

Prova 18 Femin., 400m Livres
20-12-2014 Absoluto Resultados

Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recordes Nacionais 25m Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Recordes Nacionais 25m Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recordes Nacionais 25m Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Recordes Nacionais 25m Jun16	4:16.18	Tamila Hryhorivna Holub	SCB	Felgueiras	15-11-2014
Recordes Nacionais 25m Jun17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

TAC-JUN98F Jun17: 4:34.81 / TAC-JUN99F Jun16: 4:37.50 / TAC-SEN95+VF Sen20+: 4:29.42 / TAC-SEN96F Sen19: 4:32.12 / TAC-SEN97F Sen18: 4:33.46

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Absoluto						
1.	Diana Margarida Duraes	96	Porto	4:15.24	+0,70	775
	50m: 30.31 30.31	150m: 1:35.62 32.74	250m: 2:40.21 32.07	350m: 3:44.59 32.13		
	100m: 1:02.88 32.57	200m: 2:08.14 32.52	300m: 3:12.46 32.25	400m: 4:15.24 30.65		
2.	Tamila Hryhorivna Holub <i>Recorde Nacional, Jun 16</i>	99	Braga	4:15.43	+0,78	773
	50m: 30.54 30.54	150m: 1:35.53 32.18	250m: 2:39.85 32.23	350m: 3:44.72 32.61		
	100m: 1:03.35 32.81	200m: 2:07.62 32.09	300m: 3:12.11 32.26	400m: 4:15.43 30.71		
3.	Vania Soares Neves	90	Leixoes	4:15.85	+0,76	770
	50m: 30.40 30.40	150m: 1:36.05 32.80	250m: 2:41.01 32.31	350m: 3:45.35 32.04		
	100m: 1:03.25 32.85	200m: 2:08.70 32.65	300m: 3:13.31 32.30	400m: 4:15.85 30.50		
4.	Filipa Vilas Ruivo	97	Ba/Bomcar	4:20.00	+0,83	733
	50m: 30.45 30.45	150m: 1:36.03 32.87	250m: 2:41.83 32.93	350m: 3:47.80 32.82		
	100m: 1:03.16 32.71	200m: 2:08.90 32.87	300m: 3:14.98 33.15	400m: 4:20.00 32.20		
5.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:21.56	+0,79	720
	50m: 30.94 30.94	150m: 1:36.53 32.97	250m: 2:43.16 33.23	350m: 3:50.07 33.20		
	100m: 1:03.56 32.62	200m: 2:09.93 33.40	300m: 3:16.87 33.71	400m: 4:21.56 31.49		
6.	Ana Goncalves Neto	95	Fluvial Portuense	4:21.62	+0,96	720
	50m: 29.56 29.56	150m: 1:33.77 32.51	250m: 2:40.00 33.08	350m: 3:47.98 34.42		
	100m: 1:01.26 31.70	200m: 2:06.92 33.15	300m: 3:13.56 33.56	400m: 4:21.62 33.64		
7.	Angelica Maria Andre	94	Fluvial Portuense	4:21.63	+0,73	720
	50m: 30.87 30.87	150m: 1:36.48 33.20	250m: 2:43.58 33.65	350m: 3:50.32 33.17		
	100m: 1:03.28 32.41	200m: 2:09.93 33.45	300m: 3:17.15 33.57	400m: 4:21.63 31.31		
8.	Nadia Morais Vieira	90	Gesloures	4:22.55	+0,59	712
	50m: 30.49 30.49	150m: 1:37.25 33.55	250m: 2:44.96 33.59	350m: 3:50.70 32.64		
	100m: 1:03.70 33.21	200m: 2:11.37 34.12	300m: 3:18.06 33.10	400m: 4:22.55 31.85		
9.	Maria Teresa Amorim	97	Porto	4:23.31	+0,82	706
	50m: 30.52 30.52	150m: 1:36.06 33.12	250m: 2:43.12 33.49	350m: 3:50.56 33.81		
	100m: 1:02.94 32.42	200m: 2:09.63 33.57	300m: 3:16.75 33.63	400m: 4:23.31 32.75		
10.	Carolina Mantua Guedes	98	Sporting	4:23.84	+0,77	702
	50m: 30.57 30.57	150m: 1:36.59 33.05	250m: 2:43.40 33.26	350m: 3:51.40 34.22		
	100m: 1:03.54 32.97	200m: 2:10.14 33.55	300m: 3:17.18 33.78	400m: 4:23.84 32.44		
11.	Maria Luis Amorim	95	Porto	4:24.46	+0,91	697
	50m: 30.27 30.27	150m: 1:37.42 34.02	250m: 2:45.13 33.46	350m: 3:51.80 33.19		
	100m: 1:03.40 33.13	200m: 2:11.67 34.25	300m: 3:18.61 33.48	400m: 4:24.46 32.66		

Prova 18, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
12.	Beatriz Paulo Ranito	99	Sporting	4:26.12	+0,81	684	
	50m: 30.63 30.63	150m: 1:37.48	33.73	250m: 2:45.20	33.60	350m: 3:52.93	34.00
	100m: 1:03.75 33.12	200m: 2:11.60	34.12	300m: 3:18.93	33.73	400m: 4:26.12	33.19
13.	Soraia Vanessa Ribeiro	92	Individual Norte de Portugal	4:27.33	+0,89	675	
	50m: 30.70 30.70	150m: 1:37.68	33.96	250m: 2:45.48	33.45	350m: 3:53.86	34.40
	100m: 1:03.72 33.02	200m: 2:12.03	34.35	300m: 3:19.46	33.98	400m: 4:27.33	33.47
14.	Barbara Marques Rodrigues	97	Alges	4:27.65	+0,78	672	
	50m: 30.33 30.33	150m: 1:37.29	33.66	250m: 2:45.52	33.98	350m: 3:53.88	34.11
	100m: 1:03.63 33.30	200m: 2:11.54	34.25	300m: 3:19.77	34.25	400m: 4:27.65	33.77
15.	Helena Paula Carvalho	95	Uniao Piedense	4:29.29	+0,75	660	
	50m: 31.13 31.13	150m: 1:38.27	33.81	250m: 2:46.58	34.24	350m: 3:55.78	34.68
	100m: 1:04.46 33.33	200m: 2:12.34	34.07	300m: 3:21.10	34.52	400m: 4:29.29	33.51
16.	Madalena Amaro Machado	98	Academico Viseu	4:31.76	+0,92	642	
	50m: 31.86 31.86	150m: 1:41.02	34.38	250m: 2:50.49	34.89	350m: 3:58.35	33.53
	100m: 1:06.64 34.78	200m: 2:15.60	34.58	300m: 3:24.82	34.33	400m: 4:31.76	33.41
17.	Maria Joao Fernandes	97	Vilacondense	4:32.42	+0,76	638	
	50m: 31.19 31.19	150m: 1:39.95	34.58	250m: 2:49.08	33.88	350m: 3:58.61	34.89
	100m: 1:05.37 34.18	200m: 2:15.20	35.25	300m: 3:23.72	34.64	400m: 4:32.42	33.81
18.	Ana Silva Costa	98	Famalicao	4:33.86	+0,81	627	
	50m: 31.96 31.96	150m: 1:40.88	34.78	250m: 2:50.62	34.85	350m: 4:00.49	35.02
	100m: 1:06.10 34.14	200m: 2:15.77	34.89	300m: 3:25.47	34.85	400m: 4:33.86	33.37
19.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	4:33.97	+0,96	627	
	50m: 31.37 31.37	150m: 1:40.43	35.31	250m: 2:50.54	34.91	350m: 4:00.38	34.78
	100m: 1:05.12 33.75	200m: 2:15.63	35.20	300m: 3:25.60	35.06	400m: 4:33.97	33.59
20.	Ana Monica Eloi FTL	96	Nautico da Marinha Grande	4:34.12	+0,85	626	
	50m: 31.57 31.57	150m: 1:39.09	34.03	250m: 2:48.79	34.76	350m: 3:59.17	35.36
	100m: 1:05.06 33.49	200m: 2:14.03	34.94	300m: 3:23.81	35.02	400m: 4:34.12	34.95
21.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:34.51	+0,70	623	
	50m: 31.25 31.25	150m: 1:40.54	34.65	250m: 2:50.73	35.12	350m: 4:00.77	35.13
	100m: 1:05.89 34.64	200m: 2:15.61	35.07	300m: 3:25.64	34.91	400m: 4:34.51	33.74
22.	Rita Costa Amador	99	Galitos	4:35.72	+0,75	615	
	50m: 31.69 31.69	150m: 1:41.30	35.25	250m: 2:51.28	35.24	350m: 4:01.59	35.15
	100m: 1:06.05 34.36	200m: 2:16.04	34.74	300m: 3:26.44	35.16	400m: 4:35.72	34.13
23.	Ana Raquel Ferreira FTL	98	Ginasio Figueirense	4:35.84	+1,01	614	
	50m: 31.81 31.81	150m: 1:41.33	34.90	250m: 2:51.48	35.16	350m: 4:01.86	35.25
	100m: 1:06.43 34.62	200m: 2:16.32	34.99	300m: 3:26.61	35.13	400m: 4:35.84	33.98
24.	Carolina Silva Moreira	99	Natacao da Maia	4:36.05	+0,77	613	
	50m: 32.36 32.36	150m: 1:41.84	34.83	250m: 2:52.03	34.97	350m: 4:02.24	35.03
	100m: 1:07.01 34.65	200m: 2:17.06	35.22	300m: 3:27.21	35.18	400m: 4:36.05	33.81
25.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:37.20	+0,95	605	
	50m: 31.98 31.98	150m: 1:41.46	35.30	250m: 2:51.88	35.13	350m: 4:02.54	35.20
	100m: 1:06.16 34.18	200m: 2:16.75	35.29	300m: 3:27.34	35.46	400m: 4:37.20	34.66

Prova 18, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
26.	Marina Micaela Sequeira <i>FTL</i>	98	Uniao Piedense	4:37.32	+0,76	604
	50m: 31.54 31.54	150m: 1:39.57 34.20	250m: 2:50.03 35.57	350m: 4:02.49 36.51		
	100m: 1:05.37 33.83	200m: 2:14.46 34.89	300m: 3:25.98 35.95	400m: 4:37.32 34.83		
27.	Carolina Sanchez Rodrigues <i>FTL</i>	97	Belenenses	4:39.76	+0,76	589
	50m: 31.42 31.42	150m: 1:40.98 35.31	250m: 2:51.73 35.40	350m: 4:03.82 36.19		
	100m: 1:05.67 34.25	200m: 2:16.33 35.35	300m: 3:27.63 35.90	400m: 4:39.76 35.94		
28.	Joana Miguel Alexandre <i>FTL</i>	99	Belenenses	4:42.64	+0,85	571
	50m: 31.73 31.73	150m: 1:41.52 35.10	250m: 2:53.79 36.38	350m: 4:07.20 36.75		
	100m: 1:06.42 34.69	200m: 2:17.41 35.89	300m: 3:30.45 36.66	400m: 4:42.64 35.44		
29.	Catarina Reis Silva <i>FTL</i>	99	Braga	4:44.10	+0,84	562
	50m: 32.18 32.18	150m: 1:43.62 36.01	250m: 2:55.55 35.70	350m: 4:08.56 36.43		
	100m: 1:07.61 35.43	200m: 2:19.85 36.23	300m: 3:32.13 36.58	400m: 4:44.10 35.54		
30.	Mariana Alexandre Oliveira <i>FTL</i>	99	Natacao de Valongo	4:48.52	+0,74	537
	50m: 32.18 32.18	150m: 1:43.82 36.26	250m: 2:57.18 36.66	350m: 4:11.74 37.30		
	100m: 1:07.56 35.38	200m: 2:20.52 36.70	300m: 3:34.44 37.26	400m: 4:48.52 36.78		
DNS	Tania Cristina Mendes	99	Industrial Viegense			

Senior 95+V

1.	Diana Margarida Duraes	96	Porto	4:15.24	+0,70	775
	50m: 30.31 30.31	150m: 1:35.62 32.74	250m: 2:40.21 32.07	350m: 3:44.59 32.13		
	100m: 1:02.88 32.57	200m: 2:08.14 32.52	300m: 3:12.46 32.25	400m: 4:15.24 30.65		
2.	Vania Soares Neves	90	Leixoes	4:15.85	+0,76	770
	50m: 30.40 30.40	150m: 1:36.05 32.80	250m: 2:41.01 32.31	350m: 3:45.35 32.04		
	100m: 1:03.25 32.85	200m: 2:08.70 32.65	300m: 3:13.31 32.30	400m: 4:15.85 30.50		
3.	Filipa Vilas Ruivo	97	Ba/Bomcar	4:20.00	+0,83	733
	50m: 30.45 30.45	150m: 1:36.03 32.87	250m: 2:41.83 32.93	350m: 3:47.80 32.82		
	100m: 1:03.16 32.71	200m: 2:08.90 32.87	300m: 3:14.98 33.15	400m: 4:20.00 32.20		
4.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:21.56	+0,79	720
	50m: 30.94 30.94	150m: 1:36.53 32.97	250m: 2:43.16 33.23	350m: 3:50.07 33.20		
	100m: 1:03.56 32.62	200m: 2:09.93 33.40	300m: 3:16.87 33.71	400m: 4:21.56 31.49		
5.	Ana Goncalves Neto	95	Fluvial Portuense	4:21.62	+0,96	720
	50m: 29.56 29.56	150m: 1:33.77 32.51	250m: 2:40.00 33.08	350m: 3:47.98 34.42		
	100m: 1:01.26 31.70	200m: 2:06.92 33.15	300m: 3:13.56 33.56	400m: 4:21.62 33.64		
6.	Angelica Maria Andre	94	Fluvial Portuense	4:21.63	+0,73	720
	50m: 30.87 30.87	150m: 1:36.48 33.20	250m: 2:43.58 33.65	350m: 3:50.32 33.17		
	100m: 1:03.28 32.41	200m: 2:09.93 33.45	300m: 3:17.15 33.57	400m: 4:21.63 31.31		
7.	Nadia Morais Vieira	90	Geslours	4:22.55	+0,59	712
	50m: 30.49 30.49	150m: 1:37.25 33.55	250m: 2:44.96 33.59	350m: 3:50.70 32.64		
	100m: 1:03.70 33.21	200m: 2:11.37 34.12	300m: 3:18.06 33.10	400m: 4:22.55 31.85		
8.	Maria Teresa Amorim	97	Porto	4:23.31	+0,82	706
	50m: 30.52 30.52	150m: 1:36.06 33.12	250m: 2:43.12 33.49	350m: 3:50.56 33.81		
	100m: 1:02.94 32.42	200m: 2:09.63 33.57	300m: 3:16.75 33.63	400m: 4:23.31 32.75		

Prova 18, Femin., 400m Livres, Senior 95+V

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Maria Luis Amorim	95	Porto	4:24.46	+0,91	697
	50m: 30.27 30.27	150m: 1:37.42 34.02	250m: 2:45.13 33.46	350m: 3:51.80 33.19		
	100m: 1:03.40 33.13	200m: 2:11.67 34.25	300m: 3:18.61 33.48	400m: 4:24.46 32.66		
10.	Soraia Vanessa Ribeiro	92	Individual Norte de Portugal	4:27.33	+0,89	675
	50m: 30.70 30.70	150m: 1:37.68 33.96	250m: 2:45.48 33.45	350m: 3:53.86 34.40		
	100m: 1:03.72 33.02	200m: 2:12.03 34.35	300m: 3:19.46 33.98	400m: 4:27.33 33.47		
11.	Barbara Marques Rodrigues	97	Alges	4:27.65	+0,78	672
	50m: 30.33 30.33	150m: 1:37.29 33.66	250m: 2:45.52 33.98	350m: 3:53.88 34.11		
	100m: 1:03.63 33.30	200m: 2:11.54 34.25	300m: 3:19.77 34.25	400m: 4:27.65 33.77		
12.	Helena Paula Carvalho	95	Uniao Piedense	4:29.29	+0,75	660
	50m: 31.13 31.13	150m: 1:38.27 33.81	250m: 2:46.58 34.24	350m: 3:55.78 34.68		
	100m: 1:04.46 33.33	200m: 2:12.34 34.07	300m: 3:21.10 34.52	400m: 4:29.29 33.51		
13.	Maria Joao Fernandes	97	Vilacondense	4:32.42	+0,76	638
	50m: 31.19 31.19	150m: 1:39.95 34.58	250m: 2:49.08 33.88	350m: 3:58.61 34.89		
	100m: 1:05.37 34.18	200m: 2:15.20 35.25	300m: 3:23.72 34.64	400m: 4:32.42 33.81		
14.	Ana Monica Eloi FTL	96	Nautico da Marinha Grande	4:34.12	+0,85	626
	50m: 31.57 31.57	150m: 1:39.09 34.03	250m: 2:48.79 34.76	350m: 3:59.17 35.36		
	100m: 1:05.06 33.49	200m: 2:14.03 34.94	300m: 3:23.81 35.02	400m: 4:34.12 34.95		
15.	Carolina Sanchez Rodrigues FTL	97	Belenenses	4:39.76	+0,76	589
	50m: 31.42 31.42	150m: 1:40.98 35.31	250m: 2:51.73 35.40	350m: 4:03.82 36.19		
	100m: 1:05.67 34.25	200m: 2:16.33 35.35	300m: 3:27.63 35.90	400m: 4:39.76 35.94		

Senior 96

1.	Diana Margarida Duraes	96	Porto	4:15.24	+0,70	775
	50m: 30.31 30.31	150m: 1:35.62 32.74	250m: 2:40.21 32.07	350m: 3:44.59 32.13		
	100m: 1:02.88 32.57	200m: 2:08.14 32.52	300m: 3:12.46 32.25	400m: 4:15.24 30.65		
2.	Vania Soares Neves	90	Leixoes	4:15.85	+0,76	770
	50m: 30.40 30.40	150m: 1:36.05 32.80	250m: 2:41.01 32.31	350m: 3:45.35 32.04		
	100m: 1:03.25 32.85	200m: 2:08.70 32.65	300m: 3:13.31 32.30	400m: 4:15.85 30.50		
3.	Filipa Vilas Ruivo	97	Ba/Bomcar	4:20.00	+0,83	733
	50m: 30.45 30.45	150m: 1:36.03 32.87	250m: 2:41.83 32.93	350m: 3:47.80 32.82		
	100m: 1:03.16 32.71	200m: 2:08.90 32.87	300m: 3:14.98 33.15	400m: 4:20.00 32.20		
4.	Florbela Cavaco Machado	96	Columbofila Cantanhedense	4:21.56	+0,79	720
	50m: 30.94 30.94	150m: 1:36.53 32.97	250m: 2:43.16 33.23	350m: 3:50.07 33.20		
	100m: 1:03.56 32.62	200m: 2:09.93 33.40	300m: 3:16.87 33.71	400m: 4:21.56 31.49		
5.	Ana Goncalves Neto	95	Fluvial Portuense	4:21.62	+0,96	720
	50m: 29.56 29.56	150m: 1:33.77 32.51	250m: 2:40.00 33.08	350m: 3:47.98 34.42		
	100m: 1:01.26 31.70	200m: 2:06.92 33.15	300m: 3:13.56 33.56	400m: 4:21.62 33.64		
6.	Angelica Maria Andre	94	Fluvial Portuense	4:21.63	+0,73	720
	50m: 30.87 30.87	150m: 1:36.48 33.20	250m: 2:43.58 33.65	350m: 3:50.32 33.17		
	100m: 1:03.28 32.41	200m: 2:09.93 33.45	300m: 3:17.15 33.57	400m: 4:21.63 31.31		
7.	Nadia Morais Vieira	90	Geslours	4:22.55	+0,59	712
	50m: 30.49 30.49	150m: 1:37.25 33.55	250m: 2:44.96 33.59	350m: 3:50.70 32.64		
	100m: 1:03.70 33.21	200m: 2:11.37 34.12	300m: 3:18.06 33.10	400m: 4:22.55 31.85		

Prova 18, Femin., 400m Livres, Senior 96

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Maria Teresa Amorim	97	Porto	4:23.31	+0,82	706
	50m: 30.52 30.52	150m: 1:36.06 33.12	250m: 2:43.12 33.49	350m: 3:50.56 33.81		
	100m: 1:02.94 32.42	200m: 2:09.63 33.57	300m: 3:16.75 33.63	400m: 4:23.31 32.75		
9.	Maria Luis Amorim	95	Porto	4:24.46	+0,91	697
	50m: 30.27 30.27	150m: 1:37.42 34.02	250m: 2:45.13 33.46	350m: 3:51.80 33.19		
	100m: 1:03.40 33.13	200m: 2:11.67 34.25	300m: 3:18.61 33.48	400m: 4:24.46 32.66		
10.	Soraia Vanessa Ribeiro	92	Individual Norte de Portugal	4:27.33	+0,89	675
	50m: 30.70 30.70	150m: 1:37.68 33.96	250m: 2:45.48 33.45	350m: 3:53.86 34.40		
	100m: 1:03.72 33.02	200m: 2:12.03 34.35	300m: 3:19.46 33.98	400m: 4:27.33 33.47		
11.	Barbara Marques Rodrigues	97	Alges	4:27.65	+0,78	672
	50m: 30.33 30.33	150m: 1:37.29 33.66	250m: 2:45.52 33.98	350m: 3:53.88 34.11		
	100m: 1:03.63 33.30	200m: 2:11.54 34.25	300m: 3:19.77 34.25	400m: 4:27.65 33.77		
12.	Helena Paula Carvalho	95	Uniao Piedense	4:29.29	+0,75	660
	50m: 31.13 31.13	150m: 1:38.27 33.81	250m: 2:46.58 34.24	350m: 3:55.78 34.68		
	100m: 1:04.46 33.33	200m: 2:12.34 34.07	300m: 3:21.10 34.52	400m: 4:29.29 33.51		
13.	Maria Joao Fernandes	97	Vilacondense	4:32.42	+0,76	638
	50m: 31.19 31.19	150m: 1:39.95 34.58	250m: 2:49.08 33.88	350m: 3:58.61 34.89		
	100m: 1:05.37 34.18	200m: 2:15.20 35.25	300m: 3:23.72 34.64	400m: 4:32.42 33.81		
14.	Ana Monica Eloi <i>FTL</i>	96	Nautico da Marinha Grande	4:34.12	+0,85	626
	50m: 31.57 31.57	150m: 1:39.09 34.03	250m: 2:48.79 34.76	350m: 3:59.17 35.36		
	100m: 1:05.06 33.49	200m: 2:14.03 34.94	300m: 3:23.81 35.02	400m: 4:34.12 34.95		
15.	Carolina Sanchez Rodrigues <i>FTL</i>	97	Belenenses	4:39.76	+0,76	589
	50m: 31.42 31.42	150m: 1:40.98 35.31	250m: 2:51.73 35.40	350m: 4:03.82 36.19		
	100m: 1:05.67 34.25	200m: 2:16.33 35.35	300m: 3:27.63 35.90	400m: 4:39.76 35.94		

Senior 97

1.	Filipa Vilas Ruivo	97	Ba/Bomcar	4:20.00	+0,83	733
	50m: 30.45 30.45	150m: 1:36.03 32.87	250m: 2:41.83 32.93	350m: 3:47.80 32.82		
	100m: 1:03.16 32.71	200m: 2:08.90 32.87	300m: 3:14.98 33.15	400m: 4:20.00 32.20		
2.	Maria Teresa Amorim	97	Porto	4:23.31	+0,82	706
	50m: 30.52 30.52	150m: 1:36.06 33.12	250m: 2:43.12 33.49	350m: 3:50.56 33.81		
	100m: 1:02.94 32.42	200m: 2:09.63 33.57	300m: 3:16.75 33.63	400m: 4:23.31 32.75		
3.	Barbara Marques Rodrigues	97	Alges	4:27.65	+0,78	672
	50m: 30.33 30.33	150m: 1:37.29 33.66	250m: 2:45.52 33.98	350m: 3:53.88 34.11		
	100m: 1:03.63 33.30	200m: 2:11.54 34.25	300m: 3:19.77 34.25	400m: 4:27.65 33.77		
4.	Maria Joao Fernandes	97	Vilacondense	4:32.42	+0,76	638
	50m: 31.19 31.19	150m: 1:39.95 34.58	250m: 2:49.08 33.88	350m: 3:58.61 34.89		
	100m: 1:05.37 34.18	200m: 2:15.20 35.25	300m: 3:23.72 34.64	400m: 4:32.42 33.81		
5.	Carolina Sanchez Rodrigues <i>FTL</i>	97	Belenenses	4:39.76	+0,76	589
	50m: 31.42 31.42	150m: 1:40.98 35.31	250m: 2:51.73 35.40	350m: 4:03.82 36.19		
	100m: 1:05.67 34.25	200m: 2:16.33 35.35	300m: 3:27.63 35.90	400m: 4:39.76 35.94		

Prova 18, Femin., 400m Livres

Junior 98

1.	Carolina Mantua Guedes	98	Sporting	4:23.84	+0,77	702
	50m: 30.57 30.57	150m: 1:36.59 33.05	250m: 2:43.40 33.26	350m: 3:51.40 34.22		
	100m: 1:03.54 32.97	200m: 2:10.14 33.55	300m: 3:17.18 33.78	400m: 4:23.84 32.44		
2.	Madalena Amaro Machado	98	Academico Viseu	4:31.76	+0,92	642
	50m: 31.86 31.86	150m: 1:41.02 34.38	250m: 2:50.49 34.89	350m: 3:58.35 33.53		
	100m: 1:06.64 34.78	200m: 2:15.60 34.58	300m: 3:24.82 34.33	400m: 4:31.76 33.41		
3.	Ana Silva Costa	98	Famalicao	4:33.86	+0,81	627
	50m: 31.96 31.96	150m: 1:40.88 34.78	250m: 2:50.62 34.85	350m: 4:00.49 35.02		
	100m: 1:06.10 34.14	200m: 2:15.77 34.89	300m: 3:25.47 34.85	400m: 4:33.86 33.37		
4.	Ana Raquel Ferreira FTL	98	Ginasio Figueirense	4:35.84	+1,01	614
	50m: 31.81 31.81	150m: 1:41.33 34.90	250m: 2:51.48 35.16	350m: 4:01.86 35.25		
	100m: 1:06.43 34.62	200m: 2:16.32 34.99	300m: 3:26.61 35.13	400m: 4:35.84 33.98		
5.	Marina Micaela Sequeira FTL	98	Uniao Piedense	4:37.32	+0,76	604
	50m: 31.54 31.54	150m: 1:39.57 34.20	250m: 2:50.03 35.57	350m: 4:02.49 36.51		
	100m: 1:05.37 33.83	200m: 2:14.46 34.89	300m: 3:25.98 35.95	400m: 4:37.32 34.83		

Junior 99

1.	Tamila Hryhorivna Holub <i>Recorde Nacional, Jun 16</i>	99	Braga	4:15.43	+0,78	773
	50m: 30.54 30.54	150m: 1:35.53 32.18	250m: 2:39.85 32.23	350m: 3:44.72 32.61		
	100m: 1:03.35 32.81	200m: 2:07.62 32.09	300m: 3:12.11 32.26	400m: 4:15.43 30.71		
2.	Beatriz Paulo Ranito	99	Sporting	4:26.12	+0,81	684
	50m: 30.63 30.63	150m: 1:37.48 33.73	250m: 2:45.20 33.60	350m: 3:52.93 34.00		
	100m: 1:03.75 33.12	200m: 2:11.60 34.12	300m: 3:18.93 33.73	400m: 4:26.12 33.19		
3.	Barbara Coimbra Teodosio	99	Nautico da Marinha Grande	4:33.97	+0,96	627
	50m: 31.37 31.37	150m: 1:40.43 35.31	250m: 2:50.54 34.91	350m: 4:00.38 34.78		
	100m: 1:05.12 33.75	200m: 2:15.63 35.20	300m: 3:25.60 35.06	400m: 4:33.97 33.59		
4.	Beatriz Barros Carmo	99	Colegio Vasco da Gama	4:34.51	+0,70	623
	50m: 31.25 31.25	150m: 1:40.54 34.65	250m: 2:50.73 35.12	350m: 4:00.77 35.13		
	100m: 1:05.89 34.64	200m: 2:15.61 35.07	300m: 3:25.64 34.91	400m: 4:34.51 33.74		
5.	Rita Costa Amador	99	Galitos	4:35.72	+0,75	615
	50m: 31.69 31.69	150m: 1:41.30 35.25	250m: 2:51.28 35.24	350m: 4:01.59 35.15		
	100m: 1:06.05 34.36	200m: 2:16.04 34.74	300m: 3:26.44 35.16	400m: 4:35.72 34.13		
6.	Carolina Silva Moreira	99	Natacao da Maia	4:36.05	+0,77	613
	50m: 32.36 32.36	150m: 1:41.84 34.83	250m: 2:52.03 34.97	350m: 4:02.24 35.03		
	100m: 1:07.01 34.65	200m: 2:17.06 35.22	300m: 3:27.21 35.18	400m: 4:36.05 33.81		
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	4:37.20	+0,95	605
	50m: 31.98 31.98	150m: 1:41.46 35.30	250m: 2:51.88 35.13	350m: 4:02.54 35.20		
	100m: 1:06.16 34.18	200m: 2:16.75 35.29	300m: 3:27.34 35.46	400m: 4:37.20 34.66		
8.	Joana Miguel Alexandre FTL	99	Belenenses	4:42.64	+0,85	571
	50m: 31.73 31.73	150m: 1:41.52 35.10	250m: 2:53.79 36.38	350m: 4:07.20 36.75		
	100m: 1:06.42 34.69	200m: 2:17.41 35.89	300m: 3:30.45 36.66	400m: 4:42.64 35.44		

Prova 18, Femin., 400m Livres, Junior 99

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Catarina Reis Silva	99	Braga	4:44.10	+0,84	562
	<i>FTL</i>					
	50m: 32.18 32.18	150m: 1:43.62 36.01	250m: 2:55.55 35.70	350m: 4:08.56 36.43		
	100m: 1:07.61 35.43	200m: 2:19.85 36.23	300m: 3:32.13 36.58	400m: 4:44.10 35.54		
10.	Mariana Alexandre Oliveira	99	Natacao de Valongo	4:48.52	+0,74	537
	<i>FTL</i>					
	50m: 32.18 32.18	150m: 1:43.82 36.26	250m: 2:57.18 36.66	350m: 4:11.74 37.30		
	100m: 1:07.56 35.38	200m: 2:20.52 36.70	300m: 3:34.44 37.26	400m: 4:48.52 36.78		
DNS	Tania Cristina Mendes	99	Industrial Veiense			