

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Oeiras, 26.7. - 29.7.2012

Prova 39	Femin., 200m Mariposa				Open
29-07-2012 - 9:00					Resultados Elimin
Rec Nac Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Rec Nac Inf B	2:30.76	Susana Patricia Miguel	SFUAP	Restelo	20-07-2002
Rec Nac Inf A	2:25.32	Susana Patricia Miguel	SFUAP	Restelo	05-07-2003
Rec Nac Juv	2:20.75	Susana Patricia Miguel	FPN	Génova (ITA)	04-07-2004
Rec Nac Jun	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20-07-1995
Rec Nac Sen	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008

TAC SEN Fem Sen: 2:29.50 / TAC JUN2 Fem 16: 2:29.50 / TAC JUN1 Fem 15: 2:32.00 / TAC JUV Fem Juv: 2:40.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Isabelle Mabboux	92	Ile de France	2:17.30	+0,74	698	
	50m: 31.28 31.28	100m: 1:06.10 34.82	150m: 1:41.39 35.29	200m: 2:17.30 35.91			
2.	Ana Catarina Monteiro	93	Vilacondense	2:17.71	+0,71	692	
	50m: 31.51 31.51	100m: 1:07.13 35.62	150m: 1:42.48 35.35	200m: 2:17.71 35.23			
3.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	2:21.61	+0,71	636	
	50m: 31.71 31.71	100m: 1:07.96 36.25	150m: 1:44.30 36.34	200m: 2:21.61 37.31			
4.	Nadia Morais Vieira	90	Gesloures	2:22.44	+0,77	625	
	50m: 31.82 31.82	100m: 1:08.20 36.38	150m: 1:44.80 36.60	200m: 2:22.44 37.64			
5.	Bruna Leal Dantas	96	Sporting	2:23.15	+0,70	616	
	50m: 32.18 32.18	100m: 1:08.52 36.34	150m: 1:46.07 37.55	200m: 2:23.15 37.08			
6.	Bruna Elisabete Paulino	97	Alcobaca	2:24.90		594	
	50m: 32.22 32.22	100m: 1:08.90 36.68	150m: 1:47.18 38.28	200m: 2:24.90 37.72			
7.	Debora Guimaraes Oliveira	96	Braga	2:25.01		592	
	50m: 32.49 32.49	100m: 1:09.03 36.54	150m: 1:46.60 37.57	200m: 2:25.01 38.41			
8.	Filipa Vicente Custoias	97	Benedita	2:26.62	+0,67	573	
	50m: 32.55 32.55	100m: 1:10.06 37.51	150m: 1:48.38 38.32	200m: 2:26.62 38.24			
9.	Ines Alexandra Paiva	96	Alges	2:27.09	+0,96	567	
	50m: 33.23 33.23	100m: 1:09.97 36.74	150m: 1:48.10 38.13	200m: 2:27.09 38.99			
10.	Silvia Ariana Soares	95	Porto	2:27.57	+0,75	562	
	50m: 32.25 32.25	100m: 1:09.02 36.77	150m: 1:47.07 38.05	200m: 2:27.57 40.50			
11.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	2:27.66	+0,78	561	
	50m: 31.85 31.85	100m: 1:08.93 37.08	150m: 1:48.43 39.50	200m: 2:27.66 39.23			
12.	Sofia Alexandra Branco	98	Sporting	2:27.72	+0,64	560	
	50m: 32.56 32.56	100m: 1:09.42 36.86	150m: 1:48.76 39.34	200m: 2:27.72 38.96			
13.	Federica Vaccaro	97	Pol Lib Invicta - Potenza	2:28.84	+0,75	548	
	50m: 32.73 32.73	100m: 1:10.13 37.40	150m: 1:50.08 39.95	200m: 2:28.84 38.76			
14.	Ines Mendes Paulo	96	Colegio Monte Maior	2:29.90	+0,87	536	
	FTL 50m: 33.77 33.77	100m: 1:11.30 37.53	150m: 1:50.28 38.98	200m: 2:29.90 39.62			
15.	Carolina Santos Silva	86	Natacao da Maia	2:29.99	+0,79	535	
	FTL 50m: 32.94 32.94	100m: 1:10.37 37.43	150m: 1:49.20 38.83	200m: 2:29.99 40.79			
16.	Graca Maria Araujo	98	Famalicao	2:30.04	+0,78	535	
	50m: 32.69 32.69	100m: 1:10.43 37.74	150m: 1:50.03 39.60	200m: 2:30.04 40.01			

Campeonato Nacional de Juvenis
Campeonato Absolutos de Portugal-OPEN
Oeiras, 26.7. - 29.7.2012

Prova 39, Femin., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Daniela Figueiredo Metelo	97	Nautico de Coimbra	2:31.11	+0,77	523	
	50m: 32.90 32.90	100m: 1:10.53 37.63	150m: 1:50.23 39.70	200m: 2:31.11		40.88	
18.	Julia Matos Lopes	94	Scalabisport	2:31.74	+0,87	517	
	<i>FTL</i>	50m: 33.21 33.21	100m: 1:09.84 36.63	150m: 1:49.20 39.36	200m: 2:31.74	42.54	
19.	Ana Filipa Carmo	93	Colegio Vasco da Gama	2:32.13	+0,83	513	
	<i>FTL</i>	50m: 34.81 34.81	100m: 1:12.72 37.91	150m: 1:51.85 39.13	200m: 2:32.13	40.28	
20.	Mariana Veloso Vitoria	98	Nautico de Abrantes	2:34.50	+0,99	490	
	50m: 33.20 33.20	100m: 1:12.42 39.22	150m: 1:52.37 39.95	200m: 2:34.50		42.13	
21.	Ines Fernandes Garcia	94	Avancado EUL	2:35.21	+0,81	483	
	<i>FTL</i>	50m: 31.10 31.10	100m: 1:08.32 37.22	150m: 1:50.87 42.55	200m: 2:35.21	44.34	
22.	Patricia Daniela Machado	97	Braga	2:35.30	+0,68	482	
	<i>FTL</i>	50m: 33.47 33.47	100m: 1:12.86 39.39	150m: 1:52.59 39.73	200m: 2:35.30	42.71	
23.	Luana Raquel Alves	97	Viana Natacao	2:35.59	+0,76	479	
	<i>FTL</i>	50m: 33.42 33.42	100m: 1:12.32 38.90	150m: 1:52.72 40.40	200m: 2:35.59	42.87	
24.	Mariana Portugal Costa	98	Nautico de Coimbra	2:36.45	+0,92	471	
	50m: 34.02 34.02	100m: 1:14.93 40.91	150m: 1:55.76 40.83	200m: 2:36.45		40.69	
25.	Clarisse Matos Lopes	98	Scalabisport	2:37.19		465	
	50m: 35.93 35.93	100m: 1:15.87 39.94	150m: 1:56.37 40.50	200m: 2:37.19		40.82	
26.	Mariana Sousa Martins	95	Feirense	2:38.12	+0,82	457	
	<i>FTL</i>	50m: 34.99 34.99	100m: 1:14.60 39.61	150m: 1:56.02 41.42	200m: 2:38.12	42.10	
27.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	2:40.26		439	
	50m: 33.91 33.91	100m: 1:13.57 39.66	150m: 1:55.64 42.07	200m: 2:40.26		44.62	
28.	Ines Filipa Cruz	98	Uniao Piedense	2:40.42	+0,88	437	
	50m: 34.84 34.84	100m: 1:14.98 40.14	150m: 1:57.75 42.77	200m: 2:40.42		42.67	
29.	Viviana Sofia Pinto	98	Desportiva Limiana	2:41.80	+0,85	426	
	<i>FTL</i>	50m: 35.68 35.68	100m: 1:16.35 40.67	150m: 1:58.73 42.38	200m: 2:41.80	43.07	
30.	Daniela Teixeira Moreira	97	Amadora	2:42.33		422	
	<i>FTL</i>	50m: 34.62 34.62	100m: 1:14.07 39.45	150m: 1:56.08 42.01	200m: 2:42.33	46.25	
31.	Fatima Soraia Teixeira	98	Maritimo	2:48.24		379	
	<i>FTL</i>	50m: 35.62 35.62	100m: 1:17.64 42.02	150m: 2:02.99 45.35	200m: 2:48.24	45.25	

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Oeiras, 26.7. - 29.7.2012

Prova 39, Femin., 200m Mariposa, Elimin

Prova 39 Femin., 200m Mariposa Juvenis
29-07-2012 - 9:00 Resultados Elimin

Rec Nac Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Rec Nac Juv	2:20.75	Susana Patricia Miguel	FPN	Génova (ITA)	04-07-2004

TAC JUV Fem : 2:40.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Sofia Alexandra Branco	98	Sporting	2:27.72	+0,64	560	
	50m: 32.56 32.56	100m: 1:09.42 36.86	150m: 1:48.76 39.34	200m: 2:27.72		38.96	
2.	Graca Maria Araujo	98	Famalicao	2:30.04	+0,78	535	
	50m: 32.69 32.69	100m: 1:10.43 37.74	150m: 1:50.03 39.60	200m: 2:30.04		40.01	
3.	Mariana Veloso Vitoria	98	Nautico de Abrantes	2:34.50	+0,99	490	
	50m: 33.20 33.20	100m: 1:12.42 39.22	150m: 1:52.37 39.95	200m: 2:34.50		42.13	
4.	Mariana Portugal Costa	98	Nautico de Coimbra	2:36.45	+0,92	471	
	50m: 34.02 34.02	100m: 1:14.93 40.91	150m: 1:55.76 40.83	200m: 2:36.45		40.69	
5.	Clarisse Matos Lopes	98	Scalabisport	2:37.19		465	
	50m: 35.93 35.93	100m: 1:15.87 39.94	150m: 1:56.37 40.50	200m: 2:37.19		40.82	
6.	Margarida Peixoto Pelaio	98	Ginasio Figueirense	2:40.26		439	
	50m: 33.91 33.91	100m: 1:13.57 39.66	150m: 1:55.64 42.07	200m: 2:40.26		44.62	
7.	Ines Filipa Cruz	98	Uniao Piedense	2:40.42	+0,88	437	
	50m: 34.84 34.84	100m: 1:14.98 40.14	150m: 1:57.75 42.77	200m: 2:40.42		42.67	
8.	Viviana Sofia Pinto	98	Desportiva Limiana	2:41.80	+0,85	426	
	FTL 50m: 35.68 35.68	100m: 1:16.35 40.67	150m: 1:58.73 42.38	200m: 2:41.80		43.07	
9.	Fatima Soraia Teixeira	98	Maritimo	2:48.24		379	
	FTL 50m: 35.62 35.62	100m: 1:17.64 42.02	150m: 2:02.99 45.35	200m: 2:48.24		45.25	

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Oeiras, 26.7. - 29.7.2012

Prova 39, Femin., 200m Mariposa, Elimin

Prova 39
29-07-2012 - 9:00

Femin., 200m Mariposa

Absolutos
Resultados Elimin

Rec Nac Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Rec Nac Juv	2:20.75	Susana Patricia Miguel	FPN	Génova (ITA)	04-07-2004
Rec Nac Jun	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20-07-1995
Rec Nac Sen	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008

TAC SEN Fem Sen: 2:29.50 / TAC JUN2 Fem 16: 2:29.50 / TAC JUN1 Fem 15: 2:32.00 / TAC JUV Fem Juv: 2:40.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Catarina Monteiro 50m: 31.51 31.51	93	Vilacondense 100m: 1:07.13 35.62 150m: 1:42.48 35.35	2:17.71	+0,71	692	35.23
2.	Ana Beatriz Pereira 50m: 31.71 31.71	91	Colegio Vasco da Gama 100m: 1:07.96 36.25 150m: 1:44.30 36.34	2:21.61	+0,71	636	37.31
3.	Nadia Morais Vieira 50m: 31.82 31.82	90	Gesloures 100m: 1:08.20 36.38 150m: 1:44.80 36.60	2:22.44	+0,77	625	37.64
4.	Bruna Leal Dantas 50m: 32.18 32.18	96	Sporting 100m: 1:08.52 36.34 150m: 1:46.07 37.55	2:23.15	+0,70	616	37.08
5.	Bruna Elisabete Paulino 50m: 32.22 32.22	97	Alcobaca 100m: 1:08.90 36.68 150m: 1:47.18 38.28	2:24.90		594	37.72
6.	Debora Guimaraes Oliveira 50m: 32.49 32.49	96	Braga 100m: 1:09.03 36.54 150m: 1:46.60 37.57	2:25.01		592	38.41
7.	Filipa Vicente Custois 50m: 32.55 32.55	97	Benedita 100m: 1:10.06 37.51 150m: 1:48.38 38.32	2:26.62	+0,67	573	38.24
8.	Ines Alexandra Paiva 50m: 33.23 33.23	96	Alges 100m: 1:09.97 36.74 150m: 1:48.10 38.13	2:27.09	+0,96	567	38.99
9.	Silvia Ariana Soares 50m: 32.25 32.25	95	Porto 100m: 1:09.02 36.77 150m: 1:47.07 38.05	2:27.57	+0,75	562	40.50
10.	Catia Raquel Martinheira 50m: 31.85 31.85	95	Louletano/Loule Concelho 100m: 1:08.93 37.08 150m: 1:48.43 39.50	2:27.66	+0,78	561	39.23
11.	Sofia Alexandra Branco 50m: 32.56 32.56	98	Sporting 100m: 1:09.42 36.86 150m: 1:48.76 39.34	2:27.72	+0,64	560	38.96
12.	Ines Mendes Paulo FTL 50m: 33.77 33.77	96	Colegio Monte Maior 100m: 1:11.30 37.53 150m: 1:50.28 38.98	2:29.90	+0,87	536	39.62
13.	Carolina Santos Silva FTL 50m: 32.94 32.94	86	Natacao da Maia 100m: 1:10.37 37.43 150m: 1:49.20 38.83	2:29.99	+0,79	535	40.79
14.	Graca Maria Araujo 50m: 32.69 32.69	98	Famalicao 100m: 1:10.43 37.74 150m: 1:50.03 39.60	2:30.04	+0,78	535	40.01
15.	Daniela Figueiredo Metelo 50m: 32.90 32.90	97	Nautico de Coimbra 100m: 1:10.53 37.63 150m: 1:50.23 39.70	2:31.11	+0,77	523	40.88

Campeonato Nacional de Juvenis
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Oeiras, 26.7. - 29.7.2012

Prova 39, Femin., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Julia Matos Lopes <i>FTL</i>	94	Scalabisport	2:31.74	+0,87	517	
	50m: 33.21 33.21	100m: 1:09.84 36.63	150m: 1:49.20 39.36	200m: 2:31.74		42.54	
17.	Ana Filipa Carmo <i>FTL</i>	93	Colegio Vasco da Gama	2:32.13	+0,83	513	
	50m: 34.81 34.81	100m: 1:12.72 37.91	150m: 1:51.85 39.13	200m: 2:32.13		40.28	
18.	Mariana Veloso Vitoria <i>FTL</i>	98	Nautico de Abrantes	2:34.50	+0,99	490	
	50m: 33.20 33.20	100m: 1:12.42 39.22	150m: 1:52.37 39.95	200m: 2:34.50		42.13	
19.	Ines Fernandes Garcia <i>FTL</i>	94	Avancado EUL	2:35.21	+0,81	483	
	50m: 31.10 31.10	100m: 1:08.32 37.22	150m: 1:50.87 42.55	200m: 2:35.21		44.34	
20.	Patricia Daniela Machado <i>FTL</i>	97	Braga	2:35.30	+0,68	482	
	50m: 33.47 33.47	100m: 1:12.86 39.39	150m: 1:52.59 39.73	200m: 2:35.30		42.71	
21.	Luana Raquel Alves <i>FTL</i>	97	Viana Natacao	2:35.59	+0,76	479	
	50m: 33.42 33.42	100m: 1:12.32 38.90	150m: 1:52.72 40.40	200m: 2:35.59		42.87	
22.	Mariana Portugal Costa <i>FTL</i>	98	Nautico de Coimbra	2:36.45	+0,92	471	
	50m: 34.02 34.02	100m: 1:14.93 40.91	150m: 1:55.76 40.83	200m: 2:36.45		40.69	
23.	Clarisse Matos Lopes <i>FTL</i>	98	Scalabisport	2:37.19		465	
	50m: 35.93 35.93	100m: 1:15.87 39.94	150m: 1:56.37 40.50	200m: 2:37.19		40.82	
24.	Mariana Sousa Martins <i>FTL</i>	95	Feirense	2:38.12	+0,82	457	
	50m: 34.99 34.99	100m: 1:14.60 39.61	150m: 1:56.02 41.42	200m: 2:38.12		42.10	
25.	Margarida Peixoto Pelaio <i>FTL</i>	98	Ginasio Figueirense	2:40.26		439	
	50m: 33.91 33.91	100m: 1:13.57 39.66	150m: 1:55.64 42.07	200m: 2:40.26		44.62	
26.	Ines Filipa Cruz <i>FTL</i>	98	Uniao Piedense	2:40.42	+0,88	437	
	50m: 34.84 34.84	100m: 1:14.98 40.14	150m: 1:57.75 42.77	200m: 2:40.42		42.67	
27.	Viviana Sofia Pinto <i>FTL</i>	98	Desportiva Limiana	2:41.80	+0,85	426	
	50m: 35.68 35.68	100m: 1:16.35 40.67	150m: 1:58.73 42.38	200m: 2:41.80		43.07	
28.	Daniela Teixeira Moreira <i>FTL</i>	97	Amadora	2:42.33		422	
	50m: 34.62 34.62	100m: 1:14.07 39.45	150m: 1:56.08 42.01	200m: 2:42.33		46.25	
29.	Fatima Soraia Teixeira <i>FTL</i>	98	Maritimo	2:48.24		379	
	50m: 35.62 35.62	100m: 1:17.64 42.02	150m: 2:02.99 45.35	200m: 2:48.24		45.25	

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Prova 39, Femin., 200m Mariposa, Elimin

Prova 39
29-07-2012 - 9:00

Femin., 200m Mariposa

Jun1
Resultados Elimin

Rec Nac Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Rec Nac Jun	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20-07-1995

TAC JUN1 Fem : 2:32.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Bruna Elisabete Paulino	97	Alcobaca	2:24.90		594	
	50m: 32.22 32.22	100m: 1:08.90 36.68	150m: 1:47.18 38.28	200m: 2:24.90 37.72			
2.	Filipa Vicente Custois	97	Benedita	2:26.62	+0,67	573	
	50m: 32.55 32.55	100m: 1:10.06 37.51	150m: 1:48.38 38.32	200m: 2:26.62 38.24			
3.	Daniela Figueiredo Metelo	97	Nautico de Coimbra	2:31.11	+0,77	523	
	50m: 32.90 32.90	100m: 1:10.53 37.63	150m: 1:50.23 39.70	200m: 2:31.11 40.88			
4.	Patricia Daniela Machado <i>FTL</i>	97	Braga	2:35.30	+0,68	482	
	50m: 33.47 33.47	100m: 1:12.86 39.39	150m: 1:52.59 39.73	200m: 2:35.30 42.71			
5.	Luana Raquel Alves <i>FTL</i>	97	Viana Natacao	2:35.59	+0,76	479	
	50m: 33.42 33.42	100m: 1:12.32 38.90	150m: 1:52.72 40.40	200m: 2:35.59 42.87			
6.	Daniela Teixeira Moreira <i>FTL</i>	97	Amadora	2:42.33		422	
	50m: 34.62 34.62	100m: 1:14.07 39.45	150m: 1:56.08 42.01	200m: 2:42.33 46.25			

Prova 39
29-07-2012 - 9:00

Femin., 200m Mariposa

Jun2
Resultados Elimin

Rec Nac Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Rec Nac Jun	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20-07-1995

TAC JUN2 Fem : 2:29.50

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Bruna Leal Dantas	96	Sporting	2:23.15	+0,70	616	
	50m: 32.18 32.18	100m: 1:08.52 36.34	150m: 1:46.07 37.55	200m: 2:23.15 37.08			
2.	Debora Guimaraes Oliveira	96	Braga	2:25.01		592	
	50m: 32.49 32.49	100m: 1:09.03 36.54	150m: 1:46.60 37.57	200m: 2:25.01 38.41			
3.	Ines Alexandra Paiva	96	Alges	2:27.09	+0,96	567	
	50m: 33.23 33.23	100m: 1:09.97 36.74	150m: 1:48.10 38.13	200m: 2:27.09 38.99			
4.	Ines Mendes Paulo <i>FTL</i>	96	Colegio Monte Maior	2:29.90	+0,87	536	
	50m: 33.77 33.77	100m: 1:11.30 37.53	150m: 1:50.28 38.98	200m: 2:29.90 39.62			

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Prova 39, Femin., 200m Mariposa, Elimin

Prova 39	Femin., 200m Mariposa				Seniores
29-07-2012 - 9:00					Resultados Elimin
Rec Nac Absoluto	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
Rec Nac Sen	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12-08-2008
TAC SEN Fem : 2:29.50					

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Catarina Monteiro	93	Vilacondense	2:17.71	+0,71	692	
	50m: 31.51 31.51	100m: 1:07.13 35.62	150m: 1:42.48 35.35	200m: 2:17.71		35.23	
2.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	2:21.61	+0,71	636	
	50m: 31.71 31.71	100m: 1:07.96 36.25	150m: 1:44.30 36.34	200m: 2:21.61		37.31	
3.	Nadia Morais Vieira	90	Gesloures	2:22.44	+0,77	625	
	50m: 31.82 31.82	100m: 1:08.20 36.38	150m: 1:44.80 36.60	200m: 2:22.44		37.64	
4.	Silvia Ariana Soares	95	Porto	2:27.57	+0,75	562	
	50m: 32.25 32.25	100m: 1:09.02 36.77	150m: 1:47.07 38.05	200m: 2:27.57		40.50	
5.	Catia Raquel Martinheira	95	Louletano/Loule Concelho	2:27.66	+0,78	561	
	50m: 31.85 31.85	100m: 1:08.93 37.08	150m: 1:48.43 39.50	200m: 2:27.66		39.23	
6.	Carolina Santos Silva	86	Natacao da Maia	2:29.99	+0,79	535	
	<i>FTL</i>	50m: 32.94 32.94	100m: 1:10.37 37.43	150m: 1:49.20 38.83	200m: 2:29.99	40.79	
7.	Julia Matos Lopes	94	Scalabisport	2:31.74	+0,87	517	
	<i>FTL</i>	50m: 33.21 33.21	100m: 1:09.84 36.63	150m: 1:49.20 39.36	200m: 2:31.74	42.54	
8.	Ana Filipa Carmo	93	Colegio Vasco da Gama	2:32.13	+0,83	513	
	<i>FTL</i>	50m: 34.81 34.81	100m: 1:12.72 37.91	150m: 1:51.85 39.13	200m: 2:32.13	40.28	
9.	Ines Fernandes Garcia	94	Avancado EUL	2:35.21	+0,81	483	
	<i>FTL</i>	50m: 31.10 31.10	100m: 1:08.32 37.22	150m: 1:50.87 42.55	200m: 2:35.21	44.34	
10.	Mariana Sousa Martins	95	Feirense	2:38.12	+0,82	457	
	<i>FTL</i>	50m: 34.99 34.99	100m: 1:14.60 39.61	150m: 1:56.02 41.42	200m: 2:38.12	42.10	