

Prova 5
30-03-2017 - 10:35

Femin., 100m Livres

Absolutos
Resultados Elimin

Rec Nac Absoluto	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015
Rec Nac Juv B	59.41	Joana Costa Amador	CGA	Coimbra	26-07-2015
Rec Nac Juv A	57.75	Maria Carolina Rosa	POR	Prague (CZE)	08-07-2009
Rec Nac Jun16	58.40	Ana Pinho Rodrigues	AEJ	Coimbra	09-04-2010
Rec Nac Jun17	57.72	Diana Margarida Duraes	FCP	Coimbra	26-05-2013
Rec Nac Sen	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015

CMPL 23 +: 54.90 / CMJ_Fem 15 - 16: 56.68 / CEJ_Fem 15 - 16: 57.81 / FOJE_Fem Juv: 59.55 / TAC Sen 50m: 1:00.65 - 25m: 59.71;
Jun 50m: 1:02.18 - 25m: 1:01.06; Juv A 50m: 1:03.90 - 25m: 1:02.79; Juv B 50m: 1:04.69 - 25m: 1:03.53

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Beatriz Mendes Viegas <i>Recorde Nacional</i>	00			Tavira Natacao	57.63	737
	50m: 28.38 28.38	100m: 57.63 29.25					
2.	Diana Margarida Duraes	96			Benfica	57.98	723
	50m: 28.29 28.29	100m: 57.98 29.69					
3.	Rita Barros Frischknecht	98			Alges	58.41	708
	50m: 28.31 28.31	100m: 58.41 30.10					
4.	Mafalda Gomes Beleza	94			Sporting	59.25	678
	50m: 28.91 28.91	100m: 59.25 30.34					
5.	Ana Rita Faria	00			Porto	59.40	673
	50m: 28.82 28.82	100m: 59.40 30.58					
6.	Ana Pinho Rodrigues	94			Estamos Juntos	59.45	671
	50m: 29.23 29.23	100m: 59.45 30.22					
7.	Ines Camacho Fernandes	97			Sporting	59.51	669
	50m: 29.20 29.20	100m: 59.51 30.31					
8.	Ana Reis Sousa	02			Litoral Alentejano	59.97	654
	50m: 29.07 29.07	100m: 59.97 30.90					
9.	Isabel Porfirio Pego	01			Porto	59.98	653
	50m: 29.15 29.15	100m: 59.98 30.83					
10.	Joana Costa Amador	01			Galitos / Bresimar	1:00.20	646
	50m: 29.04 29.04	100m: 1:00.20 31.16					
11.	Carolina Marques Neves	01			Torres Novas	1:00.37	641
	50m: 29.36 29.36	100m: 1:00.37 31.01					
12.	Laura Sanchez Rodrigues	00			Belenenses	1:00.46	638
	50m: 28.67 28.67	100m: 1:00.46 31.79					
13.	Alexandra Couto Frazao	02			Individual Coimbra	1:00.53	636
	50m: 29.69 29.69	100m: 1:00.53 30.84					
14.	Soraia Vanessa Ribeiro	92			Estrelas S. Joao de Brito	1:00.62	633
	50m: 29.44 29.44	100m: 1:00.62 31.18					
15.	Catarina Maria Ferreira	98			Desportiva de Viana	1:00.65	632
	50m: 29.44 29.44	100m: 1:00.65 31.21					
16.	Sofia Alexandra Nunes	00			Laranjeiro	1:00.85	626
	50m: 29.07 29.07	100m: 1:00.85 31.78					

Prova 5, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
17.	Ana Rita Ramos	02			Porto	1:00.87	625
	50m: 29.64 29.64	100m: 1:00.87		31.23			
18.	Camila Rodrigues Rebelo	03			Louzan Natacao	1:00.93	623
	50m: 29.72 29.72	100m: 1:00.93		31.21			
19.	Adriana Daniela Castro	97			Aquatico Pacense	1:01.09	618
	50m: 29.62 29.62	100m: 1:01.09		31.47			
20.	Beatriz Barros Carmo	99			Alges	1:01.13	617
	50m: 28.87 28.87	100m: 1:01.13		32.26			
21.	Clara Carvalho Rodrigues	02			Tavira Natacao	1:01.22	614
	50m: 29.39 29.39	100m: 1:01.22		31.83			
22.	Miriam Filipe Marcos	01			Natacao Olhao	1:01.44	608
	50m: 29.63 29.63	100m: 1:01.44		31.81			
23.	Rafaela Gomes Azevedo	02			Alges	1:01.55	605
	50m: 29.63 29.63	100m: 1:01.55		31.92			
	Filipa Carreira Alves	99			Uniao Piedense	1:01.55	605
	50m: 29.44 29.44	100m: 1:01.55		32.11			
25.	Rosa Maria Oliveira	96			Porto	1:01.57	604
	50m: 29.92 29.92	100m: 1:01.57		31.65			
26.	Ana Rita Queiroz	02			Fundacao Beatriz Santos	1:01.72	600
	50m: 29.65 29.65	100m: 1:01.72		32.07			
27.	Tatiana Raquel Pombo	01			Naval Amorense	1:01.78	598
	50m: 29.46 29.46	100m: 1:01.78		32.32			
28.	Matilde Aguas Marques	00			Portinado	1:01.81	597
	50m: 29.21 29.21	100m: 1:01.81		32.60			
29.	Matilde Freitas Moreira	01			Academica de Coimbra	1:01.82	597
	50m: 29.32 29.32	100m: 1:01.82		32.50			
30.	Filipa Serrano Rodrigues	01			Uniao Piedense	1:01.94	593
	50m: 30.05 30.05	100m: 1:01.94		31.89			
31.	Leila Tavararia Lemos	00			Vilacondense	1:01.96	593
	50m: 29.93 29.93	100m: 1:01.96		32.03			
32.	Ana Sofia Nobrega	90			Ginasio de Vila Real	1:02.09	589
	50m: 29.80 29.80	100m: 1:02.09		32.29			
33.	Nina Pinto Ribeiro	02			Foca	1:02.12	588
	50m: 29.52 29.52	100m: 1:02.12		32.60			
34.	Maria Margarida Belo	02			Sporting	1:02.17	587
	50m: 29.67 29.67	100m: 1:02.17		32.50			
35.	Beatriz Pereira Cunha	01			Academico Viseu	1:02.22	585
	50m: 29.42 29.42	100m: 1:02.22		32.80			
36.	Mafalda Marques Pinto	02			Avancado EUL	1:02.33	582
	50m: 30.04 30.04	100m: 1:02.33		32.29			
37.	Ana Carolina Neves	00			Academica de Coimbra	1:02.45	579
	50m: 29.27 29.27	100m: 1:02.45		33.18			

Prova 5, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
38.	Catarina Silva Soares	03			Porto	1:02.58	575
	50m: 29.87 29.87	100m: 1:02.58	32.71				
39.	Mariana Santos Ferreira	00			Miranda do Corvo	1:02.59	575
	50m: 30.27 30.27	100m: 1:02.59	32.32				
40.	Vera Ines Aguilár	00			Desportivo Nacional	1:02.81	569
	50m: 30.31 30.31	100m: 1:02.81	32.50				
41.	Beatriz Vaz Rebelo	03			Gesloures	1:02.83	568
	50m: 31.04 31.04	100m: 1:02.83	31.79				
42.	Emá Jeronimo Conceicao	03			Fisica Torres Vedras	1:02.98	564
	50m: 30.76 30.76	100m: 1:02.98	32.22				
43.	Helena Nunes Rodrigues	03			Alges e Agueda XXI	1:03.00	564
	50m: 30.39 30.39	100m: 1:03.00	32.61				
44.	Camila Alexandra Silva	03			Columbofila Cantanhedense	1:03.02	563
	50m: 30.36 30.36	100m: 1:03.02	32.66				
45.	Mafalda Rato Monteiro	01			Palmela Desporto	1:03.11	561
	50m: 30.42 30.42	100m: 1:03.11	32.69				
46.	Ines Asseiceira Ramos	03			Torres Novas	1:03.25	557
	50m: 30.81 30.81	100m: 1:03.25	32.44				
47.	Maria Ines Ferreira	00			Miranda do Corvo	1:03.26	557
	50m: 30.29 30.29	100m: 1:03.26	32.97				
48.	Maria Crista Jesus	03			Louletano / Loule Concelho	1:03.29	556
	50m: 30.67 30.67	100m: 1:03.29	32.62				
49.	Ana Raquel Graveto	02			Benfica	1:03.32	555
	50m: 30.57 30.57	100m: 1:03.32	32.75				
50.	Alexandra Jesus Santos	00			Leixoes	1:03.38	554
	50m: 29.89 29.89	100m: 1:03.38	33.49				
51.	Margarida Cabral Monteiro	02			Galitos / Bresimar	1:03.40	553
	50m: 30.29 30.29	100m: 1:03.40	33.11				
52.	Ines Sofia Ferreira	02			Galitos / Bresimar	1:03.56	549
	50m: 31.17 31.17	100m: 1:03.56	32.39				
53.	Catarina Carvalho Pereira	03			Porto	1:03.59	548
	50m: 30.47 30.47	100m: 1:03.59	33.12				
54.	Sara Caseiro Portugal	02			Fundacao Beatriz Santos	1:03.83	542
	50m: 30.88 30.88	100m: 1:03.83	32.95				
55.	Filipa Ramos Peixeira	03			Sporting	1:04.04	537
	50m: 31.09 31.09	100m: 1:04.04	32.95				
56.	Claudia Isabel Madeira	02			Clube de Vouzela	1:04.14	534
	50m: 30.25 30.25	100m: 1:04.14	33.89				
57.	Ana Pedro Santos	02			Sporting de Aveiro	1:04.15	534
	50m: 30.14 30.14	100m: 1:04.15	34.01				
58.	Matilde Vieira Pais	03			Galitos / Bresimar	1:04.33	529
	50m: 30.97 30.97	100m: 1:04.33	33.36				

Prova 5, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
58.	Isis Sousa Severino	02			Louletano / Loule Concelho	1:04.33	529
	50m: 30.03 30.03	100m: 1:04.33	34.30				
60.	Maria de Castro Tome	02			Sporting de Aveiro	1:04.34	529
	50m: 31.02 31.02	100m: 1:04.34	33.32				
61.	Beatriz Azevedo Isaias	03			Colegio Monte Maior	1:04.42	527
	50m: 30.88 30.88	100m: 1:04.42	33.54				
62.	Carolina Silverio Carpinteiro	02			Natacao do Tejo	1:04.48	526
	50m: 31.45 31.45	100m: 1:04.48	33.03				
63.	Leonor Rodrigues Carvalho	02			Bombeiros Ponta Delgada	1:04.56	524
	50m: 30.58 30.58	100m: 1:04.56	33.98				
	Carolina Ganhao Ferro	02			Geslours	1:04.56	524
	50m: 30.54 30.54	100m: 1:04.56	34.02				
65.	Leonor Maria Neves	03			Geslours	1:04.68	521
	50m: 31.10 31.10	100m: 1:04.68	33.58				
66.	Beatriz Picanco Martins	03			Benfica	1:04.71	520
	50m: 31.43 31.43	100m: 1:04.71	33.28				
67.	Beatriz Aires Brandao	02			Desportiva de Viana	1:04.97	514
	50m: 29.98 29.98	100m: 1:04.97	34.99				
68.	Ines Filipa Jacinto	03			Ba/Bomcar	1:05.32	506
	50m: 31.41 31.41	100m: 1:05.32	33.91				
69.	Laura Andre Catarino	03			CCDSerta	1:05.40	504
	50m: 31.16 31.16	100m: 1:05.40	34.24				
70.	Catarina Guimaraes Moreira	03			Alges	1:05.48	502
	50m: 31.34 31.34	100m: 1:05.48	34.14				
71.	Ana Luisa Rodrigues	03			Louzan Natacao	1:06.05	489
	50m: 31.52 31.52	100m: 1:06.05	34.53				

Prova 5 Femin., 100m Livres Juniores Resultados Elimin
30-03-2017 - 10:35

Rec Nac Absoluto	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015
Rec Nac Jun16	58.40	Ana Pinho Rodrigues	AEJ	Coimbra	09-04-2010
Rec Nac Jun17	57.72	Diana Margarida Duraes	FCP	Coimbra	26-05-2013

CMJ_Fem 15 - 16: 56.68 / CEJ_Fem 15 - 16: 57.81 / TAC 50m: 1:02.18 - 25m: 1:01.06

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Beatriz Mendes Viegas <i>Recorde Nacional</i>	00			Tavira Natacao	57.63	737
	50m: 28.38 28.38	100m: 57.63	29.25				
2.	Ana Rita Faria	00			Porto	59.40	673
	50m: 28.82 28.82	100m: 59.40	30.58				
3.	Isabel Porfirio Pego	01			Porto	59.98	653
	50m: 29.15 29.15	100m: 59.98	30.83				

Prova 5, Femin., 100m Livres, Elimin, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
4.	Joana Costa Amador	01			Galitos / Bresimar	1:00.20	646
	50m: 29.04 29.04	100m: 1:00.20	31.16				
5.	Carolina Marques Neves	01			Torres Novas	1:00.37	641
	50m: 29.36 29.36	100m: 1:00.37	31.01				
6.	Laura Sanchez Rodrigues	00			Belenenses	1:00.46	638
	50m: 28.67 28.67	100m: 1:00.46	31.79				
7.	Sofia Alexandra Nunes	00			Laranjeiro	1:00.85	626
	50m: 29.07 29.07	100m: 1:00.85	31.78				
8.	Miriam Filipe Marcos	01			Natacao Olhao	1:01.44	608
	50m: 29.63 29.63	100m: 1:01.44	31.81				
9.	Tatiana Raquel Pombo	01			Naval Amorense	1:01.78	598
	50m: 29.46 29.46	100m: 1:01.78	32.32				
10.	Matilde Aguas Marques	00			Portinado	1:01.81	597
	50m: 29.21 29.21	100m: 1:01.81	32.60				
11.	Matilde Freitas Moreira	01			Academica de Coimbra	1:01.82	597
	50m: 29.32 29.32	100m: 1:01.82	32.50				
12.	Filipa Serrano Rodrigues	01			Uniao Piedense	1:01.94	593
	50m: 30.05 30.05	100m: 1:01.94	31.89				
13.	Leila Tavora Lemos	00			Vilacondense	1:01.96	593
	50m: 29.93 29.93	100m: 1:01.96	32.03				
14.	Beatriz Pereira Cunha	01			Academico Viseu	1:02.22	585
	50m: 29.42 29.42	100m: 1:02.22	32.80				
15.	Ana Carolina Neves	00			Academica de Coimbra	1:02.45	579
	50m: 29.27 29.27	100m: 1:02.45	33.18				
16.	Mariana Santos Ferreira	00			Miranda do Corvo	1:02.59	575
	50m: 30.27 30.27	100m: 1:02.59	32.32				
17.	Vera Ines Aguilar	00			Desportivo Nacional	1:02.81	569
	50m: 30.31 30.31	100m: 1:02.81	32.50				
18.	Mafalda Rato Monteiro	01			Palmela Desporto	1:03.11	561
	50m: 30.42 30.42	100m: 1:03.11	32.69				
19.	Maria Ines Ferreira	00			Miranda do Corvo	1:03.26	557
	50m: 30.29 30.29	100m: 1:03.26	32.97				
20.	Alexandra Jesus Santos	00			Leixoes	1:03.38	554
	50m: 29.89 29.89	100m: 1:03.38	33.49				

Prova 5, Femin., 100m Livres, Elimin

Prova 5	Femin., 100m Livres				Juvenis A
30-03-2017 - 10:35					Resultados Elimin
Rec Nac Absoluto	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015
Rec Nac Juv A	57.75	Maria Carolina Rosa	POR	Prague (CZE)	08-07-2009
CMJ_Fem 15 - 16: 56.68 / CEJ_Fem 15 - 16: 57.81 / FOJE_Fem Juv: 59.55 / TAC 50m: 1:03.90 - 25m: 1:02.79					

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Ana Reis Sousa	02			Litoral Alentejano	59.97	654
	50m: 29.07 29.07	100m: 59.97 30.90					
2.	Alexandra Couto Frazao	02			Individual Coimbra	1:00.53	636
	50m: 29.69 29.69	100m: 1:00.53 30.84					
3.	Ana Rita Ramos	02			Porto	1:00.87	625
	50m: 29.64 29.64	100m: 1:00.87 31.23					
4.	Clara Carvalho Rodrigues	02			Tavira Natacao	1:01.22	614
	50m: 29.39 29.39	100m: 1:01.22 31.83					
5.	Rafaela Gomes Azevedo	02			Alges	1:01.55	605
	50m: 29.63 29.63	100m: 1:01.55 31.92					
6.	Ana Rita Queiroz	02			Fundacao Beatriz Santos	1:01.72	600
	50m: 29.65 29.65	100m: 1:01.72 32.07					
7.	Nina Pinto Ribeiro	02			Foca	1:02.12	588
	50m: 29.52 29.52	100m: 1:02.12 32.60					
8.	Maria Margarida Belo	02			Sporting	1:02.17	587
	50m: 29.67 29.67	100m: 1:02.17 32.50					
9.	Mafalda Marques Pinto	02			Avancado EUL	1:02.33	582
	50m: 30.04 30.04	100m: 1:02.33 32.29					
10.	Ana Raquel Graveto	02			Benfica	1:03.32	555
	50m: 30.57 30.57	100m: 1:03.32 32.75					
11.	Margarida Cabral Monteiro	02			Galitos / Bresimar	1:03.40	553
	50m: 30.29 30.29	100m: 1:03.40 33.11					
12.	Ines Sofia Ferreira	02			Galitos / Bresimar	1:03.56	549
	50m: 31.17 31.17	100m: 1:03.56 32.39					
13.	Sara Caseiro Portugal	02			Fundacao Beatriz Santos	1:03.83	542
	50m: 30.88 30.88	100m: 1:03.83 32.95					
14.	Claudia Isabel Madeira	02			Clube de Vouzela	1:04.14	534
	50m: 30.25 30.25	100m: 1:04.14 33.89					
15.	Ana Pedro Santos	02			Sporting de Aveiro	1:04.15	534
	50m: 30.14 30.14	100m: 1:04.15 34.01					
16.	Isis Sousa Severino	02			Louletano / Loule Concelho	1:04.33	529
	50m: 30.03 30.03	100m: 1:04.33 34.30					
17.	Maria de Castro Tome	02			Sporting de Aveiro	1:04.34	529
	50m: 31.02 31.02	100m: 1:04.34 33.32					
18.	Carolina Silverio Carpinteiro	02			Natacao do Tejo	1:04.48	526
	50m: 31.45 31.45	100m: 1:04.48 33.03					

Prova 5, Femin., 100m Livres, Elimin, Juvenis A

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
19.	Leonor Rodrigues Carvalho	02			Bombeiros Ponta Delgada	1:04.56	524
	50m: 30.58 30.58	100m: 1:04.56	33.98				
	Carolina Ganhao Ferro	02			Gesloures	1:04.56	524
	50m: 30.54 30.54	100m: 1:04.56	34.02				
21.	Beatriz Aires Brandao	02			Desportiva de Viana	1:04.97	514
	50m: 29.98 29.98	100m: 1:04.97	34.99				

Prova 5 Femin., 100m Livres Juvenis B
30-03-2017 - 10:35 Resultados Elimin

Rec Nac Absoluto	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015
Rec Nac Juv B	59.41	Joana Costa Amador	CGA	Coimbra	26-07-2015

FOJE_Fem Juv: 59.55 / TAC 50m: 1:04.69 - 25m: 1:03.53

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Camila Rodrigues Rebelo	03			Louzan Natacao	1:00.93	623
	50m: 29.72 29.72	100m: 1:00.93	31.21				
2.	Catarina Silva Soares	03			Porto	1:02.58	575
	50m: 29.87 29.87	100m: 1:02.58	32.71				
3.	Beatriz Vaz Rebelo	03			Gesloures	1:02.83	568
	50m: 31.04 31.04	100m: 1:02.83	31.79				
4.	Ema Jeronimo Conceicao	03			Fisica Torres Vedras	1:02.98	564
	50m: 30.76 30.76	100m: 1:02.98	32.22				
5.	Helena Nunes Rodrigues	03			Alges e Agueda XXI	1:03.00	564
	50m: 30.39 30.39	100m: 1:03.00	32.61				
6.	Camila Alexandra Silva	03			Columbofila Cantanhedense	1:03.02	563
	50m: 30.36 30.36	100m: 1:03.02	32.66				
7.	Ines Asseiceira Ramos	03			Torres Novas	1:03.25	557
	50m: 30.81 30.81	100m: 1:03.25	32.44				
8.	Maria Crista Jesus	03			Louletano / Loule Concelho	1:03.29	556
	50m: 30.67 30.67	100m: 1:03.29	32.62				
9.	Catarina Carvalho Pereira	03			Porto	1:03.59	548
	50m: 30.47 30.47	100m: 1:03.59	33.12				
10.	Filipa Ramos Peixeira	03			Sporting	1:04.04	537
	50m: 31.09 31.09	100m: 1:04.04	32.95				
11.	Matilde Vieira Pais	03			Galitos / Bresimar	1:04.33	529
	50m: 30.97 30.97	100m: 1:04.33	33.36				
12.	Beatriz Azevedo Isaias	03			Colegio Monte Maior	1:04.42	527
	50m: 30.88 30.88	100m: 1:04.42	33.54				
13.	Leonor Maria Neves	03			Gesloures	1:04.68	521
	50m: 31.10 31.10	100m: 1:04.68	33.58				
14.	Beatriz Picanco Martins	03			Benfica	1:04.71	520
	50m: 31.43 31.43	100m: 1:04.71	33.28				

Prova 5, Femin., 100m Livres, Elimin, Juvenis B

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
15.	Ines Filipa Jacinto	03			Ba/Bomcar	1:05.32	506
	50m: 31.41 31.41	100m: 1:05.32	33.91				
16.	Laura Andre Catarino	03			CCDSerta	1:05.40	504
	50m: 31.16 31.16	100m: 1:05.40	34.24				
17.	Catarina Guimaraes Moreira	03			Alges	1:05.48	502
	50m: 31.34 31.34	100m: 1:05.48	34.14				
18.	Ana Luisa Rodrigues	03			Louzan Natacao	1:06.05	489
	50m: 31.52 31.52	100m: 1:06.05	34.53				

Prova 5 Femin., 100m Livres Seniores Resultados Elimin

Rec Nac Absoluto	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015
Rec Nac Sen	56.41	Ana Sofia Leite	GCVR	Coimbra	04-04-2015

CMPL 23 +: 54.90 / TAC 50m: 1:00.65 - 25m: 59.71

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
1.	Diana Margarida Duraes	96			Benfica	57.98	723
	50m: 28.29 28.29	100m: 57.98	29.69				
2.	Rita Barros Frischknecht	98			Alges	58.41	708
	50m: 28.31 28.31	100m: 58.41	30.10				
3.	Mafalda Gomes Beleza	94			Sporting	59.25	678
	50m: 28.91 28.91	100m: 59.25	30.34				
4.	Ana Pinho Rodrigues	94			Estamos Juntos	59.45	671
	50m: 29.23 29.23	100m: 59.45	30.22				
5.	Ines Camacho Fernandes	97			Sporting	59.51	669
	50m: 29.20 29.20	100m: 59.51	30.31				
6.	Soraia Vanessa Ribeiro	92			Estrelas S. Joao de Brito	1:00.62	633
	50m: 29.44 29.44	100m: 1:00.62	31.18				
7.	Catarina Maria Ferreira	98			Desportiva de Viana	1:00.65	632
	50m: 29.44 29.44	100m: 1:00.65	31.21				
8.	Adriana Daniela Castro	97			Aquatico Pacense	1:01.09	618
	50m: 29.62 29.62	100m: 1:01.09	31.47				
9.	Beatriz Barros Carmo	99			Alges	1:01.13	617
	50m: 28.87 28.87	100m: 1:01.13	32.26				
10.	Filipa Carreira Alves	99			Uniao Piedense	1:01.55	605
	50m: 29.44 29.44	100m: 1:01.55	32.11				
11.	Rosa Maria Oliveira	96			Porto	1:01.57	604
	50m: 29.92 29.92	100m: 1:01.57	31.65				
12.	Ana Sofia Nobrega	90			Ginasio de Vila Real	1:02.09	589
	50m: 29.80 29.80	100m: 1:02.09	32.29				