

Prova 20 Femin., 400m Livres Infantis  
19-07-2015 - 10:40 Resultados

Rec Nac Absoluto	4:19.40	Diana Margarida Duraes	FCP	Coimbra	31-05-2015
Rec Nac Inf B	4:43.70	Alexandra Maria Silva	FCP	Funchal	27-07-1979
Rec Nac Inf A	4:31.53	Alexandra Maria Silva	FPN	Skovde (SWE)	08-08-1980

TAC-INFAF Inf A: 5:08.58 / TAC-INFBF Inf B: 5:19.80

Pontos: FINA 2015

Lugar	Nome	Ano	Licença	Clube	50m	100m	150m	200m	250m	300m	350m	400m	Tp final	TReac	Pts FINA
<b>Infantis B</b>															
1.	Mafalda Sofia Rosa	03	127310	Rio Maior	33.19	1:09.07	1:46.01	2:23.05	3:00.20	3:37.32	4:14.39	4:50.36	<b>4:50.36</b>	+0,74	556
2.	Maria Joao Pelaio	03	125333	Ginasio Figueirense	32.92	1:09.69	1:47.48	2:25.45	3:03.49	3:41.29	4:18.84	4:54.47	<b>4:54.47</b>	+0,98	533
3.	Catarina Silva Soares	03	121977	Porto	34.41	1:11.96	1:50.57	2:28.95	3:07.96	3:46.32	4:25.05	5:01.57	<b>5:01.57</b>	+0,87	496
4.	Beatriz Moreira Carvalho	03	127313	Rio Maior	33.63	1:11.44	1:50.42	2:29.98	3:09.42	3:49.22	4:28.45	5:06.45	<b>5:06.45</b>	+0,75	473
5.	Joana Ribeiro Martins	03	129164	Benfica	34.54	1:12.52	1:51.94	2:31.35	3:11.24	3:50.36	4:29.87	5:07.55	<b>5:07.55</b>	+0,98	468
6.	Sofia Maria Carneiro	03	127921	Natacao de Valongo	33.55	1:12.12	1:52.14	2:32.99	3:12.44	3:52.63	4:31.21	5:08.86	<b>5:08.86</b>	+0,89	462
7.	Beatriz Almeida Pires	03	126036	Nautico /Urgicentro-Sanfil	34.79	1:13.05	1:53.20	2:33.35	3:12.92	3:53.21	4:32.77	5:08.98	<b>5:08.98</b>	+1,01	461
8.	Eduarda Reis Silva	03	121702	Famalicao	34.83	1:12.93	1:52.46	2:31.74	3:12.37	3:52.48	4:32.42	5:09.74	<b>5:09.74</b>	+0,88	458
9.	Rita Constanca Cardoso	03	121989	Porto	35.43	1:14.99	1:54.60	2:34.89	3:14.64	3:54.61	4:32.87	5:11.21	<b>5:11.21</b>	+0,74	452
10.	Francisca Soares Martins	03	126504	Foca	34.08	1:13.33	1:53.45	2:33.78	3:14.03	3:54.39	4:33.75	5:11.75	<b>5:11.75</b>	+0,85	449
11.	Adriana Freixo Barbosa	03	123710	Viana Natacao	34.03	1:12.69	1:53.13	2:33.14	3:13.98	3:54.21	4:34.15	5:11.94	<b>5:11.94</b>	+1,01	448
12.	Luana Pinto Domingues	03	123893	Ba/Bomcar	34.71	1:14.04	1:54.25	2:34.45	3:14.57	3:54.88	4:34.43	5:12.45	<b>5:12.45</b>		446
13.	Ines Matos Sousa	03	125190	Nautico /Urgicentro-Sanfil	35.71	1:14.66	1:54.66	2:35.16	3:15.04	3:55.17	4:34.49	5:13.26	<b>5:13.26</b>		443
14.	Carolina Ferreira Catalao	03	125031	Galitos	35.54	1:14.89	1:55.12	2:35.68	3:15.94	3:56.67	4:37.10	5:16.23	<b>5:16.23</b>	+0,67	430

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

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts FINA
15.	Ines Filipa Jacinto	03	126698	Ba/Bomcar	<b>5:18.17</b>	+0,74	423
	50m: 35.30 35.30	150m: 1:55.26	40.38	250m: 3:16.89	40.77	350m: 4:38.24	40.41
	100m: 1:14.88 39.58	200m: 2:36.12	40.86	300m: 3:57.83	40.94	400m: 5:18.17	39.93
16.	Beatriz Picanco Martins	03	127247	Benfica	<b>5:18.61</b>	+0,95	421
	50m: 35.44 35.44	150m: 1:55.99	40.53	250m: 3:17.45	40.43	350m: 4:39.35	41.12
	100m: 1:15.46 40.02	200m: 2:37.02	41.03	300m: 3:58.23	40.78	400m: 5:18.61	39.26
17.	Matilde Vieira Pais FTL	03	121859	Galitos	<b>5:20.94</b>	+0,99	412
	50m: 35.49 35.49	150m: 1:57.41	41.36	250m: 3:20.38	41.03	350m: 4:43.65	40.98
	100m: 1:16.05 40.56	200m: 2:39.35	41.94	300m: 4:02.67	42.29	400m: 5:20.94	37.29
18.	Beatriz Sousa Valente FTL	03	127077	Natacao Olhao	<b>5:21.58</b>	+0,80	409
	50m: 37.24 37.24	150m: 1:59.55	41.68	250m: 3:23.38	42.07	350m: 4:44.94	39.48
	100m: 1:17.87 40.63	200m: 2:41.31	41.76	300m: 4:05.46	42.08	400m: 5:21.58	36.64
19.	Maria Crista Jesus FTL	03	126849	Louletano / Loule Concelho	<b>5:27.03</b>	+0,70	389
	50m: 34.56 34.56	150m: 1:57.76	42.20	250m: 3:23.48	42.72	350m: 4:47.82	42.46
	100m: 1:15.56 41.00	200m: 2:40.76	43.00	300m: 4:05.36	41.88	400m: 5:27.03	39.21

Infantis A

1.	Alexandra Couto Frazao	02	125426	Amadora	<b>4:34.74</b>	+0,81	657
	50m: 32.18 32.18	150m: 1:41.17	34.75	250m: 2:51.35	34.96	350m: 4:01.19	34.74
	100m: 1:06.42 34.24	200m: 2:16.39	35.22	300m: 3:26.45	35.10	400m: 4:34.74	33.55
2.	Ana Reis Sousa	02	122440	Litoral Alentejano	<b>4:44.26</b>	+0,73	593
	50m: 32.28 32.28	150m: 1:44.34	36.57	250m: 2:57.83	36.86	350m: 4:09.57	35.93
	100m: 1:07.77 35.49	200m: 2:20.97	36.63	300m: 3:33.64	35.81	400m: 4:44.26	34.69
3.	Ana Sofia Pina	02	125639	O Crasto	<b>4:48.92</b>	+0,92	565
	50m: 32.54 32.54	150m: 1:45.61	37.27	250m: 3:00.56	37.46	350m: 4:14.38	36.67
	100m: 1:08.34 35.80	200m: 2:23.10	37.49	300m: 3:37.71	37.15	400m: 4:48.92	34.54
4.	Catia Iordan Agostinho	02	127312	Rio Maior	<b>4:48.96</b>	+0,67	564
	50m: 32.75 32.75	150m: 1:45.45	36.81	250m: 3:00.03	37.28	350m: 4:14.22	36.88
	100m: 1:08.64 35.89	200m: 2:22.75	37.30	300m: 3:37.34	37.31	400m: 4:48.96	34.74
5.	Clara Gomes Pereira	02	124393	Alges	<b>4:49.03</b>	+0,83	564
	50m: 32.75 32.75	150m: 1:45.09	36.86	250m: 2:59.55	37.26	350m: 4:13.76	37.19
	100m: 1:08.23 35.48	200m: 2:22.29	37.20	300m: 3:36.57	37.02	400m: 4:49.03	35.27
6.	Leonor Camacho Fernandes	02	126576	Sporting	<b>4:49.20</b>	+0,90	563
	50m: 31.65 31.65	150m: 1:44.73	37.55	250m: 2:59.36	37.58	350m: 4:13.59	37.13
	100m: 1:07.18 35.53	200m: 2:21.78	37.05	300m: 3:36.46	37.10	400m: 4:49.20	35.61
7.	Jessica Soares Lima	02	126993	Braga	<b>4:50.09</b>		558
	50m: 32.42 32.42	150m: 1:43.79	36.38	250m: 2:58.31	37.44	350m: 4:13.37	37.46
	100m: 1:07.41 34.99	200m: 2:20.87	37.08	300m: 3:35.91	37.60	400m: 4:50.09	36.72
8.	Mariana Fernandes Barbosa	02	121985	Porto	<b>4:50.10</b>	+0,89	558
	50m: 32.89 32.89	150m: 1:45.73	37.19	250m: 3:00.26	37.34	350m: 4:14.90	37.00
	100m: 1:08.54 35.65	200m: 2:22.92	37.19	300m: 3:37.90	37.64	400m: 4:50.10	35.20
9.	Margarida Cabral Monteiro	02	117474	Galitos	<b>4:51.50</b>	+0,71	550
	50m: 34.67 34.67	150m: 1:48.61	37.48	250m: 3:01.84	36.50	350m: 4:15.87	36.80
	100m: 1:11.13 36.46	200m: 2:25.34	36.73	300m: 3:39.07	37.23	400m: 4:51.50	35.63
10.	Mariana Sousa Maia	02	118219	Famalicao	<b>4:53.06</b>	+0,84	541
	50m: 33.20 33.20	150m: 1:46.53	37.68	250m: 3:01.73	37.80	350m: 4:17.14	37.72
	100m: 1:08.85 35.65	200m: 2:23.93	37.40	300m: 3:39.42	37.69	400m: 4:53.06	35.92

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

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts FINA
11.	Ana Sequeira Florindo	02	124198	Nautico /Urgicentro-Sanfil	<b>4:53.55</b>	+0,82	538
	50m: 33.34 33.34		150m: 1:47.56 37.62	250m: 3:02.57 37.54	350m: 4:17.49 37.44		37.44
	100m: 1:09.94 36.60		200m: 2:25.03 37.47	300m: 3:40.05 37.48	400m: 4:53.55 36.06		36.06
12.	Mariana Amaral Mendes	02	123959	Colegio Monte Maior	<b>4:54.77</b>	+0,90	532
	50m: 34.09 34.09		150m: 1:49.12 37.69	250m: 3:04.10 37.27	350m: 4:19.18 37.01		37.01
	100m: 1:11.43 37.34		200m: 2:26.83 37.71	300m: 3:42.17 38.07	400m: 4:54.77 35.59		35.59
13.	Maria Miguel Melo	02	126771	Galitos	<b>4:55.47</b>	+0,87	528
	50m: 33.70 33.70		150m: 1:47.73 37.37	250m: 3:04.11 38.61	350m: 4:19.46 37.86		37.86
	100m: 1:10.36 36.66		200m: 2:25.50 37.77	300m: 3:41.60 37.49	400m: 4:55.47 36.01		36.01
14.	Beatriz Aires Brandao	02	125145	Desportiva de Viana	<b>4:57.25</b>		518
	50m: 32.31 32.31		150m: 1:45.78 37.49	250m: 3:02.65 38.67	350m: 4:20.02 38.79		38.79
	100m: 1:08.29 35.98		200m: 2:23.98 38.20	300m: 3:41.23 38.58	400m: 4:57.25 37.23		37.23
15.	Ana Ferreira Costa	02	123876	Nautico Marinha Grande	<b>4:57.56</b>	+0,79	517
	50m: 33.35 33.35		150m: 1:47.62 37.86	250m: 3:04.07 38.37	350m: 4:20.87 38.33		38.33
	100m: 1:09.76 36.41		200m: 2:25.70 38.08	300m: 3:42.54 38.47	400m: 4:57.56 36.69		36.69
16.	Joana Filipa Varandas	02	124305	Desporto de Setubal	<b>4:58.54</b>	+0,94	512
	50m: 33.90 33.90		150m: 1:48.58 37.88	250m: 3:05.50 38.55	350m: 4:21.73 37.98		37.98
	100m: 1:10.70 36.80		200m: 2:26.95 38.37	300m: 3:43.75 38.25	400m: 4:58.54 36.81		36.81
17.	Francisca Costa Carneiro	02	118218	Famalicao	<b>4:58.74</b>	+0,81	511
	50m: 33.60 33.60		150m: 1:47.77 37.73	250m: 3:04.67 38.55	350m: 4:21.36 38.32		38.32
	100m: 1:10.04 36.44		200m: 2:26.12 38.35	300m: 3:43.04 38.37	400m: 4:58.74 37.38		37.38
18.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	<b>4:59.00</b>	+0,84	509
	50m: 32.80 32.80		150m: 1:47.28 37.83	250m: 3:04.06 38.66	350m: 4:21.55 38.59		38.59
	100m: 1:09.45 36.65		200m: 2:25.40 38.12	300m: 3:42.96 38.90	400m: 4:59.00 37.45		37.45
19.	Ana Margarida Leite	02	123141	Fafe	<b>5:01.65</b>	+1,05	496
	50m: 34.00 34.00		150m: 1:49.05 37.80	250m: 3:05.53 37.95	350m: 4:23.44 39.00		39.00
	100m: 1:11.25 37.25		200m: 2:27.58 38.53	300m: 3:44.44 38.91	400m: 5:01.65 38.21		38.21
20.	Isis Sousa Severino	02	123970	Louletano / Loule Concelho	<b>5:01.94</b>	+0,71	495
	50m: 33.46 33.46		150m: 1:50.18 39.47	250m: 3:08.93 39.44	350m: 4:26.17 38.54		38.54
	100m: 1:10.71 37.25		200m: 2:29.49 39.31	300m: 3:47.63 38.70	400m: 5:01.94 35.77		35.77
21.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	<b>5:03.59</b>	+0,81	487
	50m: 33.57 33.57		150m: 1:49.49 39.07	250m: 3:07.99 39.62	350m: 4:26.52 39.13		39.13
	100m: 1:10.42 36.85		200m: 2:28.37 38.88	300m: 3:47.39 39.40	400m: 5:03.59 37.07		37.07
22.	Mariana Filipa Moreira	02	125777	Natacao de Valongo	<b>5:04.06</b>	+0,86	484
	50m: 32.92 32.92		150m: 1:49.44 39.15	250m: 3:08.60 39.47	350m: 4:26.59 38.72		38.72
	100m: 1:10.29 37.37		200m: 2:29.13 39.69	300m: 3:47.87 39.27	400m: 5:04.06 37.47		37.47
23.	Ines Sofia Ferreira	02	125029	Galitos	<b>5:04.20</b>	+0,74	484
	50m: 33.61 33.61		150m: 1:51.13 39.20	250m: 3:09.63 39.04	350m: 4:27.27 38.50		38.50
	100m: 1:11.93 38.32		200m: 2:30.59 39.46	300m: 3:48.77 39.14	400m: 5:04.20 36.93		36.93
24.	Constanca Filipa Rodrigues	02	118480	Benedita	<b>5:04.34</b>	+0,80	483
	50m: 34.36 34.36		150m: 1:52.18 39.39	250m: 3:10.68 39.01	350m: 4:27.72 38.57		38.57
	100m: 1:12.79 38.43		200m: 2:31.67 39.49	300m: 3:49.15 38.47	400m: 5:04.34 36.62		36.62
25.	Elisa Sauval Goncalves	02	124069	Natacao Olhao	<b>5:04.84</b>	+0,83	481
	50m: 32.52 32.52		150m: 1:47.72 38.70	250m: 3:06.91 39.65	350m: 4:26.44 39.55		39.55
	100m: 1:09.02 36.50		200m: 2:27.26 39.54	300m: 3:46.89 39.98	400m: 5:04.84 38.40		38.40
26.	Sara Caseiro Portugal	02	123178	Fundacao Beatriz Santos	<b>5:04.90</b>		480
	50m: 34.81 34.81		150m: 1:52.93 39.47	250m: 3:10.82 38.47	350m: 4:27.81 37.92		37.92
	100m: 1:13.46 38.65		200m: 2:32.35 39.42	300m: 3:49.89 39.07	400m: 5:04.90 37.09		37.09
27.	Daniela Oliveira Rodrigues	02	118056	Natacao de Valongo	<b>5:07.00</b>	+0,80	470
	50m: 34.21 34.21		150m: 1:50.28 39.42	250m: 3:09.80 40.01	350m: 4:29.37 39.99		39.99
	100m: 1:10.86 36.65		200m: 2:29.79 39.51	300m: 3:49.38 39.58	400m: 5:07.00 37.63		37.63

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

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts FINA	
28.	Carolina Ganhao Ferro	02	126267	Gesloures	<b>5:07.22</b>	+0,73	469	
	50m: 33.68 33.68	150m: 1:50.82 39.60	250m: 3:10.25 40.05	350m: 4:30.31 39.80	100m: 1:11.22 37.54	200m: 2:30.20 39.38	300m: 3:50.51 40.26	400m: 5:07.22 36.91
29.	Maria de Castro Tome	02	122200	Sporting de Aveiro	<b>5:07.55</b>		468	
	50m: 34.23 34.23	150m: 1:51.05 38.61	250m: 3:09.89 38.98	350m: 4:28.85 39.35	100m: 1:12.44 38.21	200m: 2:30.91 39.86	300m: 3:49.50 39.61	400m: 5:07.55 38.70
30.	Ariana Maia Fonseca	02	121975	Porto	<b>5:07.93</b>	+0,75	466	
	50m: 34.42 34.42	150m: 1:51.50 39.13	250m: 3:10.51 39.56	350m: 4:29.72 39.31	100m: 1:12.37 37.95	200m: 2:30.95 39.45	300m: 3:50.41 39.90	400m: 5:07.93 38.21
31.	Beatriz Costa Tejo	02	122103	Academica de Coimbra	<b>5:08.37</b>	+0,75	464	
	50m: 35.01 35.01	150m: 1:52.96 39.46	250m: 3:12.18 39.86	350m: 4:30.96 39.19	100m: 1:13.50 38.49	200m: 2:32.32 39.36	300m: 3:51.77 39.59	400m: 5:08.37 37.41
32.	Ana Rita Queiroz	02	124441	Fundacao Beatriz Santos	<b>5:08.51</b>	+0,66	464	
	50m: 34.44 34.44	150m: 1:52.34 39.70	250m: 3:12.18 40.14	350m: 4:31.48 39.58	100m: 1:12.64 38.20	200m: 2:32.04 39.70	300m: 3:51.90 39.72	400m: 5:08.51 37.03
33.	Ana Correia Ferreira	02	126869	Nautico Marinha Grande	<b>5:08.56</b>	+0,78	463	
	50m: 33.25 33.25	150m: 1:51.42 39.65	250m: 3:12.29 40.35	350m: 4:31.52 39.34	100m: 1:11.77 38.52	200m: 2:31.94 40.52	300m: 3:52.18 39.89	400m: 5:08.56 37.04
34.	Rita Alexandra Campos	02	120820	Porto	<b>5:08.81</b>	+0,82	462	
	<i>FTL</i> 50m: 34.00 34.00	150m: 1:53.01 39.83	250m: 3:12.07 39.34	350m: 4:30.89 39.22	100m: 1:13.18 39.18	200m: 2:32.73 39.72	300m: 3:51.67 39.60	400m: 5:08.81 37.92
35.	Joana Sofia Machado	02	127918	Natacao de Valongo	<b>5:08.98</b>	+0,83	461	
	<i>FTL</i> 50m: 33.22 33.22	150m: 1:50.17 39.70	250m: 3:11.23 40.39	350m: 4:31.73 40.48	100m: 1:10.47 37.25	200m: 2:30.84 40.67	300m: 3:51.25 40.02	400m: 5:08.98 37.25
36.	Filipa Cardigo Fitas	02	122377	20Km de Almeirim	<b>5:09.51</b>	+0,79	459	
	<i>FTL</i> 50m: 33.97 33.97	150m: 1:52.42 39.69	250m: 3:12.24 39.56	350m: 4:31.56 39.23	100m: 1:12.73 38.76	200m: 2:32.68 40.26	300m: 3:52.33 40.09	400m: 5:09.51 37.95
37.	Filipa Viamonte Fernandes	02	122198	Vitoria de Guimaraes/Olicargo	<b>5:09.56</b>	+0,93	459	
	<i>FTL</i> 50m: 33.83 33.83	150m: 1:52.10 40.35	250m: 3:11.93 39.63	350m: 4:31.11 39.55	100m: 1:11.75 37.92	200m: 2:32.30 40.20	300m: 3:51.56 39.63	400m: 5:09.56 38.45
38.	Carolina Ferreira Reis	02	118566	Nautico /Urgicentro-Sanfil	<b>5:10.16</b>	+0,74	456	
	<i>FTL</i> 50m: 34.64 34.64	150m: 1:53.25 39.76	250m: 3:12.20 39.42	350m: 4:31.57 39.58	100m: 1:13.49 38.85	200m: 2:32.78 39.53	300m: 3:51.99 39.79	400m: 5:10.16 38.59
DNS	Catarina Salome Andias	02	125847	Sporting de Aveiro				

Infantis

1.	Alexandra Couto Frazao	02	125426	Amadora	<b>4:34.74</b>	+0,81	657	
	50m: 32.18 32.18	150m: 1:41.17 34.75	250m: 2:51.35 34.96	350m: 4:01.19 34.74	100m: 1:06.42 34.24	200m: 2:16.39 35.22	300m: 3:26.45 35.10	400m: 4:34.74 33.55
2.	Ana Reis Sousa	02	122440	Litoral Alentejano	<b>4:44.26</b>	+0,73	593	
	50m: 32.28 32.28	150m: 1:44.34 36.57	250m: 2:57.83 36.86	350m: 4:09.57 35.93	100m: 1:07.77 35.49	200m: 2:20.97 36.63	300m: 3:33.64 35.81	400m: 4:44.26 34.69
3.	Ana Sofia Pina	02	125639	O Crasto	<b>4:48.92</b>	+0,92	565	
	50m: 32.54 32.54	150m: 1:45.61 37.27	250m: 3:00.56 37.46	350m: 4:14.38 36.67	100m: 1:08.34 35.80	200m: 2:23.10 37.49	300m: 3:37.71 37.15	400m: 4:48.92 34.54

Prova 20, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts FINA
4.	Catia Iordan Agostinho	02	127312	Rio Maior	<b>4:48.96</b>	+0,67	564
	50m: 32.75 32.75	150m: 1:45.45	36.81	250m: 3:00.03	37.28	350m: 4:14.22	36.88
	100m: 1:08.64 35.89	200m: 2:22.75	37.30	300m: 3:37.34	37.31	400m: 4:48.96	34.74
5.	Clara Gomes Pereira	02	124393	Alges	<b>4:49.03</b>	+0,83	564
	50m: 32.75 32.75	150m: 1:45.09	36.86	250m: 2:59.55	37.26	350m: 4:13.76	37.19
	100m: 1:08.23 35.48	200m: 2:22.29	37.20	300m: 3:36.57	37.02	400m: 4:49.03	35.27
6.	Leonor Camacho Fernandes	02	126576	Sporting	<b>4:49.20</b>	+0,90	563
	50m: 31.65 31.65	150m: 1:44.73	37.55	250m: 2:59.36	37.58	350m: 4:13.59	37.13
	100m: 1:07.18 35.53	200m: 2:21.78	37.05	300m: 3:36.46	37.10	400m: 4:49.20	35.61
7.	Jessica Soares Lima	02	126993	Braga	<b>4:50.09</b>		558
	50m: 32.42 32.42	150m: 1:43.79	36.38	250m: 2:58.31	37.44	350m: 4:13.37	37.46
	100m: 1:07.41 34.99	200m: 2:20.87	37.08	300m: 3:35.91	37.60	400m: 4:50.09	36.72
8.	Mariana Fernandes Barbosa	02	121985	Porto	<b>4:50.10</b>	+0,89	558
	50m: 32.89 32.89	150m: 1:45.73	37.19	250m: 3:00.26	37.34	350m: 4:14.90	37.00
	100m: 1:08.54 35.65	200m: 2:22.92	37.19	300m: 3:37.90	37.64	400m: 4:50.10	35.20
9.	Mafalda Sofia Rosa	03	127310	Rio Maior	<b>4:50.36</b>	+0,74	556
	50m: 33.19 33.19	150m: 1:46.01	36.94	250m: 3:00.20	37.15	350m: 4:14.39	37.07
	100m: 1:09.07 35.88	200m: 2:23.05	37.04	300m: 3:37.32	37.12	400m: 4:50.36	35.97
10.	Margarida Cabral Monteiro	02	117474	Galitos	<b>4:51.50</b>	+0,71	550
	50m: 34.67 34.67	150m: 1:48.61	37.48	250m: 3:01.84	36.50	350m: 4:15.87	36.80
	100m: 1:11.13 36.46	200m: 2:25.34	36.73	300m: 3:39.07	37.23	400m: 4:51.50	35.63
11.	Mariana Sousa Maia	02	118219	Famalicao	<b>4:53.06</b>	+0,84	541
	50m: 33.20 33.20	150m: 1:46.53	37.68	250m: 3:01.73	37.80	350m: 4:17.14	37.72
	100m: 1:08.85 35.65	200m: 2:23.93	37.40	300m: 3:39.42	37.69	400m: 4:53.06	35.92
12.	Ana Sequeira Florindo	02	124198	Nautico /Urgicentro-Sanfil	<b>4:53.55</b>	+0,82	538
	50m: 33.34 33.34	150m: 1:47.56	37.62	250m: 3:02.57	37.54	350m: 4:17.49	37.44
	100m: 1:09.94 36.60	200m: 2:25.03	37.47	300m: 3:40.05	37.48	400m: 4:53.55	36.06
13.	Maria Joao Pelaio	03	125333	Ginasio Figueirense	<b>4:54.47</b>	+0,98	533
	50m: 32.92 32.92	150m: 1:47.48	37.79	250m: 3:03.49	38.04	350m: 4:18.84	37.55
	100m: 1:09.69 36.77	200m: 2:25.45	37.97	300m: 3:41.29	37.80	400m: 4:54.47	35.63
14.	Mariana Amaral Mendes	02	123959	Colegio Monte Maior	<b>4:54.77</b>	+0,90	532
	50m: 34.09 34.09	150m: 1:49.12	37.69	250m: 3:04.10	37.27	350m: 4:19.18	37.01
	100m: 1:11.43 37.34	200m: 2:26.83	37.71	300m: 3:42.17	38.07	400m: 4:54.77	35.59
15.	Maria Miguel Melo	02	126771	Galitos	<b>4:55.47</b>	+0,87	528
	50m: 33.70 33.70	150m: 1:47.73	37.37	250m: 3:04.11	38.61	350m: 4:19.46	37.86
	100m: 1:10.36 36.66	200m: 2:25.50	37.77	300m: 3:41.60	37.49	400m: 4:55.47	36.01
16.	Beatriz Aires Brandao	02	125145	Desportiva de Viana	<b>4:57.25</b>		518
	50m: 32.31 32.31	150m: 1:45.78	37.49	250m: 3:02.65	38.67	350m: 4:20.02	38.79
	100m: 1:08.29 35.98	200m: 2:23.98	38.20	300m: 3:41.23	38.58	400m: 4:57.25	37.23
17.	Ana Ferreira Costa	02	123876	Nautico Marinha Grande	<b>4:57.56</b>	+0,79	517
	50m: 33.35 33.35	150m: 1:47.62	37.86	250m: 3:04.07	38.37	350m: 4:20.87	38.33
	100m: 1:09.76 36.41	200m: 2:25.70	38.08	300m: 3:42.54	38.47	400m: 4:57.56	36.69
18.	Joana Filipa Varandas	02	124305	Desporto de Setubal	<b>4:58.54</b>	+0,94	512
	50m: 33.90 33.90	150m: 1:48.58	37.88	250m: 3:05.50	38.55	350m: 4:21.73	37.98
	100m: 1:10.70 36.80	200m: 2:26.95	38.37	300m: 3:43.75	38.25	400m: 4:58.54	36.81
19.	Francisca Costa Carneiro	02	118218	Famalicao	<b>4:58.74</b>	+0,81	511
	50m: 33.60 33.60	150m: 1:47.77	37.73	250m: 3:04.67	38.55	350m: 4:21.36	38.32
	100m: 1:10.04 36.44	200m: 2:26.12	38.35	300m: 3:43.04	38.37	400m: 4:58.74	37.38
20.	Ana Catarina Magalhaes	02	119092	Lousada SXXI	<b>4:59.00</b>	+0,84	509
	50m: 32.80 32.80	150m: 1:47.28	37.83	250m: 3:04.06	38.66	350m: 4:21.55	38.59
	100m: 1:09.45 36.65	200m: 2:25.40	38.12	300m: 3:42.96	38.90	400m: 4:59.00	37.45



Prova 20, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	50m	100m	150m	200m	250m	300m	350m	400m	Tp final	TReac	Pts FINA
21.	Catarina Silva Soares	03	121977	Porto	34.41	34.41	1:50.57	2:28.95	3:07.96	39.01	4:25.05	5:01.57	<b>5:01.57</b>	+0,87	496
					34.41	37.55	38.61	38.38	39.01	38.36	4:25.05	5:01.57			38.73
															36.52
22.	Ana Margarida Leite	02	123141	Fafe	34.00	34.00	1:49.05	2:27.58	3:05.53	37.95	4:23.44	5:01.65	<b>5:01.65</b>	+1,05	496
					34.00	37.25	37.80	38.53	37.95	38.91	4:23.44	5:01.65			39.00
															38.21
23.	Isis Sousa Severino	02	123970	Louletano / Loule Concelho	33.46	33.46	1:50.18	2:29.49	3:08.93	39.44	4:26.17	5:01.94	<b>5:01.94</b>	+0,71	495
					33.46	37.25	39.47	39.31	38.70	38.70	4:26.17	5:01.94			38.54
															35.77
24.	Carolina Silverio Carpinteiro	02	119481	Natacao do Tejo	33.57	33.57	1:49.49	2:28.37	3:07.99	39.62	4:26.52	5:03.59	<b>5:03.59</b>	+0,81	487
					33.57	36.85	39.07	38.88	39.62	39.40	4:26.52	5:03.59			39.13
															37.07
25.	Mariana Filipa Moreira	02	125777	Natacao de Valongo	32.92	32.92	1:49.44	2:29.13	3:08.60	39.47	4:26.59	5:04.06	<b>5:04.06</b>	+0,86	484
					32.92	37.37	39.15	39.69	39.47	39.27	4:26.59	5:04.06			38.72
															37.47
26.	Ines Sofia Ferreira	02	125029	Galitos	33.61	33.61	1:51.13	2:30.59	3:09.63	39.04	4:27.27	5:04.20	<b>5:04.20</b>	+0,74	484
					33.61	38.32	39.20	39.46	39.04	39.14	4:27.27	5:04.20			38.50
															36.93
27.	Constanca Filipa Rodrigues	02	118480	Benedita	34.36	34.36	1:52.18	2:31.67	3:10.68	39.01	4:27.72	5:04.34	<b>5:04.34</b>	+0,80	483
					34.36	38.43	39.39	39.49	39.01	38.47	4:27.72	5:04.34			38.57
															36.62
28.	Elisa Sauval Goncalves	02	124069	Natacao Olhao	32.52	32.52	1:47.72	2:27.26	3:06.91	39.65	4:26.44	5:04.84	<b>5:04.84</b>	+0,83	481
					32.52	36.50	38.70	39.54	39.65	39.98	4:26.44	5:04.84			39.55
															38.40
29.	Sara Caseiro Portugal	02	123178	Fundacao Beatriz Santos	34.81	34.81	1:52.93	2:32.35	3:10.82	38.47	4:27.81	5:04.90	<b>5:04.90</b>		480
					34.81	38.65	39.47	39.42	38.47	39.07	4:27.81	5:04.90			37.92
															37.09
30.	Beatriz Moreira Carvalho	03	127313	Rio Maior	33.63	33.63	1:50.42	2:29.98	3:09.42	39.44	4:28.45	5:06.45	<b>5:06.45</b>	+0,75	473
					33.63	37.81	38.98	39.56	39.44	39.80	4:28.45	5:06.45			39.23
															38.00
31.	Daniela Oliveira Rodrigues	02	118056	Natacao de Valongo	34.21	34.21	1:50.28	2:29.79	3:09.80	40.01	4:29.37	5:07.00	<b>5:07.00</b>	+0,80	470
					34.21	36.65	39.42	39.51	40.01	39.58	4:29.37	5:07.00			39.99
															37.63
32.	Carolina Ganhao Ferro	02	126267	Geslourses	33.68	33.68	1:50.82	2:30.20	3:10.25	40.05	4:30.31	5:07.22	<b>5:07.22</b>	+0,73	469
					33.68	37.54	39.60	39.38	40.05	40.26	4:30.31	5:07.22			39.80
															36.91
33.	Joana Ribeiro Martins	03	129164	Benfica	34.54	34.54	1:51.94	2:31.35	3:11.24	39.89	4:29.87	5:07.55	<b>5:07.55</b>	+0,98	468
					34.54	37.98	39.42	39.41	39.89	39.12	4:29.87	5:07.55			39.51
															37.68
	Maria de Castro Tome	02	122200	Sporting de Aveiro	34.23	34.23	1:51.05	2:30.91	3:09.89	38.98	4:28.85	5:07.55	<b>5:07.55</b>		468
					34.23	38.21	38.61	39.86	38.98	39.61	4:28.85	5:07.55			39.35
															38.70
35.	Ariana Maia Fonseca	02	121975	Porto	34.42	34.42	1:51.50	2:30.95	3:10.51	39.56	4:29.72	5:07.93	<b>5:07.93</b>	+0,75	466
					34.42	37.95	39.13	39.45	39.56	39.90	4:29.72	5:07.93			39.31
															38.21
36.	Beatriz Costa Tejo	02	122103	Academica de Coimbra	35.01	35.01	1:52.96	2:32.32	3:12.18	39.86	4:30.96	5:08.37	<b>5:08.37</b>	+0,75	464
					35.01	38.49	39.46	39.36	39.86	39.59	4:30.96	5:08.37			39.19
															37.41
37.	Ana Rita Queiroz	02	124441	Fundacao Beatriz Santos	34.44	34.44	1:52.34	2:32.04	3:12.18	40.14	4:31.48	5:08.51	<b>5:08.51</b>	+0,66	464
					34.44	38.20	39.70	39.70	40.14	39.72	4:31.48	5:08.51			39.58
															37.03

Prova 20, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts FINA
38.	Ana Correia Ferreira	02	126869	Nautico Marinha Grande	<b>5:08.56</b>	+0,78	463
	50m: 33.25 33.25	150m: 1:51.42	39.65	250m: 3:12.29	40.35	350m: 4:31.52	39.34
	100m: 1:11.77 38.52	200m: 2:31.94	40.52	300m: 3:52.18	39.89	400m: 5:08.56	37.04
39.	Rita Alexandra Campos	02	120820	Porto	<b>5:08.81</b>	+0,82	462
	<i>FTL</i>						
	50m: 34.00 34.00	150m: 1:53.01	39.83	250m: 3:12.07	39.34	350m: 4:30.89	39.22
	100m: 1:13.18 39.18	200m: 2:32.73	39.72	300m: 3:51.67	39.60	400m: 5:08.81	37.92
40.	Sofia Maria Carneiro	03	127921	Natacao de Valongo	<b>5:08.86</b>	+0,89	462
	50m: 33.55 33.55	150m: 1:52.14	40.02	250m: 3:12.44	39.45	350m: 4:31.21	38.58
	100m: 1:12.12 38.57	200m: 2:32.99	40.85	300m: 3:52.63	40.19	400m: 5:08.86	37.65
41.	Beatriz Almeida Pires	03	126036	Nautico /Urgicentro-Sanfil	<b>5:08.98</b>	+1,01	461
	50m: 34.79 34.79	150m: 1:53.20	40.15	250m: 3:12.92	39.57	350m: 4:32.77	39.56
	100m: 1:13.05 38.26	200m: 2:33.35	40.15	300m: 3:53.21	40.29	400m: 5:08.98	36.21
	Joana Sofia Machado	02	127918	Natacao de Valongo	<b>5:08.98</b>	+0,83	461
	<i>FTL</i>						
	50m: 33.22 33.22	150m: 1:50.17	39.70	250m: 3:11.23	40.39	350m: 4:31.73	40.48
	100m: 1:10.47 37.25	200m: 2:30.84	40.67	300m: 3:51.25	40.02	400m: 5:08.98	37.25
43.	Filipa Cardigo Fitas	02	122377	20Km de Almeirim	<b>5:09.51</b>	+0,79	459
	<i>FTL</i>						
	50m: 33.97 33.97	150m: 1:52.42	39.69	250m: 3:12.24	39.56	350m: 4:31.56	39.23
	100m: 1:12.73 38.76	200m: 2:32.68	40.26	300m: 3:52.33	40.09	400m: 5:09.51	37.95
44.	Filipa Viamonte Fernandes	02	122198	Vitoria de Guimaraes/Olicargo	<b>5:09.56</b>	+0,93	459
	<i>FTL</i>						
	50m: 33.83 33.83	150m: 1:52.10	40.35	250m: 3:11.93	39.63	350m: 4:31.11	39.55
	100m: 1:11.75 37.92	200m: 2:32.30	40.20	300m: 3:51.56	39.63	400m: 5:09.56	38.45
45.	Eduarda Reis Silva	03	121702	Famalicao	<b>5:09.74</b>	+0,88	458
	50m: 34.83 34.83	150m: 1:52.46	39.53	250m: 3:12.37	40.63	350m: 4:32.42	39.94
	100m: 1:12.93 38.10	200m: 2:31.74	39.28	300m: 3:52.48	40.11	400m: 5:09.74	37.32
46.	Carolina Ferreira Reis	02	118566	Nautico /Urgicentro-Sanfil	<b>5:10.16</b>	+0,74	456
	<i>FTL</i>						
	50m: 34.64 34.64	150m: 1:53.25	39.76	250m: 3:12.20	39.42	350m: 4:31.57	39.58
	100m: 1:13.49 38.85	200m: 2:32.78	39.53	300m: 3:51.99	39.79	400m: 5:10.16	38.59
47.	Rita Constanca Cardoso	03	121989	Porto	<b>5:11.21</b>	+0,74	452
	50m: 35.43 35.43	150m: 1:54.60	39.61	250m: 3:14.64	39.75	350m: 4:32.87	38.26
	100m: 1:14.99 39.56	200m: 2:34.89	40.29	300m: 3:54.61	39.97	400m: 5:11.21	38.34
48.	Francisca Soares Martins	03	126504	Foca	<b>5:11.75</b>	+0,85	449
	50m: 34.08 34.08	150m: 1:53.45	40.12	250m: 3:14.03	40.25	350m: 4:33.75	39.36
	100m: 1:13.33 39.25	200m: 2:33.78	40.33	300m: 3:54.39	40.36	400m: 5:11.75	38.00
49.	Adriana Freixo Barbosa	03	123710	Viana Natacao	<b>5:11.94</b>	+1,01	448
	50m: 34.03 34.03	150m: 1:53.13	40.44	250m: 3:13.98	40.84	350m: 4:34.15	39.94
	100m: 1:12.69 38.66	200m: 2:33.14	40.01	300m: 3:54.21	40.23	400m: 5:11.94	37.79
50.	Luana Pinto Domingues	03	123893	Ba/Bomcar	<b>5:12.45</b>		446
	50m: 34.71 34.71	150m: 1:54.25	40.21	250m: 3:14.57	40.12	350m: 4:34.43	39.55
	100m: 1:14.04 39.33	200m: 2:34.45	40.20	300m: 3:54.88	40.31	400m: 5:12.45	38.02
51.	Ines Matos Sousa	03	125190	Nautico /Urgicentro-Sanfil	<b>5:13.26</b>		443
	50m: 35.71 35.71	150m: 1:54.66	40.00	250m: 3:15.04	39.88	350m: 4:34.49	39.32
	100m: 1:14.66 38.95	200m: 2:35.16	40.50	300m: 3:55.17	40.13	400m: 5:13.26	38.77
52.	Carolina Ferreira Catalao	03	125031	Galitos	<b>5:16.23</b>	+0,67	430
	50m: 35.54 35.54	150m: 1:55.12	40.23	250m: 3:15.94	40.26	350m: 4:37.10	40.43
	100m: 1:14.89 39.35	200m: 2:35.68	40.56	300m: 3:56.67	40.73	400m: 5:16.23	39.13

Prova 20, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts FINA
53.	Ines Filipa Jacinto	03	126698	Ba/Bomcar	<b>5:18.17</b>	+0,74	423
	50m: 35.30 35.30	150m: 1:55.26	40.38	250m: 3:16.89	40.77	350m: 4:38.24	40.41
	100m: 1:14.88 39.58	200m: 2:36.12	40.86	300m: 3:57.83	40.94	400m: 5:18.17	39.93
54.	Beatriz Picanco Martins	03	127247	Benfica	<b>5:18.61</b>	+0,95	421
	50m: 35.44 35.44	150m: 1:55.99	40.53	250m: 3:17.45	40.43	350m: 4:39.35	41.12
	100m: 1:15.46 40.02	200m: 2:37.02	41.03	300m: 3:58.23	40.78	400m: 5:18.61	39.26
55.	Matilde Vieira Pais	03	121859	Galitos	<b>5:20.94</b>	+0,99	412
	<i>FTL</i>						
	50m: 35.49 35.49	150m: 1:57.41	41.36	250m: 3:20.38	41.03	350m: 4:43.65	40.98
	100m: 1:16.05 40.56	200m: 2:39.35	41.94	300m: 4:02.67	42.29	400m: 5:20.94	37.29
56.	Beatriz Sousa Valente	03	127077	Natacao Olhao	<b>5:21.58</b>	+0,80	409
	<i>FTL</i>						
	50m: 37.24 37.24	150m: 1:59.55	41.68	250m: 3:23.38	42.07	350m: 4:44.94	39.48
	100m: 1:17.87 40.63	200m: 2:41.31	41.76	300m: 4:05.46	42.08	400m: 5:21.58	36.64
57.	Maria Crista Jesus	03	126849	Louletano / Loule Concelho	<b>5:27.03</b>	+0,70	389
	<i>FTL</i>						
	50m: 34.56 34.56	150m: 1:57.76	42.20	250m: 3:23.48	42.72	350m: 4:47.82	42.46
	100m: 1:15.56 41.00	200m: 2:40.76	43.00	300m: 4:05.36	41.88	400m: 5:27.03	39.21
DNS	Catarina Salome Andias	02	125847	Sporting de Aveiro			