

Prova 26 Femin., 400m Livres Juvenis A
06-04-2019 - 12:00 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
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 /

CMJ_Fem 14 - 17: 4:18.27 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	Avancado EUL	4:35.95	+0,84	629	
	50m: 32.49 32.49	150m: 1:41.98 34.91	250m: 2:51.51 34.86	350m: 4:01.61 35.13			
	100m: 1:07.07 34.58	200m: 2:16.65 34.67	300m: 3:26.48 34.97	400m: 4:35.95 34.34			
2.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	4:36.15	+0,64	627	
	50m: 31.22 31.22	150m: 1:40.80 35.21	250m: 2:51.95 35.63	350m: 4:02.33 35.01			
	100m: 1:05.59 34.37	200m: 2:16.32 35.52	300m: 3:27.32 35.37	400m: 4:36.15 33.82			
3.	MOURA Maria Ferreira	04	Sporting	4:36.72	+0,75	623	
	50m: 30.37 30.37	150m: 1:38.48 34.87	250m: 2:50.10 36.35	350m: 4:02.71 36.28			
	100m: 1:03.61 33.24	200m: 2:13.75 35.27	300m: 3:26.43 36.33	400m: 4:36.72 34.01			
4.	PINHO Carolina Teixeira	04	Porto	4:38.08	+0,74	614	
	50m: 31.37 31.37	150m: 1:40.17 34.66	250m: 2:51.08 35.28	350m: 4:02.38 35.42			
	100m: 1:05.51 34.14	200m: 2:15.80 35.63	300m: 3:26.96 35.88	400m: 4:38.08 35.70			
5.	PRETO Filipa Manso	04	Porto	4:38.10	+0,77	614	
	50m: 31.96 31.96	150m: 1:41.73 35.09	250m: 2:52.27 35.21	350m: 4:03.94 35.95			
	100m: 1:06.64 34.68	200m: 2:17.06 35.33	300m: 3:27.99 35.72	400m: 4:38.10 34.16			
6.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:38.85	+0,75	609	
	50m: 31.22 31.22	150m: 1:40.97 35.50	250m: 2:52.71 36.11	350m: 4:04.66 35.86			
	100m: 1:05.47 34.25	200m: 2:16.60 35.63	300m: 3:28.80 36.09	400m: 4:38.85 34.19			
7.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	4:45.72	+0,83	566	
	50m: 32.65 32.65	150m: 1:44.17 36.49	250m: 2:57.18 36.87	350m: 4:10.61 36.85			
	100m: 1:07.68 35.03	200m: 2:20.31 36.14	300m: 3:33.76 36.58	400m: 4:45.72 35.11			
8.	INACIO Marta Macedo	04	Sporting	4:48.15	+0,84	552	
	50m: 31.50 31.50	150m: 1:42.78 36.31	250m: 2:56.63 37.05	350m: 4:11.45 37.49			
	100m: 1:06.47 34.97	200m: 2:19.58 36.80	300m: 3:33.96 37.33	400m: 4:48.15 36.70			
9.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:49.04	+0,82	547	
	50m: 31.82 31.82	150m: 1:42.96 36.37	250m: 2:57.74 37.95	350m: 4:13.23 38.34			
	100m: 1:06.59 34.77	200m: 2:19.79 36.83	300m: 3:34.89 37.15	400m: 4:49.04 35.81			
10.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:49.18	+0,84	546	
	50m: 31.19 31.19	150m: 1:43.50 36.90	250m: 2:57.86 37.34	350m: 4:13.14 37.96			
	100m: 1:06.60 35.41	200m: 2:20.52 37.02	300m: 3:35.18 37.32	400m: 4:49.18 36.04			
11.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:49.40	+0,87	545	
	50m: 33.00 33.00	150m: 1:45.52 36.40	250m: 3:00.02 37.19	350m: 4:14.21 36.72			
	100m: 1:09.12 36.12	200m: 2:22.83 37.31	300m: 3:37.49 37.47	400m: 4:49.40 35.19			
12.	SILVA Ines Martins	04	Vilacondense	4:50.35	+0,85	540	
	50m: 32.69 32.69	150m: 1:44.46 36.43	250m: 2:59.08 37.25	350m: 4:14.35 37.66			
	100m: 1:08.03 35.34	200m: 2:21.83 37.37	300m: 3:36.69 37.61	400m: 4:50.35 36.00			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	4:52.49	+0,77	528	
	50m: 32.51 32.51	150m: 1:46.57 37.21	250m: 3:01.49 36.51	350m: 4:16.50 37.17			
	100m: 1:09.36 36.85	200m: 2:24.98 38.41	300m: 3:39.33 37.84	400m: 4:52.49 35.99			
14.	GALANTE Ines Carvalho	04	Vilacondense	4:54.72	+0,80	516	
	50m: 32.40 32.40	150m: 1:46.17 37.15	250m: 3:02.26 37.90	350m: 4:18.00 37.73			
	100m: 1:09.02 36.62	200m: 2:24.36 38.19	300m: 3:40.27 38.01	400m: 4:54.72 36.72			
15.	FERNANDES Maria Elias	04	Desportiva Viana	4:55.50	+0,97	512	
	50m: 32.86 32.86	150m: 1:47.10 37.38	250m: 3:02.73 38.02	350m: 4:18.85 37.97			
	100m: 1:09.72 36.86	200m: 2:24.71 37.61	300m: 3:40.88 38.15	400m: 4:55.50 36.65			
16.	FREIXEIRO Beatriz Maria	04	Rio Maior	4:55.75	+0,76	511	
	50m: 32.39 32.39	150m: 1:46.84 37.61	250m: 3:03.05 37.98	350m: 4:19.34 38.06			
	100m: 1:09.23 36.84	200m: 2:25.07 38.23	300m: 3:41.28 38.23	400m: 4:55.75 36.41			
17.	NARRA Vera Figueiredo	04	Amadora	4:56.32	+0,78	508	
	50m: 33.57 33.57	150m: 1:47.63 37.77	250m: 3:03.43 37.93	350m: 4:19.33 38.18			
	100m: 1:09.86 36.29	200m: 2:25.50 37.87	300m: 3:41.15 37.72	400m: 4:56.32 36.99			
18.	LIGEIRO Daniela Silva	04	Viana Natacao	4:57.40	+0,64	502	
	50m: 32.20 32.20	150m: 1:46.37 37.83	250m: 3:02.72 38.36	350m: 4:19.69 38.44			
	100m: 1:08.54 36.34	200m: 2:24.36 37.99	300m: 3:41.25 38.53	400m: 4:57.40 37.71			
DNS	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria				

Prova 26 Femin., 400m Livres Juvenis B
06-04-2019 - 12:00 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
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:33.97	+0,68	642	
	50m: 31.86 31.86	150m: 1:40.88 35.01	250m: 2:50.78 35.03	350m: 4:00.57 34.69			
	100m: 1:05.87 34.01	200m: 2:15.75 34.87	300m: 3:25.88 35.10	400m: 4:33.97 33.40			
2.	LOPES Daniela Magalhaes	05	Famalicao	4:34.14	+0,78	641	
	50m: 31.62 31.62	150m: 1:41.28 35.11	250m: 2:51.04 35.19	350m: 4:00.83 34.43			
	100m: 1:06.17 34.55	200m: 2:15.85 34.57	300m: 3:26.40 35.36	400m: 4:34.14 33.31			
3.	PIRES Marta Joao	05	Alges	4:36.92	+0,76	622	
	50m: 31.55 31.55	150m: 1:41.11 35.31	250m: 2:51.89 35.76	350m: 4:03.49 35.91			
	100m: 1:05.80 34.25	200m: 2:16.13 35.02	300m: 3:27.58 35.69	400m: 4:36.92 33.43			
4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:37.28	+0,72	620	
	50m: 32.02 32.02	150m: 1:40.16 34.72	250m: 2:51.86 36.10	350m: 4:04.10 35.82			
	100m: 1:05.44 33.42	200m: 2:15.76 35.60	300m: 3:28.28 36.42	400m: 4:37.28 33.18			
5.	SIMÕES Ana Beatriz	05	Sporting	4:42.14	+0,81	588	
	50m: 31.12 31.12	150m: 1:40.47 35.22	250m: 2:52.79 36.33	350m: 4:06.16 36.41			
	100m: 1:05.25 34.13	200m: 2:16.46 35.99	300m: 3:29.75 36.96	400m: 4:42.14 35.98			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SEBASTIAO Sofia Antunes	05	Amadora	4:46.78	+0,83	560	
	50m: 31.87 31.87	150m: 1:43.96 36.58	250m: 2:57.24 37.00	350m: 4:11.14 37.21			
	100m: 1:07.38 35.51	200m: 2:20.24 36.28	300m: 3:33.93 36.69	400m: 4:46.78 35.64			
7.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	4:49.10		547	
	50m: 32.08 32.08	150m: 1:43.65 36.64	250m: 2:58.33 37.43	350m: 4:13.33 37.45			
	100m: 1:07.01 34.93	200m: 2:20.90 37.25	300m: 3:35.88 37.55	400m: 4:49.10 35.77			
8.	CABRAL Ana Matos	05	Condeixa Clube	4:49.64	+0,73	544	
	50m: 32.60 32.60	150m: 1:45.55 37.04	250m: 2:59.97 37.50	350m: 4:14.25 37.66			
	100m: 1:08.51 35.91	200m: 2:22.47 36.92	300m: 3:36.59 36.62	400m: 4:49.64 35.39			
9.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	4:52.18	+0,84	530	
	50m: 32.62 32.62	150m: 1:45.78 36.51	250m: 3:00.66 37.02	350m: 4:15.52 37.16			
	100m: 1:09.27 36.65	200m: 2:23.64 37.86	300m: 3:38.36 37.70	400m: 4:52.18 36.66			
10.	COSTA Mafalda Santos	05	Colegio Monte Maior	4:52.32	+0,86	529	
	50m: 32.18 32.18	150m: 1:44.25 36.64	250m: 2:59.07 37.43	350m: 4:15.00 38.09			
	100m: 1:07.61 35.43	200m: 2:21.64 37.39	300m: 3:36.91 37.84	400m: 4:52.32 37.32			
11.	COSTA Mariana Martins	05	Famalicao	4:53.75	+0,78	521	
	50m: 32.19 32.19	150m: 1:45.38 36.44	250m: 3:00.55 36.91	350m: 4:16.39 37.07			
	100m: 1:08.94 36.75	200m: 2:23.64 38.26	300m: 3:39.32 38.77	400m: 4:53.75 37.36			
12.	NEVES Natalia Passeira	05	Natacao de Valongo	4:54.69	+0,93	516	
	50m: 32.52 32.52	150m: 1:45.26 36.51	250m: 3:01.19 38.01	350m: 4:17.09 37.94			
	100m: 1:08.75 36.23	200m: 2:23.18 37.92	300m: 3:39.15 37.96	400m: 4:54.69 37.60			
13.	HUTYY Adriana Carolina	05	Braga	4:55.09	+0,86	514	
	50m: 32.58 32.58	150m: 1:45.26 37.08	250m: 3:01.28 38.26	350m: 4:17.45 38.16			
	100m: 1:08.18 35.60	200m: 2:23.02 37.76	300m: 3:39.29 38.01	400m: 4:55.09 37.64			
14.	CANINHAS Maria Pinto	05	Natacao do Fundao	4:55.74	+0,86	511	
	50m: 32.93 32.93	150m: 1:46.70 38.06	250m: 3:02.91 38.42	350m: 4:19.09 37.96			
	100m: 1:08.64 35.71	200m: 2:24.49 37.79	300m: 3:41.13 38.22	400m: 4:55.74 36.65			
15.	NOBRE Beatriz Gaspar	05	Gualdim Pais	4:57.92	+0,80	500	
	50m: 34.05 34.05	150m: 1:49.50 38.35	250m: 3:06.11 38.75	350m: 4:22.17 38.10			
	100m: 1:11.15 37.10	200m: 2:27.36 37.86	300m: 3:44.07 37.96	400m: 4:57.92 35.75			
16.	PIRES Laura Joao	05	Natacao do Fundao	4:57.99	+0,91	499	
	50m: 33.86 33.86	150m: 1:48.47 38.12	250m: 3:05.33 38.62	350m: 4:22.20 38.31			
	100m: 1:10.35 36.49	200m: 2:26.71 38.24	300m: 3:43.89 38.56	400m: 4:57.99 35.79			
17.	SANTOS Mariana Marques	05	Geslours	4:58.24	+0,76	498	
	50m: 33.26 33.26	150m: 1:47.59 37.60	250m: 3:04.06 38.22	350m: 4:20.64 37.82			
	100m: 1:09.99 36.73	200m: 2:25.84 38.25	300m: 3:42.82 38.76	400m: 4:58.24 37.60			
18.	ANDRE Isadora Maia	05	Benfica	5:01.57	+0,76	482	
	50m: 32.47 32.47	150m: 1:45.89 37.58	250m: 3:03.20 39.03	350m: 4:22.69 40.10			
	100m: 1:08.31 35.84	200m: 2:24.17 38.28	300m: 3:42.59 39.39	400m: 5:01.57 38.88			
19.	RINO Maria Pedro	05	Academia dos Acores	5:07.17	+0,83	456	
	50m: 33.46 33.46	150m: 1:49.62 38.57	250m: 3:09.07 39.16	350m: 4:28.39 39.09			
	100m: 1:11.05 37.59	200m: 2:29.91 40.29	300m: 3:49.30 40.23	400m: 5:07.17 38.78			
20.	NICOLAU Margarida Claudino	05	Torres Novas	5:11.27	+0,82	438	
	50m: 31.96 31.96	150m: 1:48.56 39.50	250m: 3:08.29 40.55	350m: 4:30.94 41.27			
	100m: 1:09.06 37.10	200m: 2:27.74 39.18	300m: 3:49.67 41.38	400m: 5:11.27 40.33			

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Juniores
06-04-2019 - 12:00 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
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 /
JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	4:25.75	+0,80	704	
	50m: 30.92 30.92 150m: 1:37.70 33.67 250m: 2:45.25 33.90 350m: 3:52.95 33.76						
	100m: 1:04.03 33.11 200m: 2:11.35 33.65 300m: 3:19.19 33.94 400m: 4:25.75 32.80						
2.	PINA Ana Sofia	02	O Crasto	4:27.81	+0,77	688	
	50m: 30.91 30.91 150m: 1:38.39 33.96 250m: 2:46.45 34.01 350m: 3:54.48 33.88						
	100m: 1:04.43 33.52 200m: 2:12.44 34.05 300m: 3:20.60 34.15 400m: 4:27.81 33.33						
3.	RAMOS Ana Rita	02	Porto	4:27.89	+0,71	687	
	50m: 30.09 30.09 150m: 1:36.01 33.89 250m: 2:44.96 34.87 350m: 3:53.96 34.47						
	100m: 1:02.12 32.03 200m: 2:10.09 34.08 300m: 3:19.49 34.53 400m: 4:27.89 33.93						
4.	QUEIROZ Ana Rita	02	Condeixa Clube	4:30.27	+0,71	669	
	50m: 31.08 31.08 150m: 1:38.19 33.91 250m: 2:46.65 34.22 350m: 3:56.25 34.83						
	100m: 1:04.28 33.20 200m: 2:12.43 34.24 300m: 3:21.42 34.77 400m: 4:30.27 34.02						
5.	SOUSA Ana Reis	02	Alges	4:31.50	+0,52	660	
	50m: 30.17 30.17 150m: 1:37.18 33.98 250m: 2:46.79 35.06 350m: 3:56.81 35.15						
	100m: 1:03.20 33.03 200m: 2:11.73 34.55 300m: 3:21.66 34.87 400m: 4:31.50 34.69						
6.	AMORIM Maria Leonor	03	Porto	4:32.37	+0,72	654	
	50m: 31.07 31.07 150m: 1:39.00 34.67 250m: 2:49.06 35.07 350m: 3:58.74 34.96						
	100m: 1:04.33 33.26 200m: 2:13.99 34.99 300m: 3:23.78 34.72 400m: 4:32.37 33.63						
7.	ROSA Mafalda Sofia	03	Rio Maior	4:33.14	+0,80	648	
	50m: 31.57 31.57 150m: 1:38.93 33.82 250m: 2:47.85 34.39 350m: 3:58.04 35.00						
	100m: 1:05.11 33.54 200m: 2:13.46 34.53 300m: 3:23.04 35.19 400m: 4:33.14 35.10						
8.	CARDEAL Joana Nunes	02	Academico Viseu	4:36.34	+0,80	626	
	50m: 30.65 30.65 150m: 1:38.44 34.43 250m: 2:49.07 35.60 350m: 4:01.12 35.94						
	100m: 1:04.01 33.36 200m: 2:13.47 35.03 300m: 3:25.18 36.11 400m: 4:36.34 35.22						
9.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:38.31	+0,77	613	
	50m: 31.92 31.92 150m: 1:41.78 34.99 250m: 2:52.45 35.01 350m: 4:03.80 35.57						
	100m: 1:06.79 34.87 200m: 2:17.44 35.66 300m: 3:28.23 35.78 400m: 4:38.31 34.51						
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:38.77	+0,86	610	
	50m: 31.69 31.69 150m: 1:40.55 34.78 250m: 2:51.23 35.81 350m: 4:04.19 36.66						
	100m: 1:05.77 34.08 200m: 2:15.42 34.87 300m: 3:27.53 36.30 400m: 4:38.77 34.58						
11.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:40.18	+0,77	601	
	50m: 32.41 32.41 150m: 1:41.34 34.94 250m: 2:52.75 35.95 350m: 4:05.35 36.26						
	100m: 1:06.40 33.99 200m: 2:16.80 35.46 300m: 3:29.09 36.34 400m: 4:40.18 34.83						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	PINTO Mafalda Marques	02	Sporting	4:44.25	+0,72	575	
	50m: 30.48 30.48	150m: 1:39.83 35.35	250m: 2:55.02 37.90	350m: 4:09.06 35.16			
	100m: 1:04.48 34.00	200m: 2:17.12 37.29	300m: 3:33.90 38.88	400m: 4:44.25 35.19			
13.	SOARES Carolina Silva	03	Natacao de Valongo	4:44.33	+0,81	575	
	50m: 31.55 31.55	150m: 1:41.55 34.89	250m: 2:54.07 36.00	350m: 4:07.99 36.45			
	100m: 1:06.66 35.11	200m: 2:18.07 36.52	300m: 3:31.54 37.47	400m: 4:44.33 36.34			
14.	VARANDAS Joana Filipa	02	Laranjeiro	4:47.55	+0,83	556	
	50m: 32.01 32.01	150m: 1:43.32 36.08	250m: 2:57.09 37.20	350m: 4:11.39 37.00			
	100m: 1:07.24 35.23	200m: 2:19.89 36.57	300m: 3:34.39 37.30	400m: 4:47.55 36.16			
15.	SOUSA Ines Matos	03	Uniao Coimbra	4:48.66	+0,79	549	
	50m: 32.66 32.66	150m: 1:44.60 36.63	250m: 2:58.20 37.19	350m: 4:12.41 37.33			
	100m: 1:07.97 35.31	200m: 2:21.01 36.41	300m: 3:35.08 36.88	400m: 4:48.66 36.25			
16.	DIAS Ana Leonor	02	Natacao Olhao	4:49.75	+0,75	543	
	50m: 33.18 33.18	150m: 1:46.90 37.23	250m: 3:00.47 35.99	350m: 4:13.74 36.56			
	100m: 1:09.67 36.49	200m: 2:24.48 37.58	300m: 3:37.18 36.71	400m: 4:49.75 36.01			
17.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:54.14	+0,74	519	
	50m: 33.00 33.00	150m: 1:46.62 37.33	250m: 3:01.92 37.65	350m: 4:17.19 37.70			
	100m: 1:09.29 36.29	200m: 2:24.27 37.65	300m: 3:39.49 37.57	400m: 4:54.14 36.95			

Prova 26
06-04-2019 - 12:00

Femin., 400m Livres

Seniores
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
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / CMPL 19 +: 4:10.57 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:23.50		722	
	50m: 30.65 30.65	150m: 1:36.78 33.36	250m: 2:43.65 33.22	350m: 3:50.09 33.32			
	100m: 1:03.42 32.77	200m: 2:10.43 33.65	300m: 3:16.77 33.12	400m: 4:23.50 33.41			
2.	HENRIQUES Ines Jacinto	00	Sporting	4:25.81	+0,72	703	
	50m: 30.60 30.60	150m: 1:36.81 33.51	250m: 2:43.86 33.62	350m: 3:51.99 34.40			
	100m: 1:03.30 32.70	200m: 2:10.24 33.43	300m: 3:17.59 33.73	400m: 4:25.81 33.82			
3.	FARIA Ana Rita	00	Porto	4:29.30	+0,74	676	
	50m: 31.01 31.01	150m: 1:38.25 33.66	250m: 2:46.45 33.82	350m: 3:55.03 33.96			
	100m: 1:04.59 33.58	200m: 2:12.63 34.38	300m: 3:21.07 34.62	400m: 4:29.30 34.27			
4.	AZEVEDO Madalena Gomes	99	Alges	4:32.00	+0,73	657	
	50m: 30.38 30.38	150m: 1:37.56 33.81	250m: 2:47.11 35.14	350m: 3:57.54 34.72			
	100m: 1:03.75 33.37	200m: 2:11.97 34.41	300m: 3:22.82 35.71	400m: 4:32.00 34.46			
5.	AMADOR Joana Costa	01	Galitos / Bresimar	4:34.83	+0,65	636	
	50m: 31.53 31.53	150m: 1:39.83 34.34	250m: 2:49.35 34.71	350m: 4:00.08 35.43			
	100m: 1:05.49 33.96	200m: 2:14.64 34.81	300m: 3:24.65 35.30	400m: 4:34.83 34.75			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:36.14	+0,74	627	
	50m: 32.06 32.06 150m: 1:41.42 35.42 250m: 2:51.56 34.97 350m: 4:02.38 35.44						
	100m: 1:06.00 33.94 200m: 2:16.59 35.17 300m: 3:26.94 35.38 400m: 4:36.14 33.76						
7.	RODRIGUES Filipa Serrano	01	Benfica	4:36.80	+0,80	623	
	50m: 31.40 31.40 150m: 1:39.78 34.65 250m: 2:50.05 34.94 350m: 4:01.42 35.98						
	100m: 1:05.13 33.73 200m: 2:15.11 35.33 300m: 3:25.44 35.39 400m: 4:36.80 35.38						
8.	VELOSO Teresa Miguel	00	Sporting	4:40.95	+0,80	596	
	50m: 31.39 31.39 150m: 1:41.45 35.68 250m: 2:53.46 35.88 350m: 4:05.44 35.97						
	100m: 1:05.77 34.38 200m: 2:17.58 36.13 300m: 3:29.47 36.01 400m: 4:40.95 35.51						
9.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:46.10	+0,71	564	
	50m: 32.14 32.14 150m: 1:42.77 35.94 250m: 2:55.85 36.79 350m: 4:09.95 37.01						
	100m: 1:06.83 34.69 200m: 2:19.06 36.29 300m: 3:32.94 37.09 400m: 4:46.10 36.15						
10.	CARVALHO Eva Guerreiro	99	Benfica	4:50.99	+0,77	536	
	50m: 32.49 32.49 150m: 1:43.60 35.79 250m: 2:57.49 36.85 350m: 4:12.92 37.60						
	100m: 1:07.81 35.32 200m: 2:20.64 37.04 300m: 3:35.32 37.83 400m: 4:50.99 38.07						
DNS	LACARTA Lydia Foj	01	Louletano / Loule Concelho				
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Prova 26 Femin., 400m Livres Absolutos
06-04-2019 - 12:00 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
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / CMPL 19 +: 4:10.57 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:23.50		722	
	50m: 30.65 30.65 150m: 1:36.78 33.36 250m: 2:43.65 33.22 350m: 3:50.09 33.32						
	100m: 1:03.42 32.77 200m: 2:10.43 33.65 300m: 3:16.77 33.12 400m: 4:23.50 33.41						
2.	MARTINS Francisca Soares	03	Foca	4:25.75	+0,80	704	
	50m: 30.92 30.92 150m: 1:37.70 33.67 250m: 2:45.25 33.90 350m: 3:52.95 33.76						
	100m: 1:04.03 33.11 200m: 2:11.35 33.65 300m: 3:19.19 33.94 400m: 4:25.75 32.80						
3.	HENRIQUES Ines Jacinto	00	Sporting	4:25.81	+0,72	703	
	50m: 30.60 30.60 150m: 1:36.81 33.51 250m: 2:43.86 33.62 350m: 3:51.99 34.40						
	100m: 1:03.30 32.70 200m: 2:10.24 33.43 300m: 3:17.59 33.73 400m: 4:25.81 33.82						
4.	PINA Ana Sofia	02	O Crasto	4:27.81	+0,77	688	
	50m: 30.91 30.91 150m: 1:38.39 33.96 250m: 2:46.45 34.01 350m: 3:54.48 33.88						
	100m: 1:04.43 33.52 200m: 2:12.44 34.05 300m: 3:20.60 34.15 400m: 4:27.81 33.33						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RAMOS Ana Rita	02	Porto	4:27.89	+0,71	687	
	50m: 30.09 30.09	150m: 1:36.01 33.89	250m: 2:44.96 34.87	350m: 3:53.96 34.47			
	100m: 1:02.12 32.03	200m: 2:10.09 34.08	300m: 3:19.49 34.53	400m: 4:27.89 33.93			
6.	FARIA Ana Rita	00	Porto	4:29.30	+0,74	676	
	50m: 31.01 31.01	150m: 1:38.25 33.66	250m: 2:46.45 33.82	350m: 3:55.03 33.96			
	100m: 1:04.59 33.58	200m: 2:12.63 34.38	300m: 3:21.07 34.62	400m: 4:29.30 34.27			
7.	QUEIROZ Ana Rita	02	Condeixa Clube	4:30.27	+0,71	669	
	50m: 31.08 31.08	150m: 1:38.19 33.91	250m: 2:46.65 34.22	350m: 3:56.25 34.83			
	100m: 1:04.28 33.20	200m: 2:12.43 34.24	300m: 3:21.42 34.77	400m: 4:30.27 34.02			
8.	SOUSA Ana Reis	02	Alges	4:31.50	+0,52	660	
	50m: 30.17 30.17	150m: 1:37.18 33.98	250m: 2:46.79 35.06	350m: 3:56.81 35.15			
	100m: 1:03.20 33.03	200m: 2:11.73 34.55	300m: 3:21.66 34.87	400m: 4:31.50 34.69			
9.	AZEVEDO Madalena Gomes	99	Alges	4:32.00	+0,73	657	
	50m: 30.38 30.38	150m: 1:37.56 33.81	250m: 2:47.11 35.14	350m: 3:57.54 34.72			
	100m: 1:03.75 33.37	200m: 2:11.97 34.41	300m: 3:22.82 35.71	400m: 4:32.00 34.46			
10.	AMORIM Maria Leonor	03	Porto	4:32.37	+0,72	654	
	50m: 31.07 31.07	150m: 1:39.00 34.67	250m: 2:49.06 35.07	350m: 3:58.74 34.96			
	100m: 1:04.33 33.26	200m: 2:13.99 34.99	300m: 3:23.78 34.72	400m: 4:32.37 33.63			
11.	ROSA Mafalda Sofia	03	Rio Maior	4:33.14	+0,80	648	
	50m: 31.57 31.57	150m: 1:38.93 33.82	250m: 2:47.85 34.39	350m: 3:58.04 35.00			
	100m: 1:05.11 33.54	200m: 2:13.46 34.53	300m: 3:23.04 35.19	400m: 4:33.14 35.10			
12.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:33.97	+0,68	642	
	50m: 31.86 31.86	150m: 1:40.88 35.01	250m: 2:50.78 35.03	350m: 4:00.57 34.69			
	100m: 1:05.87 34.01	200m: 2:15.75 34.87	300m: 3:25.88 35.10	400m: 4:33.97 33.40			
13.	LOPES Daniela Magalhaes	05	Famalicao	4:34.14	+0,78	641	
	50m: 31.62 31.62	150m: 1:41.28 35.11	250m: 2:51.04 35.19	350m: 4:00.83 34.43			
	100m: 1:06.17 34.55	200m: 2:15.85 34.57	300m: 3:26.40 35.36	400m: 4:34.14 33.31			
14.	AMADOR Joana Costa	01	Galitos / Bresimar	4:34.83	+0,65	636	
	50m: 31.53 31.53	150m: 1:39.83 34.34	250m: 2:49.35 34.71	350m: 4:00.08 35.43			
	100m: 1:05.49 33.96	200m: 2:14.64 34.81	300m: 3:24.65 35.30	400m: 4:34.83 34.75			
15.	SANTOS Leonor Esteves	04	Avancado EUL	4:35.95	+0,84	629	
	50m: 32.49 32.49	150m: 1:41.98 34.91	250m: 2:51.51 34.86	350m: 4:01.61 35.13			
	100m: 1:07.07 34.58	200m: 2:16.65 34.67	300m: 3:26.48 34.97	400m: 4:35.95 34.34			
16.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:36.14	+0,74	627	
	50m: 32.06 32.06	150m: 1:41.42 35.42	250m: 2:51.56 34.97	350m: 4:02.38 35.44			
	100m: 1:06.00 33.94	200m: 2:16.59 35.17	300m: 3:26.94 35.38	400m: 4:36.14 33.76			
17.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	4:36.15	+0,64	627	
	50m: 31.22 31.22	150m: 1:40.80 35.21	250m: 2:51.95 35.63	350m: 4:02.33 35.01			
	100m: 1:05.59 34.37	200m: 2:16.32 35.52	300m: 3:27.32 35.37	400m: 4:36.15 33.82			
18.	CARDEAL Joana Nunes	02	Academico Viseu	4:36.34	+0,80	626	
	50m: 30.65 30.65	150m: 1:38.44 34.43	250m: 2:49.07 35.60	350m: 4:01.12 35.94			
	100m: 1:04.01 33.36	200m: 2:13.47 35.03	300m: 3:25.18 36.11	400m: 4:36.34 35.22			
19.	MOURA Maria Ferreira	04	Sporting	4:36.72	+0,75	623	
	50m: 30.37 30.37	150m: 1:38.48 34.87	250m: 2:50.10 36.35	350m: 4:02.71 36.28			
	100m: 1:03.61 33.24	200m: 2:13.75 35.27	300m: 3:26.43 36.33	400m: 4:36.72 34.01			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	RODRIGUES Filipa Serrano	01	Benfica	4:36.80	+0,80	623	
	50m: 31.40 31.40 150m: 1:39.78 34.65 250m: 2:50.05 34.94 350m: 4:01.42 35.98						
	100m: 1:05.13 33.73 200m: 2:15.11 35.33 300m: 3:25.44 35.39 400m: 4:36.80 35.38						
21.	PIRES Marta Joao	05	Alges	4:36.92	+0,76	622	
	50m: 31.55 31.55 150m: 1:41.11 35.31 250m: 2:51.89 35.76 350m: 4:03.49 35.91						
	100m: 1:05.80 34.25 200m: 2:16.13 35.02 300m: 3:27.58 35.69 400m: 4:36.92 33.43						
22.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:37.28	+0,72	620	
	50m: 32.02 32.02 150m: 1:40.16 34.72 250m: 2:51.86 36.10 350m: 4:04.10 35.82						
	100m: 1:05.44 33.42 200m: 2:15.76 35.60 300m: 3:28.28 36.42 400m: 4:37.28 33.18						
23.	PINHO Carolina Teixeira	04	Porto	4:38.08	+0,74	614	
	50m: 31.37 31.37 150m: 1:40.17 34.66 250m: 2:51.08 35.28 350m: 4:02.38 35.42						
	100m: 1:05.51 34.14 200m: 2:15.80 35.63 300m: 3:26.96 35.88 400m: 4:38.08 35.70						
24.	PRETO Filipa Manso	04	Porto	4:38.10	+0,77	614	
	50m: 31.96 31.96 150m: 1:41.73 35.09 250m: 2:52.27 35.21 350m: 4:03.94 35.95						
	100m: 1:06.64 34.68 200m: 2:17.06 35.33 300m: 3:27.99 35.72 400m: 4:38.10 34.16						
25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:38.31	+0,77	613	
	50m: 31.92 31.92 150m: 1:41.78 34.99 250m: 2:52.45 35.01 350m: 4:03.80 35.57						
	100m: 1:06.79 34.87 200m: 2:17.44 35.66 300m: 3:28.23 35.78 400m: 4:38.31 34.51						
26.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:38.77	+0,86	610	
	50m: 31.69 31.69 150m: 1:40.55 34.78 250m: 2:51.23 35.81 350m: 4:04.19 36.66						
	100m: 1:05.77 34.08 200m: 2:15.42 34.87 300m: 3:27.53 36.30 400m: 4:38.77 34.58						
27.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:38.85	+0,75	609	
	50m: 31.22 31.22 150m: 1:40.97 35.50 250m: 2:52.71 36.11 350m: 4:04.66 35.86						
	100m: 1:05.47 34.25 200m: 2:16.60 35.63 300m: 3:28.80 36.09 400m: 4:38.85 34.19						
28.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:40.18	+0,77	601	
	50m: 32.41 32.41 150m: 1:41.34 34.94 250m: 2:52.75 35.95 350m: 4:05.35 36.26						
	100m: 1:06.40 33.99 200m: 2:16.80 35.46 300m: 3:29.09 36.34 400m: 4:40.18 34.83						
29.	VELOSO Teresa Miguel	00	Sporting	4:40.95	+0,80	596	
	50m: 31.39 31.39 150m: 1:41.45 35.68 250m: 2:53.46 35.88 350m: 4:05.44 35.97						
	100m: 1:05.77 34.38 200m: 2:17.58 36.13 300m: 3:29.47 36.01 400m: 4:40.95 35.51						
30.	SIMÕES Ana Beatriz	05	Sporting	4:42.14	+0,81	588	
	50m: 31.12 31.12 150m: 1:40.47 35.22 250m: 2:52.79 36.33 350m: 4:06.16 36.41						
	100m: 1:05.25 34.13 200m: 2:16.46 35.99 300m: 3:29.75 36.96 400m: 4:42.14 35.98						
31.	PINTO Mafalda Marques	02	Sporting	4:44.25	+0,72	575	
	50m: 30.48 30.48 150m: 1:39.83 35.35 250m: 2:55.02 37.90 350m: 4:09.06 35.16						
	100m: 1:04.48 34.00 200m: 2:17.12 37.29 300m: 3:33.90 38.88 400m: 4:44.25 35.19						
32.	SOARES Carolina Silva	03	Natacao de Valongo	4:44.33	+0,81	575	
	50m: 31.55 31.55 150m: 1:41.55 34.89 250m: 2:54.07 36.00 350m: 4:07.99 36.45						
	100m: 1:06.66 35.11 200m: 2:18.07 36.52 300m: 3:31.54 37.47 400m: 4:44.33 36.34						
33.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	4:45.72	+0,83	566	
	50m: 32.65 32.65 150m: 1:44.17 36.49 250m: 2:57.18 36.87 350m: 4:10.61 36.85						
	100m: 1:07.68 35.03 200m: 2:20.31 36.14 300m: 3:33.76 36.58 400m: 4:45.72 35.11						
34.	RIESENBERGER Bruna Martins	97	Laranjeiro	4:46.10	+0,71	564	
	50m: 32.14 32.14 150m: 1:42.77 35.94 250m: 2:55.85 36.79 350m: 4:09.95 37.01						
	100m: 1:06.83 34.69 200m: 2:19.06 36.29 300m: 3:32.94 37.09 400m: 4:46.10 36.15						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	SEBASTIAO Sofia Antunes	05	Amadora	4:46.78	+0,83	560	
	50m: 31.87 31.87	150m: 1:43.96 36.58	250m: 2:57.24 37.00	350m: 4:11.14 37.21			
	100m: 1:07.38 35.51	200m: 2:20.24 36.28	300m: 3:33.93 36.69	400m: 4:46.78 35.64			
36.	VARANDAS Joana Filipa	02	Laranjeiro	4:47.55	+0,83	556	
	50m: 32.01 32.01	150m: 1:43.32 36.08	250m: 2:57.09 37.20	350m: 4:11.39 37.00			
	100m: 1:07.24 35.23	200m: 2:19.89 36.57	300m: 3:34.39 37.30	400m: 4:47.55 36.16			
37.	INACIO Marta Macedo	04	Sporting	4:48.15	+0,84	552	
	50m: 31.50 31.50	150m: 1:42.78 36.31	250m: 2:56.63 37.05	350m: 4:11.45 37.49			
	100m: 1:06.47 34.97	200m: 2:19.58 36.80	300m: 3:33.96 37.33	400m: 4:48.15 36.70			
38.	SOUSA Ines Matos	03	Uniao Coimbra	4:48.66	+0,79	549	
	50m: 32.66 32.66	150m: 1:44.60 36.63	250m: 2:58.20 37.19	350m: 4:12.41 37.33			
	100m: 1:07.97 35.31	200m: 2:21.01 36.41	300m: 3:35.08 36.88	400m: 4:48.66 36.25			
39.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:49.04	+0,82	547	
	50m: 31.82 31.82	150m: 1:42.96 36.37	250m: 2:57.74 37.95	350m: 4:13.23 38.34			
	100m: 1:06.59 34.77	200m: 2:19.79 36.83	300m: 3:34.89 37.15	400m: 4:49.04 35.81			
40.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	4:49.10		547	
	50m: 32.08 32.08	150m: 1:43.65 36.64	250m: 2:58.33 37.43	350m: 4:13.33 37.45			
	100m: 1:07.01 34.93	200m: 2:20.90 37.25	300m: 3:35.88 37.55	400m: 4:49.10 35.77			
41.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:49.18	+0,84	546	
	50m: 31.19 31.19	150m: 1:43.50 36.90	250m: 2:57.86 37.34	350m: 4:13.14 37.96			
	100m: 1:06.60 35.41	200m: 2:20.52 37.02	300m: 3:35.18 37.32	400m: 4:49.18 36.04			
42.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:49.40	+0,87	545	
	50m: 33.00 33.00	150m: 1:45.52 36.40	250m: 3:00.02 37.19	350m: 4:14.21 36.72			
	100m: 1:09.12 36.12	200m: 2:22.83 37.31	300m: 3:37.49 37.47	400m: 4:49.40 35.19			
43.	CABRAL Ana Matos	05	Condeixa Clube	4:49.64	+0,73	544	
	50m: 32.60 32.60	150m: 1:45.55 37.04	250m: 2:59.97 37.50	350m: 4:14.25 37.66			
	100m: 1:08.51 35.91	200m: 2:22.47 36.92	300m: 3:36.59 36.62	400m: 4:49.64 35.39			
44.	DIAS Ana Leonor	02	Natacao Olhao	4:49.75	+0,75	543	
	50m: 33.18 33.18	150m: 1:46.90 37.23	250m: 3:00.47 35.99	350m: 4:13.74 36.56			
	100m: 1:09.67 36.49	200m: 2:24.48 37.58	300m: 3:37.18 36.71	400m: 4:49.75 36.01			
45.	SILVA Ines Martins	04	Vilacondense	4:50.35	+0,85	540	
	50m: 32.69 32.69	150m: 1:44.46 36.43	250m: 2:59.08 37.25	350m: 4:14.35 37.66			
	100m: 1:08.03 35.34	200m: 2:21.83 37.37	300m: 3:36.69 37.61	400m: 4:50.35 36.00			
46.	CARVALHO Eva Guerreiro	99	Benfica	4:50.99	+0,77	536	
	50m: 32.49 32.49	150m: 1:43.60 35.79	250m: 2:57.49 36.85	350m: 4:12.92 37.60			
	100m: 1:07.81 35.32	200m: 2:20.64 37.04	300m: 3:35.32 37.83	400m: 4:50.99 38.07			
47.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	4:52.18	+0,84	530	
	50m: 32.62 32.62	150m: 1:45.78 36.51	250m: 3:00.66 37.02	350m: 4:15.52 37.16			
	100m: 1:09.27 36.65	200m: 2:23.64 37.86	300m: 3:38.36 37.70	400m: 4:52.18 36.66			
48.	COSTA Mafalda Santos	05	Colegio Monte Maior	4:52.32	+0,86	529	
	50m: 32.18 32.18	150m: 1:44.25 36.64	250m: 2:59.07 37.43	350m: 4:15.00 38.09			
	100m: 1:07.61 35.43	200m: 2:21.64 37.39	300m: 3:36.91 37.84	400m: 4:52.32 37.32			
49.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	4:52.49	+0,77	528	
	50m: 32.51 32.51	150m: 1:46.57 37.21	250m: 3:01.49 36.51	350m: 4:16.50 37.17			
	100m: 1:09.36 36.85	200m: 2:24.98 38.41	300m: 3:39.33 37.84	400m: 4:52.49 35.99			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	COSTA Mariana Martins	05	Famalicao	4:53.75	+0,78	521	
	50m: 32.19 32.19	150m: 1:45.38 36.44	250m: 3:00.55 36.91	350m: 4:16.39 37.07			
	100m: 1:08.94 36.75	200m: 2:23.64 38.26	300m: 3:39.32 38.77	400m: 4:53.75 37.36			
51.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:54.14	+0,74	519	
	50m: 33.00 33.00	150m: 1:46.62 37.33	250m: 3:01.92 37.65	350m: 4:17.19 37.70			
	100m: 1:09.29 36.29	200m: 2:24.27 37.65	300m: 3:39.49 37.57	400m: 4:54.14 36.95			
52.	NEVES Natalia Passeira	05	Natacao de Valongo	4:54.69	+0,93	516	
	50m: 32.52 32.52	150m: 1:45.26 36.51	250m: 3:01.19 38.01	350m: 4:17.09 37.94			
	100m: 1:08.75 36.23	200m: 2:23.18 37.92	300m: 3:39.15 37.96	400m: 4:54.69 37.60			
53.	GALANTE Ines Carvalho	04	Vilacondense	4:54.72	+0,80	516	
	50m: 32.40 32.40	150m: 1:46.17 37.15	250m: 3:02.26 37.90	350m: 4:18.00 37.73			
	100m: 1:09.02 36.62	200m: 2:24.36 38.19	300m: 3:40.27 38.01	400m: 4:54.72 36.72			
54.	HUTYY Adriana Carolina	05	Braga	4:55.09	+0,86	514	
	50m: 32.58 32.58	150m: 1:45.26 37.08	250m: 3:01.28 38.26	350m: 4:17.45 38.16			
	100m: 1:08.18 35.60	200m: 2:23.02 37.76	300m: 3:39.29 38.01	400m: 4:55.09 37.64			
55.	FERNANDES Maria Elias	04	Desportiva Viana	4:55.50	+0,97	512	
	50m: 32.86 32.86	150m: 1:47.10 37.38	250m: 3:02.73 38.02	350m: 4:18.85 37.97			
	100m: 1:09.72 36.86	200m: 2:24.71 37.61	300m: 3:40.88 38.15	400m: 4:55.50 36.65			
56.	CANINHAS Maria Pinto	05	Natacao do Fundao	4:55.74	+0,86	511	
	50m: 32.93 32.93	150m: 1:46.70 38.06	250m: 3:02.91 38.42	350m: 4:19.09 37.96			
	100m: 1:08.64 35.71	200m: 2:24.49 37.79	300m: 3:41.13 38.22	400m: 4:55.74 36.65			
57.	FREIXEIRO Beatriz Maria	04	Rio Maior	4:55.75	+0,76	511	
	50m: 32.39 32.39	150m: 1:46.84 37.61	250m: 3:03.05 37.98	350m: 4:19.34 38.06			
	100m: 1:09.23 36.84	200m: 2:25.07 38.23	300m: 3:41.28 38.23	400m: 4:55.75 36.41			
58.	NARRA Vera Figueiredo	04	Amadora	4:56.32	+0,78	508	
	50m: 33.57 33.57	150m: 1:47.63 37.77	250m: 3:03.43 37.93	350m: 4:19.33 38.18			
	100m: 1:09.86 36.29	200m: 2:25.50 37.87	300m: 3:41.15 37.72	400m: 4:56.32 36.99			
59.	LIGEIRO Daniela Silva	04	Viana Natacao	4:57.40	+0,64	502	
	50m: 32.20 32.20	150m: 1:46.37 37.83	250m: 3:02.72 38.36	350m: 4:19.69 38.44			
	100m: 1:08.54 36.34	200m: 2:24.36 37.99	300m: 3:41.25 38.53	400m: 4:57.40 37.71			
60.	NOBRE Beatriz Gaspar	05	Gualdim Pais	4:57.92	+0,80	500	
	50m: 34.05 34.05	150m: 1:49.50 38.35	250m: 3:06.11 38.75	350m: 4:22.17 38.10			
	100m: 1:11.15 37.10	200m: 2:27.36 37.86	300m: 3:44.07 37.96	400m: 4:57.92 35.75			
61.	PIRES Laura Joao	05	Natacao do Fundao	4:57.99	+0,91	499	
	50m: 33.86 33.86	150m: 1:48.47 38.12	250m: 3:05.33 38.62	350m: 4:22.20 38.31			
	100m: 1:10.35 36.49	200m: 2:26.71 38.24	300m: 3:43.89 38.56	400m: 4:57.99 35.79			
62.	SANTOS Mariana Marques	05	Geslours	4:58.24	+0,76	498	
	50m: 33.26 33.26	150m: 1:47.59 37.60	250m: 3:04.06 38.22	350m: 4:20.64 37.82			
	100m: 1:09.99 36.73	200m: 2:25.84 38.25	300m: 3:42.82 38.76	400m: 4:58.24 37.60			
63.	ANDRE Isadora Maia	05	Benfica	5:01.57	+0,76	482	
	50m: 32.47 32.47	150m: 1:45.89 37.58	250m: 3:03.20 39.03	350m: 4:22.69 40.10			
	100m: 1:08.31 35.84	200m: 2:24.17 38.28	300m: 3:42.59 39.39	400m: 5:01.57 38.88			
64.	RINO Maria Pedro	05	Academia dos Acores	5:07.17	+0,83	456	
	50m: 33.46 33.46	150m: 1:49.62 38.57	250m: 3:09.07 39.16	350m: 4:28.39 39.09			
	100m: 1:11.05 37.59	200m: 2:29.91 40.29	300m: 3:49.30 40.23	400m: 5:07.17 38.78			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
65.	NICOLAU Margarida Claudino	05	Torres Novas	5:11.27	+0,82	438	
	50m: 31.96 31.96 150m: 1:48.56 39.50 250m: 3:08.29 40.55 350m: 4:30.94 41.27						
	100m: 1:09.06 37.10 200m: 2:27.74 39.18 300m: 3:49.67 41.38 400m: 5:11.27 40.33						
DNS	LACARTA Lydia Foj	01	Louletano / Loule Concelho				
DNS	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria				
DNS	CHEROUATI Souad Nefissa	89	Benfica				
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	5:03.76	+0,83	471	
	<i>Rec Nac S9, Minimos Paralympic Games, Minimos Wordl ParaSwim</i>						
	50m: 33.87 33.87 150m: 1:48.50 38.20 250m: 3:05.94 38.99 350m: 4:25.30 40.11						
	100m: 1:10.30 36.43 200m: 2:26.95 38.45 300m: 3:45.19 39.25 400m: 5:03.76 38.46						