

Prova 14  
12-03-2016

Femin., 400m Livres

Absolutos  
Resultados

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |
| Rec Nac Juv B    | 4:26.20 | Maria Francisca Cabral  | FCP | Oeiras          | 26-07-2014 |
| Rec Nac Juv A    | 4:20.78 | Tamila Hryhorivna Holub | POR | Porto           | 07-06-2014 |
| Rec Nac Jun16    | 4:20.37 | Marta Andreia Ferreira  | POR | Berlim (GER)    | 04-08-2002 |
| Rec Nac Jun17    | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |
| Rec Nac Sen      | 4:19.09 | Diana Margarida Duraes  | FCP | Coimbra         | 25-07-2015 |

Pontos: FINA 2016

| Lugar | Nome                               | Ano   | Clube                      | Tempo Final    | TReac         | Pts FINA | Pts           |       |
|-------|------------------------------------|-------|----------------------------|----------------|---------------|----------|---------------|-------|
| 1.    | Diana Margarida Duraes             | 96    | Porto                      | <b>4:13.34</b> | +0,73         | 832      |               |       |
|       | <i>Recorde Nacional, Sen e Abs</i> |       |                            |                |               |          |               |       |
|       | 50m: 29.46                         | 29.46 | 150m: 1:33.08              | 31.99          | 250m: 2:37.14 | 31.81    | 350m: 3:41.74 | 32.39 |
|       | 100m: 1:01.09                      | 31.63 | 200m: 2:05.33              | 32.25          | 300m: 3:09.35 | 32.21    | 400m: 4:13.34 | 31.60 |
| 2.    | Tamila Hryhorivna Holub            | 99    | Braga                      | <b>4:20.95</b> | +0,80         | 762      |               |       |
|       | 50m: 30.70                         | 30.70 | 150m: 1:35.92              | 32.68          | 250m: 2:41.87 | 33.15    | 350m: 3:48.44 | 33.21 |
|       | 100m: 1:03.24                      | 32.54 | 200m: 2:08.72              | 32.80          | 300m: 3:15.23 | 33.36    | 400m: 4:20.95 | 32.51 |
| 3.    | Angelica Maria Andre               | 94    | Fluval Portuense           | <b>4:24.95</b> | +0,72         | 728      |               |       |
|       | 50m: 30.34                         | 30.34 | 150m: 1:37.63              | 34.21          | 250m: 2:45.90 | 34.31    | 350m: 3:53.78 | 34.04 |
|       | 100m: 1:03.42                      | 33.08 | 200m: 2:11.59              | 33.96          | 300m: 3:19.74 | 33.84    | 400m: 4:24.95 | 31.17 |
| 4.    | Maria Teresa Amorim                | 97    | Porto                      | <b>4:25.28</b> | +0,76         | 725      |               |       |
|       | 50m: 30.38                         | 30.38 | 150m: 1:36.27              | 33.28          | 250m: 2:44.27 | 33.83    | 350m: 3:52.67 | 33.92 |
|       | 100m: 1:02.99                      | 32.61 | 200m: 2:10.44              | 34.17          | 300m: 3:18.75 | 34.48    | 400m: 4:25.28 | 32.61 |
| 5.    | Ana Rita Faria                     | 00    | Porto                      | <b>4:25.38</b> | +0,71         | 724      |               |       |
|       | 50m: 30.30                         | 30.30 | 150m: 1:36.99              | 33.59          | 250m: 2:44.59 | 33.71    | 350m: 3:52.51 | 33.79 |
|       | 100m: 1:03.40                      | 33.10 | 200m: 2:10.88              | 33.89          | 300m: 3:18.72 | 34.13    | 400m: 4:25.38 | 32.87 |
| 6.    | Francisca Gomes Azevedo            | 97    | Alges                      | <b>4:29.64</b> | +0,81         | 690      |               |       |
|       | 50m: 30.81                         | 30.81 | 150m: 1:38.19              | 34.02          | 250m: 2:47.14 | 34.45    | 350m: 3:56.30 | 34.42 |
|       | 100m: 1:04.17                      | 33.36 | 200m: 2:12.69              | 34.50          | 300m: 3:21.88 | 34.74    | 400m: 4:29.64 | 33.34 |
| 7.    | Vania Soares Neves                 | 90    | Fluval Portuense           | <b>4:31.46</b> | +0,76         | 677      |               |       |
|       | 50m: 31.07                         | 31.07 | 150m: 1:38.85              | 34.36          | 250m: 2:47.89 | 34.60    | 350m: 3:57.34 | 34.75 |
|       | 100m: 1:04.49                      | 33.42 | 200m: 2:13.29              | 34.44          | 300m: 3:22.59 | 34.70    | 400m: 4:31.46 | 34.12 |
| 8.    | Sara Sofia Alves                   | 01    | Cumbobifila Cantanhedense  | <b>4:31.52</b> | +0,76         | 676      |               |       |
|       | 50m: 32.20                         | 32.20 | 150m: 1:40.19              | 34.40          | 250m: 2:49.75 | 34.64    | 350m: 3:59.07 | 34.66 |
|       | 100m: 1:05.79                      | 33.59 | 200m: 2:15.11              | 34.92          | 300m: 3:24.41 | 34.66    | 400m: 4:31.52 | 32.45 |
| 9.    | Filipa Serrano Rodrigues           | 01    | Uniao Piedense             | <b>4:31.97</b> | +0,77         | 673      |               |       |
|       | 50m: 31.39                         | 31.39 | 150m: 1:39.44              | 34.19          | 250m: 2:48.46 | 34.57    | 350m: 3:57.81 | 34.91 |
|       | 100m: 1:05.25                      | 33.86 | 200m: 2:13.89              | 34.45          | 300m: 3:22.90 | 34.44    | 400m: 4:31.97 | 34.16 |
| 10.   | Joana Costa Amador                 | 01    | Galitos / Bresimar         | <b>4:33.31</b> | +0,75         | 663      |               |       |
|       | 50m: 30.59                         | 30.59 | 150m: 1:38.92              | 34.67          | 250m: 2:48.93 | 34.99    | 350m: 3:59.17 | 35.13 |
|       | 100m: 1:04.25                      | 33.66 | 200m: 2:13.94              | 35.02          | 300m: 3:24.04 | 35.11    | 400m: 4:33.31 | 34.14 |
| 11.   | Beatriz Paulo Ranito               | 99    | Sporting                   | <b>4:33.79</b> | +0,74         | 659      |               |       |
|       | 50m: 30.73                         | 30.73 | 150m: 1:38.86              | 34.59          | 250m: 2:49.07 | 34.93    | 350m: 3:59.32 | 35.04 |
|       | 100m: 1:04.27                      | 33.54 | 200m: 2:14.14              | 35.28          | 300m: 3:24.28 | 35.21    | 400m: 4:33.79 | 34.47 |
| 12.   | Madalena Amaro Machado             | 98    | Academico Viseu            | <b>4:35.20</b> | +0,93         | 649      |               |       |
|       | 50m: 32.02                         | 32.02 | 150m: 1:41.72              | 35.35          | 250m: 2:51.91 | 35.09    | 350m: 4:01.57 | 34.38 |
|       | 100m: 1:06.37                      | 34.35 | 200m: 2:16.82              | 35.10          | 300m: 3:27.19 | 35.28    | 400m: 4:35.20 | 33.63 |
| 13.   | Teresa Miguel Veloso               | 00    | Nautico /Urgicentro-Sanfil | <b>4:36.69</b> | +0,72         | 639      |               |       |
|       | 50m: 31.84                         | 31.84 | 150m: 1:41.01              | 35.12          | 250m: 2:50.64 | 34.88    | 350m: 4:01.22 | 35.89 |
|       | 100m: 1:05.89                      | 34.05 | 200m: 2:15.76              | 34.75          | 300m: 3:25.33 | 34.69    | 400m: 4:36.69 | 35.47 |

Prova 14, Femin., 400m Livres, Absolutos

| Lugar | Nome                      | Ano                 | Clube                      | Tempo Final    | TReac         | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------------|----------------|---------------|----------|-----|
| 14.   | Eva Guerreiro Carvalho    | 99                  | Uniao Piedense             | <b>4:38.66</b> | +0,87         | 625      |     |
|       | 50m: 31.44 31.44          | 150m: 1:41.01 35.12 | 250m: 2:51.98              | 35.37          | 350m: 4:03.77 | 36.16    |     |
|       | 100m: 1:05.89 34.45       | 200m: 2:16.61 35.60 | 300m: 3:27.61              | 35.63          | 400m: 4:38.66 | 34.89    |     |
| 15.   | Ines Figueira Santos      | 00                  | Uniao Piedense             | <b>4:38.78</b> | +0,88         | 625      |     |
|       | 50m: 31.67 31.67          | 150m: 1:41.93 35.42 | 250m: 2:53.63              | 35.68          | 350m: 4:04.76 | 35.36    |     |
|       | 100m: 1:06.51 34.84       | 200m: 2:17.95 36.02 | 300m: 3:29.40              | 35.77          | 400m: 4:38.78 | 34.02    |     |
| 16.   | Barbara Coimbra Teodosio  | 99                  | Nautico Marinha Grande     | <b>4:38.81</b> | +0,85         | 624      |     |
|       | 50m: 32.26 32.26          | 150m: 1:42.43 35.39 | 250m: 2:53.69              | 35.76          | 350m: 4:04.96 | 35.14    |     |
|       | 100m: 1:07.04 34.78       | 200m: 2:17.93 35.50 | 300m: 3:29.82              | 36.13          | 400m: 4:38.81 | 33.85    |     |
| 17.   | Patricia Palmeiro Baeta   | 00                  | Scalabiswim                | <b>4:39.25</b> | +0,64         | 621      |     |
|       | 50m: 31.61 31.61          | 150m: 1:41.51 35.32 | 250m: 2:52.15              | 35.13          | 350m: 4:04.58 | 36.29    |     |
|       | 100m: 1:06.19 34.58       | 200m: 2:17.02 35.51 | 300m: 3:28.29              | 36.14          | 400m: 4:39.25 | 34.67    |     |
| 18.   | Luisa Maria Machado       | 01                  | Uniao Piedense             | <b>4:39.36</b> | +0,84         | 621      |     |
|       | 50m: 31.67 31.67          | 150m: 1:41.43 35.47 | 250m: 2:52.63              | 35.66          | 350m: 4:04.16 | 35.75    |     |
|       | 100m: 1:05.96 34.29       | 200m: 2:16.97 35.54 | 300m: 3:28.41              | 35.78          | 400m: 4:39.36 | 35.20    |     |
| 19.   | Ana Silva Costa           | 98                  | Famalicao                  | <b>4:39.50</b> | +0,80         | 620      |     |
|       | 50m: 31.54 31.54          | 150m: 1:41.15 35.14 | 250m: 2:52.63              | 35.67          | 350m: 4:04.70 | 35.63    |     |
|       | 100m: 1:06.01 34.47       | 200m: 2:16.96 35.81 | 300m: 3:29.07              | 36.44          | 400m: 4:39.50 | 34.80    |     |
| 20.   | Ines Jacinto Henriques    | 00                  | Pimpoes/Cimai              | <b>4:39.61</b> | +0,80         | 619      |     |
|       | 50m: 30.76 30.76          | 150m: 1:39.06 34.80 | 250m: 2:50.09              | 35.96          | 350m: 4:03.38 | 36.82    |     |
|       | 100m: 1:04.26 33.50       | 200m: 2:14.13 35.07 | 300m: 3:26.56              | 36.47          | 400m: 4:39.61 | 36.23    |     |
| 21.   | Ana Sofia Pina            | 02                  | O Crasto                   | <b>4:39.63</b> | +0,90         | 619      |     |
|       | 50m: 31.64 31.64          | 150m: 1:41.94 35.49 | 250m: 2:53.85              | 35.97          | 350m: 4:06.20 | 36.08    |     |
|       | 100m: 1:06.45 34.81       | 200m: 2:17.88 35.94 | 300m: 3:30.12              | 36.27          | 400m: 4:39.63 | 33.43    |     |
| 22.   | Mariana Fernandes Barbosa | 02                  | Porto                      | <b>4:40.10</b> | +0,74         | 616      |     |
|       | 50m: 31.95 31.95          | 150m: 1:42.70 35.82 | 250m: 2:54.30              | 35.29          | 350m: 4:05.53 | 35.54    |     |
|       | 100m: 1:06.88 34.93       | 200m: 2:19.01 36.31 | 300m: 3:29.99              | 35.69          | 400m: 4:40.10 | 34.57    |     |
| 23.   | Mariana Amaral Mendes     | 02                  | Colegio Monte Maior        | <b>4:40.30</b> | +0,78         | 615      |     |
|       | 50m: 32.36 32.36          | 150m: 1:43.34 35.63 | 250m: 2:54.96              | 36.03          | 350m: 4:06.51 | 35.83    |     |
|       | 100m: 1:07.71 35.35       | 200m: 2:18.93 35.59 | 300m: 3:30.68              | 35.72          | 400m: 4:40.30 | 33.79    |     |
| 24.   | Ana Sequeira Florindo     | 02                  | Nautico /Urgicentro-Sanfil | <b>4:41.38</b> | +0,82         | 607      |     |
|       | 50m: 32.12 32.12          | 150m: 1:43.69 36.09 | 250m: 2:55.80              | 36.16          | 350m: 4:08.16 | 36.07    |     |
|       | 100m: 1:07.60 35.48       | 200m: 2:19.64 35.95 | 300m: 3:32.09              | 36.29          | 400m: 4:41.38 | 33.22    |     |
| 25.   | Alexandra Couto Frazao    | 02                  | Individual ANL             | <b>4:41.52</b> | +0,75         | 607      |     |
|       | 50m: 32.58 32.58          | 150m: 1:42.73 35.28 | 250m: 2:54.21              | 35.73          | 350m: 4:06.09 | 35.75    |     |
|       | 100m: 1:07.45 34.87       | 200m: 2:18.48 35.75 | 300m: 3:30.34              | 36.13          | 400m: 4:41.52 | 35.43    |     |
| 26.   | Maria Carolina Costa      | 01                  | Porto                      | <b>4:41.67</b> | +0,81         | 606      |     |
|       | 50m: 30.65 30.65          | 150m: 1:39.97 35.07 | 250m: 2:52.01              | 35.96          | 350m: 4:05.46 | 36.59    |     |
|       | 100m: 1:04.90 34.25       | 200m: 2:16.05 36.08 | 300m: 3:28.87              | 36.86          | 400m: 4:41.67 | 36.21    |     |
| 27.   | Eliana Dirce Lourenco     | 00                  | Galitos / Bresimar         | <b>4:42.99</b> | +0,71         | 597      |     |
|       | 50m: 31.98 31.98          | 150m: 1:42.52 35.68 | 250m: 2:54.71              | 36.06          | 350m: 4:07.56 | 36.27    |     |
|       | 100m: 1:06.84 34.86       | 200m: 2:18.65 36.13 | 300m: 3:31.29              | 36.58          | 400m: 4:42.99 | 35.43    |     |
| 28.   | Ana Pires Brito           | 99                  | Colegio Monte Maior        | <b>4:43.18</b> | +0,75         | 596      |     |
|       | 50m: 31.85 31.85          | 150m: 1:42.87 36.02 | 250m: 2:55.57              | 35.97          | 350m: 4:07.62 | 35.74    |     |
|       | 100m: 1:06.85 35.00       | 200m: 2:19.60 36.73 | 300m: 3:31.88              | 36.31          | 400m: 4:43.18 | 35.56    |     |

Prova 14, Femin., 400m Livres, Absolutos

| Lugar | Nome                     | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 29.   | Rafaela Araujo Silva     | 00                  | Famalicao           | <b>4:44.26</b>      | +0,88 | 589      |     |
|       | 50m: 32.16 32.16         | 150m: 1:43.12 36.29 | 250m: 2:56.13 36.69 | 350m: 4:09.01 36.34 |       |          |     |
|       | 100m: 1:06.83 34.67      | 200m: 2:19.44 36.32 | 300m: 3:32.67 36.54 | 400m: 4:44.26 35.25 |       |          |     |
| 30.   | Tatiana Raquel Pombo     | 01                  | Nautica do Seixal   | <b>4:44.59</b>      | +0,80 | 587      |     |
|       | 50m: 31.47 31.47         | 150m: 1:41.57 35.53 | 250m: 2:54.53 36.54 | 350m: 4:08.51 37.08 |       |          |     |
|       | 100m: 1:06.04 34.57      | 200m: 2:17.99 36.42 | 300m: 3:31.43 36.90 | 400m: 4:44.59 36.08 |       |          |     |
| 31.   | Leonor Camacho Fernandes | 02                  | Sporting            | <b>4:44.67</b>      | +0,82 | 587      |     |
|       | 50m: 31.53 31.53         | 150m: 1:42.65 36.37 | 250m: 2:56.04 36.79 | 350m: 4:09.19 36.72 |       |          |     |
|       | 100m: 1:06.28 34.75      | 200m: 2:19.25 36.60 | 300m: 3:32.47 36.43 | 400m: 4:44.67 35.48 |       |          |     |
| 32.   | Beatriz Neves Cardoso    | 98                  | Colegio SMLamas     | <b>4:44.77</b>      | +0,87 | 586      |     |
|       | 50m: 32.85 32.85         | 150m: 1:45.66 36.85 | 250m: 2:58.74 36.38 | 350m: 4:10.87 35.77 |       |          |     |
|       | 100m: 1:08.81 35.96      | 200m: 2:22.36 36.70 | 300m: 3:35.10 36.36 | 400m: 4:44.77 33.90 |       |          |     |
| 33.   | Ana Rita Ramos           | 02                  | Porto               | <b>4:45.13</b>      | +0,77 | 584      |     |
|       | 50m: 32.75 32.75         | 150m: 1:44.80 36.73 | 250m: 2:57.91 36.64 | 350m: 4:10.92 36.40 |       |          |     |
|       | 100m: 1:08.07 35.32      | 200m: 2:21.27 36.47 | 300m: 3:34.52 36.61 | 400m: 4:45.13 34.21 |       |          |     |
| 34.   | Isabel Porfirio Pego     | 01                  | Porto               | <b>4:45.15</b>      | +0,82 | 584      |     |
|       | 50m: 31.84 31.84         | 150m: 1:42.00 35.40 | 250m: 2:54.60 36.83 | 350m: 4:08.71 37.34 |       |          |     |
|       | 100m: 1:06.60 34.76      | 200m: 2:17.77 35.77 | 300m: 3:31.37 36.77 | 400m: 4:45.15 36.44 |       |          |     |
| 35.   | Ana Pimenta Silva        | 01                  | Desportiva de Viana | <b>4:45.85</b>      | +0,82 | 579      |     |
|       | 50m: 32.50 32.50         | 150m: 1:43.70 36.08 | 250m: 2:56.77 36.51 | 350m: 4:10.10 36.81 |       |          |     |
|       | 100m: 1:07.62 35.12      | 200m: 2:20.26 36.56 | 300m: 3:33.29 36.52 | 400m: 4:45.85 35.75 |       |          |     |
| 36.   | Leila Tavarina Lemos     | 00                  | Vilacondense        | <b>4:46.00</b>      | +0,75 | 578      |     |
|       | 50m: 31.92 31.92         | 150m: 1:43.59 36.19 | 250m: 2:56.59 36.22 | 350m: 4:10.20 36.75 |       |          |     |
|       | 100m: 1:07.40 35.48      | 200m: 2:20.37 36.78 | 300m: 3:33.45 36.86 | 400m: 4:46.00 35.80 |       |          |     |
| 37.   | Ana Sofia Fernandes      | 93                  | Braga               | <b>4:46.46</b>      | +0,97 | 576      |     |
|       | 50m: 32.56 32.56         | 150m: 1:44.59 36.72 | 250m: 2:58.15 36.78 | 350m: 4:11.16 36.25 |       |          |     |
|       | 100m: 1:07.87 35.31      | 200m: 2:21.37 36.78 | 300m: 3:34.91 36.76 | 400m: 4:46.46 35.30 |       |          |     |
| 38.   | Beatriz Barros Carmo     | 99                  | Alges               | <b>4:46.56</b>      | +0,70 | 575      |     |
|       | 50m: 32.39 32.39         | 150m: 1:44.39 35.98 | 250m: 2:57.72 36.47 | 350m: 4:10.91 36.51 |       |          |     |
|       | 100m: 1:08.41 36.02      | 200m: 2:21.25 36.86 | 300m: 3:34.40 36.68 | 400m: 4:46.56 35.65 |       |          |     |
| 39.   | Iris Cunha Santos        | 00                  | Porto               | <b>4:46.66</b>      | +0,90 | 574      |     |
|       | 50m: 32.87 32.87         | 150m: 1:44.51 36.00 | 250m: 2:57.65 36.37 | 350m: 4:11.14 36.62 |       |          |     |
|       | 100m: 1:08.51 35.64      | 200m: 2:21.28 36.77 | 300m: 3:34.52 36.87 | 400m: 4:46.66 35.52 |       |          |     |
| 40.   | Ana Luisa Santo          | 95                  | Benfica             | <b>4:47.15</b>      | +0,80 | 572      |     |
|       | 50m: 31.50 31.50         | 150m: 1:41.53 35.67 | 250m: 2:54.62 36.63 | 350m: 4:10.00 37.85 |       |          |     |
|       | 100m: 1:05.86 34.36      | 200m: 2:17.99 36.46 | 300m: 3:32.15 37.53 | 400m: 4:47.15 37.15 |       |          |     |
| 41.   | Catia Iordan Agostinho   | 02                  | Rio Maior           | <b>4:47.90</b>      | +0,79 | 567      |     |
|       | 50m: 32.73 32.73         | 150m: 1:44.94 36.64 | 250m: 2:58.47 36.81 | 350m: 4:11.93 36.37 |       |          |     |
|       | 100m: 1:08.30 35.57      | 200m: 2:21.66 36.72 | 300m: 3:35.56 37.09 | 400m: 4:47.90 35.97 |       |          |     |
| 42.   | Maria Joao Fernandes     | 97                  | Vilacondense        | <b>4:47.92</b>      | +0,82 | 567      |     |
|       | 50m: 32.62 32.62         | 150m: 1:44.27 36.46 | 250m: 2:58.08 37.07 | 350m: 4:12.66 37.93 |       |          |     |
|       | 100m: 1:07.81 35.19      | 200m: 2:21.01 36.74 | 300m: 3:34.73 36.65 | 400m: 4:47.92 35.26 |       |          |     |
|       | Tania Cristina Mendes    | 99                  | Vieirense           | <b>4:47.92</b>      | +0,76 | 567      |     |
|       | 50m: 33.53 33.53         | 150m: 1:46.45 36.64 | 250m: 2:59.60 36.15 | 350m: 4:13.12 36.43 |       |          |     |
|       | 100m: 1:09.81 36.28      | 200m: 2:23.45 37.00 | 300m: 3:36.69 37.09 | 400m: 4:47.92 34.80 |       |          |     |

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| Lugar | Nome                      | Ano                 | Clube                      | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 44.   | Mariana Silva Ramos       | 00                  | Sporting                   | <b>4:47.93</b>      | +0,83 | 567      |     |
|       | 50m: 31.98 31.98          | 150m: 1:42.84 36.02 | 250m: 2:56.62 37.04        | 350m: 4:11.56 37.67 |       |          |     |
|       | 100m: 1:06.82 34.84       | 200m: 2:19.58 36.74 | 300m: 3:33.89 37.27        | 400m: 4:47.93 36.37 |       |          |     |
| 45.   | Carolina Marques Neves    | 01                  | Torres Novas               | <b>4:48.35</b>      | +0,74 | 564      |     |
|       | 50m: 32.31 32.31          | 150m: 1:44.77 36.45 | 250m: 2:58.21 36.43        | 350m: 4:12.73 37.15 |       |          |     |
|       | 100m: 1:08.32 36.01       | 200m: 2:21.78 37.01 | 300m: 3:35.58 37.37        | 400m: 4:48.35 35.62 |       |          |     |
| 46.   | Ana Sofia Ramos           | 00                  | Fluivial Portuense         | <b>4:48.37</b>      | +0,71 | 564      |     |
|       | 50m: 32.28 32.28          | 150m: 1:44.98 36.62 | 250m: 2:58.51 36.61        | 350m: 4:11.86 36.77 |       |          |     |
|       | 100m: 1:08.36 36.08       | 200m: 2:21.90 36.92 | 300m: 3:35.09 36.58        | 400m: 4:48.37 36.51 |       |          |     |
| 47.   | Mariana Portugal Costa    | 98                  | Nautico /Urgicentro-Sanfil | <b>4:48.56</b>      | +0,83 | 563      |     |
|       | 50m: 32.38 32.38          | 150m: 1:45.16 36.78 | 250m: 2:58.50 36.61        | 350m: 4:13.88 38.10 |       |          |     |
|       | 100m: 1:08.38 36.00       | 200m: 2:21.89 36.73 | 300m: 3:35.78 37.28        | 400m: 4:48.56 34.68 |       |          |     |
| 48.   | Mariana Santos Ferreira   | 00                  | Miranda do Corvo           | <b>4:48.67</b>      |       | 563      |     |
|       | 50m: 32.68 32.68          | 150m: 1:44.68 36.57 | 250m: 2:58.38 37.09        | 350m: 4:13.40 37.82 |       |          |     |
|       | 100m: 1:08.11 35.43       | 200m: 2:21.29 36.61 | 300m: 3:35.58 37.20        | 400m: 4:48.67 35.27 |       |          |     |
| 49.   | Ines Eira Pereira         | 99                  | Estamos Juntos             | <b>4:49.63</b>      | +0,86 | 557      |     |
|       | 50m: 32.42 32.42          | 150m: 1:44.19 36.58 | 250m: 2:58.47 37.16        | 350m: 4:13.66 37.93 |       |          |     |
|       | 100m: 1:07.61 35.19       | 200m: 2:21.31 37.12 | 300m: 3:35.73 37.26        | 400m: 4:49.63 35.97 |       |          |     |
| 50.   | Beatriz Aires Brandao     | 02                  | Desportiva de Viana        | <b>4:50.23</b>      | +0,83 | 554      |     |
|       | 50m: 32.07 32.07          | 150m: 1:43.60 36.45 | 250m: 2:57.45 36.54        | 350m: 4:12.74 38.11 |       |          |     |
|       | 100m: 1:07.15 35.08       | 200m: 2:20.91 37.31 | 300m: 3:34.63 37.18        | 400m: 4:50.23 37.49 |       |          |     |
| 51.   | Carolina Madeira Santos   | 96                  | Naval Amorense             | <b>4:50.34</b>      | +0,93 | 553      |     |
|       | 50m: 31.33 31.33          | 150m: 1:43.69 36.77 | 250m: 2:58.57 37.61        | 350m: 4:13.93 37.67 |       |          |     |
|       | 100m: 1:06.92 35.59       | 200m: 2:20.96 37.27 | 300m: 3:36.26 37.69        | 400m: 4:50.34 36.41 |       |          |     |
| 52.   | Maria Esteves Martins     | 01                  | Galitos / Bresimar         | <b>4:50.67</b>      | +0,78 | 551      |     |
|       | 50m: 32.31 32.31          | 150m: 1:46.15 36.85 | 250m: 3:00.59 37.14        | 350m: 4:15.24 36.91 |       |          |     |
|       | 100m: 1:09.30 36.99       | 200m: 2:23.45 37.30 | 300m: 3:38.33 37.74        | 400m: 4:50.67 35.43 |       |          |     |
|       | Nina Pinto Ribeiro        | 02                  | Foca                       | <b>4:50.67</b>      | +0,82 | 551      |     |
|       | 50m: 32.01 32.01          | 150m: 1:45.17 36.81 | 250m: 2:59.97 37.70        | 350m: 4:15.35 37.54 |       |          |     |
|       | 100m: 1:08.36 36.35       | 200m: 2:22.27 37.10 | 300m: 3:37.81 37.84        | 400m: 4:50.67 35.32 |       |          |     |
| 54.   | Maria Beatriz Dias        | 99                  | Scalabiswim                | <b>4:50.72</b>      | +0,76 | 551      |     |
|       | 50m: 32.47 32.47          | 150m: 1:44.59 36.41 | 250m: 2:59.09 37.19        | 350m: 4:13.59 37.05 |       |          |     |
|       | 100m: 1:08.18 35.71       | 200m: 2:21.90 37.31 | 300m: 3:36.54 37.45        | 400m: 4:50.72 37.13 |       |          |     |
| 55.   | Carolina Ascenso Santos   | 01                  | Natacao da Maia            | <b>4:50.78</b>      | +0,73 | 550      |     |
|       | 50m: 31.04 31.04          | 150m: 1:43.78 36.98 | 250m: 2:59.59 37.58        | 350m: 4:15.17 37.10 |       |          |     |
|       | 100m: 1:06.80 35.76       | 200m: 2:22.01 38.23 | 300m: 3:38.07 38.48        | 400m: 4:50.78 35.61 |       |          |     |
| 56.   | Ines Alves Martins        | 01                  | Fluivial Portuense         | <b>4:51.18</b>      | +0,80 | 548      |     |
|       | 50m: 33.06 33.06          | 150m: 1:45.93 36.66 | 250m: 3:00.11 37.03        | 350m: 4:14.90 37.05 |       |          |     |
|       | 100m: 1:09.27 36.21       | 200m: 2:23.08 37.15 | 300m: 3:37.85 37.74        | 400m: 4:51.18 36.28 |       |          |     |
| 57.   | Emilia Matos Pereira      | 99                  | Fundacao Beatriz Santos    | <b>4:51.75</b>      | +0,76 | 545      |     |
|       | 50m: 32.73 32.73          | 150m: 1:45.56 36.73 | 250m: 2:59.76 36.85        | 350m: 4:15.13 37.51 |       |          |     |
|       | 100m: 1:08.83 36.10       | 200m: 2:22.91 37.35 | 300m: 3:37.62 37.86        | 400m: 4:51.75 36.62 |       |          |     |
| 58.   | Margarida Cabral Monteiro | 02                  | Galitos / Bresimar         | <b>4:51.82</b>      | +0,76 | 545      |     |
|       | 50m: 32.42 32.42          | 150m: 1:45.21 37.31 | 250m: 3:00.80 37.95        | 350m: 4:16.86 37.83 |       |          |     |
|       | 100m: 1:07.90 35.48       | 200m: 2:22.85 37.64 | 300m: 3:39.03 38.23        | 400m: 4:51.82 34.96 |       |          |     |

Prova 14, Femin., 400m Livres, Absolutos

| Lugar | Nome                      | Ano                 | Clube                          | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|--------------------------------|---------------------|-------|----------|-----|
| 59.   | Rita Alexandra Vital      | 01                  | Alges                          | <b>4:51.95</b>      | +0,82 | 544      |     |
|       | 50m: 32.08 32.08          | 150m: 1:44.91 37.23 | 250m: 2:59.92 37.44            | 350m: 4:15.94 37.47 |       |          |     |
|       | 100m: 1:07.68 35.60       | 200m: 2:22.48 37.57 | 300m: 3:38.47 38.55            | 400m: 4:51.95 36.01 |       |          |     |
| 60.   | Ana Catarina Oliveira     | 99                  | Geslours                       | <b>4:52.78</b>      | +0,70 | 539      |     |
|       | 50m: 33.30 33.30          | 150m: 1:46.77 37.17 | 250m: 3:00.64 37.03            | 350m: 4:16.14 37.91 |       |          |     |
|       | 100m: 1:09.60 36.30       | 200m: 2:23.61 36.84 | 300m: 3:38.23 37.59            | 400m: 4:52.78 36.64 |       |          |     |
| 61.   | Mariana Pinto Angelo      | 99                  | Academica de Coimbra           | <b>4:53.29</b>      | +0,71 | 536      |     |
|       | 50m: 33.25 33.25          | 150m: 1:46.62 36.72 | 250m: 3:00.56 36.62            | 350m: 4:15.34 37.16 |       |          |     |
|       | 100m: 1:09.90 36.65       | 200m: 2:23.94 37.32 | 300m: 3:38.18 37.62            | 400m: 4:53.29 37.95 |       |          |     |
| 62.   | Jessica Soares Lima       | 02                  | Braga                          | <b>4:53.30</b>      | +0,82 | 536      |     |
|       | 50m: 32.31 32.31          | 150m: 1:44.48 36.70 | 250m: 2:59.45 37.35            | 350m: 4:16.30 38.37 |       |          |     |
|       | 100m: 1:07.78 35.47       | 200m: 2:22.10 37.62 | 300m: 3:37.93 38.48            | 400m: 4:53.30 37.00 |       |          |     |
| 63.   | Marina Micaela Sequeira   | 98                  | Uniao Piedense                 | <b>4:53.54</b>      | +0,75 | 535      |     |
|       | 50m: 32.36 32.36          | 150m: 1:43.81 36.66 | 250m: 2:58.40 38.02            | 350m: 4:16.13 39.16 |       |          |     |
|       | 100m: 1:07.15 34.79       | 200m: 2:20.38 36.57 | 300m: 3:36.97 38.57            | 400m: 4:53.54 37.41 |       |          |     |
| 64.   | Andreia Brito Pereira     | 00                  | Condeixa Clube                 | <b>4:53.92</b>      | +0,81 | 533      |     |
|       | 50m: 31.38 31.38          | 150m: 1:43.99 37.01 | 250m: 2:58.89 37.07            | 350m: 4:16.11 38.36 |       |          |     |
|       | 100m: 1:06.98 35.60       | 200m: 2:21.82 37.83 | 300m: 3:37.75 38.86            | 400m: 4:53.92 37.81 |       |          |     |
| 65.   | Beatriz Ferreira Silva    | 01                  | Braga                          | <b>4:54.93</b>      | +0,93 | 527      |     |
|       | 50m: 32.97 32.97          | 150m: 1:47.29 37.73 | 250m: 3:02.86 37.87            | 350m: 4:18.20 37.75 |       |          |     |
|       | 100m: 1:09.56 36.59       | 200m: 2:24.99 37.70 | 300m: 3:40.45 37.59            | 400m: 4:54.93 36.73 |       |          |     |
| 66.   | Ana Correia Ferreira      | 02                  | Nautico Marinha Grande         | <b>4:55.03</b>      | +0,74 | 527      |     |
|       | 50m: 32.58 32.58          | 150m: 1:45.65 37.43 | 250m: 3:02.32 38.91            | 350m: 4:18.98 38.35 |       |          |     |
|       | 100m: 1:08.22 35.64       | 200m: 2:23.41 37.76 | 300m: 3:40.63 38.31            | 400m: 4:55.03 36.05 |       |          |     |
| 67.   | Filipa Viamonte Fernandes | 02                  | Vitoria/ Olicargo              | <b>4:55.17</b>      | +0,87 | 526      |     |
|       | 50m: 33.93 33.93          | 150m: 1:49.65 38.37 | 250m: 3:05.18 37.87            | 350m: 4:19.98 37.22 |       |          |     |
|       | 100m: 1:11.28 37.35       | 200m: 2:27.31 37.66 | 300m: 3:42.76 37.58            | 400m: 4:55.17 35.19 |       |          |     |
| 68.   | Mariana Sobral Galacha    | 01                  | Sporting                       | <b>4:55.92</b>      | +0,73 | 522      |     |
|       | 50m: 32.79 32.79          | 150m: 1:46.56 37.15 | 250m: 3:02.23 38.14            | 350m: 4:19.12 38.64 |       |          |     |
|       | 100m: 1:09.41 36.62       | 200m: 2:24.09 37.53 | 300m: 3:40.48 38.25            | 400m: 4:55.92 36.80 |       |          |     |
| 69.   | Catarina Costa Fernandes  | 99                  | Assoc Cult Desp Colegio Bernar | <b>4:56.52</b>      | +0,79 | 519      |     |
|       | 50m: 32.29 32.29          | 150m: 1:45.66 36.46 | 250m: 3:01.55 37.61            | 350m: 4:18.70 38.08 |       |          |     |
|       | 100m: 1:09.20 36.91       | 200m: 2:23.94 38.28 | 300m: 3:40.62 39.07            | 400m: 4:56.52 37.82 |       |          |     |
| 70.   | Ana Rita Queiroz          | 02                  | Fundacao Beatriz Santos        | <b>4:56.82</b>      | +0,78 | 517      |     |
|       | 50m: 31.88 31.88          | 150m: 1:43.91 36.90 | 250m: 3:01.01 38.41            | 350m: 4:19.10 38.92 |       |          |     |
|       | 100m: 1:07.01 35.13       | 200m: 2:22.60 38.69 | 300m: 3:40.18 39.17            | 400m: 4:56.82 37.72 |       |          |     |
| 71.   | Sara Lopes Barbosa        | 00                  | Aquatico Pacense               | <b>4:57.01</b>      | +0,81 | 516      |     |
|       | 50m: 32.93 32.93          | 150m: 1:46.85 37.49 | 250m: 3:02.57 38.31            | 350m: 4:19.30 38.78 |       |          |     |
|       | 100m: 1:09.36 36.43       | 200m: 2:24.26 37.41 | 300m: 3:40.52 37.95            | 400m: 4:57.01 37.71 |       |          |     |
| 72.   | Lara Beatriz Matos        | 01                  | Famalicao                      | <b>4:57.11</b>      | +0,95 | 516      |     |
|       | 50m: 32.43 32.43          | 150m: 1:46.43 37.64 | 250m: 3:02.67 38.13            | 350m: 4:19.74 38.41 |       |          |     |
|       | 100m: 1:08.79 36.36       | 200m: 2:24.54 38.11 | 300m: 3:41.33 38.66            | 400m: 4:57.11 37.37 |       |          |     |
| 73.   | Maria de Castro Tome      | 02                  | Sporting Clube de Aveiro       | <b>4:57.28</b>      | +0,84 | 515      |     |
|       | 50m: 34.01 34.01          | 150m: 1:48.37 37.25 | 250m: 3:03.56 37.58            | 350m: 4:20.32 38.18 |       |          |     |
|       | 100m: 1:11.12 37.11       | 200m: 2:25.98 37.61 | 300m: 3:42.14 38.58            | 400m: 4:57.28 36.96 |       |          |     |



Prova 14, Femin., 400m Livres, Absolutos

| Lugar | Nome                          | Ano                 | Clube                      | Tempo Final    | TReac         | Pts FINA | Pts |
|-------|-------------------------------|---------------------|----------------------------|----------------|---------------|----------|-----|
| 74.   | Ines Silva Oliveira           | 00                  | Individual ANNP            | <b>4:57.75</b> | +0,86         | 513      |     |
|       | 50m: 32.84 32.84              | 150m: 1:46.95 37.68 | 250m: 3:03.42              | 38.41          | 350m: 4:20.31 | 38.01    |     |
|       | 100m: 1:09.27 36.43           | 200m: 2:25.01 38.06 | 300m: 3:42.30              | 38.88          | 400m: 4:57.75 | 37.44    |     |
| 75.   | Rita Verissimo Damasceno      | 98                  | Nautico /Urgicentro-Sanfil | <b>4:58.75</b> | +0,74         | 507      |     |
|       | 50m: 33.10 33.10              | 150m: 1:47.11 37.78 | 250m: 3:03.67              | 38.35          | 350m: 4:21.26 | 38.96    |     |
|       | 100m: 1:09.33 36.23           | 200m: 2:25.32 38.21 | 300m: 3:42.30              | 38.63          | 400m: 4:58.75 | 37.49    |     |
| 76.   | Catarina Miguel Silva         | 01                  | Natacao de Faro            | <b>4:58.98</b> | +0,81         | 506      |     |
|       | 50m: 33.37 33.37              | 150m: 1:46.96 37.08 | 250m: 3:03.62              | 38.62          | 350m: 4:21.34 | 39.16    |     |
|       | 100m: 1:09.88 36.51           | 200m: 2:25.00 38.04 | 300m: 3:42.18              | 38.56          | 400m: 4:58.98 | 37.64    |     |
| 77.   | Ines Sofia Ferreira           | 02                  | Galitos / Bresimar         | <b>4:59.48</b> | +0,88         | 504      |     |
|       | 50m: 32.86 32.86              | 150m: 1:48.31 38.68 | 250m: 3:06.43              | 39.42          | 350m: 4:23.51 | 38.19    |     |
|       | 100m: 1:09.63 36.77           | 200m: 2:27.01 38.70 | 300m: 3:45.32              | 38.89          | 400m: 4:59.48 | 35.97    |     |
| 78.   | Catarina Trigo Ferreira       | 02                  | Amadora                    | <b>4:59.79</b> | +0,79         | 502      |     |
|       | 50m: 33.45 33.45              | 150m: 1:49.28 38.94 | 250m: 3:06.58              | 38.79          | 350m: 4:23.50 | 38.13    |     |
|       | 100m: 1:10.34 36.89           | 200m: 2:27.79 38.51 | 300m: 3:45.37              | 38.79          | 400m: 4:59.79 | 36.29    |     |
| 79.   | Mariana Filipa Moreira        | 02                  | Valongo                    | <b>5:00.12</b> | +0,91         | 501      |     |
|       | 50m: 33.51 33.51              | 150m: 1:48.78 37.93 | 250m: 3:05.50              | 38.35          | 350m: 4:22.94 | 38.73    |     |
|       | 100m: 1:10.85 37.34           | 200m: 2:27.15 38.37 | 300m: 3:44.21              | 38.71          | 400m: 5:00.12 | 37.18    |     |
| 80.   | Rita Alexandra Campos         | 02                  | Porto                      | <b>5:00.75</b> | +0,88         | 497      |     |
|       | 50m: 33.48 33.48              | 150m: 1:49.07 38.22 | 250m: 3:06.61              | 38.45          | 350m: 4:23.49 | 38.24    |     |
|       | 100m: 1:10.85 37.37           | 200m: 2:28.16 39.09 | 300m: 3:45.25              | 38.64          | 400m: 5:00.75 | 37.26    |     |
| 81.   | Daniela Oliveira Rodrigues    | 02                  | Valongo                    | <b>5:01.60</b> | +0,71         | 493      |     |
|       | 50m: 33.09 33.09              | 150m: 1:48.94 38.56 | 250m: 3:06.89              | 38.94          | 350m: 4:24.65 | 38.88    |     |
|       | 100m: 1:10.38 37.29           | 200m: 2:27.95 39.01 | 300m: 3:45.77              | 38.88          | 400m: 5:01.60 | 36.95    |     |
|       | Erika Almeida Marques         | 01                  | Braga                      | <b>5:01.60</b> | +0,80         | 493      |     |
|       | 50m: 33.10 33.10              | 150m: 1:47.30 37.70 | 250m: 3:04.23              | 38.61          | 350m: 4:22.55 | 39.17    |     |
|       | 100m: 1:09.60 36.50           | 200m: 2:25.62 38.32 | 300m: 3:43.38              | 39.15          | 400m: 5:01.60 | 39.05    |     |
| 83.   | Ana Margarida Leite           | 02                  | Fafe                       | <b>5:02.59</b> |               | 488      |     |
|       | 50m: 33.24 33.24              | 150m: 1:48.11 37.91 | 250m: 3:05.33              | 38.37          | 350m: 4:23.78 | 39.07    |     |
|       | 100m: 1:10.20 36.96           | 200m: 2:26.96 38.85 | 300m: 3:44.71              | 39.38          | 400m: 5:02.59 | 38.81    |     |
| 84.   | Constanca Filipa Rodrigues    | 02                  | Benedita                   | <b>5:03.74</b> | +0,74         | 483      |     |
|       | 50m: 34.16 34.16              | 150m: 1:51.31 39.02 | 250m: 3:09.17              | 38.70          | 350m: 4:26.53 | 38.63    |     |
|       | 100m: 1:12.29 38.13           | 200m: 2:30.47 39.16 | 300m: 3:47.90              | 38.73          | 400m: 5:03.74 | 37.21    |     |
| 85.   | Joana Daniela Jacinto         | 01                  | Natacao da Maia            | <b>5:04.22</b> | +0,71         | 481      |     |
|       | 50m: 32.61 32.61              | 150m: 1:47.75 38.21 | 250m: 3:06.31              | 39.38          | 350m: 4:25.38 | 39.37    |     |
|       | 100m: 1:09.54 36.93           | 200m: 2:26.93 39.18 | 300m: 3:46.01              | 39.70          | 400m: 5:04.22 | 38.84    |     |
| 86.   | Ana Catarina Magalhaes        | 02                  | Lousada SXXI               | <b>5:07.86</b> | +0,81         | 464      |     |
|       | 50m: 32.98 32.98              | 150m: 1:48.45 38.51 | 250m: 3:07.59              | 39.71          | 350m: 4:28.42 | 40.72    |     |
|       | 100m: 1:09.94 36.96           | 200m: 2:27.88 39.43 | 300m: 3:47.70              | 40.11          | 400m: 5:07.86 | 39.44    |     |
| 87.   | Elisa Sauval Goncalves        | 02                  | Natacao Olhao              | <b>5:08.03</b> | +0,81         | 463      |     |
|       | 50m: 32.49 32.49              | 150m: 1:48.32 38.82 | 250m: 3:08.03              | 39.80          | 350m: 4:28.81 | 40.30    |     |
|       | 100m: 1:09.50 37.01           | 200m: 2:28.23 39.91 | 300m: 3:48.51              | 40.48          | 400m: 5:08.03 | 39.22    |     |
| 88.   | Carolina Silverio Carpinteiro | 02                  | Natacao do Tejo            | <b>5:11.30</b> | +0,73         | 448      |     |
|       | 50m: 32.67 32.67              | 150m: 1:49.00 38.59 | 250m: 3:07.71              | 38.70          | 350m: 4:31.38 | 40.96    |     |
|       | 100m: 1:10.41 37.74           | 200m: 2:29.01 40.01 | 300m: 3:50.42              | 42.71          | 400m: 5:11.30 | 39.92    |     |

Prova 14, Femin., 400m Livres, Absolutos

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 89.   | Ana Margarida Teixeira | 02                  | Foca                | <b>5:12.92</b>      | +0,77 | 442      |     |
|       | 50m: 34.47 34.47       | 150m: 1:51.77 39.35 | 250m: 3:11.57 40.18 | 350m: 4:32.86 40.97 |       |          |     |
|       | 100m: 1:12.42 37.95    | 200m: 2:31.39 39.62 | 300m: 3:51.89 40.32 | 400m: 5:12.92 40.06 |       |          |     |

Prova 14  
12-03-2016

Femin., 400m Livres

Juniores  
Resultados

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |
| Rec Nac Jun16    | 4:20.37 | Marta Andreia Ferreira  | POR | Berlim (GER)    | 04-08-2002 |
| Rec Nac Jun17    | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |

Pontos: FINA 2016

| Lugar | Nome                     | Ano                 | Clube                      | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 1.    | Tamila Hryhorivna Holub  | 99                  | Braga                      | <b>4:20.95</b>      | +0,80 | 762      |     |
|       | 50m: 30.70 30.70         | 150m: 1:35.92 32.68 | 250m: 2:41.87 33.15        | 350m: 3:48.44 33.21 |       |          |     |
|       | 100m: 1:03.24 32.54      | 200m: 2:08.72 32.80 | 300m: 3:15.23 33.36        | 400m: 4:20.95 32.51 |       |          |     |
| 2.    | Ana Rita Faria           | 00                  | Porto                      | <b>4:25.38</b>      | +0,71 | 724      |     |
|       | 50m: 30.30 30.30         | 150m: 1:36.99 33.59 | 250m: 2:44.59 33.71        | 350m: 3:52.51 33.79 |       |          |     |
|       | 100m: 1:03.40 33.10      | 200m: 2:10.88 33.89 | 300m: 3:18.72 34.13        | 400m: 4:25.38 32.87 |       |          |     |
| 3.    | Beatriz Paulo Ranito     | 99                  | Sporting                   | <b>4:33.79</b>      | +0,74 | 659      |     |
|       | 50m: 30.73 30.73         | 150m: 1:38.86 34.59 | 250m: 2:49.07 34.93        | 350m: 3:59.32 35.04 |       |          |     |
|       | 100m: 1:04.27 33.54      | 200m: 2:14.14 35.28 | 300m: 3:24.28 35.21        | 400m: 4:33.79 34.47 |       |          |     |
| 4.    | Teresa Miguel Veloso     | 00                  | Nautico /Urgicentro-Sanfil | <b>4:36.69</b>      | +0,72 | 639      |     |
|       | 50m: 31.84 31.84         | 150m: 1:41.01 35.12 | 250m: 2:50.64 34.88        | 350m: 4:01.22 35.89 |       |          |     |
|       | 100m: 1:05.89 34.05      | 200m: 2:15.76 34.75 | 300m: 3:25.33 34.69        | 400m: 4:36.69 35.47 |       |          |     |
| 5.    | Eva Guerreiro Carvalho   | 99                  | Uniao Piedense             | <b>4:38.66</b>      | +0,87 | 625      |     |
|       | 50m: 31.44 31.44         | 150m: 1:41.01 35.12 | 250m: 2:51.98 35.37        | 350m: 4:03.77 36.16 |       |          |     |
|       | 100m: 1:05.89 34.45      | 200m: 2:16.61 35.60 | 300m: 3:27.61 35.63        | 400m: 4:38.66 34.89 |       |          |     |
| 6.    | Ines Figueira Santos     | 00                  | Uniao Piedense             | <b>4:38.78</b>      | +0,88 | 625      |     |
|       | 50m: 31.67 31.67         | 150m: 1:41.93 35.42 | 250m: 2:53.63 35.68        | 350m: 4:04.76 35.36 |       |          |     |
|       | 100m: 1:06.51 34.84      | 200m: 2:17.95 36.02 | 300m: 3:29.40 35.77        | 400m: 4:38.78 34.02 |       |          |     |
| 7.    | Barbara Coimbra Teodosio | 99                  | Nautico Marinha Grande     | <b>4:38.81</b>      | +0,85 | 624      |     |
|       | 50m: 32.26 32.26         | 150m: 1:42.43 35.39 | 250m: 2:53.69 35.76        | 350m: 4:04.96 35.14 |       |          |     |
|       | 100m: 1:07.04 34.78      | 200m: 2:17.93 35.50 | 300m: 3:29.82 36.13        | 400m: 4:38.81 33.85 |       |          |     |
| 8.    | Patricia Palmeiro Baeta  | 00                  | Scalabiswim                | <b>4:39.25</b>      | +0,64 | 621      |     |
|       | 50m: 31.61 31.61         | 150m: 1:41.51 35.32 | 250m: 2:52.15 35.13        | 350m: 4:04.58 36.29 |       |          |     |
|       | 100m: 1:06.19 34.58      | 200m: 2:17.02 35.51 | 300m: 3:28.29 36.14        | 400m: 4:39.25 34.67 |       |          |     |
| 9.    | Ines Jacinto Henriques   | 00                  | Pimpoes/Cimai              | <b>4:39.61</b>      | +0,80 | 619      |     |
|       | 50m: 30.76 30.76         | 150m: 1:39.06 34.80 | 250m: 2:50.09 35.96        | 350m: 4:03.38 36.82 |       |          |     |
|       | 100m: 1:04.26 33.50      | 200m: 2:14.13 35.07 | 300m: 3:26.56 36.47        | 400m: 4:39.61 36.23 |       |          |     |
| 10.   | Eliana Dirce Lourenco    | 00                  | Galitos / Bresimar         | <b>4:42.99</b>      | +0,71 | 597      |     |
|       | 50m: 31.98 31.98         | 150m: 1:42.52 35.68 | 250m: 2:54.71 36.06        | 350m: 4:07.56 36.27 |       |          |     |
|       | 100m: 1:06.84 34.86      | 200m: 2:18.65 36.13 | 300m: 3:31.29 36.58        | 400m: 4:42.99 35.43 |       |          |     |
| 11.   | Ana Pires Brito          | 99                  | Colegio Monte Maior        | <b>4:43.18</b>      | +0,75 | 596      |     |
|       | 50m: 31.85 31.85         | 150m: 1:42.87 36.02 | 250m: 2:55.57 35.97        | 350m: 4:07.62 35.74 |       |          |     |
|       | 100m: 1:06.85 35.00      | 200m: 2:19.60 36.73 | 300m: 3:31.88 36.31        | 400m: 4:43.18 35.56 |       |          |     |
| 12.   | Rafaela Araujo Silva     | 00                  | Famalicao                  | <b>4:44.26</b>      | +0,88 | 589      |     |
|       | 50m: 32.16 32.16         | 150m: 1:43.12 36.29 | 250m: 2:56.13 36.69        | 350m: 4:09.01 36.34 |       |          |     |
|       | 100m: 1:06.83 34.67      | 200m: 2:19.44 36.32 | 300m: 3:32.67 36.54        | 400m: 4:44.26 35.25 |       |          |     |

Prova 14, Femin., 400m Livres, Juniores

| Lugar | Nome                     | Ano                 | Clube                          | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|--------------------------------|---------------------|-------|----------|-----|
| 13.   | Leila Tavoria Lemos      | 00                  | Vilacondense                   | <b>4:46.00</b>      | +0,75 | 578      |     |
|       | 50m: 31.92 31.92         | 150m: 1:43.59 36.19 | 250m: 2:56.59 36.22            | 350m: 4:10.20 36.75 |       |          |     |
|       | 100m: 1:07.40 35.48      | 200m: 2:20.37 36.78 | 300m: 3:33.45 36.86            | 400m: 4:46.00 35.80 |       |          |     |
| 14.   | Beatriz Barros Carmo     | 99                  | Alges                          | <b>4:46.56</b>      | +0,70 | 575      |     |
|       | 50m: 32.39 32.39         | 150m: 1:44.39 35.98 | 250m: 2:57.72 36.47            | 350m: 4:10.91 36.51 |       |          |     |
|       | 100m: 1:08.41 36.02      | 200m: 2:21.25 36.86 | 300m: 3:34.40 36.68            | 400m: 4:46.56 35.65 |       |          |     |
| 15.   | Iris Cunha Santos        | 00                  | Porto                          | <b>4:46.66</b>      | +0,90 | 574      |     |
|       | 50m: 32.87 32.87         | 150m: 1:44.51 36.00 | 250m: 2:57.65 36.37            | 350m: 4:11.14 36.62 |       |          |     |
|       | 100m: 1:08.51 35.64      | 200m: 2:21.28 36.77 | 300m: 3:34.52 36.87            | 400m: 4:46.66 35.52 |       |          |     |
| 16.   | Tania Cristina Mendes    | 99                  | Vieirense                      | <b>4:47.92</b>      | +0,76 | 567      |     |
|       | 50m: 33.53 33.53         | 150m: 1:46.45 36.64 | 250m: 2:59.60 36.15            | 350m: 4:13.12 36.43 |       |          |     |
|       | 100m: 1:09.81 36.28      | 200m: 2:23.45 37.00 | 300m: 3:36.69 37.09            | 400m: 4:47.92 34.80 |       |          |     |
| 17.   | Mariana Silva Ramos      | 00                  | Sporting                       | <b>4:47.93</b>      | +0,83 | 567      |     |
|       | 50m: 31.98 31.98         | 150m: 1:42.84 36.02 | 250m: 2:56.62 37.04            | 350m: 4:11.56 37.67 |       |          |     |
|       | 100m: 1:06.82 34.84      | 200m: 2:19.58 36.74 | 300m: 3:33.89 37.27            | 400m: 4:47.93 36.37 |       |          |     |
| 18.   | Ana Sofia Ramos          | 00                  | Fluval Portuense               | <b>4:48.37</b>      | +0,71 | 564      |     |
|       | 50m: 32.28 32.28         | 150m: 1:44.98 36.62 | 250m: 2:58.51 36.61            | 350m: 4:11.86 36.77 |       |          |     |
|       | 100m: 1:08.36 36.08      | 200m: 2:21.90 36.92 | 300m: 3:35.09 36.58            | 400m: 4:48.37 36.51 |       |          |     |
| 19.   | Mariana Santos Ferreira  | 00                  | Miranda do Corvo               | <b>4:48.67</b>      |       | 563      |     |
|       | 50m: 32.68 32.68         | 150m: 1:44.68 36.57 | 250m: 2:58.38 37.09            | 350m: 4:13.40 37.82 |       |          |     |
|       | 100m: 1:08.11 35.43      | 200m: 2:21.29 36.61 | 300m: 3:35.58 37.20            | 400m: 4:48.67 35.27 |       |          |     |
| 20.   | Ines Eira Pereira        | 99                  | Estamos Juntos                 | <b>4:49.63</b>      | +0,86 | 557      |     |
|       | 50m: 32.42 32.42         | 150m: 1:44.19 36.58 | 250m: 2:58.47 37.16            | 350m: 4:13.66 37.93 |       |          |     |
|       | 100m: 1:07.61 35.19      | 200m: 2:21.31 37.12 | 300m: 3:35.73 37.26            | 400m: 4:49.63 35.97 |       |          |     |
| 21.   | Maria Beatriz Dias       | 99                  | Scalabiswim                    | <b>4:50.72</b>      | +0,76 | 551      |     |
|       | 50m: 32.47 32.47         | 150m: 1:44.59 36.41 | 250m: 2:59.09 37.19            | 350m: 4:13.59 37.05 |       |          |     |
|       | 100m: 1:08.18 35.71      | 200m: 2:21.90 37.31 | 300m: 3:36.54 37.45            | 400m: 4:50.72 37.13 |       |          |     |
| 22.   | Emilia Matos Pereira     | 99                  | Fundacao Beatriz Santos        | <b>4:51.75</b>      | +0,76 | 545      |     |
|       | 50m: 32.73 32.73         | 150m: 1:45.56 36.73 | 250m: 2:59.76 36.85            | 350m: 4:15.13 37.51 |       |          |     |
|       | 100m: 1:08.83 36.10      | 200m: 2:22.91 37.35 | 300m: 3:37.62 37.86            | 400m: 4:51.75 36.62 |       |          |     |
| 23.   | Ana Catarina Oliveira    | 99                  | Gesloures                      | <b>4:52.78</b>      | +0,70 | 539      |     |
|       | 50m: 33.30 33.30         | 150m: 1:46.77 37.17 | 250m: 3:00.64 37.03            | 350m: 4:16.14 37.91 |       |          |     |
|       | 100m: 1:09.60 36.30      | 200m: 2:23.61 36.84 | 300m: 3:38.23 37.59            | 400m: 4:52.78 36.64 |       |          |     |
| 24.   | Mariana Pinto Angelo     | 99                  | Academica de Coimbra           | <b>4:53.29</b>      | +0,71 | 536      |     |
|       | 50m: 33.25 33.25         | 150m: 1:46.62 36.72 | 250m: 3:00.56 36.62            | 350m: 4:15.34 37.16 |       |          |     |
|       | 100m: 1:09.90 36.65      | 200m: 2:23.94 37.32 | 300m: 3:38.18 37.62            | 400m: 4:53.29 37.95 |       |          |     |
| 25.   | Andreia Brito Pereira    | 00                  | Condeixa Clube                 | <b>4:53.92</b>      | +0,81 | 533      |     |
|       | 50m: 31.38 31.38         | 150m: 1:43.99 37.01 | 250m: 2:58.89 37.07            | 350m: 4:16.11 38.36 |       |          |     |
|       | 100m: 1:06.98 35.60      | 200m: 2:21.82 37.83 | 300m: 3:37.75 38.86            | 400m: 4:53.92 37.81 |       |          |     |
| 26.   | Catarina Costa Fernandes | 99                  | Assoc Cult Desp Colegio Bernar | <b>4:56.52</b>      | +0,79 | 519      |     |
|       | 50m: 32.29 32.29         | 150m: 1:45.66 36.46 | 250m: 3:01.55 37.61            | 350m: 4:18.70 38.08 |       |          |     |
|       | 100m: 1:09.20 36.91      | 200m: 2:23.94 38.28 | 300m: 3:40.62 39.07            | 400m: 4:56.52 37.82 |       |          |     |
| 27.   | Sara Lopes Barbosa       | 00                  | Aquatico Pacense               | <b>4:57.01</b>      | +0,81 | 516      |     |
|       | 50m: 32.93 32.93         | 150m: 1:46.85 37.49 | 250m: 3:02.57 38.31            | 350m: 4:19.30 38.78 |       |          |     |
|       | 100m: 1:09.36 36.43      | 200m: 2:24.26 37.41 | 300m: 3:40.52 37.95            | 400m: 4:57.01 37.71 |       |          |     |



Prova 14, Femin., 400m Livres, Juniores

| Lugar | Nome                | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 28.   | Ines Silva Oliveira | 00                  | Individual ANNP     | <b>4:57.75</b>      | +0,86 | 513      |     |
|       | 50m: 32.84 32.84    | 150m: 1:46.95 37.68 | 250m: 3:03.42 38.41 | 350m: 4:20.31 38.01 |       |          |     |
|       | 100m: 1:09.27 36.43 | 200m: 2:25.01 38.06 | 300m: 3:42.30 38.88 | 400m: 4:57.75 37.44 |       |          |     |

Prova 14 Femin., 400m Livres Juvenis A  
12-03-2016 Resultados

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |
| Rec Nac Juv A    | 4:20.78 | Tamila Hryhorivna Holub | POR | Porto           | 07-06-2014 |

Pontos: FINA 2016

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | Sara Sofia Alves         | 01                  | Columbofila Cantanhedense | <b>4:31.52</b>      | +0,76 | 676      |     |
|       | 50m: 32.20 32.20         | 150m: 1:40.19 34.40 | 250m: 2:49.75 34.64       | 350m: 3:59.07 34.66 |       |          |     |
|       | 100m: 1:05.79 33.59      | 200m: 2:15.11 34.92 | 300m: 3:24.41 34.66       | 400m: 4:31.52 32.45 |       |          |     |
| 2.    | Filipa Serrano Rodrigues | 01                  | Uniao Piedense            | <b>4:31.97</b>      | +0,77 | 673      |     |
|       | 50m: 31.39 31.39         | 150m: 1:39.44 34.19 | 250m: 2:48.46 34.57       | 350m: 3:57.81 34.91 |       |          |     |
|       | 100m: 1:05.25 33.86      | 200m: 2:13.89 34.45 | 300m: 3:22.90 34.44       | 400m: 4:31.97 34.16 |       |          |     |
| 3.    | Joana Costa Amador       | 01                  | Galitos / Bresimar        | <b>4:33.31</b>      | +0,75 | 663      |     |
|       | 50m: 30.59 30.59         | 150m: 1:38.92 34.67 | 250m: 2:48.93 34.99       | 350m: 3:59.17 35.13 |       |          |     |
|       | 100m: 1:04.25 33.66      | 200m: 2:13.94 35.02 | 300m: 3:24.04 35.11       | 400m: 4:33.31 34.14 |       |          |     |
| 4.    | Luisa Maria Machado      | 01                  | Uniao Piedense            | <b>4:39.36</b>      | +0,84 | 621      |     |
|       | 50m: 31.67 31.67         | 150m: 1:41.43 35.47 | 250m: 2:52.63 35.66       | 350m: 4:04.16 35.75 |       |          |     |
|       | 100m: 1:05.96 34.29      | 200m: 2:16.97 35.54 | 300m: 3:28.41 35.78       | 400m: 4:39.36 35.20 |       |          |     |
| 5.    | Maria Carolina Costa     | 01                  | Porto                     | <b>4:41.67</b>      | +0,81 | 606      |     |
|       | 50m: 30.65 30.65         | 150m: 1:39.97 35.07 | 250m: 2:52.01 35.96       | 350m: 4:05.46 36.59 |       |          |     |
|       | 100m: 1:04.90 34.25      | 200m: 2:16.05 36.08 | 300m: 3:28.87 36.86       | 400m: 4:41.67 36.21 |       |          |     |
| 6.    | Tatiana Raquel Pombo     | 01                  | Nautica do Seixal         | <b>4:44.59</b>      | +0,80 | 587      |     |
|       | 50m: 31.47 31.47         | 150m: 1:41.57 35.53 | 250m: 2:54.53 36.54       | 350m: 4:08.51 37.08 |       |          |     |
|       | 100m: 1:06.04 34.57      | 200m: 2:17.99 36.42 | 300m: 3:31.43 36.90       | 400m: 4:44.59 36.08 |       |          |     |
| 7.    | Isabel Porfirio Pego     | 01                  | Porto                     | <b>4:45.15</b>      | +0,82 | 584      |     |
|       | 50m: 31.84 31.84         | 150m: 1:42.00 35.40 | 250m: 2:54.60 36.83       | 350m: 4:08.71 37.34 |       |          |     |
|       | 100m: 1:06.60 34.76      | 200m: 2:17.77 35.77 | 300m: 3:31.37 36.77       | 400m: 4:45.15 36.44 |       |          |     |
| 8.    | Ana Pimenta Silva        | 01                  | Desportiva de Viana       | <b>4:45.85</b>      | +0,82 | 579      |     |
|       | 50m: 32.50 32.50         | 150m: 1:43.70 36.08 | 250m: 2:56.77 36.51       | 350m: 4:10.10 36.81 |       |          |     |
|       | 100m: 1:07.62 35.12      | 200m: 2:20.26 36.56 | 300m: 3:33.29 36.52       | 400m: 4:45.85 35.75 |       |          |     |
| 9.    | Carolina Marques Neves   | 01                  | Torres Novas              | <b>4:48.35</b>      | +0,74 | 564      |     |
|       | 50m: 32.31 32.31         | 150m: 1:44.77 36.45 | 250m: 2:58.21 36.43       | 350m: 4:12.73 37.15 |       |          |     |
|       | 100m: 1:08.32 36.01      | 200m: 2:21.78 37.01 | 300m: 3:35.58 37.37       | 400m: 4:48.35 35.62 |       |          |     |
| 10.   | Maria Esteves Martins    | 01                  | Galitos / Bresimar        | <b>4:50.67</b>      | +0,78 | 551      |     |
|       | 50m: 32.31 32.31         | 150m: 1:46.15 36.85 | 250m: 3:00.59 37.14       | 350m: 4:15.24 36.91 |       |          |     |
|       | 100m: 1:09.30 36.99      | 200m: 2:23.45 37.30 | 300m: 3:38.33 37.74       | 400m: 4:50.67 35.43 |       |          |     |
| 11.   | Carolina Ascenso Santos  | 01                  | Natacao da Maia           | <b>4:50.78</b>      | +0,73 | 550      |     |
|       | 50m: 31.04 31.04         | 150m: 1:43.78 36.98 | 250m: 2:59.59 37.58       | 350m: 4:15.17 37.10 |       |          |     |
|       | 100m: 1:06.80 35.76      | 200m: 2:22.01 38.23 | 300m: 3:38.07 38.48       | 400m: 4:50.78 35.61 |       |          |     |
| 12.   | Ines Alves Martins       | 01                  | Fluivial Portuense        | <b>4:51.18</b>      | +0,80 | 548      |     |
|       | 50m: 33.06 33.06         | 150m: 1:45.93 36.66 | 250m: 3:00.11 37.03       | 350m: 4:14.90 37.05 |       |          |     |
|       | 100m: 1:09.27 36.21      | 200m: 2:23.08 37.15 | 300m: 3:37.85 37.74       | 400m: 4:51.18 36.28 |       |          |     |

Prova 14, Femin., 400m Livres, Juvenis A

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 13.   | Rita Alexandra Vital   | 01                  | Alges               | <b>4:51.95</b>      | +0,82 | 544      |     |
|       | 50m: 32.08 32.08       | 150m: 1:44.91 37.23 | 250m: 2:59.92 37.44 | 350m: 4:15.94 37.47 |       |          |     |
|       | 100m: 1:07.68 35.60    | 200m: 2:22.48 37.57 | 300m: 3:38.47 38.55 | 400m: 4:51.95 36.01 |       |          |     |
| 14.   | Beatriz Ferreira Silva | 01                  | Braga               | <b>4:54.93</b>      | +0,93 | 527      |     |
|       | 50m: 32.97 32.97       | 150m: 1:47.29 37.73 | 250m: 3:02.86 37.87 | 350m: 4:18.20 37.75 |       |          |     |
|       | 100m: 1:09.56 36.59    | 200m: 2:24.99 37.70 | 300m: 3:40.45 37.59 | 400m: 4:54.93 36.73 |       |          |     |
| 15.   | Mariana Sobral Galacha | 01                  | Sporting            | <b>4:55.92</b>      | +0,73 | 522      |     |
|       | 50m: 32.79 32.79       | 150m: 1:46.56 37.15 | 250m: 3:02.23 38.14 | 350m: 4:19.12 38.64 |       |          |     |
|       | 100m: 1:09.41 36.62    | 200m: 2:24.09 37.53 | 300m: 3:40.48 38.25 | 400m: 4:55.92 36.80 |       |          |     |
| 16.   | Lara Beatriz Matos     | 01                  | Famalicao           | <b>4:57.11</b>      | +0,95 | 516      |     |
|       | 50m: 32.43 32.43       | 150m: 1:46.43 37.64 | 250m: 3:02.67 38.13 | 350m: 4:19.74 38.41 |       |          |     |
|       | 100m: 1:08.79 36.36    | 200m: 2:24.54 38.11 | 300m: 3:41.33 38.66 | 400m: 4:57.11 37.37 |       |          |     |
| 17.   | Catarina Miguel Silva  | 01                  | Natacao de Faro     | <b>4:58.98</b>      | +0,81 | 506      |     |
|       | 50m: 33.37 33.37       | 150m: 1:46.96 37.08 | 250m: 3:03.62 38.62 | 350m: 4:21.34 39.16 |       |          |     |
|       | 100m: 1:09.88 36.51    | 200m: 2:25.00 38.04 | 300m: 3:42.18 38.56 | 400m: 4:58.98 37.64 |       |          |     |
| 18.   | Erika Almeida Marques  | 01                  | Braga               | <b>5:01.60</b>      | +0,80 | 493      |     |
|       | 50m: 33.10 33.10       | 150m: 1:47.30 37.70 | 250m: 3:04.23 38.61 | 350m: 4:22.55 39.17 |       |          |     |
|       | 100m: 1:09.60 36.50    | 200m: 2:25.62 38.32 | 300m: 3:43.38 39.15 | 400m: 5:01.60 39.05 |       |          |     |
| 19.   | Joana Daniela Jacinto  | 01                  | Natacao da Maia     | <b>5:04.22</b>      | +0,71 | 481      |     |
|       | 50m: 32.61 32.61       | 150m: 1:47.75 38.21 | 250m: 3:06.31 39.38 | 350m: 4:25.38 39.37 |       |          |     |
|       | 100m: 1:09.54 36.93    | 200m: 2:26.93 39.18 | 300m: 3:46.01 39.70 | 400m: 5:04.22 38.84 |       |          |     |

Prova 14 Femin., 400m Livres Juvenis B  
12-03-2016 Resultados

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |
| Rec Nac Juv B    | 4:26.20 | Maria Francisca Cabral  | FCP | Oeiras          | 26-07-2014 |

Pontos: FINA 2016

| Lugar | Nome                      | Ano                 | Clube                      | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 1.    | Ana Sofia Pina            | 02                  | O Crasto                   | <b>4:39.63</b>      | +0,90 | 619      |     |
|       | 50m: 31.64 31.64          | 150m: 1:41.94 35.49 | 250m: 2:53.85 35.97        | 350m: 4:06.20 36.08 |       |          |     |
|       | 100m: 1:06.45 34.81       | 200m: 2:17.88 35.94 | 300m: 3:30.12 36.27        | 400m: 4:39.63 33.43 |       |          |     |
| 2.    | Mariana Fernandes Barbosa | 02                  | Porto                      | <b>4:40.10</b>      | +0,74 | 616      |     |
|       | 50m: 31.95 31.95          | 150m: 1:42.70 35.82 | 250m: 2:54.30 35.29        | 350m: 4:05.53 35.54 |       |          |     |
|       | 100m: 1:06.88 34.93       | 200m: 2:19.01 36.31 | 300m: 3:29.99 35.69        | 400m: 4:40.10 34.57 |       |          |     |
| 3.    | Mariana Amaral Mendes     | 02                  | Colegio Monte Maior        | <b>4:40.30</b>      | +0,78 | 615      |     |
|       | 50m: 32.36 32.36          | 150m: 1:43.34 35.63 | 250m: 2:54.96 36.03        | 350m: 4:06.51 35.83 |       |          |     |
|       | 100m: 1:07.71 35.35       | 200m: 2:18.93 35.59 | 300m: 3:30.68 35.72        | 400m: 4:40.30 33.79 |       |          |     |
| 4.    | Ana Sequeira Florindo     | 02                  | Nautico /Urgicentro-Sanfil | <b>4:41.38</b>      | +0,82 | 607      |     |
|       | 50m: 32.12 32.12          | 150m: 1:43.69 36.09 | 250m: 2:55.80 36.16        | 350m: 4:08.16 36.07 |       |          |     |
|       | 100m: 1:07.60 35.48       | 200m: 2:19.64 35.95 | 300m: 3:32.09 36.29        | 400m: 4:41.38 33.22 |       |          |     |
| 5.    | Alexandra Couto Frazao    | 02                  | Individual ANL             | <b>4:41.52</b>      | +0,75 | 607      |     |
|       | 50m: 32.58 32.58          | 150m: 1:42.73 35.28 | 250m: 2:54.21 35.73        | 350m: 4:06.09 35.75 |       |          |     |
|       | 100m: 1:07.45 34.87       | 200m: 2:18.48 35.75 | 300m: 3:30.34 36.13        | 400m: 4:41.52 35.43 |       |          |     |
| 6.    | Leonor Camacho Fernandes  | 02                  | Sporting                   | <b>4:44.67</b>      | +0,82 | 587      |     |
|       | 50m: 31.53 31.53          | 150m: 1:42.65 36.37 | 250m: 2:56.04 36.79        | 350m: 4:09.19 36.72 |       |          |     |
|       | 100m: 1:06.28 34.75       | 200m: 2:19.25 36.60 | 300m: 3:32.47 36.43        | 400m: 4:44.67 35.48 |       |          |     |

Prova 14, Femin., 400m Livres, Juvenis B

| Lugar | Nome                       | Ano                 | Clube                    | Tempo Final         | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|--------------------------|---------------------|-------|----------|-----|
| 7.    | Ana Rita Ramos             | 02                  | Porto                    | <b>4:45.13</b>      | +0,77 | 584      |     |
|       | 50m: 32.75 32.75           | 150m: 1:44.80 36.73 | 250m: 2:57.91 36.64      | 350m: 4:10.92 36.40 |       |          |     |
|       | 100m: 1:08.07 35.32        | 200m: 2:21.27 36.47 | 300m: 3:34.52 36.61      | 400m: 4:45.13 34.21 |       |          |     |
| 8.    | Catia Iordan Agostinho     | 02                  | Rio Maior                | <b>4:47.90</b>      | +0,79 | 567      |     |
|       | 50m: 32.73 32.73           | 150m: 1:44.94 36.64 | 250m: 2:58.47 36.81      | 350m: 4:11.93 36.37 |       |          |     |
|       | 100m: 1:08.30 35.57        | 200m: 2:21.66 36.72 | 300m: 3:35.56 37.09      | 400m: 4:47.90 35.97 |       |          |     |
| 9.    | Beatriz Aires Brandao      | 02                  | Desportiva de Viana      | <b>4:50.23</b>      | +0,83 | 554      |     |
|       | 50m: 32.07 32.07           | 150m: 1:43.60 36.45 | 250m: 2:57.45 36.54      | 350m: 4:12.74 38.11 |       |          |     |
|       | 100m: 1:07.15 35.08        | 200m: 2:20.91 37.31 | 300m: 3:34.63 37.18      | 400m: 4:50.23 37.49 |       |          |     |
| 10.   | Nina Pinto Ribeiro         | 02                  | Foca                     | <b>4:50.67</b>      | +0,82 | 551      |     |
|       | 50m: 32.01 32.01           | 150m: 1:45.17 36.81 | 250m: 2:59.97 37.70      | 350m: 4:15.35 37.54 |       |          |     |
|       | 100m: 1:08.36 36.35        | 200m: 2:22.27 37.10 | 300m: 3:37.81 37.84      | 400m: 4:50.67 35.32 |       |          |     |
| 11.   | Margarida Cabral Monteiro  | 02                  | Galitos / Bresimar       | <b>4:51.82</b>      | +0,76 | 545      |     |
|       | 50m: 32.42 32.42           | 150m: 1:45.21 37.31 | 250m: 3:00.80 37.95      | 350m: 4:16.86 37.83 |       |          |     |
|       | 100m: 1:07.90 35.48        | 200m: 2:22.85 37.64 | 300m: 3:39.03 38.23      | 400m: 4:51.82 34.96 |       |          |     |
| 12.   | Jessica Soares Lima        | 02                  | Braga                    | <b>4:53.30</b>      | +0,82 | 536      |     |
|       | 50m: 32.31 32.31           | 150m: 1:44.48 36.70 | 250m: 2:59.45 37.35      | 350m: 4:16.30 38.37 |       |          |     |
|       | 100m: 1:07.78 35.47        | 200m: 2:22.10 37.62 | 300m: 3:37.93 38.48      | 400m: 4:53.30 37.00 |       |          |     |
| 13.   | Ana Correia Ferreira       | 02                  | Nautico Marinha Grande   | <b>4:55.03</b>      | +0,74 | 527      |     |
|       | 50m: 32.58 32.58           | 150m: 1:45.65 37.43 | 250m: 3:02.32 38.91      | 350m: 4:18.98 38.35 |       |          |     |
|       | 100m: 1:08.22 35.64        | 200m: 2:23.41 37.76 | 300m: 3:40.63 38.31      | 400m: 4:55.03 36.05 |       |          |     |
| 14.   | Filipa Viamonte Fernandes  | 02                  | Vitoria/ Olicargo        | <b>4:55.17</b>      | +0,87 | 526      |     |
|       | 50m: 33.93 33.93           | 150m: 1:49.65 38.37 | 250m: 3:05.18 37.87      | 350m: 4:19.98 37.22 |       |          |     |
|       | 100m: 1:11.28 37.35        | 200m: 2:27.31 37.66 | 300m: 3:42.76 37.58      | 400m: 4:55.17 35.19 |       |          |     |
| 15.   | Ana Rita Queiroz           | 02                  | Fundacao Beatriz Santos  | <b>4:56.82</b>      | +0,78 | 517      |     |
|       | 50m: 31.88 31.88           | 150m: 1:43.91 36.90 | 250m: 3:01.01 38.41      | 350m: 4:19.10 38.92 |       |          |     |
|       | 100m: 1:07.01 35.13        | 200m: 2:22.60 38.69 | 300m: 3:40.18 39.17      | 400m: 4:56.82 37.72 |       |          |     |
| 16.   | Maria de Castro Tome       | 02                  | Sporting Clube de Aveiro | <b>4:57.28</b>      | +0,84 | 515      |     |
|       | 50m: 34.01 34.01           | 150m: 1:48.37 37.25 | 250m: 3:03.56 37.58      | 350m: 4:20.32 38.18 |       |          |     |
|       | 100m: 1:11.12 37.11        | 200m: 2:25.98 37.61 | 300m: 3:42.14 38.58      | 400m: 4:57.28 36.96 |       |          |     |
| 17.   | Ines Sofia Ferreira        | 02                  | Galitos / Bresimar       | <b>4:59.48</b>      | +0,88 | 504      |     |
|       | 50m: 32.86 32.86           | 150m: 1:48.31 38.68 | 250m: 3:06.43 39.42      | 350m: 4:23.51 38.19 |       |          |     |
|       | 100m: 1:09.63 36.77        | 200m: 2:27.01 38.70 | 300m: 3:45.32 38.89      | 400m: 4:59.48 35.97 |       |          |     |
| 18.   | Catarina Trigo Ferreira    | 02                  | Amadora                  | <b>4:59.79</b>      | +0,79 | 502      |     |
|       | 50m: 33.45 33.45           | 150m: 1:49.28 38.94 | 250m: 3:06.58 38.79      | 350m: 4:23.50 38.13 |       |          |     |
|       | 100m: 1:10.34 36.89        | 200m: 2:27.79 38.51 | 300m: 3:45.37 38.79      | 400m: 4:59.79 36.29 |       |          |     |
| 19.   | Mariana Filipa Moreira     | 02                  | Valongo                  | <b>5:00.12</b>      | +0,91 | 501      |     |
|       | 50m: 33.51 33.51           | 150m: 1:48.78 37.93 | 250m: 3:05.50 38.35      | 350m: 4:22.94 38.73 |       |          |     |
|       | 100m: 1:10.85 37.34        | 200m: 2:27.15 38.37 | 300m: 3:44.21 38.71      | 400m: 5:00.12 37.18 |       |          |     |
| 20.   | Rita Alexandra Campos      | 02                  | Porto                    | <b>5:00.75</b>      | +0,88 | 497      |     |
|       | 50m: 33.48 33.48           | 150m: 1:49.07 38.22 | 250m: 3:06.61 38.45      | 350m: 4:23.49 38.24 |       |          |     |
|       | 100m: 1:10.85 37.37        | 200m: 2:28.16 39.09 | 300m: 3:45.25 38.64      | 400m: 5:00.75 37.26 |       |          |     |
| 21.   | Daniela Oliveira Rodrigues | 02                  | Valongo                  | <b>5:01.60</b>      | +0,71 | 493      |     |
|       | 50m: 33.09 33.09           | 150m: 1:48.94 38.56 | 250m: 3:06.89 38.94      | 350m: 4:24.65 38.88 |       |          |     |
|       | 100m: 1:10.38 37.29        | 200m: 2:27.95 39.01 | 300m: 3:45.77 38.88      | 400m: 5:01.60 36.95 |       |          |     |

Prova 14, Femin., 400m Livres, Juvenis B

| Lugar | Nome                          | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|-------------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 22.   | Ana Margarida Leite           | 02                  | Fafe                | <b>5:02.59</b>      |       | 488      |     |
|       | 50m: 33.24 33.24              | 150m: 1:48.11 37.91 | 250m: 3:05.33 38.37 | 350m: 4:23.78 39.07 |       |          |     |
|       | 100m: 1:10.20 36.96           | 200m: 2:26.96 38.85 | 300m: 3:44.71 39.38 | 400m: 5:02.59 38.81 |       |          |     |
| 23.   | Constanca Filipa Rodrigues    | 02                  | Benedita            | <b>5:03.74</b>      | +0,74 | 483      |     |
|       | 50m: 34.16 34.16              | 150m: 1:51.31 39.02 | 250m: 3:09.17 38.70 | 350m: 4:26.53 38.63 |       |          |     |
|       | 100m: 1:12.29 38.13           | 200m: 2:30.47 39.16 | 300m: 3:47.90 38.73 | 400m: 5:03.74 37.21 |       |          |     |
| 24.   | Ana Catarina Magalhaes        | 02                  | Lousada SXXI        | <b>5:07.86</b>      | +0,81 | 464      |     |
|       | 50m: 32.98 32.98              | 150m: 1:48.45 38.51 | 250m: 3:07.59 39.71 | 350m: 4:28.42 40.72 |       |          |     |
|       | 100m: 1:09.94 36.96           | 200m: 2:27.88 39.43 | 300m: 3:47.70 40.11 | 400m: 5:07.86 39.44 |       |          |     |
| 25.   | Elisa Sauval Goncalves        | 02                  | Natacao Olhao       | <b>5:08.03</b>      | +0,81 | 463      |     |
|       | 50m: 32.49 32.49              | 150m: 1:48.32 38.82 | 250m: 3:08.03 39.80 | 350m: 4:28.81 40.30 |       |          |     |
|       | 100m: 1:09.50 37.01           | 200m: 2:28.23 39.91 | 300m: 3:48.51 40.48 | 400m: 5:08.03 39.22 |       |          |     |
| 26.   | Carolina Silverio Carpinteiro | 02                  | Natacao do Tejo     | <b>5:11.30</b>      | +0,73 | 448      |     |
|       | 50m: 32.67 32.67              | 150m: 1:49.00 38.59 | 250m: 3:07.71 38.70 | 350m: 4:31.38 40.96 |       |          |     |
|       | 100m: 1:10.41 37.74           | 200m: 2:29.01 40.01 | 300m: 3:50.42 42.71 | 400m: 5:11.30 39.92 |       |          |     |
| 27.   | Ana Margarida Teixeira        | 02                  | Foca                | <b>5:12.92</b>      | +0,77 | 442      |     |
|       | 50m: 34.47 34.47              | 150m: 1:51.77 39.35 | 250m: 3:11.57 40.18 | 350m: 4:32.86 40.97 |       |          |     |
|       | 100m: 1:12.42 37.95           | 200m: 2:31.39 39.62 | 300m: 3:51.89 40.32 | 400m: 5:12.92 40.06 |       |          |     |

Prova 14  
12-03-2016

Femin., 400m Livres

Seniores  
Resultados

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:17.92 | Tamila Hryhorivna Holub | POR | Antwerpen (BEL) | 24-01-2016 |
| Rec Nac Sen      | 4:19.09 | Diana Margarida Duraes  | FCP | Coimbra         | 25-07-2015 |

Pontos: FINA 2016

| Lugar | Nome                               | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 1.    | Diana Margarida Duraes             | 96                  | Porto               | <b>4:13.34</b>      | +0,73 | 832      |     |
|       | <i>Recorde Nacional, Sen e Abs</i> |                     |                     |                     |       |          |     |
|       | 50m: 29.46 29.46                   | 150m: 1:33.08 31.99 | 250m: 2:37.14 31.81 | 350m: 3:41.74 32.39 |       |          |     |
|       | 100m: 1:01.09 31.63                | 200m: 2:05.33 32.25 | 300m: 3:09.35 32.21 | 400m: 4:13.34 31.60 |       |          |     |
| 2.    | Angelica Maria Andre               | 94                  | Fluval Portuense    | <b>4:24.95</b>      | +0,72 | 728      |     |
|       | 50m: 30.34 30.34                   | 150m: 1:37.63 34.21 | 250m: 2:45.90 34.31 | 350m: 3:53.78 34.04 |       |          |     |
|       | 100m: 1:03.42 33.08                | 200m: 2:11.59 33.96 | 300m: 3:19.74 33.84 | 400m: 4:24.95 31.17 |       |          |     |
| 3.    | Maria Teresa Amorim                | 97                  | Porto               | <b>4:25.28</b>      | +0,76 | 725      |     |
|       | 50m: 30.38 30.38                   | 150m: 1:36.27 33.28 | 250m: 2:44.27 33.83 | 350m: 3:52.67 33.92 |       |          |     |
|       | 100m: 1:02.99 32.61                | 200m: 2:10.44 34.17 | 300m: 3:18.75 34.48 | 400m: 4:25.28 32.61 |       |          |     |
| 4.    | Francisca Gomes Azevedo            | 97                  | Alges               | <b>4:29.64</b>      | +0,81 | 690      |     |
|       | 50m: 30.81 30.81                   | 150m: 1:38.19 34.02 | 250m: 2:47.14 34.45 | 350m: 3:56.30 34.42 |       |          |     |
|       | 100m: 1:04.17 33.36                | 200m: 2:12.69 34.50 | 300m: 3:21.88 34.74 | 400m: 4:29.64 33.34 |       |          |     |
| 5.    | Vania Soares Neves                 | 90                  | Fluval Portuense    | <b>4:31.46</b>      | +0,76 | 677      |     |
|       | 50m: 31.07 31.07                   | 150m: 1:38.85 34.36 | 250m: 2:47.89 34.60 | 350m: 3:57.34 34.75 |       |          |     |
|       | 100m: 1:04.49 33.42                | 200m: 2:13.29 34.44 | 300m: 3:22.59 34.70 | 400m: 4:31.46 34.12 |       |          |     |
| 6.    | Madalena Amaro Machado             | 98                  | Academico Viseu     | <b>4:35.20</b>      | +0,93 | 649      |     |
|       | 50m: 32.02 32.02                   | 150m: 1:41.72 35.35 | 250m: 2:51.91 35.09 | 350m: 4:01.57 34.38 |       |          |     |
|       | 100m: 1:06.37 34.35                | 200m: 2:16.82 35.10 | 300m: 3:27.19 35.28 | 400m: 4:35.20 33.63 |       |          |     |
| 7.    | Ana Silva Costa                    | 98                  | Famalicao           | <b>4:39.50</b>      | +0,80 | 620      |     |
|       | 50m: 31.54 31.54                   | 150m: 1:41.15 35.14 | 250m: 2:52.63 35.67 | 350m: 4:04.70 35.63 |       |          |     |
|       | 100m: 1:06.01 34.47                | 200m: 2:16.96 35.81 | 300m: 3:29.07 36.44 | 400m: 4:39.50 34.80 |       |          |     |

Prova 14, Femin., 400m Livres, Seniores

| Lugar | Nome                     | Ano                 | Clube                      | Tempo Final    | TReac               | Pts FINA | Pts |
|-------|--------------------------|---------------------|----------------------------|----------------|---------------------|----------|-----|
| 8.    | Beatriz Neves Cardoso    | 98                  | Colegio SMLamas            | <b>4:44.77</b> | +0,87               | 586      |     |
|       | 50m: 32.85 32.85         | 150m: 1:45.66 36.85 | 250m: 2:58.74              | 36.38          | 350m: 4:10.87 35.77 |          |     |
|       | 100m: 1:08.81 35.96      | 200m: 2:22.36 36.70 | 300m: 3:35.10              | 36.36          | 400m: 4:44.77 33.90 |          |     |
| 9.    | Ana Sofia Fernandes      | 93                  | Braga                      | <b>4:46.46</b> | +0,97               | 576      |     |
|       | 50m: 32.56 32.56         | 150m: 1:44.59 36.72 | 250m: 2:58.15              | 36.78          | 350m: 4:11.16 36.25 |          |     |
|       | 100m: 1:07.87 35.31      | 200m: 2:21.37 36.78 | 300m: 3:34.91              | 36.76          | 400m: 4:46.46 35.30 |          |     |
| 10.   | Ana Luisa Santo          | 95                  | Benfica                    | <b>4:47.15</b> | +0,80               | 572      |     |
|       | 50m: 31.50 31.50         | 150m: 1:41.53 35.67 | 250m: 2:54.62              | 36.63          | 350m: 4:10.00 37.85 |          |     |
|       | 100m: 1:05.86 34.36      | 200m: 2:17.99 36.46 | 300m: 3:32.15              | 37.53          | 400m: 4:47.15 37.15 |          |     |
| 11.   | Maria Joao Fernandes     | 97                  | Vilacondense               | <b>4:47.92</b> | +0,82               | 567      |     |
|       | 50m: 32.62 32.62         | 150m: 1:44.27 36.46 | 250m: 2:58.08              | 37.07          | 350m: 4:12.66 37.93 |          |     |
|       | 100m: 1:07.81 35.19      | 200m: 2:21.01 36.74 | 300m: 3:34.73              | 36.65          | 400m: 4:47.92 35.26 |          |     |
| 12.   | Mariana Portugal Costa   | 98                  | Nautico /Urgicentro-Sanfil | <b>4:48.56</b> | +0,83               | 563      |     |
|       | 50m: 32.38 32.38         | 150m: 1:45.16 36.78 | 250m: 2:58.50              | 36.61          | 350m: 4:13.88 38.10 |          |     |
|       | 100m: 1:08.38 36.00      | 200m: 2:21.89 36.73 | 300m: 3:35.78              | 37.28          | 400m: 4:48.56 34.68 |          |     |
| 13.   | Carolina Madeira Santos  | 96                  | Naval Amorense             | <b>4:50.34</b> | +0,93               | 553      |     |
|       | 50m: 31.33 31.33         | 150m: 1:43.69 36.77 | 250m: 2:58.57              | 37.61          | 350m: 4:13.93 37.67 |          |     |
|       | 100m: 1:06.92 35.59      | 200m: 2:20.96 37.27 | 300m: 3:36.26              | 37.69          | 400m: 4:50.34 36.41 |          |     |
| 14.   | Marina Micaela Sequeira  | 98                  | Uniao Piedense             | <b>4:53.54</b> | +0,75               | 535      |     |
|       | 50m: 32.36 32.36         | 150m: 1:43.81 36.66 | 250m: 2:58.40              | 38.02          | 350m: 4:16.13 39.16 |          |     |
|       | 100m: 1:07.15 34.79      | 200m: 2:20.38 36.57 | 300m: 3:36.97              | 38.57          | 400m: 4:53.54 37.41 |          |     |
| 15.   | Rita Verissimo Damasceno | 98                  | Nautico /Urgicentro-Sanfil | <b>4:58.75</b> | +0,74               | 507      |     |
|       | 50m: 33.10 33.10         | 150m: 1:47.11 37.78 | 250m: 3:03.67              | 38.35          | 350m: 4:21.26 38.96 |          |     |
|       | 100m: 1:09.33 36.23      | 200m: 2:25.32 38.21 | 300m: 3:42.30              | 38.63          | 400m: 4:58.75 37.49 |          |     |