

Prova 1 Femin., 400m Estilos Infantis
17-07-2015 - 16:00 Resultados

Rec Nac Absoluto	4:45.69	Victoria Kaminskaya	FPN	Malaga (ESP)	29-03-2015
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

TAC-INFAF Inf A: 5:50.15 / TAC-INFBF Inf B: 6:02.88

Pontos: FINA 2015

Lugar	Nome	Ano	Licença	Clube	50m	100m	150m	200m	250m	300m	350m	400m	TReac	Pts
Infantis B														
1.	Maria Carlota Rebelo	03	119714	Nautico /Urgicentro-Sanfil	33.66	1:14.60	2:49.21	4:18.08	47.57	48.59	5:35.11	5:35.11	4:56.81	513
	50m:				33.66	1:14.60	2:49.21	4:18.08	47.57	48.59	5:35.11	5:35.11	4:56.81	38.73
	100m:				1:14.60	2:49.21	4:18.08	47.57	48.59	5:35.11	5:35.11	4:56.81	38.30	
2.	Catarina Silva Soares	03	121977	Porto	35.89	1:19.44	2:04.64	4:26.99	48.71	49.79	5:43.77	5:43.77	5:05.89	476
	50m:				35.89	1:19.44	2:04.64	4:26.99	48.71	49.79	5:43.77	5:43.77	5:05.89	38.90
	100m:				1:19.44	2:04.64	4:26.99	48.71	49.79	5:43.77	5:43.77	5:05.89	37.88	
3.	Luana Pinto Domingues	03	123893	Ba/Bomcar	35.24	1:18.61	2:04.45	4:26.81	48.13	49.44	5:47.36	5:47.36	5:08.23	461
	50m:				35.24	1:18.61	2:04.45	4:26.81	48.13	49.44	5:47.36	5:47.36	5:08.23	41.42
	100m:				1:18.61	2:04.45	4:26.81	48.13	49.44	5:47.36	5:47.36	5:08.23	39.13	
4.	Catarina Guimaraes Moreira	03	131755	Alges	35.99	1:20.33	2:05.83	4:30.04	49.64	51.02	5:48.43	5:48.43	5:10.40	457
	50m:				35.99	1:20.33	2:05.83	4:30.04	49.64	51.02	5:48.43	5:48.43	5:10.40	40.36
	100m:				1:20.33	2:05.83	4:30.04	49.64	51.02	5:48.43	5:48.43	5:10.40	38.03	
5.	Joana Ribeiro Martins	03	129164	Benfica	32.85	1:13.32	1:57.17	4:31.62	55.91	55.13	5:48.45	5:48.45	5:10.68	457
	50m:				32.85	1:13.32	1:57.17	4:31.62	55.91	55.13	5:48.45	5:48.45	5:10.68	39.06
	100m:				1:13.32	1:57.17	4:31.62	55.91	55.13	5:48.45	5:48.45	5:10.68	37.77	
6.	Eduarda Reis Silva	03	121702	Famalicao	38.32	1:22.03	2:05.27	4:36.80	53.62	53.14	5:48.54	5:48.54	5:13.02	456
	50m:				38.32	1:22.03	2:05.27	4:36.80	53.62	53.14	5:48.54	5:48.54	5:13.02	36.22
	100m:				1:22.03	2:05.27	4:36.80	53.62	53.14	5:48.54	5:48.54	5:13.02	35.52	
7.	Sara Dias Neves	03	124217	Miranda do Corvo	36.04	1:19.47	2:05.47	4:31.16	49.48	50.69	5:50.67	5:50.67	5:10.59	448
	50m:				36.04	1:19.47	2:05.47	4:31.16	49.48	50.69	5:50.67	5:50.67	5:10.59	39.43
	100m:				1:19.47	2:05.47	4:31.16	49.48	50.69	5:50.67	5:50.67	5:10.59	40.08	
8.	Rita Constanca Cardoso	03	121989	Porto	37.52	1:22.65	2:08.56	4:35.55	50.65	51.18	5:52.55	5:52.55	5:14.42	441
	50m:				37.52	1:22.65	2:08.56	4:35.55	50.65	51.18	5:52.55	5:52.55	5:14.42	38.87
	100m:				1:22.65	2:08.56	4:35.55	50.65	51.18	5:52.55	5:52.55	5:14.42	38.13	
9.	Bruna Filipa Pinto	03	124126	Fundacao Beatriz Santos	37.21	1:23.23	2:06.46	4:34.64	51.14	53.44	5:56.54	5:56.54	5:15.38	426
	50m:				37.21	1:23.23	2:06.46	4:34.64	51.14	53.44	5:56.54	5:56.54	5:15.38	40.74
	100m:				1:23.23	2:06.46	4:34.64	51.14	53.44	5:56.54	5:56.54	5:15.38	41.16	
10.	Ines Asseiceira Ramos	03	123618	Torres Novas	38.22	1:22.96	2:09.09	4:38.61	52.33	52.91	5:57.94	5:57.94	5:19.19	421
	50m:				38.22	1:22.96	2:09.09	4:38.61	52.33	52.91	5:57.94	5:57.94	5:19.19	40.58
	100m:				1:22.96	2:09.09	4:38.61	52.33	52.91	5:57.94	5:57.94	5:19.19	38.75	
11.	Daniela Mascarenhas Henriques	03	128827	Geslours	38.98	1:26.22	2:14.01	4:40.63	48.51	51.67	5:59.01	5:59.01	5:21.54	417
	50m:				38.98	1:26.22	2:14.01	4:40.63	48.51	51.67	5:59.01	5:59.01	5:21.54	40.91
	100m:				1:26.22	2:14.01	4:40.63	48.51	51.67	5:59.01	5:59.01	5:21.54	37.47	
12.	Ana Pereira Silva	03	124810	Fafe	37.90	1:24.05	2:09.98	4:40.03	51.82	53.15	6:00.57	6:00.57	5:20.33	412
	50m:				37.90	1:24.05	2:09.98	4:40.03	51.82	53.15	6:00.57	6:00.57	5:20.33	40.30
	100m:				1:24.05	2:09.98	4:40.03	51.82	53.15	6:00.57	6:00.57	5:20.33	40.24	
13.	Maria Freitas Castro	03	124809	Fafe	35.75	1:24.18	2:10.54	4:37.92	50.73	52.19	6:01.43	6:01.43	5:20.99	409
	50m:				35.75	1:24.18	2:10.54	4:37.92	50.73	52.19	6:01.43	6:01.43	5:20.99	43.07
	100m:				1:24.18	2:10.54	4:37.92	50.73	52.19	6:01.43	6:01.43	5:20.99	40.44	
14.	Carolina Ferreira Catalao	03	125031	Galitos	38.56	1:23.64	2:08.21	4:49.63	57.43	1:00.34	6:12.73	6:12.73	5:31.15	373
	50m:				38.56	1:23.64	2:08.21	4:49.63	57.43	1:00.34	6:12.73	6:12.73	5:31.15	41.52
	100m:				1:23.64	2:08.21	4:49.63	57.43	1:00.34	6:12.73	6:12.73	5:31.15	41.58	

Prova 1, Femin., 400m Estilos

Infantis A

1. Ana Sofia Pina	02	125639	O Crasto	5:15.15	617
50m: 32.54 32.54	150m: 1:52.10 41.44	250m: 3:17.20 44.27	350m: 4:39.23 35.95		
100m: 1:10.66 38.12	200m: 2:32.93 40.83	300m: 4:03.28 46.08	400m: 5:15.15 35.92		
2. Clara Gomes Pereira	02	124393	Alges	5:19.09	595
50m: 33.02 33.02	150m: 1:55.89 43.78	250m: 3:20.96 43.45	350m: 4:42.82 37.46		
100m: 1:12.11 39.09	200m: 2:37.51 41.62	300m: 4:05.36 44.40	400m: 5:19.09 36.27		
3. Mariana Amaral Mendes	02	123959	Colegio Monte Maior	5:20.22	589
50m: 34.80 34.80	150m: 1:57.43 42.67	250m: 3:23.76 44.92	350m: 4:45.70 37.08		
100m: 1:14.76 39.96	200m: 2:38.84 41.41	300m: 4:08.62 44.86	400m: 5:20.22 34.52		
4. Mariana Fernandes Barbosa	02	121985	Porto	5:23.66	570
50m: 33.31 33.31	150m: 1:54.83 42.11	250m: 3:23.94 47.15	350m: 4:47.67 35.95		
100m: 1:12.72 39.41	200m: 2:36.79 41.96	300m: 4:11.72 47.78	400m: 5:23.66 35.99		
5. Mafalda Joana Oliveira	02	119096	Lousada SXXI	5:27.08	552
50m: 32.98 32.98	150m: 1:54.81 42.22	250m: 3:22.34 45.74	350m: 4:48.17 39.65		
100m: 1:12.59 39.61	200m: 2:36.60 41.79	300m: 4:08.52 46.18	400m: 5:27.08 38.91		
6. Ana Reis Sousa	02	122440	Litoral Alentejano	5:29.45	540
50m: 35.72 35.72	150m: 2:03.96 44.58	250m: 3:31.92 45.74	350m: 4:55.22 37.03		
100m: 1:19.38 43.66	200m: 2:46.18 42.22	300m: 4:18.19 46.27	400m: 5:29.45 34.23		
7. Margarida Cabral Monteiro	02	117474	Galitos	5:29.97	538
50m: 33.62 33.62	150m: 1:56.42 43.09	250m: 3:26.54 47.02	350m: 4:53.17 38.00		
100m: 1:13.33 39.71	200m: 2:39.52 43.10	300m: 4:15.17 48.63	400m: 5:29.97 36.80		
8. Francisca Salvador Mesquita	02	123935	Colegio Monte Maior	5:30.82	534
50m: 33.57 33.57	150m: 1:57.13 43.93	250m: 3:26.61 46.35	350m: 4:52.73 39.31		
100m: 1:13.20 39.63	200m: 2:40.26 43.13	300m: 4:13.42 46.81	400m: 5:30.82 38.09		
9. Maria Margarida Belo	02	126587	Sporting	5:32.22	527
50m: 33.44 33.44	150m: 1:56.85 42.65	250m: 3:26.65 48.77	350m: 4:54.13 39.34		
100m: 1:14.20 40.76	200m: 2:37.88 41.03	300m: 4:14.79 48.14	400m: 5:32.22 38.09		
10. Carina Vlasjuk	02	129017	Sporting	5:33.19	522
50m: 33.81 33.81	150m: 1:57.96 44.89	250m: 3:28.69 48.31	350m: 4:55.24 38.97		
100m: 1:13.07 39.26	200m: 2:40.38 42.42	300m: 4:16.27 47.58	400m: 5:33.19 37.95		
11. Maria Miguel Melo	02	126771	Galitos	5:34.07	518
50m: 34.04 34.04	150m: 2:01.86 45.51	250m: 3:31.66 45.40	350m: 4:56.81 38.22		
100m: 1:16.35 42.31	200m: 2:46.26 44.40	300m: 4:18.59 46.93	400m: 5:34.07 37.26		
12. Rita Dias Ribeiro	02	124627	Fundacao Beatriz Santos	5:34.72	515
50m: 34.79 34.79	150m: 1:59.41 44.19	250m: 3:30.81 47.71	350m: 4:57.20 37.93		
100m: 1:15.22 40.43	200m: 2:43.10 43.69	300m: 4:19.27 48.46	400m: 5:34.72 37.52		
13. Ana Sequeira Florindo	02	124198	Nautico /Urgicentro-Sanfil	5:35.38	512
50m: 35.88 35.88	150m: 2:00.91 42.51	250m: 3:30.56 49.19	350m: 4:58.63 38.32		
100m: 1:18.40 42.52	200m: 2:41.37 40.46	300m: 4:20.31 49.75	400m: 5:35.38 36.75		
14. Constanca Filipa Rodrigues	02	118480	Benedita	5:38.21	499
50m: 34.49 34.49	150m: 2:00.17 44.25	250m: 3:32.87 48.41	350m: 5:00.31 39.49		
100m: 1:15.92 41.43	200m: 2:44.46 44.29	300m: 4:20.82 47.95	400m: 5:38.21 37.90		
15. Joana Nunes Cardeal	02	124752	Academico Viseu	5:38.33	499
50m: 34.93 34.93	150m: 2:01.62 43.89	250m: 3:32.40 48.67	350m: 5:00.58 38.74		
100m: 1:17.73 42.80	200m: 2:43.73 42.11	300m: 4:21.84 49.44	400m: 5:38.33 37.75		
16. Ana Rita Matos	02	127501	Gesloures	5:40.43	490
50m: 35.32 35.32	150m: 2:01.35 42.71	250m: 3:33.17 48.15	350m: 5:02.92 40.31		
100m: 1:18.64 43.32	200m: 2:45.02 43.67	300m: 4:22.61 49.44	400m: 5:40.43 37.51		
17. Jessica Soares Lima	02	126993	Braga	5:41.27	486
50m: 34.10 34.10	150m: 1:59.25 45.36	250m: 3:34.77 51.14	350m: 5:04.22 38.17		
100m: 1:13.89 39.79	200m: 2:43.63 44.38	300m: 4:26.05 51.28	400m: 5:41.27 37.05		

Prova 1, Femin., 400m Estilos, Infantis A

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts
18.	Ariana Maia Fonseca	02	121975	Porto	5:41.90		483
	50m: 36.51 36.51	150m: 2:04.14 44.28	250m: 3:37.18 50.36	350m: 5:04.78 38.34			
	100m: 1:19.86 43.35	200m: 2:46.82 42.68	300m: 4:26.44 49.26	400m: 5:41.90 37.12			
19.	Ana Rita Ramos	02	126775	Porto	5:42.34		482
	50m: 36.14 36.14	150m: 2:05.12 43.30	250m: 3:38.50 49.79	350m: 5:05.09 36.73			
	100m: 1:21.82 45.68	200m: 2:48.71 43.59	300m: 4:28.36 49.86	400m: 5:42.34 37.25			
20.	Alice Carmo Lourenco	02	122236	Viana Natacao	5:45.44		469
	50m: 34.17 34.17	150m: 1:57.94 43.29	250m: 3:35.00 55.33	350m: 5:07.57 38.76			
	100m: 1:14.65 40.48	200m: 2:39.67 41.73	300m: 4:28.81 53.81	400m: 5:45.44 37.87			
21.	Beatriz Costa Tejo	02	122103	Academica de Coimbra	5:47.36		461
	50m: 34.69 34.69	150m: 2:02.32 47.15	250m: 3:38.94 50.60	350m: 5:09.52 39.59			
	100m: 1:15.17 40.48	200m: 2:48.34 46.02	300m: 4:29.93 50.99	400m: 5:47.36 37.84			
22.	Daniela Oliveira Rodrigues	02	118056	Natacao de Valongo	5:47.87		459
	50m: 33.48 33.48	150m: 2:01.96 47.01	250m: 3:38.62 51.09	350m: 5:10.16 38.71			
	100m: 1:14.95 41.47	200m: 2:47.53 45.57	300m: 4:31.45 52.83	400m: 5:47.87 37.71			
23.	Maria Afonso Gouveia	02	126574	Sporting	5:51.66		444
	<i>FTL</i>						
	50m: 34.36 34.36	150m: 2:01.89 46.88	250m: 3:38.01 49.96	350m: 5:11.13 41.65			
	100m: 1:15.01 40.65	200m: 2:48.05 46.16	300m: 4:29.48 51.47	400m: 5:51.66 40.53			
24.	Barbara Vila Verde	02	126575	Sporting	5:56.98		425
	<i>FTL</i>						
	50m: 36.76 36.76	150m: 2:11.85 50.66	250m: 3:45.54 45.63	350m: 5:16.37 42.11			
	100m: 1:21.19 44.43	200m: 2:59.91 48.06	300m: 4:34.26 48.72	400m: 5:56.98 40.61			
25.	Joana Gualberto Barbara	02	123985	Portinado	5:57.46		423
	<i>FTL</i>						
	50m: 34.41 34.41	150m: 2:05.24 46.58	250m: 3:40.22 48.47	350m: 5:15.72 43.35			
	100m: 1:18.66 44.25	200m: 2:51.75 46.51	300m: 4:32.37 52.15	400m: 5:57.46 41.74			

Infantis

1.	Ana Sofia Pina	02	125639	O Crasto	5:15.15		617
	50m: 32.54 32.54	150m: 1:52.10 41.44	250m: 3:17.20 44.27	350m: 4:39.23 35.95			
	100m: 1:10.66 38.12	200m: 2:32.93 40.83	300m: 4:03.28 46.08	400m: 5:15.15 35.92			
2.	Clara Gomes Pereira	02	124393	Alges	5:19.09		595
	50m: 33.02 33.02	150m: 1:55.89 43.78	250m: 3:20.96 43.45	350m: 4:42.82 37.46			
	100m: 1:12.11 39.09	200m: 2:37.51 41.62	300m: 4:05.36 44.40	400m: 5:19.09 36.27			
3.	Mariana Amaral Mendes	02	123959	Colegio Monte Maior	5:20.22		589
	50m: 34.80 34.80	150m: 1:57.43 42.67	250m: 3:23.76 44.92	350m: 4:45.70 37.08			
	100m: 1:14.76 39.96	200m: 2:38.84 41.41	300m: 4:08.62 44.86	400m: 5:20.22 34.52			
4.	Mariana Fernandes Barbosa	02	121985	Porto	5:23.66		570
	50m: 33.31 33.31	150m: 1:54.83 42.11	250m: 3:23.94 47.15	350m: 4:47.67 35.95			
	100m: 1:12.72 39.41	200m: 2:36.79 41.96	300m: 4:11.72 47.78	400m: 5:23.66 35.99			
5.	Mafalda Joana Oliveira	02	119096	Lousada SXXI	5:27.08		552
	50m: 32.98 32.98	150m: 1:54.81 42.22	250m: 3:22.34 45.74	350m: 4:48.17 39.65			
	100m: 1:12.59 39.61	200m: 2:36.60 41.79	300m: 4:08.52 46.18	400m: 5:27.08 38.91			
6.	Ana Reis Sousa	02	122440	Litoral Alentejano	5:29.45		540
	50m: 35.72 35.72	150m: 2:03.96 44.58	250m: 3:31.92 45.74	350m: 4:55.22 37.03			
	100m: 1:19.38 43.66	200m: 2:46.18 42.22	300m: 4:18.19 46.27	400m: 5:29.45 34.23			
7.	Margarida Cabral Monteiro	02	117474	Galitos	5:29.97		538
	50m: 33.62 33.62	150m: 1:56.42 43.09	250m: 3:26.54 47.02	350m: 4:53.17 38.00			
	100m: 1:13.33 39.71	200m: 2:39.52 43.10	300m: 4:15.17 48.63	400m: 5:29.97 36.80			

Prova 1, Femin., 400m Estilos, Infantis

Lugar	Nome	Ano	Licença	Clube	50m	100m	150m	200m	250m	300m	350m	400m	T final	TReac	Pts
8.	Francisca Salvador Mesquita	02	123935	Colegio Monte Maior	33.57	1:13.20	1:57.13	2:40.26	3:26.61	4:13.42	4:52.73	5:30.82	5:30.82	4:52.73	39.31
					33.57	39.63	43.93	43.13	46.35	46.81	5:30.82	38.09			
9.	Maria Margarida Belo	02	126587	Sporting	33.44	1:14.20	1:56.85	2:37.88	3:26.65	4:14.79	4:54.13	5:32.22	5:32.22	4:54.13	39.34
					33.44	40.76	42.65	41.03	48.77	48.14	5:32.22	38.09			
10.	Carina Vlasuyk	02	129017	Sporting	33.81	1:13.07	1:57.96	2:40.38	3:28.69	4:16.27	4:55.24	5:33.19	5:33.19	4:55.24	38.97
					33.81	39.26	44.89	42.42	48.31	47.58	5:33.19	37.95			
11.	Maria Miguel Melo	02	126771	Galitos	34.04	1:16.35	2:01.86	2:46.26	3:31.66	4:18.59	4:56.81	5:34.07	5:34.07	4:56.81	38.22
					34.04	42.31	45.51	44.40	45.40	46.93	5:34.07	37.26			
12.	Rita Dias Ribeiro	02	124627	Fundacao Beatriz Santos	34.79	1:15.22	1:59.41	2:43.10	3:30.81	4:19.27	4:57.20	5:34.72	5:34.72	4:57.20	37.93
					34.79	40.43	44.19	43.69	47.71	48.46	5:34.72	37.52			
13.	Maria Carlota Rebelo	03	119714	Nautico /Urgicentro-Sanfil	33.66	1:14.60	1:59.21	2:41.92	3:29.49	4:18.08	4:56.81	5:35.11	5:35.11	4:56.81	38.73
					33.66	40.94	44.61	42.71	47.57	48.59	5:35.11	38.30			
14.	Ana Sequeira Florindo	02	124198	Nautico /Urgicentro-Sanfil	35.88	1:18.40	2:00.91	2:41.37	3:30.56	4:20.31	4:58.63	5:35.38	5:35.38	4:58.63	38.32
					35.88	42.52	42.51	40.46	49.19	49.75	5:35.38	36.75			
15.	Constanca Filipa Rodrigues	02	118480	Benedita	34.49	1:15.92	2:00.17	2:44.46	3:32.87	4:20.82	5:00.31	5:38.21	5:38.21	5:00.31	39.49
					34.49	41.43	44.25	44.29	48.41	47.95	5:38.21	37.90			
16.	Joana Nunes Cardeal	02	124752	Academico Viseu	34.93	1:17.73	2:01.62	2:43.73	3:32.40	4:21.84	5:00.58	5:38.33	5:38.33	5:00.58	38.74
					34.93	42.80	43.89	42.11	48.67	49.44	5:38.33	37.75			
17.	Ana Rita Matos	02	127501	Geslours	35.32	1:18.64	2:01.35	2:45.02	3:33.17	4:22.61	5:02.92	5:40.43	5:40.43	5:02.92	40.31
					35.32	43.32	42.71	43.67	48.15	49.44	5:40.43	37.51			
18.	Jessica Soares Lima	02	126993	Braga	34.10	1:13.89	1:59.25	2:43.63	3:34.77	4:26.05	5:04.22	5:41.27	5:41.27	5:04.22	38.17
					34.10	39.79	45.36	44.38	51.14	51.28	5:41.27	37.05			
19.	Ariana Maia Fonseca	02	121975	Porto	36.51	1:19.86	2:04.14	2:46.82	3:37.18	4:26.44	5:04.78	5:41.90	5:41.90	5:04.78	38.34
					36.51	43.35	44.28	42.68	50.36	49.26	5:41.90	37.12			
20.	Ana Rita Ramos	02	126775	Porto	36.14	1:21.82	2:05.12	2:48.71	3:38.50	4:28.36	5:05.09	5:42.34	5:42.34	5:05.09	36.73
					36.14	45.68	43.30	43.59	49.79	49.86	5:42.34	37.25			
21.	Catarina Silva Soares	03	121977	Porto	35.89	1:19.44	2:04.64	2:48.49	3:37.20	4:26.99	5:05.89	5:43.77	5:43.77	5:05.89	38.90
					35.89	43.55	45.20	43.85	48.71	49.79	5:43.77	37.88			
22.	Alice Carmo Lourenco	02	122236	Viana Natacao	34.17	1:14.65	1:57.94	2:39.67	3:35.00	4:28.81	5:07.57	5:45.44	5:45.44	5:07.57	38.76
					34.17	40.48	43.29	41.73	55.33	53.81	5:45.44	37.87			
23.	Luana Pinto Domingues	03	123893	Ba/Bomcar	35.24	1:18.61	2:04.45	2:49.24	3:37.37	4:26.81	5:08.23	5:47.36	5:47.36	5:08.23	41.42
					35.24	43.37	45.84	44.79	48.13	49.44	5:47.36	39.13			
	Beatriz Costa Tejo	02	122103	Academica de Coimbra	34.69	1:15.17	2:02.32	2:48.34	3:38.94	4:29.93	5:09.52	5:47.36	5:47.36	5:09.52	39.59
					34.69	40.48	47.15	46.02	50.60	50.99	5:47.36	37.84			

Prova 1, Femin., 400m Estilos, Infantis

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
25.	Daniela Oliveira Rodrigues	02	118056	Natacao de Valongo	5:47.87		459
	50m: 33.48 33.48	150m: 2:01.96 47.01	250m: 3:38.62 51.09	350m: 5:10.16 38.71			
	100m: 1:14.95 41.47	200m: 2:47.53 45.57	300m: 4:31.45 52.83	400m: 5:47.87 37.71			
26.	Catarina Guimaraes Moreira	03	131755	Alges	5:48.43		457
	50m: 35.99 35.99	150m: 2:05.83 45.50	250m: 3:39.02 49.64	350m: 5:10.40 40.36			
	100m: 1:20.33 44.34	200m: 2:49.38 43.55	300m: 4:30.04 51.02	400m: 5:48.43 38.03			
27.	Joana Ribeiro Martins	03	129164	Benfica	5:48.45		457
	50m: 32.85 32.85	150m: 1:57.17 43.85	250m: 3:36.49 55.91	350m: 5:10.68 39.06			
	100m: 1:13.32 40.47	200m: 2:40.58 43.41	300m: 4:31.62 55.13	400m: 5:48.45 37.77			
28.	Eduarda Reis Silva	03	121702	Famalicao	5:48.54		456
	50m: 38.32 38.32	150m: 2:05.27 43.24	250m: 3:43.66 53.62	350m: 5:13.02 36.22			
	100m: 1:22.03 43.71	200m: 2:50.04 44.77	300m: 4:36.80 53.14	400m: 5:48.54 35.52			
29.	Sara Dias Neves	03	124217	Miranda do Corvo	5:50.67		448
	50m: 36.04 36.04	150m: 2:05.47 46.00	250m: 3:40.47 49.48	350m: 5:10.59 39.43			
	100m: 1:19.47 43.43	200m: 2:50.99 45.52	300m: 4:31.16 50.69	400m: 5:50.67 40.08			
30.	Maria Afonso Gouveia	02	126574	Sporting	5:51.66		444
	<i>FTL</i>						
	50m: 34.36 34.36	150m: 2:01.89 46.88	250m: 3:38.01 49.96	350m: 5:11.13 41.65			
	100m: 1:15.01 40.65	200m: 2:48.05 46.16	300m: 4:29.48 51.47	400m: 5:51.66 40.53			
31.	Rita Constanca Cardoso	03	121989	Porto	5:52.55		441
	50m: 37.52 37.52	150m: 2:08.56 45.91	250m: 3:44.37 50.65	350m: 5:14.42 38.87			
	100m: 1:22.65 45.13	200m: 2:53.72 45.16	300m: 4:35.55 51.18	400m: 5:52.55 38.13			
32.	Bruna Filipa Pinto	03	124126	Fundacao Beatriz Santos	5:56.54		426
	50m: 37.21 37.21	150m: 2:06.46 43.23	250m: 3:41.20 51.14	350m: 5:15.38 40.74			
	100m: 1:23.23 46.02	200m: 2:50.06 43.60	300m: 4:34.64 53.44	400m: 5:56.54 41.16			
33.	Barbara Vila Verde	02	126575	Sporting	5:56.98		425
	<i>FTL</i>						
	50m: 36.76 36.76	150m: 2:11.85 50.66	250m: 3:45.54 45.63	350m: 5:16.37 42.11			
	100m: 1:21.19 44.43	200m: 2:59.91 48.06	300m: 4:34.26 48.72	400m: 5:56.98 40.61			
34.	Joana Gualberto Barbara	02	123985	Portinado	5:57.46		423
	<i>FTL</i>						
	50m: 34.41 34.41	150m: 2:05.24 46.58	250m: 3:40.22 48.47	350m: 5:15.72 43.35			
	100m: 1:18.66 44.25	200m: 2:51.75 46.51	300m: 4:32.37 52.15	400m: 5:57.46 41.74			
35.	Ines Asseiceira Ramos	03	123618	Torres Novas	5:57.94		421
	50m: 38.22 38.22	150m: 2:09.09 46.13	250m: 3:45.70 52.33	350m: 5:19.19 40.58			
	100m: 1:22.96 44.74	200m: 2:53.37 44.28	300m: 4:38.61 52.91	400m: 5:57.94 38.75			
36.	Daniela Mascarenhas Henriques	03	128827	Gesloures	5:59.01		417
	50m: 38.98 38.98	150m: 2:14.01 47.79	250m: 3:48.96 48.51	350m: 5:21.54 40.91			
	100m: 1:26.22 47.24	200m: 3:00.45 46.44	300m: 4:40.63 51.67	400m: 5:59.01 37.47			
37.	Ana Pereira Silva	03	124810	Fafe	6:00.57		412
	50m: 37.90 37.90	150m: 2:09.98 45.93	250m: 3:46.88 51.82	350m: 5:20.33 40.30			
	100m: 1:24.05 46.15	200m: 2:55.06 45.08	300m: 4:40.03 53.15	400m: 6:00.57 40.24			
38.	Maria Freitas Castro	03	124809	Fafe	6:01.43		409
	50m: 35.75 35.75	150m: 2:10.54 46.36	250m: 3:45.73 50.73	350m: 5:20.99 43.07			
	100m: 1:24.18 48.43	200m: 2:55.00 44.46	300m: 4:37.92 52.19	400m: 6:01.43 40.44			
39.	Carolina Ferreira Catalao	03	125031	Galitos	6:12.73		373
	<i>FTL</i>						
	50m: 38.56 38.56	150m: 2:08.21 44.57	250m: 3:49.29 57.43	350m: 5:31.15 41.52			
	100m: 1:23.64 45.08	200m: 2:51.86 43.65	300m: 4:49.63 1:00.34	400m: 6:12.73 41.58			