

Event 16 Girls, 400m Medley Juvenis  
27-07-2018 - 9:45 Results Prelim

|               |         |                        |      |                  |            |
|---------------|---------|------------------------|------|------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria    | POR  | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Juv A | 4:58.08 | DURAES Diana Margarida | FOCA | Póvoa de Varzim  | 05-08-2011 |
| Rec Nac Juv B | 5:01.00 | ROCHA Ines Neto        | CAP  | Coimbra          | 24-07-2015 |
| Rec Nac Juv B | 5:01.00 | ROCHA Ines Neto        | CAP  | Coimbra          | 24-07-2015 |

TAC Juv A 50m: 5:40.41 - 25m: 5:24.99; Juv B 50m: 5:40.41 - 25m: 5:32.35

Points: FINA 2018

| Rank | Nome                      | YB                  | Clube               | Tempo Final         | RT                  | Pts FINA | Pts |
|------|---------------------------|---------------------|---------------------|---------------------|---------------------|----------|-----|
| 1.   | CUNHA Mariana Pacheco     | 04                  | Fluvial Portuense   | <b>5:13.32</b>      | +0,74               | 614      |     |
|      | 50m: 31.93 31.93          | 150m: 1:50.78 41.78 | 250m: 3:15.31 45.09 | 350m: 4:37.98 36.84 | 400m: 5:13.32 35.34 |          |     |
|      | 100m: 1:09.00 37.07       | 200m: 2:30.22 39.44 | 300m: 4:01.14 45.83 |                     |                     |          |     |
| 2.   | REBELO Maria Carlota      | 03                  | Uniao Coimbra       | <b>5:13.70</b>      | +0,78               | 612      |     |
|      | 50m: 32.85 32.85          | 150m: 1:52.31 42.25 | 250m: 3:16.92 42.83 | 350m: 4:37.89 37.21 | 400m: 5:13.70 35.81 |          |     |
|      | 100m: 1:10.06 37.21       | 200m: 2:34.09 41.78 | 300m: 4:00.68 43.76 |                     |                     |          |     |
| 3.   | FIAL Sofia Nunes          | 03                  | Estamos Juntos      | <b>5:18.26</b>      | +0,82               | 586      |     |
|      | 50m: 34.41 34.41          | 150m: 1:56.27 42.36 | 250m: 3:21.07 43.92 | 350m: 4:43.68 37.60 | 400m: 5:18.26 34.58 |          |     |
|      | 100m: 1:13.91 39.50       | 200m: 2:37.15 40.88 | 300m: 4:06.08 45.01 |                     |                     |          |     |
| 4.   | AMORIM Maria Leonor       | 03                  | Porto               | <b>5:19.22</b>      | +0,73               | 580      |     |
|      | 50m: 33.68 33.68          | 150m: 1:54.55 40.38 | 250m: 3:19.82 45.08 | 350m: 4:43.59 37.06 | 400m: 5:19.22 35.63 |          |     |
|      | 100m: 1:14.17 40.49       | 200m: 2:34.74 40.19 | 300m: 4:06.53 46.71 |                     |                     |          |     |
| 5.   | LIDIANA MAGALHAES CORREIA | 04                  | DRIBelenenses       | <b>5:21.09</b>      | +0,81               | 570      |     |
|      | 50m: 33.87 33.87          | 150m: 1:56.60 42.12 | 250m: 3:21.94 43.13 | 350m: 4:45.33 38.26 | 400m: 5:21.09 35.76 |          |     |
|      | 100m: 1:14.48 40.61       | 200m: 2:38.81 42.21 | 300m: 4:07.07 45.13 |                     |                     |          |     |
| 6.   | PEREIRA Maria Gomes       | 04                  | Alges               | <b>5:21.39</b>      | +0,73               | 569      |     |
|      | 50m: 33.60 33.60          | 150m: 1:57.39 44.40 | 250m: 3:23.63 45.69 | 350m: 4:46.22 37.48 | 400m: 5:21.39 35.17 |          |     |
|      | 100m: 1:12.99 39.39       | 200m: 2:37.94 40.55 | 300m: 4:08.74 45.11 |                     |                     |          |     |
| 7.   | FLORENCIO Matilde Alves   | 04                  | CASP AE             | <b>5:23.89</b>      | +0,77               | 556      |     |
|      | 50m: 33.06 33.06          | 150m: 1:55.57 42.69 | 250m: 3:23.98 46.07 | 350m: 4:48.28 36.00 | 400m: 5:23.89 35.61 |          |     |
|      | 100m: 1:12.88 39.82       | 200m: 2:37.91 42.34 | 300m: 4:12.28 48.30 |                     |                     |          |     |
| 8.   | NEVES Sara Dias           | 03                  | Miranda do Corvo    | <b>5:24.16</b>      | +0,75               | 554      |     |
|      | 50m: 34.66 34.66          | 150m: 1:55.72 42.50 | 250m: 3:23.25 45.94 | 350m: 4:46.47 37.91 | 400m: 5:24.16 37.69 |          |     |
|      | 100m: 1:13.22 38.56       | 200m: 2:37.31 41.59 | 300m: 4:08.56 45.31 |                     |                     |          |     |
| 9.   | MONTEIRO Ana Carolina     | 04                  | Uniao Coimbra       | <b>5:28.81</b>      | +0,83               | 531      |     |
|      | 50m: 33.83 33.83          | 150m: 1:55.51 43.39 | 250m: 3:25.44 47.14 | 350m: 4:50.99 38.70 | 400m: 5:28.81 37.82 |          |     |
|      | 100m: 1:12.12 38.29       | 200m: 2:38.30 42.79 | 300m: 4:12.29 46.85 |                     |                     |          |     |
| 10.  | CARDEAL Beatriz Nunes     | 04                  | Academico Viseu     | <b>5:28.88</b>      | +0,82               | 531      |     |
|      | 50m: 34.23 34.23          | 150m: 1:58.60 44.05 | 250m: 3:27.07 46.55 | 350m: 4:52.44 37.98 | 400m: 5:28.88 36.44 |          |     |
|      | 100m: 1:14.55 40.32       | 200m: 2:40.52 41.92 | 300m: 4:14.46 47.39 |                     |                     |          |     |
| 11.  | DOMINGUES Luana Pinto     | 03                  | Ba/Bomcar           | <b>5:30.09</b>      | +0,61               | 525      |     |
|      | 50m: 33.37 33.37          | 150m: 1:56.95 44.07 | 250m: 3:25.04 45.24 | 350m: 4:51.17 39.22 | 400m: 5:30.09 38.92 |          |     |
|      | 100m: 1:12.88 39.51       | 200m: 2:39.80 42.85 | 300m: 4:11.95 46.91 |                     |                     |          |     |
| 12.  | SOUSA Ines Matos          | 03                  | Uniao Coimbra       | <b>5:30.40</b>      | +0,80               | 523      |     |
|      | 50m: 34.20 34.20          | 150m: 1:56.78 43.31 | 250m: 3:28.14 47.28 | 350m: 4:54.09 37.52 | 400m: 5:30.40 36.31 |          |     |
|      | 100m: 1:13.47 39.27       | 200m: 2:40.86 44.08 | 300m: 4:16.57 48.43 |                     |                     |          |     |

Event 16, Girls, 400m Medley, Prelim, Juvenis

| Rank | Nome  | YB | Clube                  | Tempo Final    | RT    | Pts FINA | Pts |
|------|---|----|------------------------|----------------|-------|----------|-----|
| 13.  | SOARES Ines Apolinario  | 03 | Pimpoes/Cimai          | <b>5:30.81</b> | +0,86 | 522      |     |
|      | 50m: 35.28 35.28 150m: 2:00.16 43.64 250m: 3:30.98 48.33 350m: 4:58.51 39.19    |    |                        |                |       |          |     |
|      | 100m: 1:16.52 41.24 200m: 2:42.65 42.49 300m: 4:19.32 48.34 400m: 5:30.81 32.30 |    |                        |                |       |          |     |
| 14.  | MARQUES Maria Alexandra   | 04 | Albicastrense          | <b>5:32.99</b> | +0,72 | 511      |     |
|      | 50m: 33.63 33.63 150m: 1:56.38 44.57 250m: 3:28.68 49.05 350m: 4:57.23 39.46    |    |                        |                |       |          |     |
|      | 100m: 1:11.81 38.18 200m: 2:39.63 43.25 300m: 4:17.77 49.09 400m: 5:32.99 35.76 |    |                        |                |       |          |     |
| 15.  | FONSECA Laura Luz   | 03 | Naval de Ponta Delgada | <b>5:33.10</b> | +0,74 | 511      |     |
|      | 50m: 34.20 34.20 150m: 1:57.44 41.89 250m: 3:28.79 49.72 350m: 4:56.91 37.39    |    |                        |                |       |          |     |
|      | 100m: 1:15.55 41.35 200m: 2:39.07 41.63 300m: 4:19.52 50.73 400m: 5:33.10 36.19 |    |                        |                |       |          |     |
| 16.  | ROCHA Ines Freitas  | 03 | Aquatico Pacense       | <b>5:33.36</b> | +0,97 | 510      |     |
|      | 50m: 34.67 34.67 150m: 1:57.19 43.95 250m: 3:27.69 47.37 350m: 4:55.21 39.61    |    |                        |                |       |          |     |
|      | 100m: 1:13.24 38.57 200m: 2:40.32 43.13 300m: 4:15.60 47.91 400m: 5:33.36 38.15 |    |                        |                |       |          |     |
| 17.  | AMANTES Beatriz Quintao   | 03 | Uniao Piedense         | <b>5:34.06</b> | +0,80 | 506      |     |
|      | 50m: 34.02 34.02 150m: 1:57.25 44.01 250m: 3:28.34 49.14 350m: 4:58.47 39.38    |    |                        |                |       |          |     |
|      | 100m: 1:13.24 39.22 200m: 2:39.20 41.95 300m: 4:19.09 50.75 400m: 5:34.06 35.59 |    |                        |                |       |          |     |
| 18.  | CASTRO Maria Freitas  | 03 | Fafe                   | <b>5:34.58</b> | +0,74 | 504      |     |
|      | 50m: 33.49 33.49 150m: 1:59.41 45.78 250m: 3:29.58 45.94 350m: 4:56.72 40.37    |    |                        |                |       |          |     |
|      | 100m: 1:13.63 40.14 200m: 2:43.64 44.23 300m: 4:16.35 46.77 400m: 5:34.58 37.86 |    |                        |                |       |          |     |
|      | LIMA Eduarda Filipa   | 04 | Vilacondense           | <b>5:34.58</b> | +0,89 | 504      |     |
|      | 50m: 35.19 35.19 150m: 2:00.32 44.48 250m: 3:32.57 50.34 350m: 4:58.56 37.79    |    |                        |                |       |          |     |
|      | 100m: 1:15.84 40.65 200m: 2:42.23 41.91 300m: 4:20.77 48.20 400m: 5:34.58 36.02 |    |                        |                |       |          |     |
| 20.  | HENRIQUES Carolina Porem  | 04 | Sporting               | <b>5:35.17</b> | +0,65 | 501      |     |
|      | 50m: 34.64 34.64 150m: 1:58.49 44.29 250m: 3:30.66 48.34 350m: 4:57.55 38.19    |    |                        |                |       |          |     |
|      | 100m: 1:14.20 39.56 200m: 2:42.32 43.83 300m: 4:19.36 48.70 400m: 5:35.17 37.62 |    |                        |                |       |          |     |
| 21.  | RODRIGUES Ana Luisa   | 03 | Louzan Natacao         | <b>5:35.49</b> | +0,75 | 500      |     |
|      | 50m: 34.56 34.56 150m: 1:59.36 43.11 250m: 3:30.66 48.88 350m: 4:58.30 38.13    |    |                        |                |       |          |     |
|      | 100m: 1:16.25 41.69 200m: 2:41.78 42.42 300m: 4:20.17 49.51 400m: 5:35.49 37.19 |    |                        |                |       |          |     |
| 22.  | CAXARIA Marta Sousa   | 03 | Natacao do Montijo     | <b>5:35.70</b> | +0,74 | 499      |     |
|      | 50m: 34.08 34.08 150m: 1:58.14 43.83 250m: 3:27.41 47.06 350m: 4:55.89 40.64    |    |                        |                |       |          |     |
|      | 100m: 1:14.31 40.23 200m: 2:40.35 42.21 300m: 4:15.25 47.84 400m: 5:35.70 39.81 |    |                        |                |       |          |     |
| 23.  | INACIO Marta Macedo   | 04 | Sporting               | <b>5:36.41</b> | +0,84 | 496      |     |
|      | 50m: 34.39 34.39 150m: 1:58.55 44.49 250m: 3:30.52 49.83 350m: 4:58.56 39.20    |    |                        |                |       |          |     |
|      | 100m: 1:14.06 39.67 200m: 2:40.69 42.14 300m: 4:19.36 48.84 400m: 5:36.41 37.85 |    |                        |                |       |          |     |
| 24.  | COSTA Catarina Nunes  | 04 | Gesloures              | <b>5:36.49</b> | +0,85 | 496      |     |
|      | 50m: 36.34 36.34 150m: 2:05.27 47.77 250m: 3:36.47 47.05 350m: 5:00.62 38.57    |    |                        |                |       |          |     |
|      | 100m: 1:17.50 41.16 200m: 2:49.42 44.15 300m: 4:22.05 45.58 400m: 5:36.49 35.87 |    |                        |                |       |          |     |
| 25.  | JACINTO Ines Filipa   | 03 | Ba/Bomcar              | <b>5:36.81</b> | +0,74 | 494      |     |
|      | 50m: 33.78 33.78 150m: 2:00.94 46.87 250m: 3:32.96 47.02 350m: 5:00.34 39.08    |    |                        |                |       |          |     |
|      | 100m: 1:14.07 40.29 200m: 2:45.94 45.00 300m: 4:21.26 48.30 400m: 5:36.81 36.47 |    |                        |                |       |          |     |
| 26.  | RATO Renata Simoes  | 03 | Nautico Marinha Grande | <b>5:37.04</b> | +0,82 | 493      |     |
|      | 50m: 36.10 36.10 150m: 2:03.09 45.41 250m: 3:34.88 47.37 350m: 4:59.97 39.75    |    |                        |                |       |          |     |
|      | 100m: 1:17.68 41.58 200m: 2:47.51 44.42 300m: 4:20.22 45.34 400m: 5:37.04 37.07 |    |                        |                |       |          |     |

Event 16, Girls, 400m Medley, Prelim, Juvenis

| Rank | Nome                      | YB                  | Clube                   | Tempo Final         | RT    | Pts FINA | Pts |
|------|---------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| 27.  | CAMBAS Ema Miranda        | 03                  | Naval Povoense          | <b>5:38.13</b>      | +0,80 | 488      |     |
|      | 50m: 36.02 36.02          | 150m: 2:01.58 42.92 | 250m: 3:32.13 48.95     | 350m: 5:00.41 39.23 |       |          |     |
|      | 100m: 1:18.66 42.64       | 200m: 2:43.18 41.60 | 300m: 4:21.18 49.05     | 400m: 5:38.13 37.72 |       |          |     |
| 28.  | FIDALGO Maria Jardim      | 04                  | Colegio Vasco da Gama   | <b>5:38.95</b>      | +0,77 | 485      |     |
|      | 50m: 35.16 35.16          | 150m: 1:58.57 44.42 | 250m: 3:32.32 48.40     | 350m: 5:00.50 39.12 |       |          |     |
|      | 100m: 1:14.15 38.99       | 200m: 2:43.92 45.35 | 300m: 4:21.38 49.06     | 400m: 5:38.95 38.45 |       |          |     |
| 29.  | MORGANHO Leonor Alves     | 04                  | Alges                   | <b>5:39.11</b>      | +0,86 | 484      |     |
|      | 50m: 35.16 35.16          | 150m: 2:01.93 46.70 | 250m: 3:33.81 47.59     | 350m: 5:01.17 39.12 |       |          |     |
|      | 100m: 1:15.23 40.07       | 200m: 2:46.22 44.29 | 300m: 4:22.05 48.24     | 400m: 5:39.11 37.94 |       |          |     |
| 30.  | MONTEIRO Ines Maria       | 04                  | Naval Praia da Vitoria  | <b>5:41.42</b>      | +0,89 | 474      |     |
|      | 50m: 34.91 34.91          | 150m: 2:04.05 47.98 | 250m: 3:38.05 48.10     | 350m: 5:05.16 37.81 |       |          |     |
|      | 100m: 1:16.07 41.16       | 200m: 2:49.95 45.90 | 300m: 4:27.35 49.30     | 400m: 5:41.42 36.26 |       |          |     |
| 31.  | MONTEIRO Barbara Oliveira | 04                  | Braga                   | <b>5:41.61</b>      | +1,01 | 474      |     |
|      | 50m: 37.25 37.25          | 150m: 2:06.66 47.09 | 250m: 3:39.77 47.82     | 350m: 5:05.98 36.97 |       |          |     |
|      | 100m: 1:19.57 42.32       | 200m: 2:51.95 45.29 | 300m: 4:29.01 49.24     | 400m: 5:41.61 35.63 |       |          |     |
| 32.  | CRUZ Jessica Catarina     | 04                  | Aquatico Pacense        | <b>5:41.96</b>      | +0,96 | 472      |     |
|      | 50m: 33.76 33.76          | 150m: 1:58.26 44.83 | 250m: 3:30.39 47.97     | 350m: 5:00.52 39.87 |       |          |     |
|      | 100m: 1:13.43 39.67       | 200m: 2:42.42 44.16 | 300m: 4:20.65 50.26     | 400m: 5:41.96 41.44 |       |          |     |
| 33.  | OLIVEIRA Rita Malafaia    | 03                  | Porto                   | <b>5:41.97</b>      | +0,96 | 472      |     |
|      | 50m: 37.63 37.63          | 150m: 2:08.38 46.91 | 250m: 3:38.70 44.94     | 350m: 5:03.99 38.77 |       |          |     |
|      | 100m: 1:21.47 43.84       | 200m: 2:53.76 45.38 | 300m: 4:25.22 46.52     | 400m: 5:41.97 37.98 |       |          |     |
| 34.  | SANTOS Madalena Almeida   | 03                  | Bombeiros Ponta Delgada | <b>5:42.76</b>      | +0,69 | 469      |     |
|      | 50m: 36.70 36.70          | 150m: 2:01.00 42.02 | 250m: 3:34.20 51.14     | 350m: 5:03.71 39.27 |       |          |     |
|      | 100m: 1:18.98 42.28       | 200m: 2:43.06 42.06 | 300m: 4:24.44 50.24     | 400m: 5:42.76 39.05 |       |          |     |
| 35.  | SILVA Alexandra Cordeiro  | 04                  | Alcobaca                | <b>5:44.41</b>      | +0,75 | 462      |     |
|      | 50m: 36.36 36.36          | 150m: 2:06.81 44.56 | 250m: 3:39.63 50.46     | 350m: 5:07.93 38.89 |       |          |     |
|      | 100m: 1:22.25 45.89       | 200m: 2:49.17 42.36 | 300m: 4:29.04 49.41     | 400m: 5:44.41 36.48 |       |          |     |
| 36.  | DOMINGUES Matilde Mota    | 03                  | Colegio SMLamas         | <b>5:44.43</b>      | +0,77 | 462      |     |
|      | 50m: 32.99 32.99          | 150m: 2:00.59 48.51 | 250m: 3:33.85 45.41     | 350m: 5:01.66 41.34 |       |          |     |
|      | 100m: 1:12.08 39.09       | 200m: 2:48.44 47.85 | 300m: 4:20.32 46.47     | 400m: 5:44.43 42.77 |       |          |     |
| 37.  | BARROS Alexia Bastos      | 04                  | Fafe                    | <b>5:44.72</b>      | +0,85 | 461      |     |
|      | 50m: 35.84 35.84          | 150m: 2:04.39 46.82 | 250m: 3:38.52 47.46     | 350m: 5:06.24 39.29 |       |          |     |
|      | 100m: 1:17.57 41.73       | 200m: 2:51.06 46.67 | 300m: 4:26.95 48.43     | 400m: 5:44.72 38.48 |       |          |     |
| 38.  | REIS Maria Joao           | 04                  | Nautico Marinha Grande  | <b>5:45.36</b>      | +0,76 | 458      |     |
|      | 50m: 38.70 38.70          | 150m: 2:05.66 42.80 | 250m: 3:39.23 51.10     | 350m: 5:08.82 37.66 |       |          |     |
|      | 100m: 1:22.86 44.16       | 200m: 2:48.13 42.47 | 300m: 4:31.16 51.93     | 400m: 5:45.36 36.54 |       |          |     |
| 39.  | GERALDES Madalena Graca   | 04                  | Sporting                | <b>5:45.42</b>      | +0,82 | 458      |     |
|      | 50m: 34.72 34.72          | 150m: 2:03.35 45.69 | 250m: 3:35.89 48.25     | 350m: 5:07.11 40.01 |       |          |     |
|      | 100m: 1:17.66 42.94       | 200m: 2:47.64 44.29 | 300m: 4:27.10 51.21     | 400m: 5:45.42 38.31 |       |          |     |
| 40.  | SIMÕES Rita Mendes        | 04                  | Ba/Bomcar               | <b>5:45.46</b>      | +0,86 | 458      |     |
|      | 50m: 36.46 36.46          | 150m: 2:05.81 45.99 | 250m: 3:40.83 50.50     | 350m: 5:08.88 37.63 |       |          |     |
|      | 100m: 1:19.82 43.36       | 200m: 2:50.33 44.52 | 300m: 4:31.25 50.42     | 400m: 5:45.46 36.58 |       |          |     |

Event 16, Girls, 400m Medley, Prelim, Juvenis

| Rank | Nome                 | YB            | Clube                   | Tempo Final    | RT    | Pts FINA      | Pts   |
|------|----------------------|---------------|-------------------------|----------------|-------|---------------|-------|
| 41.  | SILVA Ana Catarina   | 04            | Fundacao Beatriz Santos | <b>5:45.72</b> | +0,91 | 457           |       |
|      | 50m: 39.15 39.15     | 150m: 2:11.72 | 46.06                   | 250m: 3:44.29  | 48.03 | 350m: 5:09.46 | 38.22 |
|      | 100m: 1:25.66 46.51  | 200m: 2:56.26 | 44.54                   | 300m: 4:31.24  | 46.95 | 400m: 5:45.72 | 36.26 |
| 42.  | SOUSA Ana Pereira    | 03            | Freguesia de Paiao      | <b>5:46.36</b> | +0,95 | 454           |       |
|      | 50m: 35.98 35.98     | 150m: 2:07.23 | 47.35                   | 250m: 3:38.37  | 46.39 | 350m: 5:07.58 | 40.53 |
|      | 100m: 1:19.88 43.90  | 200m: 2:51.98 | 44.75                   | 300m: 4:27.05  | 48.68 | 400m: 5:46.36 | 38.78 |
| 43.  | COELHO Joana Marinho | 04            | Sporting                | <b>5:46.48</b> | +0,70 | 454           |       |
|      | 50m: 35.51 35.51     | 150m: 2:02.40 | 44.08                   | 250m: 3:36.10  | 50.60 | 350m: 5:07.47 | 39.33 |
|      | 100m: 1:18.32 42.81  | 200m: 2:45.50 | 43.10                   | 300m: 4:28.14  | 52.04 | 400m: 5:46.48 | 39.01 |
| 44.  | SOUSA Ana Correia    | 04            | Pimpoes/Cimai           | <b>5:47.35</b> | +0,76 | 450           |       |
|      | 50m: 36.03 36.03     | 150m: 2:05.51 | 45.48                   | 250m: 3:37.52  | 49.22 | 350m: 5:08.09 | 40.33 |
|      | 100m: 1:20.03 44.00  | 200m: 2:48.30 | 42.79                   | 300m: 4:27.76  | 50.24 | 400m: 5:47.35 | 39.26 |
| 45.  | COSTA Leonor Horta   | 04            | Nautico Academico       | <b>5:47.50</b> | +0,93 | 450           |       |
|      | 50m: 34.97 34.97     | 150m: 2:02.25 | 44.48                   | 250m: 3:38.12  | 51.62 | 350m: 5:07.95 | 39.63 |
|      | 100m: 1:17.77 42.80  | 200m: 2:46.50 | 44.25                   | 300m: 4:28.32  | 50.20 | 400m: 5:47.50 | 39.55 |
| 46.  | MENDES Ana Sebastiao | 04            | Portinado               | <b>5:49.48</b> | +0,71 | 442           |       |
|      | 50m: 33.64 33.64     | 150m: 2:01.39 | 44.13                   | 250m: 3:37.97  | 51.73 | 350m: 5:10.11 | 39.74 |
|      | 100m: 1:17.26 43.62  | 200m: 2:46.24 | 44.85                   | 300m: 4:30.37  | 52.40 | 400m: 5:49.48 | 39.37 |

Event 16  
27-07-2018 - 9:45

Girls, 400m Medley

Juvenis B  
Results Prelim

|               |         |                     |     |                  |            |
|---------------|---------|---------------------|-----|------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria | POR | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Juv B | 5:01.00 | ROCHA Ines Neto     | CAP | Coimbra          | 24-07-2015 |
| Rec Nac Juv B | 5:01.00 | ROCHA Ines Neto     | CAP | Coimbra          | 24-07-2015 |

TAC 50m: 5:40.41 - 25m: 5:32.35

Points: FINA 2018

| Rank | Nome                      | YB            | Clube             | Tempo Final    | RT    | Pts FINA      | Pts   |
|------|---------------------------|---------------|-------------------|----------------|-------|---------------|-------|
| 1.   | CUNHA Mariana Pacheco     | 04            | Fluvial Portuense | <b>5:13.32</b> | +0,74 | 614           |       |
|      | 50m: 31.93 31.93          | 150m: 1:50.78 | 41.78             | 250m: 3:15.31  | 45.09 | 350m: 4:37.98 | 36.84 |
|      | 100m: 1:09.00 37.07       | 200m: 2:30.22 | 39.44             | 300m: 4:01.14  | 45.83 | 400m: 5:13.32 | 35.34 |
| 2.   | LIDIANA MAGALHAES CORREIA | 04            | Belenses          | <b>5:21.09</b> | +0,81 | 570           |       |
|      | 50m: 33.87 33.87          | 150m: 1:56.60 | 42.12             | 250m: 3:21.94  | 43.13 | 350m: 4:45.33 | 38.26 |
|      | 100m: 1:14.48 40.61       | 200m: 2:38.81 | 42.21             | 300m: 4:07.07  | 45.13 | 400m: 5:21.09 | 35.76 |
| 3.   | PEREIRA Maria Gomes       | 04            | Alges             | <b>5:21.39</b> | +0,73 | 569           |       |
|      | 50m: 33.60 33.60          | 150m: 1:57.39 | 44.40             | 250m: 3:23.63  | 45.69 | 350m: 4:46.22 | 37.48 |
|      | 100m: 1:12.99 39.39       | 200m: 2:37.94 | 40.55             | 300m: 4:08.74  | 45.11 | 400m: 5:21.39 | 35.17 |
| 4.   | FLORENCIO Matilde Alves   | 04            | CASP AE           | <b>5:23.89</b> | +0,77 | 556           |       |
|      | 50m: 33.06 33.06          | 150m: 1:55.57 | 42.69             | 250m: 3:23.98  | 46.07 | 350m: 4:48.28 | 36.00 |
|      | 100m: 1:12.88 39.82       | 200m: 2:37.91 | 42.34             | 300m: 4:12.28  | 48.30 | 400m: 5:23.89 | 35.61 |
| 5.   | MONTEIRO Ana Carolina     | 04            | Uniao Coimbra     | <b>5:28.81</b> | +0,83 | 531           |       |
|      | 50m: 33.83 33.83          | 150m: 1:55.51 | 43.39             | 250m: 3:25.44  | 47.14 | 350m: 4:50.99 | 38.70 |
|      | 100m: 1:12.12 38.29       | 200m: 2:38.30 | 42.79             | 300m: 4:12.29  | 46.85 | 400m: 5:28.81 | 37.82 |

Event 16, Girls, 400m Medley, Prelim, Juvenis B

| Rank | Nome  | YB | Clube                  | Tempo Final    | RT    | Pts FINA | Pts |
|------|---|----|------------------------|----------------|-------|----------|-----|
| 6.   | CARDEAL Beatriz Nunes   | 04 | Academico Viseu        | <b>5:28.88</b> | +0,82 | 531      |     |
|      | 50m: 34.23 34.23 150m: 1:58.60 44.05 250m: 3:27.07 46.55 350m: 4:52.44 37.98    |    |                        |                |       |          |     |
|      | 100m: 1:14.55 40.32 200m: 2:40.52 41.92 300m: 4:14.46 47.39 400m: 5:28.88 36.44 |    |                        |                |       |          |     |
| 7.   | MARQUES Maria Alexandra   | 04 | Albicastrense          | <b>5:32.99</b> | +0,72 | 511      |     |
|      | 50m: 33.63 33.63 150m: 1:56.38 44.57 250m: 3:28.68 49.05 350m: 4:57.23 39.46    |    |                        |                |       |          |     |
|      | 100m: 1:11.81 38.18 200m: 2:39.63 43.25 300m: 4:17.77 49.09 400m: 5:32.99 35.76 |    |                        |                |       |          |     |
| 8.   | LIMA Eduarda Filipa   | 04 | Vilacondense           | <b>5:34.58</b> | +0,89 | 504      |     |
|      | 50m: 35.19 35.19 150m: 2:00.32 44.48 250m: 3:32.57 50.34 350m: 4:58.56 37.79    |    |                        |                |       |          |     |
|      | 100m: 1:15.84 40.65 200m: 2:42.23 41.91 300m: 4:20.77 48.20 400m: 5:34.58 36.02 |    |                        |                |       |          |     |
| 9.   | HENRIQUES Carolina Porem  | 04 | Sporting               | <b>5:35.17</b> | +0,65 | 501      |     |
|      | 50m: 34.64 34.64 150m: 1:58.49 44.29 250m: 3:30.66 48.34 350m: 4:57.55 38.19    |    |                        |                |       |          |     |
|      | 100m: 1:14.20 39.56 200m: 2:42.32 43.83 300m: 4:19.36 48.70 400m: 5:35.17 37.62 |    |                        |                |       |          |     |
| 10.  | INACIO Marta Macedo   | 04 | Sporting               | <b>5:36.41</b> | +0,84 | 496      |     |
|      | 50m: 34.39 34.39 150m: 1:58.55 44.49 250m: 3:30.52 49.83 350m: 4:58.56 39.20    |    |                        |                |       |          |     |
|      | 100m: 1:14.06 39.67 200m: 2:40.69 42.14 300m: 4:19.36 48.84 400m: 5:36.41 37.85 |    |                        |                |       |          |     |
| 11.  | COSTA Catarina Nunes  | 04 | Gesloures              | <b>5:36.49</b> | +0,85 | 496      |     |
|      | 50m: 36.34 36.34 150m: 2:05.27 47.77 250m: 3:36.47 47.05 350m: 5:00.62 38.57    |    |                        |                |       |          |     |
|      | 100m: 1:17.50 41.16 200m: 2:49.42 44.15 300m: 4:22.05 45.58 400m: 5:36.49 35.87 |    |                        |                |       |          |     |
| 12.  | FIDALGO Maria Jardim  | 04 | Colegio Vasco da Gama  | <b>5:38.95</b> | +0,77 | 485      |     |
|      | 50m: 35.16 35.16 150m: 1:58.57 44.42 250m: 3:32.32 48.40 350m: 5:00.50 39.12    |    |                        |                |       |          |     |
|      | 100m: 1:14.15 38.99 200m: 2:43.92 45.35 300m: 4:21.38 49.06 400m: 5:38.95 38.45 |    |                        |                |       |          |     |
| 13.  | MORGANHO Leonor Alves   | 04 | Alges                  | <b>5:39.11</b> | +0,86 | 484      |     |
|      | 50m: 35.16 35.16 150m: 2:01.93 46.70 250m: 3:33.81 47.59 350m: 5:01.17 39.12    |    |                        |                |       |          |     |
|      | 100m: 1:15.23 40.07 200m: 2:46.22 44.29 300m: 4:22.05 48.24 400m: 5:39.11 37.94 |    |                        |                |       |          |     |
| 14.  | MONTEIRO Ines Maria   | 04 | Naval Praia da Vitoria | <b>5:41.42</b> | +0,89 | 474      |     |
|      | 50m: 34.91 34.91 150m: 2:04.05 47.98 250m: 3:38.05 48.10 350m: 5:05.16 37.81    |    |                        |                |       |          |     |
|      | 100m: 1:16.07 41.16 200m: 2:49.95 45.90 300m: 4:27.35 49.30 400m: 5:41.42 36.26 |    |                        |                |       |          |     |
| 15.  | MONTEIRO Barbara Oliveira   | 04 | Braga                  | <b>5:41.61</b> | +1,01 | 474      |     |
|      | 50m: 37.25 37.25 150m: 2:06.66 47.09 250m: 3:39.77 47.82 350m: 5:05.98 36.97    |    |                        |                |       |          |     |
|      | 100m: 1:19.57 42.32 200m: 2:51.95 45.29 300m: 4:29.01 49.24 400m: 5:41.61 35.63 |    |                        |                |       |          |     |
| 16.  | CRUZ Jessica Catarina   | 04 | Aquatico Pacense       | <b>5:41.96</b> | +0,96 | 472      |     |
|      | 50m: 33.76 33.76 150m: 1:58.26 44.83 250m: 3:30.39 47.97 350m: 5:00.52 39.87    |    |                        |                |       |          |     |
|      | 100m: 1:13.43 39.67 200m: 2:42.42 44.16 300m: 4:20.65 50.26 400m: 5:41.96 41.44 |    |                        |                |       |          |     |
| 17.  | SILVA Alexandra Cordeiro  | 04 | Alcobaca               | <b>5:44.41</b> | +0,75 | 462      |     |
|      | 50m: 36.36 36.36 150m: 2:06.81 44.56 250m: 3:39.63 50.46 350m: 5:07.93 38.89    |    |                        |                |       |          |     |
|      | 100m: 1:22.25 45.89 200m: 2:49.17 42.36 300m: 4:29.04 49.41 400m: 5:44.41 36.48 |    |                        |                |       |          |     |
| 18.  | BARROS Alexia Bastos  | 04 | Fafe                   | <b>5:44.72</b> | +0,85 | 461      |     |
|      | 50m: 35.84 35.84 150m: 2:04.39 46.82 250m: 3:38.52 47.46 350m: 5:06.24 39.29    |    |                        |                |       |          |     |
|      | 100m: 1:17.57 41.73 200m: 2:51.06 46.67 300m: 4:26.95 48.43 400m: 5:44.72 38.48 |    |                        |                |       |          |     |
| 19.  | REIS Maria Joao   | 04 | Nautico Marinha Grande | <b>5:45.36</b> | +0,76 | 458      |     |
|      | 50m: 38.70 38.70 150m: 2:05.66 42.80 250m: 3:39.23 51.10 350m: 5:08.82 37.66    |    |                        |                |       |          |     |
|      | 100m: 1:22.86 44.16 200m: 2:48.13 42.47 300m: 4:31.16 51.93 400m: 5:45.36 36.54 |    |                        |                |       |          |     |

Event 16, Girls, 400m Medley, Prelim, Juvenis B

| Rank | Nome                    | YB                  | Clube                   | Tempo Final         | RT    | Pts FINA | Pts |
|------|-------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| 20.  | GERALDES Madalena Graca | 04                  | Sporting                | <b>5:45.42</b>      | +0,82 | 458      |     |
|      | 50m: 34.72 34.72        | 150m: 2:03.35 45.69 | 250m: 3:35.89 48.25     | 350m: 5:07.11 40.01 |       |          |     |
|      | 100m: 1:17.66 42.94     | 200m: 2:47.64 44.29 | 300m: 4:27.10 51.21     | 400m: 5:45.42 38.31 |       |          |     |
| 21.  | SIMOES Rita Mendes      | 04                  | Ba/Bomcar               | <b>5:45.46</b>      | +0,86 | 458      |     |
|      | 50m: 36.46 36.46        | 150m: 2:05.81 45.99 | 250m: 3:40.83 50.50     | 350m: 5:08.88 37.63 |       |          |     |
|      | 100m: 1:19.82 43.36     | 200m: 2:50.33 44.52 | 300m: 4:31.25 50.42     | 400m: 5:45.46 36.58 |       |          |     |
| 22.  | SILVA Ana Catarina      | 04                  | Fundacao Beatriz Santos | <b>5:45.72</b>      | +0,91 | 457      |     |
|      | 50m: 39.15 39.15        | 150m: 2:11.72 46.06 | 250m: 3:44.29 48.03     | 350m: 5:09.46 38.22 |       |          |     |
|      | 100m: 1:25.66 46.51     | 200m: 2:56.26 44.54 | 300m: 4:31.24 46.95     | 400m: 5:45.72 36.26 |       |          |     |
| 23.  | COELHO Joana Marinho    | 04                  | Sporting                | <b>5:46.48</b>      | +0,70 | 454      |     |
|      | 50m: 35.51 35.51        | 150m: 2:02.40 44.08 | 250m: 3:36.10 50.60     | 350m: 5:07.47 39.33 |       |          |     |
|      | 100m: 1:18.32 42.81     | 200m: 2:45.50 43.10 | 300m: 4:28.14 52.04     | 400m: 5:46.48 39.01 |       |          |     |
| 24.  | SOUSA Ana Correia       | 04                  | Pimpoes/Cimai           | <b>5:47.35</b>      | +0,76 | 450      |     |
|      | 50m: 36.03 36.03        | 150m: 2:05.51 45.48 | 250m: 3:37.52 49.22     | 350m: 5:08.09 40.33 |       |          |     |
|      | 100m: 1:20.03 44.00     | 200m: 2:48.30 42.79 | 300m: 4:27.76 50.24     | 400m: 5:47.35 39.26 |       |          |     |
| 25.  | COSTA Leonor Horta      | 04                  | Nautico Academico       | <b>5:47.50</b>      | +0,93 | 450      |     |
|      | 50m: 34.97 34.97        | 150m: 2:02.25 44.48 | 250m: 3:38.12 51.62     | 350m: 5:07.95 39.63 |       |          |     |
|      | 100m: 1:17.77 42.80     | 200m: 2:46.50 44.25 | 300m: 4:28.32 50.20     | 400m: 5:47.50 39.55 |       |          |     |
| 26.  | MENDES Ana Sebastiao    | 04                  | Portinado               | <b>5:49.48</b>      | +0,71 | 442      |     |
|      | 50m: 33.64 33.64        | 150m: 2:01.39 44.13 | 250m: 3:37.97 51.73     | 350m: 5:10.11 39.74 |       |          |     |
|      | 100m: 1:17.26 43.62     | 200m: 2:46.24 44.85 | 300m: 4:30.37 52.40     | 400m: 5:49.48 39.37 |       |          |     |

Event 16 Girls, 400m Medley Juvenis A  
27-07-2018 - 9:45 Results Prelim

|               |         |                        |      |                  |            |
|---------------|---------|------------------------|------|------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria    | POR  | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Juv A | 4:58.08 | DURAES Diana Margarida | FOCA | Póvoa de Varzim  | 05-08-2011 |

TAC 50m: 5:40.41 - 25m: 5:24.99

Points: FINA 2018

| Rank | Nome                 | YB                  | Clube               | Tempo Final         | RT    | Pts FINA | Pts |
|------|----------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 1.   | REBELO Maria Carlota | 03                  | Uniao Coimbra       | <b>5:13.70</b>      | +0,78 | 612      |     |
|      | 50m: 32.85 32.85     | 150m: 1:52.31 42.25 | 250m: 3:16.92 42.83 | 350m: 4:37.89 37.21 |       |          |     |
|      | 100m: 1:10.06 37.21  | 200m: 2:34.09 41.78 | 300m: 4:00.68 43.76 | 400m: 5:13.70 35.81 |       |          |     |
| 2.   | FIAL Sofia Nunes     | 03                  | Estamos Juntos      | <b>5:18.26</b>      | +0,82 | 586      |     |
|      | 50m: 34.41 34.41     | 150m: 1:56.27 42.36 | 250m: 3:21.07 43.92 | 350m: 4:43.68 37.60 |       |          |     |
|      | 100m: 1:13.91 39.50  | 200m: 2:37.15 40.88 | 300m: 4:06.08 45.01 | 400m: 5:18.26 34.58 |       |          |     |
| 3.   | AMORIM Maria Leonor  | 03                  | Porto               | <b>5:19.22</b>      | +0,73 | 580      |     |
|      | 50m: 33.68 33.68     | 150m: 1:54.55 40.38 | 250m: 3:19.82 45.08 | 350m: 4:43.59 37.06 |       |          |     |
|      | 100m: 1:14.17 40.49  | 200m: 2:34.74 40.19 | 300m: 4:06.53 46.71 | 400m: 5:19.22 35.63 |       |          |     |
| 4.   | NEVES Sara Dias      | 03                  | Miranda do Corvo    | <b>5:24.16</b>      | +0,75 | 554      |     |
|      | 50m: 34.66 34.66     | 150m: 1:55.72 42.50 | 250m: 3:23.25 45.94 | 350m: 4:46.47 37.91 |       |          |     |
|      | 100m: 1:13.22 38.56  | 200m: 2:37.31 41.59 | 300m: 4:08.56 45.31 | 400m: 5:24.16 37.69 |       |          |     |

Event 16, Girls, 400m Medley, Prelim, Juvenis A

| Rank | Nome                    | YB                  | Clube                   | Tempo Final         | RT    | Pts FINA | Pts |
|------|-------------------------|---------------------|-------------------------|---------------------|-------|----------|-----|
| 5.   | DOMINGUES Luana Pinto   | 03                  | Ba/Bomcar               | <b>5:30.09</b>      | +0,61 | 525      |     |
|      | 50m: 33.37 33.37        | 150m: 1:56.95 44.07 | 250m: 3:25.04 45.24     | 350m: 4:51.17 39.22 |       |          |     |
|      | 100m: 1:12.88 39.51     | 200m: 2:39.80 42.85 | 300m: 4:11.95 46.91     | 400m: 5:30.09 38.92 |       |          |     |
| 6.   | SOUSA Ines Matos        | 03                  | Uniao Coimbra           | <b>5:30.40</b>      | +0,80 | 523      |     |
|      | 50m: 34.20 34.20        | 150m: 1:56.78 43.31 | 250m: 3:28.14 47.28     | 350m: 4:54.09 37.52 |       |          |     |
|      | 100m: 1:13.47 39.27     | 200m: 2:40.86 44.08 | 300m: 4:16.57 48.43     | 400m: 5:30.40 36.31 |       |          |     |
| 7.   | SOARES Ines Apolinario  | 03                  | Pimpoes/Cimai           | <b>5:30.81</b>      | +0,86 | 522      |     |
|      | 50m: 35.28 35.28        | 150m: 2:00.16 43.64 | 250m: 3:30.98 48.33     | 350m: 4:58.51 39.19 |       |          |     |
|      | 100m: 1:16.52 41.24     | 200m: 2:42.65 42.49 | 300m: 4:19.32 48.34     | 400m: 5:30.81 32.30 |       |          |     |
| 8.   | FONSECA Laura Luz       | 03                  | Naval de Ponta Delgada  | <b>5:33.10</b>      | +0,74 | 511      |     |
|      | 50m: 34.20 34.20        | 150m: 1:57.44 41.89 | 250m: 3:28.79 49.72     | 350m: 4:56.91 37.39 |       |          |     |
|      | 100m: 1:15.55 41.35     | 200m: 2:39.07 41.63 | 300m: 4:19.52 50.73     | 400m: 5:33.10 36.19 |       |          |     |
| 9.   | ROCHA Ines Freitas      | 03                  | Aquatico Pacense        | <b>5:33.36</b>      | +0,97 | 510      |     |
|      | 50m: 34.67 34.67        | 150m: 1:57.19 43.95 | 250m: 3:27.69 47.37     | 350m: 4:55.21 39.61 |       |          |     |
|      | 100m: 1:13.24 38.57     | 200m: 2:40.32 43.13 | 300m: 4:15.60 47.91     | 400m: 5:33.36 38.15 |       |          |     |
| 10.  | AMANTES Beatriz Quintao | 03                  | Uniao Piedense          | <b>5:34.06</b>      | +0,80 | 506      |     |
|      | 50m: 34.02 34.02        | 150m: 1:57.25 44.01 | 250m: 3:28.34 49.14     | 350m: 4:58.47 39.38 |       |          |     |
|      | 100m: 1:13.24 39.22     | 200m: 2:39.20 41.95 | 300m: 4:19.09 50.75     | 400m: 5:34.06 35.59 |       |          |     |
| 11.  | CASTRO Maria Freitas    | 03                  | Fafe                    | <b>5:34.58</b>      | +0,74 | 504      |     |
|      | 50m: 33.49 33.49        | 150m: 1:59.41 45.78 | 250m: 3:29.58 45.94     | 350m: 4:56.72 40.37 |       |          |     |
|      | 100m: 1:13.63 40.14     | 200m: 2:43.64 44.23 | 300m: 4:16.35 46.77     | 400m: 5:34.58 37.86 |       |          |     |
| 12.  | RODRIGUES Ana Luisa     | 03                  | Louzan Natacao          | <b>5:35.49</b>      | +0,75 | 500      |     |
|      | 50m: 34.56 34.56        | 150m: 1:59.36 43.11 | 250m: 3:30.66 48.88     | 350m: 4:58.30 38.13 |       |          |     |
|      | 100m: 1:16.25 41.69     | 200m: 2:41.78 42.42 | 300m: 4:20.17 49.51     | 400m: 5:35.49 37.19 |       |          |     |
| 13.  | CAXARIA Marta Sousa     | 03                  | Natacao do Montijo      | <b>5:35.70</b>      | +0,74 | 499      |     |
|      | 50m: 34.08 34.08        | 150m: 1:58.14 43.83 | 250m: 3:27.41 47.06     | 350m: 4:55.89 40.64 |       |          |     |
|      | 100m: 1:14.31 40.23     | 200m: 2:40.35 42.21 | 300m: 4:15.25 47.84     | 400m: 5:35.70 39.81 |       |          |     |
| 14.  | JACINTO Ines Filipa     | 03                  | Ba/Bomcar               | <b>5:36.81</b>      | +0,74 | 494      |     |
|      | 50m: 33.78 33.78        | 150m: 2:00.94 46.87 | 250m: 3:32.96 47.02     | 350m: 5:00.34 39.08 |       |          |     |
|      | 100m: 1:14.07 40.29     | 200m: 2:45.94 45.00 | 300m: 4:21.26 48.30     | 400m: 5:36.81 36.47 |       |          |     |
| 15.  | RATO Renata Simoes      | 03                  | Nautico Marinha Grande  | <b>5:37.04</b>      | +0,82 | 493      |     |
|      | 50m: 36.10 36.10        | 150m: 2:03.09 45.41 | 250m: 3:34.88 47.37     | 350m: 4:59.97 39.75 |       |          |     |
|      | 100m: 1:17.68 41.58     | 200m: 2:47.51 44.42 | 300m: 4:20.22 45.34     | 400m: 5:37.04 37.07 |       |          |     |
| 16.  | CAMBAS Ema Miranda      | 03                  | Naval Povoense          | <b>5:38.13</b>      | +0,80 | 488      |     |
|      | 50m: 36.02 36.02        | 150m: 2:01.58 42.92 | 250m: 3:32.13 48.95     | 350m: 5:00.41 39.23 |       |          |     |
|      | 100m: 1:18.66 42.64     | 200m: 2:43.18 41.60 | 300m: 4:21.18 49.05     | 400m: 5:38.13 37.72 |       |          |     |
| 17.  | OLIVEIRA Rita Malafaia  | 03                  | Porto                   | <b>5:41.97</b>      | +0,96 | 472      |     |
|      | 50m: 37.63 37.63        | 150m: 2:08.38 46.91 | 250m: 3:38.70 44.94     | 350m: 5:03.99 38.77 |       |          |     |
|      | 100m: 1:21.47 43.84     | 200m: 2:53.76 45.38 | 300m: 4:25.22 46.52     | 400m: 5:41.97 37.98 |       |          |     |
| 18.  | SANTOS Madalena Almeida | 03                  | Bombeiros Ponta Delgada | <b>5:42.76</b>      | +0,69 | 469      |     |
|      | 50m: 36.70 36.70        | 150m: 2:01.00 42.02 | 250m: 3:34.20 51.14     | 350m: 5:03.71 39.27 |       |          |     |
|      | 100m: 1:18.98 42.28     | 200m: 2:43.06 42.06 | 300m: 4:24.44 50.24     | 400m: 5:42.76 39.05 |       |          |     |

Event 16, Girls, 400m Medley, Prelim, Juvenis A

| Rank | Nome                   | YB            | Clube              | Tempo Final    | RT    | Pts FINA      | Pts   |
|------|------------------------|---------------|--------------------|----------------|-------|---------------|-------|
| 19.  | DOMINGUES Matilde Mota | 03            | Colegio SMLamas    | <b>5:44.43</b> | +0,77 | 462           |       |
|      | 50m: 32.99 32.99       | 150m: 2:00.59 | 48.51              | 250m: 3:33.85  | 45.41 | 350m: 5:01.66 | 41.34 |
|      | 100m: 1:12.08 39.09    | 200m: 2:48.44 | 47.85              | 300m: 4:20.32  | 46.47 | 400m: 5:44.43 | 42.77 |
| 20.  | SOUSA Ana Pereira      | 03            | Freguesia de Paiao | <b>5:46.36</b> | +0,95 | 454           |       |
|      | 50m: 35.98 35.98       | 150m: 2:07.23 | 47.35              | 250m: 3:38.37  | 46.39 | 350m: 5:07.58 | 40.53 |
|      | 100m: 1:19.88 43.90    | 200m: 2:51.98 | 44.75              | 300m: 4:27.05  | 48.68 | 400m: 5:46.36 | 38.78 |

Event 16

Girls, 400m Medley

Junior 16

27-07-2018 - 9:45

Results Prelim

|               |         |                     |       |                  |            |
|---------------|---------|---------------------|-------|------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria | POR   | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Jun16 | 4:54.00 | ROCHA Ines Neto     | SANNP | Gijón (ESP)      | 20-05-2017 |

TAC Jun 50m: 5:28.49 - 25m: 5:17.49

Points: FINA 2018

| Rank | Nome                        | YB            | Clube               | Tempo Final    | RT    | Pts FINA      | Pts   |
|------|-----------------------------|---------------|---------------------|----------------|-------|---------------|-------|
| 1.   | MESQUITA Francisca Salvador | 02            | Colegio Monte Maior | <b>5:05.75</b> | +0,78 | 661           |       |
|      | 50m: 31.51 31.51            | 150m: 1:47.70 | 40.01               | 250m: 3:11.11  | 42.36 | 350m: 4:31.49 | 36.05 |
|      | 100m: 1:07.69 36.18         | 200m: 2:28.75 | 41.05               | 300m: 3:55.44  | 44.33 | 400m: 5:05.75 | 34.26 |
| 2.   | SOUSA Ana Reis              | 02            | Litoral Alentejano  | <b>5:05.85</b> | +0,71 | 660           |       |
|      | 50m: 32.42 32.42            | 150m: 1:50.48 | 41.08               | 250m: 3:14.34  | 44.31 | 350m: 4:32.57 | 34.77 |
|      | 100m: 1:09.40 36.98         | 200m: 2:30.03 | 39.55               | 300m: 3:57.80  | 43.46 | 400m: 5:05.85 | 33.28 |
| 3.   | CARDEAL Joana Nunes         | 02            | Academico Viseu     | <b>5:06.46</b> | +0,83 | 656           |       |
|      | 50m: 32.35 32.35            | 150m: 1:49.79 | 40.80               | 250m: 3:13.63  | 44.67 | 350m: 4:33.89 | 34.75 |
|      | 100m: 1:08.99 36.64         | 200m: 2:28.96 | 39.17               | 300m: 3:59.14  | 45.51 | 400m: 5:06.46 | 32.57 |
| 4.   | MENDES Mariana Amaral       | 02            | Colegio Monte Maior | <b>5:07.72</b> | +0,76 | 648           |       |
|      | 50m: 32.81 32.81            | 150m: 1:50.89 | 41.13               | 250m: 3:14.85  | 43.85 | 350m: 4:33.17 | 35.16 |
|      | 100m: 1:09.76 36.95         | 200m: 2:31.00 | 40.11               | 300m: 3:58.01  | 43.16 | 400m: 5:07.72 | 34.55 |
| 5.   | PINA Ana Sofia              | 02            | O Crasto            | <b>5:08.64</b> | +0,81 | 642           |       |
|      | 50m: 31.87 31.87            | 150m: 1:49.21 | 40.22               | 250m: 3:13.74  | 45.22 | 350m: 4:33.87 | 35.04 |
|      | 100m: 1:08.99 37.12         | 200m: 2:28.52 | 39.31               | 300m: 3:58.83  | 45.09 | 400m: 5:08.64 | 34.77 |
| 6.   | SILVA Natacha Sofia         | 02            | Benfica             | <b>5:17.07</b> | +0,81 | 592           |       |
|      | 50m: 33.26 33.26            | 150m: 1:55.03 | 43.93               | 250m: 3:20.43  | 43.37 | 350m: 4:41.60 | 36.73 |
|      | 100m: 1:11.10 37.84         | 200m: 2:37.06 | 42.03               | 300m: 4:04.87  | 44.44 | 400m: 5:17.07 | 35.47 |
| 7.   | MONTEIRO Margarida Cabral   | 02            | Galitos / Bresimar  | <b>5:19.62</b> | +0,74 | 578           |       |
|      | 50m: 34.12 34.12            | 150m: 1:53.99 | 40.16               | 250m: 3:19.54  | 45.44 | 350m: 4:42.97 | 36.13 |
|      | 100m: 1:13.83 39.71         | 200m: 2:34.10 | 40.11               | 300m: 4:06.84  | 47.30 | 400m: 5:19.62 | 36.65 |
| 8.   | FERNANDES Filipa Viamonte   | 02            | Vitoria Guimaraes   | <b>5:21.36</b> | +0,84 | 569           |       |
|      | 50m: 32.62 32.62            | 150m: 1:53.53 | 42.59               | 250m: 3:22.76  | 47.49 | 350m: 4:45.54 | 36.06 |
|      | 100m: 1:10.94 38.32         | 200m: 2:35.27 | 41.74               | 300m: 4:09.48  | 46.72 | 400m: 5:21.36 | 35.82 |
| 9.   | OLIVEIRA Mafalda Joana      | 02            | Aquatico Pacense    | <b>5:22.93</b> | +0,83 | 561           |       |
|      | 50m: 32.34 32.34            | 150m: 1:51.87 | 43.27               | 250m: 3:19.73  | 46.63 | 350m: 4:45.23 | 39.39 |
|      | 100m: 1:08.60 36.26         | 200m: 2:33.10 | 41.23               | 300m: 4:05.84  | 46.11 | 400m: 5:22.93 | 37.70 |



Event 16, Women, 400m Medley, Prelim

Event 16 Women, 400m Medley Junior 17  
27-07-2018 - 9:45 Results Prelim

|               |         |                     |      |                  |            |
|---------------|---------|---------------------|------|------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria | POR  | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Jun17 | 4:52.12 | KAMINSKAYA Victoria | PIMP | Oeiras           | 27-07-2012 |

TAC Jun 50m: 5:28.49 - 25m: 5:17.49

Points: FINA 2018

| Rank | Nome                | YB                  | Clube                 | Tempo Final         | RT    | Pts FINA | Pts |
|------|---------------------|---------------------|-----------------------|---------------------|-------|----------|-----|
| 1.   | MACHADO Luisa Maria | 01                  | Uniao Piedense        | <b>5:01.93</b>      | +0,81 | 686      |     |
|      | 50m: 31.61 31.61    | 150m: 1:49.08 40.26 | 250m: 3:09.73 41.07   | 350m: 4:26.97 35.47 |       |          |     |
|      | 100m: 1:08.82 37.21 | 200m: 2:28.66 39.58 | 300m: 3:51.50 41.77   | 400m: 5:01.93 34.96 |       |          |     |
| 2.   | VEIGA Ana Filipa    | 01                  | Gafanha da Encarnacao | <b>5:20.97</b>      | +0,79 | 571      |     |
|      | 50m: 34.21 34.21    | 150m: 1:58.06 44.49 | 250m: 3:24.37 43.04   | 350m: 4:44.60 37.35 |       |          |     |
|      | 100m: 1:13.57 39.36 | 200m: 2:41.33 43.27 | 300m: 4:07.25 42.88   | 400m: 5:20.97 36.37 |       |          |     |
| 3.   | MATOS Lara Beatriz  | 01                  | Famalicao             | <b>5:30.54</b>      | +0,92 | 523      |     |
|      | 50m: 33.63 33.63    | 150m: 1:56.85 43.85 | 250m: 3:26.76 47.27   | 350m: 4:52.97 37.81 |       |          |     |
|      | 100m: 1:13.00 39.37 | 200m: 2:39.49 42.64 | 300m: 4:15.16 48.40   | 400m: 5:30.54 37.57 |       |          |     |

Event 16 Women, 400m Medley Seniores  
27-07-2018 - 9:45 Results Prelim

|              |         |                     |     |                  |            |
|--------------|---------|---------------------|-----|------------------|------------|
| Rec Nac Open | 4:40.11 | KAMINSKAYA Victoria | POR | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Sen  | 4:40.11 | KAMINSKAYA Victoria | POR | Pontevedra (ESP) | 09-04-2017 |

TAC 50m: 5:18.50 - 25m: 5:07.00

Points: FINA 2018

| Rank | Nome                      | YB                  | Clube                  | Tempo Final         | RT    | Pts FINA | Pts |
|------|---------------------------|---------------------|------------------------|---------------------|-------|----------|-----|
| 1.   | HENRIQUES Ines Jacinto    | 00                  | Pimpoes/Cimai          | <b>5:02.43</b>      | +0,71 | 683      |     |
|      | 50m: 30.78 30.78          | 150m: 1:44.35 39.31 | 250m: 3:08.60 45.39    | 350m: 4:28.34 34.72 |       |          |     |
|      | 100m: 1:05.04 34.26       | 200m: 2:23.21 38.86 | 300m: 3:53.62 45.02    | 400m: 5:02.43 34.09 |       |          |     |
| 2.   | MARTINS Ana Beatriz       | 99                  | Famalicao              | <b>5:04.55</b>      | +0,76 | 669      |     |
|      | 50m: 32.24 32.24          | 150m: 1:48.42 40.61 | 250m: 3:12.23 43.78    | 350m: 4:29.81 34.84 |       |          |     |
|      | 100m: 1:07.81 35.57       | 200m: 2:28.45 40.03 | 300m: 3:54.97 42.74    | 400m: 5:04.55 34.74 |       |          |     |
| 3.   | VARGAS Giovanna Vaz       | 00                  | Nautico Marinha Grande | <b>5:06.43</b>      | +0,78 | 656      |     |
|      | 50m: 32.47 32.47          | 150m: 1:47.63 40.21 | 250m: 3:11.33 44.31    | 350m: 4:31.43 36.07 |       |          |     |
|      | 100m: 1:07.42 34.95       | 200m: 2:27.02 39.39 | 300m: 3:55.36 44.03    | 400m: 5:06.43 35.00 |       |          |     |
| 4.   | BERNARDO Ines Silva       | 00                  | Benfica                | <b>5:17.44</b>      | +0,74 | 590      |     |
|      | 50m: 32.68 32.68          | 150m: 1:52.31 41.98 | 250m: 3:19.70 45.20    | 350m: 4:41.08 36.35 |       |          |     |
|      | 100m: 1:10.33 37.65       | 200m: 2:34.50 42.19 | 300m: 4:04.73 45.03    | 400m: 5:17.44 36.36 |       |          |     |
| 5.   | RIBEIRO Margarida Messias | 98                  | Gesloures              | <b>5:20.29</b>      | +0,76 | 575      |     |
|      | 50m: 33.04 33.04          | 150m: 1:54.51 42.11 | 250m: 3:19.24 43.57    | 350m: 4:43.74 37.87 |       |          |     |
|      | 100m: 1:12.40 39.36       | 200m: 2:35.67 41.16 | 300m: 4:05.87 46.63    | 400m: 5:20.29 36.55 |       |          |     |

Event 16, Women, 400m Medley, Prelim

Event 16  
27-07-2018 - 9:45  
Women, 400m Medley  
Absolutos  
Results Prelim

|               |         |                     |       |                  |            |
|---------------|---------|---------------------|-------|------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria | POR   | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Sen   | 4:40.11 | KAMINSKAYA Victoria | POR   | Pontevedra (ESP) | 09-04-2017 |
| Rec Nac Jun17 | 4:52.12 | KAMINSKAYA Victoria | PIMP  | Oeiras           | 27-07-2012 |
| Rec Nac Jun16 | 4:54.00 | ROCHA Ines Neto     | SANNP | Gijón (ESP)      | 20-05-2017 |

TAC Sen 50m: 5:18.50 - 25m: 5:07.00; Jun 50m: 5:28.49 - 25m: 5:17.49

Points: FINA 2018

| Rank | Nome                        | YB                  | Clube                  | Tempo Final         | RT    | Pts FINA | Pts |
|------|-----------------------------|---------------------|------------------------|---------------------|-------|----------|-----|
| 1.   | MACHADO Luisa Maria         | 01                  | Uniao Piedense         | <b>5:01.93</b>      | +0,81 | 686      |     |
|      | 50m: 31.61 31.61            | 150m: 1:49.08 40.26 | 250m: 3:09.73 41.07    | 350m: 4:26.97 35.47 |       |          |     |
|      | 100m: 1:08.82 37.21         | 200m: 2:28.66 39.58 | 300m: 3:51.50 41.77    | 400m: 5:01.93 34.96 |       |          |     |
| 2.   | HENRIQUES Ines Jacinto      | 00                  | Pimpoes/Cimai          | <b>5:02.43</b>      | +0,71 | 683      |     |
|      | 50m: 30.78 30.78            | 150m: 1:44.35 39.31 | 250m: 3:08.60 45.39    | 350m: 4:28.34 34.72 |       |          |     |
|      | 100m: 1:05.04 34.26         | 200m: 2:23.21 38.86 | 300m: 3:53.62 45.02    | 400m: 5:02.43 34.09 |       |          |     |
| 3.   | MARTINS Ana Beatriz         | 99                  | Famalicao              | <b>5:04.55</b>      | +0,76 | 669      |     |
|      | 50m: 32.24 32.24            | 150m: 1:48.42 40.61 | 250m: 3:12.23 43.78    | 350m: 4:29.81 34.84 |       |          |     |
|      | 100m: 1:07.81 35.57         | 200m: 2:28.45 40.03 | 300m: 3:54.97 42.74    | 400m: 5:04.55 34.74 |       |          |     |
| 4.   | MESQUITA Francisca Salvador | 02                  | Colegio Monte Maior    | <b>5:05.75</b>      | +0,78 | 661      |     |
|      | 50m: 31.51 31.51            | 150m: 1:47.70 40.01 | 250m: 3:11.11 42.36    | 350m: 4:31.49 36.05 |       |          |     |
|      | 100m: 1:07.69 36.18         | 200m: 2:28.75 41.05 | 300m: 3:55.44 44.33    | 400m: 5:05.75 34.26 |       |          |     |
| 5.   | SOUSA Ana Reis              | 02                  | Litoral Alentejano     | <b>5:05.85</b>      | +0,71 | 660      |     |
|      | 50m: 32.42 32.42            | 150m: 1:50.48 41.08 | 250m: 3:14.34 44.31    | 350m: 4:32.57 34.77 |       |          |     |
|      | 100m: 1:09.40 36.98         | 200m: 2:30.03 39.55 | 300m: 3:57.80 43.46    | 400m: 5:05.85 33.28 |       |          |     |
| 6.   | VARGAS Giovanna Vaz         | 00                  | Nautico Marinha Grande | <b>5:06.43</b>      | +0,78 | 656      |     |
|      | 50m: 32.47 32.47            | 150m: 1:47.63 40.21 | 250m: 3:11.33 44.31    | 350m: 4:31.43 36.07 |       |          |     |
|      | 100m: 1:07.42 34.95         | 200m: 2:27.02 39.39 | 300m: 3:55.36 44.03    | 400m: 5:06.43 35.00 |       |          |     |
| 7.   | CARDEAL Joana Nunes         | 02                  | Academico Viseu        | <b>5:06.46</b>      | +0,83 | 656      |     |
|      | 50m: 32.35 32.35            | 150m: 1:49.79 40.80 | 250m: 3:13.63 44.67    | 350m: 4:33.89 34.75 |       |          |     |
|      | 100m: 1:08.99 36.64         | 200m: 2:28.96 39.17 | 300m: 3:59.14 45.51    | 400m: 5:06.46 32.57 |       |          |     |
| 8.   | MENDES Mariana Amaral       | 02                  | Colegio Monte Maior    | <b>5:07.72</b>      | +0,76 | 648      |     |
|      | 50m: 32.81 32.81            | 150m: 1:50.89 41.13 | 250m: 3:14.85 43.85    | 350m: 4:33.17 35.16 |       |          |     |
|      | 100m: 1:09.76 36.95         | 200m: 2:31.00 40.11 | 300m: 3:58.01 43.16    | 400m: 5:07.72 34.55 |       |          |     |
| 9.   | PINA Ana Sofia              | 02                  | O Crasto               | <b>5:08.64</b>      | +0,81 | 642      |     |
|      | 50m: 31.87 31.87            | 150m: 1:49.21 40.22 | 250m: 3:13.74 45.22    | 350m: 4:33.87 35.04 |       |          |     |
|      | 100m: 1:08.99 37.12         | 200m: 2:28.52 39.31 | 300m: 3:58.83 45.09    | 400m: 5:08.64 34.77 |       |          |     |
| 10.  | SILVA Natacha Sofia         | 02                  | Benfica                | <b>5:17.07</b>      | +0,81 | 592      |     |
|      | 50m: 33.26 33.26            | 150m: 1:55.03 43.93 | 250m: 3:20.43 43.37    | 350m: 4:41.60 36.73 |       |          |     |
|      | 100m: 1:11.10 37.84         | 200m: 2:37.06 42.03 | 300m: 4:04.87 44.44    | 400m: 5:17.07 35.47 |       |          |     |
| 11.  | BERNARDO Ines Silva         | 00                  | Benfica                | <b>5:17.44</b>      | +0,74 | 590      |     |
|      | 50m: 32.68 32.68            | 150m: 1:52.31 41.98 | 250m: 3:19.70 45.20    | 350m: 4:41.08 36.35 |       |          |     |
|      | 100m: 1:10.33 37.65         | 200m: 2:34.50 42.19 | 300m: 4:04.73 45.03    | 400m: 5:17.44 36.36 |       |          |     |
| 12.  | MONTEIRO Margarida Cabral   | 02                  | Galitos / Bresimar     | <b>5:19.62</b>      | +0,74 | 578      |     |
|      | 50m: 34.12 34.12            | 150m: 1:53.99 40.16 | 250m: 3:19.54 45.44    | 350m: 4:42.97 36.13 |       |          |     |
|      | 100m: 1:13.83 39.71         | 200m: 2:34.10 40.11 | 300m: 4:06.84 47.30    | 400m: 5:19.62 36.65 |       |          |     |

Event 16, Women, 400m Medley, Prelim, Absolutos

| Rank | Nome  | YB | Clube                 | Tempo Final    | RT    | Pts FINA | Pts |
|------|---|----|-----------------------|----------------|-------|----------|-----|
| 13.  | RIBEIRO Margarida Messias   | 98 | Gesloures             | <b>5:20.29</b> | +0,76 | 575      |     |
|      | 50m: 33.04 33.04 150m: 1:54.51 42.11 250m: 3:19.24 43.57 350m: 4:43.74 37.87    |    |                       |                |       |          |     |
|      | 100m: 1:12.40 39.36 200m: 2:35.67 41.16 300m: 4:05.87 46.63 400m: 5:20.29 36.55 |    |                       |                |       |          |     |
| 14.  | VEIGA Ana Filipa  | 01 | Gafanha da Encarnacao | <b>5:20.97</b> | +0,79 | 571      |     |
|      | 50m: 34.21 34.21 150m: 1:58.06 44.49 250m: 3:24.37 43.04 350m: 4:44.60 37.35    |    |                       |                |       |          |     |
|      | 100m: 1:13.57 39.36 200m: 2:41.33 43.27 300m: 4:07.25 42.88 400m: 5:20.97 36.37 |    |                       |                |       |          |     |
| 15.  | FERNANDES Filipa Viamonte   | 02 | Vitoria Guimaraes     | <b>5:21.36</b> | +0,84 | 569      |     |
|      | 50m: 32.62 32.62 150m: 1:53.53 42.59 250m: 3:22.76 47.49 350m: 4:45.54 36.06    |    |                       |                |       |          |     |
|      | 100m: 1:10.94 38.32 200m: 2:35.27 41.74 300m: 4:09.48 46.72 400m: 5:21.36 35.82 |    |                       |                |       |          |     |
| 16.  | OLIVEIRA Mafalda Joana  | 02 | Aquatico Pacense      | <b>5:22.93</b> | +0,83 | 561      |     |
|      | 50m: 32.34 32.34 150m: 1:51.87 43.27 250m: 3:19.73 46.63 350m: 4:45.23 39.39    |    |                       |                |       |          |     |
|      | 100m: 1:08.60 36.26 200m: 2:33.10 41.23 300m: 4:05.84 46.11 400m: 5:22.93 37.70 |    |                       |                |       |          |     |
| 17.  | MATOS Lara Beatriz  | 01 | Famalicao             | <b>5:30.54</b> | +0,92 | 523      |     |
|      | 50m: 33.63 33.63 150m: 1:56.85 43.85 250m: 3:26.76 47.27 350m: 4:52.97 37.81    |    |                       |                |       |          |     |
|      | 100m: 1:13.00 39.37 200m: 2:39.49 42.64 300m: 4:15.16 48.40 400m: 5:30.54 37.57 |    |                       |                |       |          |     |

Event 16  
27-07-2018 - 9:45

Women, 400m Medley

Open  
Results Prelim

|               |         |                        |       |                    |            |
|---------------|---------|------------------------|-------|--------------------|------------|
| Rec Nac Open  | 4:40.11 | KAMINSKAYA Victoria    | POR   | Pontevedra (ESP)   | 09-04-2017 |
| Rec Nac Sen   | 4:40.11 | KAMINSKAYA Victoria    | POR   | Pontevedra (ESP)   | 09-04-2017 |
| Rec Nac Jun17 | 4:52.12 | KAMINSKAYA Victoria    | PIMP  | Oeiras             | 27-07-2012 |
| Rec Nac Jun16 | 4:54.00 | ROCHA Ines Neto        | SANNP | Gijón (ESP)        | 20-05-2017 |
| Rec Nac Juv A | 4:58.08 | DURAES Diana Margarida | FOCA  | Póvoa de Varzim    | 05-08-2011 |
| Rec Nac Juv B | 5:01.00 | ROCHA Ines Neto        | CAP   | Coimbra            | 24-07-2015 |
| Rec Nac Juv B | 5:01.00 | ROCHA Ines Neto        | CAP   | Coimbra            | 24-07-2015 |
| Rec Nac Inf A | 5:11.29 | ROCHA Diana Ramos      | EDV   | Faro               | 20-07-2007 |
| Rec Nac Inf B | 5:14.05 | RUIVO Filipa Vilas     | DNMG  | S. João da Madeira | 24-07-2009 |

TAC Sen 50m: 5:18.50 - 25m: 5:07.00; Jun 50m: 5:28.49 - 25m: 5:17.49; Juv A 50m: 5:40.41 - 25m: 5:24.99; Juv B 50m: 5:40.41 - 25m: 5:32.35

Points: FINA 2018

| Rank | Nome  | YB | Clube               | Tempo Final    | RT    | Pts FINA | Pts |
|------|---|----|---------------------|----------------|-------|----------|-----|
| 1.   | MACHADO Luisa Maria   | 01 | Uniao Piedense      | <b>5:01.93</b> | +0,81 | 686      |     |
|      | 50m: 31.61 31.61 150m: 1:49.08 40.26 250m: 3:09.73 41.07 350m: 4:26.97 35.47    |    |                     |                |       |          |     |
|      | 100m: 1:08.82 37.21 200m: 2:28.66 39.58 300m: 3:51.50 41.77 400m: 5:01.93 34.96 |    |                     |                |       |          |     |
| 2.   | HENRIQUES Ines Jacinto  | 00 | Pimpoes/Cimai       | <b>5:02.43</b> | +0,71 | 683      |     |
|      | 50m: 30.78 30.78 150m: 1:44.35 39.31 250m: 3:08.60 45.39 350m: 4:28.34 34.72    |    |                     |                |       |          |     |
|      | 100m: 1:05.04 34.26 200m: 2:23.21 38.86 300m: 3:53.62 45.02 400m: 5:02.43 34.09 |    |                     |                |       |          |     |
| 3.   | MARTINS Ana Beatriz   | 99 | Famalicao           | <b>5:04.55</b> | +0,76 | 669      |     |
|      | 50m: 32.24 32.24 150m: 1:48.42 40.61 250m: 3:12.23 43.78 350m: 4:29.81 34.84    |    |                     |                |       |          |     |
|      | 100m: 1:07.81 35.57 200m: 2:28.45 40.03 300m: 3:54.97 42.74 400m: 5:04.55 34.74 |    |                     |                |       |          |     |
| 4.   | MESQUITA Francisca Salvador   | 02 | Colegio Monte Maior | <b>5:05.75</b> | +0,78 | 661      |     |
|      | 50m: 31.51 31.51 150m: 1:47.70 40.01 250m: 3:11.11 42.36 350m: 4:31.49 36.05    |    |                     |                |       |          |     |
|      | 100m: 1:07.69 36.18 200m: 2:28.75 41.05 300m: 3:55.44 44.33 400m: 5:05.75 34.26 |    |                     |                |       |          |     |

Event 16, Women, 400m Medley, Prelim, Open

| Rank | Nome                      | YB                  | Clube                      | Tempo Final         | RT    | Pts FINA | Pts |
|------|---------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 5.   | SOUSA Ana Reis            | 02                  | Litoral Alentejano         | <b>5:05.85</b>      | +0,71 | 660      |     |
|      | 50m: 32.42 32.42          | 150m: 1:50.48 41.08 | 250m: 3:14.34 44.31        | 350m: 4:32.57 34.77 |       |          |     |
|      | 100m: 1:09.40 36.98       | 200m: 2:30.03 39.55 | 300m: 3:57.80 43.46        | 400m: 5:05.85 33.28 |       |          |     |
| 6.   | VARGAS Giovanna Vaz       | 00                  | Nautico Marinha Grande     | <b>5:06.43</b>      | +0,78 | 656      |     |
|      | 50m: 32.47 32.47          | 150m: 1:47.63 40.21 | 250m: 3:11.33 44.31        | 350m: 4:31.43 36.07 |       |          |     |
|      | 100m: 1:07.42 34.95       | 200m: 2:27.02 39.39 | 300m: 3:55.36 44.03        | 400m: 5:06.43 35.00 |       |          |     |
| 7.   | CARDEAL Joana Nunes       | 02                  | Academico Viseu            | <b>5:06.46</b>      | +0,83 | 656      |     |
|      | 50m: 32.35 32.35          | 150m: 1:49.79 40.80 | 250m: 3:13.63 44.67        | 350m: 4:33.89 34.75 |       |          |     |
|      | 100m: 1:08.99 36.64       | 200m: 2:28.96 39.17 | 300m: 3:59.14 45.51        | 400m: 5:06.46 32.57 |       |          |     |
| 8.   | MENDES Mariana Amaral     | 02                  | Colegio Monte Maior        | <b>5:07.72</b>      | +0,76 | 648      |     |
|      | 50m: 32.81 32.81          | 150m: 1:50.89 41.13 | 250m: 3:14.85 43.85        | 350m: 4:33.17 35.16 |       |          |     |
|      | 100m: 1:09.76 36.95       | 200m: 2:31.00 40.11 | 300m: 3:58.01 43.16        | 400m: 5:07.72 34.55 |       |          |     |
| 9.   | PINA Ana Sofia            | 02                  | O Crasto                   | <b>5:08.64</b>      | +0,81 | 642      |     |
|      | 50m: 31.87 31.87          | 150m: 1:49.21 40.22 | 250m: 3:13.74 45.22        | 350m: 4:33.87 35.04 |       |          |     |
|      | 100m: 1:08.99 37.12       | 200m: 2:28.52 39.31 | 300m: 3:58.83 45.09        | 400m: 5:08.64 34.77 |       |          |     |
| 10.  | ALONSO LORENZO Paula      | 95                  | Castilla-Leon              | <b>5:10.84</b>      | +0,77 | 629      |     |
|      | 50m: 34.23 34.23          | 150m: 1:52.99 39.54 | 250m: 3:16.77 44.90        | 350m: 4:37.34 34.96 |       |          |     |
|      | 100m: 1:13.45 39.22       | 200m: 2:31.87 38.88 | 300m: 4:02.38 45.61        | 400m: 5:10.84 33.50 |       |          |     |
| 11.  | CAMERON Sheena            | 92                  | Region Zentralschweiz-West | <b>5:13.05</b>      | +0,78 | 615      |     |
|      | 50m: 32.19 32.19          | 150m: 1:51.69 42.24 | 250m: 3:17.80 44.29        | 350m: 4:38.08 34.99 |       |          |     |
|      | 100m: 1:09.45 37.26       | 200m: 2:33.51 41.82 | 300m: 4:03.09 45.29        | 400m: 5:13.05 34.97 |       |          |     |
| 12.  | CUNHA Mariana Pacheco     | 04                  | Fluvial Portuense          | <b>5:13.32</b>      | +0,74 | 614      |     |
|      | 50m: 31.93 31.93          | 150m: 1:50.78 41.78 | 250m: 3:15.31 45.09        | 350m: 4:37.98 36.84 |       |          |     |
|      | 100m: 1:09.00 37.07       | 200m: 2:30.22 39.44 | 300m: 4:01.14 45.83        | 400m: 5:13.32 35.34 |       |          |     |
| 13.  | REBELO Maria Carlota      | 03                  | Uniao Coimbra              | <b>5:13.70</b>      | +0,78 | 612      |     |
|      | 50m: 32.85 32.85          | 150m: 1:52.31 42.25 | 250m: 3:16.92 42.83        | 350m: 4:37.89 37.21 |       |          |     |
|      | 100m: 1:10.06 37.21       | 200m: 2:34.09 41.78 | 300m: 4:00.68 43.76        | 400m: 5:13.70 35.81 |       |          |     |
| 14.  | SILVA Natacha Sofia       | 02                  | Benfica                    | <b>5:17.07</b>      | +0,81 | 592      |     |
|      | 50m: 33.26 33.26          | 150m: 1:55.03 43.93 | 250m: 3:20.43 43.37        | 350m: 4:41.60 36.73 |       |          |     |
|      | 100m: 1:11.10 37.84       | 200m: 2:37.06 42.03 | 300m: 4:04.87 44.44        | 400m: 5:17.07 35.47 |       |          |     |
| 15.  | BERNARDO Ines Silva       | 00                  | Benfica                    | <b>5:17.44</b>      | +0,74 | 590      |     |
|      | 50m: 32.68 32.68          | 150m: 1:52.31 41.98 | 250m: 3:19.70 45.20        | 350m: 4:41.08 36.35 |       |          |     |
|      | 100m: 1:10.33 37.65       | 200m: 2:34.50 42.19 | 300m: 4:04.73 45.03        | 400m: 5:17.44 36.36 |       |          |     |
| 16.  | FIAL Sofia Nunes          | 03                  | Estamos Juntos             | <b>5:18.26</b>      | +0,82 | 586      |     |
|      | 50m: 34.41 34.41          | 150m: 1:56.27 42.36 | 250m: 3:21.07 43.92        | 350m: 4:43.68 37.60 |       |          |     |
|      | 100m: 1:13.91 39.50       | 200m: 2:37.15 40.88 | 300m: 4:06.08 45.01        | 400m: 5:18.26 34.58 |       |          |     |
| 17.  | AMORIM Maria Leonor       | 03                  | Porto                      | <b>5:19.22</b>      | +0,73 | 580      |     |
|      | 50m: 33.68 33.68          | 150m: 1:54.55 40.38 | 250m: 3:19.82 45.08        | 350m: 4:43.59 37.06 |       |          |     |
|      | 100m: 1:14.17 40.49       | 200m: 2:34.74 40.19 | 300m: 4:06.53 46.71        | 400m: 5:19.22 35.63 |       |          |     |
| 18.  | MONTEIRO Margarida Cabral | 02                  | Galitos / Bresimar         | <b>5:19.62</b>      | +0,74 | 578      |     |
|      | 50m: 34.12 34.12          | 150m: 1:53.99 40.16 | 250m: 3:19.54 45.44        | 350m: 4:42.97 36.13 |       |          |     |
|      | 100m: 1:13.83 39.71       | 200m: 2:34.10 40.11 | 300m: 4:06.84 47.30        | 400m: 5:19.62 36.65 |       |          |     |

Event 16, Women, 400m Medley, Prelim, Open

| Rank | Nome  | YB | Clube                 | Tempo Final    | RT    | Pts FINA | Pts |
|------|---|----|-----------------------|----------------|-------|----------|-----|
| 19.  | RIBEIRO Margarida Messias   | 98 | Gesloures             | <b>5:20.29</b> | +0,76 | 575      |     |
|      | 50m: 33.04 33.04 150m: 1:54.51 42.11 250m: 3:19.24 43.57 350m: 4:43.74 37.87    |    |                       |                |       |          |     |
|      | 100m: 1:12.40 39.36 200m: 2:35.67 41.16 300m: 4:05.87 46.63 400m: 5:20.29 36.55 |    |                       |                |       |          |     |
| 20.  | VEIGA Ana Filipa  | 01 | Gafanha da Encarnacao | <b>5:20.97</b> | +0,79 | 571      |     |
|      | 50m: 34.21 34.21 150m: 1:58.06 44.49 250m: 3:24.37 43.04 350m: 4:44.60 37.35    |    |                       |                |       |          |     |
|      | 100m: 1:13.57 39.36 200m: 2:41.33 43.27 300m: 4:07.25 42.88 400m: 5:20.97 36.37 |    |                       |                |       |          |     |
| 21.  | LIDIANA MAGALHAES CORREIA   | 04 | DRIBelenenses         | <b>5:21.09</b> | +0,81 | 570      |     |
|      | 50m: 33.87 33.87 150m: 1:56.60 42.12 250m: 3:21.94 43.13 350m: 4:45.33 38.26    |    |                       |                |       |          |     |
|      | 100m: 1:14.48 40.61 200m: 2:38.81 42.21 300m: 4:07.07 45.13 400m: 5:21.09 35.76 |    |                       |                |       |          |     |
| 22.  | FERNANDES Filipa Viamonte   | 02 | Vitoria Guimaraes     | <b>5:21.36</b> | +0,84 | 569      |     |
|      | 50m: 32.62 32.62 150m: 1:53.53 42.59 250m: 3:22.76 47.49 350m: 4:45.54 36.06    |    |                       |                |       |          |     |
|      | 100m: 1:10.94 38.32 200m: 2:35.27 41.74 300m: 4:09.48 46.72 400m: 5:21.36 35.82 |    |                       |                |       |          |     |
| 23.  | PEREIRA Maria Gomes   | 04 | Alges                 | <b>5:21.39</b> | +0,73 | 569      |     |
|      | 50m: 33.60 33.60 150m: 1:57.39 44.40 250m: 3:23.63 45.69 350m: 4:46.22 37.48    |    |                       |                |       |          |     |
|      | 100m: 1:12.99 39.39 200m: 2:37.94 40.55 300m: 4:08.74 45.11 400m: 5:21.39 35.17 |    |                       |                |       |          |     |
| 24.  | OLIVEIRA Mafalda Joana  | 02 | Aquatico Pacense      | <b>5:22.93</b> | +0,83 | 561      |     |
|      | 50m: 32.34 32.34 150m: 1:51.87 43.27 250m: 3:19.73 46.63 350m: 4:45.23 39.39    |    |                       |                |       |          |     |
|      | 100m: 1:08.60 36.26 200m: 2:33.10 41.23 300m: 4:05.84 46.11 400m: 5:22.93 37.70 |    |                       |                |       |          |     |
| 25.  | FLORENCIO Matilde Alves   | 04 | CASPAAE               | <b>5:23.89</b> | +0,77 | 556      |     |
|      | 50m: 33.06 33.06 150m: 1:55.57 42.69 250m: 3:23.98 46.07 350m: 4:48.28 36.00    |    |                       |                |       |          |     |
|      | 100m: 1:12.88 39.82 200m: 2:37.91 42.34 300m: 4:12.28 48.30 400m: 5:23.89 35.61 |    |                       |                |       |          |     |
| 26.  | NEVES Sara Dias   | 03 | Miranda do Corvo      | <b>5:24.16</b> | +0,75 | 554      |     |
|      | 50m: 34.66 34.66 150m: 1:55.72 42.50 250m: 3:23.25 45.94 350m: 4:46.47 37.91    |    |                       |                |       |          |     |
|      | 100m: 1:13.22 38.56 200m: 2:37.31 41.59 300m: 4:08.56 45.31 400m: 5:24.16 37.69 |    |                       |                |       |          |     |
| 27.  | MONTEIRO Ana Carolina   | 04 | Uniao Coimbra         | <b>5:28.81</b> | +0,83 | 531      |     |
|      | 50m: 33.83 33.83 150m: 1:55.51 43.39 250m: 3:25.44 47.14 350m: 4:50.99 38.70    |    |                       |                |       |          |     |
|      | 100m: 1:12.12 38.29 200m: 2:38.30 42.79 300m: 4:12.29 46.85 400m: 5:28.81 37.82 |    |                       |                |       |          |     |
| 28.  | CARDEAL Beatriz Nunes   | 04 | Academico Viseu       | <b>5:28.88</b> | +0,82 | 531      |     |
|      | 50m: 34.23 34.23 150m: 1:58.60 44.05 250m: 3:27.07 46.55 350m: 4:52.44 37.98    |    |                       |                |       |          |     |
|      | 100m: 1:14.55 40.32 200m: 2:40.52 41.92 300m: 4:14.46 47.39 400m: 5:28.88 36.44 |    |                       |                |       |          |     |
| 29.  | DOMINGUES Luana Pinto   | 03 | Ba/Bomcar             | <b>5:30.09</b> | +0,61 | 525      |     |
|      | 50m: 33.37 33.37 150m: 1:56.95 44.07 250m: 3:25.04 45.24 350m: 4:51.17 39.22    |    |                       |                |       |          |     |
|      | 100m: 1:12.88 39.51 200m: 2:39.80 42.85 300m: 4:11.95 46.91 400m: 5:30.09 38.92 |    |                       |                |       |          |     |
| 30.  | SOUSA Ines Matos  | 03 | Uniao Coimbra         | <b>5:30.40</b> | +0,80 | 523      |     |
|      | 50m: 34.20 34.20 150m: 1:56.78 43.31 250m: 3:28.14 47.28 350m: 4:54.09 37.52    |    |                       |                |       |          |     |
|      | 100m: 1:13.47 39.27 200m: 2:40.86 44.08 300m: 4:16.57 48.43 400m: 5:30.40 36.31 |    |                       |                |       |          |     |
| 31.  | MATOS Lara Beatriz  | 01 | Famalicao             | <b>5:30.54</b> | +0,92 | 523      |     |
|      | 50m: 33.63 33.63 150m: 1:56.85 43.85 250m: 3:26.76 47.27 350m: 4:52.97 37.81    |    |                       |                |       |          |     |
|      | 100m: 1:13.00 39.37 200m: 2:39.49 42.64 300m: 4:15.16 48.40 400m: 5:30.54 37.57 |    |                       |                |       |          |     |
| 32.  | SOARES Ines Apolinario  | 03 | Pimpoes/Cimai         | <b>5:30.81</b> | +0,86 | 522      |     |
|      | 50m: 35.28 35.28 150m: 2:00.16 43.64 250m: 3:30.98 48.33 350m: 4:58.51 39.19    |    |                       |                |       |          |     |
|      | 100m: 1:16.52 41.24 200m: 2:42.65 42.49 300m: 4:19.32 48.34 400m: 5:30.81 32.30 |    |                       |                |       |          |     |

Event 16, Women, 400m Medley, Prelim, Open

| Rank | Nome  | YB | Clube                  | Tempo Final    | RT    | Pts FINA | Pts |
|------|---|----|------------------------|----------------|-------|----------|-----|
| 33.  | MARQUES Maria Alexandra   | 04 | Albicastrense          | <b>5:32.99</b> | +0,72 | 511      |     |
|      | 50m: 33.63 33.63 150m: 1:56.38 44.57 250m: 3:28.68 49.05 350m: 4:57.23 39.46    |    |                        |                |       |          |     |
|      | 100m: 1:11.81 38.18 200m: 2:39.63 43.25 300m: 4:17.77 49.09 400m: 5:32.99 35.76 |    |                        |                |       |          |     |
| 34.  | FONSECA Laura Luz   | 03 | Naval de Ponta Delgada | <b>5:33.10</b> | +0,74 | 511      |     |
|      | 50m: 34.20 34.20 150m: 1:57.44 41.89 250m: 3:28.79 49.72 350m: 4:56.91 37.39    |    |                        |                |       |          |     |
|      | 100m: 1:15.55 41.35 200m: 2:39.07 41.63 300m: 4:19.52 50.73 400m: 5:33.10 36.19 |    |                        |                |       |          |     |
| 35.  | ROCHA Ines Freitas  | 03 | Aquatico Pacense       | <b>5:33.36</b> | +0,97 | 510      |     |
|      | 50m: 34.67 34.67 150m: 1:57.19 43.95 250m: 3:27.69 47.37 350m: 4:55.21 39.61    |    |                        |                |       |          |     |
|      | 100m: 1:13.24 38.57 200m: 2:40.32 43.13 300m: 4:15.60 47.91 400m: 5:33.36 38.15 |    |                        |                |       |          |     |
| 36.  | AMANTES Beatriz Quintao   | 03 | Uniao Piedense         | <b>5:34.06</b> | +0,80 | 506      |     |
|      | 50m: 34.02 34.02 150m: 1:57.25 44.01 250m: 3:28.34 49.14 350m: 4:58.47 39.38    |    |                        |                |       |          |     |
|      | 100m: 1:13.24 39.22 200m: 2:39.20 41.95 300m: 4:19.09 50.75 400m: 5:34.06 35.59 |    |                        |                |       |          |     |
| 37.  | CASTRO Maria Freitas  | 03 | Fafe                   | <b>5:34.58</b> | +0,74 | 504      |     |
|      | 50m: 33.49 33.49 150m: 1:59.41 45.78 250m: 3:29.58 45.94 350m: 4:56.72 40.37    |    |                        |                |       |          |     |
|      | 100m: 1:13.63 40.14 200m: 2:43.64 44.23 300m: 4:16.35 46.77 400m: 5:34.58 37.86 |    |                        |                |       |          |     |
|      | LIMA Eduarda Filipa   | 04 | Vilacondense           | <b>5:34.58</b> | +0,89 | 504      |     |
|      | 50m: 35.19 35.19 150m: 2:00.32 44.48 250m: 3:32.57 50.34 350m: 4:58.56 37.79    |    |                        |                |       |          |     |
|      | 100m: 1:15.84 40.65 200m: 2:42.23 41.91 300m: 4:20.77 48.20 400m: 5:34.58 36.02 |    |                        |                |       |          |     |
| 39.  | HENRIQUES Carolina Porem  | 04 | Sporting               | <b>5:35.17</b> | +0,65 | 501      |     |
|      | 50m: 34.64 34.64 150m: 1:58.49 44.29 250m: 3:30.66 48.34 350m: 4:57.55 38.19    |    |                        |                |       |          |     |
|      | 100m: 1:14.20 39.56 200m: 2:42.32 43.83 300m: 4:19.36 48.70 400m: 5:35.17 37.62 |    |                        |                |       |          |     |
| 40.  | RODRIGUES Ana Luisa   | 03 | Louzan Natacao         | <b>5:35.49</b> | +0,75 | 500      |     |
|      | 50m: 34.56 34.56 150m: 1:59.36 43.11 250m: 3:30.66 48.88 350m: 4:58.30 38.13    |    |                        |                |       |          |     |
|      | 100m: 1:16.25 41.69 200m: 2:41.78 42.42 300m: 4:20.17 49.51 400m: 5:35.49 37.19 |    |                        |                |       |          |     |
| 41.  | CAXARIA Marta Sousa   | 03 | Natacao do Montijo     | <b>5:35.70</b> | +0,74 | 499      |     |
|      | 50m: 34.08 34.08 150m: 1:58.14 43.83 250m: 3:27.41 47.06 350m: 4:55.89 40.64    |    |                        |                |       |          |     |
|      | 100m: 1:14.31 40.23 200m: 2:40.35 42.21 300m: 4:15.25 47.84 400m: 5:35.70 39.81 |    |                        |                |       |          |     |
| 42.  | INACIO Marta Macedo   | 04 | Sporting               | <b>5:36.41</b> | +0,84 | 496      |     |
|      | 50m: 34.39 34.39 150m: 1:58.55 44.49 250m: 3:30.52 49.83 350m: 4:58.56 39.20    |    |                        |                |       |          |     |
|      | 100m: 1:14.06 39.67 200m: 2:40.69 42.14 300m: 4:19.36 48.84 400m: 5:36.41 37.85 |    |                        |                |       |          |     |
| 43.  | COSTA Catarina Nunes  | 04 | Gesloures              | <b>5:36.49</b> | +0,85 | 496      |     |
|      | 50m: 36.34 36.34 150m: 2:05.27 47.77 250m: 3:36.47 47.05 350m: 5:00.62 38.57    |    |                        |                |       |          |     |
|      | 100m: 1:17.50 41.16 200m: 2:49.42 44.15 300m: 4:22.05 45.58 400m: 5:36.49 35.87 |    |                        |                |       |          |     |
| 44.  | JACINTO Ines Filipa   | 03 | Ba/Bomcar              | <b>5:36.81</b> | +0,74 | 494      |     |
|      | 50m: 33.78 33.78 150m: 2:00.94 46.87 250m: 3:32.96 47.02 350m: 5:00.34 39.08    |    |                        |                |       |          |     |
|      | 100m: 1:14.07 40.29 200m: 2:45.94 45.00 300m: 4:21.26 48.30 400m: 5:36.81 36.47 |    |                        |                |       |          |     |
| 45.  | RATO Renata Simoes  | 03 | Nautico Marinha Grande | <b>5:37.04</b> | +0,82 | 493      |     |
|      | 50m: 36.10 36.10 150m: 2:03.09 45.41 250m: 3:34.88 47.37 350m: 4:59.97 39.75    |    |                        |                |       |          |     |
|      | 100m: 1:17.68 41.58 200m: 2:47.51 44.42 300m: 4:20.22 45.34 400m: 5:37.04 37.07 |    |                        |                |       |          |     |
| 46.  | CAMBAS Ema Miranda  | 03 | Naval Povoense         | <b>5:38.13</b> | +0,80 | 488      |     |
|      | 50m: 36.02 36.02 150m: 2:01.58 42.92 250m: 3:32.13 48.95 350m: 5:00.41 39.23    |    |                        |                |       |          |     |
|      | 100m: 1:18.66 42.64 200m: 2:43.18 41.60 300m: 4:21.18 49.05 400m: 5:38.13 37.72 |    |                        |                |       |          |     |

Event 16, Women, 400m Medley, Prelim, Open

| Rank | Nome                      | YB            | Clube                   | Tempo Final    | RT    | Pts FINA      | Pts   |
|------|---------------------------|---------------|-------------------------|----------------|-------|---------------|-------|
| 47.  | FIDALGO Maria Jardim      | 04            | Colegio Vasco da Gama   | <b>5:38.95</b> | +0,77 | 485           |       |
|      | 50m: 35.16 35.16          | 150m: 1:58.57 | 44.42                   | 250m: 3:32.32  | 48.40 | 350m: 5:00.50 | 39.12 |
|      | 100m: 1:14.15 38.99       | 200m: 2:43.92 | 45.35                   | 300m: 4:21.38  | 49.06 | 400m: 5:38.95 | 38.45 |
| 48.  | MORGANHO Leonor Alves     | 04            | Alges                   | <b>5:39.11</b> | +0,86 | 484           |       |
|      | 50m: 35.16 35.16          | 150m: 2:01.93 | 46.70                   | 250m: 3:33.81  | 47.59 | 350m: 5:01.17 | 39.12 |
|      | 100m: 1:15.23 40.07       | 200m: 2:46.22 | 44.29                   | 300m: 4:22.05  | 48.24 | 400m: 5:39.11 | 37.94 |
| 49.  | MONTEIRO Ines Maria       | 04            | Naval Praia da Vitoria  | <b>5:41.42</b> | +0,89 | 474           |       |
|      | 50m: 34.91 34.91          | 150m: 2:04.05 | 47.98                   | 250m: 3:38.05  | 48.10 | 350m: 5:05.16 | 37.81 |
|      | 100m: 1:16.07 41.16       | 200m: 2:49.95 | 45.90                   | 300m: 4:27.35  | 49.30 | 400m: 5:41.42 | 36.26 |
| 50.  | MONTEIRO Barbara Oliveira | 04            | Braga                   | <b>5:41.61</b> | +1,01 | 474           |       |
|      | 50m: 37.25 37.25          | 150m: 2:06.66 | 47.09                   | 250m: 3:39.77  | 47.82 | 350m: 5:05.98 | 36.97 |
|      | 100m: 1:19.57 42.32       | 200m: 2:51.95 | 45.29                   | 300m: 4:29.01  | 49.24 | 400m: 5:41.61 | 35.63 |
| 51.  | CRUZ Jessica Catarina     | 04            | Aquatico Pacense        | <b>5:41.96</b> | +0,96 | 472           |       |
|      | 50m: 33.76 33.76          | 150m: 1:58.26 | 44.83                   | 250m: 3:30.39  | 47.97 | 350m: 5:00.52 | 39.87 |
|      | 100m: 1:13.43 39.67       | 200m: 2:42.42 | 44.16                   | 300m: 4:20.65  | 50.26 | 400m: 5:41.96 | 41.44 |
| 52.  | OLIVEIRA Rita Malafaia    | 03            | Porto                   | <b>5:41.97</b> | +0,96 | 472           |       |
|      | 50m: 37.63 37.63          | 150m: 2:08.38 | 46.91                   | 250m: 3:38.70  | 44.94 | 350m: 5:03.99 | 38.77 |
|      | 100m: 1:21.47 43.84       | 200m: 2:53.76 | 45.38                   | 300m: 4:25.22  | 46.52 | 400m: 5:41.97 | 37.98 |
| 53.  | SANTOS Madalena Almeida   | 03            | Bombeiros Ponta Delgada | <b>5:42.76</b> | +0,69 | 469           |       |
|      | 50m: 36.70 36.70          | 150m: 2:01.00 | 42.02                   | 250m: 3:34.20  | 51.14 | 350m: 5:03.71 | 39.27 |
|      | 100m: 1:18.98 42.28       | 200m: 2:43.06 | 42.06                   | 300m: 4:24.44  | 50.24 | 400m: 5:42.76 | 39.05 |
| 54.  | SILVA Alexandra Cordeiro  | 04            | Alcobaca                | <b>5:44.41</b> | +0,75 | 462           |       |
|      | 50m: 36.36 36.36          | 150m: 2:06.81 | 44.56                   | 250m: 3:39.63  | 50.46 | 350m: 5:07.93 | 38.89 |
|      | 100m: 1:22.25 45.89       | 200m: 2:49.17 | 42.36                   | 300m: 4:29.04  | 49.41 | 400m: 5:44.41 | 36.48 |
| 55.  | DOMINGUES Matilde Mota    | 03            | Colegio SMLamas         | <b>5:44.43</b> | +0,77 | 462           |       |
|      | 50m: 32.99 32.99          | 150m: 2:00.59 | 48.51                   | 250m: 3:33.85  | 45.41 | 350m: 5:01.66 | 41.34 |
|      | 100m: 1:12.08 39.09       | 200m: 2:48.44 | 47.85                   | 300m: 4:20.32  | 46.47 | 400m: 5:44.43 | 42.77 |
| 56.  | BARROS Alexia Bastos      | 04            | Fafe                    | <b>5:44.72</b> | +0,85 | 461           |       |
|      | 50m: 35.84 35.84          | 150m: 2:04.39 | 46.82                   | 250m: 3:38.52  | 47.46 | 350m: 5:06.24 | 39.29 |
|      | 100m: 1:17.57 41.73       | 200m: 2:51.06 | 46.67                   | 300m: 4:26.95  | 48.43 | 400m: 5:44.72 | 38.48 |
| 57.  | REIS Maria Joao           | 04            | Nautico Marinha Grande  | <b>5:45.36</b> | +0,76 | 458           |       |
|      | 50m: 38.70 38.70          | 150m: 2:05.66 | 42.80                   | 250m: 3:39.23  | 51.10 | 350m: 5:08.82 | 37.66 |
|      | 100m: 1:22.86 44.16       | 200m: 2:48.13 | 42.47                   | 300m: 4:31.16  | 51.93 | 400m: 5:45.36 | 36.54 |
| 58.  | GERALDES Madalena Graca   | 04            | Sporting                | <b>5:45.42</b> | +0,82 | 458           |       |
|      | 50m: 34.72 34.72          | 150m: 2:03.35 | 45.69                   | 250m: 3:35.89  | 48.25 | 350m: 5:07.11 | 40.01 |
|      | 100m: 1:17.66 42.94       | 200m: 2:47.64 | 44.29                   | 300m: 4:27.10  | 51.21 | 400m: 5:45.42 | 38.31 |
| 59.  | SIMOES Rita Mendes        | 04            | Ba/Bomcar               | <b>5:45.46</b> | +0,86 | 458           |       |
|      | 50m: 36.46 36.46          | 150m: 2:05.81 | 45.99                   | 250m: 3:40.83  | 50.50 | 350m: 5:08.88 | 37.63 |
|      | 100m: 1:19.82 43.36       | 200m: 2:50.33 | 44.52                   | 300m: 4:31.25  | 50.42 | 400m: 5:45.46 | 36.58 |
| 60.  | SILVA Ana Catarina        | 04            | Fundacao Beatriz Santos | <b>5:45.72</b> | +0,91 | 457           |       |
|      | 50m: 39.15 39.15          | 150m: 2:11.72 | 46.06                   | 250m: 3:44.29  | 48.03 | 350m: 5:09.46 | 38.22 |
|      | 100m: 1:25.66 46.51       | 200m: 2:56.26 | 44.54                   | 300m: 4:31.24  | 46.95 | 400m: 5:45.72 | 36.26 |

Event 16, Women, 400m Medley, Prelim, Open

| Rank | Nome                 | YB                  | Clube               | Tempo Final         | RT    | Pts FINA | Pts |
|------|----------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 61.  | SOUZA Ana Pereira    | 03                  | Freguesia de Paiao  | <b>5:46.36</b>      | +0,95 | 454      |     |
|      | 50m: 35.98 35.98     | 150m: 2:07.23 47.35 | 250m: 3:38.37 46.39 | 350m: 5:07.58 40.53 |       |          |     |
|      | 100m: 1:19.88 43.90  | 200m: 2:51.98 44.75 | 300m: 4:27.05 48.68 | 400m: 5:46.36 38.78 |       |          |     |
| 62.  | COELHO Joana Marinho | 04                  | Sporting            | <b>5:46.48</b>      | +0,70 | 454      |     |
|      | 50m: 35.51 35.51     | 150m: 2:02.40 44.08 | 250m: 3:36.10 50.60 | 350m: 5:07.47 39.33 |       |          |     |
|      | 100m: 1:18.32 42.81  | 200m: 2:45.50 43.10 | 300m: 4:28.14 52.04 | 400m: 5:46.48 39.01 |       |          |     |
| 63.  | SOUZA Ana Correia    | 04                  | Pimpoes/Cimai       | <b>5:47.35</b>      | +0,76 | 450      |     |
|      | 50m: 36.03 36.03     | 150m: 2:05.51 45.48 | 250m: 3:37.52 49.22 | 350m: 5:08.09 40.33 |       |          |     |
|      | 100m: 1:20.03 44.00  | 200m: 2:48.30 42.79 | 300m: 4:27.76 50.24 | 400m: 5:47.35 39.26 |       |          |     |
| 64.  | COSTA Leonor Horta   | 04                  | Nautico Academico   | <b>5:47.50</b>      | +0,93 | 450      |     |
|      | 50m: 34.97 34.97     | 150m: 2:02.25 44.48 | 250m: 3:38.12 51.62 | 350m: 5:07.95 39.63 |       |          |     |
|      | 100m: 1:17.77 42.80  | 200m: 2:46.50 44.25 | 300m: 4:28.32 50.20 | 400m: 5:47.50 39.55 |       |          |     |
| 65.  | MENDES Ana Sebastiao | 04                  | Portinado           | <b>5:49.48</b>      | +0,71 | 442      |     |
|      | 50m: 33.64 33.64     | 150m: 2:01.39 44.13 | 250m: 3:37.97 51.73 | 350m: 5:10.11 39.74 |       |          |     |
|      | 100m: 1:17.26 43.62  | 200m: 2:46.24 44.85 | 300m: 4:30.37 52.40 | 400m: 5:49.48 39.37 |       |          |     |