

Prova 7 Femin., 800m Livres Infantis
18-07-2015 - 9:30 Resultados

Rec Nac Absoluto	8:45.53	Tamila Hryhorivna Holub	POR	Coimbra	30-05-2015
Rec Nac Inf B	9:30.42	Filipa Vilas Ruivo	DNMG	S. João da Madeira	25-07-2009
Rec Nac Inf A	9:14.85	Alexandra Maria Silva	FPN	Skovde (SWE)	10-08-1980

TAC-INFAF Inf A: 10:32.49 / TAC-INFBF Inf B: 10:55.49

Pontos: FINA 2015

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
Infantis B							
1.	Mafalda Sofia Rosa	03	127310	Rio Maior	9:48.49	+0,75	580
	50m: 33.82 33.82	250m: 3:01.26	37.17	450m: 5:30.08	37.16	650m: 7:58.82	37.11
	100m: 1:10.13 36.31	300m: 3:38.54	37.28	500m: 6:07.35	37.27	700m: 8:35.80	36.98
	150m: 1:46.88 36.75	350m: 4:15.81	37.27	550m: 6:44.68	37.33	750m: 9:12.81	37.01
	200m: 2:24.09 37.21	400m: 4:52.92	37.11	600m: 7:21.71	37.03	800m: 9:48.49	35.68
2.	Maria Joao Pelaio	03	125333	Ginasio Figueirense	10:04.27	+0,87	536
	50m: 32.83 32.83	250m: 3:03.01	38.03	450m: 5:36.71	38.44	650m: 8:11.08	38.29
	100m: 1:09.83 37.00	300m: 3:41.44	38.43	500m: 6:15.28	38.57	700m: 8:49.69	38.61
	150m: 1:47.10 37.27	350m: 4:19.73	38.29	550m: 6:54.07	38.79	750m: 9:27.37	37.68
	200m: 2:24.98 37.88	400m: 4:58.27	38.54	600m: 7:32.79	38.72	800m: 10:04.27	36.90
3.	Beatriz Moreira Carvalho	03	127313	Rio Maior	10:20.82	+0,76	494
	50m: 33.93 33.93	250m: 3:09.60	39.03	450m: 5:47.65	39.24	650m: 8:26.13	39.48
	100m: 1:11.90 37.97	300m: 3:49.67	40.07	500m: 6:27.58	39.93	700m: 9:05.52	39.39
	150m: 1:51.00 39.10	350m: 4:28.90	39.23	550m: 7:07.49	39.91	750m: 9:43.30	37.78
	200m: 2:30.57 39.57	400m: 5:08.41	39.51	600m: 7:46.65	39.16	800m: 10:20.82	37.52
4.	Catarina Silva Soares	03	121977	Porto	10:21.44	+0,96	493
	50m: 34.69 34.69	250m: 3:11.08	39.21	450m: 5:48.73	39.74	650m: 8:26.29	39.36
	100m: 1:12.98 38.29	300m: 3:50.27	39.19	500m: 6:28.36	39.63	700m: 9:05.86	39.57
	150m: 1:52.43 39.45	350m: 4:29.61	39.34	550m: 7:07.77	39.41	750m: 9:44.18	38.32
	200m: 2:31.87 39.44	400m: 5:08.99	39.38	600m: 7:46.93	39.16	800m: 10:21.44	37.26
5.	Adriana Freixo Barbosa	03	123710	Viana Natacao	10:32.41	+1,09	468
	50m: 34.35 34.35	250m: 3:13.78	40.46	450m: 5:55.06	40.19	650m: 8:34.81	39.86
	100m: 1:13.06 38.71	300m: 3:53.92	40.14	500m: 6:34.70	39.64	700m: 9:14.28	39.47
	150m: 1:53.45 40.39	350m: 4:34.74	40.82	550m: 7:15.03	40.33	750m: 9:54.69	40.41
	200m: 2:33.32 39.87	400m: 5:14.87	40.13	600m: 7:54.95	39.92	800m: 10:32.41	37.72
6.	Beatriz Almeida Pires	03	126036	Nautico /Urgicentro-Sanfil	10:34.31		463
	50m: 35.90 35.90	250m: 3:16.42	40.54	450m: 5:58.03	40.27	650m: 8:38.23	39.72
	100m: 1:15.38 39.48	300m: 3:56.69	40.27	500m: 6:38.24	40.21	700m: 9:18.34	40.11
	150m: 1:55.15 39.77	350m: 4:36.89	40.20	550m: 7:18.37	40.13	750m: 9:57.06	38.72
	200m: 2:35.88 40.73	400m: 5:17.76	40.87	600m: 7:58.51	40.14	800m: 10:34.31	37.25
7.	Rita Constanca Cardoso	03	121989	Porto	10:38.18		455
	50m: 35.93 35.93	250m: 3:16.22	40.31	450m: 5:58.67	40.20	650m: 8:40.18	40.04
	100m: 1:15.17 39.24	300m: 3:56.85	40.63	500m: 6:39.70	41.03	700m: 9:19.57	39.39
	150m: 1:55.59 40.42	350m: 4:37.66	40.81	550m: 7:19.81	40.11	750m: 9:58.87	39.30
	200m: 2:35.91 40.32	400m: 5:18.47	40.81	600m: 8:00.14	40.33	800m: 10:38.18	39.31
8.	Francisca Soares Martins	03	126504	Foca	10:42.90	+0,93	445
	50m: 34.84 34.84	250m: 3:15.05	40.12	450m: 5:58.10	40.88	650m: 8:43.03	40.56
	100m: 1:13.91 39.07	300m: 3:55.37	40.32	500m: 6:39.19	41.09	700m: 9:23.91	40.88
	150m: 1:54.72 40.81	350m: 4:36.45	41.08	550m: 7:20.92	41.73	750m: 10:04.55	40.64
	200m: 2:34.93 40.21	400m: 5:17.22	40.77	600m: 8:02.47	41.55	800m: 10:42.90	38.35
9.	Luana Pinto Domingues	03	123893	Ba/Bomcar	10:43.03	+0,74	445
	50m: 35.40 35.40	250m: 3:16.36	41.11	450m: 6:00.40	41.34	650m: 8:44.31	40.55
	100m: 1:14.49 39.09	300m: 3:56.95	40.59	500m: 6:41.73	41.33	700m: 9:25.30	40.99
	150m: 1:54.73 40.24	350m: 4:38.18	41.23	550m: 7:22.91	41.18	750m: 10:05.53	40.23
	200m: 2:35.25 40.52	400m: 5:19.06	40.88	600m: 8:03.76	40.85	800m: 10:43.03	37.50

Prova 7, Femin., 800m Livres, Infantis B

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts
10.	Sofia Maria Carneiro	03	127921	Natacao de Valongo	10:43.28	+0,84	444
	50m: 34.61 34.61	250m: 3:15.25	40.62	450m: 6:00.39	41.19	650m: 8:45.15	41.86
	100m: 1:13.39 38.78	300m: 3:56.64	41.39	500m: 6:41.08	40.69	700m: 9:25.85	40.70
	150m: 1:53.82 40.43	350m: 4:39.02	42.38	550m: 7:22.33	41.25	750m: 10:05.70	39.85
	200m: 2:34.63 40.81	400m: 5:19.20	40.18	600m: 8:03.29	40.96	800m: 10:43.28	37.58
11.	Ines Matos Sousa	03	125190	Nautico /Urgicentro-Sanfil	10:43.33	+0,94	444
	50m: 35.40 35.40	250m: 3:16.96	40.56	450m: 5:59.89	40.28	650m: 8:43.10	40.89
	100m: 1:14.56 39.16	300m: 3:58.27	41.31	500m: 6:40.82	40.93	700m: 9:23.51	40.41
	150m: 1:55.36 40.80	350m: 4:39.08	40.81	550m: 7:21.83	41.01	750m: 10:03.83	40.32
	200m: 2:36.40 41.04	400m: 5:19.61	40.53	600m: 8:02.21	40.38	800m: 10:43.33	39.50
12.	Ines Oliveira Andre	03	129247	Nautico Marinha Grande	10:53.84	+0,83	423
	50m: 35.70 35.70	250m: 3:18.90	41.34	450m: 6:04.15	41.57	650m: 8:50.26	40.96
	100m: 1:15.53 39.83	300m: 4:00.04	41.14	500m: 6:45.40	41.25	700m: 9:31.45	41.19
	150m: 1:55.73 40.20	350m: 4:41.16	41.12	550m: 7:27.80	42.40	750m: 10:12.86	41.41
	200m: 2:37.56 41.83	400m: 5:22.58	41.42	600m: 8:09.30	41.50	800m: 10:53.84	40.98
13.	Matilde Vieira Pais FTL	03	121859	Galitos	11:06.56	+1,03	399
	50m: 36.60 36.60	250m: 3:23.21	42.26	450m: 6:13.30	42.22	650m: 9:02.93	41.43
	100m: 1:17.42 40.82	300m: 4:06.24	43.03	500m: 6:56.40	43.10	700m: 9:45.31	42.38
	150m: 1:58.83 41.41	350m: 4:48.64	42.40	550m: 7:38.60	42.20	750m: 10:26.16	40.85
	200m: 2:40.95 42.12	400m: 5:31.08	42.44	600m: 8:21.50	42.90	800m: 11:06.56	40.40

Infantis A

1.	Alexandra Couto Frazao	02	125426	Amadora	9:31.50	+0,83	634
	50m: 32.50 32.50	250m: 2:55.37	36.49	450m: 5:19.59	36.00	650m: 7:44.33	36.33
	100m: 1:07.61 35.11	300m: 3:31.35	35.98	500m: 5:55.41	35.82	700m: 8:20.50	36.17
	150m: 1:43.18 35.57	350m: 4:07.68	36.33	550m: 6:31.80	36.39	750m: 8:56.81	36.31
	200m: 2:18.88 35.70	400m: 4:43.59	35.91	600m: 7:08.00	36.20	800m: 9:31.50	34.69
2.	Catia Iordan Agostinho	02	127312	Rio Maior	9:49.51	+0,73	577
	50m: 33.38 33.38	250m: 3:01.59	37.31	450m: 5:31.23	37.43	650m: 8:00.34	37.11
	100m: 1:09.61 36.23	300m: 3:38.93	37.34	500m: 6:08.68	37.45	700m: 8:37.68	37.34
	150m: 1:47.07 37.46	350m: 4:16.50	37.57	550m: 6:45.81	37.13	750m: 9:14.19	36.51
	200m: 2:24.28 37.21	400m: 4:53.80	37.30	600m: 7:23.23	37.42	800m: 9:49.51	35.32
3.	Mariana Amaral Mendes	02	123959	Colegio Monte Maior	9:49.81	+0,97	576
	50m: 33.91 33.91	250m: 3:02.81	37.33	450m: 5:32.83	37.22	650m: 8:02.51	37.61
	100m: 1:10.68 36.77	300m: 3:40.29	37.48	500m: 6:09.93	37.10	700m: 8:39.41	36.90
	150m: 1:48.08 37.40	350m: 4:17.91	37.62	550m: 6:47.36	37.43	750m: 9:15.94	36.53
	200m: 2:25.48 37.40	400m: 4:55.61	37.70	600m: 7:24.90	37.54	800m: 9:49.81	33.87
4.	Mariana Fernandes Barbosa	02	121985	Porto	9:49.98	+0,84	576
	50m: 32.63 32.63	250m: 3:01.09	37.57	450m: 5:31.04	37.57	650m: 8:01.40	37.58
	100m: 1:08.70 36.07	300m: 3:38.24	37.15	500m: 6:08.91	37.87	700m: 8:38.57	37.17
	150m: 1:46.08 37.38	350m: 4:16.00	37.76	550m: 6:46.63	37.72	750m: 9:15.13	36.56
	200m: 2:23.52 37.44	400m: 4:53.47	37.47	600m: 7:23.82	37.19	800m: 9:49.98	34.85
5.	Leonor Camacho Fernandes	02	126576	Sporting	9:56.16	+0,87	558
	50m: 32.14 32.14	250m: 3:00.36	37.90	450m: 5:30.71	38.10	650m: 8:01.46	37.93
	100m: 1:07.67 35.53	300m: 3:37.27	36.91	500m: 6:08.32	37.61	700m: 8:38.68	37.22
	150m: 1:45.34 37.67	350m: 4:15.41	38.14	550m: 6:46.35	38.03	750m: 9:17.49	38.81
	200m: 2:22.46 37.12	400m: 4:52.61	37.20	600m: 7:23.53	37.18	800m: 9:56.16	38.67
6.	Rafaela Gomes Azevedo	02	122048	Alges	9:58.74	+0,87	551
	50m: 33.15 33.15	250m: 3:03.22	37.88	450m: 5:35.31	38.00	650m: 8:08.11	37.83
	100m: 1:09.95 36.80	300m: 3:41.38	38.16	500m: 6:13.71	38.40	700m: 8:45.93	37.82
	150m: 1:47.55 37.60	350m: 4:19.24	37.86	550m: 6:52.00	38.29	750m: 9:22.90	36.97
	200m: 2:25.34 37.79	400m: 4:57.31	38.07	600m: 7:30.28	38.28	800m: 9:58.74	35.84

Prova 7, Femin., 800m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts
7.	Margarida Cabral Monteiro	02	117474	Galitos	10:02.18		542
	50m: 33.53 33.53	250m: 3:02.94	37.81	450m: 5:36.46	38.22	650m: 8:09.77	36.99
	100m: 1:10.05 36.52	300m: 3:41.02	38.08	500m: 6:15.68	39.22	700m: 8:48.23	38.46
	150m: 1:47.29 37.24	350m: 4:19.45	38.43	550m: 6:54.31	38.63	750m: 9:25.46	37.23
	200m: 2:25.13 37.84	400m: 4:58.24	38.79	600m: 7:32.78	38.47	800m: 10:02.18	36.72
8.	Mariana Sousa Maia	02	118219	Famalicao	10:02.63	+0,81	540
	50m: 33.28 33.28	250m: 3:02.90	38.60	450m: 5:36.97	39.13	650m: 8:10.62	38.37
	100m: 1:09.47 36.19	300m: 3:40.88	37.98	500m: 6:14.95	37.98	700m: 8:48.62	38.00
	150m: 1:46.90 37.43	350m: 4:19.26	38.38	550m: 6:53.94	38.99	750m: 9:27.33	38.71
	200m: 2:24.30 37.40	400m: 4:57.84	38.58	600m: 7:32.25	38.31	800m: 10:02.63	35.30
9.	Jessica Soares Lima	02	126993	Braga	10:07.64	+0,86	527
	50m: 32.30 32.30	250m: 3:03.34	38.86	450m: 5:37.87	38.41	650m: 8:12.99	38.51
	100m: 1:08.23 35.93	300m: 3:41.87	38.53	500m: 6:16.61	38.74	700m: 8:51.75	38.76
	150m: 1:46.23 38.00	350m: 4:20.81	38.94	550m: 6:55.51	38.90	750m: 9:30.16	38.41
	200m: 2:24.48 38.25	400m: 4:59.46	38.65	600m: 7:34.48	38.97	800m: 10:07.64	37.48
10.	Francisca Costa Carneiro	02	118218	Famalicao	10:09.19	+0,81	523
	50m: 34.00 34.00	250m: 3:06.27	38.48	450m: 5:39.86	38.23	650m: 8:15.16	39.35
	100m: 1:10.94 36.94	300m: 3:44.78	38.51	500m: 6:18.11	38.25	700m: 8:53.78	38.62
	150m: 1:49.71 38.77	350m: 4:23.16	38.38	550m: 6:56.74	38.63	750m: 9:31.69	37.91
	200m: 2:27.79 38.08	400m: 5:01.63	38.47	600m: 7:35.81	39.07	800m: 10:09.19	37.50
11.	Ana Margarida Leite	02	123141	Fafe	10:16.70	+0,97	504
	50m: 34.10 34.10	250m: 3:08.93	39.20	450m: 5:44.56	38.29	650m: 8:20.99	38.57
	100m: 1:11.99 37.89	300m: 3:48.28	39.35	500m: 6:23.79	39.23	700m: 9:00.30	39.31
	150m: 1:50.60 38.61	350m: 4:27.75	39.47	550m: 7:03.20	39.41	750m: 9:38.50	38.20
	200m: 2:29.73 39.13	400m: 5:06.27	38.52	600m: 7:42.42	39.22	800m: 10:16.70	38.20
12.	Ana Sequeira Florindo	02	124198	Nautico /Urgicentro-Sanfil	10:17.13	+0,83	503
	50m: 33.79 33.79	250m: 3:08.46	39.25	450m: 5:44.74	38.98	650m: 8:22.15	39.35
	100m: 1:11.44 37.65	300m: 3:47.81	39.35	500m: 6:24.16	39.42	700m: 9:01.05	38.90
	150m: 1:50.55 39.11	350m: 4:26.85	39.04	550m: 7:03.67	39.51	750m: 9:40.02	38.97
	200m: 2:29.21 38.66	400m: 5:05.76	38.91	600m: 7:42.80	39.13	800m: 10:17.13	37.11
13.	Joana Filipa Varandas	02	124305	Desporto de Setubal	10:19.52	+0,92	497
	50m: 34.21 34.21	250m: 3:10.61	39.22	450m: 5:48.30	39.18	650m: 8:25.19	38.72
	100m: 1:12.53 38.32	300m: 3:50.06	39.45	500m: 6:27.73	39.43	700m: 9:04.24	39.05
	150m: 1:51.67 39.14	350m: 4:29.62	39.56	550m: 7:06.76	39.03	750m: 9:42.31	38.07
	200m: 2:31.39 39.72	400m: 5:09.12	39.50	600m: 7:46.47	39.71	800m: 10:19.52	37.21
14.	Constanca Filipa Rodrigues	02	118480	Benedita	10:20.49	+0,85	495
	50m: 34.13 34.13	250m: 3:10.83	39.65	450m: 5:48.62	39.27	650m: 8:25.54	39.07
	100m: 1:12.31 38.18	300m: 3:50.01	39.18	500m: 6:27.73	39.11	700m: 9:04.67	39.13
	150m: 1:51.57 39.26	350m: 4:29.63	39.62	550m: 7:07.21	39.48	750m: 9:43.25	38.58
	200m: 2:31.18 39.61	400m: 5:09.35	39.72	600m: 7:46.47	39.26	800m: 10:20.49	37.24
15.	Ana Rita Queiroz	02	124441	Fundacao Beatriz Santos	10:24.78		485
	50m: 34.60 34.60	250m: 3:11.93	39.44	450m: 5:51.93	39.45	650m: 8:28.94	38.42
	100m: 1:13.37 38.77	300m: 3:52.25	40.32	500m: 6:31.81	39.88	700m: 9:08.45	39.51
	150m: 1:52.11 38.74	350m: 4:31.71	39.46	550m: 7:11.11	39.30	750m: 9:47.43	38.98
	200m: 2:32.49 40.38	400m: 5:12.48	40.77	600m: 7:50.52	39.41	800m: 10:24.78	37.35
16.	Elisa Sauval Goncalves	02	124069	Natacao Olhao	10:25.53	+0,83	483
	50m: 32.91 32.91	250m: 3:07.46	39.70	450m: 5:46.01	39.82	650m: 8:26.30	40.17
	100m: 1:09.65 36.74	300m: 3:46.33	38.87	500m: 6:25.69	39.68	700m: 9:06.74	40.44
	150m: 1:48.54 38.89	350m: 4:26.30	39.97	550m: 7:05.88	40.19	750m: 9:46.84	40.10
	200m: 2:27.76 39.22	400m: 5:06.19	39.89	600m: 7:46.13	40.25	800m: 10:25.53	38.69
17.	Ines Sofia Ferreira	02	125029	Galitos	10:26.12	+0,82	482
	50m: 33.97 33.97	250m: 3:09.69	39.35	450m: 5:49.34	39.96	650m: 8:30.81	39.93
	100m: 1:12.32 38.35	300m: 3:49.79	40.10	500m: 6:29.82	40.48	700m: 9:10.59	39.78
	150m: 1:51.23 38.91	350m: 4:29.04	39.25	550m: 7:10.26	40.44	750m: 9:49.81	39.22
	200m: 2:30.34 39.11	400m: 5:09.38	40.34	600m: 7:50.88	40.62	800m: 10:26.12	36.31

Prova 7, Femin., 800m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
18.	Ana Correia Ferreira	02	126869	Nautico Marinha Grande	10:26.24	+0,78	481
	50m: 33.33 33.33	250m: 3:09.41	39.62	450m: 5:49.38	39.72	650m: 8:30.06	40.05
	100m: 1:11.03 37.70	300m: 3:49.13	39.72	500m: 6:30.20	40.82	700m: 9:10.06	40.00
	150m: 1:50.22 39.19	350m: 4:29.54	40.41	550m: 7:10.22	40.02	750m: 9:49.34	39.28
	200m: 2:29.79 39.57	400m: 5:09.66	40.12	600m: 7:50.01	39.79	800m: 10:26.24	36.90
19.	Mariana Filipa Moreira	02	125777	Natacao de Valongo	10:27.42	+0,88	479
	50m: 33.48 33.48	250m: 3:12.08	40.71	450m: 5:52.49	40.05	650m: 8:32.03	39.56
	100m: 1:11.90 38.42	300m: 3:52.03	39.95	500m: 6:32.58	40.09	700m: 9:11.47	39.44
	150m: 1:51.60 39.70	350m: 4:32.11	40.08	550m: 7:12.36	39.78	750m: 9:49.74	38.27
	200m: 2:31.37 39.77	400m: 5:12.44	40.33	600m: 7:52.47	40.11	800m: 10:27.42	37.68
20.	Ana Rita Ramos	02	126775	Porto	10:28.58	+0,95	476
	50m: 34.21 34.21	250m: 3:11.46	40.17	450m: 5:51.47	39.71	650m: 8:31.07	40.13
	100m: 1:11.92 37.71	300m: 3:51.60	40.14	500m: 6:31.42	39.95	700m: 9:10.99	39.92
	150m: 1:51.37 39.45	350m: 4:31.80	40.20	550m: 7:11.39	39.97	750m: 9:50.39	39.40
	200m: 2:31.29 39.92	400m: 5:11.76	39.96	600m: 7:50.94	39.55	800m: 10:28.58	38.19
21.	Ana Daniela Espingardeiro	02	122368	Naval Praia da Vitoria	10:32.43	+0,71	467
	50m: 35.26 35.26	250m: 3:13.96	40.03	450m: 5:54.21	39.88	650m: 8:33.71	40.26
	100m: 1:14.36 39.10	300m: 3:54.02	40.06	500m: 6:34.00	39.79	700m: 9:13.92	40.21
	150m: 1:54.39 40.03	350m: 4:34.04	40.02	550m: 7:13.55	39.55	750m: 9:53.87	39.95
	200m: 2:33.93 39.54	400m: 5:14.33	40.29	600m: 7:53.45	39.90	800m: 10:32.43	38.56
22.	Filipa Cardigo Fitas FTL	02	122377	20Km de Almeirim	10:34.77	+0,86	462
	50m: 35.23 35.23	250m: 3:14.65	40.77	450m: 5:56.29	40.25	650m: 8:37.19	40.37
	100m: 1:13.45 38.22	300m: 3:55.21	40.56	500m: 6:36.55	40.26	700m: 9:17.38	40.19
	150m: 1:53.75 40.30	350m: 4:35.90	40.69	550m: 7:16.45	39.90	750m: 9:56.16	38.78
	200m: 2:33.88 40.13	400m: 5:16.04	40.14	600m: 7:56.82	40.37	800m: 10:34.77	38.61
23.	Ariana Maia Fonseca FTL	02	121975	Porto	10:35.30	+0,78	461
	50m: 34.99 34.99	250m: 3:14.38	40.45	450m: 5:54.58	39.59	650m: 8:35.93	40.32
	100m: 1:13.92 38.93	300m: 3:54.66	40.28	500m: 6:34.77	40.19	700m: 9:16.03	40.10
	150m: 1:53.83 39.91	350m: 4:34.74	40.08	550m: 7:15.21	40.44	750m: 9:55.90	39.87
	200m: 2:33.93 40.10	400m: 5:14.99	40.25	600m: 7:55.61	40.40	800m: 10:35.30	39.40
24.	Rita Alexandra Campos FTL	02	120820	Porto	10:37.47	+0,89	456
	50m: 35.62 35.62	250m: 3:16.19	40.58	450m: 5:57.73	40.06	650m: 8:38.27	39.84
	100m: 1:15.38 39.76	300m: 3:56.58	40.39	500m: 6:38.01	40.28	700m: 9:18.39	40.12
	150m: 1:55.23 39.85	350m: 4:36.91	40.33	550m: 7:18.13	40.12	750m: 9:58.06	39.67
	200m: 2:35.61 40.38	400m: 5:17.67	40.76	600m: 7:58.43	40.30	800m: 10:37.47	39.41
25.	Carolina Barros Domingos FTL	02	126585	Sporting	10:37.49	+1,00	456
	50m: 34.46 34.46	250m: 3:12.71	40.57	450m: 5:55.18	40.57	650m: 8:37.58	40.72
	100m: 1:12.29 37.83	300m: 3:53.38	40.67	500m: 6:35.79	40.61	700m: 9:18.04	40.46
	150m: 1:51.90 39.61	350m: 4:33.91	40.53	550m: 7:16.18	40.39	750m: 9:58.22	40.18
	200m: 2:32.14 40.24	400m: 5:14.61	40.70	600m: 7:56.86	40.68	800m: 10:37.49	39.27
26.	Carolina Ferreira Reis FTL	02	118566	Nautico /Urgicentro-Sanfil	10:41.08	+0,74	449
	50m: 34.91 34.91	250m: 3:12.28	40.00	450m: 5:52.28	40.09	650m: 8:33.16	41.42
	100m: 1:13.29 38.38	300m: 3:52.31	40.03	500m: 6:32.36	40.08	700m: 9:15.80	42.64
	150m: 1:52.42 39.13	350m: 4:31.61	39.30	550m: 7:11.04	38.68	750m: 9:58.99	43.19
	200m: 2:32.28 39.86	400m: 5:12.19	40.58	600m: 7:51.74	40.70	800m: 10:41.08	42.09

Prova 7, Femin., 800m Livres

Infantis

1. Alexandra Couto Frazao	02	125426	Amadora	9:31.50	+0,83	634
50m: 32.50 32.50	250m: 2:55.37 36.49	450m: 5:19.59 36.00	650m: 7:44.33 36.33			
100m: 1:07.61 35.11	300m: 3:31.35 35.98	500m: 5:55.41 35.82	700m: 8:20.50 36.17			
150m: 1:43.18 35.57	350m: 4:07.68 36.33	550m: 6:31.80 36.39	750m: 8:56.81 36.31			
200m: 2:18.88 35.70	400m: 4:43.59 35.91	600m: 7:08.00 36.20	800m: 9:31.50 34.69			
2. Mafalda Sofia Rosa	03	127310	Rio Maior	9:48.49	+0,75	580
50m: 33.82 33.82	250m: 3:01.26 37.17	450m: 5:30.08 37.16	650m: 7:58.82 37.11			
100m: 1:10.13 36.31	300m: 3:38.54 37.28	500m: 6:07.35 37.27	700m: 8:35.80 36.98			
150m: 1:46.88 36.75	350m: 4:15.81 37.27	550m: 6:44.68 37.33	750m: 9:12.81 37.01			
200m: 2:24.09 37.21	400m: 4:52.92 37.11	600m: 7:21.71 37.03	800m: 9:48.49 35.68			
3. Catia Iordan Agostinho	02	127312	Rio Maior	9:49.51	+0,73	577
50m: 33.38 33.38	250m: 3:01.59 37.31	450m: 5:31.23 37.43	650m: 8:00.34 37.11			
100m: 1:09.61 36.23	300m: 3:38.93 37.34	500m: 6:08.68 37.45	700m: 8:37.68 37.34			
150m: 1:47.07 37.46	350m: 4:16.50 37.57	550m: 6:45.81 37.13	750m: 9:14.19 36.51			
200m: 2:24.28 37.21	400m: 4:53.80 37.30	600m: 7:23.23 37.42	800m: 9:49.51 35.32			
4. Mariana Amaral Mendes	02	123959	Colegio Monte Maior	9:49.81	+0,97	576
50m: 33.91 33.91	250m: 3:02.81 37.33	450m: 5:32.83 37.22	650m: 8:02.51 37.61			
100m: 1:10.68 36.77	300m: 3:40.29 37.48	500m: 6:09.93 37.10	700m: 8:39.41 36.90			
150m: 1:48.08 37.40	350m: 4:17.91 37.62	550m: 6:47.36 37.43	750m: 9:15.94 36.53			
200m: 2:25.48 37.40	400m: 4:55.61 37.70	600m: 7:24.90 37.54	800m: 9:49.81 33.87			
5. Mariana Fernandes Barbosa	02	121985	Porto	9:49.98	+0,84	576
50m: 32.63 32.63	250m: 3:01.09 37.57	450m: 5:31.04 37.57	650m: 8:01.40 37.58			
100m: 1:08.70 36.07	300m: 3:38.24 37.15	500m: 6:08.91 37.87	700m: 8:38.57 37.17			
150m: 1:46.08 37.38	350m: 4:16.00 37.76	550m: 6:46.63 37.72	750m: 9:15.13 36.56			
200m: 2:23.52 37.44	400m: 4:53.47 37.47	600m: 7:23.82 37.19	800m: 9:49.98 34.85			
6. Leonor Camacho Fernandes	02	126576	Sporting	9:56.16	+0,87	558
50m: 32.14 32.14	250m: 3:00.36 37.90	450m: 5:30.71 38.10	650m: 8:01.46 37.93			
100m: 1:07.67 35.53	300m: 3:37.27 36.91	500m: 6:08.32 37.61	700m: 8:38.68 37.22			
150m: 1:45.34 37.67	350m: 4:15.41 38.14	550m: 6:46.35 38.03	750m: 9:17.49 38.81			
200m: 2:22.46 37.12	400m: 4:52.61 37.20	600m: 7:23.53 37.18	800m: 9:56.16 38.67			
7. Rafaela Gomes Azevedo	02	122048	Alges	9:58.74	+0,87	551
50m: 33.15 33.15	250m: 3:03.22 37.88	450m: 5:35.31 38.00	650m: 8:08.11 37.83			
100m: 1:09.95 36.80	300m: 3:41.38 38.16	500m: 6:13.71 38.40	700m: 8:45.93 37.82			
150m: 1:47.55 37.60	350m: 4:19.24 37.86	550m: 6:52.00 38.29	750m: 9:22.90 36.97			
200m: 2:25.34 37.79	400m: 4:57.31 38.07	600m: 7:30.28 38.28	800m: 9:58.74 35.84			
8. Margarida Cabral Monteiro	02	117474	Galitos	10:02.18		542
50m: 33.53 33.53	250m: 3:02.94 37.81	450m: 5:36.46 38.22	650m: 8:09.77 36.99			
100m: 1:10.05 36.52	300m: 3:41.02 38.08	500m: 6:15.68 39.22	700m: 8:48.23 38.46			
150m: 1:47.29 37.24	350m: 4:19.45 38.43	550m: 6:54.31 38.63	750m: 9:25.46 37.23			
200m: 2:25.13 37.84	400m: 4:58.24 38.79	600m: 7:32.78 38.47	800m: 10:02.18 36.72			
9. Mariana Sousa Maia	02	118219	Famalicao	10:02.63	+0,81	540
50m: 33.28 33.28	250m: 3:02.90 38.60	450m: 5:36.97 39.13	650m: 8:10.62 38.37			
100m: 1:09.47 36.19	300m: 3:40.88 37.98	500m: 6:14.95 37.98	700m: 8:48.62 38.00			
150m: 1:46.90 37.43	350m: 4:19.26 38.38	550m: 6:53.94 38.99	750m: 9:27.33 38.71			
200m: 2:24.30 37.40	400m: 4:57.84 38.58	600m: 7:32.25 38.31	800m: 10:02.63 35.30			
10. Maria Joao Pelaio	03	125333	Ginasio Figueirense	10:04.27	+0,87	536
50m: 32.83 32.83	250m: 3:03.01 38.03	450m: 5:36.71 38.44	650m: 8:11.08 38.29			
100m: 1:09.83 37.00	300m: 3:41.44 38.43	500m: 6:15.28 38.57	700m: 8:49.69 38.61			
150m: 1:47.10 37.27	350m: 4:19.73 38.29	550m: 6:54.07 38.79	750m: 9:27.37 37.68			
200m: 2:24.98 37.88	400m: 4:58.27 38.54	600m: 7:32.79 38.72	800m: 10:04.27 36.90			
11. Jessica Soares Lima	02	126993	Braga	10:07.64	+0,86	527
50m: 32.30 32.30	250m: 3:03.34 38.86	450m: 5:37.87 38.41	650m: 8:12.99 38.51			
100m: 1:08.23 35.93	300m: 3:41.87 38.53	500m: 6:16.61 38.74	700m: 8:51.75 38.76			
150m: 1:46.23 38.00	350m: 4:20.81 38.94	550m: 6:55.51 38.90	750m: 9:30.16 38.41			
200m: 2:24.48 38.25	400m: 4:59.46 38.65	600m: 7:34.48 38.97	800m: 10:07.64 37.48			

Prova 7, Femin., 800m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	TP final	TReac	Pts
12.	Francisca Costa Carneiro	02	118218	Famalicao	10:09.19	+0,81	523
	50m: 34.00 34.00	250m: 3:06.27	38.48	450m: 5:39.86	38.23	650m: 8:15.16	39.35
	100m: 1:10.94 36.94	300m: 3:44.78	38.51	500m: 6:18.11	38.25	700m: 8:53.78	38.62
	150m: 1:49.71 38.77	350m: 4:23.16	38.38	550m: 6:56.74	38.63	750m: 9:31.69	37.91
	200m: 2:27.79 38.08	400m: 5:01.63	38.47	600m: 7:35.81	39.07	800m: 10:09.19	37.50
13.	Ana Margarida Leite	02	123141	Fafe	10:16.70	+0,97	504
	50m: 34.10 34.10	250m: 3:08.93	39.20	450m: 5:44.56	38.29	650m: 8:20.99	38.57
	100m: 1:11.99 37.89	300m: 3:48.28	39.35	500m: 6:23.79	39.23	700m: 9:00.30	39.31
	150m: 1:50.60 38.61	350m: 4:27.75	39.47	550m: 7:03.20	39.41	750m: 9:38.50	38.20
	200m: 2:29.73 39.13	400m: 5:06.27	38.52	600m: 7:42.42	39.22	800m: 10:16.70	38.20
14.	Ana Sequeira Florindo	02	124198	Nautico /Urgicentro-Sanfil	10:17.13	+0,83	503
	50m: 33.79 33.79	250m: 3:08.46	39.25	450m: 5:44.74	38.98	650m: 8:22.15	39.35
	100m: 1:11.44 37.65	300m: 3:47.81	39.35	500m: 6:24.16	39.42	700m: 9:01.05	38.90
	150m: 1:50.55 39.11	350m: 4:26.85	39.04	550m: 7:03.67	39.51	750m: 9:40.02	38.97
	200m: 2:29.21 38.66	400m: 5:05.76	38.91	600m: 7:42.80	39.13	800m: 10:17.13	37.11
15.	Joana Filipa Varandas	02	124305	Desporto de Setubal	10:19.52	+0,92	497
	50m: 34.21 34.21	250m: 3:10.61	39.22	450m: 5:48.30	39.18	650m: 8:25.19	38.72
	100m: 1:12.53 38.32	300m: 3:50.06	39.45	500m: 6:27.73	39.43	700m: 9:04.24	39.05
	150m: 1:51.67 39.14	350m: 4:29.62	39.56	550m: 7:06.76	39.03	750m: 9:42.31	38.07
	200m: 2:31.39 39.72	400m: 5:09.12	39.50	600m: 7:46.47	39.71	800m: 10:19.52	37.21
16.	Constanca Filipa Rodrigues	02	118480	Benedita	10:20.49	+0,85	495
	50m: 34.13 34.13	250m: 3:10.83	39.65	450m: 5:48.62	39.27	650m: 8:25.54	39.07
	100m: 1:12.31 38.18	300m: 3:50.01	39.18	500m: 6:27.73	39.11	700m: 9:04.67	39.13
	150m: 1:51.57 39.26	350m: 4:29.63	39.62	550m: 7:07.21	39.48	750m: 9:43.25	38.58
	200m: 2:31.18 39.61	400m: 5:09.35	39.72	600m: 7:46.47	39.26	800m: 10:20.49	37.24
17.	Beatriz Moreira Carvalho	03	127313	Rio Maior	10:20.82	+0,76	494
	50m: 33.93 33.93	250m: 3:09.60	39.03	450m: 5:47.65	39.24	650m: 8:26.13	39.48
	100m: 1:11.90 37.97	300m: 3:49.67	40.07	500m: 6:27.58	39.93	700m: 9:05.52	39.39
	150m: 1:51.00 39.10	350m: 4:28.90	39.23	550m: 7:07.49	39.91	750m: 9:43.30	37.78
	200m: 2:30.57 39.57	400m: 5:08.41	39.51	600m: 7:46.65	39.16	800m: 10:20.82	37.52
18.	Catarina Silva Soares	03	121977	Porto	10:21.44	+0,96	493
	50m: 34.69 34.69	250m: 3:11.08	39.21	450m: 5:48.73	39.74	650m: 8:26.29	39.36
	100m: 1:12.98 38.29	300m: 3:50.27	39.19	500m: 6:28.36	39.63	700m: 9:05.86	39.57
	150m: 1:52.43 39.45	350m: 4:29.61	39.34	550m: 7:07.77	39.41	750m: 9:44.18	38.32
	200m: 2:31.87 39.44	400m: 5:08.99	39.38	600m: 7:46.93	39.16	800m: 10:21.44	37.26
19.	Ana Rita Queiroz	02	124441	Fundacao Beatriz Santos	10:24.78		485
	50m: 34.60 34.60	250m: 3:11.93	39.44	450m: 5:51.93	39.45	650m: 8:28.94	38.42
	100m: 1:13.37 38.77	300m: 3:52.25	40.32	500m: 6:31.81	39.88	700m: 9:08.45	39.51
	150m: 1:52.11 38.74	350m: 4:31.71	39.46	550m: 7:11.11	39.30	750m: 9:47.43	38.98
	200m: 2:32.49 40.38	400m: 5:12.48	40.77	600m: 7:50.52	39.41	800m: 10:24.78	37.35
20.	Elisa Sauval Goncalves	02	124069	Natacao Olhao	10:25.53	+0,83	483
	50m: 32.91 32.91	250m: 3:07.46	39.70	450m: 5:46.01	39.82	650m: 8:26.30	40.17
	100m: 1:09.65 36.74	300m: 3:46.33	38.87	500m: 6:25.69	39.68	700m: 9:06.74	40.44
	150m: 1:48.54 38.89	350m: 4:26.30	39.97	550m: 7:05.88	40.19	750m: 9:46.84	40.10
	200m: 2:27.76 39.22	400m: 5:06.19	39.89	600m: 7:46.13	40.25	800m: 10:25.53	38.69
21.	Ines Sofia Ferreira	02	125029	Galitos	10:26.12	+0,82	482
	50m: 33.97 33.97	250m: 3:09.69	39.35	450m: 5:49.34	39.96	650m: 8:30.81	39.93
	100m: 1:12.32 38.35	300m: 3:49.79	40.10	500m: 6:29.82	40.48	700m: 9:10.59	39.78
	150m: 1:51.23 38.91	350m: 4:29.04	39.25	550m: 7:10.26	40.44	750m: 9:49.81	39.22
	200m: 2:30.34 39.11	400m: 5:09.38	40.34	600m: 7:50.88	40.62	800m: 10:26.12	36.31
22.	Ana Correia Ferreira	02	126869	Nautico Marinha Grande	10:26.24	+0,78	481
	50m: 33.33 33.33	250m: 3:09.41	39.62	450m: 5:49.38	39.72	650m: 8:30.06	40.05
	100m: 1:11.03 37.70	300m: 3:49.13	39.72	500m: 6:30.20	40.82	700m: 9:10.06	40.00
	150m: 1:50.22 39.19	350m: 4:29.54	40.41	550m: 7:10.22	40.02	750m: 9:49.34	39.28
	200m: 2:29.79 39.57	400m: 5:09.66	40.12	600m: 7:50.01	39.79	800m: 10:26.24	36.90

Prova 7, Femin., 800m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
23.	Mariana Filipa Moreira	02	125777	Natacao de Valongo	10:27.42	+0,88	479
	50m: 33.48 33.48	250m: 3:12.08	40.71	450m: 5:52.49	40.05	650m: 8:32.03	39.56
	100m: 1:11.90 38.42	300m: 3:52.03	39.95	500m: 6:32.58	40.09	700m: 9:11.47	39.44
	150m: 1:51.60 39.70	350m: 4:32.11	40.08	550m: 7:12.36	39.78	750m: 9:49.74	38.27
	200m: 2:31.37 39.77	400m: 5:12.44	40.33	600m: 7:52.47	40.11	800m: 10:27.42	37.68
24.	Ana Rita Ramos	02	126775	Porto	10:28.58	+0,95	476
	50m: 34.21 34.21	250m: 3:11.46	40.17	450m: 5:51.47	39.71	650m: 8:31.07	40.13
	100m: 1:11.92 37.71	300m: 3:51.60	40.14	500m: 6:31.42	39.95	700m: 9:10.99	39.92
	150m: 1:51.37 39.45	350m: 4:31.80	40.20	550m: 7:11.39	39.97	750m: 9:50.39	39.40
	200m: 2:31.29 39.92	400m: 5:11.76	39.96	600m: 7:50.94	39.55	800m: 10:28.58	38.19
25.	Adriana Freixo Barbosa	03	123710	Viana Natacao	10:32.41	+1,09	468
	50m: 34.35 34.35	250m: 3:13.78	40.46	450m: 5:55.06	40.19	650m: 8:34.81	39.86
	100m: 1:13.06 38.71	300m: 3:53.92	40.14	500m: 6:34.70	39.64	700m: 9:14.28	39.47
	150m: 1:53.45 40.39	350m: 4:34.74	40.82	550m: 7:15.03	40.33	750m: 9:54.69	40.41
	200m: 2:33.32 39.87	400m: 5:14.87	40.13	600m: 7:54.95	39.92	800m: 10:32.41	37.72
26.	Ana Daniela Espingardeiro	02	122368	Naval Praia da Vitoria	10:32.43	+0,71	467
	50m: 35.26 35.26	250m: 3:13.96	40.03	450m: 5:54.21	39.88	650m: 8:33.71	40.26
	100m: 1:14.36 39.10	300m: 3:54.02	40.06	500m: 6:34.00	39.79	700m: 9:13.92	40.21
	150m: 1:54.39 40.03	350m: 4:34.04	40.02	550m: 7:13.55	39.55	750m: 9:53.87	39.95
	200m: 2:33.93 39.54	400m: 5:14.33	40.29	600m: 7:53.45	39.90	800m: 10:32.43	38.56
27.	Beatriz Almeida Pires	03	126036	Nautico /Urgicentro-Sanfil	10:34.31		463
	50m: 35.90 35.90	250m: 3:16.42	40.54	450m: 5:58.03	40.27	650m: 8:38.23	39.72
	100m: 1:15.38 39.48	300m: 3:56.69	40.27	500m: 6:38.24	40.21	700m: 9:18.34	40.11
	150m: 1:55.15 39.77	350m: 4:36.89	40.20	550m: 7:18.37	40.13	750m: 9:57.06	38.72
	200m: 2:35.88 40.73	400m: 5:17.76	40.87	600m: 7:58.51	40.14	800m: 10:34.31	37.25
28.	Filipa Cardigo Fitas FTL	02	122377	20Km de Almeirim	10:34.77	+0,86	462
	50m: 35.23 35.23	250m: 3:14.65	40.77	450m: 5:56.29	40.25	650m: 8:37.19	40.37
	100m: 1:13.45 38.22	300m: 3:55.21	40.56	500m: 6:36.55	40.26	700m: 9:17.38	40.19
	150m: 1:53.75 40.30	350m: 4:35.90	40.69	550m: 7:16.45	39.90	750m: 9:56.16	38.78
	200m: 2:33.88 40.13	400m: 5:16.04	40.14	600m: 7:56.82	40.37	800m: 10:34.77	38.61
29.	Ariana Maia Fonseca FTL	02	121975	Porto	10:35.30	+0,78	461
	50m: 34.99 34.99	250m: 3:14.38	40.45	450m: 5:54.58	39.59	650m: 8:35.93	40.32
	100m: 1:13.92 38.93	300m: 3:54.66	40.28	500m: 6:34.77	40.19	700m: 9:16.03	40.10
	150m: 1:53.83 39.91	350m: 4:34.74	40.08	550m: 7:15.21	40.44	750m: 9:55.90	39.87
	200m: 2:33.93 40.10	400m: 5:14.99	40.25	600m: 7:55.61	40.40	800m: 10:35.30	39.40
30.	Rita Alexandra Campos FTL	02	120820	Porto	10:37.47	+0,89	456
	50m: 35.62 35.62	250m: 3:16.19	40.58	450m: 5:57.73	40.06	650m: 8:38.27	39.84
	100m: 1:15.38 39.76	300m: 3:56.58	40.39	500m: 6:38.01	40.28	700m: 9:18.39	40.12
	150m: 1:55.23 39.85	350m: 4:36.91	40.33	550m: 7:18.13	40.12	750m: 9:58.06	39.67
	200m: 2:35.61 40.38	400m: 5:17.67	40.76	600m: 7:58.43	40.30	800m: 10:37.47	39.41
31.	Carolina Barros Domingos FTL	02	126585	Sporting	10:37.49	+1,00	456
	50m: 34.46 34.46	250m: 3:12.71	40.57	450m: 5:55.18	40.57	650m: 8:37.58	40.72
	100m: 1:12.29 37.83	300m: 3:53.38	40.67	500m: 6:35.79	40.61	700m: 9:18.04	40.46
	150m: 1:51.90 39.61	350m: 4:33.91	40.53	550m: 7:16.18	40.39	750m: 9:58.22	40.18
	200m: 2:32.14 40.24	400m: 5:14.61	40.70	600m: 7:56.86	40.68	800m: 10:37.49	39.27
32.	Rita Constanca Cardoso	03	121989	Porto	10:38.18		455
	50m: 35.93 35.93	250m: 3:16.22	40.31	450m: 5:58.67	40.20	650m: 8:40.18	40.04
	100m: 1:15.17 39.24	300m: 3:56.85	40.63	500m: 6:39.70	41.03	700m: 9:19.57	39.39
	150m: 1:55.59 40.42	350m: 4:37.66	40.81	550m: 7:19.81	40.11	750m: 9:58.87	39.30
	200m: 2:35.91 40.32	400m: 5:18.47	40.81	600m: 8:00.14	40.33	800m: 10:38.18	39.31

Prova 7, Femin., 800m Livres, Infantis

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
33.	Carolina Ferreira Reis <i>FTL</i>	02	118566	Nautico /Urgicentro-Sanfil	10:41.08	+0,74	449
	50m: 34.91 34.91	250m: 3:12.28	40.00	450m: 5:52.28	40.09	650m: 8:33.16	41.42
	100m: 1:13.29 38.38	300m: 3:52.31	40.03	500m: 6:32.36	40.08	700m: 9:15.80	42.64
	150m: 1:52.42 39.13	350m: 4:31.61	39.30	550m: 7:11.04	38.68	750m: 9:58.99	43.19
	200m: 2:32.28 39.86	400m: 5:12.19	40.58	600m: 7:51.74	40.70	800m: 10:41.08	42.09
34.	Francisca Soares Martins	03	126504	Foca	10:42.90	+0,93	445
	50m: 34.84 34.84	250m: 3:15.05	40.12	450m: 5:58.10	40.88	650m: 8:43.03	40.56
	100m: 1:13.91 39.07	300m: 3:55.37	40.32	500m: 6:39.19	41.09	700m: 9:23.91	40.88
	150m: 1:54.72 40.81	350m: 4:36.45	41.08	550m: 7:20.92	41.73	750m: 10:04.55	40.64
	200m: 2:34.93 40.21	400m: 5:17.22	40.77	600m: 8:02.47	41.55	800m: 10:42.90	38.35
35.	Luana Pinto Domingues	03	123893	Ba/Bomcar	10:43.03	+0,74	445
	50m: 35.40 35.40	250m: 3:16.36	41.11	450m: 6:00.40	41.34	650m: 8:44.31	40.55
	100m: 1:14.49 39.09	300m: 3:56.95	40.59	500m: 6:41.73	41.33	700m: 9:25.30	40.99
	150m: 1:54.73 40.24	350m: 4:38.18	41.23	550m: 7:22.91	41.18	750m: 10:05.53	40.23
	200m: 2:35.25 40.52	400m: 5:19.06	40.88	600m: 8:03.76	40.85	800m: 10:43.03	37.50
36.	Sofia Maria Carneiro	03	127921	Natacao de Valongo	10:43.28	+0,84	444
	50m: 34.61 34.61	250m: 3:15.25	40.62	450m: 6:00.39	41.19	650m: 8:45.15	41.86
	100m: 1:13.39 38.78	300m: 3:56.64	41.39	500m: 6:41.08	40.69	700m: 9:25.85	40.70
	150m: 1:53.82 40.43	350m: 4:39.02	42.38	550m: 7:22.33	41.25	750m: 10:05.70	39.85
	200m: 2:34.63 40.81	400m: 5:19.20	40.18	600m: 8:03.29	40.96	800m: 10:43.28	37.58
37.	Ines Matos Sousa	03	125190	Nautico /Urgicentro-Sanfil	10:43.33	+0,94	444
	50m: 35.40 35.40	250m: 3:16.96	40.56	450m: 5:59.89	40.28	650m: 8:43.10	40.89
	100m: 1:14.56 39.16	300m: 3:58.27	41.31	500m: 6:40.82	40.93	700m: 9:23.51	40.41
	150m: 1:55.36 40.80	350m: 4:39.08	40.81	550m: 7:21.83	41.01	750m: 10:03.83	40.32
	200m: 2:36.40 41.04	400m: 5:19.61	40.53	600m: 8:02.21	40.38	800m: 10:43.33	39.50
38.	Ines Oliveira Andre	03	129247	Nautico Marinha Grande	10:53.84	+0,83	423
	50m: 35.70 35.70	250m: 3:18.90	41.34	450m: 6:04.15	41.57	650m: 8:50.26	40.96
	100m: 1:15.53 39.83	300m: 4:00.04	41.14	500m: 6:45.40	41.25	700m: 9:31.45	41.19
	150m: 1:55.73 40.20	350m: 4:41.16	41.12	550m: 7:27.80	42.40	750m: 10:12.86	41.41
	200m: 2:37.56 41.83	400m: 5:22.58	41.42	600m: 8:09.30	41.50	800m: 10:53.84	40.98
39.	Matilde Vieira Pais <i>FTL</i>	03	121859	Galitos	11:06.56	+1,03	399
	50m: 36.60 36.60	250m: 3:23.21	42.26	450m: 6:13.30	42.22	650m: 9:02.93	41.43
	100m: 1:17.42 40.82	300m: 4:06.24	43.03	500m: 6:56.40	43.10	700m: 9:45.31	42.38
	150m: 1:58.83 41.41	350m: 4:48.64	42.40	550m: 7:38.60	42.20	750m: 10:26.16	40.85
	200m: 2:40.95 42.12	400m: 5:31.08	42.44	600m: 8:21.50	42.90	800m: 11:06.56	40.40