

Prova 26 Absolutos
01-04-2017 - 11:40 Resultados Elimin
Femin., 400m Livres

Rec Nac Absoluto	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016
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	4:14.67	Tamila Hryhorivna Holub	SCB	Oeiras	23-07-2016
Rec Nac Sen	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016

CMPL 22 +: 4:10.57 / CMJ_Fem 14 - 17: 4:18.27 / CEJ_Fem 14 - 17: 4:23.44 / FOJE_Fem Juv: 4:31.34 / TAC Sen 50m: 4:36.68 - 25m: 4:32.07; Jun 50m: 4:47.75 - 25m: 4:38.67; Juv A 50m: 4:51.73 - 25m: 4:45.96; Juv B 50m: 4:57.90 - 25m: 4:52.28

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
1.	Diana Margarida Duraes	96				Benfica	4:18.68	763
	50m: 30.11 30.11	150m: 1:35.04	32.66	250m: 2:40.54	32.75	350m: 3:46.01	32.82	
	100m: 1:02.38 32.27	200m: 2:07.79	32.75	300m: 3:13.19	32.65	400m: 4:18.68	32.67	
2.	Tamila Hryhorivna Holub	99				Braga	4:23.21	725
	50m: 30.68 30.68	150m: 1:37.05	33.21	250m: 2:43.83	33.27	350m: 3:51.09	33.66	
	100m: 1:03.84 33.16	200m: 2:10.56	33.51	300m: 3:17.43	33.60	400m: 4:23.21	32.12	
3.	Ines Jacinto Henriques	00				Pimpoes/Cimai	4:25.03	710
	50m: 30.77 30.77	150m: 1:37.65	33.77	250m: 2:45.12	33.82	350m: 3:52.47	33.68	
	100m: 1:03.88 33.11	200m: 2:11.30	33.65	300m: 3:18.79	33.67	400m: 4:25.03	32.56	
4.	Alexandra Couto Frazao	02				Individual Coimbra	4:26.31	700
	<i>Minimo FOJE</i>							
	50m: 30.81 30.81	150m: 1:38.44	34.08	250m: 2:46.55	33.96	350m: 3:53.81	33.23	
	100m: 1:04.36 33.55	200m: 2:12.59	34.15	300m: 3:20.58	34.03	400m: 4:26.31	32.50	
5.	Filipa Serrano Rodrigues	01				Uniao Piedense	4:28.44	683
	50m: 30.83 30.83	150m: 1:38.02	33.64	250m: 2:46.04	33.81	350m: 3:54.31	34.13	
	100m: 1:04.38 33.55	200m: 2:12.23	34.21	300m: 3:20.18	34.14	400m: 4:28.44	34.13	
6.	Miriam Filipe Marcos	01				Natacao Olhao	4:29.83	672
	50m: 30.81 30.81	150m: 1:37.70	33.49	250m: 2:45.50	33.78	350m: 3:55.13	35.04	
	100m: 1:04.21 33.40	200m: 2:11.72	34.02	300m: 3:20.09	34.59	400m: 4:29.83	34.70	
7.	Ana Rita Faria	00				Porto	4:30.13	670
	50m: 30.79 30.79	150m: 1:37.89	33.66	250m: 2:45.77	33.79	350m: 3:55.10	34.61	
	100m: 1:04.23 33.44	200m: 2:11.98	34.09	300m: 3:20.49	34.72	400m: 4:30.13	35.03	
8.	Sara Sofia Alves	01				Columbofila Cantanhedense	4:31.23	662
	50m: 31.39 31.39	150m: 1:38.42	33.75	250m: 2:47.26	34.49	350m: 3:56.90	34.27	
	100m: 1:04.67 33.28	200m: 2:12.77	34.35	300m: 3:22.63	35.37	400m: 4:31.23	34.33	
9.	Vania Soares Neves	90				Fluvial Portuense	4:32.03	656
	50m: 31.95 31.95	150m: 1:40.40	34.50	250m: 2:49.43	34.57	350m: 3:58.19	34.43	
	100m: 1:05.90 33.95	200m: 2:14.86	34.46	300m: 3:23.76	34.33	400m: 4:32.03	33.84	
10.	Madalena Gomes Azevedo	99				Alges	4:32.79	651
	50m: 31.19 31.19	150m: 1:39.44	34.41	250m: 2:48.77	34.47	350m: 3:58.77	34.89	
	100m: 1:05.03 33.84	200m: 2:14.30	34.86	300m: 3:23.88	35.11	400m: 4:32.79	34.02	
11.	Carolina Mantua Guedes	98				Sporting	4:32.94	650
	50m: 30.92 30.92	150m: 1:38.16	34.32	250m: 2:48.73	35.62	350m: 4:00.34	35.84	
	100m: 1:03.84 32.92	200m: 2:13.11	34.95	300m: 3:24.50	35.77	400m: 4:32.94	32.60	
12.	Mariana Amaral Mendes	02				Colegio Monte Maior	4:33.30	647
	50m: 31.62 31.62	150m: 1:40.34	34.86	250m: 2:50.17	35.25	350m: 4:00.08	35.00	
	100m: 1:05.48 33.86	200m: 2:14.92	34.58	300m: 3:25.08	34.91	400m: 4:33.30	33.22	

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
13.	Ana Rita Ramos	02			Porto	4:33.71	644
	50m: 31.20 31.20	150m: 1:39.56	34.42	250m: 2:49.53	34.63	350m: 3:59.47	34.09
	100m: 1:05.14 33.94	200m: 2:14.90	35.34	300m: 3:25.38	35.85	400m: 4:33.71	34.24
14.	Eva Guerreiro Carvalho	99			Uniao Piedense	4:33.82	643
	50m: 31.15 31.15	150m: 1:38.83	34.14	250m: 2:48.06	34.66	350m: 3:59.05	35.70
	100m: 1:04.69 33.54	200m: 2:13.40	34.57	300m: 3:23.35	35.29	400m: 4:33.82	34.77
15.	Ana Reis Sousa	02			Litoral Alentejano	4:34.34	640
	50m: 30.92 30.92	150m: 1:39.91	34.84	250m: 2:50.91	35.39	350m: 4:01.46	34.93
	100m: 1:05.07 34.15	200m: 2:15.52	35.61	300m: 3:26.53	35.62	400m: 4:34.34	32.88
16.	Joana Beatriz Bernardo	99			Fundacao Beatriz Santos	4:34.94	636
	50m: 31.94 31.94	150m: 1:40.49	34.21	250m: 2:50.66	35.12	350m: 4:00.53	34.77
	100m: 1:06.28 34.34	200m: 2:15.54	35.05	300m: 3:25.76	35.10	400m: 4:34.94	34.41
17.	Carolina Rosa Marcelino	01			Alges	4:35.68	631
	50m: 31.07 31.07	150m: 1:39.00	34.28	250m: 2:48.40	34.94	350m: 4:00.19	35.78
	100m: 1:04.72 33.65	200m: 2:13.46	34.46	300m: 3:24.41	36.01	400m: 4:35.68	35.49
18.	Joana Costa Amador	01			Galitos / Bresimar	4:36.08	628
	50m: 31.43 31.43	150m: 1:40.09	34.49	250m: 2:50.36	35.01	350m: 4:00.56	34.85
	100m: 1:05.60 34.17	200m: 2:15.35	35.26	300m: 3:25.71	35.35	400m: 4:36.08	35.52
19.	Leticia Maia Andre	02			Uniao Piedense	4:36.12	628
	50m: 32.55 32.55	150m: 1:42.54	35.42	250m: 2:52.18	35.01	350m: 4:02.73	34.73
	100m: 1:07.12 34.57	200m: 2:17.17	34.63	300m: 3:28.00	35.82	400m: 4:36.12	33.39
20.	Beatriz Paulo Ranito	99			Sporting	4:36.37	626
	50m: 31.34 31.34	150m: 1:39.73	34.69	250m: 2:50.81	35.75	350m: 4:01.84	35.58
	100m: 1:05.04 33.70	200m: 2:15.06	35.33	300m: 3:26.26	35.45	400m: 4:36.37	34.53
21.	Maria Carolina Costa	01			Porto	4:36.89	622
	50m: 30.75 30.75	150m: 1:39.89	34.99	250m: 2:50.19	35.34	350m: 4:01.70	36.18
	100m: 1:04.90 34.15	200m: 2:14.85	34.96	300m: 3:25.52	35.33	400m: 4:36.89	35.19
22.	Isabel Porfirio Pego	01			Porto	4:38.20	614
	50m: 30.83 30.83	150m: 1:39.01	34.45	250m: 2:49.89	35.27	350m: 4:02.36	36.23
	100m: 1:04.56 33.73	200m: 2:14.62	35.61	300m: 3:26.13	36.24	400m: 4:38.20	35.84
23.	Ana Rita Queiroz	02			Fundacao Beatriz Santos	4:38.97	608
	50m: 31.83 31.83	150m: 1:41.77	35.54	250m: 2:53.09	35.60	350m: 4:04.47	35.67
	100m: 1:06.23 34.40	200m: 2:17.49	35.72	300m: 3:28.80	35.71	400m: 4:38.97	34.50
24.	Carolina Marques Neves	01			Torres Novas	4:40.24	600
	50m: 31.69 31.69	150m: 1:42.33	35.86	250m: 2:54.17	35.94	350m: 4:05.64	35.50
	100m: 1:06.47 34.78	200m: 2:18.23	35.90	300m: 3:30.14	35.97	400m: 4:40.24	34.60
25.	Raquel Paulo Ranito	94			Sporting	4:40.81	597
	50m: 31.32 31.32	150m: 1:42.04	35.94	250m: 2:53.86	35.89	350m: 4:06.13	36.02
	100m: 1:06.10 34.78	200m: 2:17.97	35.93	300m: 3:30.11	36.25	400m: 4:40.81	34.68
26.	Beatriz Barros Carmo	99			Alges	4:42.17	588
	50m: 30.47 30.47	150m: 1:39.77	35.04	250m: 2:51.77	36.09	350m: 4:05.77	37.00
	100m: 1:04.73 34.26	200m: 2:15.68	35.91	300m: 3:28.77	37.00	400m: 4:42.17	36.40
27.	Mafalda Sofia Rosa	03			Rio Maior	4:42.58	585
	50m: 32.33 32.33	150m: 1:42.76	35.65	250m: 2:54.97	36.30	350m: 4:07.94	36.67
	100m: 1:07.11 34.78	200m: 2:18.67	35.91	300m: 3:31.27	36.30	400m: 4:42.58	34.64

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Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
28.	Mariana Santos Ferreira	00				Miranda do Corvo	4:42.66	585
	50m: 32.31 32.31	150m: 1:42.59	35.61	250m: 2:54.56	35.90	350m: 4:07.94	36.69	
	100m: 1:06.98 34.67	200m: 2:18.66	36.07	300m: 3:31.25	36.69	400m: 4:42.66	34.72	
29.	Ines Alves Martins	01				Fluvial Portuense	4:42.94	583
	50m: 31.18 31.18	150m: 1:41.51	35.49	250m: 2:54.18	36.40	350m: 4:07.53	36.70	
	100m: 1:06.02 34.84	200m: 2:17.78	36.27	300m: 3:30.83	36.65	400m: 4:42.94	35.41	
30.	Francisca Soares Martins	03				Foca	4:43.32	581
	50m: 32.06 32.06	150m: 1:45.02	36.92	250m: 2:58.54	36.84	350m: 4:11.05	35.90	
	100m: 1:08.10 36.04	200m: 2:21.70	36.68	300m: 3:35.15	36.61	400m: 4:43.32	32.27	
31.	Rafaela Araujo Silva	00				Famalicao	4:43.47	580
	50m: 31.94 31.94	150m: 1:43.00	36.08	250m: 2:55.75	36.32	350m: 4:08.12	35.83	
	100m: 1:06.92 34.98	200m: 2:19.43	36.43	300m: 3:32.29	36.54	400m: 4:43.47	35.35	
32.	Mariana Sobral Galacha	01				Sporting	4:43.58	579
	50m: 31.90 31.90	150m: 1:43.15	36.31	250m: 2:56.17	36.42	350m: 4:08.57	36.05	
	100m: 1:06.84 34.94	200m: 2:19.75	36.60	300m: 3:32.52	36.35	400m: 4:43.58	35.01	
33.	Joana Ribeiro Martins	03				Benfica	4:43.88	577
	50m: 31.66 31.66	150m: 1:43.28	36.01	250m: 2:56.44	36.39	350m: 4:09.39	36.29	
	100m: 1:07.27 35.61	200m: 2:20.05	36.77	300m: 3:33.10	36.66	400m: 4:43.88	34.49	
34.	Ana Sequeira Florindo	02				Nautico /Urgicentro-Sanfil	4:44.29	575
	50m: 31.18 31.18	150m: 1:42.27	35.61	250m: 2:54.67	35.72	350m: 4:08.27	36.27	
	100m: 1:06.66 35.48	200m: 2:18.95	36.68	300m: 3:32.00	37.33	400m: 4:44.29	36.02	
35.	Camila Alexandra Silva	03				Columbofila Cantanhedense	4:44.81	572
	50m: 32.80 32.80	150m: 1:43.96	36.15	250m: 2:56.51	36.29	350m: 4:09.53	36.46	
	100m: 1:07.81 35.01	200m: 2:20.22	36.26	300m: 3:33.07	36.56	400m: 4:44.81	35.28	
36.	Maria Joao Pelaio	03				Ginasio Figueirense	4:45.63	567
	50m: 31.72 31.72	150m: 1:43.56	35.72	250m: 2:56.76	36.18	350m: 4:11.18	36.85	
	100m: 1:07.84 36.12	200m: 2:20.58	37.02	300m: 3:34.33	37.57	400m: 4:45.63	34.45	
37.	Ines Sofia Ferreira	02				Galitos / Bresimar	4:46.12	564
	50m: 31.31 31.31	150m: 1:41.73	36.01	250m: 2:55.41	36.94	350m: 4:10.52	37.40	
	100m: 1:05.72 34.41	200m: 2:18.47	36.74	300m: 3:33.12	37.71	400m: 4:46.12	35.60	
38.	Rafaela Gomes Azevedo	02				Alges	4:46.69	561
	50m: 31.29 31.29	150m: 1:42.33	36.51	250m: 2:56.51	37.33	350m: 4:10.84	36.79	
	100m: 1:05.82 34.53	200m: 2:19.18	36.85	300m: 3:34.05	37.54	400m: 4:46.69	35.85	
39.	Leila Tavarina Lemos	00				Vilacondense	4:46.73	560
	50m: 32.12 32.12	150m: 1:42.74	35.80	250m: 2:55.49	36.46	350m: 4:09.87	37.21	
	100m: 1:06.94 34.82	200m: 2:19.03	36.29	300m: 3:32.66	37.17	400m: 4:46.73	36.86	
40.	Ines Silva Oliveira	00				Fluvial Portuense	4:48.22	552
	50m: 32.06 32.06	150m: 1:44.03	36.29	250m: 2:58.57	36.93	350m: 4:13.29	36.33	
	100m: 1:07.74 35.68	200m: 2:21.64	37.61	300m: 3:36.96	38.39	400m: 4:48.22	34.93	
41.	Ema Jeronimo Conceicao	03				Fisica Torres Vedras	4:48.37	551
	50m: 32.38 32.38	150m: 1:45.72	37.37	250m: 2:59.72	37.56	350m: 4:13.46	37.09	
	100m: 1:08.35 35.97	200m: 2:22.16	36.44	300m: 3:36.37	36.65	400m: 4:48.37	34.91	
42.	Carolina Silva Soares	03				Natacao de Valongo	4:48.39	551
	50m: 31.91 31.91	150m: 1:43.85	36.74	250m: 2:58.30	37.49	350m: 4:12.73	37.16	
	100m: 1:07.11 35.20	200m: 2:20.81	36.96	300m: 3:35.57	37.27	400m: 4:48.39	35.66	

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Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
43.	Jessica Soares Lima	02			Braga	4:49.33	545
	50m: 32.95 32.95	150m: 1:45.51	36.85	250m: 2:59.11	36.93	350m: 4:12.80	36.44
	100m: 1:08.66 35.71	200m: 2:22.18	36.67	300m: 3:36.36	37.25	400m: 4:49.33	36.53
44.	Ines Asseiceira Ramos	03			Torres Novas	4:49.42	545
	50m: 32.25 32.25	150m: 1:43.62	35.89	250m: 2:57.67	36.72	350m: 4:12.69	36.86
	100m: 1:07.73 35.48	200m: 2:20.95	37.33	300m: 3:35.83	38.16	400m: 4:49.42	36.73
45.	Eliana Dirce Lourenco	00			Galitos / Bresimar	4:49.89	542
	50m: 33.09 33.09	150m: 1:45.17	36.70	250m: 2:59.44	37.27	350m: 4:14.27	37.26
	100m: 1:08.47 35.38	200m: 2:22.17	37.00	300m: 3:37.01	37.57	400m: 4:49.89	35.62
46.	Margarida Cabral Monteiro	02			Galitos / Bresimar	4:50.07	541
	50m: 32.41 32.41	150m: 1:43.21	36.13	250m: 2:57.90	37.90	350m: 4:13.31	38.05
	100m: 1:07.08 34.67	200m: 2:20.00	36.79	300m: 3:35.26	37.36	400m: 4:50.07	36.76
	Catarina Silva Soares	03			Porto	4:50.07	541
	50m: 31.22 31.22	150m: 1:43.23	36.83	250m: 2:57.36	37.00	350m: 4:13.34	38.13
	100m: 1:06.40 35.18	200m: 2:20.36	37.13	300m: 3:35.21	37.85	400m: 4:50.07	36.73
48.	Ana Pimenta Silva	01			Desportiva de Viana	4:50.93	536
	50m: 32.12 32.12	150m: 1:43.71	36.19	250m: 2:57.51	37.06	350m: 4:13.00	37.81
	100m: 1:07.52 35.40	200m: 2:20.45	36.74	300m: 3:35.19	37.68	400m: 4:50.93	37.93
49.	Carolina Ascenso Santos	01			Propaganda da Natacao	4:51.09	536
	50m: 31.73 31.73	150m: 1:43.94	36.41	250m: 2:58.68	37.29	350m: 4:14.45	37.88
	100m: 1:07.53 35.80	200m: 2:21.39	37.45	300m: 3:36.57	37.89	400m: 4:51.09	36.64
50.	Ana Sofia Ramos	00			Fluvial Portuense	4:51.38	534
	50m: 32.68 32.68	150m: 1:44.95	36.59	250m: 2:58.74	37.35	350m: 4:14.36	38.13
	100m: 1:08.36 35.68	200m: 2:21.39	36.44	300m: 3:36.23	37.49	400m: 4:51.38	37.02
51.	Maria de Castro Tome	02			Sporting de Aveiro	4:51.41	534
	50m: 32.37 32.37	150m: 1:43.56	35.91	250m: 2:58.36	37.95	350m: 4:14.24	38.33
	100m: 1:07.65 35.28	200m: 2:20.41	36.85	300m: 3:35.91	37.55	400m: 4:51.41	37.17
52.	Joana Filipa Varandas	02			Laranjeiro	4:52.75	526
	50m: 32.86 32.86	150m: 1:45.22	36.79	250m: 3:00.03	37.96	350m: 4:16.02	37.91
	100m: 1:08.43 35.57	200m: 2:22.07	36.85	300m: 3:38.11	38.08	400m: 4:52.75	36.73
53.	Beatriz Picanco Martins	03			Benfica	4:52.90	526
	50m: 32.77 32.77	150m: 1:45.86	37.19	250m: 3:02.03	38.17	350m: 4:18.13	38.26
	100m: 1:08.67 35.90	200m: 2:23.86	38.00	300m: 3:39.87	37.84	400m: 4:52.90	34.77
54.	Rita Constanca Cardoso	03			Porto	4:54.10	519
	50m: 32.15 32.15	150m: 1:44.51	37.10	250m: 3:00.22	38.00	350m: 4:16.91	38.32
	100m: 1:07.41 35.26	200m: 2:22.22	37.71	300m: 3:38.59	38.37	400m: 4:54.10	37.19
55.	Laura Luz Fonseca	03			Naval de Ponta Delgada	4:54.32	518
	50m: 32.62 32.62	150m: 1:46.14	37.03	250m: 3:01.34	37.40	350m: 4:17.05	37.71
	100m: 1:09.11 36.49	200m: 2:23.94	37.80	300m: 3:39.34	38.00	400m: 4:54.32	37.27
56.	Madalena Maria Ferreira	02			Sporting	4:54.80	516
	50m: 32.88 32.88	150m: 1:46.26	36.95	250m: 3:01.40	37.52	350m: 4:17.46	37.56
	100m: 1:09.31 36.43	200m: 2:23.88	37.62	300m: 3:39.90	38.50	400m: 4:54.80	37.34
57.	Beatriz Aires Brandao	02			Desportiva de Viana	4:56.24	508
	50m: 31.43 31.43	150m: 1:43.82	36.44	250m: 2:59.15	37.90	350m: 4:17.39	39.46
	100m: 1:07.38 35.95	200m: 2:21.25	37.43	300m: 3:37.93	38.78	400m: 4:56.24	38.85

Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
58.	Matilde Vieira Pais	03				Galitos / Bresimar	4:56.91	505
	50m: 34.89 34.89	150m: 1:49.19	37.64	250m: 3:04.84	37.91	350m: 4:21.33	38.12	
	100m: 1:11.55 36.66	200m: 2:26.93	37.74	300m: 3:43.21	38.37	400m: 4:56.91	35.58	
59.	Beatriz Sousa Valente	03				Natacao Olhao	4:58.30	498
	50m: 35.37 35.37	150m: 1:50.20	37.62	250m: 3:06.02	38.01	350m: 4:21.53	37.50	
	100m: 1:12.58 37.21	200m: 2:28.01	37.81	300m: 3:44.03	38.01	400m: 4:58.30	36.77	
60.	Ana Pedro Santos	02				Sporting de Aveiro	4:58.86	495
	50m: 32.24 32.24	150m: 1:44.16	37.17	250m: 3:01.16	38.70	350m: 4:19.88	39.16	
	100m: 1:06.99 34.75	200m: 2:22.46	38.30	300m: 3:40.72	39.56	400m: 4:58.86	38.98	
61.	Adriana Freixo Barbosa	03				Viana Natacao	5:07.23	455
	50m: 32.71 32.71	150m: 1:48.24	38.01	250m: 3:08.15	39.31	350m: 4:27.88	39.18	
	100m: 1:10.23 37.52	200m: 2:28.84	40.60	300m: 3:48.70	40.55	400m: 5:07.23	39.35	
62.	Maria Crista Jesus	03				Louletano / Loule Concelho	5:07.92	452
	50m: 34.43 34.43	150m: 1:51.17	38.52	250m: 3:09.93	39.81	350m: 4:30.00	40.15	
	100m: 1:12.65 38.22	200m: 2:30.12	38.95	300m: 3:49.85	39.92	400m: 5:07.92	37.92	
63.	Beatriz Moreira Carvalho	03				Rio Maior	5:08.02	452
	50m: 34.89 34.89	150m: 1:52.31	39.21	250m: 3:10.74	39.25	350m: 4:29.35	39.52	
	100m: 1:13.10 38.21	200m: 2:31.49	39.18	300m: 3:49.83	39.09	400m: 5:08.02	38.67	
DNS	Angelica Maria Andre	94				Fluvial Portuense		

Prova 26 Femin., 400m Livres Juniores Resultados Elimin
01-04-2017 - 11:40

Rec Nac Absoluto	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016
Rec Nac Jun16	4:20.37	Marta Andreia Ferreira	POR	Berlim (GER)	04-08-2002
Rec Nac Jun17	4:14.67	Tamila Hryhorivna Holub	SCB	Oeiras	23-07-2016

CMJ_Fem 14 - 17: 4:18.27 / CEJ_Fem 14 - 17: 4:23.44 / TAC 50m: 4:47.75 - 25m: 4:38.67

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
1.	Ines Jacinto Henriques	00				Pimpoes/Cimai	4:25.03	710
	50m: 30.77 30.77	150m: 1:37.65	33.77	250m: 2:45.12	33.82	350m: 3:52.47	33.68	
	100m: 1:03.88 33.11	200m: 2:11.30	33.65	300m: 3:18.79	33.67	400m: 4:25.03	32.56	
2.	Filipa Serrano Rodrigues	01				Uniao Piedense	4:28.44	683
	50m: 30.83 30.83	150m: 1:38.02	33.64	250m: 2:46.04	33.81	350m: 3:54.31	34.13	
	100m: 1:04.38 33.55	200m: 2:12.23	34.21	300m: 3:20.18	34.14	400m: 4:28.44	34.13	
3.	Miriam Filipe Marcos	01				Natacao Olhao	4:29.83	672
	50m: 30.81 30.81	150m: 1:37.70	33.49	250m: 2:45.50	33.78	350m: 3:55.13	35.04	
	100m: 1:04.21 33.40	200m: 2:11.72	34.02	300m: 3:20.09	34.59	400m: 4:29.83	34.70	
4.	Ana Rita Faria	00				Porto	4:30.13	670
	50m: 30.79 30.79	150m: 1:37.89	33.66	250m: 2:45.77	33.79	350m: 3:55.10	34.61	
	100m: 1:04.23 33.44	200m: 2:11.98	34.09	300m: 3:20.49	34.72	400m: 4:30.13	35.03	
5.	Sara Sofia Alves	01				Columbofila Cantanhedense	4:31.23	662
	50m: 31.39 31.39	150m: 1:38.42	33.75	250m: 2:47.26	34.49	350m: 3:56.90	34.27	
	100m: 1:04.67 33.28	200m: 2:12.77	34.35	300m: 3:22.63	35.37	400m: 4:31.23	34.33	
6.	Carolina Rosa Marcelino	01				Alges	4:35.68	631
	50m: 31.07 31.07	150m: 1:39.00	34.28	250m: 2:48.40	34.94	350m: 4:00.19	35.78	
	100m: 1:04.72 33.65	200m: 2:13.46	34.46	300m: 3:24.41	36.01	400m: 4:35.68	35.49	

Prova 26, Femin., 400m Livres, Elimin, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod	Exc	Clube	Tempo final	Pts
7.	Joana Costa Amador	01				Galitos / Bresimar	4:36.08	628
	50m: 31.43 31.43	150m: 1:40.09	34.49	250m: 2:50.36	35.01	350m: 4:00.56	34.85	
	100m: 1:05.60 34.17	200m: 2:15.35	35.26	300m: 3:25.71	35.35	400m: 4:36.08	35.52	
8.	Maria Carolina Costa	01				Porto	4:36.89	622
	50m: 30.75 30.75	150m: 1:39.89	34.99	250m: 2:50.19	35.34	350m: 4:01.70	36.18	
	100m: 1:04.90 34.15	200m: 2:14.85	34.96	300m: 3:25.52	35.33	400m: 4:36.89	35.19	
9.	Isabel Porfirio Pego	01				Porto	4:38.20	614
	50m: 30.83 30.83	150m: 1:39.01	34.45	250m: 2:49.89	35.27	350m: 4:02.36	36.23	
	100m: 1:04.56 33.73	200m: 2:14.62	35.61	300m: 3:26.13	36.24	400m: 4:38.20	35.84	
10.	Carolina Marques Neves	01				Torres Novas	4:40.24	600
	50m: 31.69 31.69	150m: 1:42.33	35.86	250m: 2:54.17	35.94	350m: 4:05.64	35.50	
	100m: 1:06.47 34.78	200m: 2:18.23	35.90	300m: 3:30.14	35.97	400m: 4:40.24	34.60	
11.	Mariana Santos Ferreira	00				Miranda do Corvo	4:42.66	585
	50m: 32.31 32.31	150m: 1:42.59	35.61	250m: 2:54.56	35.90	350m: 4:07.94	36.69	
	100m: 1:06.98 34.67	200m: 2:18.66	36.07	300m: 3:31.25	36.69	400m: 4:42.66	34.72	
12.	Ines Alves Martins	01				Fluvial Portuense	4:42.94	583
	50m: 31.18 31.18	150m: 1:41.51	35.49	250m: 2:54.18	36.40	350m: 4:07.53	36.70	
	100m: 1:06.02 34.84	200m: 2:17.78	36.27	300m: 3:30.83	36.65	400m: 4:42.94	35.41	
13.	Rafaela Araujo Silva	00				Famalicao	4:43.47	580
	50m: 31.94 31.94	150m: 1:43.00	36.08	250m: 2:55.75	36.32	350m: 4:08.12	35.83	
	100m: 1:06.92 34.98	200m: 2:19.43	36.43	300m: 3:32.29	36.54	400m: 4:43.47	35.35	
14.	Mariana Sobral Galacha	01				Sporting	4:43.58	579
	50m: 31.90 31.90	150m: 1:43.15	36.31	250m: 2:56.17	36.42	350m: 4:08.57	36.05	
	100m: 1:06.84 34.94	200m: 2:19.75	36.60	300m: 3:32.52	36.35	400m: 4:43.58	35.01	
15.	Leila Tavarina Lemos	00				Vilacondense	4:46.73	560
	50m: 32.12 32.12	150m: 1:42.74	35.80	250m: 2:55.49	36.46	350m: 4:09.87	37.21	
	100m: 1:06.94 34.82	200m: 2:19.03	36.29	300m: 3:32.66	37.17	400m: 4:46.73	36.86	
16.	Ines Silva Oliveira	00				Fluvial Portuense	4:48.22	552
	50m: 32.06 32.06	150m: 1:44.03	36.29	250m: 2:58.57	36.93	350m: 4:13.29	36.33	
	100m: 1:07.74 35.68	200m: 2:21.64	37.61	300m: 3:36.96	38.39	400m: 4:48.22	34.93	
17.	Eliana Dirce Lourenco	00				Galitos / Bresimar	4:49.89	542
	50m: 33.09 33.09	150m: 1:45.17	36.70	250m: 2:59.44	37.27	350m: 4:14.27	37.26	
	100m: 1:08.47 35.38	200m: 2:22.17	37.00	300m: 3:37.01	37.57	400m: 4:49.89	35.62	
18.	Ana Pimenta Silva	01				Desportiva de Viana	4:50.93	536
	50m: 32.12 32.12	150m: 1:43.71	36.19	250m: 2:57.51	37.06	350m: 4:13.00	37.81	
	100m: 1:07.52 35.40	200m: 2:20.45	36.74	300m: 3:35.19	37.68	400m: 4:50.93	37.93	
19.	Carolina Ascenso Santos	01				Propaganda da Natacao	4:51.09	536
	50m: 31.73 31.73	150m: 1:43.94	36.41	250m: 2:58.68	37.29	350m: 4:14.45	37.88	
	100m: 1:07.53 35.80	200m: 2:21.39	37.45	300m: 3:36.57	37.89	400m: 4:51.09	36.64	
20.	Ana Sofia Ramos	00				Fluvial Portuense	4:51.38	534
	50m: 32.68 32.68	150m: 1:44.95	36.59	250m: 2:58.74	37.35	350m: 4:14.36	38.13	
	100m: 1:08.36 35.68	200m: 2:21.39	36.44	300m: 3:36.23	37.49	400m: 4:51.38	37.02	

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Juvenis A
01-04-2017 - 11:40 Resultados Elimin

Rec Nac Absoluto	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016
Rec Nac Juv A	4:20.78	Tamila Hryhorivna Holub	POR	Porto	07-06-2014
CMJ_Fem 14 - 17: 4:18.27 / CEJ_Fem 14 - 17: 4:23.44 / FOJE_Fem Juv: 4:31.34 / TAC 50m: 4:51.73 - 25m: 4:45.96					

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Alexandra Couto Frazao <i>Minimo FOJE</i>	02			Individual Coimbra	4:26.31	700
	50m: 30.81 30.81	150m: 1:38.44	34.08	250m: 2:46.55	33.96	350m: 3:53.81	33.23
	100m: 1:04.36 33.55	200m: 2:12.59	34.15	300m: 3:20.58	34.03	400m: 4:26.31	32.50
2.	Mariana Amaral Mendes	02			Colegio Monte Maior	4:33.30	647
	50m: 31.62 31.62	150m: 1:40.34	34.86	250m: 2:50.17	35.25	350m: 4:00.08	35.00
	100m: 1:05.48 33.86	200m: 2:14.92	34.58	300m: 3:25.08	34.91	400m: 4:33.30	33.22
3.	Ana Rita Ramos	02			Porto	4:33.71	644
	50m: 31.20 31.20	150m: 1:39.56	34.42	250m: 2:49.53	34.63	350m: 3:59.47	34.09
	100m: 1:05.14 33.94	200m: 2:14.90	35.34	300m: 3:25.38	35.85	400m: 4:33.71	34.24
4.	Ana Reis Sousa	02			Litoral Alentejano	4:34.34	640
	50m: 30.92 30.92	150m: 1:39.91	34.84	250m: 2:50.91	35.39	350m: 4:01.46	34.93
	100m: 1:05.07 34.15	200m: 2:15.52	35.61	300m: 3:26.53	35.62	400m: 4:34.34	32.88
5.	Leticia Maia Andre	02			Uniao Piedense	4:36.12	628
	50m: 32.55 32.55	150m: 1:42.54	35.42	250m: 2:52.18	35.01	350m: 4:02.73	34.73
	100m: 1:07.12 34.57	200m: 2:17.17	34.63	300m: 3:28.00	35.82	400m: 4:36.12	33.39
6.	Ana Rita Queiroz	02			Fundacao Beatriz Santos	4:38.97	608
	50m: 31.83 31.83	150m: 1:41.77	35.54	250m: 2:53.09	35.60	350m: 4:04.47	35.67
	100m: 1:06.23 34.40	200m: 2:17.49	35.72	300m: 3:28.80	35.71	400m: 4:38.97	34.50
7.	Ana Sequeira Florindo	02			Nautico /Urgicentro-Sanfil	4:44.29	575
	50m: 31.18 31.18	150m: 1:42.27	35.61	250m: 2:54.67	35.72	350m: 4:08.27	36.27
	100m: 1:06.66 35.48	200m: 2:18.95	36.68	300m: 3:32.00	37.33	400m: 4:44.29	36.02
8.	Ines Sofia Ferreira	02			Galitos / Bresimar	4:46.12	564
	50m: 31.31 31.31	150m: 1:41.73	36.01	250m: 2:55.41	36.94	350m: 4:10.52	37.40
	100m: 1:05.72 34.41	200m: 2:18.47	36.74	300m: 3:33.12	37.71	400m: 4:46.12	35.60
9.	Rafaela Gomes Azevedo	02			Alges	4:46.69	561
	50m: 31.29 31.29	150m: 1:42.33	36.51	250m: 2:56.51	37.33	350m: 4:10.84	36.79
	100m: 1:05.82 34.53	200m: 2:19.18	36.85	300m: 3:34.05	37.54	400m: 4:46.69	35.85
10.	Jessica Soares Lima	02			Braga	4:49.33	545
	50m: 32.95 32.95	150m: 1:45.51	36.85	250m: 2:59.11	36.93	350m: 4:12.80	36.44
	100m: 1:08.66 35.71	200m: 2:22.18	36.67	300m: 3:36.36	37.25	400m: 4:49.33	36.53
11.	Margarida Cabral Monteiro	02			Galitos / Bresimar	4:50.07	541
	50m: 32.41 32.41	150m: 1:43.21	36.13	250m: 2:57.90	37.90	350m: 4:13.31	38.05
	100m: 1:07.08 34.67	200m: 2:20.00	36.79	300m: 3:35.26	37.36	400m: 4:50.07	36.76
12.	Maria de Castro Tome	02			Sporting de Aveiro	4:51.41	534
	50m: 32.37 32.37	150m: 1:43.56	35.91	250m: 2:58.36	37.95	350m: 4:14.24	38.33
	100m: 1:07.65 35.28	200m: 2:20.41	36.85	300m: 3:35.91	37.55	400m: 4:51.41	37.17
13.	Joana Filipa Varandas	02			Laranjeiro	4:52.75	526
	50m: 32.86 32.86	150m: 1:45.22	36.79	250m: 3:00.03	37.96	350m: 4:16.02	37.91
	100m: 1:08.43 35.57	200m: 2:22.07	36.85	300m: 3:38.11	38.08	400m: 4:52.75	36.73

Prova 26, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
14.	Madalena Maria Ferreira	02			Sporting	4:54.80	516
	50m: 32.88 32.88	150m: 1:46.26	36.95	250m: 3:01.40	37.52	350m: 4:17.46	37.56
	100m: 1:09.31 36.43	200m: 2:23.88	37.62	300m: 3:39.90	38.50	400m: 4:54.80	37.34
15.	Beatriz Aires Brandao	02			Desportiva de Viana	4:56.24	508
	50m: 31.43 31.43	150m: 1:43.82	36.44	250m: 2:59.15	37.90	350m: 4:17.39	39.46
	100m: 1:07.38 35.95	200m: 2:21.25	37.43	300m: 3:37.93	38.78	400m: 4:56.24	38.85
16.	Ana Pedro Santos	02			Sporting de Aveiro	4:58.86	495
	50m: 32.24 32.24	150m: 1:44.16	37.17	250m: 3:01.16	38.70	350m: 4:19.88	39.16
	100m: 1:06.99 34.75	200m: 2:22.46	38.30	300m: 3:40.72	39.56	400m: 4:58.86	38.98

Prova 26 Femin., 400m Livres Juvenis B
01-04-2017 - 11:40 Resultados Elimin

Rec Nac Absoluto	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016
Rec Nac Juv B	4:26.20	Maria Francisca Cabral	FCP	Oeiras	26-07-2014

CMJ_Fem 14 - 17: 4:18.27 / CEJ_Fem 14 - 17: 4:23.44 / FOJE_Fem Juv: 4:31.34 / TAC 50m: 4:57.90 - 25m: 4:52.28

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Mafalda Sofia Rosa	03			Rio Maior	4:42.58	585
	50m: 32.33 32.33	150m: 1:42.76	35.65	250m: 2:54.97	36.30	350m: 4:07.94	36.67
	100m: 1:07.11 34.78	200m: 2:18.67	35.91	300m: 3:31.27	36.30	400m: 4:42.58	34.64
2.	Francisca Soares Martins	03			Foca	4:43.32	581
	50m: 32.06 32.06	150m: 1:45.02	36.92	250m: 2:58.54	36.84	350m: 4:11.05	35.90
	100m: 1:08.10 36.04	200m: 2:21.70	36.68	300m: 3:35.15	36.61	400m: 4:43.32	32.27
3.	Joana Ribeiro Martins	03			Benfica	4:43.88	577
	50m: 31.66 31.66	150m: 1:43.28	36.01	250m: 2:56.44	36.39	350m: 4:09.39	36.29
	100m: 1:07.27 35.61	200m: 2:20.05	36.77	300m: 3:33.10	36.66	400m: 4:43.88	34.49
4.	Camila Alexandra Silva	03			Columbofila Cantanhedense	4:44.81	572
	50m: 32.80 32.80	150m: 1:43.96	36.15	250m: 2:56.51	36.29	350m: 4:09.53	36.46
	100m: 1:07.81 35.01	200m: 2:20.22	36.26	300m: 3:33.07	36.56	400m: 4:44.81	35.28
5.	Maria Joao Pelaio	03			Ginasio Figueirense	4:45.63	567
	50m: 31.72 31.72	150m: 1:43.56	35.72	250m: 2:56.76	36.18	350m: 4:11.18	36.85
	100m: 1:07.84 36.12	200m: 2:20.58	37.02	300m: 3:34.33	37.57	400m: 4:45.63	34.45
6.	Ema Jeronimo Conceicao	03			Fisica Torres Vedras	4:48.37	551
	50m: 32.38 32.38	150m: 1:45.72	37.37	250m: 2:59.72	37.56	350m: 4:13.46	37.09
	100m: 1:08.35 35.97	200m: 2:22.16	36.44	300m: 3:36.37	36.65	400m: 4:48.37	34.91
7.	Carolina Silva Soares	03			Natacao de Valongo	4:48.39	551
	50m: 31.91 31.91	150m: 1:43.85	36.74	250m: 2:58.30	37.49	350m: 4:12.73	37.16
	100m: 1:07.11 35.20	200m: 2:20.81	36.96	300m: 3:35.57	37.27	400m: 4:48.39	35.66
8.	Ines Asseiceira Ramos	03			Torres Novas	4:49.42	545
	50m: 32.25 32.25	150m: 1:43.62	35.89	250m: 2:57.67	36.72	350m: 4:12.69	36.86
	100m: 1:07.73 35.48	200m: 2:20.95	37.33	300m: 3:35.83	38.16	400m: 4:49.42	36.73
9.	Catarina Silva Soares	03			Porto	4:50.07	541
	50m: 31.22 31.22	150m: 1:43.23	36.83	250m: 2:57.36	37.00	350m: 4:13.34	38.13
	100m: 1:06.40 35.18	200m: 2:20.36	37.13	300m: 3:35.21	37.85	400m: 4:50.07	36.73
10.	Beatriz Picanco Martins	03			Benfica	4:52.90	526
	50m: 32.77 32.77	150m: 1:45.86	37.19	250m: 3:02.03	38.17	350m: 4:18.13	38.26
	100m: 1:08.67 35.90	200m: 2:23.86	38.00	300m: 3:39.87	37.84	400m: 4:52.90	34.77

Prova 26, Femin., 400m Livres, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
11.	Rita Constanca Cardoso	03			Porto	4:54.10	519
	50m: 32.15 32.15	150m: 1:44.51	37.10	250m: 3:00.22	38.00	350m: 4:16.91	38.32
	100m: 1:07.41 35.26	200m: 2:22.22	37.71	300m: 3:38.59	38.37	400m: 4:54.10	37.19
12.	Laura Luz Fonseca	03			Naval de Ponta Delgada	4:54.32	518
	50m: 32.62 32.62	150m: 1:46.14	37.03	250m: 3:01.34	37.40	350m: 4:17.05	37.71
	100m: 1:09.11 36.49	200m: 2:23.94	37.80	300m: 3:39.34	38.00	400m: 4:54.32	37.27
13.	Matilde Vieira Pais	03			Galitos / Bresimar	4:56.91	505
	50m: 34.89 34.89	150m: 1:49.19	37.64	250m: 3:04.84	37.91	350m: 4:21.33	38.12
	100m: 1:11.55 36.66	200m: 2:26.93	37.74	300m: 3:43.21	38.37	400m: 4:56.91	35.58
14.	Beatriz Sousa Valente	03			Natacao Olhao	4:58.30	498
	50m: 35.37 35.37	150m: 1:50.20	37.62	250m: 3:06.02	38.01	350m: 4:21.53	37.50
	100m: 1:12.58 37.21	200m: 2:28.01	37.81	300m: 3:44.03	38.01	400m: 4:58.30	36.77
15.	Adriana Freixo Barbosa	03			Viana Natacao	5:07.23	455
	50m: 32.71 32.71	150m: 1:48.24	38.01	250m: 3:08.15	39.31	350m: 4:27.88	39.18
	100m: 1:10.23 37.52	200m: 2:28.84	40.60	300m: 3:48.70	40.55	400m: 5:07.23	39.35
16.	Maria Crista Jesus	03			Louletano / Loule Concelho	5:07.92	452
	50m: 34.43 34.43	150m: 1:51.17	38.52	250m: 3:09.93	39.81	350m: 4:30.00	40.15
	100m: 1:12.65 38.22	200m: 2:30.12	38.95	300m: 3:49.85	39.92	400m: 5:07.92	37.92
17.	Beatriz Moreira Carvalho	03			Rio Maior	5:08.02	452
	50m: 34.89 34.89	150m: 1:52.31	39.21	250m: 3:10.74	39.25	350m: 4:29.35	39.52
	100m: 1:13.10 38.21	200m: 2:31.49	39.18	300m: 3:49.83	39.09	400m: 5:08.02	38.67

Prova 26 Femin., 400m Livres Seniores Resultados Elimin

Rec Nac Absoluto	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016
Rec Nac Sen	4:13.34	Diana Margarida Duraes	FCP	Oeiras	12-03-2016

CMPL 22 +: 4:10.57 / TAC 50m: 4:36.68 - 25m: 4:32.07

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Diana Margarida Duraes	96			Benfica	4:18.68	763
	50m: 30.11 30.11	150m: 1:35.04	32.66	250m: 2:40.54	32.75	350m: 3:46.01	32.82
	100m: 1:02.38 32.27	200m: 2:07.79	32.75	300m: 3:13.19	32.65	400m: 4:18.68	32.67
2.	Tamila Hryhorivna Holub	99			Braga	4:23.21	725
	50m: 30.68 30.68	150m: 1:37.05	33.21	250m: 2:43.83	33.27	350m: 3:51.09	33.66
	100m: 1:03.84 33.16	200m: 2:10.56	33.51	300m: 3:17.43	33.60	400m: 4:23.21	32.12
3.	Vania Soares Neves	90			Fluvial Portuense	4:32.03	656
	50m: 31.95 31.95	150m: 1:40.40	34.50	250m: 2:49.43	34.57	350m: 3:58.19	34.43
	100m: 1:05.90 33.95	200m: 2:14.86	34.46	300m: 3:23.76	34.33	400m: 4:32.03	33.84
4.	Madalena Gomes Azevedo	99			Alges	4:32.79	651
	50m: 31.19 31.19	150m: 1:39.44	34.41	250m: 2:48.77	34.47	350m: 3:58.77	34.89
	100m: 1:05.03 33.84	200m: 2:14.30	34.86	300m: 3:23.88	35.11	400m: 4:32.79	34.02
5.	Carolina Mantua Guedes	98			Sporting	4:32.94	650
	50m: 30.92 30.92	150m: 1:38.16	34.32	250m: 2:48.73	35.62	350m: 4:00.34	35.84
	100m: 1:03.84 32.92	200m: 2:13.11	34.95	300m: 3:24.50	35.77	400m: 4:32.94	32.60
6.	Eva Guerreiro Carvalho	99			Uniao Piedense	4:33.82	643
	50m: 31.15 31.15	150m: 1:38.83	34.14	250m: 2:48.06	34.66	350m: 3:59.05	35.70
	100m: 1:04.69 33.54	200m: 2:13.40	34.57	300m: 3:23.35	35.29	400m: 4:33.82	34.77

Prova 26, Femin., 400m Livres, Elimin, Seniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
7.	Joana Beatriz Bernardo	99			Fundacao Beatriz Santos	4:34.94	636
	50m: 31.94 31.94	150m: 1:40.49	34.21	250m: 2:50.66	35.12	350m: 4:00.53	34.77
	100m: 1:06.28 34.34	200m: 2:15.54	35.05	300m: 3:25.76	35.10	400m: 4:34.94	34.41
8.	Beatriz Paulo Ranito	99			Sporting	4:36.37	626
	50m: 31.34 31.34	150m: 1:39.73	34.69	250m: 2:50.81	35.75	350m: 4:01.84	35.58
	100m: 1:05.04 33.70	200m: 2:15.06	35.33	300m: 3:26.26	35.45	400m: 4:36.37	34.53
9.	Raquel Paulo Ranito	94			Sporting	4:40.81	597
	50m: 31.32 31.32	150m: 1:42.04	35.94	250m: 2:53.86	35.89	350m: 4:06.13	36.02
	100m: 1:06.10 34.78	200m: 2:17.97	35.93	300m: 3:30.11	36.25	400m: 4:40.81	34.68
10.	Beatriz Barros Carmo	99			Alges	4:42.17	588
	50m: 30.47 30.47	150m: 1:39.77	35.04	250m: 2:51.77	36.09	350m: 4:05.77	37.00
	100m: 1:04.73 34.26	200m: 2:15.68	35.91	300m: 3:28.77	37.00	400m: 4:42.17	36.40
DNS	Angelica Maria Andre	94			Fluvial Portuense		