

Prova 16 Open  
19-07-2013 - 9:55 Resultados Elimin  
Femin., 400m Estilos

Rec Nac Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Rec Nac Inf B	5:14.05	Filipa Vilas Ruivo	DNMG	S. João da Madeira	24-07-2009
Rec Nac Inf A	5:11.29	Diana Ramos Rocha	EDV	Faro	20-07-2007
Rec Nac Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Rec Nac Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Sen	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013

TAC JUV Fem Juv: 5:40.00 / TAC Jun2 Fem 16: 5:19.00 / TAC Jun1 Fem 15: 5:23.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Danielle Lowe	95	Great Britain	<b>4:43.33</b>	+0,80	850	
	50m: 29.66 29.66	150m: 1:40.98 37.49	250m: 2:56.66 39.59	350m: 4:11.07 33.86			
	100m: 1:03.49 33.83	200m: 2:17.07 36.09	300m: 3:37.21 40.55	400m: 4:43.33 32.26			
2.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:59.98</b>	+0,83	716	
	50m: 31.50 31.50	150m: 1:46.18 39.44	250m: 3:06.61 41.70	350m: 4:24.83 35.78			
	100m: 1:06.74 35.24	200m: 2:24.91 38.73	300m: 3:49.05 42.44	400m: 4:59.98 35.15			
3.	Ana Marta Miranda	96	Uniao Piedense	<b>5:05.67</b>	+0,83	677	
	50m: 31.57 31.57	150m: 1:47.67 39.09	250m: 3:09.48 43.93	350m: 4:29.82 36.19			
	100m: 1:08.58 37.01	200m: 2:25.55 37.88	300m: 3:53.63 44.15	400m: 5:05.67 35.85			
4.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	<b>5:09.71</b>	+0,94	651	
	50m: 33.41 33.41	150m: 1:53.09 41.74	250m: 3:16.87 43.61	350m: 4:35.90 35.38			
	100m: 1:11.35 37.94	200m: 2:33.26 40.17	300m: 4:00.52 43.65	400m: 5:09.71 33.81			
5.	Ana Teresa Franco	91	Sporting	<b>5:09.89</b>	+0,80	649	
	50m: 32.98 32.98	150m: 1:53.85 42.74	250m: 3:15.02 40.98	350m: 4:33.85 37.13			
	100m: 1:11.11 38.13	200m: 2:34.04 40.19	300m: 3:56.72 41.70	400m: 5:09.89 36.04			
6.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	<b>5:12.11</b>	+0,75	636	
	50m: 32.23 32.23	150m: 1:51.13 43.28	250m: 3:16.56 43.25	350m: 4:36.25 36.09			
	100m: 1:07.85 35.62	200m: 2:33.31 42.18	300m: 4:00.16 43.60	400m: 5:12.11 35.86			
7.	Joana Dias Santos	96	Uniao Piedense	<b>5:14.66</b>	+0,80	620	
	50m: 33.71 33.71	150m: 1:56.64 43.14	250m: 3:19.33 40.63	350m: 4:38.75 36.86			
	100m: 1:13.50 39.79	200m: 2:38.70 42.06	300m: 4:01.89 42.56	400m: 5:14.66 35.91			
8.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:16.17</b>	+0,91	611	
	50m: 33.16 33.16	150m: 1:53.37 41.47	250m: 3:18.61 44.62	350m: 4:40.41 35.93			
	100m: 1:11.90 38.74	200m: 2:33.99 40.62	300m: 4:04.48 45.87	400m: 5:16.17 35.76			
9.	Madalena Gomes Azevedo	99	Alges	<b>5:16.68</b>	+0,92	609	
	50m: 32.28 32.28	150m: 1:54.17 42.78	250m: 3:19.70 43.67	350m: 4:42.39 36.59			
	100m: 1:11.39 39.11	200m: 2:36.03 41.86	300m: 4:05.80 46.10	400m: 5:16.68 34.29			
10.	Vania Soares Neves	90	Viana Natacao	<b>5:17.20</b>	+0,78	606	
	50m: 33.70 33.70	150m: 1:53.40 40.54	250m: 3:19.37 45.62	350m: 4:42.16 35.91			
	100m: 1:12.86 39.16	200m: 2:33.75 40.35	300m: 4:06.25 46.88	400m: 5:17.20 35.04			
11.	Filipa Vicente Custois	97	Benedita	<b>5:17.89</b>	+0,74	602	
	50m: 33.25 33.25	150m: 1:52.64 40.98	250m: 3:18.15 45.74	350m: 4:42.33 37.65			
	100m: 1:11.66 38.41	200m: 2:32.41 39.77	300m: 4:04.68 46.53	400m: 5:17.89 35.56			
12.	Barbara Marques Rodrigues	97	Alges	<b>5:18.38</b>	+1,01	599	
	50m: 33.27 33.27	150m: 1:53.94 41.78	250m: 3:21.01 46.41	350m: 4:43.42 36.04			
	100m: 1:12.16 38.89	200m: 2:34.60 40.66	300m: 4:07.38 46.37	400m: 5:18.38 34.96			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Rute Margarida Marques	94	Amadora	<b>5:18.40</b>	+0,87	599	
	50m: 33.29 33.29	150m: 1:54.69 41.37	250m: 3:20.07 45.09	350m: 4:42.80 36.57			
	100m: 1:13.32 40.03	200m: 2:34.98 40.29	300m: 4:06.23 46.16	400m: 5:18.40 35.60			
14.	Helena Paula Carvalho	95	Uniao Piedense	<b>5:19.59</b>	+0,75	592	
	50m: 32.82 32.82	150m: 1:52.27 41.38	250m: 3:20.72 48.45	350m: 4:44.56 35.91			
	100m: 1:10.89 38.07	200m: 2:32.27 40.00	300m: 4:08.65 47.93	400m: 5:19.59 35.03			
15.	Carolina Mantua Guedes	98	Sporting	<b>5:20.62</b>	+0,80	586	
	50m: 32.20 32.20	150m: 1:53.80 43.05	250m: 3:21.47 45.78	350m: 4:45.78 36.93			
	100m: 1:10.75 38.55	200m: 2:35.69 41.89	300m: 4:08.85 47.38	400m: 5:20.62 34.84			
16.	Leonor Mourinho Neves	95	Sporting	<b>5:20.90</b>	+0,80	585	
	50m: 33.68 33.68	150m: 1:56.92 44.16	250m: 3:24.86 45.75	350m: 4:47.45 36.04			
	100m: 1:12.76 39.08	200m: 2:39.11 42.19	300m: 4:11.41 46.55	400m: 5:20.90 33.45			
17.	Barbara Sofia Barata	97	Alges	<b>5:21.60</b>	+0,91	581	
	<i>FTL</i>						
	50m: 32.55 32.55	150m: 1:55.38 44.43	250m: 3:22.57 44.59	350m: 4:44.63 37.76			
	100m: 1:10.95 38.40	200m: 2:37.98 42.60	300m: 4:06.87 44.30	400m: 5:21.60 36.97			
18.	Ana Mendez Ibanez	94	C.N.Mairena Aljarafe	<b>5:25.04</b>	+0,72	563	
	50m: 34.06 34.06	150m: 1:59.97 45.17	250m: 3:26.59 42.81	350m: 4:47.27 37.87			
	100m: 1:14.80 40.74	200m: 2:43.78 43.81	300m: 4:09.40 42.81	400m: 5:25.04 37.77			
19.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	<b>5:25.58</b>		560	
	50m: 34.09 34.09	150m: 1:55.95 43.08	250m: 3:26.18 48.00	350m: 4:50.85 36.08			
	100m: 1:12.87 38.78	200m: 2:38.18 42.23	300m: 4:14.77 48.59	400m: 5:25.58 34.73			
20.	Margarida Peixoto Pelaió	98	Ginasio Figueirense	<b>5:29.23</b>	+0,88	541	
	<i>FTL</i>						
	50m: 33.66 33.66	150m: 1:55.30 43.14	250m: 3:25.49 48.70	350m: 4:52.49 38.12			
	100m: 1:12.16 38.50	200m: 2:36.79 41.49	300m: 4:14.37 48.88	400m: 5:29.23 36.74			
21.	Ines Joao Costa	95	Braga	<b>5:29.54</b>	+0,96	540	
	50m: 34.08 34.08	150m: 1:55.73 41.90	250m: 3:25.90 47.86	350m: 4:52.31 38.09			
	100m: 1:13.83 39.75	200m: 2:38.04 42.31	300m: 4:14.22 48.32	400m: 5:29.54 37.23			
22.	Marta Ferreira Rocha	99	Leixoes	<b>5:34.79</b>	+0,77	515	
	50m: 32.71 32.71	150m: 1:56.11 42.26	250m: 3:26.65 48.07	350m: 4:55.98 39.43			
	100m: 1:13.85 41.14	200m: 2:38.58 42.47	300m: 4:16.55 49.90	400m: 5:34.79 38.81			
23.	Sara Mafra Rocha	99	Alcobaca	<b>5:39.68</b>	+0,91	493	
	50m: 35.08 35.08	150m: 2:03.34 47.36	250m: 3:34.25 46.92	350m: 5:02.56 40.14			
	100m: 1:15.98 40.90	200m: 2:47.33 43.99	300m: 4:22.42 48.17	400m: 5:39.68 37.12			
24.	Beatriz Lopes Pinto	99	Academica de Coimbra	<b>5:39.74</b>	+0,96	493	
	50m: 34.35 34.35	150m: 1:59.79 45.53	250m: 3:33.28 49.69	350m: 5:02.73 39.02			
	100m: 1:14.26 39.91	200m: 2:43.59 43.80	300m: 4:23.71 50.43	400m: 5:39.74 37.01			
25.	Maria Leonor Martins	99	Gespacos	<b>5:41.56</b>	+0,90	485	
	<i>FTL</i>						
	50m: 35.08 35.08	150m: 2:01.31 44.68	250m: 3:35.07 50.42	350m: 5:03.44 38.38			
	100m: 1:16.63 41.55	200m: 2:44.65 43.34	300m: 4:25.06 49.99	400m: 5:41.56 38.12			
26.	Ana Sofia Ferreira	99	Pimpoes/Cimai	<b>5:43.94</b>	+1,01	475	
	<i>FTL</i>						
	50m: 35.62 35.62	150m: 2:03.11 45.78	250m: 3:37.44 49.54	350m: 5:06.00 39.35			
	100m: 1:17.33 41.71	200m: 2:47.90 44.79	300m: 4:26.65 49.21	400m: 5:43.94 37.94			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Ana Margarida Salgueiro <i>FTL</i>	99	Nautico Abrantes	<b>5:47.18</b>		462	
	50m: 36.14 36.14	150m: 2:07.67 45.91	250m: 3:39.07 45.97	350m: 5:08.43 41.57			
	100m: 1:21.76 45.62	200m: 2:53.10 45.43	300m: 4:26.86 47.79	400m: 5:47.18 38.75			
28.	Ana Claudia Rosa <i>FTL</i>	99	Amadora	<b>5:54.10</b>	+0,90	435	
	50m: 35.28 35.28	150m: 2:01.52 45.40	250m: 3:39.51 52.75	350m: 5:13.76 40.85			
	100m: 1:16.12 40.84	200m: 2:46.76 45.24	300m: 4:32.91 53.40	400m: 5:54.10 40.34			
DNS	Rita Costa Amador	99	Galitos				

Prova 16 Femin., 400m Estilos Juvenis  
19-07-2013 - 9:55 Resultados Elimin

Rec Nac Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Rec Nac Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004

TAC JUV Fem : 5:40.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Madalena Gomes Azevedo	99	Alges	<b>5:16.68</b>	+0,92	609	
	50m: 32.28 32.28	150m: 1:54.17 42.78	250m: 3:19.70 43.67	350m: 4:42.39 36.59			
	100m: 1:11.39 39.11	200m: 2:36.03 41.86	300m: 4:05.80 46.10	400m: 5:16.68 34.29			
2.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	<b>5:25.58</b>		560	
	50m: 34.09 34.09	150m: 1:55.95 43.08	250m: 3:26.18 48.00	350m: 4:50.85 36.08			
	100m: 1:12.87 38.78	200m: 2:38.18 42.23	300m: 4:14.77 48.59	400m: 5:25.58 34.73			
3.	Marta Ferreira Rocha	99	Leixoes	<b>5:34.79</b>	+0,77	515	
	50m: 32.71 32.71	150m: 1:56.11 42.26	250m: 3:26.65 48.07	350m: 4:55.98 39.43			
	100m: 1:13.85 41.14	200m: 2:38.58 42.47	300m: 4:16.55 49.90	400m: 5:34.79 38.81			
4.	Sara Mafra Rocha	99	Alcobaca	<b>5:39.68</b>	+0,91	493	
	50m: 35.08 35.08	150m: 2:03.34 47.36	250m: 3:34.25 46.92	350m: 5:02.56 40.14			
	100m: 1:15.98 40.90	200m: 2:47.33 43.99	300m: 4:22.42 48.17	400m: 5:39.68 37.12			
5.	Beatriz Lopes Pinto	99	Academica de Coimbra	<b>5:39.74</b>	+0,96	493	
	50m: 34.35 34.35	150m: 1:59.79 45.53	250m: 3:33.28 49.69	350m: 5:02.73 39.02			
	100m: 1:14.26 39.91	200m: 2:43.59 43.80	300m: 4:23.71 50.43	400m: 5:39.74 37.01			
6.	Maria Leonor Martins <i>FTL</i>	99	Gespacos	<b>5:41.56</b>	+0,90	485	
	50m: 35.08 35.08	150m: 2:01.31 44.68	250m: 3:35.07 50.42	350m: 5:03.44 38.38			
	100m: 1:16.63 41.55	200m: 2:44.65 43.34	300m: 4:25.06 49.99	400m: 5:41.56 38.12			
7.	Ana Sofia Ferreira <i>FTL</i>	99	Pimpoes/Cimai	<b>5:43.94</b>	+1,01	475	
	50m: 35.62 35.62	150m: 2:03.11 45.78	250m: 3:37.44 49.54	350m: 5:06.00 39.35			
	100m: 1:17.33 41.71	200m: 2:47.90 44.79	300m: 4:26.65 49.21	400m: 5:43.94 37.94			
8.	Ana Margarida Salgueiro <i>FTL</i>	99	Nautico Abrantes	<b>5:47.18</b>		462	
	50m: 36.14 36.14	150m: 2:07.67 45.91	250m: 3:39.07 45.97	350m: 5:08.43 41.57			
	100m: 1:21.76 45.62	200m: 2:53.10 45.43	300m: 4:26.86 47.79	400m: 5:47.18 38.75			

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Ana Claudia Rosa <i>FTL</i>	99	Amadora	<b>5:54.10</b>	+0,90	435	
	50m: 35.28 35.28	150m: 2:01.52 45.40	250m: 3:39.51 52.75	350m: 5:13.76 40.85			
	100m: 1:16.12 40.84	200m: 2:46.76 45.24	300m: 4:32.91 53.40	400m: 5:54.10 40.34			
DNS	Rita Costa Amador	99	Galitos				

Prova 16 Femin., 400m Estilos Absolutos  
19-07-2013 - 9:55 Resultados Elimin

Rec Nac Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Rec Nac Juv	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	08-07-2004
Rec Nac Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Sen	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013

TAC JUV Fem Juv: 5:40.00 / TAC Jun2 Fem 16: 5:19.00 / TAC Jun1 Fem 15: 5:23.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:59.98</b>	+0,83	716	
	50m: 31.50 31.50	150m: 1:46.18 39.44	250m: 3:06.61 41.70	350m: 4:24.83 35.78			
	100m: 1:06.74 35.24	200m: 2:24.91 38.73	300m: 3:49.05 42.44	400m: 4:59.98 35.15			
2.	Ana Marta Miranda	96	Uniao Piedense	<b>5:05.67</b>	+0,83	677	
	50m: 31.57 31.57	150m: 1:47.67 39.09	250m: 3:09.48 43.93	350m: 4:29.82 36.19			
	100m: 1:08.58 37.01	200m: 2:25.55 37.88	300m: 3:53.63 44.15	400m: 5:05.67 35.85			
3.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	<b>5:09.71</b>	+0,94	651	
	50m: 33.41 33.41	150m: 1:53.09 41.74	250m: 3:16.87 43.61	350m: 4:35.90 35.38			
	100m: 1:11.35 37.94	200m: 2:33.26 40.17	300m: 4:00.52 43.65	400m: 5:09.71 33.81			
4.	Ana Teresa Franco	91	Sporting	<b>5:09.89</b>	+0,80	649	
	50m: 32.98 32.98	150m: 1:53.85 42.74	250m: 3:15.02 40.98	350m: 4:33.85 37.13			
	100m: 1:11.11 38.13	200m: 2:34.04 40.19	300m: 3:56.72 41.70	400m: 5:09.89 36.04			
5.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	<b>5:12.11</b>	+0,75	636	
	50m: 32.23 32.23	150m: 1:51.13 43.28	250m: 3:16.56 43.25	350m: 4:36.25 36.09			
	100m: 1:07.85 35.62	200m: 2:33.31 42.18	300m: 4:00.16 43.60	400m: 5:12.11 35.86			
6.	Joana Dias Santos	96	Uniao Piedense	<b>5:14.66</b>	+0,80	620	
	50m: 33.71 33.71	150m: 1:56.64 43.14	250m: 3:19.33 40.63	350m: 4:38.75 36.86			
	100m: 1:13.50 39.79	200m: 2:38.70 42.06	300m: 4:01.89 42.56	400m: 5:14.66 35.91			
7.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:16.17</b>	+0,91	611	
	50m: 33.16 33.16	150m: 1:53.37 41.47	250m: 3:18.61 44.62	350m: 4:40.41 35.93			
	100m: 1:11.90 38.74	200m: 2:33.99 40.62	300m: 4:04.48 45.87	400m: 5:16.17 35.76			
8.	Madalena Gomes Azevedo	99	Alges	<b>5:16.68</b>	+0,92	609	
	50m: 32.28 32.28	150m: 1:54.17 42.78	250m: 3:19.70 43.67	350m: 4:42.39 36.59			
	100m: 1:11.39 39.11	200m: 2:36.03 41.86	300m: 4:05.80 46.10	400m: 5:16.68 34.29			
9.	Vania Soares Neves	90	Viana Natacao	<b>5:17.20</b>	+0,78	606	
	50m: 33.70 33.70	150m: 1:53.40 40.54	250m: 3:19.37 45.62	350m: 4:42.16 35.91			
	100m: 1:12.86 39.16	200m: 2:33.75 40.35	300m: 4:06.25 46.88	400m: 5:17.20 35.04			
10.	Filipa Vicente Custois	97	Benedita	<b>5:17.89</b>	+0,74	602	
	50m: 33.25 33.25	150m: 1:52.64 40.98	250m: 3:18.15 45.74	350m: 4:42.33 37.65			
	100m: 1:11.66 38.41	200m: 2:32.41 39.77	300m: 4:04.68 46.53	400m: 5:17.89 35.56			

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Barbara Marques Rodrigues	97	Alges	<b>5:18.38</b>	+1,01	599	
	50m: 33.27 33.27	150m: 1:53.94 41.78	250m: 3:21.01 46.41	350m: 4:43.42 36.04			
	100m: 1:12.16 38.89	200m: 2:34.60 40.66	300m: 4:07.38 46.37	400m: 5:18.38 34.96			
12.	Rute Margarida Marques	94	Amadora	<b>5:18.40</b>	+0,87	599	
	50m: 33.29 33.29	150m: 1:54.69 41.37	250m: 3:20.07 45.09	350m: 4:42.80 36.57			
	100m: 1:13.32 40.03	200m: 2:34.98 40.29	300m: 4:06.23 46.16	400m: 5:18.40 35.60			
13.	Helena Paula Carvalho	95	Uniao Piedense	<b>5:19.59</b>	+0,75	592	
	50m: 32.82 32.82	150m: 1:52.27 41.38	250m: 3:20.72 48.45	350m: 4:44.56 35.91			
	100m: 1:10.89 38.07	200m: 2:32.27 40.00	300m: 4:08.65 47.93	400m: 5:19.59 35.03			
14.	Carolina Mantua Guedes	98	Sporting	<b>5:20.62</b>	+0,80	586	
	50m: 32.20 32.20	150m: 1:53.80 43.05	250m: 3:21.47 45.78	350m: 4:45.78 36.93			
	100m: 1:10.75 38.55	200m: 2:35.69 41.89	300m: 4:08.85 47.38	400m: 5:20.62 34.84			
15.	Leonor Mourinho Neves	95	Sporting	<b>5:20.90</b>	+0,80	585	
	50m: 33.68 33.68	150m: 1:56.92 44.16	250m: 3:24.86 45.75	350m: 4:47.45 36.04			
	100m: 1:12.76 39.08	200m: 2:39.11 42.19	300m: 4:11.41 46.55	400m: 5:20.90 33.45			
16.	Barbara Sofia Barata	97	Alges	<b>5:21.60</b>	+0,91	581	
	<i>FTL</i>						
	50m: 32.55 32.55	150m: 1:55.38 44.43	250m: 3:22.57 44.59	350m: 4:44.63 37.76			
	100m: 1:10.95 38.40	200m: 2:37.98 42.60	300m: 4:06.87 44.30	400m: 5:21.60 36.97			
17.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	<b>5:25.58</b>		560	
	50m: 34.09 34.09	150m: 1:55.95 43.08	250m: 3:26.18 48.00	350m: 4:50.85 36.08			
	100m: 1:12.87 38.78	200m: 2:38.18 42.23	300m: 4:14.77 48.59	400m: 5:25.58 34.73			
18.	Margarida Peixoto Pelaió	98	Ginasio Figueirense	<b>5:29.23</b>	+0,88	541	
	<i>FTL</i>						
	50m: 33.66 33.66	150m: 1:55.30 43.14	250m: 3:25.49 48.70	350m: 4:52.49 38.12			
	100m: 1:12.16 38.50	200m: 2:36.79 41.49	300m: 4:14.37 48.88	400m: 5:29.23 36.74			
19.	Ines Joao Costa	95	Braga	<b>5:29.54</b>	+0,96	540	
	50m: 34.08 34.08	150m: 1:55.73 41.90	250m: 3:25.90 47.86	350m: 4:52.31 38.09			
	100m: 1:13.83 39.75	200m: 2:38.04 42.31	300m: 4:14.22 48.32	400m: 5:29.54 37.23			
20.	Marta Ferreira Rocha	99	Leixoes	<b>5:34.79</b>	+0,77	515	
	50m: 32.71 32.71	150m: 1:56.11 42.26	250m: 3:26.65 48.07	350m: 4:55.98 39.43			
	100m: 1:13.85 41.14	200m: 2:38.58 42.47	300m: 4:16.55 49.90	400m: 5:34.79 38.81			
21.	Sara Mafra Rocha	99	Alcobaca	<b>5:39.68</b>	+0,91	493	
	50m: 35.08 35.08	150m: 2:03.34 47.36	250m: 3:34.25 46.92	350m: 5:02.56 40.14			
	100m: 1:15.98 40.90	200m: 2:47.33 43.99	300m: 4:22.42 48.17	400m: 5:39.68 37.12			
22.	Beatriz Lopes Pinto	99	Academica de Coimbra	<b>5:39.74</b>	+0,96	493	
	50m: 34.35 34.35	150m: 1:59.79 45.53	250m: 3:33.28 49.69	350m: 5:02.73 39.02			
	100m: 1:14.26 39.91	200m: 2:43.59 43.80	300m: 4:23.71 50.43	400m: 5:39.74 37.01			
23.	Maria Leonor Martins	99	Gespacos	<b>5:41.56</b>	+0,90	485	
	<i>FTL</i>						
	50m: 35.08 35.08	150m: 2:01.31 44.68	250m: 3:35.07 50.42	350m: 5:03.44 38.38			
	100m: 1:16.63 41.55	200m: 2:44.65 43.34	300m: 4:25.06 49.99	400m: 5:41.56 38.12			
24.	Ana Sofia Ferreira	99	Pimpoes/Cimai	<b>5:43.94</b>	+1,01	475	
	<i>FTL</i>						
	50m: 35.62 35.62	150m: 2:03.11 45.78	250m: 3:37.44 49.54	350m: 5:06.00 39.35			
	100m: 1:17.33 41.71	200m: 2:47.90 44.79	300m: 4:26.65 49.21	400m: 5:43.94 37.94			

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	Ana Margarida Salgueiro <i>FTL</i>	99	Nautico Abrantes	<b>5:47.18</b>		462	
	50m: 36.14 36.14	150m: 2:07.67 45.91	250m: 3:39.07 45.97	350m: 5:08.43 41.57			
	100m: 1:21.76 45.62	200m: 2:53.10 45.43	300m: 4:26.86 47.79	400m: 5:47.18 38.75			
26.	Ana Claudia Rosa <i>FTL</i>	99	Amadora	<b>5:54.10</b>	+0,90	435	
	50m: 35.28 35.28	150m: 2:01.52 45.40	250m: 3:39.51 52.75	350m: 5:13.76 40.85			
	100m: 1:16.12 40.84	200m: 2:46.76 45.24	300m: 4:32.91 53.40	400m: 5:54.10 40.34			
DNS	Rita Costa Amador	99	Galitos				

Prova 16 Femin., 400m Estilos Jun1  
19-07-2013 - 9:55 Resultados Elimin

Rec Nac Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Rec Nac Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011

TAC Jun1 Fem : 5:23.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Carolina Mantua Guedes	98	Sporting	<b>5:20.62</b>	+0,80	586	
	50m: 32.20 32.20	150m: 1:53.80 43.05	250m: 3:21.47 45.78	350m: 4:45.78 36.93			
	100m: 1:10.75 38.55	200m: 2:35.69 41.89	300m: 4:08.85 47.38	400m: 5:20.62 34.84			
2.	Margarida Peixoto Pelaio <i>FTL</i>	98	Ginasio Figueirense	<b>5:29.23</b>	+0,88	541	
	50m: 33.66 33.66	150m: 1:55.30 43.14	250m: 3:25.49 48.70	350m: 4:52.49 38.12			
	100m: 1:12.16 38.50	200m: 2:36.79 41.49	300m: 4:14.37 48.88	400m: 5:29.23 36.74			

Prova 16 Femin., 400m Estilos Jun2  
19-07-2013 - 9:55 Resultados Elimin

Rec Nac Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Rec Nac Jun	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011

TAC Jun2 Fem : 5:19.00

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Filipa Vilas Ruivo	97	Nautico da Marinha Grande	<b>5:09.71</b>	+0,94	651	
	50m: 33.41 33.41	150m: 1:53.09 41.74	250m: 3:16.87 43.61	350m: 4:35.90 35.38			
	100m: 1:11.35 37.94	200m: 2:33.26 40.17	300m: 4:00.52 43.65	400m: 5:09.71 33.81			
2.	Filipa Vicente Custoias	97	Benedita	<b>5:17.89</b>	+0,74	602	
	50m: 33.25 33.25	150m: 1:52.64 40.98	250m: 3:18.15 45.74	350m: 4:42.33 37.65			
	100m: 1:11.66 38.41	200m: 2:32.41 39.77	300m: 4:04.68 46.53	400m: 5:17.89 35.56			
3.	Barbara Marques Rodrigues	97	Alges	<b>5:18.38</b>	+1,01	599	
	50m: 33.27 33.27	150m: 1:53.94 41.78	250m: 3:21.01 46.41	350m: 4:43.42 36.04			
	100m: 1:12.16 38.89	200m: 2:34.60 40.66	300m: 4:07.38 46.37	400m: 5:18.38 34.96			
4.	Barbara Sofia Barata <i>FTL</i>	97	Alges	<b>5:21.60</b>	+0,91	581	
	50m: 32.55 32.55	150m: 1:55.38 44.43	250m: 3:22.57 44.59	350m: 4:44.63 37.76			
	100m: 1:10.95 38.40	200m: 2:37.98 42.60	300m: 4:06.87 44.30	400m: 5:21.60 36.97			

Prova 16, Femin., 400m Estilos, Elimin

Prova 16 Femin., 400m Estilos Seniores  
19-07-2013 - 9:55 Resultados Elimin

Rec Nac Absoluto	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013
Rec Nac Sen	4:49.60	Victoria Kaminskaya	PIMP	Coimbra	26-05-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Victoria Kaminskaya	95	Pimpoes/Cimai	<b>4:59.98</b>	+0,83	716	
	50m: 31.50 31.50	150m: 1:46.18 39.44	250m: 3:06.61 41.70	350m: 4:24.83 35.78			
	100m: 1:06.74 35.24	200m: 2:24.91 38.73	300m: 3:49.05 42.44	400m: 4:59.98 35.15			
2.	Ana Marta Miranda	96	Uniao Piedense	<b>5:05.67</b>	+0,83	677	
	50m: 31.57 31.57	150m: 1:47.67 39.09	250m: 3:09.48 43.93	350m: 4:29.82 36.19			
	100m: 1:08.58 37.01	200m: 2:25.55 37.88	300m: 3:53.63 44.15	400m: 5:05.67 35.85			
3.	Ana Teresa Franco	91	Sporting	<b>5:09.89</b>	+0,80	649	
	50m: 32.98 32.98	150m: 1:53.85 42.74	250m: 3:15.02 40.98	350m: 4:33.85 37.13			
	100m: 1:11.11 38.13	200m: 2:34.04 40.19	300m: 3:56.72 41.70	400m: 5:09.89 36.04			
4.	Ana Beatriz Pereira	91	Colegio Vasco da Gama	<b>5:12.11</b>	+0,75	636	
	50m: 32.23 32.23	150m: 1:51.13 43.28	250m: 3:16.56 43.25	350m: 4:36.25 36.09			
	100m: 1:07.85 35.62	200m: 2:33.31 42.18	300m: 4:00.16 43.60	400m: 5:12.11 35.86			
5.	Joana Dias Santos	96	Uniao Piedense	<b>5:14.66</b>	+0,80	620	
	50m: 33.71 33.71	150m: 1:56.64 43.14	250m: 3:19.33 40.63	350m: 4:38.75 36.86			
	100m: 1:13.50 39.79	200m: 2:38.70 42.06	300m: 4:01.89 42.56	400m: 5:14.66 35.91			
6.	Ana Monica Eloi	96	Nautico da Marinha Grande	<b>5:16.17</b>	+0,91	611	
	50m: 33.16 33.16	150m: 1:53.37 41.47	250m: 3:18.61 44.62	350m: 4:40.41 35.93			
	100m: 1:11.90 38.74	200m: 2:33.99 40.62	300m: 4:04.48 45.87	400m: 5:16.17 35.76			
7.	Vania Soares Neves	90	Viana Natacao	<b>5:17.20</b>	+0,78	606	
	50m: 33.70 33.70	150m: 1:53.40 40.54	250m: 3:19.37 45.62	350m: 4:42.16 35.91			
	100m: 1:12.86 39.16	200m: 2:33.75 40.35	300m: 4:06.25 46.88	400m: 5:17.20 35.04			
8.	Rute Margarida Marques	94	Amadora	<b>5:18.40</b>	+0,87	599	
	50m: 33.29 33.29	150m: 1:54.69 41.37	250m: 3:20.07 45.09	350m: 4:42.80 36.57			
	100m: 1:13.32 40.03	200m: 2:34.98 40.29	300m: 4:06.23 46.16	400m: 5:18.40 35.60			
9.	Helena Paula Carvalho	95	Uniao Piedense	<b>5:19.59</b>	+0,75	592	
	50m: 32.82 32.82	150m: 1:52.27 41.38	250m: 3:20.72 48.45	350m: 4:44.56 35.91			
	100m: 1:10.89 38.07	200m: 2:32.27 40.00	300m: 4:08.65 47.93	400m: 5:19.59 35.03			
10.	Leonor Mourinho Neves	95	Sporting	<b>5:20.90</b>	+0,80	585	
	50m: 33.68 33.68	150m: 1:56.92 44.16	250m: 3:24.86 45.75	350m: 4:47.45 36.04			
	100m: 1:12.76 39.08	200m: 2:39.11 42.19	300m: 4:11.41 46.55	400m: 5:20.90 33.45			
11.	Ines Joao Costa	95	Braga	<b>5:29.54</b>	+0,96	540	
	50m: 34.08 34.08	150m: 1:55.73 41.90	250m: 3:25.90 47.86	350m: 4:52.31 38.09			
	100m: 1:13.83 39.75	200m: 2:38.04 42.31	300m: 4:14.22 48.32	400m: 5:29.54 37.23			