

Prova 35 Femin., 400m Livres
22-07-2017 - 11:15 Juvenis Resultados Elimin

Rec Nac Absoluto	4:13.34	DURAES Diana Margarida	FCP	Oeiras	12-03-2016
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014

TAC 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	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BARBOSA Mariana Fernandes	02	Porto	4:29.43	+0,81	675	
	50m: 31.19 31.19	150m: 1:39.45 34.38	250m: 2:47.81 33.73	350m: 3:55.67 33.86			
	100m: 1:05.07 33.88	200m: 2:14.08 34.63	300m: 3:21.81 34.00	400m: 4:29.43 33.76			
2.	SOUSA Ana Reis	02	Litoral Alentejano	4:30.28	+0,77	669	
	50m: 30.92 30.92	150m: 1:38.73 34.29	250m: 2:48.24 34.61	350m: 3:57.49 34.32			
	100m: 1:04.44 33.52	200m: 2:13.63 34.90	300m: 3:23.17 34.93	400m: 4:30.28 32.79			
3.	RAMOS Ana Rita	02	Porto	4:32.63	+0,77	652	
	50m: 31.40 31.40	150m: 1:40.31 34.92	250m: 2:48.81 34.00	350m: 3:58.51 34.58			
	100m: 1:05.39 33.99	200m: 2:14.81 34.50	300m: 3:23.93 35.12	400m: 4:32.63 34.12			
4.	QUEIROZ Ana Rita	02	Fundacao Beatriz Santos	4:35.56	+0,77	631	
	50m: 31.91 31.91	150m: 1:42.24 35.87	250m: 2:52.79 35.17	350m: 4:02.80 34.53			
	100m: 1:06.37 34.46	200m: 2:17.62 35.38	300m: 3:28.27 35.48	400m: 4:35.56 32.76			
5.	ANDRE Leticia Maia	02	Uniao Piedense	4:37.39	+0,76	619	
	50m: 32.37 32.37	150m: 1:42.12 34.93	250m: 2:52.35 35.23	350m: 4:03.39 35.27			
	100m: 1:07.19 34.82	200m: 2:17.12 35.00	300m: 3:28.12 35.77	400m: 4:37.39 34.00			
6.	MARTINS Joana Ribeiro	03	Benfica	4:40.10	+0,85	601	
	50m: 31.82 31.82	150m: 1:41.90 35.09	250m: 2:53.85 35.99	350m: 4:05.96 35.70			
	100m: 1:06.81 34.99	200m: 2:17.86 35.96	300m: 3:30.26 36.41	400m: 4:40.10 34.14			
7.	ROSA Mafalda Sofia	03	Rio Maior	4:40.33	+0,78	600	
	50m: 32.33 32.33	150m: 1:42.21 35.23	250m: 2:52.96 35.64	350m: 4:04.94 36.24			
	100m: 1:06.98 34.65	200m: 2:17.32 35.11	300m: 3:28.70 35.74	400m: 4:40.33 35.39			
8.	VARANDAS Joana Filipa	02	Laranjeiro	4:42.60	+0,79	585	
	50m: 31.95 31.95	150m: 1:42.67 35.80	250m: 2:54.85 36.32	350m: 4:07.95 36.57			
	100m: 1:06.87 34.92	200m: 2:18.53 35.86	300m: 3:31.38 36.53	400m: 4:42.60 34.65			
9.	MARTINS Francisca Soares	03	Foca	4:43.30	+0,74	581	
	50m: 31.78 31.78	150m: 1:42.91 36.30	250m: 2:55.86 36.43	350m: 4:09.07 36.44			
	100m: 1:06.61 34.83	200m: 2:19.43 36.52	300m: 3:32.63 36.77	400m: 4:43.30 34.23			
10.	SOARES Catarina Silva	03	Porto	4:44.91	+0,73	571	
	50m: 31.56 31.56	150m: 1:43.48 36.17	250m: 2:56.38 36.43	350m: 4:10.23 36.96			
	100m: 1:07.31 35.75	200m: 2:19.95 36.47	300m: 3:33.27 36.89	400m: 4:44.91 34.68			
11.	TEJO Beatriz Costa	02	Academica de Coimbra	4:45.91	+0,71	565	
	50m: 32.70 32.70	150m: 1:45.26 36.69	250m: 2:58.50 36.32	350m: 4:11.04 35.67			
	100m: 1:08.57 35.87	200m: 2:22.18 36.92	300m: 3:35.37 36.87	400m: 4:45.91 34.87			
12.	AMORIM Maria Leonor	03	Porto	4:46.41	+0,73	562	
	50m: 32.59 32.59	150m: 1:45.59 37.12	250m: 2:58.97 36.61	350m: 4:11.40 35.75			
	100m: 1:08.47 35.88	200m: 2:22.36 36.77	300m: 3:35.65 36.68	400m: 4:46.41 35.01			
13.	SOARES Carolina Silva	03	Natacao de Valongo	4:47.49	+0,81	556	
	50m: 32.40 32.40	150m: 1:45.17 37.12	250m: 2:59.52 37.13	350m: 4:13.40 36.72			
	100m: 1:08.05 35.65	200m: 2:22.39 37.22	300m: 3:36.68 37.16	400m: 4:47.49 34.09			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:47.60	+0,67	555	
	50m: 32.75 32.75 150m: 1:43.93 35.65 250m: 2:57.72 36.99 350m: 4:13.04 37.83						
	100m: 1:08.28 35.53 200m: 2:20.73 36.80 300m: 3:35.21 37.49 400m: 4:47.60 34.56						
15.	FERNANDES Leonor Camacho	02	Sporting	4:48.42	+0,71	551	
	50m: 32.14 32.14 150m: 1:44.64 36.71 250m: 2:58.03 36.82 350m: 4:11.70 37.14						
	100m: 1:07.93 35.79 200m: 2:21.21 36.57 300m: 3:34.56 36.53 400m: 4:48.42 36.72						
16.	FERREIRA Ines Sofia	02	Galitos / Bresimar	4:48.89	+0,73	548	
	50m: 32.49 32.49 150m: 1:44.81 37.11 250m: 2:59.44 37.51 350m: 4:13.82 36.77						
	100m: 1:07.70 35.21 200m: 2:21.93 37.12 300m: 3:37.05 37.61 400m: 4:48.89 35.07						
17.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:49.67	+0,86	543	
	50m: 32.64 32.64 150m: 1:44.82 36.60 250m: 2:59.14 37.08 350m: 4:13.42 37.05						
	100m: 1:08.22 35.58 200m: 2:22.06 37.24 300m: 3:36.37 37.23 400m: 4:49.67 36.25						
18.	CARDOSO Rita Constanca	03	Porto	4:49.81	+0,74	543	
	50m: 32.14 32.14 150m: 1:44.42 36.56 250m: 2:59.00 37.31 350m: 4:14.15 36.84						
	100m: 1:07.86 35.72 200m: 2:21.69 37.27 300m: 3:37.31 38.31 400m: 4:49.81 35.66						
19.	PEREIRA Catarina Carvalho	03	Porto	4:50.12	+0,76	541	
	50m: 32.36 32.36 150m: 1:45.46 37.13 250m: 3:01.21 37.92 350m: 4:15.73 36.49						
	100m: 1:08.33 35.97 200m: 2:23.29 37.83 300m: 3:39.24 38.03 400m: 4:50.12 34.39						
20.	PELAIJO Maria Joao	03	Ginasio Figueirense	4:50.36	+0,87	540	
	50m: 32.80 32.80 150m: 1:45.21 36.49 250m: 2:59.98 37.66 350m: 4:15.31 37.53						
	100m: 1:08.72 35.92 200m: 2:22.32 37.11 300m: 3:37.78 37.80 400m: 4:50.36 35.05						
21.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:50.54	+0,94	539	
	50m: 32.82 32.82 150m: 1:46.33 36.80 250m: 3:01.13 37.02 350m: 4:15.38 36.43						
	100m: 1:09.53 36.71 200m: 2:24.11 37.78 300m: 3:38.95 37.82 400m: 4:50.54 35.16						
22.	BRANDAO Beatriz Aires	02	Desportiva de Viana	4:51.49	+0,77	533	
	50m: 32.23 32.23 150m: 1:44.60 36.96 250m: 2:59.67 37.64 350m: 4:15.55 37.98						
	100m: 1:07.64 35.41 200m: 2:22.03 37.43 300m: 3:37.57 37.90 400m: 4:51.49 35.94						
23.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	4:51.92	+0,79	531	
	50m: 32.41 32.41 150m: 1:45.83 37.13 250m: 3:01.18 37.81 350m: 4:16.15 37.02						
	100m: 1:08.70 36.29 200m: 2:23.37 37.54 300m: 3:39.13 37.95 400m: 4:51.92 35.77						
24.	LIMA Jessica Soares	02	Braga	4:52.05	+0,89	530	
	50m: 33.39 33.39 150m: 1:45.77 36.34 250m: 2:59.55 37.12 350m: 4:15.17 37.76						
	100m: 1:09.43 36.04 200m: 2:22.43 36.66 300m: 3:37.41 37.86 400m: 4:52.05 36.88						
25.	FERRO Carolina Ganhao	02	Gesloures	4:52.55	+0,69	528	
	50m: 33.37 33.37 150m: 1:47.08 37.21 250m: 3:02.15 37.15 350m: 4:17.01 37.03						
	100m: 1:09.87 36.50 200m: 2:25.00 37.92 300m: 3:39.98 37.83 400m: 4:52.55 35.54						
26.	PEIXEIRA Filipa Ramos	03	Sporting	4:52.61	+0,84	527	
	50m: 32.86 32.86 150m: 1:45.95 37.21 250m: 3:00.14 37.14 350m: 4:15.46 37.64						
	100m: 1:08.74 35.88 200m: 2:23.00 37.05 300m: 3:37.82 37.68 400m: 4:52.61 37.15						
27.	TOME Maria de Castro	02	Sporting de Aveiro	4:53.31	+0,78	523	
	50m: 32.94 32.94 150m: 1:45.92 36.62 250m: 3:00.46 37.31 350m: 4:15.85 37.75						
	100m: 1:09.30 36.36 200m: 2:23.15 37.23 300m: 3:38.10 37.64 400m: 4:53.31 37.46						
28.	RIBEIRO Maria Ines	03	Alges	4:54.37	+0,73	518	
	50m: 33.32 33.32 150m: 1:47.39 37.60 250m: 3:03.00 37.53 350m: 4:17.88 37.53						
	100m: 1:09.79 36.47 200m: 2:25.47 38.08 300m: 3:40.35 37.35 400m: 4:54.37 36.49						

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:54.53	+0,84	517	
	50m: 32.92 32.92	150m: 1:45.54 36.71	250m: 2:59.82 37.91	350m: 4:17.19 38.62			
	100m: 1:08.83 35.91	200m: 2:21.91 36.37	300m: 3:38.57 38.75	400m: 4:54.53 37.34			
30.	CASTRO Maria Freitas	03	Fafe	4:54.56	+0,82	517	
	50m: 33.44 33.44	150m: 1:47.07 37.60	250m: 3:03.37 38.36	350m: 4:20.47 38.42			
	100m: 1:09.47 36.03	200m: 2:25.01 37.94	300m: 3:42.05 38.68	400m: 4:54.56 34.09			
31.	SOUSA Ines Matos	03	Nautico /Urgicentro-Sanfil	4:54.97		515	
	50m: 33.67 33.67	150m: 1:48.85 38.32	250m: 3:04.39 37.71	350m: 4:18.74 37.19			
	100m: 1:10.53 36.86	200m: 2:26.68 37.83	300m: 3:41.55 37.16	400m: 4:54.97 36.23			
32.	MARTINS Beatriz Picanco	03	Benfica	4:56.11	+0,91	509	
	50m: 33.31 33.31	150m: 1:48.59 38.01	250m: 3:04.28 38.11	350m: 4:20.21 37.88			
	100m: 1:10.58 37.27	200m: 2:26.17 37.58	300m: 3:42.33 38.05	400m: 4:56.11 35.90			
33.	JACINTO Ines Filipa	03	Ba/Bomcar	4:56.18	+0,81	508	
	50m: 34.25 34.25	150m: 1:50.57 38.58	250m: 3:05.55 36.94	350m: 4:19.60 36.89			
	100m: 1:11.99 37.74	200m: 2:28.61 38.04	300m: 3:42.71 37.16	400m: 4:56.18 36.58			
34.	PAIS Matilde Vieira	03	Galitos / Bresimar	4:56.91	+0,81	505	
	50m: 34.47 34.47	150m: 1:49.50 37.88	250m: 3:05.47 37.95	350m: 4:21.42 38.23			
	100m: 1:11.62 37.15	200m: 2:27.52 38.02	300m: 3:43.19 37.72	400m: 4:56.91 35.49			
35.	VALENTE Beatriz Sousa	03	Natacao de Olhao	4:57.44	+0,79	502	
	50m: 34.66 34.66	150m: 1:49.64 37.82	250m: 3:04.73 37.66	350m: 4:21.23 38.23			
	100m: 1:11.82 37.16	200m: 2:27.07 37.43	300m: 3:43.00 38.27	400m: 4:57.44 36.21			
36.	RODRIGUES Ana Luisa	03	Louzan Natacao	4:58.01	+0,76	499	
	50m: 33.95 33.95	150m: 1:48.68 37.44	250m: 3:04.89 38.10	350m: 4:21.56 38.11			
	100m: 1:11.24 37.29	200m: 2:26.79 38.11	300m: 3:43.45 38.56	400m: 4:58.01 36.45			
37.	BARBOSA Adriana Freixo	03	Viana Natacao	5:00.41	+0,97	487	
	50m: 33.11 33.11	150m: 1:47.52 37.61	250m: 3:04.59 38.69	350m: 4:22.84 38.59			
	100m: 1:09.91 36.80	200m: 2:25.90 38.38	300m: 3:44.25 39.66	400m: 5:00.41 37.57			
38.	CARVALHO Beatriz Moreira	03	Rio Maior	5:02.87	+0,82	475	
	50m: 34.07 34.07	150m: 1:49.61 38.22	250m: 3:06.78 38.71	350m: 4:24.23 38.81			
	100m: 1:11.39 37.32	200m: 2:28.07 38.46	300m: 3:45.42 38.64	400m: 5:02.87 38.64			
39.	PINTO Mafalda Marques	02	Avancado EUL	5:04.09	+0,75	470	
	50m: 33.18 33.18	150m: 1:51.34 40.77	250m: 3:10.28 39.97	350m: 4:27.67 38.53			
	100m: 1:10.57 37.39	200m: 2:30.31 38.97	300m: 3:49.14 38.86	400m: 5:04.09 36.42			

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Prova 35, Femin., 400m Livres, Elimin

Prova 35
22-07-2017 - 11:15

Femin., 400m Livres

Juvenis B
Resultados Elimin

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

TAC 50m: 4:57.90 - 25m: 4:52.28

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Joana Ribeiro	03	Benfica	4:40.10	+0,85	601	
	50m: 31.82 31.82	150m: 1:41.90 35.09	250m: 2:53.85 35.99	350m: 4:05.96 35.70			
	100m: 1:06.81 34.99	200m: 2:17.86 35.96	300m: 3:30.26 36.41	400m: 4:40.10 34.14			
2.	ROSA Mafalda Sofia	03	Rio Maior	4:40.33	+0,78	600	
	50m: 32.33 32.33	150m: 1:42.21 35.23	250m: 2:52.96 35.64	350m: 4:04.94 36.24			
	100m: 1:06.98 34.65	200m: 2:17.32 35.11	300m: 3:28.70 35.74	400m: 4:40.33 35.39			
3.	MARTINS Francisca Soares	03	Foca	4:43.30	+0,74	581	
	50m: 31.78 31.78	150m: 1:42.91 36.30	250m: 2:55.86 36.43	350m: 4:09.07 36.44			
	100m: 1:06.61 34.83	200m: 2:19.43 36.52	300m: 3:32.63 36.77	400m: 4:43.30 34.23			
4.	SOARES Catarina Silva	03	Porto	4:44.91	+0,73	571	
	50m: 31.56 31.56	150m: 1:43.48 36.17	250m: 2:56.38 36.43	350m: 4:10.23 36.96			
	100m: 1:07.31 35.75	200m: 2:19.95 36.47	300m: 3:33.27 36.89	400m: 4:44.91 34.68			
5.	AMORIM Maria Leonor	03	Porto	4:46.41	+0,73	562	
	50m: 32.59 32.59	150m: 1:45.59 37.12	250m: 2:58.97 36.61	350m: 4:11.40 35.75			
	100m: 1:08.47 35.88	200m: 2:22.36 36.77	300m: 3:35.65 36.68	400m: 4:46.41 35.01			
6.	SOARES Carolina Silva	03	Natacao de Valongo	4:47.49	+0,81	556	
	50m: 32.40 32.40	150m: 1:45.17 37.12	250m: 2:59.52 37.13	350m: 4:13.40 36.72			
	100m: 1:08.05 35.65	200m: 2:22.39 37.22	300m: 3:36.68 37.16	400m: 4:47.49 34.09			
7.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:49.67	+0,86	543	
	50m: 32.64 32.64	150m: 1:44.82 36.60	250m: 2:59.14 37.08	350m: 4:13.42 37.05			
	100m: 1:08.22 35.58	200m: 2:22.06 37.24	300m: 3:36.37 37.23	400m: 4:49.67 36.25			
8.	CARDOSO Rita Constanca	03	Porto	4:49.81	+0,74	543	
	50m: 32.14 32.14	150m: 1:44.42 36.56	250m: 2:59.00 37.31	350m: 4:14.15 36.84			
	100m: 1:07.86 35.72	200m: 2:21.69 37.27	300m: 3:37.31 38.31	400m: 4:49.81 35.66			
9.	PEREIRA Catarina Carvalho	03	Porto	4:50.12	+0,76	541	
	50m: 32.36 32.36	150m: 1:45.46 37.13	250m: 3:01.21 37.92	350m: 4:15.73 36.49			
	100m: 1:08.33 35.97	200m: 2:23.29 37.83	300m: 3:39.24 38.03	400m: 4:50.12 34.39			
10.	PELAIJO Maria Joao	03	Ginasio Figueirense	4:50.36	+0,87	540	
	50m: 32.80 32.80	150m: 1:45.21 36.49	250m: 2:59.98 37.66	350m: 4:15.31 37.53			
	100m: 1:08.72 35.92	200m: 2:22.32 37.11	300m: 3:37.78 37.80	400m: 4:50.36 35.05			
11.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:50.54	+0,94	539	
	50m: 32.82 32.82	150m: 1:46.33 36.80	250m: 3:01.13 37.02	350m: 4:15.38 36.43			
	100m: 1:09.53 36.71	200m: 2:24.11 37.78	300m: 3:38.95 37.82	400m: 4:50.54 35.16			
12.	PEIXEIRA Filipa Ramos	03	Sporting	4:52.61	+0,84	527	
	50m: 32.86 32.86	150m: 1:45.95 37.21	250m: 3:00.14 37.14	350m: 4:15.46 37.64			
	100m: 1:08.74 35.88	200m: 2:23.00 37.05	300m: 3:37.82 37.68	400m: 4:52.61 37.15			
13.	RIBEIRO Maria Ines	03	Alges	4:54.37	+0,73	518	
	50m: 33.32 33.32	150m: 1:47.39 37.60	250m: 3:03.00 37.53	350m: 4:17.88 37.53			
	100m: 1:09.79 36.47	200m: 2:25.47 38.08	300m: 3:40.35 37.35	400m: 4:54.37 36.49			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:54.53	+0,84	517	
	50m: 32.92 32.92	150m: 1:45.54	36.71	250m: 2:59.82	37.91	350m: 4:17.19	38.62
	100m: 1:08.83 35.91	200m: 2:21.91	36.37	300m: 3:38.57	38.75	400m: 4:54.53	37.34
15.	CASTRO Maria Freitas	03	Fafe	4:54.56	+0,82	517	
	50m: 33.44 33.44	150m: 1:47.07	37.60	250m: 3:03.37	38.36	350m: 4:20.47	38.42
	100m: 1:09.47 36.03	200m: 2:25.01	37.94	300m: 3:42.05	38.68	400m: 4:54.56	34.09
16.	SOUSA Ines Matos	03	Nautico /Urgicentro-Sanfil	4:54.97		515	
	50m: 33.67 33.67	150m: 1:48.85	38.32	250m: 3:04.39	37.71	350m: 4:18.74	37.19
	100m: 1:10.53 36.86	200m: 2:26.68	37.83	300m: 3:41.55	37.16	400m: 4:54.97	36.23
17.	MARTINS Beatriz Picanco	03	Benfica	4:56.11	+0,91	509	
	50m: 33.31 33.31	150m: 1:48.59	38.01	250m: 3:04.28	38.11	350m: 4:20.21	37.88
	100m: 1:10.58 37.27	200m: 2:26.17	37.58	300m: 3:42.33	38.05	400m: 4:56.11	35.90
18.	JACINTO Ines Filipa	03	Ba/Bomcar	4:56.18	+0,81	508	
	50m: 34.25 34.25	150m: 1:50.57	38.58	250m: 3:05.55	36.94	350m: 4:19.60	36.89
	100m: 1:11.99 37.74	200m: 2:28.61	38.04	300m: 3:42.71	37.16	400m: 4:56.18	36.58
19.	PAIS Matilde Vieira	03	Galitos / Bresimar	4:56.91	+0,81	505	
	50m: 34.47 34.47	150m: 1:49.50	37.88	250m: 3:05.47	37.95	350m: 4:21.42	38.23
	100m: 1:11.62 37.15	200m: 2:27.52	38.02	300m: 3:43.19	37.72	400m: 4:56.91	35.49
20.	VALENTE Beatriz Sousa	03	Natacao de Olhao	4:57.44	+0,79	502	
	50m: 34.66 34.66	150m: 1:49.64	37.82	250m: 3:04.73	37.66	350m: 4:21.23	38.23
	100m: 1:11.82 37.16	200m: 2:27.07	37.43	300m: 3:43.00	38.27	400m: 4:57.44	36.21
21.	RODRIGUES Ana Luisa	03	Louzan Natacao	4:58.01	+0,76	499	
	50m: 33.95 33.95	150m: 1:48.68	37.44	250m: 3:04.89	38.10	350m: 4:21.56	38.11
	100m: 1:11.24 37.29	200m: 2:26.79	38.11	300m: 3:43.45	38.56	400m: 4:58.01	36.45
22.	BARBOSA Adriana Freixo	03	Viana Natacao	5:00.41	+0,97	487	
	50m: 33.11 33.11	150m: 1:47.52	37.61	250m: 3:04.59	38.69	350m: 4:22.84	38.59
	100m: 1:09.91 36.80	200m: 2:25.90	38.38	300m: 3:44.25	39.66	400m: 5:00.41	37.57
23.	CARVALHO Beatriz Moreira	03	Rio Maior	5:02.87	+0,82	475	
	50m: 34.07 34.07	150m: 1:49.61	38.22	250m: 3:06.78	38.71	350m: 4:24.23	38.81
	100m: 1:11.39 37.32	200m: 2:28.07	38.46	300m: 3:45.42	38.64	400m: 5:02.87	38.64

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin

Prova 35
22-07-2017 - 11:15

Femin., 400m Livres

Juvenis A
Resultados Elimin

Rec Nac Absoluto	4:13.34	DURAES Diana Margarida	FCP	Oeiras	12-03-2016
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014

TAC 50m: 4:51.73 - 25m: 4:45.96

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BARBOSA Mariana Fernandes	02	Porto	4:29.43	+0,81	675	
	50m: 31.19 31.19 150m: 1:39.45 34.38 250m: 2:47.81 33.73 350m: 3:55.67 33.86						
	100m: 1:05.07 33.88 200m: 2:14.08 34.63 300m: 3:21.81 34.00 400m: 4:29.43 33.76						
2.	SOUSA Ana Reis	02	Litoral Alentejano	4:30.28	+0,77	669	
	50m: 30.92 30.92 150m: 1:38.73 34.29 250m: 2:48.24 34.61 350m: 3:57.49 34.32						
	100m: 1:04.44 33.52 200m: 2:13.63 34.90 300m: 3:23.17 34.93 400m: 4:30.28 32.79						
3.	RAMOS Ana Rita	02	Porto	4:32.63	+0,77	652	
	50m: 31.40 31.40 150m: 1:40.31 34.92 250m: 2:48.81 34.00 350m: 3:58.51 34.58						
	100m: 1:05.39 33.99 200m: 2:14.81 34.50 300m: 3:23.93 35.12 400m: 4:32.63 34.12						
4.	QUEIROZ Ana Rita	02	Fundacao Beatriz Santos	4:35.56	+0,77	631	
	50m: 31.91 31.91 150m: 1:42.24 35.87 250m: 2:52.79 35.17 350m: 4:02.80 34.53						
	100m: 1:06.37 34.46 200m: 2:17.62 35.38 300m: 3:28.27 35.48 400m: 4:35.56 32.76						
5.	ANDRE Leticia Maia	02	Uniao Piedense	4:37.39	+0,76	619	
	50m: 32.37 32.37 150m: 1:42.12 34.93 250m: 2:52.35 35.23 350m: 4:03.39 35.27						
	100m: 1:07.19 34.82 200m: 2:17.12 35.00 300m: 3:28.12 35.77 400m: 4:37.39 34.00						
6.	VARANDAS Joana Filipa	02	Laranjeiro	4:42.60	+0,79	585	
	50m: 31.95 31.95 150m: 1:42.67 35.80 250m: 2:54.85 36.32 350m: 4:07.95 36.57						
	100m: 1:06.87 34.92 200m: 2:18.53 35.86 300m: 3:31.38 36.53 400m: 4:42.60 34.65						
7.	TEJO Beatriz Costa	02	Academica de Coimbra	4:45.91	+0,71	565	
	50m: 32.70 32.70 150m: 1:45.26 36.69 250m: 2:58.50 36.32 350m: 4:11.04 35.67						
	100m: 1:08.57 35.87 200m: 2:22.18 36.92 300m: 3:35.37 36.87 400m: 4:45.91 34.87						
8.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:47.60	+0,67	555	
	50m: 32.75 32.75 150m: 1:43.93 35.65 250m: 2:57.72 36.99 350m: 4:13.04 37.83						
	100m: 1:08.28 35.53 200m: 2:20.73 36.80 300m: 3:35.21 37.49 400m: 4:47.60 34.56						
9.	FERNANDES Leonor Camacho	02	Sporting	4:48.42	+0,71	551	
	50m: 32.14 32.14 150m: 1:44.64 36.71 250m: 2:58.03 36.82 350m: 4:11.70 37.14						
	100m: 1:07.93 35.79 200m: 2:21.21 36.57 300m: 3:34.56 36.53 400m: 4:48.42 36.72						
10.	FERREIRA Ines Sofia	02	Galitos / Bresimar	4:48.89	+0,73	548	
	50m: 32.49 32.49 150m: 1:44.81 37.11 250m: 2:59.44 37.51 350m: 4:13.82 36.77						
	100m: 1:07.70 35.21 200m: 2:21.93 37.12 300m: 3:37.05 37.61 400m: 4:48.89 35.07						
11.	BRANDAO Beatriz Aires	02	Desportiva de Viana	4:51.49	+0,77	533	
	50m: 32.23 32.23 150m: 1:44.60 36.96 250m: 2:59.67 37.64 350m: 4:15.55 37.98						
	100m: 1:07.64 35.41 200m: 2:22.03 37.43 300m: 3:37.57 37.90 400m: 4:51.49 35.94						
12.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	4:51.92	+0,79	531	
	50m: 32.41 32.41 150m: 1:45.83 37.13 250m: 3:01.18 37.81 350m: 4:16.15 37.02						
	100m: 1:08.70 36.29 200m: 2:23.37 37.54 300m: 3:39.13 37.95 400m: 4:51.92 35.77						
13.	LIMA Jessica Soares	02	Braga	4:52.05	+0,89	530	
	50m: 33.39 33.39 150m: 1:45.77 36.34 250m: 2:59.55 37.12 350m: 4:15.17 37.76						
	100m: 1:09.43 36.04 200m: 2:22.43 36.66 300m: 3:37.41 37.86 400m: 4:52.05 36.88						

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FERRO Carolina Ganhao	02	Gesloures	4:52.55	+0,69	528	
	50m: 33.37 33.37	150m: 1:47.08 37.21	250m: 3:02.15 37.15	350m: 4:17.01 37.03			
	100m: 1:09.87 36.50	200m: 2:25.00 37.92	300m: 3:39.98 37.83	400m: 4:52.55 35.54			
15.	TOME Maria de Castro	02	Sporting de Aveiro	4:53.31	+0,78	523	
	50m: 32.94 32.94	150m: 1:45.92 36.62	250m: 3:00.46 37.31	350m: 4:15.85 37.75			
	100m: 1:09.30 36.36	200m: 2:23.15 37.23	300m: 3:38.10 37.64	400m: 4:53.31 37.46			
16.	PINTO Mafalda Marques	02	Avancado EUL	5:04.09	+0,75	470	
	50m: 33.18 33.18	150m: 1:51.34 40.77	250m: 3:10.28 39.97	350m: 4:27.67 38.53			
	100m: 1:10.57 37.39	200m: 2:30.31 38.97	300m: 3:49.14 38.86	400m: 5:04.09 36.42			

Prova 35 Femin., 400m Livres Junior 16
22-07-2017 - 11:15 Resultados Elimin

Rec Nac Absoluto	4:13.34	DURAES Diana Margarida	FCP	Oeiras	12-03-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
TAC Jun 50m: 4:47.75 - 25m: 4:38.67					

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Filipa Serrano	01	Uniao Piedense	4:28.38	+0,76	683	
	50m: 30.78 30.78	150m: 1:37.98 34.09	250m: 2:46.77 34.36	350m: 3:54.98 34.10			
	100m: 1:03.89 33.11	200m: 2:12.41 34.43	300m: 3:20.88 34.11	400m: 4:28.38 33.40			
2.	MARCELINO Carolina Rosa	01	Alges	4:32.04	+0,75	656	
	50m: 31.57 31.57	150m: 1:39.34 33.66	250m: 2:48.52 34.61	350m: 3:58.21 34.87			
	100m: 1:05.68 34.11	200m: 2:13.91 34.57	300m: 3:23.34 34.82	400m: 4:32.04 33.83			
3.	COSTA Maria Carolina	01	Porto	4:32.11	+0,69	656	
	50m: 31.06 31.06	150m: 1:39.83 34.71	250m: 2:47.87 33.68	350m: 3:57.57 35.03			
	100m: 1:05.12 34.06	200m: 2:14.19 34.36	300m: 3:22.54 34.67	400m: 4:32.11 34.54			
4.	MARCOS Miriam Filipe	01	Natacao de Olhao	4:34.21	+0,68	641	
	50m: 31.41 31.41	150m: 1:40.36 34.71	250m: 2:50.05 34.84	350m: 3:59.95 34.89			
	100m: 1:05.65 34.24	200m: 2:15.21 34.85	300m: 3:25.06 35.01	400m: 4:34.21 34.26			
5.	NEVES Carolina Marques	01	Torres Novas	4:35.81	+0,72	630	
	50m: 31.49 31.49	150m: 1:41.54 35.48	250m: 2:52.51 35.48	350m: 4:02.51 34.63			
	100m: 1:06.06 34.57	200m: 2:17.03 35.49	300m: 3:27.88 35.37	400m: 4:35.81 33.30			
6.	AMADOR Joana Costa	01	Galitos / Bresimar	4:39.11	+0,69	608	
	50m: 31.48 31.48	150m: 1:40.64 34.73	250m: 2:51.22 35.44	350m: 4:02.98 36.10			
	100m: 1:05.91 34.43	200m: 2:15.78 35.14	300m: 3:26.88 35.66	400m: 4:39.11 36.13			
7.	GALACHA Mariana Sobral	01	Sporting	4:40.75	+0,70	597	
	50m: 32.41 32.41	150m: 1:43.13 35.85	250m: 2:54.84 35.77	350m: 4:06.29 35.67			
	100m: 1:07.28 34.87	200m: 2:19.07 35.94	300m: 3:30.62 35.78	400m: 4:40.75 34.46			
8.	MARTINS Ines Alves	01	Fluvial Portuense	4:43.46	+0,77	580	
	50m: 32.85 32.85	150m: 1:44.34 35.60	250m: 2:56.16 35.76	350m: 4:08.39 36.11			
	100m: 1:08.74 35.89	200m: 2:20.40 36.06	300m: 3:32.28 36.12	400m: 4:43.46 35.07			
9.	VITAL Rita Alexandra	01	Alges	4:45.20	+0,85	569	
	50m: 32.14 32.14	150m: 1:43.29 36.01	250m: 2:56.25 36.67	350m: 4:09.20 36.61			
	100m: 1:07.28 35.14	200m: 2:19.58 36.29	300m: 3:32.59 36.34	400m: 4:45.20 36.00			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Junior 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SANTOS Carolina Ascenso	01	Propaganda da Natacao	4:53.03	+0,81	525	
	50m: 32.17 32.17	150m: 1:44.41	36.68	250m: 2:59.54	37.66	350m: 4:16.24	38.39
	100m: 1:07.73 35.56	200m: 2:21.88	37.47	300m: 3:37.85	38.31	400m: 4:53.03	36.79

Prova 35 Femin., 400m Livres Junior 17
22-07-2017 - 11:15 Resultados Elimin

Rec Nac Absoluto	4:13.34	DURAES Diana Margarida	FCP	Oeiras	12-03-2016
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016

TAC Jun 50m: 4:47.75 - 25m: 4:38.67

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:29.39	+0,74	676	
	50m: 31.37 31.37	150m: 1:39.28	34.29	250m: 2:47.25	33.90	350m: 3:55.66	34.36
	100m: 1:04.99 33.62	200m: 2:13.35	34.07	300m: 3:21.30	34.05	400m: 4:29.39	33.73
2.	VELOSO Teresa Miguel	00	Nautico /Urgicentro-Sanfil	4:34.73	+0,77	637	
	50m: 31.57 31.57	150m: 1:40.69	34.65	250m: 2:50.01	34.38	350m: 3:59.82	34.77
	100m: 1:06.04 34.47	200m: 2:15.63	34.94	300m: 3:25.05	35.04	400m: 4:34.73	34.91
3.	LEMONS Leila Tavarã	00	Vilacondense	4:42.50	+0,87	586	
	50m: 31.77 31.77	150m: 1:42.59	35.68	250m: 2:54.71	36.08	350m: 4:07.26	36.23
	100m: 1:06.91 35.14	200m: 2:18.63	36.04	300m: 3:31.03	36.32	400m: 4:42.50	35.24
4.	OLIVEIRA Ines Silva	00	Fluvial Portuense	4:44.24	+0,80	575	
	50m: 32.38 32.38	150m: 1:44.47	36.64	250m: 2:57.20	36.11	350m: 4:09.42	35.52
	100m: 1:07.83 35.45	200m: 2:21.09	36.62	300m: 3:33.90	36.70	400m: 4:44.24	34.82

Prova 35 Femin., 400m Livres Seniores
22-07-2017 - 11:15 Resultados Elimin

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

TAC 50m: 4:36.68 - 25m: 4:32.07

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	4:30.03	+0,70	671	
	50m: 31.46 31.46	150m: 1:39.47	34.44	250m: 2:48.54	34.45	350m: 3:57.22	34.51
	100m: 1:05.03 33.57	200m: 2:14.09	34.62	300m: 3:22.71	34.17	400m: 4:30.03	32.81
2.	AZEVEDO Madalena Gomes	99	Alges	4:30.25	+0,72	669	
	50m: 31.46 31.46	150m: 1:39.41	34.43	250m: 2:48.46	34.30	350m: 3:57.07	34.14
	100m: 1:04.98 33.52	200m: 2:14.16	34.75	300m: 3:22.93	34.47	400m: 4:30.25	33.18
3.	NEVES Vania Soares	90	Fluvial Portuense	4:31.19	+0,76	662	
	50m: 31.95 31.95	150m: 1:40.68	34.79	250m: 2:49.41	34.55	350m: 3:58.25	34.30
	100m: 1:05.89 33.94	200m: 2:14.86	34.18	300m: 3:23.95	34.54	400m: 4:31.19	32.94
4.	CARVALHO Eva Guerreiro	99	Uniao Piedense	4:35.58	+1,01	631	
	50m: 31.99 31.99	150m: 1:41.78	34.80	250m: 2:51.58	34.42	350m: 4:01.31	34.82
	100m: 1:06.98 34.99	200m: 2:17.16	35.38	300m: 3:26.49	34.91	400m: 4:35.58	34.27

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	4:37.32	+0,85	619	
	50m: 31.78 31.78 150m: 1:40.71 34.96 250m: 2:51.13 35.45						
	100m: 1:05.75 33.97 200m: 2:15.68 34.97 300m: 3:26.74 35.61						
	350m: 4:02.70 35.96 400m: 4:37.32 34.62						
6.	CARMO Beatriz Barros	99	Alges	4:39.79	+0,69	603	
	50m: 31.48 31.48 150m: 1:41.13 35.18 250m: 2:52.25 35.61						
	100m: 1:05.95 34.47 200m: 2:16.64 35.51 300m: 3:28.04 35.79						
	350m: 4:04.09 36.05 400m: 4:39.79 35.70						
7.	ANDRE Angelica Maria	94	Fluvial Portuense	4:41.01	+0,74	595	
	50m: 32.71 32.71 150m: 1:43.19 35.84 250m: 2:55.02 36.08						
	100m: 1:07.35 34.64 200m: 2:18.94 35.75 300m: 3:30.32 35.30						
	350m: 4:05.99 35.67 400m: 4:41.01 35.02						
8.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:43.96	+0,67	577	
	50m: 32.19 32.19 150m: 1:43.00 35.93 250m: 2:55.51 36.59						
	100m: 1:07.07 34.88 200m: 2:18.92 35.92 300m: 3:32.53 37.02						
	350m: 4:09.42 36.89 400m: 4:43.96 34.54						
9.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	4:44.45	+0,90	574	
	50m: 32.42 32.42 150m: 1:43.70 36.13 250m: 2:55.95 35.95						
	100m: 1:07.57 35.15 200m: 2:20.00 36.30 300m: 3:32.27 36.32						
	350m: 4:08.66 36.39 400m: 4:44.45 35.79						

Prova 35 Femin., 400m Livres Absolutos
22-07-2017 - 11:15 Resultados Elimin

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

TAC Sen 50m: 4:36.68 - 25m: 4:32.07; Jun 50m: 4:47.75 - 25m: 4:38.67

Pontos: FINA 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Filipa Serrano	01	Uniao Piedense	4:28.38	+0,76	683	
	50m: 30.78 30.78 150m: 1:37.98 34.09 250m: 2:46.77 34.36						
	100m: 1:03.89 33.11 200m: 2:12.41 34.43 300m: 3:20.88 34.11						
	350m: 3:54.98 34.10 400m: 4:28.38 33.40						
2.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:29.39	+0,74	676	
	50m: 31.37 31.37 150m: 1:39.28 34.29 250m: 2:47.25 33.90						
	100m: 1:04.99 33.62 200m: 2:13.35 34.07 300m: 3:21.30 34.05						
	350m: 3:55.66 34.36 400m: 4:29.39 33.73						
3.	MONTEIRO Ana Catarina	93	Vilacondense	4:30.03	+0,70	671	
	50m: 31.46 31.46 150m: 1:39.47 34.44 250m: 2:48.54 34.45						
	100m: 1:05.03 33.57 200m: 2:14.09 34.62 300m: 3:22.71 34.17						
	350m: 3:57.22 34.51 400m: 4:30.03 32.81						
4.	AZEVEDO Madalena Gomes	99	Alges	4:30.25	+0,72	669	
	50m: 31.46 31.46 150m: 1:39.41 34.43 250m: 2:48.46 34.30						
	100m: 1:04.98 33.52 200m: 2:14.16 34.75 300m: 3:22.93 34.47						
	350m: 3:57.07 34.14 400m: 4:30.25 33.18						
5.	NEVES Vania Soares	90	Fluvial Portuense	4:31.19	+0,76	662	
	50m: 31.95 31.95 150m: 1:40.68 34.79 250m: 2:49.41 34.55						
	100m: 1:05.89 33.94 200m: 2:14.86 34.18 300m: 3:23.95 34.54						
	350m: 3:58.25 34.30 400m: 4:31.19 32.94						
6.	MARCELINO Carolina Rosa	01	Alges	4:32.04	+0,75	656	
	50m: 31.57 31.57 150m: 1:39.34 33.66 250m: 2:48.52 34.61						
	100m: 1:05.68 34.11 200m: 2:13.91 34.57 300m: 3:23.34 34.82						
	350m: 3:58.21 34.87 400m: 4:32.04 33.83						
7.	COSTA Maria Carolina	01	Porto	4:32.11	+0,69	656	
	50m: 31.06 31.06 150m: 1:39.83 34.71 250m: 2:47.87 33.68						
	100m: 1:05.12 34.06 200m: 2:14.19 34.36 300m: 3:22.54 34.67						
	350m: 3:57.57 35.03 400m: 4:32.11 34.54						

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MARCOS Miriam Filipe	01	Natacao de Olhao	4:34.21	+0,68	641	
	50m: 31.41 31.41	150m: 1:40.36 34.71	250m: 2:50.05 34.84	350m: 3:59.95 34.89			
	100m: 1:05.65 34.24	200m: 2:15.21 34.85	300m: 3:25.06 35.01	400m: 4:34.21 34.26			
9.	VELOSO Teresa Miguel	00	Nautico /Urgicentro-Sanfil	4:34.73	+0,77	637	
	50m: 31.57 31.57	150m: 1:40.69 34.65	250m: 2:50.01 34.38	350m: 3:59.82 34.77			
	100m: 1:06.04 34.47	200m: 2:15.63 34.94	300m: 3:25.05 35.04	400m: 4:34.73 34.91			
10.	CARVALHO Eva Guerreiro	99	Uniao Piedense	4:35.58	+1,01	631	
	50m: 31.99 31.99	150m: 1:41.78 34.80	250m: 2:51.58 34.42	350m: 4:01.31 34.82			
	100m: 1:06.98 34.99	200m: 2:17.16 35.38	300m: 3:26.49 34.91	400m: 4:35.58 34.27			
11.	NEVES Carolina Marques	01	Torres Novas	4:35.81	+0,72	630	
	50m: 31.49 31.49	150m: 1:41.54 35.48	250m: 2:52.51 35.48	350m: 4:02.51 34.63			
	100m: 1:06.06 34.57	200m: 2:17.03 35.49	300m: 3:27.88 35.37	400m: 4:35.81 33.30			
12.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	4:37.32	+0,85	619	
	50m: 31.78 31.78	150m: 1:40.71 34.96	250m: 2:51.13 35.45	350m: 4:02.70 35.96			
	100m: 1:05.75 33.97	200m: 2:15.68 34.97	300m: 3:26.74 35.61	400m: 4:37.32 34.62			
13.	AMADOR Joana Costa	01	Galitos / Bresimar	4:39.11	+0,69	608	
	50m: 31.48 31.48	150m: 1:40.64 34.73	250m: 2:51.22 35.44	350m: 4:02.98 36.10			
	100m: 1:05.91 34.43	200m: 2:15.78 35.14	300m: 3:26.88 35.66	400m: 4:39.11 36.13			
14.	CARMO Beatriz Barros	99	Alges	4:39.79	+0,69	603	
	50m: 31.48 31.48	150m: 1:41.13 35.18	250m: 2:52.25 35.61	350m: 4:04.09 36.05			
	100m: 1:05.95 34.47	200m: 2:16.64 35.51	300m: 3:28.04 35.79	400m: 4:39.79 35.70			
15.	GALACHA Mariana Sobral	01	Sporting	4:40.75	+0,70	597	
	50m: 32.41 32.41	150m: 1:43.13 35.85	250m: 2:54.84 35.77	350m: 4:06.29 35.67			
	100m: 1:07.28 34.87	200m: 2:19.07 35.94	300m: 3:30.62 35.78	400m: 4:40.75 34.46			
16.	ANDRE Angelica Maria	94	Fluvial Portuense	4:41.01	+0,74	595	
	50m: 32.71 32.71	150m: 1:43.19 35.84	250m: 2:55.02 36.08	350m: 4:05.99 35.67			
	100m: 1:07.35 34.64	200m: 2:18.94 35.75	300m: 3:30.32 35.30	400m: 4:41.01 35.02			
17.	LEMONS Leila Tavarã	00	Vilacondense	4:42.50	+0,87	586	
	50m: 31.77 31.77	150m: 1:42.59 35.68	250m: 2:54.71 36.08	350m: 4:07.26 36.23			
	100m: 1:06.91 35.14	200m: 2:18.63 36.04	300m: 3:31.03 36.32	400m: 4:42.50 35.24			
18.	MARTINS Ines Alves	01	Fluvial Portuense	4:43.46	+0,77	580	
	50m: 32.85 32.85	150m: 1:44.34 35.60	250m: 2:56.16 35.76	350m: 4:08.39 36.11			
	100m: 1:08.74 35.89	200m: 2:20.40 36.06	300m: 3:32.28 36.12	400m: 4:43.46 35.07			
19.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:43.96	+0,67	577	
	50m: 32.19 32.19	150m: 1:43.00 35.93	250m: 2:55.51 36.59	350m: 4:09.42 36.89			
	100m: 1:07.07 34.88	200m: 2:18.92 35.92	300m: 3:32.53 37.02	400m: 4:43.96 34.54			
20.	OLIVEIRA Ines Silva	00	Fluvial Portuense	4:44.24	+0,80	575	
	50m: 32.38 32.38	150m: 1:44.47 36.64	250m: 2:57.20 36.11	350m: 4:09.42 35.52			
	100m: 1:07.83 35.45	200m: 2:21.09 36.62	300m: 3:33.90 36.70	400m: 4:44.24 34.82			
21.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	4:44.45	+0,90	574	
	50m: 32.42 32.42	150m: 1:43.70 36.13	250m: 2:55.95 35.95	350m: 4:08.66 36.39			
	100m: 1:07.57 35.15	200m: 2:20.00 36.30	300m: 3:32.27 36.32	400m: 4:44.45 35.79			
22.	VITAL Rita Alexandra	01	Alges	4:45.20	+0,85	569	
	50m: 32.14 32.14	150m: 1:43.29 36.01	250m: 2:56.25 36.67	350m: 4:09.20 36.61			
	100m: 1:07.28 35.14	200m: 2:19.58 36.29	300m: 3:32.59 36.34	400m: 4:45.20 36.00			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	SANTOS Carolina Ascenso	01	Propaganda da Natacao	4:53.03	+0,81	525	
	50m: 32.17 32.17	150m: 1:44.41	36.68	250m: 2:59.54	37.66	350m: 4:16.24	38.39
	100m: 1:07.73 35.56	200m: 2:21.88	37.47	300m: 3:37.85	38.31	400m: 4:53.03	36.79

Prova 35
22-07-2017 - 11:15

Femin., 400m Livres

Open
Resultados Elimin

Rec Nac Absoluto	4:13.34	DURAES Diana Margarida	FCP	Oeiras	12-03-2016
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Sen	4:13.34	DURAES Diana Margarida	FCP	Oeiras	12-03-2016

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	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALONSO LORENZO Paula	95	Federacion Castilla-Leon	4:20.20	+0,87	750	
	50m: 30.26 30.26	150m: 1:34.91	32.56	250m: 2:41.03	33.21	350m: 3:47.90	33.44
	100m: 1:02.35 32.09	200m: 2:07.82	32.91	300m: 3:14.46	33.43	400m: 4:20.20	32.30
2.	SCHUETT Ida	96	Denmark	4:27.74	+0,78	688	
	50m: 31.00 31.00	150m: 1:38.13	33.69	250m: 2:46.13	33.46	350m: 3:54.23	34.12
	100m: 1:04.44 33.44	200m: 2:12.67	34.54	300m: 3:20.11	33.98	400m: 4:27.74	33.51
3.	RODRIGUES Filipa Serrano	01	Uniao Piedense	4:28.38	+0,76	683	
	50m: 30.78 30.78	150m: 1:37.98	34.09	250m: 2:46.77	34.36	350m: 3:54.98	34.10
	100m: 1:03.89 33.11	200m: 2:12.41	34.43	300m: 3:20.88	34.11	400m: 4:28.38	33.40
4.	HENRIQUES Ines Jacinto	00	Pimpoes/Cimai	4:29.39	+0,74	676	
	50m: 31.37 31.37	150m: 1:39.28	34.29	250m: 2:47.25	33.90	350m: 3:55.66	34.36
	100m: 1:04.99 33.62	200m: 2:13.35	34.07	300m: 3:21.30	34.05	400m: 4:29.39	33.73
5.	BARBOSA Mariana Fernandes	02	Porto	4:29.43	+0,81	675	
	50m: 31.19 31.19	150m: 1:39.45	34.38	250m: 2:47.81	33.73	350m: 3:55.67	33.86
	100m: 1:05.07 33.88	200m: 2:14.08	34.63	300m: 3:21.81	34.00	400m: 4:29.43	33.76
6.	MONTEIRO Ana Catarina	93	Vilacondense	4:30.03	+0,70	671	
	50m: 31.46 31.46	150m: 1:39.47	34.44	250m: 2:48.54	34.45	350m: 3:57.22	34.51
	100m: 1:05.03 33.57	200m: 2:14.09	34.62	300m: 3:22.71	34.17	400m: 4:30.03	32.81
7.	AZEVEDO Madalena Gomes	99	Alges	4:30.25	+0,72	669	
	50m: 31.46 31.46	150m: 1:39.41	34.43	250m: 2:48.46	34.30	350m: 3:57.07	34.14
	100m: 1:04.98 33.52	200m: 2:14.16	34.75	300m: 3:22.93	34.47	400m: 4:30.25	33.18
8.	SOUSA Ana Reis	02	Litoral Alentejano	4:30.28	+0,77	669	
	50m: 30.92 30.92	150m: 1:38.73	34.29	250m: 2:48.24	34.61	350m: 3:57.49	34.32
	100m: 1:04.44 33.52	200m: 2:13.63	34.90	300m: 3:23.17	34.93	400m: 4:30.28	32.79
9.	NEVES Vania Soares	90	Fluvial Portuense	4:31.19	+0,76	662	
	50m: 31.95 31.95	150m: 1:40.68	34.79	250m: 2:49.41	34.55	350m: 3:58.25	34.30
	100m: 1:05.89 33.94	200m: 2:14.86	34.18	300m: 3:23.95	34.54	400m: 4:31.19	32.94

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MARCELINO Carolina Rosa	01	Alges	4:32.04	+0,75	656	
	50m: 31.57 31.57	150m: 1:39.34 33.66	250m: 2:48.52 34.61	350m: 3:58.21 34.87			
	100m: 1:05.68 34.11	200m: 2:13.91 34.57	300m: 3:23.34 34.82	400m: 4:32.04 33.83			
11.	COSTA Maria Carolina	01	Porto	4:32.11	+0,69	656	
	50m: 31.06 31.06	150m: 1:39.83 34.71	250m: 2:47.87 33.68	350m: 3:57.57 35.03			
	100m: 1:05.12 34.06	200m: 2:14.19 34.36	300m: 3:22.54 34.67	400m: 4:32.11 34.54			
12.	RAMOS Ana Rita	02	Porto	4:32.63	+0,77	652	
	50m: 31.40 31.40	150m: 1:40.31 34.92	250m: 2:48.81 34.00	350m: 3:58.51 34.58			
	100m: 1:05.39 33.99	200m: 2:14.81 34.50	300m: 3:23.93 35.12	400m: 4:32.63 34.12			
13.	MARCOS Miriam Filipe	01	Natacao de Olhao	4:34.21	+0,68	641	
	50m: 31.41 31.41	150m: 1:40.36 34.71	250m: 2:50.05 34.84	350m: 3:59.95 34.89			
	100m: 1:05.65 34.24	200m: 2:15.21 34.85	300m: 3:25.06 35.01	400m: 4:34.21 34.26			
14.	VELOSO Teresa Miguel	00	Nautico /Urgicentro-Sanfil	4:34.73	+0,77	637	
	50m: 31.57 31.57	150m: 1:40.69 34.65	250m: 2:50.01 34.38	350m: 3:59.82 34.77			
	100m: 1:06.04 34.47	200m: 2:15.63 34.94	300m: 3:25.05 35.04	400m: 4:34.73 34.91			
15.	QUEIROZ Ana Rita	02	Fundacao Beatriz Santos	4:35.56	+0,77	631	
	50m: 31.91 31.91	150m: 1:42.24 35.87	250m: 2:52.79 35.17	350m: 4:02.80 34.53			
	100m: 1:06.37 34.46	200m: 2:17.62 35.38	300m: 3:28.27 35.48	400m: 4:35.56 32.76			
16.	CARVALHO Eva Guerreiro	99	Uniao Piedense	4:35.58	+1,01	631	
	50m: 31.99 31.99	150m: 1:41.78 34.80	250m: 2:51.58 34.42	350m: 4:01.31 34.82			
	100m: 1:06.98 34.99	200m: 2:17.16 35.38	300m: 3:26.49 34.91	400m: 4:35.58 34.27			
17.	NEVES Carolina Marques	01	Torres Novas	4:35.81	+0,72	630	
	50m: 31.49 31.49	150m: 1:41.54 35.48	250m: 2:52.51 35.48	350m: 4:02.51 34.63			
	100m: 1:06.06 34.57	200m: 2:17.03 35.49	300m: 3:27.88 35.37	400m: 4:35.81 33.30			
18.	TEODOSIO Barbara Coimbra	99	Nautico Marinha Grande	4:37.32	+0,85	619	
	50m: 31.78 31.78	150m: 1:40.71 34.96	250m: 2:51.13 35.45	350m: 4:02.70 35.96			
	100m: 1:05.75 33.97	200m: 2:15.68 34.97	300m: 3:26.74 35.61	400m: 4:37.32 34.62			
19.	ANDRE Leticia Maia	02	Uniao Piedense	4:37.39	+0,76	619	
	50m: 32.37 32.37	150m: 1:42.12 34.93	250m: 2:52.35 35.23	350m: 4:03.39 35.27			
	100m: 1:07.19 34.82	200m: 2:17.12 35.00	300m: 3:28.12 35.77	400m: 4:37.39 34.00			
20.	AMADOR Joana Costa	01	Galitos / Bresimar	4:39.11	+0,69	608	
	50m: 31.48 31.48	150m: 1:40.64 34.73	250m: 2:51.22 35.44	350m: 4:02.98 36.10			
	100m: 1:05.91 34.43	200m: 2:15.78 35.14	300m: 3:26.88 35.66	400m: 4:39.11 36.13			
21.	CARMO Beatriz Barros	99	Alges	4:39.79	+0,69	603	
	50m: 31.48 31.48	150m: 1:41.13 35.18	250m: 2:52.25 35.61	350m: 4:04.09 36.05			
	100m: 1:05.95 34.47	200m: 2:16.64 35.51	300m: 3:28.04 35.79	400m: 4:39.79 35.70			
22.	MARTINS Joana Ribeiro	03	Benfica	4:40.10	+0,85	601	
	50m: 31.82 31.82	150m: 1:41.90 35.09	250m: 2:53.85 35.99	350m: 4:05.96 35.70			
	100m: 1:06.81 34.99	200m: 2:17.86 35.96	300m: 3:30.26 36.41	400m: 4:40.10 34.14			
23.	ROSA Mafalda Sofia	03	Rio Maior	4:40.33	+0,78	600	
	50m: 32.33 32.33	150m: 1:42.21 35.23	250m: 2:52.96 35.64	350m: 4:04.94 36.24			
	100m: 1:06.98 34.65	200m: 2:17.32 35.11	300m: 3:28.70 35.74	400m: 4:40.33 35.39			
24.	GALACHA Mariana Sobral	01	Sporting	4:40.75	+0,70	597	
	50m: 32.41 32.41	150m: 1:43.13 35.85	250m: 2:54.84 35.77	350m: 4:06.29 35.67			
	100m: 1:07.28 34.87	200m: 2:19.07 35.94	300m: 3:30.62 35.78	400m: 4:40.75 34.46			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	ANDRE Angelica Maria	94	Fluvial Portuense	4:41.01	+0,74	595	
	50m: 32.71 32.71	150m: 1:43.19 35.84	250m: 2:55.02 36.08	350m: 4:05.99 35.67			
	100m: 1:07.35 34.64	200m: 2:18.94 35.75	300m: 3:30.32 35.30	400m: 4:41.01 35.02			
26.	LEMOS Leila Tavarã	00	Vilacondense	4:42.50	+0,87	586	
	50m: 31.77 31.77	150m: 1:42.59 35.68	250m: 2:54.71 36.08	350m: 4:07.26 36.23			
	100m: 1:06.91 35.14	200m: 2:18.63 36.04	300m: 3:31.03 36.32	400m: 4:42.50 35.24			
27.	VARANDAS Joana Filipa	02	Laranjeiro	4:42.60	+0,79	585	
	50m: 31.95 31.95	150m: 1:42.67 35.80	250m: 2:54.85 36.32	350m: 4:07.95 36.57			
	100m: 1:06.87 34.92	200m: 2:18.53 35.86	300m: 3:31.38 36.53	400m: 4:42.60 34.65			
28.	MARTINS Francisca Soares	03	Foca	4:43.30	+0,74	581	
	50m: 31.78 31.78	150m: 1:42.91 36.30	250m: 2:55.86 36.43	350m: 4:09.07 36.44			
	100m: 1:06.61 34.83	200m: 2:19.43 36.52	300m: 3:32.63 36.77	400m: 4:43.30 34.23			
29.	MARTINS Ines Alves	01	Fluvial Portuense	4:43.46	+0,77	580	
	50m: 32.85 32.85	150m: 1:44.34 35.60	250m: 2:56.16 35.76	350m: 4:08.39 36.11			
	100m: 1:08.74 35.89	200m: 2:20.40 36.06	300m: 3:32.28 36.12	400m: 4:43.46 35.07			
30.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:43.96	+0,67	577	
	50m: 32.19 32.19	150m: 1:43.00 35.93	250m: 2:55.51 36.59	350m: 4:09.42 36.89			
	100m: 1:07.07 34.88	200m: 2:18.92 35.92	300m: 3:32.53 37.02	400m: 4:43.96 34.54			
31.	OLIVEIRA Ines Silva	00	Fluvial Portuense	4:44.24	+0,80	575	
	50m: 32.38 32.38	150m: 1:44.47 36.64	250m: 2:57.20 36.11	350m: 4:09.42 35.52			
	100m: 1:07.83 35.45	200m: 2:21.09 36.62	300m: 3:33.90 36.70	400m: 4:44.24 34.82			
32.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	4:44.45	+0,90	574	
	50m: 32.42 32.42	150m: 1:43.70 36.13	250m: 2:55.95 35.95	350m: 4:08.66 36.39			
	100m: 1:07.57 35.15	200m: 2:20.00 36.30	300m: 3:32.27 36.32	400m: 4:44.45 35.79			
33.	SOARES Catarina Silva	03	Porto	4:44.91	+0,73	571	
	50m: 31.56 31.56	150m: 1:43.48 36.17	250m: 2:56.38 36.43	350m: 4:10.23 36.96			
	100m: 1:07.31 35.75	200m: 2:19.95 36.47	300m: 3:33.27 36.89	400m: 4:44.91 34.68			
34.	VITAL Rita Alexandra	01	Alges	4:45.20	+0,85	569	
	50m: 32.14 32.14	150m: 1:43.29 36.01	250m: 2:56.25 36.67	350m: 4:09.20 36.61			
	100m: 1:07.28 35.14	200m: 2:19.58 36.29	300m: 3:32.59 36.34	400m: 4:45.20 36.00			
35.	CUADRADO MARTIN Irene	02	Federacion Castilla-Leon	4:45.21	+0,77	569	
	50m: 32.13 32.13	150m: 1:43.54 36.39	250m: 2:57.17 36.76	350m: 4:09.98 35.79			
	100m: 1:07.15 35.02	200m: 2:20.41 36.87	300m: 3:34.19 37.02	400m: 4:45.21 35.23			
36.	TEJO Beatriz Costa	02	Academica de Coimbra	4:45.91	+0,71	565	
	50m: 32.70 32.70	150m: 1:45.26 36.69	250m: 2:58.50 36.32	350m: 4:11.04 35.67			
	100m: 1:08.57 35.87	200m: 2:22.18 36.92	300m: 3:35.37 36.87	400m: 4:45.91 34.87			
37.	AMORIM Maria Leonor	03	Porto	4:46.41	+0,73	562	
	50m: 32.59 32.59	150m: 1:45.59 37.12	250m: 2:58.97 36.61	350m: 4:11.40 35.75			
	100m: 1:08.47 35.88	200m: 2:22.36 36.77	300m: 3:35.65 36.68	400m: 4:46.41 35.01			
38.	SOARES Carolina Silva	03	Natacao de Valongo	4:47.49	+0,81	556	
	50m: 32.40 32.40	150m: 1:45.17 37.12	250m: 2:59.52 37.13	350m: 4:13.40 36.72			
	100m: 1:08.05 35.65	200m: 2:22.39 37.22	300m: 3:36.68 37.16	400m: 4:47.49 34.09			
39.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:47.60	+0,67	555	
	50m: 32.75 32.75	150m: 1:43.93 35.65	250m: 2:57.72 36.99	350m: 4:13.04 37.83			
	100m: 1:08.28 35.53	200m: 2:20.73 36.80	300m: 3:35.21 37.49	400m: 4:47.60 34.56			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	FERNANDES Leonor Camacho	02	Sporting	4:48.42	+0,71	551	
	50m: 32.14 32.14	150m: 1:44.64 36.71	250m: 2:58.03 36.82	350m: 4:11.70 37.14			
	100m: 1:07.93 35.79	200m: 2:21.21 36.57	300m: 3:34.56 36.53	400m: 4:48.42 36.72			
41.	FERREIRA Ines Sofia	02	Galitos / Bresimar	4:48.89	+0,73	548	
	50m: 32.49 32.49	150m: 1:44.81 37.11	250m: 2:59.44 37.51	350m: 4:13.82 36.77			
	100m: 1:07.70 35.21	200m: 2:21.93 37.12	300m: 3:37.05 37.61	400m: 4:48.89 35.07			
42.	SERNA RANZ Ariadna	01	Adn.Rivas-Vaciamadri	4:49.52	+0,72	544	
	50m: 32.49 32.49	150m: 1:45.10 36.62	250m: 2:59.13 37.17	350m: 4:13.78 37.28			
	100m: 1:08.48 35.99	200m: 2:21.96 36.86	300m: 3:36.50 37.37	400m: 4:49.52 35.74			
43.	FONSECA Laura Luz	03	Naval de Ponta Delgada	4:49.67	+0,86	543	
	50m: 32.64 32.64	150m: 1:44.82 36.60	250m: 2:59.14 37.08	350m: 4:13.42 37.05			
	100m: 1:08.22 35.58	200m: 2:22.06 37.24	300m: 3:36.37 37.23	400m: 4:49.67 36.25			
44.	CARDOSO Rita Constanca	03	Porto	4:49.81	+0,74	543	
	50m: 32.14 32.14	150m: 1:44.42 36.56	250m: 2:59.00 37.31	350m: 4:14.15 36.84			
	100m: 1:07.86 35.72	200m: 2:21.69 37.27	300m: 3:37.31 38.31	400m: 4:49.81 35.66			
45.	PEREIRA Catarina Carvalho	03	Porto	4:50.12	+0,76	541	
	50m: 32.36 32.36	150m: 1:45.46 37.13	250m: 3:01.21 37.92	350m: 4:15.73 36.49			
	100m: 1:08.33 35.97	200m: 2:23.29 37.83	300m: 3:39.24 38.03	400m: 4:50.12 34.39			
46.	PELAIO Maria Joao	03	Ginasio Figueirense	4:50.36	+0,87	540	
	50m: 32.80 32.80	150m: 1:45.21 36.49	250m: 2:59.98 37.66	350m: 4:15.31 37.53			
	100m: 1:08.72 35.92	200m: 2:22.32 37.11	300m: 3:37.78 37.80	400m: 4:50.36 35.05			
47.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:50.54	+0,94	539	
	50m: 32.82 32.82	150m: 1:46.33 36.80	250m: 3:01.13 37.02	350m: 4:15.38 36.43			
	100m: 1:09.53 36.71	200m: 2:24.11 37.78	300m: 3:38.95 37.82	400m: 4:50.54 35.16			
48.	BRANDAO Beatriz Aires	02	Desportiva de Viana	4:51.49	+0,77	533	
	50m: 32.23 32.23	150m: 1:44.60 36.96	250m: 2:59.67 37.64	350m: 4:15.55 37.98			
	100m: 1:07.64 35.41	200m: 2:22.03 37.43	300m: 3:37.57 37.90	400m: 4:51.49 35.94			
49.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	4:51.92	+0,79	531	
	50m: 32.41 32.41	150m: 1:45.83 37.13	250m: 3:01.18 37.81	350m: 4:16.15 37.02			
	100m: 1:08.70 36.29	200m: 2:23.37 37.54	300m: 3:39.13 37.95	400m: 4:51.92 35.77			
50.	LIMA Jessica Soares	02	Braga	4:52.05	+0,89	530	
	50m: 33.39 33.39	150m: 1:45.77 36.34	250m: 2:59.55 37.12	350m: 4:15.17 37.76			
	100m: 1:09.43 36.04	200m: 2:22.43 36.66	300m: 3:37.41 37.86	400m: 4:52.05 36.88			
51.	FERRO Carolina Ganhao	02	Geslours	4:52.55	+0,69	528	
	50m: 33.37 33.37	150m: 1:47.08 37.21	250m: 3:02.15 37.15	350m: 4:17.01 37.03			
	100m: 1:09.87 36.50	200m: 2:25.00 37.92	300m: 3:39.98 37.83	400m: 4:52.55 35.54			
52.	PEIXEIRA Filipa Ramos	03	Sporting	4:52.61	+0,84	527	
	50m: 32.86 32.86	150m: 1:45.95 37.21	250m: 3:00.14 37.14	350m: 4:15.46 37.64			
	100m: 1:08.74 35.88	200m: 2:23.00 37.05	300m: 3:37.82 37.68	400m: 4:52.61 37.15			
53.	SANTOS Carolina Ascenso	01	Propaganda da Natacao	4:53.03	+0,81	525	
	50m: 32.17 32.17	150m: 1:44.41 36.68	250m: 2:59.54 37.66	350m: 4:16.24 38.39			
	100m: 1:07.73 35.56	200m: 2:21.88 37.47	300m: 3:37.85 38.31	400m: 4:53.03 36.79			
54.	TOME Maria de Castro	02	Sporting de Aveiro	4:53.31	+0,78	523	
	50m: 32.94 32.94	150m: 1:45.92 36.62	250m: 3:00.46 37.31	350m: 4:15.85 37.75			
	100m: 1:09.30 36.36	200m: 2:23.15 37.23	300m: 3:38.10 37.64	400m: 4:53.31 37.46			

RJC=Rejeitado WDR= Retirado EXH= Extra Competição

Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	RIBEIRO Maria Ines	03	Alges	4:54.37	+0,73	518	
	50m: 33.32 33.32	150m: 1:47.39 37.60	250m: 3:03.00 37.53	350m: 4:17.88 37.53			
	100m: 1:09.79 36.47	200m: 2:25.47 38.08	300m: 3:40.35 37.35	400m: 4:54.37 36.49			
56.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:54.53	+0,84	517	
	50m: 32.92 32.92	150m: 1:45.54 36.71	250m: 2:59.82 37.91	350m: 4:17.19 38.62			
	100m: 1:08.83 35.91	200m: 2:21.91 36.37	300m: 3:38.57 38.75	400m: 4:54.53 37.34			
57.	CASTRO Maria Freitas	03	Fafe	4:54.56	+0,82	517	
	50m: 33.44 33.44	150m: 1:47.07 37.60	250m: 3:03.37 38.36	350m: 4:20.47 38.42			
	100m: 1:09.47 36.03	200m: 2:25.01 37.94	300m: 3:42.05 38.68	400m: 4:54.56 34.09			
58.	SOUSA Ines Matos	03	Nautico /Urgicentro-Sanfil	4:54.97		515	
	50m: 33.67 33.67	150m: 1:48.85 38.32	250m: 3:04.39 37.71	350m: 4:18.74 37.19			
	100m: 1:10.53 36.86	200m: 2:26.68 37.83	300m: 3:41.55 37.16	400m: 4:54.97 36.23			
59.	MARTINS Beatriz Picanco	03	Benfica	4:56.11	+0,91	509	
	50m: 33.31 33.31	150m: 1:48.59 38.01	250m: 3:04.28 38.11	350m: 4:20.21 37.88			
	100m: 1:10.58 37.27	200m: 2:26.17 37.58	300m: 3:42.33 38.05	400m: 4:56.11 35.90			
60.	JACINTO Ines Filipa	03	Ba/Bomcar	4:56.18	+0,81	508	
	50m: 34.25 34.25	150m: 1:50.57 38.58	250m: 3:05.55 36.94	350m: 4:19.60 36.89			
	100m: 1:11.99 37.74	200m: 2:28.61 38.04	300m: 3:42.71 37.16	400m: 4:56.18 36.58			
61.	PAIS Matilde Vieira	03	Galitos / Bresimar	4:56.91	+0,81	505	
	50m: 34.47 34.47	150m: 1:49.50 37.88	250m: 3:05.47 37.95	350m: 4:21.42 38.23			
	100m: 1:11.62 37.15	200m: 2:27.52 38.02	300m: 3:43.19 37.72	400m: 4:56.91 35.49			
62.	VALENTE Beatriz Sousa	03	Natacao de Olhao	4:57.44	+0,79	502	
	50m: 34.66 34.66	150m: 1:49.64 37.82	250m: 3:04.73 37.66	350m: 4:21.23 38.23			
	100m: 1:11.82 37.16	200m: 2:27.07 37.43	300m: 3:43.00 38.27	400m: 4:57.44 36.21			
63.	RODRIGUES Ana Luisa	03	Louzan Natacao	4:58.01	+0,76	499	
	50m: 33.95 33.95	150m: 1:48.68 37.44	250m: 3:04.89 38.10	350m: 4:21.56 38.11			
	100m: 1:11.24 37.29	200m: 2:26.79 38.11	300m: 3:43.45 38.56	400m: 4:58.01 36.45			
64.	BARBOSA Adriana Freixo	03	Viana Natacao	5:00.41	+0,97	487	
	50m: 33.11 33.11	150m: 1:47.52 37.61	250m: 3:04.59 38.69	350m: 4:22.84 38.59			
	100m: 1:09.91 36.80	200m: 2:25.90 38.38	300m: 3:44.25 39.66	400m: 5:00.41 37.57			
65.	CARVALHO Beatriz Moreira	03	Rio Maior	5:02.87	+0,82	475	
	50m: 34.07 34.07	150m: 1:49.61 38.22	250m: 3:06.78 38.71	350m: 4:24.23 38.81			
	100m: 1:11.39 37.32	200m: 2:28.07 38.46	300m: 3:45.42 38.64	400m: 5:02.87 38.64			
66.	PINTO Mafalda Marques	02	Avancado EUL	5:04.09	+0,75	470	
	50m: 33.18 33.18	150m: 1:51.34 40.77	250m: 3:10.28 39.97	350m: 4:27.67 38.53			
	100m: 1:10.57 37.39	200m: 2:30.31 38.97	300m: 3:49.14 38.86	400m: 5:04.09 36.42			
DSQ	DE VICENTE FORSELL Carolina	02	CanoeNC				
	403 - Falsa partida - SW 4.4						
DNS	MUNKHOLM Christina	96	Denmark				

RJC=Rejeitado WDR= Retirado EXH= Extra Competição