

Prova 35 Femin., 400m Livres Juvenis  
28-07-2018 - 11:25 Resultados Elimin

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Juv A    | 4:20.78 | HOLUB Tamila Hryhorivna | POR | Porto           | 07-06-2014 |
| Rec Nac Juv B    | 4:26.20 | CABRAL Maria Francisca  | FCP | Oeiras          | 26-07-2014 |

TAC Juv A 50m: 4:52.95 - 25m: 4:46.98; Juv B 50m: 4:55.57 - 25m: 4:49.38

Pontos: FINA 2018

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | MARTINS Francisca Soares | 03                  | Foca                      | <b>4:37.23</b>      | +0,70 | 620      |     |
|       | 50m: 31.57 31.57         | 150m: 1:40.37 34.98 | 250m: 2:51.15 35.54       | 350m: 4:02.41 35.74 |       |          |     |
|       | 100m: 1:05.39 33.82      | 200m: 2:15.61 35.24 | 300m: 3:26.67 35.52       | 400m: 4:37.23 34.82 |       |          |     |
| 2.    | SOARES Catarina Silva    | 03                  | Porto                     | <b>4:39.06</b>      | +0,71 | 608      |     |
|       | 50m: 30.95 30.95         | 150m: 1:40.89 35.35 | 250m: 2:52.43 36.04       | 350m: 4:04.81 35.97 |       |          |     |
|       | 100m: 1:05.54 34.59      | 200m: 2:16.39 35.50 | 300m: 3:28.84 36.41       | 400m: 4:39.06 34.25 |       |          |     |
| 3.    | SOARES Carolina Silva    | 03                  | Natacao de Valongo        | <b>4:40.78</b>      | +0,72 | 597      |     |
|       | 50m: 31.21 31.21         | 150m: 1:41.27 35.36 | 250m: 2:53.46 36.21       | 350m: 4:05.56 35.86 |       |          |     |
|       | 100m: 1:05.91 34.70      | 200m: 2:17.25 35.98 | 300m: 3:29.70 36.24       | 400m: 4:40.78 35.22 |       |          |     |
| 4.    | CONCEICAO Ema Jeronimo   | 03                  | Fisica Torres Vedras      | <b>4:41.15</b>      | +0,79 | 594      |     |
|       | 50m: 31.96 31.96         | 150m: 1:42.99 35.82 | 250m: 2:55.01 35.98       | 350m: 4:06.43 35.24 |       |          |     |
|       | 100m: 1:07.17 35.21      | 200m: 2:19.03 36.04 | 300m: 3:31.19 36.18       | 400m: 4:41.15 34.72 |       |          |     |
| 5.    | GASPAR Beatriz Ferreira  | 04                  | Hoquei Mealhada/ CA       | <b>4:41.18</b>      | +0,70 | 594      |     |
|       | 50m: 31.69 31.69         | 150m: 1:41.81 35.02 | 250m: 2:53.35 36.04       | 350m: 4:06.49 36.64 |       |          |     |
|       | 100m: 1:06.79 35.10      | 200m: 2:17.31 35.50 | 300m: 3:29.85 36.50       | 400m: 4:41.18 34.69 |       |          |     |
| 6.    | MARTINS Joana Ribeiro    | 03                  | Benfica                   | <b>4:41.85</b>      | +0,77 | 590      |     |
|       | 50m: 32.62 32.62         | 150m: 1:44.10 35.72 | 250m: 2:54.89 34.73       | 350m: 4:06.55 36.20 |       |          |     |
|       | 100m: 1:08.38 35.76      | 200m: 2:20.16 36.06 | 300m: 3:30.35 35.46       | 400m: 4:41.85 35.30 |       |          |     |
| 7.    | SANTOS Leonor Esteves    | 04                  | Avancado EUL              | <b>4:41.92</b>      | +0,79 | 590      |     |
|       | 50m: 33.04 33.04         | 150m: 1:44.98 35.70 | 250m: 2:56.26 35.43       | 350m: 4:07.89 35.83 |       |          |     |
|       | 100m: 1:09.28 36.24      | 200m: 2:20.83 35.85 | 300m: 3:32.06 35.80       | 400m: 4:41.92 34.03 |       |          |     |
| 8.    | AMORIM Maria Leonor      | 03                  | Porto                     | <b>4:41.93</b>      | +0,74 | 589      |     |
|       | 50m: 31.65 31.65         | 150m: 1:42.33 36.05 | 250m: 2:55.39 36.72       | 350m: 4:07.58 36.13 |       |          |     |
|       | 100m: 1:06.28 34.63      | 200m: 2:18.67 36.34 | 300m: 3:31.45 36.06       | 400m: 4:41.93 34.35 |       |          |     |
| 9.    | PINHO Carolina Teixeira  | 04                  | Porto                     | <b>4:42.25</b>      | +0,70 | 587      |     |
|       | 50m: 31.82 31.82         | 150m: 1:42.98 35.89 | 250m: 2:55.42 36.04       | 350m: 4:07.10 35.64 |       |          |     |
|       | 100m: 1:07.09 35.27      | 200m: 2:19.38 36.40 | 300m: 3:31.46 36.04       | 400m: 4:42.25 35.15 |       |          |     |
| 10.   | SILVA Camila Alexandra   | 03                  | Columbofila Cantanhedense | <b>4:43.48</b>      | +0,86 | 580      |     |
|       | 50m: 33.20 33.20         | 150m: 1:43.30 35.10 | 250m: 2:55.61 36.44       | 350m: 4:08.38 36.38 |       |          |     |
|       | 100m: 1:08.20 35.00      | 200m: 2:19.17 35.87 | 300m: 3:32.00 36.39       | 400m: 4:43.48 35.10 |       |          |     |
| 11.   | SOUSA Ines Matos         | 03                  | Uniao Coimbra             | <b>4:44.09</b>      | +0,81 | 576      |     |
|       | 50m: 32.75 32.75         | 150m: 1:43.71 35.90 | 250m: 2:55.95 36.15       | 350m: 4:08.43 36.26 |       |          |     |
|       | 100m: 1:07.81 35.06      | 200m: 2:19.80 36.09 | 300m: 3:32.17 36.22       | 400m: 4:44.09 35.66 |       |          |     |
| 12.   | RODRIGUES Helena Nunes   | 03                  | Alges e Agueda XXI        | <b>4:44.18</b>      | +0,73 | 576      |     |
|       | 50m: 31.02 31.02         | 150m: 1:41.86 35.98 | 250m: 2:55.45 36.70       | 350m: 4:08.99 36.80 |       |          |     |
|       | 100m: 1:05.88 34.86      | 200m: 2:18.75 36.89 | 300m: 3:32.19 36.74       | 400m: 4:44.18 35.19 |       |          |     |

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

| Lugar | Nome  | Ano | Clube                  | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---|-----|------------------------|----------------|-------|----------|-----|
| 13.   | RODRIGUES Joana Francisca   | 04  | Uniao Coimbra          | <b>4:44.27</b> | +0,72 | 575      |     |
|       | 50m: 32.09 32.09 150m: 1:44.81 36.83 250m: 2:57.72 36.61 350m: 4:09.79 36.01    |     |                        |                |       |          |     |
|       | 100m: 1:07.98 35.89 200m: 2:21.11 36.30 300m: 3:33.78 36.06 400m: 4:44.27 34.48 |     |                        |                |       |          |     |
| 14.   | FLORENCIO Matilde Alves   | 04  | CASPAE                 | <b>4:44.46</b> | +0,72 | 574      |     |
|       | 50m: 32.63 32.63 150m: 1:43.90 36.14 250m: 2:56.81 36.36 350m: 4:10.07 36.48    |     |                        |                |       |          |     |
|       | 100m: 1:07.76 35.13 200m: 2:20.45 36.55 300m: 3:33.59 36.78 400m: 4:44.46 34.39 |     |                        |                |       |          |     |
| 15.   | CARDEAL Beatriz Nunes   | 04  | Academico Viseu        | <b>4:45.68</b> | +0,80 | 567      |     |
|       | 50m: 32.03 32.03 150m: 1:43.21 35.98 250m: 2:56.72 36.81 350m: 4:10.76 36.60    |     |                        |                |       |          |     |
|       | 100m: 1:07.23 35.20 200m: 2:19.91 36.70 300m: 3:34.16 37.44 400m: 4:45.68 34.92 |     |                        |                |       |          |     |
| 16.   | PRETO Filipa Manso  | 04  | Porto                  | <b>4:46.67</b> | +0,77 | 561      |     |
|       | 50m: 32.64 32.64 150m: 1:45.12 36.25 250m: 2:58.14 36.27 350m: 4:11.62 36.83    |     |                        |                |       |          |     |
|       | 100m: 1:08.87 36.23 200m: 2:21.87 36.75 300m: 3:34.79 36.65 400m: 4:46.67 35.05 |     |                        |                |       |          |     |
| 17.   | PELAIO Maria Joao   | 03  | Ginasio Figueirense    | <b>4:46.86</b> | +0,88 | 560      |     |
|       | 50m: 32.43 32.43 150m: 1:44.05 35.99 250m: 2:57.23 36.57 350m: 4:11.03 36.64    |     |                        |                |       |          |     |
|       | 100m: 1:08.06 35.63 200m: 2:20.66 36.61 300m: 3:34.39 37.16 400m: 4:46.86 35.83 |     |                        |                |       |          |     |
| 18.   | PIRES Beatriz Almeida   | 03  | Uniao Coimbra          | <b>4:48.09</b> | +0,79 | 552      |     |
|       | 50m: 33.93 33.93 150m: 1:45.44 35.83 250m: 2:58.69 36.52 350m: 4:12.42 36.60    |     |                        |                |       |          |     |
|       | 100m: 1:09.61 35.68 200m: 2:22.17 36.73 300m: 3:35.82 37.13 400m: 4:48.09 35.67 |     |                        |                |       |          |     |
| 19.   | INACIO Marta Macedo   | 04  | Sporting               | <b>4:48.63</b> | +0,82 | 549      |     |
|       | 50m: 32.91 32.91 150m: 1:45.98 36.79 250m: 2:59.85 36.68 350m: 4:13.85 36.71    |     |                        |                |       |          |     |
|       | 100m: 1:09.19 36.28 200m: 2:23.17 37.19 300m: 3:37.14 37.29 400m: 4:48.63 34.78 |     |                        |                |       |          |     |
| 20.   | FONSECA Laura Luz   | 03  | Naval de Ponta Delgada | <b>4:48.82</b> | +0,75 | 548      |     |
|       | 50m: 32.67 32.67 150m: 1:44.13 36.01 250m: 2:57.66 36.94 350m: 4:11.91 37.31    |     |                        |                |       |          |     |
|       | 100m: 1:08.12 35.45 200m: 2:20.72 36.59 300m: 3:34.60 36.94 400m: 4:48.82 36.91 |     |                        |                |       |          |     |
| 21.   | PIMENTEL Marta Lima   | 04  | Fluvial Portuense      | <b>4:49.55</b> | +0,77 | 544      |     |
|       | 50m: 33.15 33.15 150m: 1:45.58 36.84 250m: 3:00.40 37.40 350m: 4:14.33 36.98    |     |                        |                |       |          |     |
|       | 100m: 1:08.74 35.59 200m: 2:23.00 37.42 300m: 3:37.35 36.95 400m: 4:49.55 35.22 |     |                        |                |       |          |     |
| 22.   | AMANTES Beatriz Quintao   | 03  | Uniao Piedense         | <b>4:50.70</b> | +0,79 | 538      |     |
|       | 50m: 33.26 33.26 150m: 1:46.34 36.62 250m: 3:00.00 36.34 350m: 4:13.94 36.74    |     |                        |                |       |          |     |
|       | 100m: 1:09.72 36.46 200m: 2:23.66 37.32 300m: 3:37.20 37.20 400m: 4:50.70 36.76 |     |                        |                |       |          |     |
| 23.   | PAIS Matilde Vieira   | 03  | Galitos / Bresimar     | <b>4:50.83</b> | +0,79 | 537      |     |
|       | 50m: 32.66 32.66 150m: 1:45.18 36.59 250m: 2:59.00 37.12 350m: 4:14.91 38.03    |     |                        |                |       |          |     |
|       | 100m: 1:08.59 35.93 200m: 2:21.88 36.70 300m: 3:36.88 37.88 400m: 4:50.83 35.92 |     |                        |                |       |          |     |
| 24.   | VIANA Margarida Violante  | 04  | Ba/Bomcar              | <b>4:51.12</b> | +0,89 | 535      |     |
|       | 50m: 33.11 33.11 150m: 1:46.85 37.44 250m: 3:01.38 37.60 350m: 4:15.58 37.19    |     |                        |                |       |          |     |
|       | 100m: 1:09.41 36.30 200m: 2:23.78 36.93 300m: 3:38.39 37.01 400m: 4:51.12 35.54 |     |                        |                |       |          |     |
| 25.   | PIRES Filipa Almeida  | 03  | Uniao Coimbra          | <b>4:51.39</b> | +0,88 | 534      |     |
|       | 50m: 33.10 33.10 150m: 1:46.07 36.96 250m: 3:00.91 37.70 350m: 4:15.67 37.27    |     |                        |                |       |          |     |
|       | 100m: 1:09.11 36.01 200m: 2:23.21 37.14 300m: 3:38.40 37.49 400m: 4:51.39 35.72 |     |                        |                |       |          |     |
| 26.   | SILVA Ines Martins  | 04  | Vilacondense           | <b>4:51.43</b> | +0,92 | 534      |     |
|       | 50m: 33.08 33.08 150m: 1:45.60 36.93 250m: 3:00.91 37.89 350m: 4:15.70 37.21    |     |                        |                |       |          |     |
|       | 100m: 1:08.67 35.59 200m: 2:23.02 37.42 300m: 3:38.49 37.58 400m: 4:51.43 35.73 |     |                        |                |       |          |     |

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

| Lugar | Nome                    | Ano           | Clube                  | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|-------------------------|---------------|------------------------|----------------|-------|---------------|-------|
| 27.   | PINHEIRO Ines Mariana   | 03            | Academica de Coimbra   | <b>4:51.46</b> | +0,77 | 533           |       |
|       | 50m: 33.81 33.81        | 150m: 1:46.97 | 37.43                  | 250m: 3:00.43  | 36.44 | 350m: 4:15.72 | 37.81 |
|       | 100m: 1:09.54 35.73     | 200m: 2:23.99 | 37.02                  | 300m: 3:37.91  | 37.48 | 400m: 4:51.46 | 35.74 |
| 28.   | MOITEIRO Bruna Silva    | 04            | Nautico Marinha Grande | <b>4:51.50</b> | +0,78 | 533           |       |
|       | 50m: 32.10 32.10        | 150m: 1:45.10 | 36.93                  | 250m: 2:59.94  | 37.64 | 350m: 4:15.47 | 37.56 |
|       | 100m: 1:08.17 36.07     | 200m: 2:22.30 | 37.20                  | 300m: 3:37.91  | 37.97 | 400m: 4:51.50 | 36.03 |
| 29.   | LIMA Eduarda Filipa     | 04            | Vilacondense           | <b>4:51.78</b> | +0,90 | 532           |       |
|       | 50m: 34.01 34.01        | 150m: 1:47.41 | 37.17                  | 250m: 3:02.72  | 37.49 | 350m: 4:17.00 | 37.27 |
|       | 100m: 1:10.24 36.23     | 200m: 2:25.23 | 37.82                  | 300m: 3:39.73  | 37.01 | 400m: 4:51.78 | 34.78 |
| 30.   | ALVES Maria Francisca   | 04            | Ba/Bomcar              | <b>4:51.81</b> | +0,64 | 532           |       |
|       | 50m: 32.81 32.81        | 150m: 1:46.34 | 36.71                  | 250m: 3:01.05  | 37.21 | 350m: 4:16.04 | 37.27 |
|       | 100m: 1:09.63 36.82     | 200m: 2:23.84 | 37.50                  | 300m: 3:38.77  | 37.72 | 400m: 4:51.81 | 35.77 |
| 31.   | MONTEIRO Ines Maria     | 04            | Naval Praia da Vitoria | <b>4:52.31</b> | +0,83 | 529           |       |
|       | 50m: 32.41 32.41        | 150m: 1:45.10 | 36.66                  | 250m: 3:00.19  | 37.75 | 350m: 4:15.74 | 37.67 |
|       | 100m: 1:08.44 36.03     | 200m: 2:22.44 | 37.34                  | 300m: 3:38.07  | 37.88 | 400m: 4:52.31 | 36.57 |
| 32.   | NARRA Vera Figueiredo   | 04            | Amadora                | <b>4:52.41</b> | +0,72 | 528           |       |
|       | 50m: 33.10 33.10        | 150m: 1:46.68 | 37.40                  | 250m: 3:01.91  | 37.14 | 350m: 4:16.49 | 37.35 |
|       | 100m: 1:09.28 36.18     | 200m: 2:24.77 | 38.09                  | 300m: 3:39.14  | 37.23 | 400m: 4:52.41 | 35.92 |
| 33.   | TROIA Beatriz Rosa      | 04            | Vilacondense           | <b>4:52.43</b> | +0,67 | 528           |       |
|       | 50m: 34.68 34.68        | 150m: 1:49.93 | 37.54                  | 250m: 3:04.47  | 37.16 | 350m: 4:17.82 | 35.76 |
|       | 100m: 1:12.39 37.71     | 200m: 2:27.31 | 37.38                  | 300m: 3:42.06  | 37.59 | 400m: 4:52.43 | 34.61 |
| 34.   | MARTINS Beatriz Picanco | 03            | Benfica                | <b>4:52.98</b> | +0,82 | 525           |       |
|       | 50m: 32.85 32.85        | 150m: 1:46.71 | 37.44                  | 250m: 3:01.58  | 37.30 | 350m: 4:16.92 | 37.64 |
|       | 100m: 1:09.27 36.42     | 200m: 2:24.28 | 37.57                  | 300m: 3:39.28  | 37.70 | 400m: 4:52.98 | 36.06 |
| 35.   | FREIXEIRO Beatriz Maria | 04            | Rio Maior              | <b>4:53.06</b> | +0,77 | 525           |       |
|       | 50m: 32.96 32.96        | 150m: 1:47.04 | 37.63                  | 250m: 3:02.54  | 37.64 | 350m: 4:17.55 | 37.49 |
|       | 100m: 1:09.41 36.45     | 200m: 2:24.90 | 37.86                  | 300m: 3:40.06  | 37.52 | 400m: 4:53.06 | 35.51 |
| 36.   | MARQUES Maria Alexandra | 04            | Albicastrense          | <b>4:53.85</b> | +0,68 | 521           |       |
|       | 50m: 34.71 34.71        | 150m: 1:49.49 | 37.66                  | 250m: 3:04.55  | 37.25 | 350m: 4:18.57 | 36.52 |
|       | 100m: 1:11.83 37.12     | 200m: 2:27.30 | 37.81                  | 300m: 3:42.05  | 37.50 | 400m: 4:53.85 | 35.28 |
| 37.   | ALMEIDA Catarina Nunes  | 04            | Galitos / Bresimar     | <b>4:54.41</b> | +0,85 | 518           |       |
|       | 50m: 34.38 34.38        | 150m: 1:49.25 | 37.44                  | 250m: 3:03.87  | 37.36 | 350m: 4:18.78 | 37.20 |
|       | 100m: 1:11.81 37.43     | 200m: 2:26.51 | 37.26                  | 300m: 3:41.58  | 37.71 | 400m: 4:54.41 | 35.63 |
| 38.   | SIMÕES Rita Mendes      | 04            | Ba/Bomcar              | <b>4:55.44</b> | +0,86 | 512           |       |
|       | 50m: 34.24 34.24        | 150m: 1:48.64 | 37.45                  | 250m: 3:04.12  | 37.74 | 350m: 4:18.97 | 37.03 |
|       | 100m: 1:11.19 36.95     | 200m: 2:26.38 | 37.74                  | 300m: 3:41.94  | 37.82 | 400m: 4:55.44 | 36.47 |
| 39.   | BARBOSA Adriana Freixo  | 03            | Viana Natacao          | <b>4:56.23</b> | +0,94 | 508           |       |
|       | 50m: 32.80 32.80        | 150m: 1:46.08 | 37.00                  | 250m: 3:01.73  | 38.10 | 350m: 4:18.73 | 38.53 |
|       | 100m: 1:09.08 36.28     | 200m: 2:23.63 | 37.55                  | 300m: 3:40.20  | 38.47 | 400m: 4:56.23 | 37.50 |
| 40.   | NEVES Leonor Maria      | 03            | Geslours               | <b>4:56.46</b> | +0,68 | 507           |       |
|       | 50m: 32.77 32.77        | 150m: 1:47.36 | 37.95                  | 250m: 3:04.16  | 38.41 | 350m: 4:19.92 | 38.00 |
|       | 100m: 1:09.41 36.64     | 200m: 2:25.75 | 38.39                  | 300m: 3:41.92  | 37.76 | 400m: 4:56.46 | 36.54 |

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

| Lugar | Nome                  | Ano           | Clube         | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|-----------------------|---------------|---------------|----------------|-------|---------------|-------|
| 41.   | JACINTO Ines Filipa   | 03            | Ba/Bomcar     | <b>4:57.96</b> | +0,77 | 499           |       |
|       | 50m: 33.14 33.14      | 150m: 1:46.41 | 37.53         | 250m: 3:02.69  | 38.19 | 350m: 4:19.97 | 38.92 |
|       | 100m: 1:08.88 35.74   | 200m: 2:24.50 | 38.09         | 300m: 3:41.05  | 38.36 | 400m: 4:57.96 | 37.99 |
| 42.   | LIGEIRO Daniela Silva | 04            | Viana Natacao | <b>5:04.76</b> | +0,76 | 467           |       |
|       | 50m: 34.41 34.41      | 150m: 1:50.14 | 37.99         | 250m: 3:07.56  | 39.20 | 350m: 4:26.46 | 39.84 |
|       | 100m: 1:12.15 37.74   | 200m: 2:28.36 | 38.22         | 300m: 3:46.62  | 39.06 | 400m: 5:04.76 | 38.30 |

Prova 35 Femin., 400m Livres Juvenis B  
28-07-2018 - 11:25 Resultados Elimin

|                  |         |                        |     |                 |            |
|------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Juv B    | 4:26.20 | CABRAL Maria Francisca | FCP | Oeiras          | 26-07-2014 |

TAC 50m: 4:55.57 - 25m: 4:49.38

Pontos: FINA 2018

| Lugar | Nome                      | Ano           | Clube               | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|---------------------------|---------------|---------------------|----------------|-------|---------------|-------|
| 1.    | GASPAR Beatriz Ferreira   | 04            | Hoquei Mealhada/ CA | <b>4:41.18</b> | +0,70 | 594           |       |
|       | 50m: 31.69 31.69          | 150m: 1:41.81 | 35.02               | 250m: 2:53.35  | 36.04 | 350m: 4:06.49 | 36.64 |
|       | 100m: 1:06.79 35.10       | 200m: 2:17.31 | 35.50               | 300m: 3:29.85  | 36.50 | 400m: 4:41.18 | 34.69 |
| 2.    | SANTOS Leonor Esteves     | 04            | Avancado EUL        | <b>4:41.92</b> | +0,79 | 590           |       |
|       | 50m: 33.04 33.04          | 150m: 1:44.98 | 35.70               | 250m: 2:56.26  | 35.43 | 350m: 4:07.89 | 35.83 |
|       | 100m: 1:09.28 36.24       | 200m: 2:20.83 | 35.85               | 300m: 3:32.06  | 35.80 | 400m: 4:41.92 | 34.03 |
| 3.    | PINHO Carolina Teixeira   | 04            | Porto               | <b>4:42.25</b> | +0,70 | 587           |       |
|       | 50m: 31.82 31.82          | 150m: 1:42.98 | 35.89               | 250m: 2:55.42  | 36.04 | 350m: 4:07.10 | 35.64 |
|       | 100m: 1:07.09 35.27       | 200m: 2:19.38 | 36.40               | 300m: 3:31.46  | 36.04 | 400m: 4:42.25 | 35.15 |
| 4.    | RODRIGUES Joana Francisca | 04            | Uniao Coimbra       | <b>4:44.27</b> | +0,72 | 575           |       |
|       | 50m: 32.09 32.09          | 150m: 1:44.81 | 36.83               | 250m: 2:57.72  | 36.61 | 350m: 4:09.79 | 36.01 |
|       | 100m: 1:07.98 35.89       | 200m: 2:21.11 | 36.30               | 300m: 3:33.78  | 36.06 | 400m: 4:44.27 | 34.48 |
| 5.    | FLORENCIO Matilde Alves   | 04            | CASPAE              | <b>4:44.46</b> | +0,72 | 574           |       |
|       | 50m: 32.63 32.63          | 150m: 1:43.90 | 36.14               | 250m: 2:56.81  | 36.36 | 350m: 4:10.07 | 36.48 |
|       | 100m: 1:07.76 35.13       | 200m: 2:20.45 | 36.55               | 300m: 3:33.59  | 36.78 | 400m: 4:44.46 | 34.39 |
| 6.    | CARDEAL Beatriz Nunes     | 04            | Academico Viseu     | <b>4:45.68</b> | +0,80 | 567           |       |
|       | 50m: 32.03 32.03          | 150m: 1:43.21 | 35.98               | 250m: 2:56.72  | 36.81 | 350m: 4:10.76 | 36.60 |
|       | 100m: 1:07.23 35.20       | 200m: 2:19.91 | 36.70               | 300m: 3:34.16  | 37.44 | 400m: 4:45.68 | 34.92 |
| 7.    | PRETO Filipa Manso        | 04            | Porto               | <b>4:46.67</b> | +0,77 | 561           |       |
|       | 50m: 32.64 32.64          | 150m: 1:45.12 | 36.25               | 250m: 2:58.14  | 36.27 | 350m: 4:11.62 | 36.83 |
|       | 100m: 1:08.87 36.23       | 200m: 2:21.87 | 36.75               | 300m: 3:34.79  | 36.65 | 400m: 4:46.67 | 35.05 |
| 8.    | INACIO Marta Macedo       | 04            | Sporting            | <b>4:48.63</b> | +0,82 | 549           |       |
|       | 50m: 32.91 32.91          | 150m: 1:45.98 | 36.79               | 250m: 2:59.85  | 36.68 | 350m: 4:13.85 | 36.71 |
|       | 100m: 1:09.19 36.28       | 200m: 2:23.17 | 37.19               | 300m: 3:37.14  | 37.29 | 400m: 4:48.63 | 34.78 |
| 9.    | PIMENTEL Marta Lima       | 04            | Fluvial Portuense   | <b>4:49.55</b> | +0,77 | 544           |       |
|       | 50m: 33.15 33.15          | 150m: 1:45.58 | 36.84               | 250m: 3:00.40  | 37.40 | 350m: 4:14.33 | 36.98 |
|       | 100m: 1:08.74 35.59       | 200m: 2:23.00 | 37.42               | 300m: 3:37.35  | 36.95 | 400m: 4:49.55 | 35.22 |

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

| Lugar | Nome                     | Ano                 | Clube                  | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|------------------------|---------------------|-------|----------|-----|
| 10.   | VIANA Margarida Violante | 04                  | Ba/Bomcar              | <b>4:51.12</b>      | +0,89 | 535      |     |
|       | 50m: 33.11 33.11         | 150m: 1:46.85 37.44 | 250m: 3:01.38 37.60    | 350m: 4:15.58 37.19 |       |          |     |
|       | 100m: 1:09.41 36.30      | 200m: 2:23.78 36.93 | 300m: 3:38.39 37.01    | 400m: 4:51.12 35.54 |       |          |     |
| 11.   | SILVA Ines Martins       | 04                  | Vilacondense           | <b>4:51.43</b>      | +0,92 | 534      |     |
|       | 50m: 33.08 33.08         | 150m: 1:45.60 36.93 | 250m: 3:00.91 37.89    | 350m: 4:15.70 37.21 |       |          |     |
|       | 100m: 1:08.67 35.59      | 200m: 2:23.02 37.42 | 300m: 3:38.49 37.58    | 400m: 4:51.43 35.73 |       |          |     |
| 12.   | MOITEIRO Bruna Silva     | 04                  | Nautico Marinha Grande | <b>4:51.50</b>      | +0,78 | 533      |     |
|       | 50m: 32.10 32.10         | 150m: 1:45.10 36.93 | 250m: 2:59.94 37.64    | 350m: 4:15.47 37.56 |       |          |     |
|       | 100m: 1:08.17 36.07      | 200m: 2:22.30 37.20 | 300m: 3:37.91 37.97    | 400m: 4:51.50 36.03 |       |          |     |
| 13.   | LIMA Eduarda Filipa      | 04                  | Vilacondense           | <b>4:51.78</b>      | +0,90 | 532      |     |
|       | 50m: 34.01 34.01         | 150m: 1:47.41 37.17 | 250m: 3:02.72 37.49    | 350m: 4:17.00 37.27 |       |          |     |
|       | 100m: 1:10.24 36.23      | 200m: 2:25.23 37.82 | 300m: 3:39.73 37.01    | 400m: 4:51.78 34.78 |       |          |     |
| 14.   | ALVES Maria Francisca    | 04                  | Ba/Bomcar              | <b>4:51.81</b>      | +0,64 | 532      |     |
|       | 50m: 32.81 32.81         | 150m: 1:46.34 36.71 | 250m: 3:01.05 37.21    | 350m: 4:16.04 37.27 |       |          |     |
|       | 100m: 1:09.63 36.82      | 200m: 2:23.84 37.50 | 300m: 3:38.77 37.72    | 400m: 4:51.81 35.77 |       |          |     |
| 15.   | MONTEIRO Ines Maria      | 04                  | Naval Praia da Vitoria | <b>4:52.31</b>      | +0,83 | 529      |     |
|       | 50m: 32.41 32.41         | 150m: 1:45.10 36.66 | 250m: 3:00.19 37.75    | 350m: 4:15.74 37.67 |       |          |     |
|       | 100m: 1:08.44 36.03      | 200m: 2:22.44 37.34 | 300m: 3:38.07 37.88    | 400m: 4:52.31 36.57 |       |          |     |
| 16.   | NARRA Vera Figueiredo    | 04                  | Amadora                | <b>4:52.41</b>      | +0,72 | 528      |     |
|       | 50m: 33.10 33.10         | 150m: 1:46.68 37.40 | 250m: 3:01.91 37.14    | 350m: 4:16.49 37.35 |       |          |     |
|       | 100m: 1:09.28 36.18      | 200m: 2:24.77 38.09 | 300m: 3:39.14 37.23    | 400m: 4:52.41 35.92 |       |          |     |
| 17.   | TROIA Beatriz Rosa       | 04                  | Vilacondense           | <b>4:52.43</b>      | +0,67 | 528      |     |
|       | 50m: 34.68 34.68         | 150m: 1:49.93 37.54 | 250m: 3:04.47 37.16    | 350m: 4:17.82 35.76 |       |          |     |
|       | 100m: 1:12.39 37.71      | 200m: 2:27.31 37.38 | 300m: 3:42.06 37.59    | 400m: 4:52.43 34.61 |       |          |     |
| 18.   | FREIXIEIRO Beatriz Maria | 04                  | Rio Maior              | <b>4:53.06</b>      | +0,77 | 525      |     |
|       | 50m: 32.96 32.96         | 150m: 1:47.04 37.63 | 250m: 3:02.54 37.64    | 350m: 4:17.55 37.49 |       |          |     |
|       | 100m: 1:09.41 36.45      | 200m: 2:24.90 37.86 | 300m: 3:40.06 37.52    | 400m: 4:53.06 35.51 |       |          |     |
| 19.   | MARQUES Maria Alexandra  | 04                  | Albicastrense          | <b>4:53.85</b>      | +0,68 | 521      |     |
|       | 50m: 34.71 34.71         | 150m: 1:49.49 37.66 | 250m: 3:04.55 37.25    | 350m: 4:18.57 36.52 |       |          |     |
|       | 100m: 1:11.83 37.12      | 200m: 2:27.30 37.81 | 300m: 3:42.05 37.50    | 400m: 4:53.85 35.28 |       |          |     |
| 20.   | ALMEIDA Catarina Nunes   | 04                  | Galitos / Bresimar     | <b>4:54.41</b>      | +0,85 | 518      |     |
|       | 50m: 34.38 34.38         | 150m: 1:49.25 37.44 | 250m: 3:03.87 37.36    | 350m: 4:18.78 37.20 |       |          |     |
|       | 100m: 1:11.81 37.43      | 200m: 2:26.51 37.26 | 300m: 3:41.58 37.71    | 400m: 4:54.41 35.63 |       |          |     |
| 21.   | SIMÕES Rita Mendes       | 04                  | Ba/Bomcar              | <b>4:55.44</b>      | +0,86 | 512      |     |
|       | 50m: 34.24 34.24         | 150m: 1:48.64 37.45 | 250m: 3:04.12 37.74    | 350m: 4:18.97 37.03 |       |          |     |
|       | 100m: 1:11.19 36.95      | 200m: 2:26.38 37.74 | 300m: 3:41.94 37.82    | 400m: 4:55.44 36.47 |       |          |     |
| 22.   | LIGEIRO Daniela Silva    | 04                  | Viana Natacao          | <b>5:04.76</b>      | +0,76 | 467      |     |
|       | 50m: 34.41 34.41         | 150m: 1:50.14 37.99 | 250m: 3:07.56 39.20    | 350m: 4:26.46 39.84 |       |          |     |
|       | 100m: 1:12.15 37.74      | 200m: 2:28.36 38.22 | 300m: 3:46.62 39.06    | 400m: 5:04.76 38.30 |       |          |     |

Prova 35, Femin., 400m Livres, Elimin

| Prova 35           | Femin., 400m Livres |                         |     |                 | Juvenis A         |
|--------------------|---------------------|-------------------------|-----|-----------------|-------------------|
| 28-07-2018 - 11:25 |                     |                         |     |                 | Resultados Elimin |
| Rec Nac Absoluto   | 4:09.49             | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018        |
| Rec Nac Juv A      | 4:20.78             | HOLUB Tamila Hryhorivna | POR | Porto           | 07-06-2014        |

TAC 50m: 4:52.95 - 25m: 4:46.98

Pontos: FINA 2018

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | MARTINS Francisca Soares | 03                  | Foca                      | <b>4:37.23</b>      | +0,70 | 620      |     |
|       | 50m: 31.57 31.57         | 150m: 1:40.37 34.98 | 250m: 2:51.15 35.54       | 350m: 4:02.41 35.74 |       |          |     |
|       | 100m: 1:05.39 33.82      | 200m: 2:15.61 35.24 | 300m: 3:26.67 35.52       | 400m: 4:37.23 34.82 |       |          |     |
| 2.    | SOARES Catarina Silva    | 03                  | Porto                     | <b>4:39.06</b>      | +0,71 | 608      |     |
|       | 50m: 30.95 30.95         | 150m: 1:40.89 35.35 | 250m: 2:52.43 36.04       | 350m: 4:04.81 35.97 |       |          |     |
|       | 100m: 1:05.54 34.59      | 200m: 2:16.39 35.50 | 300m: 3:28.84 36.41       | 400m: 4:39.06 34.25 |       |          |     |
| 3.    | SOARES Carolina Silva    | 03                  | Natacao de Valongo        | <b>4:40.78</b>      | +0,72 | 597      |     |
|       | 50m: 31.21 31.21         | 150m: 1:41.27 35.36 | 250m: 2:53.46 36.21       | 350m: 4:05.56 35.86 |       |          |     |
|       | 100m: 1:05.91 34.70      | 200m: 2:17.25 35.98 | 300m: 3:29.70 36.24       | 400m: 4:40.78 35.22 |       |          |     |
| 4.    | CONCEICAO Ema Jeronimo   | 03                  | Fisica Torres Vedras      | <b>4:41.15</b>      | +0,79 | 594      |     |
|       | 50m: 31.96 31.96         | 150m: 1:42.99 35.82 | 250m: 2:55.01 35.98       | 350m: 4:06.43 35.24 |       |          |     |
|       | 100m: 1:07.17 35.21      | 200m: 2:19.03 36.04 | 300m: 3:31.19 36.18       | 400m: 4:41.15 34.72 |       |          |     |
| 5.    | MARTINS Joana Ribeiro    | 03                  | Benfica                   | <b>4:41.85</b>      | +0,77 | 590      |     |
|       | 50m: 32.62 32.62         | 150m: 1:44.10 35.72 | 250m: 2:54.89 34.73       | 350m: 4:06.55 36.20 |       |          |     |
|       | 100m: 1:08.38 35.76      | 200m: 2:20.16 36.06 | 300m: 3:30.35 35.46       | 400m: 4:41.85 35.30 |       |          |     |
| 6.    | AMORIM Maria Leonor      | 03                  | Porto                     | <b>4:41.93</b>      | +0,74 | 589      |     |
|       | 50m: 31.65 31.65         | 150m: 1:42.33 36.05 | 250m: 2:55.39 36.72       | 350m: 4:07.58 36.13 |       |          |     |
|       | 100m: 1:06.28 34.63      | 200m: 2:18.67 36.34 | 300m: 3:31.45 36.06       | 400m: 4:41.93 34.35 |       |          |     |
| 7.    | SILVA Camila Alexandra   | 03                  | Columbofila Cantanhedense | <b>4:43.48</b>      | +0,86 | 580      |     |
|       | 50m: 33.20 33.20         | 150m: 1:43.30 35.10 | 250m: 2:55.61 36.44       | 350m: 4:08.38 36.38 |       |          |     |
|       | 100m: 1:08.20 35.00      | 200m: 2:19.17 35.87 | 300m: 3:32.00 36.39       | 400m: 4:43.48 35.10 |       |          |     |
| 8.    | SOUSA Ines Matos         | 03                  | Uniao Coimbra             | <b>4:44.09</b>      | +0,81 | 576      |     |
|       | 50m: 32.75 32.75         | 150m: 1:43.71 35.90 | 250m: 2:55.95 36.15       | 350m: 4:08.43 36.26 |       |          |     |
|       | 100m: 1:07.81 35.06      | 200m: 2:19.80 36.09 | 300m: 3:32.17 36.22       | 400m: 4:44.09 35.66 |       |          |     |
| 9.    | RODRIGUES Helena Nunes   | 03                  | Alges e Agueda XXI        | <b>4:44.18</b>      | +0,73 | 576      |     |
|       | 50m: 31.02 31.02         | 150m: 1:41.86 35.98 | 250m: 2:55.45 36.70       | 350m: 4:08.99 36.80 |       |          |     |
|       | 100m: 1:05.88 34.86      | 200m: 2:18.75 36.89 | 300m: 3:32.19 36.74       | 400m: 4:44.18 35.19 |       |          |     |
| 10.   | PELAIJO Maria Joao       | 03                  | Ginasio Figueirense       | <b>4:46.86</b>      | +0,88 | 560      |     |
|       | 50m: 32.43 32.43         | 150m: 1:44.05 35.99 | 250m: 2:57.23 36.57       | 350m: 4:11.03 36.64 |       |          |     |
|       | 100m: 1:08.06 35.63      | 200m: 2:20.66 36.61 | 300m: 3:34.39 37.16       | 400m: 4:46.86 35.83 |       |          |     |
| 11.   | PIRES Beatriz Almeida    | 03                  | Uniao Coimbra             | <b>4:48.09</b>      | +0,79 | 552      |     |
|       | 50m: 33.93 33.93         | 150m: 1:45.44 35.83 | 250m: 2:58.69 36.52       | 350m: 4:12.42 36.60 |       |          |     |
|       | 100m: 1:09.61 35.68      | 200m: 2:22.17 36.73 | 300m: 3:35.82 37.13       | 400m: 4:48.09 35.67 |       |          |     |
| 12.   | FONSECA Laura Luz        | 03                  | Naval de Ponta Delgada    | <b>4:48.82</b>      | +0,75 | 548      |     |
|       | 50m: 32.67 32.67         | 150m: 1:44.13 36.01 | 250m: 2:57.66 36.94       | 350m: 4:11.91 37.31 |       |          |     |
|       | 100m: 1:08.12 35.45      | 200m: 2:20.72 36.59 | 300m: 3:34.60 36.94       | 400m: 4:48.82 36.91 |       |          |     |

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

| Lugar | Nome                    | Ano                 | Clube                | Tempo Final         | TReac               | Pts FINA | Pts |
|-------|-------------------------|---------------------|----------------------|---------------------|---------------------|----------|-----|
| 13.   | AMANTES Beatriz Quintao | 03                  | Uniao Piedense       | <b>4:50.70</b>      | +0,79               | 538      |     |
|       | 50m: 33.26 33.26        | 150m: 1:46.34 36.62 | 250m: 3:00.00 36.34  | 350m: 4:13.94 36.74 | 400m: 4:50.70 36.76 |          |     |
|       | 100m: 1:09.72 36.46     | 200m: 2:23.66 37.32 | 300m: 3:37.20 37.20  |                     |                     |          |     |
| 14.   | PAIS Matilde Vieira     | 03                  | Galitos / Bresimar   | <b>4:50.83</b>      | +0,79               | 537      |     |
|       | 50m: 32.66 32.66        | 150m: 1:45.18 36.59 | 250m: 2:59.00 37.12  | 350m: 4:14.91 38.03 | 400m: 4:50.83 35.92 |          |     |
|       | 100m: 1:08.59 35.93     | 200m: 2:21.88 36.70 | 300m: 3:36.88 37.88  |                     |                     |          |     |
| 15.   | PIRES Filipa Almeida    | 03                  | Uniao Coimbra        | <b>4:51.39</b>      | +0,88               | 534      |     |
|       | 50m: 33.10 33.10        | 150m: 1:46.07 36.96 | 250m: 3:00.91 37.70  | 350m: 4:15.67 37.27 | 400m: 4:51.39 35.72 |          |     |
|       | 100m: 1:09.11 36.01     | 200m: 2:23.21 37.14 | 300m: 3:38.40 37.49  |                     |                     |          |     |
| 16.   | PINHEIRO Ines Mariana   | 03                  | Academica de Coimbra | <b>4:51.46</b>      | +0,77               | 533      |     |
|       | 50m: 33.81 33.81        | 150m: 1:46.97 37.43 | 250m: 3:00.43 36.44  | 350m: 4:15.72 37.81 | 400m: 4:51.46 35.74 |          |     |
|       | 100m: 1:09.54 35.73     | 200m: 2:23.99 37.02 | 300m: 3:37.91 37.48  |                     |                     |          |     |
| 17.   | MARTINS Beatriz Picanco | 03                  | Benfica              | <b>4:52.98</b>      | +0,82               | 525      |     |
|       | 50m: 32.85 32.85        | 150m: 1:46.71 37.44 | 250m: 3:01.58 37.30  | 350m: 4:16.92 37.64 | 400m: 4:52.98 36.06 |          |     |
|       | 100m: 1:09.27 36.42     | 200m: 2:24.28 37.57 | 300m: 3:39.28 37.70  |                     |                     |          |     |
| 18.   | BARBOSA Adriana Freixo  | 03                  | Viana Natacao        | <b>4:56.23</b>      | +0,94               | 508      |     |
|       | 50m: 32.80 32.80        | 150m: 1:46.08 37.00 | 250m: 3:01.73 38.10  | 350m: 4:18.73 38.53 | 400m: 4:56.23 37.50 |          |     |
|       | 100m: 1:09.08 36.28     | 200m: 2:23.63 37.55 | 300m: 3:40.20 38.47  |                     |                     |          |     |
| 19.   | NEVES Leonor Maria      | 03                  | Gesloures            | <b>4:56.46</b>      | +0,68               | 507      |     |
|       | 50m: 32.77 32.77        | 150m: 1:47.36 37.95 | 250m: 3:04.16 38.41  | 350m: 4:19.92 38.00 | 400m: 4:56.46 36.54 |          |     |
|       | 100m: 1:09.41 36.64     | 200m: 2:25.75 38.39 | 300m: 3:41.92 37.76  |                     |                     |          |     |
| 20.   | JACINTO Ines Filipa     | 03                  | Ba/Bomcar            | <b>4:57.96</b>      | +0,77               | 499      |     |
|       | 50m: 33.14 33.14        | 150m: 1:46.41 37.53 | 250m: 3:02.69 38.19  | 350m: 4:19.97 38.92 | 400m: 4:57.96 37.99 |          |     |
|       | 100m: 1:08.88 35.74     | 200m: 2:24.50 38.09 | 300m: 3:41.05 38.36  |                     |                     |          |     |

Prova 35 Femin., 400m Livres Junior 16  
28-07-2018 - 11:25 Resultados Elimin

|                                     |         |                        |     |                 |            |
|-------------------------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Absoluto                    | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Jun16                       | 4:20.37 | FERREIRA Marta Andreia | POR | Berlim (GER)    | 04-08-2002 |
| TAC Jun 50m: 4:43.48 - 25m: 4:38.07 |         |                        |     |                 |            |

Pontos: FINA 2018

| Lugar | Nome                      | Ano                 | Clube               | Tempo Final         | TReac               | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------|---------------------|---------------------|----------|-----|
| 1.    | ANDRE Leticia Maia        | 02                  | Benfica             | <b>4:28.67</b>      | +0,74               | 681      |     |
|       | 50m: 30.62 30.62          | 150m: 1:37.96 34.01 | 250m: 2:46.90 34.54 | 350m: 3:56.12 34.53 | 400m: 4:28.67 32.55 |          |     |
|       | 100m: 1:03.95 33.33       | 200m: 2:12.36 34.40 | 300m: 3:21.59 34.69 |                     |                     |          |     |
| 2.    | BARBOSA Mariana Fernandes | 02                  | Porto               | <b>4:29.24</b>      | +0,71               | 677      |     |
|       | 50m: 31.85 31.85          | 150m: 1:40.93 34.77 | 250m: 2:48.93 33.34 | 350m: 3:56.14 33.42 | 400m: 4:29.24 33.10 |          |     |
|       | 100m: 1:06.16 34.31       | 200m: 2:15.59 34.66 | 300m: 3:22.72 33.79 |                     |                     |          |     |
| 3.    | SOUSA Ana Reis            | 02                  | Litoral Alentejano  | <b>4:29.83</b>      | +0,71               | 672      |     |
|       | 50m: 31.11 31.11          | 150m: 1:39.84 34.72 | 250m: 2:48.78 34.40 | 350m: 3:57.13 34.15 | 400m: 4:29.83 32.70 |          |     |
|       | 100m: 1:05.12 34.01       | 200m: 2:14.38 34.54 | 300m: 3:22.98 34.20 |                     |                     |          |     |

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

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 4.    | RAMOS Ana Rita         | 02                  | Porto               | <b>4:30.24</b>      | +0,70 | 669      |     |
|       | 50m: 32.04 32.04       | 150m: 1:40.55 34.59 | 250m: 2:49.33 34.10 | 350m: 3:57.16 33.77 |       |          |     |
|       | 100m: 1:05.96 33.92    | 200m: 2:15.23 34.68 | 300m: 3:23.39 34.06 | 400m: 4:30.24 33.08 |       |          |     |
| 5.    | QUEIROZ Ana Rita       | 02                  | CASP AE             | <b>4:32.58</b>      | +0,60 | 652      |     |
|       | 50m: 31.60 31.60       | 150m: 1:40.23 34.51 | 250m: 2:49.98 34.70 | 350m: 3:59.81 34.93 |       |          |     |
|       | 100m: 1:05.72 34.12    | 200m: 2:15.28 35.05 | 300m: 3:24.88 34.90 | 400m: 4:32.58 32.77 |       |          |     |
| 6.    | PINA Ana Sofia         | 02                  | O Crasto            | <b>4:35.83</b>      | +0,91 | 630      |     |
|       | 50m: 31.92 31.92       | 150m: 1:40.83 34.45 | 250m: 2:50.46 34.70 | 350m: 4:00.82 35.21 |       |          |     |
|       | 100m: 1:06.38 34.46    | 200m: 2:15.76 34.93 | 300m: 3:25.61 35.15 | 400m: 4:35.83 35.01 |       |          |     |
| 7.    | MENDES Mariana Amaral  | 02                  | Colegio Monte Maior | <b>4:36.56</b>      | +0,65 | 625      |     |
|       | 50m: 32.06 32.06       | 150m: 1:40.78 34.52 | 250m: 2:50.64 35.15 | 350m: 4:01.79 35.69 |       |          |     |
|       | 100m: 1:06.26 34.20    | 200m: 2:15.49 34.71 | 300m: 3:26.10 35.46 | 400m: 4:36.56 34.77 |       |          |     |
| 8.    | VARANDAS Joana Filipa  | 02                  | Laranjeiro          | <b>4:39.46</b>      | +0,73 | 605      |     |
|       | 50m: 31.54 31.54       | 150m: 1:42.03 35.50 | 250m: 2:53.15 35.71 | 350m: 4:04.82 35.76 |       |          |     |
|       | 100m: 1:06.53 34.99    | 200m: 2:17.44 35.41 | 300m: 3:29.06 35.91 | 400m: 4:39.46 34.64 |       |          |     |
| DNS   | FRAZAO Alexandra Couto | 02                  | CASP AE             |                     |       |          |     |

Prova 35 Femin., 400m Livres Junior 17  
28-07-2018 - 11:25 Resultados Elimin

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Jun17    | 4:14.67 | HOLUB Tamila Hryhorivna | SCB | Oeiras          | 23-07-2016 |

TAC Jun 50m: 4:43.48 - 25m: 4:38.07

Pontos: FINA 2018

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | AMADOR Joana Costa       | 01                  | Galitos / Bresimar        | <b>4:30.48</b>      | +0,67 | 668      |     |
|       | 50m: 31.33 31.33         | 150m: 1:40.41 34.94 | 250m: 2:49.80 34.51       | 350m: 3:57.79 33.52 |       |          |     |
|       | 100m: 1:05.47 34.14      | 200m: 2:15.29 34.88 | 300m: 3:24.27 34.47       | 400m: 4:30.48 32.69 |       |          |     |
| 2.    | ALVES Sara Sofia         | 01                  | Columbofila Cantanhedense | <b>4:32.79</b>      | +0,75 | 651      |     |
|       | 50m: 31.80 31.80         | 150m: 1:40.33 34.42 | 250m: 2:49.83 34.73       | 350m: 3:59.44 34.65 |       |          |     |
|       | 100m: 1:05.91 34.11      | 200m: 2:15.10 34.77 | 300m: 3:24.79 34.96       | 400m: 4:32.79 33.35 |       |          |     |
| 3.    | RODRIGUES Filipa Serrano | 01                  | Benfica                   | <b>4:33.50</b>      | +0,77 | 646      |     |
|       | 50m: 31.28 31.28         | 150m: 1:39.87 34.62 | 250m: 2:49.75 34.92       | 350m: 3:59.46 34.78 |       |          |     |
|       | 100m: 1:05.25 33.97      | 200m: 2:14.83 34.96 | 300m: 3:24.68 34.93       | 400m: 4:33.50 34.04 |       |          |     |
| 4.    | MARCELINO Carolina Rosa  | 01                  | Alges                     | <b>4:38.33</b>      | +0,73 | 613      |     |
|       | 50m: 32.10 32.10         | 150m: 1:41.40 35.24 | 250m: 2:51.11 34.81       | 350m: 4:02.93 35.99 |       |          |     |
|       | 100m: 1:06.16 34.06      | 200m: 2:16.30 34.90 | 300m: 3:26.94 35.83       | 400m: 4:38.33 35.40 |       |          |     |
| 5.    | POMBO Tatiana Raquel     | 01                  | Cova da Piedade           | <b>4:43.55</b>      | +0,78 | 579      |     |
|       | 50m: 32.01 32.01         | 150m: 1:43.28 36.05 | 250m: 2:55.96 36.40       | 350m: 4:08.27 36.02 |       |          |     |
|       | 100m: 1:07.23 35.22      | 200m: 2:19.56 36.28 | 300m: 3:32.25 36.29       | 400m: 4:43.55 35.28 |       |          |     |
| 6.    | MARTINS Ines Alves       | 01                  | Fluvial Portuense         | <b>4:45.04</b>      | +0,76 | 570      |     |
|       | 50m: 32.16 32.16         | 150m: 1:43.42 36.08 | 250m: 2:56.13 36.37       | 350m: 4:09.52 36.51 |       |          |     |
|       | 100m: 1:07.34 35.18      | 200m: 2:19.76 36.34 | 300m: 3:33.01 36.88       | 400m: 4:45.04 35.52 |       |          |     |



Prova 35, Femin., 400m Livres, Elimin, Junior 17

| Lugar | Nome                    | Ano           | Clube                      | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|-------------------------|---------------|----------------------------|----------------|-------|---------------|-------|
| 7.    | SANTOS Carolina Ascenso | 01            | Propaganda da Natacao      | <b>4:48.71</b> | +0,84 | 549           |       |
|       | 50m: 32.00 32.00        | 150m: 1:43.97 | 36.38                      | 250m: 2:57.88  | 37.33 | 350m: 4:12.64 | 37.15 |
|       | 100m: 1:07.59 35.59     | 200m: 2:20.55 | 36.58                      | 300m: 3:35.49  | 37.61 | 400m: 4:48.71 | 36.07 |
| 8.    | MARCOS Miriam Filipe    | 01            | Louletano / Loule Concelho | <b>4:49.76</b> | +0,70 | 543           |       |
|       | 50m: 32.14 32.14        | 150m: 1:44.12 | 36.41                      | 250m: 2:57.92  | 37.08 | 350m: 4:12.97 | 37.65 |
|       | 100m: 1:07.71 35.57     | 200m: 2:20.84 | 36.72                      | 300m: 3:35.32  | 37.40 | 400m: 4:49.76 | 36.79 |
| 9.    | VEIGA Ana Filipa        | 01            | Gafanha da Encarnacao      | <b>4:55.09</b> | +0,80 | 514           |       |
|       | 50m: 32.82 32.82        | 150m: 1:46.08 | 37.02                      | 250m: 3:01.55  | 38.05 | 350m: 4:17.48 | 37.94 |
|       | 100m: 1:09.06 36.24     | 200m: 2:23.50 | 37.42                      | 300m: 3:39.54  | 37.99 | 400m: 4:55.09 | 37.61 |

Prova 35 Femin., 400m Livres Seniores  
28-07-2018 - 11:25 Resultados Elimin

|                                 |         |                        |     |                 |            |
|---------------------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Absoluto                | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Sen                     | 4:09.49 | DURAES Diana Margarida | POR | Tarragona (ESP) | 25-06-2018 |
| TAC 50m: 4:37.96 - 25m: 4:31.49 |         |                        |     |                 |            |

Pontos: FINA 2018

| Lugar | Nome                       | Ano           | Clube             | Tempo Final    | TReac | Pts FINA      | Pts   |
|-------|----------------------------|---------------|-------------------|----------------|-------|---------------|-------|
| 1.    | HOLUB Tamila Hryhorivna    | 99            | Braga             | <b>4:19.72</b> | +0,74 | 754           |       |
|       | 50m: 31.00 31.00           | 150m: 1:37.24 | 33.17             | 250m: 2:43.30  | 32.98 | 350m: 3:48.59 | 32.43 |
|       | 100m: 1:04.07 33.07        | 200m: 2:10.32 | 33.08             | 300m: 3:16.16  | 32.86 | 400m: 4:19.72 | 31.13 |
| 2.    | HENRIQUES Ines Jacinto     | 00            | Pimpoes/Cimai     | <b>4:28.35</b> | +0,75 | 684           |       |
|       | 50m: 31.21 31.21           | 150m: 1:39.31 | 34.22             | 250m: 2:46.95  | 33.84 | 350m: 3:55.00 | 34.26 |
|       | 100m: 1:05.09 33.88        | 200m: 2:13.11 | 33.80             | 300m: 3:20.74  | 33.79 | 400m: 4:28.35 | 33.35 |
| 3.    | AZEVEDO Madalena Gomes     | 99            | Alges             | <b>4:31.89</b> | +0,69 | 657           |       |
|       | 50m: 31.23 31.23           | 150m: 1:40.39 | 34.81             | 250m: 2:50.10  | 34.89 | 350m: 3:58.84 | 33.82 |
|       | 100m: 1:05.58 34.35        | 200m: 2:15.21 | 34.82             | 300m: 3:25.02  | 34.92 | 400m: 4:31.89 | 33.05 |
| 4.    | FARIA Ana Rita             | 00            | Porto             | <b>4:31.97</b> | +0,71 | 657           |       |
|       | 50m: 31.77 31.77           | 150m: 1:40.09 | 34.50             | 250m: 2:49.58  | 34.68 | 350m: 3:58.34 | 34.03 |
|       | 100m: 1:05.59 33.82        | 200m: 2:14.90 | 34.81             | 300m: 3:24.31  | 34.73 | 400m: 4:31.97 | 33.63 |
| 5.    | BELEZA Mafalda Gomes       | 94            | Sporting          | <b>4:33.51</b> | +0,68 | 646           |       |
|       | 50m: 31.05 31.05           | 150m: 1:39.61 | 34.53             | 250m: 2:49.19  | 34.83 | 350m: 3:59.41 | 34.92 |
|       | 100m: 1:05.08 34.03        | 200m: 2:14.36 | 34.75             | 300m: 3:24.49  | 35.30 | 400m: 4:33.51 | 34.10 |
| 6.    | VELOSO Teresa Miguel       | 00            | Nautico Academico | <b>4:36.51</b> | +0,74 | 625           |       |
|       | 50m: 31.65 31.65           | 150m: 1:41.22 | 34.80             | 250m: 2:51.29  | 34.58 | 350m: 4:01.75 | 34.99 |
|       | 100m: 1:06.42 34.77        | 200m: 2:16.71 | 35.49             | 300m: 3:26.76  | 35.47 | 400m: 4:36.51 | 34.76 |
| 7.    | CARVALHO Eva Guerreiro     | 99            | Benfica           | <b>4:36.97</b> | +0,75 | 622           |       |
|       | 50m: 32.04 32.04           | 150m: 1:40.85 | 34.51             | 250m: 2:50.29  | 34.86 | 350m: 4:01.36 | 35.75 |
|       | 100m: 1:06.34 34.30        | 200m: 2:15.43 | 34.58             | 300m: 3:25.61  | 35.32 | 400m: 4:36.97 | 35.61 |
| 8.    | RIESENBERGER Bruna Martins | 97            | Laranjeiro        | <b>4:46.14</b> | +0,72 | 564           |       |
|       | 50m: 32.54 32.54           | 150m: 1:43.38 | 35.70             | 250m: 2:56.22  | 36.63 | 350m: 4:10.27 | 36.87 |
|       | 100m: 1:07.68 35.14        | 200m: 2:19.59 | 36.21             | 300m: 3:33.40  | 37.18 | 400m: 4:46.14 | 35.87 |

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 35, Femin., 400m Livres, Elimin

Prova 35  
28-07-2018 - 11:25

Femin., 400m Livres

Absolutos  
Resultados Elimin

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Sen      | 4:09.49 | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Jun17    | 4:14.67 | HOLUB Tamila Hryhorivna | SCB | Oeiras          | 23-07-2016 |
| Rec Nac Jun16    | 4:20.37 | FERREIRA Marta Andreia  | POR | Berlim (GER)    | 04-08-2002 |

TAC Sen 50m: 4:37.96 - 25m: 4:31.49; Jun 50m: 4:43.48 - 25m: 4:38.07

Pontos: FINA 2018

| Lugar | Nome                      | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|---------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 1.    | HOLUB Tamila Hryhorivna   | 99                  | Braga                     | <b>4:19.72</b>      | +0,74 | 754      |     |
|       | 50m: 31.00 31.00          | 150m: 1:37.24 33.17 | 250m: 2:43.30 32.98       | 350m: 3:48.59 32.43 |       |          |     |
|       | 100m: 1:04.07 33.07       | 200m: 2:10.32 33.08 | 300m: 3:16.16 32.86       | 400m: 4:19.72 31.13 |       |          |     |
| 2.    | HENRIQUES Ines Jacinto    | 00                  | Pimpoes/Cimai             | <b>4:28.35</b>      | +0,75 | 684      |     |
|       | 50m: 31.21 31.21          | 150m: 1:39.31 34.22 | 250m: 2:46.95 33.84       | 350m: 3:55.00 34.26 |       |          |     |
|       | 100m: 1:05.09 33.88       | 200m: 2:13.11 33.80 | 300m: 3:20.74 33.79       | 400m: 4:28.35 33.35 |       |          |     |
| 3.    | ANDRE Leticia Maia        | 02                  | Benfica                   | <b>4:28.67</b>      | +0,74 | 681      |     |
|       | 50m: 30.62 30.62          | 150m: 1:37.96 34.01 | 250m: 2:46.90 34.54       | 350m: 3:56.12 34.53 |       |          |     |
|       | 100m: 1:03.95 33.33       | 200m: 2:12.36 34.40 | 300m: 3:21.59 34.69       | 400m: 4:28.67 32.55 |       |          |     |
| 4.    | BARBOSA Mariana Fernandes | 02                  | Porto                     | <b>4:29.24</b>      | +0,71 | 677      |     |
|       | 50m: 31.85 31.85          | 150m: 1:40.93 34.77 | 250m: 2:48.93 33.34       | 350m: 3:56.14 33.42 |       |          |     |
|       | 100m: 1:06.16 34.31       | 200m: 2:15.59 34.66 | 300m: 3:22.72 33.79       | 400m: 4:29.24 33.10 |       |          |     |
| 5.    | SOUSA Ana Reis            | 02                  | Litoral Alentejano        | <b>4:29.83</b>      | +0,71 | 672      |     |
|       | 50m: 31.11 31.11          | 150m: 1:39.84 34.72 | 250m: 2:48.78 34.40       | 350m: 3:57.13 34.15 |       |          |     |
|       | 100m: 1:05.12 34.01       | 200m: 2:14.38 34.54 | 300m: 3:22.98 34.20       | 400m: 4:29.83 32.70 |       |          |     |
| 6.    | RAMOS Ana Rita            | 02                  | Porto                     | <b>4:30.24</b>      | +0,70 | 669      |     |
|       | 50m: 32.04 32.04          | 150m: 1:40.55 34.59 | 250m: 2:49.33 34.10       | 350m: 3:57.16 33.77 |       |          |     |
|       | 100m: 1:05.96 33.92       | 200m: 2:15.23 34.68 | 300m: 3:23.39 34.06       | 400m: 4:30.24 33.08 |       |          |     |
| 7.    | AMADOR Joana Costa        | 01                  | Galitos / Bresimar        | <b>4:30.48</b>      | +0,67 | 668      |     |
|       | 50m: 31.33 31.33          | 150m: 1:40.41 34.94 | 250m: 2:49.80 34.51       | 350m: 3:57.79 33.52 |       |          |     |
|       | 100m: 1:05.47 34.14       | 200m: 2:15.29 34.88 | 300m: 3:24.27 34.47       | 400m: 4:30.48 32.69 |       |          |     |
| 8.    | AZEVEDO Madalena Gomes    | 99                  | Alges                     | <b>4:31.89</b>      | +0,69 | 657      |     |
|       | 50m: 31.23 31.23          | 150m: 1:40.39 34.81 | 250m: 2:50.10 34.89       | 350m: 3:58.84 33.82 |       |          |     |
|       | 100m: 1:05.58 34.35       | 200m: 2:15.21 34.82 | 300m: 3:25.02 34.92       | 400m: 4:31.89 33.05 |       |          |     |
| 9.    | FARIA Ana Rita            | 00                  | Porto                     | <b>4:31.97</b>      | +0,71 | 657      |     |
|       | 50m: 31.77 31.77          | 150m: 1:40.09 34.50 | 250m: 2:49.58 34.68       | 350m: 3:58.34 34.03 |       |          |     |
|       | 100m: 1:05.59 33.82       | 200m: 2:14.90 34.81 | 300m: 3:24.31 34.73       | 400m: 4:31.97 33.63 |       |          |     |
| 10.   | QUEIROZ Ana Rita          | 02                  | CASP AE                   | <b>4:32.58</b>      | +0,60 | 652      |     |
|       | 50m: 31.60 31.60          | 150m: 1:40.23 34.51 | 250m: 2:49.98 34.70       | 350m: 3:59.81 34.93 |       |          |     |
|       | 100m: 1:05.72 34.12       | 200m: 2:15.28 35.05 | 300m: 3:24.88 34.90       | 400m: 4:32.58 32.77 |       |          |     |
| 11.   | ALVES Sara Sofia          | 01                  | Columbofila Cantanhedense | <b>4:32.79</b>      | +0,75 | 651      |     |
|       | 50m: 31.80 31.80          | 150m: 1:40.33 34.42 | 250m: 2:49.83 34.73       | 350m: 3:59.44 34.65 |       |          |     |
|       | 100m: 1:05.91 34.11       | 200m: 2:15.10 34.77 | 300m: 3:24.79 34.96       | 400m: 4:32.79 33.35 |       |          |     |
| 12.   | RODRIGUES Filipa Serrano  | 01                  | Benfica                   | <b>4:33.50</b>      | +0,77 | 646      |     |
|       | 50m: 31.28 31.28          | 150m: 1:39.87 34.62 | 250m: 2:49.75 34.92       | 350m: 3:59.46 34.78 |       |          |     |
|       | 100m: 1:05.25 33.97       | 200m: 2:14.83 34.96 | 300m: 3:24.68 34.93       | 400m: 4:33.50 34.04 |       |          |     |

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

| Lugar | Nome                       | Ano                 | Clube                      | Tempo Final         | TReac | Pts FINA | Pts |
|-------|----------------------------|---------------------|----------------------------|---------------------|-------|----------|-----|
| 13.   | BELEZA Mafalda Gomes       | 94                  | Sporting                   | <b>4:33.51</b>      | +0,68 | 646      |     |
|       | 50m: 31.05 31.05           | 150m: 1:39.61 34.53 | 250m: 2:49.19 34.83        | 350m: 3:59.41 34.92 |       |          |     |
|       | 100m: 1:05.08 34.03        | 200m: 2:14.36 34.75 | 300m: 3:24.49 35.30        | 400m: 4:33.51 34.10 |       |          |     |
| 14.   | PINA Ana Sofia             | 02                  | O Crasto                   | <b>4:35.83</b>      | +0,91 | 630      |     |
|       | 50m: 31.92 31.92           | 150m: 1:40.83 34.45 | 250m: 2:50.46 34.70        | 350m: 4:00.82 35.21 |       |          |     |
|       | 100m: 1:06.38 34.46        | 200m: 2:15.76 34.93 | 300m: 3:25.61 35.15        | 400m: 4:35.83 35.01 |       |          |     |
| 15.   | VELOSO Teresa Miguel       | 00                  | Nautico Academico          | <b>4:36.51</b>      | +0,74 | 625      |     |
|       | 50m: 31.65 31.65           | 150m: 1:41.22 34.80 | 250m: 2:51.29 34.58        | 350m: 4:01.75 34.99 |       |          |     |
|       | 100m: 1:06.42 34.77        | 200m: 2:16.71 35.49 | 300m: 3:26.76 35.47        | 400m: 4:36.51 34.76 |       |          |     |
| 16.   | MENDES Mariana Amaral      | 02                  | Colegio Monte Maior        | <b>4:36.56</b>      | +0,65 | 625      |     |
|       | 50m: 32.06 32.06           | 150m: 1:40.78 34.52 | 250m: 2:50.64 35.15        | 350m: 4:01.79 35.69 |       |          |     |
|       | 100m: 1:06.26 34.20        | 200m: 2:15.49 34.71 | 300m: 3:26.10 35.46        | 400m: 4:36.56 34.77 |       |          |     |
| 17.   | CARVALHO Eva Guerreiro     | 99                  | Benfica                    | <b>4:36.97</b>      | +0,75 | 622      |     |
|       | 50m: 32.04 32.04           | 150m: 1:40.85 34.51 | 250m: 2:50.29 34.86        | 350m: 4:01.36 35.75 |       |          |     |
|       | 100m: 1:06.34 34.30        | 200m: 2:15.43 34.58 | 300m: 3:25.61 35.32        | 400m: 4:36.97 35.61 |       |          |     |
| 18.   | MARCELINO Carolina Rosa    | 01                  | Alges                      | <b>4:38.33</b>      | +0,73 | 613      |     |
|       | 50m: 32.10 32.10           | 150m: 1:41.40 35.24 | 250m: 2:51.11 34.81        | 350m: 4:02.93 35.99 |       |          |     |
|       | 100m: 1:06.16 34.06        | 200m: 2:16.30 34.90 | 300m: 3:26.94 35.83        | 400m: 4:38.33 35.40 |       |          |     |
| 19.   | VARANDAS Joana Filipa      | 02                  | Laranjeiro                 | <b>4:39.46</b>      | +0,73 | 605      |     |
|       | 50m: 31.54 31.54           | 150m: 1:42.03 35.50 | 250m: 2:53.15 35.71        | 350m: 4:04.82 35.76 |       |          |     |
|       | 100m: 1:06.53 34.99        | 200m: 2:17.44 35.41 | 300m: 3:29.06 35.91        | 400m: 4:39.46 34.64 |       |          |     |
| 20.   | POMBO Tatiana Raquel       | 01                  | Cova da Piedade            | <b>4:43.55</b>      | +0,78 | 579      |     |
|       | 50m: 32.01 32.01           | 150m: 1:43.28 36.05 | 250m: 2:55.96 36.40        | 350m: 4:08.27 36.02 |       |          |     |
|       | 100m: 1:07.23 35.22        | 200m: 2:19.56 36.28 | 300m: 3:32.25 36.29        | 400m: 4:43.55 35.28 |       |          |     |
| 21.   | MARTINS Ines Alves         | 01                  | Fluvial Portuense          | <b>4:45.04</b>      | +0,76 | 570      |     |
|       | 50m: 32.16 32.16           | 150m: 1:43.42 36.08 | 250m: 2:56.13 36.37        | 350m: 4:09.52 36.51 |       |          |     |
|       | 100m: 1:07.34 35.18        | 200m: 2:19.76 36.34 | 300m: 3:33.01 36.88        | 400m: 4:45.04 35.52 |       |          |     |
| 22.   | RIESENBERGER Bruna Martins | 97                  | Laranjeiro                 | <b>4:46.14</b>      | +0,72 | 564      |     |
|       | 50m: 32.54 32.54           | 150m: 1:43.38 35.70 | 250m: 2:56.22 36.63        | 350m: 4:10.27 36.87 |       |          |     |
|       | 100m: 1:07.68 35.14        | 200m: 2:19.59 36.21 | 300m: 3:33.40 37.18        | 400m: 4:46.14 35.87 |       |          |     |
| 23.   | SANTOS Carolina Ascenso    | 01                  | Propaganda da Natacao      | <b>4:48.71</b>      | +0,84 | 549      |     |
|       | 50m: 32.00 32.00           | 150m: 1:43.97 36.38 | 250m: 2:57.88 37.33        | 350m: 4:12.64 37.15 |       |          |     |
|       | 100m: 1:07.59 35.59        | 200m: 2:20.55 36.58 | 300m: 3:35.49 37.61        | 400m: 4:48.71 36.07 |       |          |     |
| 24.   | MARCOS Miriam Filipe       | 01                  | Louletano / Loule Concelho | <b>4:49.76</b>      | +0,70 | 543      |     |
|       | 50m: 32.14 32.14           | 150m: 1:44.12 36.41 | 250m: 2:57.92 37.08        | 350m: 4:12.97 37.65 |       |          |     |
|       | 100m: 1:07.71 35.57        | 200m: 2:20.84 36.72 | 300m: 3:35.32 37.40        | 400m: 4:49.76 36.79 |       |          |     |
| 25.   | VEIGA Ana Filipa           | 01                  | Gafanha da Encarnacao      | <b>4:55.09</b>      | +0,80 | 514      |     |
|       | 50m: 32.82 32.82           | 150m: 1:46.08 37.02 | 250m: 3:01.55 38.05        | 350m: 4:17.48 37.94 |       |          |     |
|       | 100m: 1:09.06 36.24        | 200m: 2:23.50 37.42 | 300m: 3:39.54 37.99        | 400m: 4:55.09 37.61 |       |          |     |
| DNS   | FRAZAO Alexandra Couto     | 02                  | CASPAE                     |                     |       |          |     |

Prova 35, Femin., 400m Livres, Elimin

Prova 35  
28-07-2018 - 11:25

Femin., 400m Livres

Open  
Resultados Elimin

|                  |         |                         |     |                 |            |
|------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Absoluto | 4:09.49 | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Sen      | 4:09.49 | DURAES Diana Margarida  | POR | Tarragona (ESP) | 25-06-2018 |
| Rec Nac Jun17    | 4:14.67 | HOLUB Tamila Hryhorivna | SCB | Oeiras          | 23-07-2016 |
| Rec Nac Jun16    | 4:20.37 | FERREIRA Marta Andreia  | POR | Berlim (GER)    | 04-08-2002 |
| Rec Nac Juv A    | 4:20.78 | HOLUB Tamila Hryhorivna | POR | Porto           | 07-06-2014 |
| Rec Nac Juv B    | 4:26.20 | CABRAL Maria Francisca  | FCP | Oeiras          | 26-07-2014 |
| Rec Nac Inf A    | 4:31.53 | SILVA Alexandra Maria   | POR | Skovde (SWE)    | 08-08-1980 |
| Rec Nac Inf B    | 4:43.70 | SILVA Alexandra Maria   | FCP | Funchal         | 27-07-1979 |

TAC Sen 50m: 4:37.96 - 25m: 4:31.49; Jun 50m: 4:43.48 - 25m: 4:38.07; Juv A 50m: 4:52.95 - 25m: 4:46.98; Juv B 50m: 4:55.57 - 25m: 4:49.38

Pontos: FINA 2018

| Lugar | Nome  | Ano | Clube              | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---|-----|--------------------|----------------|-------|----------|-----|
| 1.    | HOLUB Tamila Hryhorivna   | 99  | Braga              | <b>4:19.72</b> | +0,74 | 754      |     |
|       | 50m: 31.00 31.00 150m: 1:37.24 33.17 250m: 2:43.30 32.98 350m: 3:48.59 32.43    |     |                    |                |       |          |     |
|       | 100m: 1:04.07 33.07 200m: 2:10.32 33.08 300m: 3:16.16 32.86 400m: 4:19.72 31.13 |     |                    |                |       |          |     |
| 2.    | IBANEZ HERNANDEZ Nerea  | 99  | Espana             | <b>4:20.36</b> | +0,83 | 749      |     |
|       | 50m: 30.82 30.82 150m: 1:37.55 33.48 250m: 2:43.53 32.95 350m: 3:48.92 32.40    |     |                    |                |       |          |     |
|       | 100m: 1:04.07 33.25 200m: 2:10.58 33.03 300m: 3:16.52 32.99 400m: 4:20.36 31.44 |     |                    |                |       |          |     |
| 3.    | HENRIQUES Ines Jacinto  | 00  | Pimpoes/Cimai      | <b>4:28.35</b> | +0,75 | 684      |     |
|       | 50m: 31.21 31.21 150m: 1:39.31 34.22 250m: 2:46.95 33.84 350m: 3:55.00 34.26    |     |                    |                |       |          |     |
|       | 100m: 1:05.09 33.88 200m: 2:13.11 33.80 300m: 3:20.74 33.79 400m: 4:28.35 33.35 |     |                    |                |       |          |     |
| 4.    | ALONSO LORENZO Paula  | 95  | Castilla-Leon      | <b>4:28.56</b> | +0,74 | 682      |     |
|       | 50m: 30.63 30.63 150m: 1:37.96 33.98 250m: 2:46.64 34.36 350m: 3:55.01 34.27    |     |                    |                |       |          |     |
|       | 100m: 1:03.98 33.35 200m: 2:12.28 34.32 300m: 3:20.74 34.10 400m: 4:28.56 33.55 |     |                    |                |       |          |     |
| 5.    | ANDRE Leticia Maia  | 02  | Benfica            | <b>4:28.67</b> | +0,74 | 681      |     |
|       | 50m: 30.62 30.62 150m: 1:37.96 34.01 250m: 2:46.90 34.54 350m: 3:56.12 34.53    |     |                    |                |       |          |     |
|       | 100m: 1:03.95 33.33 200m: 2:12.36 34.40 300m: 3:21.59 34.69 400m: 4:28.67 32.55 |     |                    |                |       |          |     |
| 6.    | BARBOSA Mariana Fernandes   | 02  | Porto              | <b>4:29.24</b> | +0,71 | 677      |     |
|       | 50m: 31.85 31.85 150m: 1:40.93 34.77 250m: 2:48.93 33.34 350m: 3:56.14 33.42    |     |                    |                |       |          |     |
|       | 100m: 1:06.16 34.31 200m: 2:15.59 34.66 300m: 3:22.72 33.79 400m: 4:29.24 33.10 |     |                    |                |       |          |     |
| 7.    | SOUSA Ana Reis  | 02  | Litoral Alentejano | <b>4:29.83</b> | +0,71 | 672      |     |
|       | 50m: 31.11 31.11 150m: 1:39.84 34.72 250m: 2:48.78 34.40 350m: 3:57.13 34.15    |     |                    |                |       |          |     |
|       | 100m: 1:05.12 34.01 200m: 2:14.38 34.54 300m: 3:22.98 34.20 400m: 4:29.83 32.70 |     |                    |                |       |          |     |
| 8.    | RAMOS Ana Rita  | 02  | Porto              | <b>4:30.24</b> | +0,70 | 669      |     |
|       | 50m: 32.04 32.04 150m: 1:40.55 34.59 250m: 2:49.33 34.10 350m: 3:57.16 33.77    |     |                    |                |       |          |     |
|       | 100m: 1:05.96 33.92 200m: 2:15.23 34.68 300m: 3:23.39 34.06 400m: 4:30.24 33.08 |     |                    |                |       |          |     |
| 9.    | AMADOR Joana Costa  | 01  | Galitos / Bresimar | <b>4:30.48</b> | +0,67 | 668      |     |
|       | 50m: 31.33 31.33 150m: 1:40.41 34.94 250m: 2:49.80 34.51 350m: 3:57.79 33.52    |     |                    |                |       |          |     |
|       | 100m: 1:05.47 34.14 200m: 2:15.29 34.88 300m: 3:24.27 34.47 400m: 4:30.48 32.69 |     |                    |                |       |          |     |
| 10.   | AZEVEDO Madalena Gomes  | 99  | Alges              | <b>4:31.89</b> | +0,69 | 657      |     |
|       | 50m: 31.23 31.23 150m: 1:40.39 34.81 250m: 2:50.10 34.89 350m: 3:58.84 33.82    |     |                    |                |       |          |     |
|       | 100m: 1:05.58 34.35 200m: 2:15.21 34.82 300m: 3:25.02 34.92 400m: 4:31.89 33.05 |     |                    |                |       |          |     |

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

| Lugar | Nome                     | Ano                 | Clube                     | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|---------------------------|---------------------|-------|----------|-----|
| 11.   | FARIA Ana Rita           | 00                  | Porto                     | <b>4:31.97</b>      | +0,71 | 657      |     |
|       | 50m: 31.77 31.77         | 150m: 1:40.09 34.50 | 250m: 2:49.58 34.68       | 350m: 3:58.34 34.03 |       |          |     |
|       | 100m: 1:05.59 33.82      | 200m: 2:14.90 34.81 | 300m: 3:24.31 34.73       | 400m: 4:31.97 33.63 |       |          |     |
| 12.   | QUEIROZ Ana Rita         | 02                  | CASP AE                   | <b>4:32.58</b>      | +0,60 | 652      |     |
|       | 50m: 31.60 31.60         | 150m: 1:40.23 34.51 | 250m: 2:49.98 34.70       | 350m: 3:59.81 34.93 |       |          |     |
|       | 100m: 1:05.72 34.12      | 200m: 2:15.28 35.05 | 300m: 3:24.88 34.90       | 400m: 4:32.58 32.77 |       |          |     |
| 13.   | ALVES Sara Sofia         | 01                  | Columbofila Cantanhedense | <b>4:32.79</b>      | +0,75 | 651      |     |
|       | 50m: 31.80 31.80         | 150m: 1:40.33 34.42 | 250m: 2:49.83 34.73       | 350m: 3:59.44 34.65 |       |          |     |
|       | 100m: 1:05.91 34.11      | 200m: 2:15.10 34.77 | 300m: 3:24.79 34.96       | 400m: 4:32.79 33.35 |       |          |     |
| 14.   | RODRIGUES Filipa Serrano | 01                  | Benfica                   | <b>4:33.50</b>      | +0,77 | 646      |     |
|       | 50m: 31.28 31.28         | 150m: 1:39.87 34.62 | 250m: 2:49.75 34.92       | 350m: 3:59.46 34.78 |       |          |     |
|       | 100m: 1:05.25 33.97      | 200m: 2:14.83 34.96 | 300m: 3:24.68 34.93       | 400m: 4:33.50 34.04 |       |          |     |
| 15.   | BELEZA Mafalda Gomes     | 94                  | Sporting                  | <b>4:33.51</b>      | +0,68 | 646      |     |
|       | 50m: 31.05 31.05         | 150m: 1:39.61 34.53 | 250m: 2:49.19 34.83       | 350m: 3:59.41 34.92 |       |          |     |
|       | 100m: 1:05.08 34.03      | 200m: 2:14.36 34.75 | 300m: 3:24.49 35.30       | 400m: 4:33.51 34.10 |       |          |     |
| 16.   | PINA Ana Sofia           | 02                  | O Crasto                  | <b>4:35.83</b>      | +0,91 | 630      |     |
|       | 50m: 31.92 31.92         | 150m: 1:40.83 34.45 | 250m: 2:50.46 34.70       | 350m: 4:00.82 35.21 |       |          |     |
|       | 100m: 1:06.38 34.46      | 200m: 2:15.76 34.93 | 300m: 3:25.61 35.15       | 400m: 4:35.83 35.01 |       |          |     |
| 17.   | VELOSO Teresa Miguel     | 00                  | Nautico Academico         | <b>4:36.51</b>      | +0,74 | 625      |     |
|       | 50m: 31.65 31.65         | 150m: 1:41.22 34.80 | 250m: 2:51.29 34.58       | 350m: 4:01.75 34.99 |       |          |     |
|       | 100m: 1:06.42 34.77      | 200m: 2:16.71 35.49 | 300m: 3:26.76 35.47       | 400m: 4:36.51 34.76 |       |          |     |
| 18.   | MENDES Mariana Amaral    | 02                  | Colegio Monte Maior       | <b>4:36.56</b>      | +0,65 | 625      |     |
|       | 50m: 32.06 32.06         | 150m: 1:40.78 34.52 | 250m: 2:50.64 35.15       | 350m: 4:01.79 35.69 |       |          |     |
|       | 100m: 1:06.26 34.20      | 200m: 2:15.49 34.71 | 300m: 3:26.10 35.46       | 400m: 4:36.56 34.77 |       |          |     |
| 19.   | CARVALHO Eva Guerreiro   | 99                  | Benfica                   | <b>4:36.97</b>      | +0,75 | 622      |     |
|       | 50m: 32.04 32.04         | 150m: 1:40.85 34.51 | 250m: 2:50.29 34.86       | 350m: 4:01.36 35.75 |       |          |     |
|       | 100m: 1:06.34 34.30      | 200m: 2:15.43 34.58 | 300m: 3:25.61 35.32       | 400m: 4:36.97 35.61 |       |          |     |
| 20.   | MARTINS Francisca Soares | 03                  | Foca                      | <b>4:37.23</b>      | +0,70 | 620      |     |
|       | 50m: 31.57 31.57         | 150m: 1:40.37 34.98 | 250m: 2:51.15 35.54       | 350m: 4:02.41 35.74 |       |          |     |
|       | 100m: 1:05.39 33.82      | 200m: 2:15.61 35.24 | 300m: 3:26.67 35.52       | 400m: 4:37.23 34.82 |       |          |     |
| 21.   | MARCELINO Carolina Rosa  | 01                  | Alges                     | <b>4:38.33</b>      | +0,73 | 613      |     |
|       | 50m: 32.10 32.10         | 150m: 1:41.40 35.24 | 250m: 2:51.11 34.81       | 350m: 4:02.93 35.99 |       |          |     |
|       | 100m: 1:06.16 34.06      | 200m: 2:16.30 34.90 | 300m: 3:26.94 35.83       | 400m: 4:38.33 35.40 |       |          |     |
| 22.   | SOARES Catarina Silva    | 03                  | Porto                     | <b>4:39.06</b>      | +0,71 | 608      |     |
|       | 50m: 30.95 30.95         | 150m: 1:40.89 35.35 | 250m: 2:52.43 36.04       | 350m: 4:04.81 35.97 |       |          |     |
|       | 100m: 1:05.54 34.59      | 200m: 2:16.39 35.50 | 300m: 3:28.84 36.41       | 400m: 4:39.06 34.25 |       |          |     |
| 23.   | VARANDAS Joana Filipa    | 02                  | Laranjeiro                | <b>4:39.46</b>      | +0,73 | 605      |     |
|       | 50m: 31.54 31.54         | 150m: 1:42.03 35.50 | 250m: 2:53.15 35.71       | 350m: 4:04.82 35.76 |       |          |     |
|       | 100m: 1:06.53 34.99      | 200m: 2:17.44 35.41 | 300m: 3:29.06 35.91       | 400m: 4:39.46 34.64 |       |          |     |
| 24.   | SOARES Carolina Silva    | 03                  | Natacao de Valongo        | <b>4:40.78</b>      | +0,72 | 597      |     |
|       | 50m: 31.21 31.21         | 150m: 1:41.27 35.36 | 250m: 2:53.46 36.21       | 350m: 4:05.56 35.86 |       |          |     |
|       | 100m: 1:05.91 34.70      | 200m: 2:17.25 35.98 | 300m: 3:29.70 36.24       | 400m: 4:40.78 35.22 |       |          |     |

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

| Lugar | Nome  | Ano | Clube                     | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---|-----|---------------------------|----------------|-------|----------|-----|
| 25.   | CONCEICAO Ema Jeronimo  | 03  | Fisica Torres Vedras      | <b>4:41.15</b> | +0,79 | 594      |     |
|       | 50m: 31.96 31.96 150m: 1:42.99 35.82 250m: 2:55.01 35.98 350m: 4:06.43 35.24    |     |                           |                |       |          |     |
|       | 100m: 1:07.17 35.21 200m: 2:19.03 36.04 300m: 3:31.19 36.18 400m: 4:41.15 34.72 |     |                           |                |       |          |     |
| 26.   | GASPAR Beatriz Ferreira   | 04  | Hoquei Mealhada/ CA       | <b>4:41.18</b> | +0,70 | 594      |     |
|       | 50m: 31.69 31.69 150m: 1:41.81 35.02 250m: 2:53.35 36.04 350m: 4:06.49 36.64    |     |                           |                |       |          |     |
|       | 100m: 1:06.79 35.10 200m: 2:17.31 35.50 300m: 3:29.85 36.50 400m: 4:41.18 34.69 |     |                           |                |       |          |     |
| 27.   | MARTINS Joana Ribeiro   | 03  | Benfica                   | <b>4:41.85</b> | +0,77 | 590      |     |
|       | 50m: 32.62 32.62 150m: 1:44.10 35.72 250m: 2:54.89 34.73 350m: 4:06.55 36.20    |     |                           |                |       |          |     |
|       | 100m: 1:08.38 35.76 200m: 2:20.16 36.06 300m: 3:30.35 35.46 400m: 4:41.85 35.30 |     |                           |                |       |          |     |
| 28.   | SANTOS Leonor Esteves   | 04  | Avançado EUL              | <b>4:41.92</b> | +0,79 | 590      |     |
|       | 50m: 33.04 33.04 150m: 1:44.98 35.70 250m: 2:56.26 35.43 350m: 4:07.89 35.83    |     |                           |                |       |          |     |
|       | 100m: 1:09.28 36.24 200m: 2:20.83 35.85 300m: 3:32.06 35.80 400m: 4:41.92 34.03 |     |                           |                |       |          |     |
| 29.   | AMORIM Maria Leonor   | 03  | Porto                     | <b>4:41.93</b> | +0,74 | 589      |     |
|       | 50m: 31.65 31.65 150m: 1:42.33 36.05 250m: 2:55.39 36.72 350m: 4:07.58 36.13    |     |                           |                |       |          |     |
|       | 100m: 1:06.28 34.63 200m: 2:18.67 36.34 300m: 3:31.45 36.06 400m: 4:41.93 34.35 |     |                           |                |       |          |     |
| 30.   | PINHO Carolina Teixeira   | 04  | Porto                     | <b>4:42.25</b> | +0,70 | 587      |     |
|       | 50m: 31.82 31.82 150m: 1:42.98 35.89 250m: 2:55.42 36.04 350m: 4:07.10 35.64    |     |                           |                |       |          |     |
|       | 100m: 1:07.09 35.27 200m: 2:19.38 36.40 300m: 3:31.46 36.04 400m: 4:42.25 35.15 |     |                           |                |       |          |     |
| 31.   | SILVA Camila Alexandra  | 03  | Columbofila Cantanhedense | <b>4:43.48</b> | +0,86 | 580      |     |
|       | 50m: 33.20 33.20 150m: 1:43.30 35.10 250m: 2:55.61 36.44 350m: 4:08.38 36.38    |     |                           |                |       |          |     |
|       | 100m: 1:08.20 35.00 200m: 2:19.17 35.87 300m: 3:32.00 36.39 400m: 4:43.48 35.10 |     |                           |                |       |          |     |
| 32.   | POMBO Tatiana Raquel  | 01  | Cova da Piedade           | <b>4:43.55</b> | +0,78 | 579      |     |
|       | 50m: 32.01 32.01 150m: 1:43.28 36.05 250m: 2:55.96 36.40 350m: 4:08.27 36.02    |     |                           |                |       |          |     |
|       | 100m: 1:07.23 35.22 200m: 2:19.56 36.28 300m: 3:32.25 36.29 400m: 4:43.55 35.28 |     |                           |                |       |          |     |
| 33.   | SOUSA Ines Matos  | 03  | Uniao Coimbra             | <b>4:44.09</b> | +0,81 | 576      |     |
|       | 50m: 32.75 32.75 150m: 1:43.71 35.90 250m: 2:55.95 36.15 350m: 4:08.43 36.26    |     |                           |                |       |          |     |
|       | 100m: 1:07.81 35.06 200m: 2:19.80 36.09 300m: 3:32.17 36.22 400m: 4:44.09 35.66 |     |                           |                |       |          |     |
| 34.   | RODRIGUES Helena Nunes  | 03  | Alges e Agueda XXI        | <b>4:44.18</b> | +0,73 | 576      |     |
|       | 50m: 31.02 31.02 150m: 1:41.86 35.98 250m: 2:55.45 36.70 350m: 4:08.99 36.80    |     |                           |                |       |          |     |
|       | 100m: 1:05.88 34.86 200m: 2:18.75 36.89 300m: 3:32.19 36.74 400m: 4:44.18 35.19 |     |                           |                |       |          |     |
| 35.   | RODRIGUES Joana Francisca   | 04  | Uniao Coimbra             | <b>4:44.27</b> | +0,72 | 575      |     |
|       | 50m: 32.09 32.09 150m: 1:44.81 36.83 250m: 2:57.72 36.61 350m: 4:09.79 36.01    |     |                           |                |       |          |     |
|       | 100m: 1:07.98 35.89 200m: 2:21.11 36.30 300m: 3:33.78 36.06 400m: 4:44.27 34.48 |     |                           |                |       |          |     |
| 36.   | FLORENCIO Matilde Alves   | 04  | CASP AE                   | <b>4:44.46</b> | +0,72 | 574      |     |
|       | 50m: 32.63 32.63 150m: 1:43.90 36.14 250m: 2:56.81 36.36 350m: 4:10.07 36.48    |     |                           |                |       |          |     |
|       | 100m: 1:07.76 35.13 200m: 2:20.45 36.55 300m: 3:33.59 36.78 400m: 4:44.46 34.39 |     |                           |                |       |          |     |
| 37.   | MARTINS Ines Alves  | 01  | Fluvial Portuense         | <b>4:45.04</b> | +0,76 | 570      |     |
|       | 50m: 32.16 32.16 150m: 1:43.42 36.08 250m: 2:56.13 36.37 350m: 4:09.52 36.51    |     |                           |                |       |          |     |
|       | 100m: 1:07.34 35.18 200m: 2:19.76 36.34 300m: 3:33.01 36.88 400m: 4:45.04 35.52 |     |                           |                |       |          |     |
| 38.   | CARDEAL Beatriz Nunes   | 04  | Academico Viseu           | <b>4:45.68</b> | +0,80 | 567      |     |
|       | 50m: 32.03 32.03 150m: 1:43.21 35.98 250m: 2:56.72 36.81 350m: 4:10.76 36.60    |     |                           |                |       |          |     |
|       | 100m: 1:07.23 35.20 200m: 2:19.91 36.70 300m: 3:34.16 37.44 400m: 4:45.68 34.92 |     |                           |                |       |          |     |

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

| Lugar | Nome  | Ano | Clube                      | Tempo Final    | TReac | Pts FINA | Pts |
|-------|---|-----|----------------------------|----------------|-------|----------|-----|
| 39.   | RIESENBERGER Bruna Martins  | 97  | Laranjeiro                 | <b>4:46.14</b> | +0,72 | 564      |     |
|       | 50m: 32.54 32.54 150m: 1:43.38 35.70 250m: 2:56.22 36.63 350m: 4:10.27 36.87    |     |                            |                |       |          |     |
|       | 100m: 1:07.68 35.14 200m: 2:19.59 36.21 300m: 3:33.40 37.18 400m: 4:46.14 35.87 |     |                            |                |       |          |     |
| 40.   | PRETO Filipa Manso  | 04  | Porto                      | <b>4:46.67</b> | +0,77 | 561      |     |
|       | 50m: 32.64 32.64 150m: 1:45.12 36.25 250m: 2:58.14 36.27 350m: 4:11.62 36.83    |     |                            |                |       |          |     |
|       | 100m: 1:08.87 36.23 200m: 2:21.87 36.75 300m: 3:34.79 36.65 400m: 4:46.67 35.05 |     |                            |                |       |          |     |
| 41.   | PELAIO Maria Joao   | 03  | Ginasio Figueirense        | <b>4:46.86</b> | +0,88 | 560      |     |
|       | 50m: 32.43 32.43 150m: 1:44.05 35.99 250m: 2:57.23 36.57 350m: 4:11.03 36.64    |     |                            |                |       |          |     |
|       | 100m: 1:08.06 35.63 200m: 2:20.66 36.61 300m: 3:34.39 37.16 400m: 4:46.86 35.83 |     |                            |                |       |          |     |
| 42.   | GARCIA HERREROS Nuria   | 00  | A.D. Rivas Natacion        | <b>4:47.79</b> | +0,68 | 554      |     |
|       | 50m: 31.73 31.73 150m: 1:43.29 36.26 250m: 2:57.31 37.12 350m: 4:11.74 37.26    |     |                            |                |       |          |     |
|       | 100m: 1:07.03 35.30 200m: 2:20.19 36.90 300m: 3:34.48 37.17 400m: 4:47.79 36.05 |     |                            |                |       |          |     |
| 43.   | PIRES Beatriz Almeida   | 03  | Uniao Coimbra              | <b>4:48.09</b> | +0,79 | 552      |     |
|       | 50m: 33.93 33.93 150m: 1:45.44 35.83 250m: 2:58.69 36.52 350m: 4:12.42 36.60    |     |                            |                |       |          |     |
|       | 100m: 1:09.61 35.68 200m: 2:22.17 36.73 300m: 3:35.82 37.13 400m: 4:48.09 35.67 |     |                            |                |       |          |     |
| 44.   | INACIO Marta Macedo   | 04  | Sporting                   | <b>4:48.63</b> | +0,82 | 549      |     |
|       | 50m: 32.91 32.91 150m: 1:45.98 36.79 250m: 2:59.85 36.68 350m: 4:13.85 36.71    |     |                            |                |       |          |     |
|       | 100m: 1:09.19 36.28 200m: 2:23.17 37.19 300m: 3:37.14 37.29 400m: 4:48.63 34.78 |     |                            |                |       |          |     |
| 45.   | SANTOS Carolina Ascenso   | 01  | Propaganda da Natacao      | <b>4:48.71</b> | +0,84 | 549      |     |
|       | 50m: 32.00 32.00 150m: 1:43.97 36.38 250m: 2:57.88 37.33 350m: 4:12.64 37.15    |     |                            |                |       |          |     |
|       | 100m: 1:07.59 35.59 200m: 2:20.55 36.58 300m: 3:35.49 37.61 400m: 4:48.71 36.07 |     |                            |                |       |          |     |
| 46.   | FONSECA Laura Luz   | 03  | Naval de Ponta Delgada     | <b>4:48.82</b> | +0,75 | 548      |     |
|       | 50m: 32.67 32.67 150m: 1:44.13 36.01 250m: 2:57.66 36.94 350m: 4:11.91 37.31    |     |                            |                |       |          |     |
|       | 100m: 1:08.12 35.45 200m: 2:20.72 36.59 300m: 3:34.60 36.94 400m: 4:48.82 36.91 |     |                            |                |       |          |     |
| 47.   | PIMENTEL Marta Lima   | 04  | Fluvial Portuense          | <b>4:49.55</b> | +0,77 | 544      |     |
|       | 50m: 33.15 33.15 150m: 1:45.58 36.84 250m: 3:00.40 37.40 350m: 4:14.33 36.98    |     |                            |                |       |          |     |
|       | 100m: 1:08.74 35.59 200m: 2:23.00 37.42 300m: 3:37.35 36.95 400m: 4:49.55 35.22 |     |                            |                |       |          |     |
| 48.   | MARCOS Miriam Filipe  | 01  | Louletano / Loule Concelho | <b>4:49.76</b> | +0,70 | 543      |     |
|       | 50m: 32.14 32.14 150m: 1:44.12 36.41 250m: 2:57.92 37.08 350m: 4:12.97 37.65    |     |                            |                |       |          |     |
|       | 100m: 1:07.71 35.57 200m: 2:20.84 36.72 300m: 3:35.32 37.40 400m: 4:49.76 36.79 |     |                            |                |       |          |     |
| 49.   | AMANTES Beatriz Quintao   | 03  | Uniao Piedense             | <b>4:50.70</b> | +0,79 | 538      |     |
|       | 50m: 33.26 33.26 150m: 1:46.34 36.62 250m: 3:00.00 36.34 350m: 4:13.94 36.74    |     |                            |                |       |          |     |
|       | 100m: 1:09.72 36.46 200m: 2:23.66 37.32 300m: 3:37.20 37.20 400m: 4:50.70 36.76 |     |                            |                |       |          |     |
| 50.   | PAIS Matilde Vieira   | 03  | Galitos / Bresimar         | <b>4:50.83</b> | +0,79 | 537      |     |
|       | 50m: 32.66 32.66 150m: 1:45.18 36.59 250m: 2:59.00 37.12 350m: 4:14.91 38.03    |     |                            |                |       |          |     |
|       | 100m: 1:08.59 35.93 200m: 2:21.88 36.70 300m: 3:36.88 37.88 400m: 4:50.83 35.92 |     |                            |                |       |          |     |
| 51.   | VIANA Margarida Violante  | 04  | Ba/Bomcar                  | <b>4:51.12</b> | +0,89 | 535      |     |
|       | 50m: 33.11 33.11 150m: 1:46.85 37.44 250m: 3:01.38 37.60 350m: 4:15.58 37.19    |     |                            |                |       |          |     |
|       | 100m: 1:09.41 36.30 200m: 2:23.78 36.93 300m: 3:38.39 37.01 400m: 4:51.12 35.54 |     |                            |                |       |          |     |
| 52.   | PIRES Filipa Almeida  | 03  | Uniao Coimbra              | <b>4:51.39</b> | +0,88 | 534      |     |
|       | 50m: 33.10 33.10 150m: 1:46.07 36.96 250m: 3:00.91 37.70 350m: 4:15.67 37.27    |     |                            |                |       |          |     |
|       | 100m: 1:09.11 36.01 200m: 2:23.21 37.14 300m: 3:38.40 37.49 400m: 4:51.39 35.72 |     |                            |                |       |          |     |

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

| Lugar | Nome                     | Ano                 | Clube                  | Tempo Final         | TReac | Pts FINA | Pts |
|-------|--------------------------|---------------------|------------------------|---------------------|-------|----------|-----|
| 53.   | SILVA Ines Martins       | 04                  | Vilacondense           | <b>4:51.43</b>      | +0,92 | 534      |     |
|       | 50m: 33.08 33.08         | 150m: 1:45.60 36.93 | 250m: 3:00.91 37.89    | 350m: 4:15.70 37.21 |       |          |     |
|       | 100m: 1:08.67 35.59      | 200m: 2:23.02 37.42 | 300m: 3:38.49 37.58    | 400m: 4:51.43 35.73 |       |          |     |
| 54.   | PINHEIRO Ines Mariana    | 03                  | Academica de Coimbra   | <b>4:51.46</b>      | +0,77 | 533      |     |
|       | 50m: 33.81 33.81         | 150m: 1:46.97 37.43 | 250m: 3:00.43 36.44    | 350m: 4:15.72 37.81 |       |          |     |
|       | 100m: 1:09.54 35.73      | 200m: 2:23.99 37.02 | 300m: 3:37.91 37.48    | 400m: 4:51.46 35.74 |       |          |     |
| 55.   | MOITEIRO Bruna Silva     | 04                  | Nautico Marinha Grande | <b>4:51.50</b>      | +0,78 | 533      |     |
|       | 50m: 32.10 32.10         | 150m: 1:45.10 36.93 | 250m: 2:59.94 37.64    | 350m: 4:15.47 37.56 |       |          |     |
|       | 100m: 1:08.17 36.07      | 200m: 2:22.30 37.20 | 300m: 3:37.91 37.97    | 400m: 4:51.50 36.03 |       |          |     |
| 56.   | LIMA Eduarda Filipa      | 04                  | Vilacondense           | <b>4:51.78</b>      | +0,90 | 532      |     |
|       | 50m: 34.01 34.01         | 150m: 1:47.41 37.17 | 250m: 3:02.72 37.49    | 350m: 4:17.00 37.27 |       |          |     |
|       | 100m: 1:10.24 36.23      | 200m: 2:25.23 37.82 | 300m: 3:39.73 37.01    | 400m: 4:51.78 34.78 |       |          |     |
| 57.   | ALVES Maria Francisca    | 04                  | Ba/Bomcar              | <b>4:51.81</b>      | +0,64 | 532      |     |
|       | 50m: 32.81 32.81         | 150m: 1:46.34 36.71 | 250m: 3:01.05 37.21    | 350m: 4:16.04 37.27 |       |          |     |
|       | 100m: 1:09.63 36.82      | 200m: 2:23.84 37.50 | 300m: 3:38.77 37.72    | 400m: 4:51.81 35.77 |       |          |     |
| 58.   | MONTEIRO Ines Maria      | 04                  | Naval Praia da Vitoria | <b>4:52.31</b>      | +0,83 | 529      |     |
|       | 50m: 32.41 32.41         | 150m: 1:45.10 36.66 | 250m: 3:00.19 37.75    | 350m: 4:15.74 37.67 |       |          |     |
|       | 100m: 1:08.44 36.03      | 200m: 2:22.44 37.34 | 300m: 3:38.07 37.88    | 400m: 4:52.31 36.57 |       |          |     |
| 59.   | NARRA Vera Figueiredo    | 04                  | Amadora                | <b>4:52.41</b>      | +0,72 | 528      |     |
|       | 50m: 33.10 33.10         | 150m: 1:46.68 37.40 | 250m: 3:01.91 37.14    | 350m: 4:16.49 37.35 |       |          |     |
|       | 100m: 1:09.28 36.18      | 200m: 2:24.77 38.09 | 300m: 3:39.14 37.23    | 400m: 4:52.41 35.92 |       |          |     |
| 60.   | TROIA Beatriz Rosa       | 04                  | Vilacondense           | <b>4:52.43</b>      | +0,67 | 528      |     |
|       | 50m: 34.68 34.68         | 150m: 1:49.93 37.54 | 250m: 3:04.47 37.16    | 350m: 4:17.82 35.76 |       |          |     |
|       | 100m: 1:12.39 37.71      | 200m: 2:27.31 37.38 | 300m: 3:42.06 37.59    | 400m: 4:52.43 34.61 |       |          |     |
| 61.   | MARTINS Beatriz Picanco  | 03                  | Benfica                | <b>4:52.98</b>      | +0,82 | 525      |     |
|       | 50m: 32.85 32.85         | 150m: 1:46.71 37.44 | 250m: 3:01.58 37.30    | 350m: 4:16.92 37.64 |       |          |     |
|       | 100m: 1:09.27 36.42      | 200m: 2:24.28 37.57 | 300m: 3:39.28 37.70    | 400m: 4:52.98 36.06 |       |          |     |
| 62.   | FREIXIEIRO Beatriz Maria | 04                  | Rio Maior              | <b>4:53.06</b>      | +0,77 | 525      |     |
|       | 50m: 32.96 32.96         | 150m: 1:47.04 37.63 | 250m: 3:02.54 37.64    | 350m: 4:17.55 37.49 |       |          |     |
|       | 100m: 1:09.41 36.45      | 200m: 2:24.90 37.86 | 300m: 3:40.06 37.52    | 400m: 4:53.06 35.51 |       |          |     |
| 63.   | MARQUES Maria Alexandra  | 04                  | Albicastrense          | <b>4:53.85</b>      | +0,68 | 521      |     |
|       | 50m: 34.71 34.71         | 150m: 1:49.49 37.66 | 250m: 3:04.55 37.25    | 350m: 4:18.57 36.52 |       |          |     |
|       | 100m: 1:11.83 37.12      | 200m: 2:27.30 37.81 | 300m: 3:42.05 37.50    | 400m: 4:53.85 35.28 |       |          |     |
| 64.   | ALMEIDA Catarina Nunes   | 04                  | Galitos / Bresimar     | <b>4:54.41</b>      | +0,85 | 518      |     |
|       | 50m: 34.38 34.38         | 150m: 1:49.25 37.44 | 250m: 3:03.87 37.36    | 350m: 4:18.78 37.20 |       |          |     |
|       | 100m: 1:11.81 37.43      | 200m: 2:26.51 37.26 | 300m: 3:41.58 37.71    | 400m: 4:54.41 35.63 |       |          |     |
| 65.   | VEIGA Ana Filipa         | 01                  | Gafanha da Encarnacao  | <b>4:55.09</b>      | +0,80 | 514      |     |
|       | 50m: 32.82 32.82         | 150m: 1:46.08 37.02 | 250m: 3:01.55 38.05    | 350m: 4:17.48 37.94 |       |          |     |
|       | 100m: 1:09.06 36.24      | 200m: 2:23.50 37.42 | 300m: 3:39.54 37.99    | 400m: 4:55.09 37.61 |       |          |     |
| 66.   | SIMOES Rita Mendes       | 04                  | Ba/Bomcar              | <b>4:55.44</b>      | +0,86 | 512      |     |
|       | 50m: 34.24 34.24         | 150m: 1:48.64 37.45 | 250m: 3:04.12 37.74    | 350m: 4:18.97 37.03 |       |          |     |
|       | 100m: 1:11.19 36.95      | 200m: 2:26.38 37.74 | 300m: 3:41.94 37.82    | 400m: 4:55.44 36.47 |       |          |     |



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

| Lugar | Nome                   | Ano                 | Clube               | Tempo Final         | TReac | Pts FINA | Pts |
|-------|------------------------|---------------------|---------------------|---------------------|-------|----------|-----|
| 67.   | BARBOSA Adriana Freixo | 03                  | Viana Natacao       | <b>4:56.23</b>      | +0,94 | 508      |     |
|       | 50m: 32.80 32.80       | 150m: 1:46.08 37.00 | 250m: 3:01.73 38.10 | 350m: 4:18.73 38.53 |       |          |     |
|       | 100m: 1:09.08 36.28    | 200m: 2:23.63 37.55 | 300m: 3:40.20 38.47 | 400m: 4:56.23 37.50 |       |          |     |
| 68.   | NEVES Leonor Maria     | 03                  | Gesloures           | <b>4:56.46</b>      | +0,68 | 507      |     |
|       | 50m: 32.77 32.77       | 150m: 1:47.36 37.95 | 250m: 3:04.16 38.41 | 350m: 4:19.92 38.00 |       |          |     |
|       | 100m: 1:09.41 36.64    | 200m: 2:25.75 38.39 | 300m: 3:41.92 37.76 | 400m: 4:56.46 36.54 |       |          |     |
| 69.   | JACINTO Ines Filipa    | 03                  | Ba/Bomcar           | <b>4:57.96</b>      | +0,77 | 499      |     |
|       | 50m: 33.14 33.14       | 150m: 1:46.41 37.53 | 250m: 3:02.69 38.19 | 350m: 4:19.97 38.92 |       |          |     |
|       | 100m: 1:08.88 35.74    | 200m: 2:24.50 38.09 | 300m: 3:41.05 38.36 | 400m: 4:57.96 37.99 |       |          |     |
| 70.   | LIGEIRO Daniela Silva  | 04                  | Viana Natacao       | <b>5:04.76</b>      | +0,76 | 467      |     |
|       | 50m: 34.41 34.41       | 150m: 1:50.14 37.99 | 250m: 3:07.56 39.20 | 350m: 4:26.46 39.84 |       |          |     |
|       | 100m: 1:12.15 37.74    | 200m: 2:28.36 38.22 | 300m: 3:46.62 39.06 | 400m: 5:04.76 38.30 |       |          |     |
| DNS   | FRAZAO Alexandra Couto | 02                  | CASP AE             |                     |       |          |     |

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