

Prova 16 Open  
22-07-2016 - 9:30 Resultados Elimin  
Femin., 400m Estilos

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Inf B	5:14.05	Filipa Vilas Ruivo	DNMG	S. João da Madeira	24-07-2009
Rec Nac Inf A	5:11.29	Diana Ramos Rocha	EDV	Faro	20-07-2007
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016

TAC\_B-SENF Sen: 5:31.78 / TAC\_B-JUNF Jun: 5:43.38 / TAC\_B-JUVAF Juv A: 5:45.76 / TAC\_B-JUVBF Juv B: 5:48.84

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	Fluvial Portuense	<b>5:06.75</b>	+0,81	670	
	50m: 32.09 32.09	150m: 1:49.85 41.88	250m: 3:14.08 42.94	350m: 4:32.38 35.75			
	100m: 1:07.97 35.88	200m: 2:31.14 41.29	300m: 3:56.63 42.55	400m: 5:06.75 34.37			
2.	Ana Beatriz Martins	99	Famalicao	<b>5:07.37</b>	+0,75	666	
	50m: 31.93 31.93	150m: 1:48.51 39.58	250m: 3:11.99 44.54	350m: 4:32.28 35.80			
	100m: 1:08.93 37.00	200m: 2:27.45 38.94	300m: 3:56.48 44.49	400m: 5:07.37 35.09			
3.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>5:07.88</b>	+0,74	662	
	50m: 32.36 32.36	150m: 1:50.45 40.64	250m: 3:14.16 43.80	350m: 4:33.87 35.00			
	100m: 1:09.81 37.45	200m: 2:30.36 39.91	300m: 3:58.87 44.71	400m: 5:07.88 34.01			
4.	Rita Costa Amador	99	Galitos / Bresimar	<b>5:08.98</b>	+0,68	655	
	50m: 32.89 32.89	150m: 1:50.27 40.00	250m: 3:13.99 44.72	350m: 4:34.02 35.22			
	100m: 1:10.27 37.38	200m: 2:29.27 39.00	300m: 3:58.80 44.81	400m: 5:08.98 34.96			
5.	Ines Rocha Silva	00	Alcobaca	<b>5:09.47</b>	+0,71	652	
	50m: 33.51 33.51	150m: 1:53.85 39.50	250m: 3:15.71 43.07	350m: 4:35.92 34.87			
	100m: 1:14.35 40.84	200m: 2:32.64 38.79	300m: 4:01.05 45.34	400m: 5:09.47 33.55			
6.	Ana Catarina Monteiro	93	Vilacondense	<b>5:10.45</b>	+0,72	646	
	50m: 30.84 30.84	150m: 1:47.40 41.93	250m: 3:13.01 45.51	350m: 4:34.74 37.08			
	100m: 1:05.47 34.63	200m: 2:27.50 40.10	300m: 3:57.66 44.65	400m: 5:10.45 35.71			
7.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	<b>5:11.03</b>	+0,77	642	
	50m: 32.31 32.31	150m: 1:50.26 41.63	250m: 3:14.37 44.61	350m: 4:35.76 36.73			
	100m: 1:08.63 36.32	200m: 2:29.76 39.50	300m: 3:59.03 44.66	400m: 5:11.03 35.27			
8.	Ines Neto Rocha	01	Aquatico Pacense	<b>5:12.50</b>	+0,89	633	
	50m: 31.97 31.97	150m: 1:50.21 41.32	250m: 3:15.73 45.80	350m: 4:36.46 36.96			
	100m: 1:08.89 36.92	200m: 2:29.93 39.72	300m: 3:59.50 43.77	400m: 5:12.50 36.04			
9.	Carolina Rosa Marcelino	01	Alges	<b>5:15.05</b>	+0,83	618	
	50m: 32.85 32.85	150m: 1:53.06 41.82	250m: 3:18.45 44.76	350m: 4:39.15 35.82			
	100m: 1:11.24 38.39	200m: 2:33.69 40.63	300m: 4:03.33 44.88	400m: 5:15.05 35.90			
10.	Beatriz Pereira Vasconcelos	98	Vilacondense	<b>5:15.68</b>	+0,72	614	
	50m: 34.06 34.06	150m: 1:54.19 40.98	250m: 3:18.41 44.37	350m: 4:39.92 37.38			
	100m: 1:13.21 39.15	200m: 2:34.04 39.85	300m: 4:02.54 44.13	400m: 5:15.68 35.76			
11.	Carolina Lourenco Matos	98	Benedita	<b>5:15.95</b>	+0,74	613	
	50m: 34.18 34.18	150m: 1:55.15 42.31	250m: 3:19.86 44.24	350m: 4:40.38 37.03			
	100m: 1:12.84 38.66	200m: 2:35.62 40.47	300m: 4:03.35 43.49	400m: 5:15.95 35.57			
12.	Joana Victorino Henriques	01	Condeixa Clube	<b>5:16.14</b>	+0,65	612	
	50m: 31.99 31.99	150m: 1:50.57 40.07	250m: 3:16.54 44.13	350m: 4:39.56 37.55			
	100m: 1:10.50 38.51	200m: 2:32.41 41.84	300m: 4:02.01 45.47	400m: 5:16.14 36.58			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Luisa Maria Machado	01	Uniao Piedense	<b>5:16.18</b>	+0,90	611	
	50m: 32.91 32.91	150m: 1:54.88 43.07	250m: 3:19.66 43.38	350m: 4:40.98 35.95			
	100m: 1:11.81 38.90	200m: 2:36.28 41.40	300m: 4:05.03 45.37	400m: 5:16.18 35.20			
14.	Francisca Salvador Mesquita	02	Colegio Monte Maior	<b>5:17.14</b>	+0,79	606	
	50m: 32.74 32.74	150m: 1:54.79 43.52	250m: 3:20.53 44.04	350m: 4:40.93 36.33			
	100m: 1:11.27 38.53	200m: 2:36.49 41.70	300m: 4:04.60 44.07	400m: 5:17.14 36.21			
15.	Clara Gomes Pereira	02	Alges	<b>5:19.08</b>	+0,71	595	
	50m: 33.00 33.00	150m: 1:55.92 44.17	250m: 3:19.53 41.60	350m: 4:42.39 38.95			
	100m: 1:11.75 38.75	200m: 2:37.93 42.01	300m: 4:03.44 43.91	400m: 5:19.08 36.69			
16.	Ines Silva Bernardo	00	Colegio Monte Maior	<b>5:19.63</b>	+0,69	592	
	50m: 33.16 33.16	150m: 1:55.20 43.47	250m: 3:20.55 42.74	350m: 4:42.19 37.57			
	100m: 1:11.73 38.57	200m: 2:37.81 42.61	300m: 4:04.62 44.07	400m: 5:19.63 37.44			
17.	Maria Margarida Belo	02	Sporting	<b>5:22.08</b>	+0,78	578	
	50m: 32.49 32.49	150m: 1:52.82 41.10	250m: 3:19.63 46.63	350m: 4:44.74 38.37			
	100m: 1:11.72 39.23	200m: 2:33.00 40.18	300m: 4:06.37 46.74	400m: 5:22.08 37.34			
18.	Mariana Amaral Mendes	02	Colegio Monte Maior	<b>5:22.22</b>	+0,84	578	
	50m: 34.69 34.69	150m: 1:58.36 42.89	250m: 3:25.18 45.53	350m: 4:47.57 36.14			
	100m: 1:15.47 40.78	200m: 2:39.65 41.29	300m: 4:11.43 46.25	400m: 5:22.22 34.65			
19.	Mariana Domingues Paz	98	Miranda do Corvo	<b>5:22.52</b>	+0,76	576	
	50m: 34.47 34.47	150m: 2:00.56 45.06	250m: 3:26.70 43.45	350m: 4:46.80 37.26			
	100m: 1:15.50 41.03	200m: 2:43.25 42.69	300m: 4:09.54 42.84	400m: 5:22.52 35.72			
20.	Raquel Paulo Ranito	94	Sporting	<b>5:23.05</b>	+0,77	573	
	50m: 32.92 32.92	150m: 1:53.19 41.53	250m: 3:21.31 46.33	350m: 4:46.64 38.32			
	100m: 1:11.66 38.74	200m: 2:34.98 41.79	300m: 4:08.32 47.01	400m: 5:23.05 36.41			
21.	Joana Nunes Cardeal	02	Academico Viseu	<b>5:23.50</b>	+0,78	571	
	50m: 32.68 32.68	150m: 1:54.55 42.92	250m: 3:22.08 47.03	350m: 4:47.17 37.76			
	100m: 1:11.63 38.95	200m: 2:35.05 40.50	300m: 4:09.41 47.33	400m: 5:23.50 36.33			
22.	Lara Beatriz Matos	01	Famalicao	<b>5:24.37</b>	+0,92	566	
	50m: 33.18 33.18	150m: 1:56.12 43.66	250m: 3:23.90 44.74	350m: 4:48.05 37.45			
	100m: 1:12.46 39.28	200m: 2:39.16 43.04	300m: 4:10.60 46.70	400m: 5:24.37 36.32			
23.	Sofia Machado Dionisio	98	Sporting	<b>5:25.32</b>	+0,73	561	
	50m: 32.59 32.59	150m: 1:55.03 41.98	250m: 3:22.79 45.80	350m: 4:47.79 38.62			
	100m: 1:13.05 40.46	200m: 2:36.99 41.96	300m: 4:09.17 46.38	400m: 5:25.32 37.53			
24.	Rita Alexandra Vital	01	Alges	<b>5:25.74</b>	+0,94	559	
	50m: 33.69 33.69	150m: 1:53.07 40.79	250m: 3:21.56 47.38	350m: 4:48.13 36.26			
	100m: 1:12.28 38.59	200m: 2:34.18 41.11	300m: 4:11.87 50.31	400m: 5:25.74 37.61			
25.	Mariana Sousa Maia	02	Famalicao	<b>5:26.11</b>	+0,84	557	
	50m: 34.95 34.95	150m: 1:58.21 42.32	250m: 3:24.93 46.13	350m: 4:50.16 37.56			
	100m: 1:15.89 40.94	200m: 2:38.80 40.59	300m: 4:12.60 47.67	400m: 5:26.11 35.95			
26.	Margarida Cabral Monteiro	02	Galitos / Bresimar	<b>5:26.65</b>	+0,67	554	
	50m: 34.60 34.60	150m: 1:58.12 44.29	250m: 3:26.97 46.93	350m: 4:51.71 36.67			
	100m: 1:13.83 39.23	200m: 2:40.04 41.92	300m: 4:15.04 48.07	400m: 5:26.65 34.94			
27.	Rafaela Araujo Silva	00	Famalicao	<b>5:27.65</b>	+0,85	549	
	50m: 34.74 34.74	150m: 1:59.36 44.62	250m: 3:30.13 47.14	350m: 4:52.64 35.86			
	100m: 1:14.74 40.00	200m: 2:42.99 43.63	300m: 4:16.78 46.65	400m: 5:27.65 35.01			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	Filipa Viamonte Fernandes	02	Vitoria/ Olicargo	<b>5:28.49</b>	+0,82	545	
	50m: 33.24 33.24	150m: 1:54.61 42.05	250m: 3:23.20 48.24	350m: 4:50.34 38.54			
	100m: 1:12.56 39.32	200m: 2:34.96 40.35	300m: 4:11.80 48.60	400m: 5:28.49 38.15			
29.	Maria Beatriz Lopes	00	Benedita	<b>5:28.66</b>	+0,72	544	
	50m: 35.01 35.01	150m: 1:57.02 40.58	250m: 3:23.62 47.55	350m: 4:51.19 38.77			
	100m: 1:16.44 41.43	200m: 2:36.07 39.05	300m: 4:12.42 48.80	400m: 5:28.66 37.47			
30.	Catia Iordan Agostinho	02	Rio Maior	<b>5:29.31</b>	+0,69	541	
	50m: 34.69 34.69	150m: 1:58.28 41.40	250m: 3:27.16 47.26	350m: 4:52.70 37.47			
	100m: 1:16.88 42.19	200m: 2:39.90 41.62	300m: 4:15.23 48.07	400m: 5:29.31 36.61			
31.	Maria Carolina Rodrigues	01	Vitoria/ Olicargo	<b>5:29.67</b>	+0,87	539	
	50m: 34.31 34.31	150m: 1:57.89 44.01	250m: 3:27.45 47.37	350m: 4:52.87 37.81			
	100m: 1:13.88 39.57	200m: 2:40.08 42.19	300m: 4:15.06 47.61	400m: 5:29.67 36.80			
32.	Mariana Silva Ramos	00	Sporting	<b>5:29.94</b>	+0,81	538	
	50m: 33.50 33.50	150m: 1:58.38 45.78	250m: 3:28.76 46.73	350m: 4:54.43 37.81			
	100m: 1:12.60 39.10	200m: 2:42.03 43.65	300m: 4:16.62 47.86	400m: 5:29.94 35.51			
33.	Ana Miguel Pinto	99	Viana Natacao	<b>5:31.51</b>	+0,99	530	
	50m: 34.43 34.43	150m: 1:58.52 43.99	250m: 3:28.30 47.23	350m: 4:54.40 38.47			
	100m: 1:14.53 40.10	200m: 2:41.07 42.55	300m: 4:15.93 47.63	400m: 5:31.51 37.11			
34.	Ines Rosado Monteiro	00	Natacao de Vagos	<b>5:31.85</b>	+0,71	529	
	50m: 34.19 34.19	150m: 1:59.30 44.90	250m: 3:29.39 45.83	350m: 4:55.54 38.16			
	100m: 1:14.40 40.21	200m: 2:43.56 44.26	300m: 4:17.38 47.99	400m: 5:31.85 36.31			
35.	Natacha Sofia Silva	02	Benfica	<b>5:32.38</b>	+0,80	526	
	50m: 34.63 34.63	150m: 1:59.36 43.67	250m: 3:28.47 45.94	350m: 4:54.84 38.80			
	100m: 1:15.69 41.06	200m: 2:42.53 43.17	300m: 4:16.04 47.57	400m: 5:32.38 37.54			
36.	Mariana Sobral Galacha	01	Sporting	<b>5:32.64</b>	+0,70	525	
	50m: 34.95 34.95	150m: 1:59.57 44.73	250m: 3:28.69 46.20	350m: 4:54.74 38.56			
	100m: 1:14.84 39.89	200m: 2:42.49 42.92	300m: 4:16.18 47.49	400m: 5:32.64 37.90			
37.	Leticia Maia Andre	02	Uniao Piedense	<b>5:32.77</b>	+0,87	524	
	50m: 33.77 33.77	150m: 2:00.33 47.63	250m: 3:33.10 45.94	350m: 4:57.02 36.58			
	100m: 1:12.70 38.93	200m: 2:47.16 46.83	300m: 4:20.44 47.34	400m: 5:32.77 35.75			
38.	Constanca Filipa Rodrigues	02	Benedita	<b>5:33.41</b>	+0,73	521	
	50m: 35.05 35.05	150m: 1:59.63 44.32	250m: 3:30.33 47.86	350m: 4:56.49 39.18			
	100m: 1:15.31 40.26	200m: 2:42.47 42.84	300m: 4:17.31 46.98	400m: 5:33.41 36.92			
39.	Mariana Cardoso Costa	01	Individual ANNP	<b>5:34.32</b>	+0,72	517	
	50m: 34.62 34.62	150m: 2:00.39 44.84	250m: 3:29.75 46.20	350m: 4:56.17 39.67			
	100m: 1:15.55 40.93	200m: 2:43.55 43.16	300m: 4:16.50 46.75	400m: 5:34.32 38.15			
40.	Raquel Antunes Tremoco	01	Sporting	<b>5:34.61</b>	+0,74	516	
	50m: 34.17 34.17	150m: 1:56.89 43.90	250m: 3:27.77 48.31	350m: 4:55.48 38.69			
	100m: 1:12.99 38.82	200m: 2:39.46 42.57	300m: 4:16.79 49.02	400m: 5:34.61 39.13			
41.	Andreia Brito Pereira	00	Condeixa Clube	<b>5:37.11</b>	+0,72	504	
	50m: 33.34 33.34	150m: 1:57.02 42.50	250m: 3:29.53 50.17	350m: 4:59.17 37.36			
	100m: 1:14.52 41.18	200m: 2:39.36 42.34	300m: 4:21.81 52.28	400m: 5:37.11 37.94			
42.	Tatiana Alexandre Cardoso	01	Amadora	<b>5:38.59</b>	+0,78	498	
	50m: 34.12 34.12	150m: 1:57.05 43.05	250m: 3:28.87 49.72	350m: 4:59.65 40.22			
	100m: 1:14.00 39.88	200m: 2:39.15 42.10	300m: 4:19.43 50.56	400m: 5:38.59 38.94			

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	Mariana Sebastiao Mendes	01	Portinado	<b>5:39.20</b>	+0,82	495	
	50m: 33.19 33.19	150m: 1:56.39 44.86	250m: 3:30.68 50.99	350m: 5:01.23 39.29			
	100m: 1:11.53 38.34	200m: 2:39.69 43.30	300m: 4:21.94 51.26	400m: 5:39.20 37.97			
44.	Beatriz Marques Ferreira	00	Campinho	<b>5:39.67</b>	+0,78	493	
	50m: 36.72 36.72	150m: 2:05.04 44.38	250m: 3:36.42 48.48	350m: 5:03.62 37.79			
	100m: 1:20.66 43.94	200m: 2:47.94 42.90	300m: 4:25.83 49.41	400m: 5:39.67 36.05			
45.	Jessica Soares Lima	02	Braga	<b>5:39.89</b>	+0,89	492	
	50m: 34.15 34.15	150m: 1:59.17 44.75	250m: 3:32.49 48.95	350m: 5:02.08 37.78			
	100m: 1:14.42 40.27	200m: 2:43.54 44.37	300m: 4:24.30 51.81	400m: 5:39.89 37.81			
46.	Ines Rodrigues Ferreira	01	Benfica	<b>5:40.13</b>	+0,85	491	
	50m: 33.61 33.61	150m: 2:00.42 46.96	250m: 3:32.92 48.03	350m: 5:02.54 40.36			
	100m: 1:13.46 39.85	200m: 2:44.89 44.47	300m: 4:22.18 49.26	400m: 5:40.13 37.59			
47.	Sofia Gales Pinto	01	Colegio SMLamas	<b>5:40.98</b>	+0,85	487	
	50m: 35.97 35.97	150m: 2:00.85 43.58	250m: 3:33.05 49.21	350m: 5:02.26 39.32			
	100m: 1:17.27 41.30	200m: 2:43.84 42.99	300m: 4:22.94 49.89	400m: 5:40.98 38.72			
48.	Leila Tavarã Lemos	00	Vilacondense	<b>5:41.41</b>	+0,83	486	
	50m: 37.13 37.13	150m: 2:05.34 43.63	250m: 3:38.26 49.78	350m: 5:05.19 36.70			
	100m: 1:21.71 44.58	200m: 2:48.48 43.14	300m: 4:28.49 50.23	400m: 5:41.41 36.22			
49.	Sara Costa Guerra	99	Sporting	<b>5:43.52</b>	+0,73	477	
	50m: 33.37 33.37	150m: 1:57.87 45.24	250m: 3:32.01 50.10	350m: 5:04.87 39.82			
	100m: 1:12.63 39.26	200m: 2:41.91 44.04	300m: 4:25.05 53.04	400m: 5:43.52 38.65			
50.	Daniela Oliveira Rodrigues	02	Natacao de Valongo	<b>5:43.77</b>	+0,71	476	
	50m: 33.51 33.51	150m: 2:01.28 45.83	250m: 3:35.30 48.45	350m: 5:06.12 38.77			
	100m: 1:15.45 41.94	200m: 2:46.85 45.57	300m: 4:27.35 52.05	400m: 5:43.77 37.65			
51.	Carina Vlasyuk	02	Sporting	<b>5:43.93</b>	+0,79	475	
	50m: 34.18 34.18	150m: 2:00.13 46.13	250m: 3:33.23 50.01	350m: 5:04.53 40.86			
	100m: 1:14.00 39.82	200m: 2:43.22 43.09	300m: 4:23.67 50.44	400m: 5:43.93 39.40			
52.	Marta Silva Felix	99	Sporting de Aveiro	<b>5:44.72</b>	+0,79	472	
	50m: 34.83 34.83	150m: 2:00.67 43.45	250m: 3:34.32 50.42	350m: 5:06.16 40.54			
	100m: 1:17.22 42.39	200m: 2:43.90 43.23	300m: 4:25.62 51.30	400m: 5:44.72 38.56			
53.	Valeria Goncalves Vieira	02	Vitoria/ Olicargo	<b>5:46.88</b>	+0,87	463	
	50m: 36.91 36.91	150m: 2:05.51 46.09	250m: 3:37.62 46.37	350m: 5:06.99 40.86			
	100m: 1:19.42 42.51	200m: 2:51.25 45.74	300m: 4:26.13 48.51	400m: 5:46.88 39.89			
54.	Elisa Sauval Goncalves	02	Natacao Olhao	<b>5:55.06</b>	+0,81	432	
	50m: 37.26 37.26	150m: 2:07.67 45.50	250m: 3:44.64 51.72	350m: 5:15.62 39.75			
	100m: 1:22.17 44.91	200m: 2:52.92 45.25	300m: 4:35.87 51.23	400m: 5:55.06 39.44			
DSQ	Daniela Filipa Rocha	02	Aquatico Pacense				
	<i>704 - Mais que uma pernada de golfinho durante a braçada submarina após viragem aos 200 m - SW 7.1</i>						
DNS	Ines Cambe Cunha	02	Torres Novas				

Prova 16, Femin., 400m Estilos, Elimin

Prova 16  
22-07-2016 - 9:30

Femin., 400m Estilos

Juvenis  
Resultados Elimin

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

TAC\_B-JUVAF Juv A: 5:45.76 / TAC\_B-JUVBF Juv B: 5:48.84

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Neto Rocha	01	Aquatico Pacense	<b>5:12.50</b>	+0,89	633	
	50m: 31.97 31.97	150m: 1:50.21 41.32	250m: 3:15.73 45.80	350m: 4:36.46 36.96			
	100m: 1:08.89 36.92	200m: 2:29.93 39.72	300m: 3:59.50 43.77	400m: 5:12.50 36.04			
2.	Carolina Rosa Marcelino	01	Alges	<b>5:15.05</b>	+0,83	618	
	50m: 32.85 32.85	150m: 1:53.06 41.82	250m: 3:18.45 44.76	350m: 4:39.15 35.82			
	100m: 1:11.24 38.39	200m: 2:33.69 40.63	300m: 4:03.33 44.88	400m: 5:15.05 35.90			
3.	Joana Victorino Henriques	01	Condeixa Clube	<b>5:16.14</b>	+0,65	612	
	50m: 31.99 31.99	150m: 1:50.57 40.07	250m: 3:16.54 44.13	350m: 4:39.56 37.55			
	100m: 1:10.50 38.51	200m: 2:32.41 41.84	300m: 4:02.01 45.47	400m: 5:16.14 36.58			
4.	Luisa Maria Machado	01	Uniao Piedense	<b>5:16.18</b>	+0,90	611	
	50m: 32.91 32.91	150m: 1:54.88 43.07	250m: 3:19.66 43.38	350m: 4:40.98 35.95			
	100m: 1:11.81 38.90	200m: 2:36.28 41.40	300m: 4:05.03 45.37	400m: 5:16.18 35.20			
5.	Francisca Salvador Mesquita	02	Colegio Monte Maior	<b>5:17.14</b>	+0,79	606	
	50m: 32.74 32.74	150m: 1:54.79 43.52	250m: 3:20.53 44.04	350m: 4:40.93 36.33			
	100m: 1:11.27 38.53	200m: 2:36.49 41.70	300m: 4:04.60 44.07	400m: 5:17.14 36.21			
6.	Clara Gomes Pereira	02	Alges	<b>5:19.08</b>	+0,71	595	
	50m: 33.00 33.00	150m: 1:55.92 44.17	250m: 3:19.53 41.60	350m: 4:42.39 38.95			
	100m: 1:11.75 38.75	200m: 2:37.93 42.01	300m: 4:03.44 43.91	400m: 5:19.08 36.69			
7.	Maria Margarida Belo	02	Sporting	<b>5:22.08</b>	+0,78	578	
	50m: 32.49 32.49	150m: 1:52.82 41.10	250m: 3:19.63 46.63	350m: 4:44.74 38.37			
	100m: 1:11.72 39.23	200m: 2:33.00 40.18	300m: 4:06.37 46.74	400m: 5:22.08 37.34			
8.	Mariana Amaral Mendes	02	Colegio Monte Maior	<b>5:22.22</b>	+0,84	578	
	50m: 34.69 34.69	150m: 1:58.36 42.89	250m: 3:25.18 45.53	350m: 4:47.57 36.14			
	100m: 1:15.47 40.78	200m: 2:39.65 41.29	300m: 4:11.43 46.25	400m: 5:22.22 34.65			
9.	Joana Nunes Cardeal	02	Academico Viseu	<b>5:23.50</b>	+0,78	571	
	50m: 32.68 32.68	150m: 1:54.55 42.92	250m: 3:22.08 47.03	350m: 4:47.17 37.76			
	100m: 1:11.63 38.95	200m: 2:35.05 40.50	300m: 4:09.41 47.33	400m: 5:23.50 36.33			
10.	Lara Beatriz Matos	01	Famalicao	<b>5:24.37</b>	+0,92	566	
	50m: 33.18 33.18	150m: 1:56.12 43.66	250m: 3:23.90 44.74	350m: 4:48.05 37.45			
	100m: 1:12.46 39.28	200m: 2:39.16 43.04	300m: 4:10.60 46.70	400m: 5:24.37 36.32			
11.	Rita Alexandra Vital	01	Alges	<b>5:25.74</b>	+0,94	559	
	50m: 33.69 33.69	150m: 1:53.07 40.79	250m: 3:21.56 47.38	350m: 4:48.13 36.26			
	100m: 1:12.28 38.59	200m: 2:34.18 41.11	300m: 4:11.87 50.31	400m: 5:25.74 37.61			
12.	Mariana Sousa Maia	02	Famalicao	<b>5:26.11</b>	+0,84	557	
	50m: 34.95 34.95	150m: 1:58.21 42.32	250m: 3:24.93 46.13	350m: 4:50.16 37.56			
	100m: 1:15.89 40.94	200m: 2:38.80 40.59	300m: 4:12.60 47.67	400m: 5:26.11 35.95			
13.	Margarida Cabral Monteiro	02	Galitos / Bresimar	<b>5:26.65</b>	+0,67	554	
	50m: 34.60 34.60	150m: 1:58.12 44.29	250m: 3:26.97 46.93	350m: 4:51.71 36.67			
	100m: 1:13.83 39.23	200m: 2:40.04 41.92	300m: 4:15.04 48.07	400m: 5:26.65 34.94			

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Filipa Viamonte Fernandes	02	Vitoria/ Olicargo	<b>5:28.49</b>	+0,82	545	
	50m: 33.24 33.24	150m: 1:54.61 42.05	250m: 3:23.20 48.24	350m: 4:50.34 38.54			
	100m: 1:12.56 39.32	200m: 2:34.96 40.35	300m: 4:11.80 48.60	400m: 5:28.49 38.15			
15.	Catia Jordan Agostinho	02	Rio Maior	<b>5:29.31</b>	+0,69	541	
	50m: 34.69 34.69	150m: 1:58.28 41.40	250m: 3:27.16 47.26	350m: 4:52.70 37.47			
	100m: 1:16.88 42.19	200m: 2:39.90 41.62	300m: 4:15.23 48.07	400m: 5:29.31 36.61			
16.	Maria Carolina Rodrigues	01	Vitoria/ Olicargo	<b>5:29.67</b>	+0,87	539	
	50m: 34.31 34.31	150m: 1:57.89 44.01	250m: 3:27.45 47.37	350m: 4:52.87 37.81			
	100m: 1:13.88 39.57	200m: 2:40.08 42.19	300m: 4:15.06 47.61	400m: 5:29.67 36.80			
17.	Natacha Sofia Silva	02	Benfica	<b>5:32.38</b>	+0,80	526	
	50m: 34.63 34.63	150m: 1:59.36 43.67	250m: 3:28.47 45.94	350m: 4:54.84 38.80			
	100m: 1:15.69 41.06	200m: 2:42.53 43.17	300m: 4:16.04 47.57	400m: 5:32.38 37.54			
18.	Mariana Sobral Galacha	01	Sporting	<b>5:32.64</b>	+0,70	525	
	50m: 34.95 34.95	150m: 1:59.57 44.73	250m: 3:28.69 46.20	350m: 4:54.74 38.56			
	100m: 1:14.84 39.89	200m: 2:42.49 42.92	300m: 4:16.18 47.49	400m: 5:32.64 37.90			
19.	Leticia Maia Andre	02	Uniao Piedense	<b>5:32.77</b>	+0,87	524	
	50m: 33.77 33.77	150m: 2:00.33 47.63	250m: 3:33.10 45.94	350m: 4:57.02 36.58			
	100m: 1:12.70 38.93	200m: 2:47.16 46.83	300m: 4:20.44 47.34	400m: 5:32.77 35.75			
20.	Constanca Filipa Rodrigues	02	Benedita	<b>5:33.41</b>	+0,73	521	
	50m: 35.05 35.05	150m: 1:59.63 44.32	250m: 3:30.33 47.86	350m: 4:56.49 39.18			
	100m: 1:15.31 40.26	200m: 2:42.47 42.84	300m: 4:17.31 46.98	400m: 5:33.41 36.92			
21.	Mariana Cardoso Costa	01	Individual ANNP	<b>5:34.32</b>	+0,72	517	
	50m: 34.62 34.62	150m: 2:00.39 44.84	250m: 3:29.75 46.20	350m: 4:56.17 39.67			
	100m: 1:15.55 40.93	200m: 2:43.55 43.16	300m: 4:16.50 46.75	400m: 5:34.32 38.15			
22.	Raquel Antunes Tremoco	01	Sporting	<b>5:34.61</b>	+0,74	516	
	50m: 34.17 34.17	150m: 1:56.89 43.90	250m: 3:27.77 48.31	350m: 4:55.48 38.69			
	100m: 1:12.99 38.82	200m: 2:39.46 42.57	300m: 4:16.79 49.02	400m: 5:34.61 39.13			
23.	Tatiana Alexandre Cardoso	01	Amadora	<b>5:38.59</b>	+0,78	498	
	50m: 34.12 34.12	150m: 1:57.05 43.05	250m: 3:28.87 49.72	350m: 4:59.65 40.22			
	100m: 1:14.00 39.88	200m: 2:39.15 42.10	300m: 4:19.43 50.56	400m: 5:38.59 38.94			
24.	Mariana Sebastiao Mendes	01	Portinado	<b>5:39.20</b>	+0,82	495	
	50m: 33.19 33.19	150m: 1:56.39 44.86	250m: 3:30.68 50.99	350m: 5:01.23 39.29			
	100m: 1:11.53 38.34	200m: 2:39.69 43.30	300m: 4:21.94 51.26	400m: 5:39.20 37.97			
25.	Jessica Soares Lima	02	Braga	<b>5:39.89</b>	+0,89	492	
	50m: 34.15 34.15	150m: 1:59.17 44.75	250m: 3:32.49 48.95	350m: 5:02.08 37.78			
	100m: 1:14.42 40.27	200m: 2:43.54 44.37	300m: 4:24.30 51.81	400m: 5:39.89 37.81			
26.	Ines Rodrigues Ferreira	01	Benfica	<b>5:40.13</b>	+0,85	491	
	50m: 33.61 33.61	150m: 2:00.42 46.96	250m: 3:32.92 48.03	350m: 5:02.54 40.36			
	100m: 1:13.46 39.85	200m: 2:44.89 44.47	300m: 4:22.18 49.26	400m: 5:40.13 37.59			
27.	Sofia Gales Pinto	01	Colegio SMLamas	<b>5:40.98</b>	+0,85	487	
	50m: 35.97 35.97	150m: 2:00.85 43.58	250m: 3:33.05 49.21	350m: 5:02.26 39.32			
	100m: 1:17.27 41.30	200m: 2:43.84 42.99	300m: 4:22.94 49.89	400m: 5:40.98 38.72			
28.	Daniela Oliveira Rodrigues	02	Natacao de Valongo	<b>5:43.77</b>	+0,71	476	
	50m: 33.51 33.51	150m: 2:01.28 45.83	250m: 3:35.30 48.45	350m: 5:06.12 38.77			
	100m: 1:15.45 41.94	200m: 2:46.85 45.57	300m: 4:27.35 52.05	400m: 5:43.77 37.65			

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Carina Vlasyuk	02	Sporting	<b>5:43.93</b>	+0,79	475	
	50m: 34.18 34.18	150m: 2:00.13 46.13	250m: 3:33.23 50.01	350m: 5:04.53 40.86			
	100m: 1:14.00 39.82	200m: 2:43.22 43.09	300m: 4:23.67 50.44	400m: 5:43.93 39.40			
30.	Valeria Goncalves Vieira	02	Vitoria/ Olicargo	<b>5:46.88</b>	+0,87	463	
	50m: 36.91 36.91	150m: 2:05.51 46.09	250m: 3:37.62 46.37	350m: 5:06.99 40.86			
	100m: 1:19.42 42.51	200m: 2:51.25 45.74	300m: 4:26.13 48.51	400m: 5:46.88 39.89			
31.	Elisa Sauval Goncalves	02	Natacao Olhao	<b>5:55.06</b>	+0,81	432	
	50m: 37.26 37.26	150m: 2:07.67 45.50	250m: 3:44.64 51.72	350m: 5:15.62 39.75			
	100m: 1:22.17 44.91	200m: 2:52.92 45.25	300m: 4:35.87 51.23	400m: 5:55.06 39.44			
DSQ	Daniela Filipa Rocha	02	Aquatico Pacense				
	<i>704 - Mais que uma pernada de golfinho durante a braçada submarina após viragem aos 200 m - SW 7.1</i>						
DNS	Ines Cambe Cunha	02	Torres Novas				

Prova 16 Femin., 400m Estilos Absolutos  
22-07-2016 - 9:30 Resultados Elimin

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Jun16	4:57.84	Victoria Kaminskaya	PIMP	Oeiras	19-02-2011
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012
Rec Nac Sen	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016

TAC\_B-SENF Sen: 5:31.78 / TAC\_B-JUNF Jun: 5:43.38

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	Fluvial Portuense	<b>5:06.75</b>	+0,81	670	
	50m: 32.09 32.09	150m: 1:49.85 41.88	250m: 3:14.08 42.94	350m: 4:32.38 35.75			
	100m: 1:07.97 35.88	200m: 2:31.14 41.29	300m: 3:56.63 42.55	400m: 5:06.75 34.37			
2.	Ana Beatriz Martins	99	Famalicao	<b>5:07.37</b>	+0,75	666	
	50m: 31.93 31.93	150m: 1:48.51 39.58	250m: 3:11.99 44.54	350m: 4:32.28 35.80			
	100m: 1:08.93 37.00	200m: 2:27.45 38.94	300m: 3:56.48 44.49	400m: 5:07.37 35.09			
3.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>5:07.88</b>	+0,74	662	
	50m: 32.36 32.36	150m: 1:50.45 40.64	250m: 3:14.16 43.80	350m: 4:33.87 35.00			
	100m: 1:09.81 37.45	200m: 2:30.36 39.91	300m: 3:58.87 44.71	400m: 5:07.88 34.01			
4.	Rita Costa Amador	99	Galitos / Bresimar	<b>5:08.98</b>	+0,68	655	
	50m: 32.89 32.89	150m: 1:50.27 40.00	250m: 3:13.99 44.72	350m: 4:34.02 35.22			
	100m: 1:10.27 37.38	200m: 2:29.27 39.00	300m: 3:58.80 44.81	400m: 5:08.98 34.96			
5.	Ines Rocha Silva	00	Alcobaca	<b>5:09.47</b>	+0,71	652	
	50m: 33.51 33.51	150m: 1:53.85 39.50	250m: 3:15.71 43.07	350m: 4:35.92 34.87			
	100m: 1:14.35 40.84	200m: 2:32.64 38.79	300m: 4:01.05 45.34	400m: 5:09.47 33.55			
6.	Ana Catarina Monteiro	93	Vilacondense	<b>5:10.45</b>	+0,72	646	
	50m: 30.84 30.84	150m: 1:47.40 41.93	250m: 3:13.01 45.51	350m: 4:34.74 37.08			
	100m: 1:05.47 34.63	200m: 2:27.50 40.10	300m: 3:57.66 44.65	400m: 5:10.45 35.71			
7.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	<b>5:11.03</b>	+0,77	642	
	50m: 32.31 32.31	150m: 1:50.26 41.63	250m: 3:14.37 44.61	350m: 4:35.76 36.73			
	100m: 1:08.63 36.32	200m: 2:29.76 39.50	300m: 3:59.03 44.66	400m: 5:11.03 35.27			
8.	Beatriz Pereira Vasconcelos	98	Vilacondense	<b>5:15.68</b>	+0,72	614	
	50m: 34.06 34.06	150m: 1:54.19 40.98	250m: 3:18.41 44.37	350m: 4:39.92 37.38			
	100m: 1:13.21 39.15	200m: 2:34.04 39.85	300m: 4:02.54 44.13	400m: 5:15.68 35.76			

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Carolina Lourenco Matos	98	Benedita	<b>5:15.95</b>	+0,74	613	
	50m: 34.18 34.18	150m: 1:55.15 42.31	250m: 3:19.86 44.24	350m: 4:40.38 37.03			
	100m: 1:12.84 38.66	200m: 2:35.62 40.47	300m: 4:03.35 43.49	400m: 5:15.95 35.57			
10.	Ines Silva Bernardo	00	Colegio Monte Maior	<b>5:19.63</b>	+0,69	592	
	50m: 33.16 33.16	150m: 1:55.20 43.47	250m: 3:20.55 42.74	350m: 4:42.19 37.57			
	100m: 1:11.73 38.57	200m: 2:37.81 42.61	300m: 4:04.62 44.07	400m: 5:19.63 37.44			
11.	Mariana Domingues Paz	98	Miranda do Corvo	<b>5:22.52</b>	+0,76	576	
	50m: 34.47 34.47	150m: 2:00.56 45.06	250m: 3:26.70 43.45	350m: 4:46.80 37.26			
	100m: 1:15.50 41.03	200m: 2:43.25 42.69	300m: 4:09.54 42.84	400m: 5:22.52 35.72			
12.	Raquel Paulo Ranito	94	Sporting	<b>5:23.05</b>	+0,77	573	
	50m: 32.92 32.92	150m: 1:53.19 41.53	250m: 3:21.31 46.33	350m: 4:46.64 38.32			
	100m: 1:11.66 38.74	200m: 2:34.98 41.79	300m: 4:08.32 47.01	400m: 5:23.05 36.41			
13.	Sofia Machado Dionisio	98	Sporting	<b>5:25.32</b>	+0,73	561	
	50m: 32.59 32.59	150m: 1:55.03 41.98	250m: 3:22.79 45.80	350m: 4:47.79 38.62			
	100m: 1:13.05 40.46	200m: 2:36.99 41.96	300m: 4:09.17 46.38	400m: 5:25.32 37.53			
14.	Rafaela Araujo Silva	00	Famalicao	<b>5:27.65</b>	+0,85	549	
	50m: 34.74 34.74	150m: 1:59.36 44.62	250m: 3:30.13 47.14	350m: 4:52.64 35.86			
	100m: 1:14.74 40.00	200m: 2:42.99 43.63	300m: 4:16.78 46.65	400m: 5:27.65 35.01			
15.	Maria Beatriz Lopes	00	Benedita	<b>5:28.66</b>	+0,72	544	
	50m: 35.01 35.01	150m: 1:57.02 40.58	250m: 3:23.62 47.55	350m: 4:51.19 38.77			
	100m: 1:16.44 41.43	200m: 2:36.07 39.05	300m: 4:12.42 48.80	400m: 5:28.66 37.47			
16.	Mariana Silva Ramos	00	Sporting	<b>5:29.94</b>	+0,81	538	
	50m: 33.50 33.50	150m: 1:58.38 45.78	250m: 3:28.76 46.73	350m: 4:54.43 37.81			
	100m: 1:12.60 39.10	200m: 2:42.03 43.65	300m: 4:16.62 47.86	400m: 5:29.94 35.51			
17.	Ana Miguel Pinto	99	Viana Natacao	<b>5:31.51</b>	+0,99	530	
	50m: 34.43 34.43	150m: 1:58.52 43.99	250m: 3:28.30 47.23	350m: 4:54.40 38.47			
	100m: 1:14.53 40.10	200m: 2:41.07 42.55	300m: 4:15.93 47.63	400m: 5:31.51 37.11			
18.	Ines Rosado Monteiro	00	Natacao de Vagos	<b>5:31.85</b>	+0,71	529	
	50m: 34.19 34.19	150m: 1:59.30 44.90	250m: 3:29.39 45.83	350m: 4:55.54 38.16			
	100m: 1:14.40 40.21	200m: 2:43.56 44.26	300m: 4:17.38 47.99	400m: 5:31.85 36.31			
19.	Andreia Brito Pereira	00	Condeixa Clube	<b>5:37.11</b>	+0,72	504	
	50m: 33.34 33.34	150m: 1:57.02 42.50	250m: 3:29.53 50.17	350m: 4:59.17 37.36			
	100m: 1:14.52 41.18	200m: 2:39.36 42.34	300m: 4:21.81 52.28	400m: 5:37.11 37.94			
20.	Beatriz Marques Ferreira	00	Campinho	<b>5:39.67</b>	+0,78	493	
	50m: 36.72 36.72	150m: 2:05.04 44.38	250m: 3:36.42 48.48	350m: 5:03.62 37.79			
	100m: 1:20.66 43.94	200m: 2:47.94 42.90	300m: 4:25.83 49.41	400m: 5:39.67 36.05			
21.	Leila Tavarã Lemos	00	Vilacondense	<b>5:41.41</b>	+0,83	486	
	50m: 37.13 37.13	150m: 2:05.34 43.63	250m: 3:38.26 49.78	350m: 5:05.19 36.70			
	100m: 1:21.71 44.58	200m: 2:48.48 43.14	300m: 4:28.49 50.23	400m: 5:41.41 36.22			
22.	Sara Costa Guerra	99	Sporting	<b>5:43.52</b>	+0,73	477	
	50m: 33.37 33.37	150m: 1:57.87 45.24	250m: 3:32.01 50.10	350m: 5:04.87 39.82			
	100m: 1:12.63 39.26	200m: 2:41.91 44.04	300m: 4:25.05 53.04	400m: 5:43.52 38.65			
23.	Marta Silva Felix	99	Sporting de Aveiro	<b>5:44.72</b>	+0,79	472	
	50m: 34.83 34.83	150m: 2:00.67 43.45	250m: 3:34.32 50.42	350m: 5:06.16 40.54			
	100m: 1:17.22 42.39	200m: 2:43.90 43.23	300m: 4:25.62 51.30	400m: 5:44.72 38.56			



Prova 16, Femin., 400m Estilos, Elimin

Prova 16  
22-07-2016 - 9:30

Femin., 400m Estilos

Juvenis B  
Resultados Elimin

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	Ines Neto Rocha	CAP	Coimbra	24-07-2015

TAC\_B-JUVBF : 5:48.84

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Francisca Salvador Mesquita	02	Colegio Monte Maior	<b>5:17.14</b>	+0,79	606		
	50m: 32.74	32.74	150m: 1:54.79	43.52	250m: 3:20.53	44.04	350m: 4:40.93	36.33
	100m: 1:11.27	38.53	200m: 2:36.49	41.70	300m: 4:04.60	44.07	400m: 5:17.14	36.21
2.	Clara Gomes Pereira	02	Alges	<b>5:19.08</b>	+0,71	595		
	50m: 33.00	33.00	150m: 1:55.92	44.17	250m: 3:19.53	41.60	350m: 4:42.39	38.95
	100m: 1:11.75	38.75	200m: 2:37.93	42.01	300m: 4:03.44	43.91	400m: 5:19.08	36.69
3.	Maria Margarida Belo	02	Sporting	<b>5:22.08</b>	+0,78	578		
	50m: 32.49	32.49	150m: 1:52.82	41.10	250m: 3:19.63	46.63	350m: 4:44.74	38.37
	100m: 1:11.72	39.23	200m: 2:33.00	40.18	300m: 4:06.37	46.74	400m: 5:22.08	37.34
4.	Mariana Amaral Mendes	02	Colegio Monte Maior	<b>5:22.22</b>	+0,84	578		
	50m: 34.69	34.69	150m: 1:58.36	42.89	250m: 3:25.18	45.53	350m: 4:47.57	36.14
	100m: 1:15.47	40.78	200m: 2:39.65	41.29	300m: 4:11.43	46.25	400m: 5:22.22	34.65
5.	Joana Nunes Cardeal	02	Academico Viseu	<b>5:23.50</b>	+0,78	571		
	50m: 32.68	32.68	150m: 1:54.55	42.92	250m: 3:22.08	47.03	350m: 4:47.17	37.76
	100m: 1:11.63	38.95	200m: 2:35.05	40.50	300m: 4:09.41	47.33	400m: 5:23.50	36.33
6.	Mariana Sousa Maia	02	Famalicao	<b>5:26.11</b>	+0,84	557		
	50m: 34.95	34.95	150m: 1:58.21	42.32	250m: 3:24.93	46.13	350m: 4:50.16	37.56
	100m: 1:15.89	40.94	200m: 2:38.80	40.59	300m: 4:12.60	47.67	400m: 5:26.11	35.95
7.	Margarida Cabral Monteiro	02	Galitos / Bresimar	<b>5:26.65</b>	+0,67	554		
	50m: 34.60	34.60	150m: 1:58.12	44.29	250m: 3:26.97	46.93	350m: 4:51.71	36.67
	100m: 1:13.83	39.23	200m: 2:40.04	41.92	300m: 4:15.04	48.07	400m: 5:26.65	34.94
8.	Filipa Viamonte Fernandes	02	Vitoria/ Olicargo	<b>5:28.49</b>	+0,82	545		
	50m: 33.24	33.24	150m: 1:54.61	42.05	250m: 3:23.20	48.24	350m: 4:50.34	38.54
	100m: 1:12.56	39.32	200m: 2:34.96	40.35	300m: 4:11.80	48.60	400m: 5:28.49	38.15
9.	Catia Jordan Agostinho	02	Rio Maior	<b>5:29.31</b>	+0,69	541		
	50m: 34.69	34.69	150m: 1:58.28	41.40	250m: 3:27.16	47.26	350m: 4:52.70	37.47
	100m: 1:16.88	42.19	200m: 2:39.90	41.62	300m: 4:15.23	48.07	400m: 5:29.31	36.61
10.	Natacha Sofia Silva	02	Benfica	<b>5:32.38</b>	+0,80	526		
	50m: 34.63	34.63	150m: 1:59.36	43.67	250m: 3:28.47	45.94	350m: 4:54.84	38.80
	100m: 1:15.69	41.06	200m: 2:42.53	43.17	300m: 4:16.04	47.57	400m: 5:32.38	37.54
11.	Leticia Maia Andre	02	Uniao Piedense	<b>5:32.77</b>	+0,87	524		
	50m: 33.77	33.77	150m: 2:00.33	47.63	250m: 3:33.10	45.94	350m: 4:57.02	36.58
	100m: 1:12.70	38.93	200m: 2:47.16	46.83	300m: 4:20.44	47.34	400m: 5:32.77	35.75
12.	Constanca Filipa Rodrigues	02	Benedita	<b>5:33.41</b>	+0,73	521		
	50m: 35.05	35.05	150m: 1:59.63	44.32	250m: 3:30.33	47.86	350m: 4:56.49	39.18
	100m: 1:15.31	40.26	200m: 2:42.47	42.84	300m: 4:17.31	46.98	400m: 5:33.41	36.92
13.	Jessica Soares Lima	02	Braga	<b>5:39.89</b>	+0,89	492		
	50m: 34.15	34.15	150m: 1:59.17	44.75	250m: 3:32.49	48.95	350m: 5:02.08	37.78
	100m: 1:14.42	40.27	200m: 2:43.54	44.37	300m: 4:24.30	51.81	400m: 5:39.89	37.81

Prova 16, Femin., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Daniela Oliveira Rodrigues	02	Natacao de Valongo	<b>5:43.77</b>	+0,71	476	
	50m: 33.51 33.51		150m: 2:01.28 45.83	250m: 3:35.30 48.45	350m: 5:06.12	38.77	
	100m: 1:15.45 41.94		200m: 2:46.85 45.57	300m: 4:27.35 52.05	400m: 5:43.77	37.65	
15.	Carina Vlasyuk	02	Sporting	<b>5:43.93</b>	+0,79	475	
	50m: 34.18 34.18		150m: 2:00.13 46.13	250m: 3:33.23 50.01	350m: 5:04.53	40.86	
	100m: 1:14.00 39.82		200m: 2:43.22 43.09	300m: 4:23.67 50.44	400m: 5:43.93	39.40	
16.	Valeria Goncalves Vieira	02	Vitoria/ Olicargo	<b>5:46.88</b>	+0,87	463	
	50m: 36.91 36.91		150m: 2:05.51 46.09	250m: 3:37.62 46.37	350m: 5:06.99	40.86	
	100m: 1:19.42 42.51		200m: 2:51.25 45.74	300m: 4:26.13 48.51	400m: 5:46.88	39.89	
17.	Elisa Sauval Goncalves	02	Natacao Olhao	<b>5:55.06</b>	+0,81	432	
	50m: 37.26 37.26		150m: 2:07.67 45.50	250m: 3:44.64 51.72	350m: 5:15.62	39.75	
	100m: 1:22.17 44.91		200m: 2:52.92 45.25	300m: 4:35.87 51.23	400m: 5:55.06	39.44	
DSQ	Daniela Filipa Rocha	02	Aquatico Pacense				
	<i>704 - Mais que uma pernada de golfinho durante a braçada submarina após viragem aos 200 m - SW 7.1</i>						
DNS	Ines Cambe Cunha	02	Torres Novas				

Prova 16 Femin., 400m Estilos Juvenis A  
22-07-2016 - 9:30 Resultados Elimin

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011
TAC_B-JUVAF : 5:45.76					

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Neto Rocha	01	Aquatico Pacense	<b>5:12.50</b>	+0,89	633	
	50m: 31.97 31.97		150m: 1:50.21 41.32	250m: 3:15.73 45.80	350m: 4:36.46	36.96	
	100m: 1:08.89 36.92		200m: 2:29.93 39.72	300m: 3:59.50 43.77	400m: 5:12.50	36.04	
2.	Carolina Rosa Marcelino	01	Alges	<b>5:15.05</b>	+0,83	618	
	50m: 32.85 32.85		150m: 1:53.06 41.82	250m: 3:18.45 44.76	350m: 4:39.15	35.82	
	100m: 1:11.24 38.39		200m: 2:33.69 40.63	300m: 4:03.33 44.88	400m: 5:15.05	35.90	
3.	Joana Victorino Henriques	01	Condeixa Clube	<b>5:16.14</b>	+0,65	612	
	50m: 31.99 31.99		150m: 1:50.57 40.07	250m: 3:16.54 44.13	350m: 4:39.56	37.55	
	100m: 1:10.50 38.51		200m: 2:32.41 41.84	300m: 4:02.01 45.47	400m: 5:16.14	36.58	
4.	Luisa Maria Machado	01	Uniao Piedense	<b>5:16.18</b>	+0,90	611	
	50m: 32.91 32.91		150m: 1:54.88 43.07	250m: 3:19.66 43.38	350m: 4:40.98	35.95	
	100m: 1:11.81 38.90		200m: 2:36.28 41.40	300m: 4:05.03 45.37	400m: 5:16.18	35.20	
5.	Lara Beatriz Matos	01	Famalicao	<b>5:24.37</b>	+0,92	566	
	50m: 33.18 33.18		150m: 1:56.12 43.66	250m: 3:23.90 44.74	350m: 4:48.05	37.45	
	100m: 1:12.46 39.28		200m: 2:39.16 43.04	300m: 4:10.60 46.70	400m: 5:24.37	36.32	
6.	Rita Alexandra Vital	01	Alges	<b>5:25.74</b>	+0,94	559	
	50m: 33.69 33.69		150m: 1:53.07 40.79	250m: 3:21.56 47.38	350m: 4:48.13	36.26	
	100m: 1:12.28 38.59		200m: 2:34.18 41.11	300m: 4:11.87 50.31	400m: 5:25.74	37.61	
7.	Maria Carolina Rodrigues	01	Vitoria/ Olicargo	<b>5:29.67</b>	+0,87	539	
	50m: 34.31 34.31		150m: 1:57.89 44.01	250m: 3:27.45 47.37	350m: 4:52.87	37.81	
	100m: 1:13.88 39.57		200m: 2:40.08 42.19	300m: 4:15.06 47.61	400m: 5:29.67	36.80	
8.	Mariana Sobral Galacha	01	Sporting	<b>5:32.64</b>	+0,70	525	
	50m: 34.95 34.95		150m: 1:59.57 44.73	250m: 3:28.69 46.20	350m: 4:54.74	38.56	
	100m: 1:14.84 39.89		200m: 2:42.49 42.92	300m: 4:16.18 47.49	400m: 5:32.64	37.90	

Prova 16, Femin., 400m Estilos, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Mariana Cardoso Costa	01	Individual ANNP	<b>5:34.32</b>	+0,72	517	
	50m: 34.62 34.62	150m: 2:00.39 44.84	250m: 3:29.75 46.20	350m: 4:56.17 39.67			
	100m: 1:15.55 40.93	200m: 2:43.55 43.16	300m: 4:16.50 46.75	400m: 5:34.32 38.15			
10.	Raquel Antunes Tremoco	01	Sporting	<b>5:34.61</b>	+0,74	516	
	50m: 34.17 34.17	150m: 1:56.89 43.90	250m: 3:27.77 48.31	350m: 4:55.48 38.69			
	100m: 1:12.99 38.82	200m: 2:39.46 42.57	300m: 4:16.79 49.02	400m: 5:34.61 39.13			
11.	Tatiana Alexandre Cardoso	01	Amadora	<b>5:38.59</b>	+0,78	498	
	50m: 34.12 34.12	150m: 1:57.05 43.05	250m: 3:28.87 49.72	350m: 4:59.65 40.22			
	100m: 1:14.00 39.88	200m: 2:39.15 42.10	300m: 4:19.43 50.56	400m: 5:38.59 38.94			
12.	Mariana Sebastiao Mendes	01	Portinado	<b>5:39.20</b>	+0,82	495	
	50m: 33.19 33.19	150m: 1:56.39 44.86	250m: 3:30.68 50.99	350m: 5:01.23 39.29			
	100m: 1:11.53 38.34	200m: 2:39.69 43.30	300m: 4:21.94 51.26	400m: 5:39.20 37.97			
13.	Ines Rodrigues Ferreira	01	Benfica	<b>5:40.13</b>	+0,85	491	
	50m: 33.61 33.61	150m: 2:00.42 46.96	250m: 3:32.92 48.03	350m: 5:02.54 40.36			
	100m: 1:13.46 39.85	200m: 2:44.89 44.47	300m: 4:22.18 49.26	400m: 5:40.13 37.59			
14.	Sofia Gales Pinto	01	Colegio SMLamas	<b>5:40.98</b>	+0,85	487	
	50m: 35.97 35.97	150m: 2:00.85 43.58	250m: 3:33.05 49.21	350m: 5:02.26 39.32			
	100m: 1:17.27 41.30	200m: 2:43.84 42.99	300m: 4:22.94 49.89	400m: 5:40.98 38.72			

Prova 16

Femin., 400m Estilos

Junior 16

22-07-2016 - 9:30

Resultados Elimin

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Jun16	4:57.84	Victoria KAMinskaya	PIMP	Oeiras	19-02-2011

TAC\_B-JUNF Jun: 5:43.38

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Teresa Miguel Veloso	00	Nautico /Urgicentro-Sanfil	<b>5:07.88</b>	+0,74	662	
	50m: 32.36 32.36	150m: 1:50.45 40.64	250m: 3:14.16 43.80	350m: 4:33.87 35.00			
	100m: 1:09.81 37.45	200m: 2:30.36 39.91	300m: 3:58.87 44.71	400m: 5:07.88 34.01			
2.	Ines Rocha Silva	00	Alcobaca	<b>5:09.47</b>	+0,71	652	
	50m: 33.51 33.51	150m: 1:53.85 39.50	250m: 3:15.71 43.07	350m: 4:35.92 34.87			
	100m: 1:14.35 40.84	200m: 2:32.64 38.79	300m: 4:01.05 45.34	400m: 5:09.47 33.55			
3.	Giovanna Vaz Vargas	00	Nautico Marinha Grande	<b>5:11.03</b>	+0,77	642	
	50m: 32.31 32.31	150m: 1:50.26 41.63	250m: 3:14.37 44.61	350m: 4:35.76 36.73			
	100m: 1:08.63 36.32	200m: 2:29.76 39.50	300m: 3:59.03 44.66	400m: 5:11.03 35.27			
4.	Ines Silva Bernardo	00	Colegio Monte Maior	<b>5:19.63</b>	+0,69	592	
	50m: 33.16 33.16	150m: 1:55.20 43.47	250m: 3:20.55 42.74	350m: 4:42.19 37.57			
	100m: 1:11.73 38.57	200m: 2:37.81 42.61	300m: 4:04.62 44.07	400m: 5:19.63 37.44			
5.	Rafaela Araujo Silva	00	Famalicao	<b>5:27.65</b>	+0,85	549	
	50m: 34.74 34.74	150m: 1:59.36 44.62	250m: 3:30.13 47.14	350m: 4:52.64 35.86			
	100m: 1:14.74 40.00	200m: 2:42.99 43.63	300m: 4:16.78 46.65	400m: 5:27.65 35.01			
6.	Maria Beatriz Lopes	00	Benedita	<b>5:28.66</b>	+0,72	544	
	50m: 35.01 35.01	150m: 1:57.02 40.58	250m: 3:23.62 47.55	350m: 4:51.19 38.77			
	100m: 1:16.44 41.43	200m: 2:36.07 39.05	300m: 4:12.42 48.80	400m: 5:28.66 37.47			
7.	Mariana Silva Ramos	00	Sporting	<b>5:29.94</b>	+0,81	538	
	50m: 33.50 33.50	150m: 1:58.38 45.78	250m: 3:28.76 46.73	350m: 4:54.43 37.81			
	100m: 1:12.60 39.10	200m: 2:42.03 43.65	300m: 4:16.62 47.86	400m: 5:29.94 35.51			

Prova 16, Femin., 400m Estilos, Elimin, Junior 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Ines Rosado Monteiro	00	Natacao de Vagos	<b>5:31.85</b>	+0,71	529	
	50m: 34.19 34.19	150m: 1:59.30 44.90	250m: 3:29.39 45.83	350m: 4:55.54 38.16			
	100m: 1:14.40 40.21	200m: 2:43.56 44.26	300m: 4:17.38 47.99	400m: 5:31.85 36.31			
9.	Andreia Brito Pereira	00	Condeixa Clube	<b>5:37.11</b>	+0,72	504	
	50m: 33.34 33.34	150m: 1:57.02 42.50	250m: 3:29.53 50.17	350m: 4:59.17 37.36			
	100m: 1:14.52 41.18	200m: 2:39.36 42.34	300m: 4:21.81 52.28	400m: 5:37.11 37.94			
10.	Beatriz Marques Ferreira	00	Campinho	<b>5:39.67</b>	+0,78	493	
	50m: 36.72 36.72	150m: 2:05.04 44.38	250m: 3:36.42 48.48	350m: 5:03.62 37.79			
	100m: 1:20.66 43.94	200m: 2:47.94 42.90	300m: 4:25.83 49.41	400m: 5:39.67 36.05			
11.	Leila Tavarina Lemos	00	Vilacondense	<b>5:41.41</b>	+0,83	486	
	50m: 37.13 37.13	150m: 2:05.34 43.63	250m: 3:38.26 49.78	350m: 5:05.19 36.70			
	100m: 1:21.71 44.58	200m: 2:48.48 43.14	300m: 4:28.49 50.23	400m: 5:41.41 36.22			

Prova 16 Femin., 400m Estilos Junior 17  
22-07-2016 - 9:30 Resultados Elimin

Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Jun17	4:52.12	Victoria Kaminskaya	PIMP	Oeiras	27-07-2012

TAC\_B-JUNF Jun: 5:43.38

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ana Beatriz Martins	99	Famalicao	<b>5:07.37</b>	+0,75	666	
	50m: 31.93 31.93	150m: 1:48.51 39.58	250m: 3:11.99 44.54	350m: 4:32.28 35.80			
	100m: 1:08.93 37.00	200m: 2:27.45 38.94	300m: 3:56.48 44.49	400m: 5:07.37 35.09			
2.	Rita Costa Amador	99	Galitos / Bresimar	<b>5:08.98</b>	+0,68	655	
	50m: 32.89 32.89	150m: 1:50.27 40.00	250m: 3:13.99 44.72	350m: 4:34.02 35.22			
	100m: 1:10.27 37.38	200m: 2:29.27 39.00	300m: 3:58.80 44.81	400m: 5:08.98 34.96			
3.	Ana Miguel Pinto	99	Viana Natacao	<b>5:31.51</b>	+0,99	530	
	50m: 34.43 34.43	150m: 1:58.52 43.99	250m: 3:28.30 47.23	350m: 4:54.40 38.47			
	100m: 1:14.53 40.10	200m: 2:41.07 42.55	300m: 4:15.93 47.63	400m: 5:31.51 37.11			
4.	Sara Costa Guerra	99	Sporting	<b>5:43.52</b>	+0,73	477	
	50m: 33.37 33.37	150m: 1:57.87 45.24	250m: 3:32.01 50.10	350m: 5:04.87 39.82			
	100m: 1:12.63 39.26	200m: 2:41.91 44.04	300m: 4:25.05 53.04	400m: 5:43.52 38.65			
5.	Marta Silva Felix	99	Sporting de Aveiro	<b>5:44.72</b>	+0,79	472	
	50m: 34.83 34.83	150m: 2:00.67 43.45	250m: 3:34.32 50.42	350m: 5:06.16 40.54			
	100m: 1:17.22 42.39	200m: 2:43.90 43.23	300m: 4:25.62 51.30	400m: 5:44.72 38.56			

Prova 16, Femin., 400m Estilos, Elimin

Prova 16	Femin., 400m Estilos				Seniores
22-07-2016 - 9:30					Resultados Elimin
Rec Nac Absoluto	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
Rec Nac Sen	4:42.53	Victoria Kaminskaya	ESJB	Coimbra	29-05-2016
TAC_B-SENF : 5:31.78					

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	Fluvial Portuense	<b>5:06.75</b>	+0,81	670	
	50m: 32.09 32.09	150m: 1:49.85 41.88	250m: 3:14.08 42.94	350m: 4:32.38 35.75			
	100m: 1:07.97 35.88	200m: 2:31.14 41.29	300m: 3:56.63 42.55	400m: 5:06.75 34.37			
2.	Ana Catarina Monteiro	93	Vilacondense	<b>5:10.45</b>	+0,72	646	
	50m: 30.84 30.84	150m: 1:47.40 41.93	250m: 3:13.01 45.51	350m: 4:34.74 37.08			
	100m: 1:05.47 34.63	200m: 2:27.50 40.10	300m: 3:57.66 44.65	400m: 5:10.45 35.71			
3.	Beatriz Pereira Vasconcelos	98	Vilacondense	<b>5:15.68</b>	+0,72	614	
	50m: 34.06 34.06	150m: 1:54.19 40.98	250m: 3:18.41 44.37	350m: 4:39.92 37.38			
	100m: 1:13.21 39.15	200m: 2:34.04 39.85	300m: 4:02.54 44.13	400m: 5:15.68 35.76			
4.	Carolina Lourenco Matos	98	Benedita	<b>5:15.95</b>	+0,74	613	
	50m: 34.18 34.18	150m: 1:55.15 42.31	250m: 3:19.86 44.24	350m: 4:40.38 37.03			
	100m: 1:12.84 38.66	200m: 2:35.62 40.47	300m: 4:03.35 43.49	400m: 5:15.95 35.57			
5.	Mariana Domingues Paz	98	Miranda do Corvo	<b>5:22.52</b>	+0,76	576	
	50m: 34.47 34.47	150m: 2:00.56 45.06	250m: 3:26.70 43.45	350m: 4:46.80 37.26			
	100m: 1:15.50 41.03	200m: 2:43.25 42.69	300m: 4:09.54 42.84	400m: 5:22.52 35.72			
6.	Raquel Paulo Ranito	94	Sporting	<b>5:23.05</b>	+0,77	573	
	50m: 32.92 32.92	150m: 1:53.19 41.53	250m: 3:21.31 46.33	350m: 4:46.64 38.32			
	100m: 1:11.66 38.74	200m: 2:34.98 41.79	300m: 4:08.32 47.01	400m: 5:23.05 36.41			
7.	Sofia Machado Dionisio	98	Sporting	<b>5:25.32</b>	+0,73	561	
	50m: 32.59 32.59	150m: 1:55.03 41.98	250m: 3:22.79 45.80	350m: 4:47.79 38.62			
	100m: 1:13.05 40.46	200m: 2:36.99 41.96	300m: 4:09.17 46.38	400m: 5:25.32 37.53			