

Prova 24 Femin., 400m Estilos  
01-04-2017 - 10:30 Absolutos Resultados Elimin

Rec Nac Absoluto	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017
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	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017

CMPL 22 +: 4:43.06 / CMJ\_Fem 14 - 17: 4:50.07 / CEJ\_Fem 14 - 17: 4:55.87 / FOJE\_Fem Juv: 5:04.74 / TAC Sen 50m: 5:19.11 - 25m: 5:14.32; Jun 50m: 5:32.22 - 25m: 5:24.77; Juv A 50m: 5:39.24 - 25m: 5:30.45; Juv B 50m: 5:50.12 - 25m: 5:30.56

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Ines Neto Rocha	01			Aquatico Pacense	<b>4:58.88</b>	707
	50m: 31.39 31.39	150m: 1:46.42	39.12	250m: 3:06.85	42.87	350m: 4:24.03	35.25
	100m: 1:07.30 35.91	200m: 2:23.98	37.56	300m: 3:48.78	41.93	400m: 4:58.88	34.85
2.	Luisa Maria Machado	01			Uniao Piedense	<b>5:03.15</b>	678
	50m: 31.38 31.38	150m: 1:49.73	40.77	250m: 3:10.47	41.35	350m: 4:28.89	35.70
	100m: 1:08.96 37.58	200m: 2:29.12	39.39	300m: 3:53.19	42.72	400m: 5:03.15	34.26
3.	Giovanna Vaz Vargas	00			Nautico Marinha Grande	<b>5:04.29</b>	670
	50m: 31.23 31.23	150m: 1:47.90	40.71	250m: 3:11.17	44.68	350m: 4:30.17	35.21
	100m: 1:07.19 35.96	200m: 2:26.49	38.59	300m: 3:54.96	43.79	400m: 5:04.29	34.12
4.	Mariana Amaral Mendes	02			Colegio Monte Maior	<b>5:04.90</b>	666
	50m: 33.49 33.49	150m: 1:52.46	40.37	250m: 3:14.90	42.67	350m: 4:32.05	34.34
	100m: 1:12.09 38.60	200m: 2:32.23	39.77	300m: 3:57.71	42.81	400m: 5:04.90	32.85
5.	Ana Sofia Pina	02			O Crasto	<b>5:04.94</b>	666
	50m: 31.66 31.66	150m: 1:48.63	40.78	250m: 3:12.68	44.51	350m: 4:31.86	34.58
	100m: 1:07.85 36.19	200m: 2:28.17	39.54	300m: 3:57.28	44.60	400m: 5:04.94	33.08
6.	Francisca Salvador Mesquita	02			Colegio Monte Maior	<b>5:07.18</b>	651
	50m: 31.87 31.87	150m: 1:49.84	41.62	250m: 3:13.72	42.68	350m: 4:33.04	35.51
	100m: 1:08.22 36.35	200m: 2:31.04	41.20	300m: 3:57.53	43.81	400m: 5:07.18	34.14
7.	Ana Beatriz Martins	99			Famalicao	<b>5:09.69</b>	636
	50m: 31.91 31.91	150m: 1:50.01	40.58	250m: 3:15.50	45.17	350m: 4:35.22	35.47
	100m: 1:09.43 37.52	200m: 2:30.33	40.32	300m: 3:59.75	44.25	400m: 5:09.69	34.47
8.	Joana Nunes Cardeal	02			Academico Viseu	<b>5:11.49</b>	625
	50m: 32.17 32.17	150m: 1:50.19	40.57	250m: 3:15.52	44.98	350m: 4:36.81	35.94
	100m: 1:09.62 37.45	200m: 2:30.54	40.35	300m: 4:00.87	45.35	400m: 5:11.49	34.68
9.	Teresa Miguel Veloso	00			Nautico /Urgicentro-Sanfil	<b>5:12.27</b>	620
	50m: 32.64 32.64	150m: 1:52.44	41.51	250m: 3:17.50	44.12	350m: 4:38.10	35.25
	100m: 1:10.93 38.29	200m: 2:33.38	40.94	300m: 4:02.85	45.35	400m: 5:12.27	34.17
10.	Raquel Paulo Ranito	94			Sporting	<b>5:12.60</b>	618
	50m: 33.16 33.16	150m: 1:50.40	39.60	250m: 3:15.54	45.24	350m: 4:37.50	36.36
	100m: 1:10.80 37.64	200m: 2:30.30	39.90	300m: 4:01.14	45.60	400m: 5:12.60	35.10
11.	Mariana Fernandes Barbosa	02			Porto	<b>5:12.86</b>	617
	50m: 31.84 31.84	150m: 1:49.37	40.66	250m: 3:16.87	47.69	350m: 4:38.32	34.94
	100m: 1:08.71 36.87	200m: 2:29.18	39.81	300m: 4:03.38	46.51	400m: 5:12.86	34.54
12.	Rita Costa Amador	99			Galitos / Bresimar	<b>5:13.26</b>	614
	50m: 32.11 32.11	150m: 1:50.78	40.43	250m: 3:15.51	44.39	350m: 4:37.94	36.76
	100m: 1:10.35 38.24	200m: 2:31.12	40.34	300m: 4:01.18	45.67	400m: 5:13.26	35.32

Prova 24, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
13.	Monica Seara Domingues	00			Nautico Marinha Grande	<b>5:14.62</b>	606
	50m: 33.04 33.04	150m: 1:51.34	39.30	250m: 3:16.77	46.33	350m: 4:39.75	36.86
	100m: 1:12.04 39.00	200m: 2:30.44	39.10	300m: 4:02.89	46.12	400m: 5:14.62	34.87
14.	Ines Rocha Silva	00			Alcobaca	<b>5:17.73</b>	589
	50m: 35.32 35.32	150m: 1:55.46	40.94	250m: 3:18.60	43.25	350m: 4:41.90	37.08
	100m: 1:14.52 39.20	200m: 2:35.35	39.89	300m: 4:04.82	46.22	400m: 5:17.73	35.83
15.	Maria Carlota Rebelo	03			Nautico /Urgicentro-Sanfil	<b>5:18.72</b>	583
	50m: 32.67 32.67	150m: 1:53.13	42.19	250m: 3:19.83	45.38	350m: 4:42.51	36.93
	100m: 1:10.94 38.27	200m: 2:34.45	41.32	300m: 4:05.58	45.75	400m: 5:18.72	36.21
16.	Mariana Sobral Galacha	01			Sporting	<b>5:19.74</b>	578
	50m: 33.58 33.58	150m: 1:56.34	43.04	250m: 3:22.68	45.27	350m: 4:44.32	36.82
	100m: 1:13.30 39.72	200m: 2:37.41	41.07	300m: 4:07.50	44.82	400m: 5:19.74	35.42
17.	Rita Teixeira Costa	97			Belenenses	<b>5:21.42</b>	569
	50m: 32.19 32.19	150m: 1:51.34	40.54	250m: 3:18.58	46.26	350m: 4:44.15	37.33
	100m: 1:10.80 38.61	200m: 2:32.32	40.98	300m: 4:06.82	48.24	400m: 5:21.42	37.27
18.	Lara Beatriz Matos	01			Famalicao	<b>5:22.91</b>	561
	50m: 33.31 33.31	150m: 1:54.31	42.51	250m: 3:20.92	45.67	350m: 4:45.66	38.32
	100m: 1:11.80 38.49	200m: 2:35.25	40.94	300m: 4:07.34	46.42	400m: 5:22.91	37.25
19.	Sofia Machado Dionisio	98			Sporting	<b>5:25.66</b>	547
	50m: 33.40 33.40	150m: 1:55.04	42.76	250m: 3:22.53	46.27	350m: 4:47.83	38.97
	100m: 1:12.28 38.88	200m: 2:36.26	41.22	300m: 4:08.86	46.33	400m: 5:25.66	37.83
20.	Beatriz Santos Silva	01			Porto	<b>5:25.71</b>	546
	50m: 33.14 33.14	150m: 1:53.86	40.58	250m: 3:20.99	46.27	350m: 4:47.50	37.74
	100m: 1:13.28 40.14	200m: 2:34.72	40.86	300m: 4:09.76	48.77	400m: 5:25.71	38.21
21.	Rita Alexandra Vital	01			Alges	<b>5:26.73</b>	541
	50m: 33.16 33.16	150m: 1:54.49	42.30	250m: 3:24.59	48.55	350m: 4:51.52	37.44
	100m: 1:12.19 39.03	200m: 2:36.04	41.55	300m: 4:14.08	49.49	400m: 5:26.73	35.21
22.	Sara Dias Neves	03			Miranda do Corvo	<b>5:26.75</b>	541
	50m: 34.79 34.79	150m: 1:57.58	41.51	250m: 3:25.93	46.47	350m: 4:51.26	38.43
	100m: 1:16.07 41.28	200m: 2:39.46	41.88	300m: 4:12.83	46.90	400m: 5:26.75	35.49
23.	Luana Pinto Domingues	03			Ba/Bomcar	<b>5:26.77</b>	541
	50m: 33.25 33.25	150m: 1:57.19	43.93	250m: 3:25.41	45.19	350m: 4:49.99	36.89
	100m: 1:13.26 40.01	200m: 2:40.22	43.03	300m: 4:13.10	47.69	400m: 5:26.77	36.78
24.	Catia Iordan Agostinho	02			Rio Maior	<b>5:26.96</b>	540
	50m: 33.45 33.45	150m: 1:56.30	42.39	250m: 3:25.03	47.10	350m: 4:49.18	37.73
	100m: 1:13.91 40.46	200m: 2:37.93	41.63	300m: 4:11.45	46.42	400m: 5:26.96	37.78
25.	Mariana Delicado Correia	01			Sporting	<b>5:27.57</b>	537
	50m: 32.95 32.95	150m: 1:52.71	41.14	250m: 3:23.30	48.78	350m: 4:51.64	38.25
	100m: 1:11.57 38.62	200m: 2:34.52	41.81	300m: 4:13.39	50.09	400m: 5:27.57	35.93
26.	Rita Afonso Belo	02			Benedita	<b>5:27.68</b>	537
	50m: 33.25 33.25	150m: 1:53.87	41.79	250m: 3:23.33	48.29	350m: 4:50.39	38.56
	100m: 1:12.08 38.83	200m: 2:35.04	41.17	300m: 4:11.83	48.50	400m: 5:27.68	37.29
27.	Eduarda Reis Silva	03			Famalicao	<b>5:27.90</b>	536
	50m: 34.00 34.00	150m: 1:56.77	44.01	250m: 3:28.12	49.11	350m: 4:53.32	36.59
	100m: 1:12.76 38.76	200m: 2:39.01	42.24	300m: 4:16.73	48.61	400m: 5:27.90	34.58

Prova 24, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
28.	Maria Leonor Amorim	03			Porto	<b>5:28.52</b>	532
	50m: 33.78 33.78	150m: 1:57.86	40.82	250m: 3:25.58	47.00	350m: 4:50.20	37.57
	100m: 1:17.04 43.26	200m: 2:38.58	40.72	300m: 4:12.63	47.05	400m: 5:28.52	38.32
29.	Ines Rosado Monteiro	00			Natacao de Vagos	<b>5:28.68</b>	532
	50m: 33.87 33.87	150m: 1:56.57	43.79	250m: 3:27.15	47.22	350m: 4:53.06	38.39
	100m: 1:12.78 38.91	200m: 2:39.93	43.36	300m: 4:14.67	47.52	400m: 5:28.68	35.62
30.	Natacha Sofia Silva	02			Benfica	<b>5:28.69</b>	532
	50m: 34.42 34.42	150m: 1:57.75	43.12	250m: 3:26.28	45.49	350m: 4:51.38	38.63
	100m: 1:14.63 40.21	200m: 2:40.79	43.04	300m: 4:12.75	46.47	400m: 5:28.69	37.31
31.	Andreia Brito Pereira	00			Condeixa Clube	<b>5:28.86</b>	531
	50m: 34.34 34.34	150m: 1:56.67	41.58	250m: 3:27.91	49.94	350m: 4:53.40	36.80
	100m: 1:15.09 40.75	200m: 2:37.97	41.30	300m: 4:16.60	48.69	400m: 5:28.86	35.46
32.	Daniela Oliveira Rodrigues	02			Natacao de Valongo	<b>5:29.41</b>	528
	50m: 33.66 33.66	150m: 1:55.69	43.79	250m: 3:27.18	47.65	350m: 4:53.78	36.58
	100m: 1:11.90 38.24	200m: 2:39.53	43.84	300m: 4:17.20	50.02	400m: 5:29.41	35.63
33.	Sofia Nunes Fial	03			Estamos Juntos	<b>5:30.94</b>	521
	50m: 37.41 37.41	150m: 2:04.50	44.54	250m: 3:31.69	43.84	350m: 4:55.83	38.38
	100m: 1:19.96 42.55	200m: 2:47.85	43.35	300m: 4:17.45	45.76	400m: 5:30.94	35.11
34.	Beatriz Pereira Vasconcelos	98			Vilacondense	<b>5:31.88</b>	516
	50m: 34.45 34.45	150m: 1:56.85	42.12	250m: 3:26.76	47.90	350m: 4:53.65	39.15
	100m: 1:14.73 40.28	200m: 2:38.86	42.01	300m: 4:14.50	47.74	400m: 5:31.88	38.23
35.	Mariana Cardoso Costa	01			Propaganda da Natacao	<b>5:32.58</b>	513
	50m: 34.31 34.31	150m: 1:59.70	44.77	250m: 3:28.49	45.64	350m: 4:54.27	38.99
	100m: 1:14.93 40.62	200m: 2:42.85	43.15	300m: 4:15.28	46.79	400m: 5:32.58	38.31
36.	Constanca Filipa Rodrigues	02			Pimpoes/Cimai	<b>5:32.92</b>	512
	50m: 34.08 34.08	150m: 1:58.74	43.73	250m: 3:29.30	47.50	350m: 4:55.59	38.34
	100m: 1:15.01 40.93	200m: 2:41.80	43.06	300m: 4:17.25	47.95	400m: 5:32.92	37.33
37.	Maria Freitas Castro	03			Fafe	<b>5:34.06</b>	506
	50m: 33.89 33.89	150m: 1:59.15	43.72	250m: 3:29.18	48.08	350m: 4:57.75	39.52
	100m: 1:15.43 41.54	200m: 2:41.10	41.95	300m: 4:18.23	49.05	400m: 5:34.06	36.31
38.	Teresa Isabel Granjeia	01			Galitos / Bresimar	<b>5:34.99</b>	502
	50m: 35.43 35.43	150m: 2:00.84	41.52	250m: 3:30.06	47.46	350m: 4:56.85	38.36
	100m: 1:19.32 43.89	200m: 2:42.60	41.76	300m: 4:18.49	48.43	400m: 5:34.99	38.14
39.	Maria Carolina Rodrigues	01			Vitoria Guimaraes	<b>5:35.27</b>	501
	50m: 34.01 34.01	150m: 1:58.82	45.50	250m: 3:28.99	47.05	350m: 4:56.77	39.63
	100m: 1:13.32 39.31	200m: 2:41.94	43.12	300m: 4:17.14	48.15	400m: 5:35.27	38.50
40.	Beatriz Costa Tejo	02			Academica de Coimbra	<b>5:35.87</b>	498
	50m: 34.19 34.19	150m: 2:00.06	45.65	250m: 3:32.54	48.01	350m: 4:58.85	37.26
	100m: 1:14.41 40.22	200m: 2:44.53	44.47	300m: 4:21.59	49.05	400m: 5:35.87	37.02
41.	Ines Rodrigues Ferreira	01			Benfica	<b>5:36.27</b>	496
	50m: 34.33 34.33	150m: 2:00.30	45.59	250m: 3:32.25	48.40	350m: 4:59.42	38.55
	100m: 1:14.71 40.38	200m: 2:43.85	43.55	300m: 4:20.87	48.62	400m: 5:36.27	36.85
42.	Ines Filipa Jacinto	03			Ba/Bomcar	<b>5:40.58</b>	478
	50m: 35.71 35.71	150m: 2:04.06	44.43	250m: 3:36.57	48.51	350m: 5:04.09	38.92
	100m: 1:19.63 43.92	200m: 2:48.06	44.00	300m: 4:25.17	48.60	400m: 5:40.58	36.49

Prova 24, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
43.	Beatriz Monteiro Tomas	03			Infante de Montemor	<b>5:40.73</b>	477
	50m: 35.92 35.92	150m: 2:03.90	44.25	250m: 3:32.83	46.55	350m: 5:01.93	41.94
	100m: 1:19.65 43.73	200m: 2:46.28	42.38	300m: 4:19.99	47.16	400m: 5:40.73	38.80
44.	Catarina Guimaraes Moreira	03			Alges	<b>5:40.82</b>	477
	50m: 33.69 33.69	150m: 1:57.63	42.47	250m: 3:30.56	49.60	350m: 5:01.88	38.44
	100m: 1:15.16 41.47	200m: 2:40.96	43.33	300m: 4:23.44	52.88	400m: 5:40.82	38.94
45.	Renata Simoes Rato	03			Nautico Marinha Grande	<b>5:41.14</b>	476
	50m: 36.27 36.27	150m: 2:04.40	45.65	250m: 3:36.64	47.17	350m: 5:04.56	40.78
	100m: 1:18.75 42.48	200m: 2:49.47	45.07	300m: 4:23.78	47.14	400m: 5:41.14	36.58
46.	Ines Apolinario Soares	03			Pimpoes/Cimai	<b>5:41.48</b>	474
	50m: 34.65 34.65	150m: 1:58.53	43.39	250m: 3:32.64	49.56	350m: 5:04.77	39.68
	100m: 1:15.14 40.49	200m: 2:43.08	44.55	300m: 4:25.09	52.45	400m: 5:41.48	36.71
47.	Mariana Nunes Marques	03			Estarreja	<b>5:42.69</b>	469
	50m: 35.30 35.30	150m: 2:00.23	43.90	250m: 3:33.80	50.96	350m: 5:04.74	40.41
	100m: 1:16.33 41.03	200m: 2:42.84	42.61	300m: 4:24.33	50.53	400m: 5:42.69	37.95
48.	Valeria Goncalves Vieira	02			Vitoria Guimaraes	<b>5:42.74</b>	469
	50m: 35.88 35.88	150m: 2:03.69	46.58	250m: 3:35.86	48.19	350m: 5:03.88	39.68
	100m: 1:17.11 41.23	200m: 2:47.67	43.98	300m: 4:24.20	48.34	400m: 5:42.74	38.86
49.	Daniela Mascarenhas Henriques	03			Gesloures	<b>5:42.98</b>	468
	50m: 35.25 35.25	150m: 2:04.10	46.31	250m: 3:37.42	48.19	350m: 5:05.77	39.90
	100m: 1:17.79 42.54	200m: 2:49.23	45.13	300m: 4:25.87	48.45	400m: 5:42.98	37.21
50.	Ana Pereira Silva	03			Fafe	<b>5:46.17</b>	455
	50m: 36.78 36.78	150m: 2:05.16	45.75	250m: 3:39.26	51.08	350m: 5:08.81	39.12
	100m: 1:19.41 42.63	200m: 2:48.18	43.02	300m: 4:29.69	50.43	400m: 5:46.17	37.36
51.	Ines Matos Sousa	03			Nautico /Urgicentro-Sanfil	<b>5:47.61</b>	449
	50m: 36.91 36.91	150m: 2:05.16	44.67	250m: 3:40.51	50.14	350m: 5:09.57	38.20
	100m: 1:20.49 43.58	200m: 2:50.37	45.21	300m: 4:31.37	50.86	400m: 5:47.61	38.04
52.	Beatriz Daniela Macedo	02			Vitoria Guimaraes	<b>5:49.50</b>	442
	50m: 35.90 35.90	150m: 2:04.25	46.85	250m: 3:42.19	50.16	350m: 5:11.22	37.24
	100m: 1:17.40 41.50	200m: 2:52.03	47.78	300m: 4:33.98	51.79	400m: 5:49.50	38.28
53.	Mariana Alves Barbosa	03			Pimpoes/Cimai	<b>5:50.79</b>	437
	50m: 37.54 37.54	150m: 2:08.73	46.14	250m: 3:39.75	45.95	350m: 5:10.20	41.92
	100m: 1:22.59 45.05	200m: 2:53.80	45.07	300m: 4:28.28	48.53	400m: 5:50.79	40.59
54.	Beatriz Moreira Carvalho	03			Rio Maior	<b>5:51.76</b>	434
	50m: 36.41 36.41	150m: 2:07.69	47.13	250m: 3:43.25	51.25	350m: 5:13.85	38.65
	100m: 1:20.56 44.15	200m: 2:52.00	44.31	300m: 4:35.20	51.95	400m: 5:51.76	37.91
DNS	Catia Raquel Martinheira	95			Louletano / Loule Concelho		
DNS	Angelica Maria Andre	94			Fluvial Portuense		

Prova 24, Femin., 400m Estilos, Elimin

Prova 24 Femin., 400m Estilos Juniores  
01-04-2017 - 10:30 Resultados Elimin

Rec Nac Absoluto	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017
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

CMJ\_Fem 14 - 17: 4:50.07 / CEJ\_Fem 14 - 17: 4:55.87 / TAC 50m: 5:32.22 - 25m: 5:24.77

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
1.	Ines Neto Rocha	01				Aquatico Pacense	<b>4:58.88</b>	707
	50m: 31.39 31.39	150m: 1:46.42	39.12	250m: 3:06.85	42.87	350m: 4:24.03	35.25	
	100m: 1:07.30 35.91	200m: 2:23.98	37.56	300m: 3:48.78	41.93	400m: 4:58.88	34.85	
2.	Luisa Maria Machado	01				Uniao Piedense	<b>5:03.15</b>	678
	50m: 31.38 31.38	150m: 1:49.73	40.77	250m: 3:10.47	41.35	350m: 4:28.89	35.70	
	100m: 1:08.96 37.58	200m: 2:29.12	39.39	300m: 3:53.19	42.72	400m: 5:03.15	34.26	
3.	Giovanna Vaz Vargas	00				Nautico Marinha Grande	<b>5:04.29</b>	670
	50m: 31.23 31.23	150m: 1:47.90	40.71	250m: 3:11.17	44.68	350m: 4:30.17	35.21	
	100m: 1:07.19 35.96	200m: 2:26.49	38.59	300m: 3:54.96	43.79	400m: 5:04.29	34.12	
4.	Teresa Miguel Veloso	00				Nautico /Urgicentro-Sanfil	<b>5:12.27</b>	620
	50m: 32.64 32.64	150m: 1:52.44	41.51	250m: 3:17.50	44.12	350m: 4:38.10	35.25	
	100m: 1:10.93 38.29	200m: 2:33.38	40.94	300m: 4:02.85	45.35	400m: 5:12.27	34.17	
5.	Monica Seara Domingues	00				Nautico Marinha Grande	<b>5:14.62</b>	606
	50m: 33.04 33.04	150m: 1:51.34	39.30	250m: 3:16.77	46.33	350m: 4:39.75	36.86	
	100m: 1:12.04 39.00	200m: 2:30.44	39.10	300m: 4:02.89	46.12	400m: 5:14.62	34.87	
6.	Ines Rocha Silva	00				Alcobaca	<b>5:17.73</b>	589
	50m: 35.32 35.32	150m: 1:55.46	40.94	250m: 3:18.60	43.25	350m: 4:41.90	37.08	
	100m: 1:14.52 39.20	200m: 2:35.35	39.89	300m: 4:04.82	46.22	400m: 5:17.73	35.83	
7.	Mariana Sobral Galacha	01				Sporting	<b>5:19.74</b>	578
	50m: 33.58 33.58	150m: 1:56.34	43.04	250m: 3:22.68	45.27	350m: 4:44.32	36.82	
	100m: 1:13.30 39.72	200m: 2:37.41	41.07	300m: 4:07.50	44.82	400m: 5:19.74	35.42	
8.	Lara Beatriz Matos	01				Famalicao	<b>5:22.91</b>	561
	50m: 33.31 33.31	150m: 1:54.31	42.51	250m: 3:20.92	45.67	350m: 4:45.66	38.32	
	100m: 1:11.80 38.49	200m: 2:35.25	40.94	300m: 4:07.34	46.42	400m: 5:22.91	37.25	
9.	Beatriz Santos Silva	01				Porto	<b>5:25.71</b>	546
	50m: 33.14 33.14	150m: 1:53.86	40.58	250m: 3:20.99	46.27	350m: 4:47.50	37.74	
	100m: 1:13.28 40.14	200m: 2:34.72	40.86	300m: 4:09.76	48.77	400m: 5:25.71	38.21	
10.	Rita Alexandra Vital	01				Alges	<b>5:26.73</b>	541
	50m: 33.16 33.16	150m: 1:54.49	42.30	250m: 3:24.59	48.55	350m: 4:51.52	37.44	
	100m: 1:12.19 39.03	200m: 2:36.04	41.55	300m: 4:14.08	49.49	400m: 5:26.73	35.21	
11.	Mariana Delicado Correia	01				Sporting	<b>5:27.57</b>	537
	50m: 32.95 32.95	150m: 1:52.71	41.14	250m: 3:23.30	48.78	350m: 4:51.64	38.25	
	100m: 1:11.57 38.62	200m: 2:34.52	41.81	300m: 4:13.39	50.09	400m: 5:27.57	35.93	
12.	Ines Rosado Monteiro	00				Natacao de Vagos	<b>5:28.68</b>	532
	50m: 33.87 33.87	150m: 1:56.57	43.79	250m: 3:27.15	47.22	350m: 4:53.06	38.39	
	100m: 1:12.78 38.91	200m: 2:39.93	43.36	300m: 4:14.67	47.52	400m: 5:28.68	35.62	
13.	Andreia Brito Pereira	00				Condeixa Clube	<b>5:28.86</b>	531
	50m: 34.34 34.34	150m: 1:56.67	41.58	250m: 3:27.91	49.94	350m: 4:53.40	36.80	
	100m: 1:15.09 40.75	200m: 2:37.97	41.30	300m: 4:16.60	48.69	400m: 5:28.86	35.46	

Prova 24, Femin., 400m Estilos, Elimin, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
14.	Mariana Cardoso Costa	01			Propaganda da Natacao	<b>5:32.58</b>	513
	50m: 34.31 34.31	150m: 1:59.70	44.77	250m: 3:28.49	45.64	350m: 4:54.27	38.99
	100m: 1:14.93 40.62	200m: 2:42.85	43.15	300m: 4:15.28	46.79	400m: 5:32.58	38.31
15.	Teresa Isabel Granjeia	01			Galitos / Bresimar	<b>5:34.99</b>	502
	50m: 35.43 35.43	150m: 2:00.84	41.52	250m: 3:30.06	47.46	350m: 4:56.85	38.36
	100m: 1:19.32 43.89	200m: 2:42.60	41.76	300m: 4:18.49	48.43	400m: 5:34.99	38.14
16.	Maria Carolina Rodrigues	01			Vitoria Guimaraes	<b>5:35.27</b>	501
	50m: 34.01 34.01	150m: 1:58.82	45.50	250m: 3:28.99	47.05	350m: 4:56.77	39.63
	100m: 1:13.32 39.31	200m: 2:41.94	43.12	300m: 4:17.14	48.15	400m: 5:35.27	38.50
17.	Ines Rodrigues Ferreira	01			Benfica	<b>5:36.27</b>	496
	50m: 34.33 34.33	150m: 2:00.30	45.59	250m: 3:32.25	48.40	350m: 4:59.42	38.55
	100m: 1:14.71 40.38	200m: 2:43.85	43.55	300m: 4:20.87	48.62	400m: 5:36.27	36.85

Prova 24 Femin., 400m Estilos Juvenis A  
01-04-2017 - 10:30 Resultados Elimin

Rec Nac Absoluto	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017
Rec Nac Juv A	4:58.08	Diana Margarida Duraes	FOCA	Póvoa de Varzim	05-08-2011

CMJ\_Fem 14 - 17: 4:50.07 / CEJ\_Fem 14 - 17: 4:55.87 / FOJE\_Fem Juv: 5:04.74 / TAC 50m: 5:39.24 - 25m: 5:30.45

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Mariana Amaral Mendes	02			Colegio Monte Maior	<b>5:04.90</b>	666
	50m: 33.49 33.49	150m: 1:52.46	40.37	250m: 3:14.90	42.67	350m: 4:32.05	34.34
	100m: 1:12.09 38.60	200m: 2:32.23	39.77	300m: 3:57.71	42.81	400m: 5:04.90	32.85
2.	Ana Sofia Pina	02			O Crasto	<b>5:04.94</b>	666
	50m: 31.66 31.66	150m: 1:48.63	40.78	250m: 3:12.68	44.51	350m: 4:31.86	34.58
	100m: 1:07.85 36.19	200m: 2:28.17	39.54	300m: 3:57.28	44.60	400m: 5:04.94	33.08
3.	Francisca Salvador Mesquita	02			Colegio Monte Maior	<b>5:07.18</b>	651
	50m: 31.87 31.87	150m: 1:49.84	41.62	250m: 3:13.72	42.68	350m: 4:33.04	35.51
	100m: 1:08.22 36.35	200m: 2:31.04	41.20	300m: 3:57.53	43.81	400m: 5:07.18	34.14
4.	Joana Nunes Cardeal	02			Academico Viseu	<b>5:11.49</b>	625
	50m: 32.17 32.17	150m: 1:50.19	40.57	250m: 3:15.52	44.98	350m: 4:36.81	35.94
	100m: 1:09.62 37.45	200m: 2:30.54	40.35	300m: 4:00.87	45.35	400m: 5:11.49	34.68
5.	Mariana Fernandes Barbosa	02			Porto	<b>5:12.86</b>	617
	50m: 31.84 31.84	150m: 1:49.37	40.66	250m: 3:16.87	47.69	350m: 4:38.32	34.94
	100m: 1:08.71 36.87	200m: 2:29.18	39.81	300m: 4:03.38	46.51	400m: 5:12.86	34.54
6.	Catia Iordan Agostinho	02			Rio Maior	<b>5:26.96</b>	540
	50m: 33.45 33.45	150m: 1:56.30	42.39	250m: 3:25.03	47.10	350m: 4:49.18	37.73
	100m: 1:13.91 40.46	200m: 2:37.93	41.63	300m: 4:11.45	46.42	400m: 5:26.96	37.78
7.	Rita Afonso Belo	02			Benedita	<b>5:27.68</b>	537
	50m: 33.25 33.25	150m: 1:53.87	41.79	250m: 3:23.33	48.29	350m: 4:50.39	38.56
	100m: 1:12.08 38.83	200m: 2:35.04	41.17	300m: 4:11.83	48.50	400m: 5:27.68	37.29
8.	Natacha Sofia Silva	02			Benfica	<b>5:28.69</b>	532
	50m: 34.42 34.42	150m: 1:57.75	43.12	250m: 3:26.28	45.49	350m: 4:51.38	38.63
	100m: 1:14.63 40.21	200m: 2:40.79	43.04	300m: 4:12.75	46.47	400m: 5:28.69	37.31
9.	Daniela Oliveira Rodrigues	02			Natacao de Valongo	<b>5:29.41</b>	528
	50m: 33.66 33.66	150m: 1:55.69	43.79	250m: 3:27.18	47.65	350m: 4:53.78	36.58
	100m: 1:11.90 38.24	200m: 2:39.53	43.84	300m: 4:17.20	50.02	400m: 5:29.41	35.63

Prova 24, Femin., 400m Estilos, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
10.	Constanca Filipa Rodrigues	02				Pimpoes/Cimai	<b>5:32.92</b>	512
	50m: 34.08 34.08	150m: 1:58.74	43.73	250m: 3:29.30	47.50	350m: 4:55.59	38.34	
	100m: 1:15.01 40.93	200m: 2:41.80	43.06	300m: 4:17.25	47.95	400m: 5:32.92	37.33	
11.	Beatriz Costa Tejo	02				Academica de Coimbra	<b>5:35.87</b>	498
	50m: 34.19 34.19	150m: 2:00.06	45.65	250m: 3:32.54	48.01	350m: 4:58.85	37.26	
	100m: 1:14.41 40.22	200m: 2:44.53	44.47	300m: 4:21.59	49.05	400m: 5:35.87	37.02	
12.	Valeria Goncalves Vieira	02				Vitoria Guimaraes	<b>5:42.74</b>	469
	50m: 35.88 35.88	150m: 2:03.69	46.58	250m: 3:35.86	48.19	350m: 5:03.88	39.68	
	100m: 1:17.11 41.23	200m: 2:47.67	43.98	300m: 4:24.20	48.34	400m: 5:42.74	38.86	
13.	Beatriz Daniela Macedo	02				Vitoria Guimaraes	<b>5:49.50</b>	442
	50m: 35.90 35.90	150m: 2:04.25	46.85	250m: 3:42.19	50.16	350m: 5:11.22	37.24	
	100m: 1:17.40 41.50	200m: 2:52.03	47.78	300m: 4:33.98	51.79	400m: 5:49.50	38.28	

Prova 24 Femin., 400m Estilos Juvenis B  
01-04-2017 - 10:30 Resultados Elimin

Rec Nac Absoluto	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017
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

CMJ\_Fem 14 - 17: 4:50.07 / CEJ\_Fem 14 - 17: 4:55.87 / FOJE\_Fem Juv: 5:04.74 / TAC 50m: 5:50.12 - 25m: 5:30.56

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
1.	Maria Carlota Rebelo	03				Nautico /Urgicentro-Sanfil	<b>5:18.72</b>	583
	50m: 32.67 32.67	150m: 1:53.13	42.19	250m: 3:19.83	45.38	350m: 4:42.51	36.93	
	100m: 1:10.94 38.27	200m: 2:34.45	41.32	300m: 4:05.58	45.75	400m: 5:18.72	36.21	
2.	Sara Dias Neves	03				Miranda do Corvo	<b>5:26.75</b>	541
	50m: 34.79 34.79	150m: 1:57.58	41.51	250m: 3:25.93	46.47	350m: 4:51.26	38.43	
	100m: 1:16.07 41.28	200m: 2:39.46	41.88	300m: 4:12.83	46.90	400m: 5:26.75	35.49	
3.	Luana Pinto Domingues	03				Ba/Bomcar	<b>5:26.77</b>	541
	50m: 33.25 33.25	150m: 1:57.19	43.93	250m: 3:25.41	45.19	350m: 4:49.99	36.89	
	100m: 1:13.26 40.01	200m: 2:40.22	43.03	300m: 4:13.10	47.69	400m: 5:26.77	36.78	
4.	Eduarda Reis Silva	03				Famalicao	<b>5:27.90</b>	536
	50m: 34.00 34.00	150m: 1:56.77	44.01	250m: 3:28.12	49.11	350m: 4:53.32	36.59	
	100m: 1:12.76 38.76	200m: 2:39.01	42.24	300m: 4:16.73	48.61	400m: 5:27.90	34.58	
5.	Maria Leonor Amorim	03				Porto	<b>5:28.52</b>	532
	50m: 33.78 33.78	150m: 1:57.86	40.82	250m: 3:25.58	47.00	350m: 4:50.20	37.57	
	100m: 1:17.04 43.26	200m: 2:38.58	40.72	300m: 4:12.63	47.05	400m: 5:28.52	38.32	
6.	Sofia Nunes Fial	03				Estamos Juntos	<b>5:30.94</b>	521
	50m: 37.41 37.41	150m: 2:04.50	44.54	250m: 3:31.69	43.84	350m: 4:55.83	38.38	
	100m: 1:19.96 42.55	200m: 2:47.85	43.35	300m: 4:17.45	45.76	400m: 5:30.94	35.11	
7.	Maria Freitas Castro	03				Fafe	<b>5:34.06</b>	506
	50m: 33.89 33.89	150m: 1:59.15	43.72	250m: 3:29.18	48.08	350m: 4:57.75	39.52	
	100m: 1:15.43 41.54	200m: 2:41.10	41.95	300m: 4:18.23	49.05	400m: 5:34.06	36.31	
8.	Ines Filipa Jacinto	03				Ba/Bomcar	<b>5:40.58</b>	478
	50m: 35.71 35.71	150m: 2:04.06	44.43	250m: 3:36.57	48.51	350m: 5:04.09	38.92	
	100m: 1:19.63 43.92	200m: 2:48.06	44.00	300m: 4:25.17	48.60	400m: 5:40.58	36.49	

Prova 24, Femin., 400m Estilos, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
9.	Beatriz Monteiro Tomas	03			Infante de Montemor	<b>5:40.73</b>	477
	50m: 35.92 35.92	150m: 2:03.90	44.25	250m: 3:32.83	46.55	350m: 5:01.93	41.94
	100m: 1:19.65 43.73	200m: 2:46.28	42.38	300m: 4:19.99	47.16	400m: 5:40.73	38.80
10.	Catarina Guimaraes Moreira	03			Alges	<b>5:40.82</b>	477
	50m: 33.69 33.69	150m: 1:57.63	42.47	250m: 3:30.56	49.60	350m: 5:01.88	38.44
	100m: 1:15.16 41.47	200m: 2:40.96	43.33	300m: 4:23.44	52.88	400m: 5:40.82	38.94
11.	Renata Simoes Rato	03			Nautico Marinha Grande	<b>5:41.14</b>	476
	50m: 36.27 36.27	150m: 2:04.40	45.65	250m: 3:36.64	47.17	350m: 5:04.56	40.78
	100m: 1:18.75 42.48	200m: 2:49.47	45.07	300m: 4:23.78	47.14	400m: 5:41.14	36.58
12.	Ines Apolinario Soares	03			Pimpoes/Cimai	<b>5:41.48</b>	474
	50m: 34.65 34.65	150m: 1:58.53	43.39	250m: 3:32.64	49.56	350m: 5:04.77	39.68
	100m: 1:15.14 40.49	200m: 2:43.08	44.55	300m: 4:25.09	52.45	400m: 5:41.48	36.71
13.	Mariana Nunes Marques	03			Estarreja	<b>5:42.69</b>	469
	50m: 35.30 35.30	150m: 2:00.23	43.90	250m: 3:33.80	50.96	350m: 5:04.74	40.41
	100m: 1:16.33 41.03	200m: 2:42.84	42.61	300m: 4:24.33	50.53	400m: 5:42.69	37.95
14.	Daniela Mascarenhas Henriques	03			Gesloures	<b>5:42.98</b>	468
	50m: 35.25 35.25	150m: 2:04.10	46.31	250m: 3:37.42	48.19	350m: 5:05.77	39.90
	100m: 1:17.79 42.54	200m: 2:49.23	45.13	300m: 4:25.87	48.45	400m: 5:42.98	37.21
15.	Ana Pereira Silva	03			Fafe	<b>5:46.17</b>	455
	50m: 36.78 36.78	150m: 2:05.16	45.75	250m: 3:39.26	51.08	350m: 5:08.81	39.12
	100m: 1:19.41 42.63	200m: 2:48.18	43.02	300m: 4:29.69	50.43	400m: 5:46.17	37.36
16.	Ines Matos Sousa	03			Nautico /Urgicentro-Sanfil	<b>5:47.61</b>	449
	50m: 36.91 36.91	150m: 2:05.16	44.67	250m: 3:40.51	50.14	350m: 5:09.57	38.20
	100m: 1:20.49 43.58	200m: 2:50.37	45.21	300m: 4:31.37	50.86	400m: 5:47.61	38.04
17.	Mariana Alves Barbosa	03			Pimpoes/Cimai	<b>5:50.79</b>	437
	50m: 37.54 37.54	150m: 2:08.73	46.14	250m: 3:39.75	45.95	350m: 5:10.20	41.92
	100m: 1:22.59 45.05	200m: 2:53.80	45.07	300m: 4:28.28	48.53	400m: 5:50.79	40.59
18.	Beatriz Moreira Carvalho	03			Rio Maior	<b>5:51.76</b>	434
	50m: 36.41 36.41	150m: 2:07.69	47.13	250m: 3:43.25	51.25	350m: 5:13.85	38.65
	100m: 1:20.56 44.15	200m: 2:52.00	44.31	300m: 4:35.20	51.95	400m: 5:51.76	37.91



Prova 24, Femin., 400m Estilos, Elimin

Prova 24  
01-04-2017 - 10:30

Femin., 400m Estilos

Seniores  
Resultados Elimin

Rec Nac Absoluto	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017
Rec Nac Sen	4:42.39	Victoria Kaminskaya	POR	Antwerpen (BEL)	21-01-2017

CMPL 22 +: 4:43.06 / TAC 50m: 5:19.11 - 25m: 5:14.32

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Ana Beatriz Martins	99			Famalicao	<b>5:09.69</b>	636
	50m: 31.91 31.91	150m: 1:50.01	40.58	250m: 3:15.50	45.17	350m: 4:35.22	35.47
	100m: 1:09.43 37.52	200m: 2:30.33	40.32	300m: 3:59.75	44.25	400m: 5:09.69	34.47
2.	Raquel Paulo Ranito	94			Sporting	<b>5:12.60</b>	618
	50m: 33.16 33.16	150m: 1:50.40	39.60	250m: 3:15.54	45.24	350m: 4:37.50	36.36
	100m: 1:10.80 37.64	200m: 2:30.30	39.90	300m: 4:01.14	45.60	400m: 5:12.60	35.10
3.	Rita Costa Amador	99			Galitos / Bresimar	<b>5:13.26</b>	614
	50m: 32.11 32.11	150m: 1:50.78	40.43	250m: 3:15.51	44.39	350m: 4:37.94	36.76
	100m: 1:10.35 38.24	200m: 2:31.12	40.34	300m: 4:01.18	45.67	400m: 5:13.26	35.32
4.	Rita Teixeira Costa	97			Belenenses	<b>5:21.42</b>	569
	50m: 32.19 32.19	150m: 1:51.34	40.54	250m: 3:18.58	46.26	350m: 4:44.15	37.33
	100m: 1:10.80 38.61	200m: 2:32.32	40.98	300m: 4:06.82	48.24	400m: 5:21.42	37.27
5.	Sofia Machado Dionisio	98			Sporting	<b>5:25.66</b>	547
	50m: 33.40 33.40	150m: 1:55.04	42.76	250m: 3:22.53	46.27	350m: 4:47.83	38.97
	100m: 1:12.28 38.88	200m: 2:36.26	41.22	300m: 4:08.86	46.33	400m: 5:25.66	37.83
6.	Beatriz Pereira Vasconcelos	98			Vilacondense	<b>5:31.88</b>	516
	50m: 34.45 34.45	150m: 1:56.85	42.12	250m: 3:26.76	47.90	350m: 4:53.65	39.15
	100m: 1:14.73 40.28	200m: 2:38.86	42.01	300m: 4:14.50	47.74	400m: 5:31.88	38.23
DNS	Catia Raquel Martinheira	95			Louletano / Loule Concelho		
DNS	Angelica Maria Andre	94			Fluvial Portuense		