31	200m: 2:40.32	42.77	300m: 4:05.24	42.41	400m: 5:26.47	40.05
25.	Maria Tome Fialho	00	122346	Amadora	<b>5:27.25</b>		390
	<i>FTL</i>						
	50m: 36.54 36.54	150m: 1:59.17	41.72	250m: 3:24.88	43.12	350m: 4:48.12	41.84
	100m: 1:17.45 40.91	200m: 2:41.76	42.59	300m: 4:06.28	41.40	400m: 5:27.25	39.13
26.	Beatriz Teixeira Martins	00	117581	Estamos Juntos	<b>5:29.84</b>		381
	<i>FTL</i>						
	50m: 36.71 36.71	150m: 1:58.90	41.87	250m: 3:23.48	42.44	350m: 4:49.32	43.14
	100m: 1:17.03 40.32	200m: 2:41.04	42.14	300m: 4:06.18	42.70	400m: 5:29.84	40.52
27.	Carla Laranjeira Marques	00	109363	Galitos	<b>5:32.31</b>		372
	<i>FTL</i>						
	50m: 37.65 37.65	150m: 2:00.76	41.79	250m: 3:25.75	42.24	350m: 4:51.59	41.85
	100m: 1:18.97 41.32	200m: 2:43.51	42.75	300m: 4:09.74	43.99	400m: 5:32.31	40.72

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Infantis A

1.	Rita Costa Amador	99	105665	Galitos	<b>4:44.08</b>		596
	50m: 32.87 32.87	150m: 1:44.03 36.14	250m: 2:56.71 36.22	350m: 4:09.77 36.38			
	100m: 1:07.89 35.02	200m: 2:20.49 36.46	300m: 3:33.39 36.68	400m: 4:44.08 34.31			
2.	Tamila Hryhorivna Holub	99	116887	Braga	<b>4:44.35</b>		594
	50m: 32.33 32.33	150m: 1:43.52 35.95	250m: 2:56.82 36.81	350m: 4:10.04 36.40			
	100m: 1:07.57 35.24	200m: 2:20.01 36.49	300m: 3:33.64 36.82	400m: 4:44.35 34.31			
3.	Ana Carolina Carraco	99	121177	Freguesia de Paiao	<b>4:44.52</b>		593
	50m: 33.31 33.31	150m: 1:44.89 36.24	250m: 2:57.40 36.15	350m: 4:10.29 36.48			
	100m: 1:08.65 35.34	200m: 2:21.25 36.36	300m: 3:33.81 36.41	400m: 4:44.52 34.23			
4.	Barbara Coimbra Teodosio	99	112716	Nautico da Marinha Grande	<b>4:52.17</b>		548
	50m: 34.04 34.04	150m: 1:47.10 36.78	250m: 3:01.34 37.24	350m: 4:16.31 37.73			
	100m: 1:10.32 36.28	200m: 2:24.10 37.00	300m: 3:38.58 37.24	400m: 4:52.17 35.86			
5.	Ana Beatriz Martins	99	108375	Famalicao	<b>4:52.77</b>		545
	50m: 33.69 33.69	150m: 1:48.79 37.49	250m: 3:03.47 36.52	350m: 4:17.10 35.71			
	100m: 1:11.30 37.61	200m: 2:26.95 38.16	300m: 3:41.39 37.92	400m: 4:52.77 35.67			
6.	Maria Ines Machado	99	108320	Famalicao	<b>4:56.79</b>		523
	50m: 32.59 32.59	150m: 1:44.83 37.12	250m: 3:01.49 38.85	350m: 4:19.51 39.21			
	100m: 1:07.71 35.12	200m: 2:22.64 37.81	300m: 3:40.30 38.81	400m: 4:56.79 37.28			
7.	Tania Cristina Mendes	99	111028	Industrial Viegrense	<b>4:57.10</b>		521
	50m: 33.27 33.27	150m: 1:46.45 37.18	250m: 3:03.20 38.75	350m: 4:19.79 38.38			
	100m: 1:09.27 36.00	200m: 2:24.45 38.00	300m: 3:41.41 38.21	400m: 4:57.10 37.31			
8.	Maria Santos Silva	99	110958	Nautico da Marinha Grande	<b>4:58.27</b>		515
	50m: 33.73 33.73	150m: 1:48.77 38.25	250m: 3:05.36 38.22	350m: 4:21.36 38.22			
	100m: 1:10.52 36.79	200m: 2:27.14 38.37	300m: 3:43.14 37.78	400m: 4:58.27 36.91			
9.	Ana Beatriz La Feria	99	116885	Porto	<b>4:58.51</b>		514
	50m: 33.68 33.68	150m: 1:47.22 37.25	250m: 3:03.54 38.32	350m: 4:21.48 38.80			
	100m: 1:09.97 36.29	200m: 2:25.22 38.00	300m: 3:42.68 39.14	400m: 4:58.51 37.03			
10.	Viviana Pinto Cunha	99	125474	Famalicao	<b>4:59.18</b>		510
	50m: 34.52 34.52	150m: 1:48.17 37.57	250m: 3:04.96 38.47	350m: 4:23.05 39.03			
	100m: 1:10.60 36.08	200m: 2:26.49 38.32	300m: 3:44.02 39.06	400m: 4:59.18 36.13			
11.	Catarina Costa Fernandes	99	117253	Natacao de Olhao	<b>4:59.39</b>		509
	50m: 33.42 33.42	150m: 1:49.29 38.79	250m: 3:07.13 38.88	350m: 4:23.76 38.28			
	100m: 1:10.50 37.08	200m: 2:28.25 38.96	300m: 3:45.48 38.35	400m: 4:59.39 35.63			
12.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	<b>5:00.12</b>		505
	50m: 33.85 33.85	150m: 1:49.41 38.36	250m: 3:06.46 38.90	350m: 4:22.89 38.19			
	100m: 1:11.05 37.20	200m: 2:27.56 38.15	300m: 3:44.70 38.24	400m: 5:00.12 37.23			
13.	Catarina Reis Silva	99	107568	Braga	<b>5:00.37</b>		504
	50m: 32.47 32.47	150m: 1:47.65 38.20	250m: 3:05.61 39.07	350m: 4:22.57 38.60			
	100m: 1:09.45 36.98	200m: 2:26.54 38.89	300m: 3:43.97 38.36	400m: 5:00.37 37.80			
14.	Mariana Alexandre Oliveira	99	107368	Porto	<b>5:02.06</b>		496
	50m: 33.41 33.41	150m: 1:48.09 38.32	250m: 3:06.01 39.03	350m: 4:23.72 39.63			
	100m: 1:09.77 36.36	200m: 2:26.98 38.89	300m: 3:44.09 38.08	400m: 5:02.06 38.34			
15.	Joana Cristina Fernandes	99	120692	Amadora	<b>5:02.46</b>		494
	50m: 33.83 33.83	150m: 1:48.98 37.94	250m: 3:06.50 38.64	350m: 4:24.85 39.91			
	100m: 1:11.04 37.21	200m: 2:27.86 38.88	300m: 3:44.94 38.44	400m: 5:02.46 37.61			
16.	Ines Maria Pereira	99	105607	Leixoes	<b>5:03.91</b>		487
	50m: 35.07 35.07	150m: 1:50.41 38.08	250m: 3:08.29 39.20	350m: 4:26.50 38.62			
	100m: 1:12.33 37.26	200m: 2:29.09 38.68	300m: 3:47.88 39.59	400m: 5:03.91 37.41			
17.	Ines Pereira Oliveira	99	108311	Famalicao	<b>5:04.08</b>		486
	50m: 33.92 33.92	150m: 1:49.90 38.57	250m: 3:08.49 39.21	350m: 4:26.72 38.80			
	100m: 1:11.33 37.41	200m: 2:29.28 39.38	300m: 3:47.92 39.43	400m: 5:04.08 37.36			

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Prova 20, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts FINA
18.	Ana Catarina Oliveira	99	112314	Gesloures	<b>5:04.38</b>		485
	50m: 34.58 34.58	150m: 1:51.57	38.42	250m: 3:09.23	38.55	350m: 4:26.76	38.77
	100m: 1:13.15 38.57	200m: 2:30.68	39.11	300m: 3:47.99	38.76	400m: 5:04.38	37.62
19.	Maria Joao Domingues	99	110968	Nautico da Marinha Grande	<b>5:04.40</b>		484
	50m: 34.92 34.92	150m: 1:52.36	39.02	250m: 3:09.94	38.74	350m: 4:27.40	38.80
	100m: 1:13.34 38.42	200m: 2:31.20	38.84	300m: 3:48.60	38.66	400m: 5:04.40	37.00
20.	Maria Beatriz Dias	99	108045	Scalabisport	<b>5:04.75</b>		483
	50m: 34.34 34.34	150m: 1:50.29	38.42	250m: 3:09.10	39.34	350m: 4:27.87	39.33
	100m: 1:11.87 37.53	200m: 2:29.76	39.47	300m: 3:48.54	39.44	400m: 5:04.75	36.88
21.	Ines Maria Neves	99	104492	Porto	<b>5:05.03</b>		481
	50m: 34.06 34.06	150m: 1:49.77	38.96	250m: 3:09.06	39.76	350m: 4:28.00	39.46
	100m: 1:10.81 36.75	200m: 2:29.30	39.53	300m: 3:48.54	39.48	400m: 5:05.03	37.03
22.	Ana Caetano Oliveira	99	118366	Leixoes	<b>5:05.23</b>		480
	50m: 34.76 34.76	150m: 1:51.05	38.83	250m: 3:09.86	39.42	350m: 4:27.65	38.82
	100m: 1:12.22 37.46	200m: 2:30.44	39.39	300m: 3:48.83	38.97	400m: 5:05.23	37.58
23.	Ana Pires Brito	99	117031	Colegio Monte Maior	<b>5:06.62</b>		474
	50m: 33.88 33.88	150m: 1:50.32	38.86	250m: 3:08.81	38.94	350m: 4:27.91	39.57
	100m: 1:11.46 37.58	200m: 2:29.87	39.55	300m: 3:48.34	39.53	400m: 5:06.62	38.71
	Beatriz Paulo Ranito	99	116593	Sporting	<b>5:06.62</b>		474
	50m: 33.95 33.95	150m: 1:51.12	39.25	250m: 3:10.04	39.37	350m: 4:28.32	38.64
	100m: 1:11.87 37.92	200m: 2:30.67	39.55	300m: 3:49.68	39.64	400m: 5:06.62	38.30
25.	Carina Rodrigues Marinho	99	111716	Foca	<b>5:07.50</b>		470
	50m: 33.55 33.55	150m: 1:50.02	39.33	250m: 3:10.04	39.83	350m: 4:28.89	39.37
	100m: 1:10.69 37.14	200m: 2:30.21	40.19	300m: 3:49.52	39.48	400m: 5:07.50	38.61
26.	Eva Guerreiro Carvalho	99	111392	Nautica do Seixal	<b>5:08.53</b>		465
	50m: 33.81 33.81	150m: 1:50.46	39.24	250m: 3:10.41	40.12	350m: 4:31.21	40.40
	100m: 1:11.22 37.41	200m: 2:30.29	39.83	300m: 3:50.81	40.40	400m: 5:08.53	37.32
27.	Beatriz Barros Carmo	99	107625	Colegio Vasco da Gama	<b>5:08.82</b>		464
	50m: 33.27 33.27	150m: 1:50.75	39.43	250m: 3:09.92	39.21	350m: 4:30.90	40.04
	100m: 1:11.32 38.05	200m: 2:30.71	39.96	300m: 3:50.86	40.94	400m: 5:08.82	37.92
28.	Ana Sofia Ferreira FTL	99	109040	Pimpoes/Cimai	<b>5:10.05</b>		458
	50m: 33.97 33.97	150m: 1:50.88	39.20	250m: 3:10.30	39.64	350m: 4:30.74	40.10
	100m: 1:11.68 37.71	200m: 2:30.66	39.78	300m: 3:50.64	40.34	400m: 5:10.05	39.31
29.	Filipa Sousa Pinheiro FTL	99	117597	Sporting	<b>5:10.96</b>		454
	50m: 32.99 32.99	150m: 1:49.16	39.19	250m: 3:09.92	40.52	350m: 4:31.63	40.70
	100m: 1:09.97 36.98	200m: 2:29.40	40.24	300m: 3:50.93	41.01	400m: 5:10.96	39.33
30.	Ana Oliveira Silva FTL	99	111425	Amadora	<b>5:11.16</b>		454
	50m: 34.73 34.73	150m: 1:51.72	39.35	250m: 3:11.83	39.82	350m: 4:32.65	40.06
	100m: 1:12.37 37.64	200m: 2:32.01	40.29	300m: 3:52.59	40.76	400m: 5:11.16	38.51
31.	Madalena Gomes Azevedo FTL	99	110160	Alges	<b>5:11.52</b>		452
	50m: 34.18 34.18	150m: 1:53.17	40.51	250m: 3:13.16	39.43	350m: 4:32.69	39.51
	100m: 1:12.66 38.48	200m: 2:33.73	40.56	300m: 3:53.18	40.02	400m: 5:11.52	38.83
32.	Marta Ferreira Rocha FTL	99	110558	Leixoes	<b>5:12.01</b>		450
	50m: 35.32 35.32	150m: 1:52.17	38.66	250m: 3:11.65	39.86	350m: 4:32.82	40.09
	100m: 1:13.51 38.19	200m: 2:31.79	39.62	300m: 3:52.73	41.08	400m: 5:12.01	39.19

Campeonato Nacional de Infantis  
Rio Maior, 20- - 22-7-2012

Prova 20, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts FINA
33.	Noemia Verdi Silva <i>FTL</i>	99	111770	Vitoria de Guimaraes	<b>5:12.67</b>		447
	50m: 34.31 34.31	150m: 1:52.10	40.08	250m: 3:11.73	40.09	350m: 4:33.70	41.30
	100m: 1:12.02 37.71	200m: 2:31.64	39.54	300m: 3:52.40	40.67	400m: 5:12.67	38.97
34.	Ana Raquel Conceicao <i>FTL</i>	99	109020	Nautico de Coimbra	<b>5:13.13</b>		445
	50m: 36.52 36.52	150m: 1:54.34	39.34	250m: 3:14.58	39.35	350m: 4:33.93	39.30
	100m: 1:15.00 38.48	200m: 2:35.23	40.89	300m: 3:54.63	40.05	400m: 5:13.13	39.20
35.	Mariana Pereira Silva <i>FTL</i>	99	108997	Viana Natacao	<b>5:14.02</b>		441
	50m: 34.19 34.19	150m: 1:51.73	39.51	250m: 3:13.19	40.91	350m: 4:34.60	39.89
	100m: 1:12.22 38.03	200m: 2:32.28	40.55	300m: 3:54.71	41.52	400m: 5:14.02	39.42