



Campeonato Nacional de Infantis PL- CIMAI/MYRTHA  
Loulé, 26- - 28-7-2019



Prova 24 Femin., 400m Estilos Infantis  
28-07-2019 - 9:55 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20-07-2007
Rec Nac Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. João da Madeira	24-07-2009

Pontos: Rudolph Table 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	<b>5:45.54</b>	+0,95	11,6	-
	50m: 38.39 38.39	150m: 2:03.47 44.82	250m: 3:38.45 51.73	350m: 5:08.28 38.57			
	100m: 1:18.65 40.26	200m: 2:46.72 43.25	300m: 4:29.71 51.26	400m: 5:45.54 37.26			
2.	VIEIRA Ana Beatriz	07	Foca	<b>5:53.22</b>	+0,85	10,0	-
	50m: 36.68 36.68	150m: 2:06.25 46.44	250m: 3:43.71 50.91	350m: 5:14.79 40.16			
	100m: 1:19.81 43.13	200m: 2:52.80 46.55	300m: 4:34.63 50.92	400m: 5:53.22 38.43			
3.	CAMARA Ines Cruz	07	Desportivo Nacional	<b>5:57.74</b>	+1,02	9,0	-
	50m: 36.74 36.74	150m: 2:09.84 47.92	250m: 3:46.22 50.59	350m: 5:18.18 42.48			
	100m: 1:21.92 45.18	200m: 2:55.63 45.79	300m: 4:35.70 49.48	400m: 5:57.74 39.56			
4.	SIMOES Dania Rodrigues	07	Louzan Natacao/EFAPEL	<b>5:58.73</b>	+0,95	8,8	-
	50m: 39.51 39.51	150m: 2:10.07 46.52	250m: 3:46.54 51.81	350m: 5:19.57 43.02			
	100m: 1:23.55 44.04	200m: 2:54.73 44.66	300m: 4:36.55 50.01	400m: 5:58.73 39.16			
5.	AGUILAR Marta Andre	07	Fundacao Beatriz Santos	<b>5:59.90</b>	+0,81	8,6	-
	50m: 38.84 38.84	150m: 2:10.38 46.24	250m: 3:49.31 53.64	350m: 5:21.67 39.54			
	100m: 1:24.14 45.30	200m: 2:55.67 45.29	300m: 4:42.13 52.82	400m: 5:59.90 38.23			
6.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	<b>6:00.32</b>	+0,81	8,5	-
	50m: 37.19 37.19	150m: 2:10.99 48.40	250m: 3:48.11 50.32	350m: 5:20.09 41.64			
	100m: 1:22.59 45.40	200m: 2:57.79 46.80	300m: 4:38.45 50.34	400m: 6:00.32 40.23			
7.	PIRES Teresa Joao	07	Alges	<b>6:01.01</b>	+0,78	8,3	-
	50m: 37.04 37.04	150m: 2:09.88 48.84	250m: 3:47.99 53.54	350m: 5:22.41 40.45			
	100m: 1:21.04 44.00	200m: 2:54.45 44.57	300m: 4:41.96 53.97	400m: 6:01.01 38.60			
8.	MANO Leonor Mil	07	Fundacao Beatriz Santos	<b>6:01.14</b>	+0,86	8,3	-
	50m: 37.41 37.41	150m: 2:11.90 49.23	250m: 3:51.34 52.97	350m: 5:23.13 39.72			
	100m: 1:22.67 45.26	200m: 2:58.37 46.47	300m: 4:43.41 52.07	400m: 6:01.14 38.01			
9.	CARVALHO Sofia Alexandra	07	Tubaroes de Gaia	<b>6:03.13</b>	+0,91	7,9	-
	50m: 36.06 36.06	150m: 2:11.26 50.10	250m: 3:51.27 51.67	350m: 5:24.02 39.00			
	100m: 1:21.16 45.10	200m: 2:59.60 48.34	300m: 4:45.02 53.75	400m: 6:03.13 39.11			
10.	TEIXEIRA Joana Navega	07	Tubaroes de Gaia	<b>6:04.06</b>	+1,00	7,7	-
	50m: 41.35 41.35	150m: 2:18.39 49.34	250m: 3:55.51 50.22	350m: 5:25.16 40.13			
	100m: 1:29.05 47.70	200m: 3:05.29 46.90	300m: 4:45.03 49.52	400m: 6:04.06 38.90			
11.	PINTO Margarida Vieira	07	Braga	<b>6:04.22</b>	+1,15	7,6	-
	50m: 39.22 39.22	150m: 2:12.78 47.77	250m: 3:51.52 52.26	350m: 5:24.13 41.61			
	100m: 1:25.01 45.79	200m: 2:59.26 46.48	300m: 4:42.52 51.00	400m: 6:04.22 40.09			
12.	RODRIGUES Nancy Almeida	07	O Crasto	<b>6:08.52</b>	+1,13	6,7	-
	50m: 40.72 40.72	150m: 2:14.83 46.02	250m: 3:53.75 53.43	350m: 5:28.33 40.89			
	100m: 1:28.81 48.09	200m: 3:00.32 45.49	300m: 4:47.44 53.69	400m: 6:08.52 40.19			

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Prova 24, Femin., 400m Estilos, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
13.	MALFEITO Maria Francisca	07	Sporting	<b>6:08.53</b>	+0,96	6,7	-
	50m: 38.59 38.59 150m: 2:14.95 49.93 250m: 3:53.68 51.96 350m: 5:27.87 40.59						
	100m: 1:25.02 46.43 200m: 3:01.72 46.77 300m: 4:47.28 53.60 400m: 6:08.53 40.66						
14.	MACEDO Laura Pinheiro	07	Albicastrense	<b>6:10.75</b>	+0,84	6,3	-
	50m: 35.66 35.66 150m: 2:12.68 51.25 250m: 3:55.02 51.52 350m: 5:30.58 41.65						
	100m: 1:21.43 45.77 200m: 3:03.50 50.82 300m: 4:48.93 53.91 400m: 6:10.75 40.17						
15.	FIGUEIRA Madalena Almeida	07	Academico Viseu	<b>6:11.66</b>	+1,07	6,1	-
	50m: 37.45 37.45 150m: 2:11.02 47.06 250m: 3:50.86 53.62 350m: 5:28.86 43.94						
	100m: 1:23.96 46.51 200m: 2:57.24 46.22 300m: 4:44.92 54.06 400m: 6:11.66 42.80						
16.	FRISCHKNECHT Matilde Anjos	07	Naval Setubalense	<b>6:13.08</b>	+0,91	5,8	-
	50m: 41.80 41.80 150m: 2:19.66 47.16 250m: 3:55.22 48.82 350m: 5:31.16 44.29						
	100m: 1:32.50 50.70 200m: 3:06.40 46.74 300m: 4:46.87 51.65 400m: 6:13.08 41.92						
17.	MATOS Maria Bandarra	07	Sporting	<b>6:14.61</b>	+0,93	5,5	-
	50m: 40.10 40.10 150m: 2:16.90 48.73 250m: 3:57.37 52.74 350m: 5:34.13 41.28						
	100m: 1:28.17 48.07 200m: 3:04.63 47.73 300m: 4:52.85 55.48 400m: 6:14.61 40.48						
18.	NETO Leonor Rodrigues	07	Naval do Funchal	<b>6:16.28</b>	+0,75	5,1	-
	50m: 38.24 38.24 150m: 2:13.07 48.30 250m: 3:56.46 55.33 350m: 5:35.43 43.03						
	100m: 1:24.77 46.53 200m: 3:01.13 48.06 300m: 4:52.40 55.94 400m: 6:16.28 40.85						
19.	SANTOS Rita Machita	07	Naval Setubalense	<b>6:18.25</b>	+0,88	4,7	-
	50m: 41.23 41.23 150m: 2:23.16 50.42 250m: 4:02.09 51.27 350m: 5:36.61 43.51						
	100m: 1:32.74 51.51 200m: 3:10.82 47.66 300m: 4:53.10 51.01 400m: 6:18.25 41.64						
20.	SOUSA Matilde Filipe	07	Nucleo Sportinguista Terceira	<b>6:18.30</b>	+0,81	4,7	-
	50m: 43.53 43.53 150m: 2:22.01 47.68 250m: 4:01.74 52.90 350m: 5:37.30 42.61						
	100m: 1:34.33 50.80 200m: 3:08.84 46.83 300m: 4:54.69 52.95 400m: 6:18.30 41.00						
21.	GONCALVES Valentina Jose	07	Desportivo Nacional	<b>6:22.18</b>	+0,82	3,9	-
	50m: 39.76 39.76 150m: 2:20.31 50.46 250m: 4:01.03 52.35 350m: 5:39.27 44.75						
	100m: 1:29.85 50.09 200m: 3:08.68 48.37 300m: 4:54.52 53.49 400m: 6:22.18 42.91						
22.	GOMES Rita Cunha	07	Viana Natacao	<b>6:22.58</b>	+1,07	3,8	-
	50m: 41.26 41.26 150m: 2:25.05 49.70 250m: 4:06.66 54.20 350m: 5:43.39 41.63						
	100m: 1:35.35 54.09 200m: 3:12.46 47.41 300m: 5:01.76 55.10 400m: 6:22.58 39.19						
23.	RODRIGUES Catarina Ferreira	07	Amadora	<b>6:24.17</b>	+0,96	3,4	-
	50m: 41.98 41.98 150m: 2:21.80 50.03 250m: 4:04.58 53.61 350m: 5:42.87 42.88						
	100m: 1:31.77 49.79 200m: 3:10.97 49.17 300m: 4:59.99 55.41 400m: 6:24.17 41.30						
DSQ	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI				-
	<i>615 - Não efectuou movimento continuo e imediato na viragem aos 150 m - SW 6.4</i>						

Infantis A

1.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>5:24.43</b>	+0,84	13,1	-
	50m: 32.93 32.93 150m: 1:53.38 41.84 250m: 3:22.17 47.10 350m: 4:48.01 37.92						
	100m: 1:11.54 38.61 200m: 2:35.07 41.69 300m: 4:10.09 47.92 400m: 5:24.43 36.42						
2.	PINTO Leonor Filipa	06	Porto	<b>5:28.73</b>	+0,93	12,1	-
	50m: 35.60 35.60 150m: 1:59.98 43.15 250m: 3:27.73 46.47 350m: 4:52.53 37.74						
	100m: 1:16.83 41.23 200m: 2:41.26 41.28 300m: 4:14.79 47.06 400m: 5:28.73 36.20						

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Prova 24, Femin., 400m Estilos, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
3.	TINOCO Diana Silva	06	Columbofila Cantanhedense	<b>5:32.30</b>	+0,81	11,3	-
	50m: 33.25 33.25	150m: 1:55.68	43.84	250m: 3:27.66	49.32	350m: 4:55.20	38.13
	100m: 1:11.84 38.59	200m: 2:38.34	42.66	300m: 4:17.07	49.41	400m: 5:32.30	37.10
4.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>5:34.90</b>	+0,95	10,7	-
	50m: 35.45 35.45	150m: 2:00.13	42.35	250m: 3:28.85	48.32	350m: 4:57.09	37.77
	100m: 1:17.78 42.33	200m: 2:40.53	40.40	300m: 4:19.32	50.47	400m: 5:34.90	37.81
5.	SILVA Ana Francisca	06	Alcobaca	<b>5:37.27</b>	+0,89	10,2	-
	50m: 34.98 34.98	150m: 1:57.80	43.78	250m: 3:30.55	50.67	350m: 5:00.41	38.98
	100m: 1:14.02 39.04	200m: 2:39.88	42.08	300m: 4:21.43	50.88	400m: 5:37.27	36.86
6.	COELHO Maria Leonor	06	Benfica	<b>5:37.45</b>	+0,88	10,2	-
	50m: 36.06 36.06	150m: 2:01.74	44.26	250m: 3:34.60	48.58	350m: 5:01.26	37.43
	100m: 1:17.48 41.42	200m: 2:46.02	44.28	300m: 4:23.83	49.23	400m: 5:37.45	36.19
7.	FERREIRA Maria Joao	06	Foca	<b>5:38.94</b>	+0,81	9,9	-
	50m: 35.45 35.45	150m: 2:00.67	45.18	250m: 3:33.25	50.85	350m: 5:02.66	38.99
	100m: 1:15.49 40.04	200m: 2:42.40	41.73	300m: 4:23.67	50.42	400m: 5:38.94	36.28
8.	PIRES Catarina Gaspar	06	Porto	<b>5:39.34</b>	+0,79	9,8	-
	50m: 34.19 34.19	150m: 1:58.14	43.73	250m: 3:31.19	50.72	350m: 5:02.30	39.41
	100m: 1:14.41 40.22	200m: 2:40.47	42.33	300m: 4:22.89	51.70	400m: 5:39.34	37.04
9.	NEVES Gabriela Ferreira	06	Foca	<b>5:42.49</b>	+0,77	9,1	-
	50m: 33.89 33.89	150m: 1:57.73	43.01	250m: 3:32.99	51.86	350m: 5:04.85	38.93
	100m: 1:14.72 40.83	200m: 2:41.13	43.40	300m: 4:25.92	52.93	400m: 5:42.49	37.64
10.	SIMOES Filipa Mendes	06	Bairro dos Anjos/ Leiria	<b>5:43.70</b>	+0,85	8,8	-
	50m: 34.91 34.91	150m: 1:58.46	43.95	250m: 3:32.23	50.78	350m: 5:04.03	40.52
	100m: 1:14.51 39.60	200m: 2:41.45	42.99	300m: 4:23.51	51.28	400m: 5:43.70	39.67
11.	DOMINGOS Filipa Ferraz	06	Sporting	<b>5:44.20</b>	+0,87	8,7	-
	50m: 34.45 34.45	150m: 2:03.02	48.78	250m: 3:36.91	46.56	350m: 5:06.27	40.37
	100m: 1:14.24 39.79	200m: 2:50.35	47.33	300m: 4:25.90	48.99	400m: 5:44.20	37.93
12.	DIAS Julia Alves	06	Desportivo Nacional	<b>5:45.28</b>	+1,08	8,5	-
	50m: 36.13 36.13	150m: 2:02.49	44.11	250m: 3:37.78	51.25	350m: 5:08.69	40.43
	100m: 1:18.38 42.25	200m: 2:46.53	44.04	300m: 4:28.26	50.48	400m: 5:45.28	36.59
13.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	<b>5:45.79</b>	+0,91	8,3	-
	50m: 34.40 34.40	150m: 2:00.26	45.60	250m: 3:36.81	52.72	350m: 5:09.67	38.52
	100m: 1:14.66 40.26	200m: 2:44.09	43.83	300m: 4:31.15	54.34	400m: 5:45.79	36.12
14.	VALENTE Maria Esteves	06	Benfica	<b>5:46.37</b>	+0,90	8,2	-
	50m: 36.91 36.91	150m: 2:06.42	45.78	250m: 3:39.82	50.20	350m: 5:08.66	38.26
	100m: 1:20.64 43.73	200m: 2:49.62	43.20	300m: 4:30.40	50.58	400m: 5:46.37	37.71
15.	GOMES Lia Beatriz	06	Vitoria Guimaraes	<b>5:49.25</b>	+0,82	7,6	-
	50m: 35.00 35.00	150m: 2:02.32	45.94	250m: 3:41.60	54.12	350m: 5:11.56	38.04
	100m: 1:16.38 41.38	200m: 2:47.48	45.16	300m: 4:33.52	51.92	400m: 5:49.25	37.69
16.	LOPES Matilde Nunes	06	Benfica	<b>5:49.99</b>	+0,77	7,4	-
	50m: 35.80 35.80	150m: 2:01.97	44.71	250m: 3:37.71	50.12	350m: 5:09.09	40.78
	100m: 1:17.26 41.46	200m: 2:47.59	45.62	300m: 4:28.31	50.60	400m: 5:49.99	40.90

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Prova 24, Femin., 400m Estilos, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
17.	GAMA Beatriz Fernandes	06	Sporting	<b>5:50.03</b>	+0,92	7,4	-
	50m: 38.22 38.22	150m: 2:09.51 45.23	250m: 3:41.45 48.59	350m: 5:11.03 40.58			
	100m: 1:24.28 46.06	200m: 2:52.86 43.35	300m: 4:30.45 49.00	400m: 5:50.03 39.00			
18.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>5:50.04</b>	+0,96	7,4	-
	50m: 37.80 37.80	150m: 2:09.07 46.79	250m: 3:45.47 53.35	350m: 5:15.54 37.73			
	100m: 1:22.28 44.48	200m: 2:52.12 43.05	300m: 4:37.81 52.34	400m: 5:50.04 34.50			
19.	MENDES Ines Gomes	06	Aquatico Pacense	<b>5:50.56</b>	+1,01	7,3	-
	50m: 37.49 37.49	150m: 2:09.02 48.60	250m: 3:43.15 50.10	350m: 5:13.27 41.12			
	100m: 1:20.42 42.93	200m: 2:53.05 44.03	300m: 4:32.15 49.00	400m: 5:50.56 37.29			
20.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	<b>5:50.80</b>	+0,89	7,2	-
	50m: 36.44 36.44	150m: 2:08.14 47.35	250m: 3:44.10 50.66	350m: 5:14.01 39.00			
	100m: 1:20.79 44.35	200m: 2:53.44 45.30	300m: 4:35.01 50.91	400m: 5:50.80 36.79			
21.	COSTA Beatriz Portugal	06	Benfica	<b>5:51.54</b>	+0,93	7,1	-
	50m: 39.37 39.37	150m: 2:10.14 45.46	250m: 3:43.59 48.62	350m: 5:12.85 39.63			
	100m: 1:24.68 45.31	200m: 2:54.97 44.83	300m: 4:33.22 49.63	400m: 5:51.54 38.69			
22.	JESUS Mariana Teixeira	06	Estarreja	<b>5:51.97</b>	+0,81	7,0	-
	50m: 37.55 37.55	150m: 2:09.85 46.67	250m: 3:41.94 46.80	350m: 5:13.65 42.12			
	100m: 1:23.18 45.63	200m: 2:55.14 45.29	300m: 4:31.53 49.59	400m: 5:51.97 38.32			
23.	BELO Catarina Machado	06	Benedita	<b>5:52.69</b>	+0,80	6,8	-
	50m: 36.61 36.61	150m: 2:07.81 46.29	250m: 3:43.02 50.50	350m: 5:12.42 40.74			
	100m: 1:21.52 44.91	200m: 2:52.52 44.71	300m: 4:31.68 48.66	400m: 5:52.69 40.27			
24.	PEIXOTO Carolina Esteves	06	Braga	<b>5:53.13</b>	+0,96	6,7	-
	50m: 38.25 38.25	150m: 2:10.60 46.28	250m: 3:46.02 50.36	350m: 5:15.28 37.86			
	100m: 1:24.32 46.07	200m: 2:55.66 45.06	300m: 4:37.42 51.40	400m: 5:53.13 37.85			
25.	PAIS Joana Ventura	06	Fundacao Beatriz Santos	<b>5:54.13</b>	+0,95	6,5	-
	50m: 37.84 37.84	150m: 2:07.52 44.36	250m: 3:44.72 52.76	350m: 5:16.07 38.82			
	100m: 1:23.16 45.32	200m: 2:51.96 44.44	300m: 4:37.25 52.53	400m: 5:54.13 38.06			
26.	DURO Leonor Santos	06	Naval Setubalense	<b>5:54.34</b>	+0,81	6,5	-
	50m: 37.01 37.01	150m: 2:06.86 45.53	250m: 3:42.99 52.05	350m: 5:14.74 39.97			
	100m: 1:21.33 44.32	200m: 2:50.94 44.08	300m: 4:34.77 51.78	400m: 5:54.34 39.60			
27.	SILVA Silvana Suamade	06	Sao Roque	<b>5:54.57</b>	+0,78	6,4	-
	50m: 36.56 36.56	150m: 2:06.02 45.61	250m: 3:43.73 51.66	350m: 5:15.31 39.70			
	100m: 1:20.41 43.85	200m: 2:52.07 46.05	300m: 4:35.61 51.88	400m: 5:54.57 39.26			
28.	SEQUEIRA Beatriz Meneses	06	Naval do Funchal	<b>5:54.58</b>	+0,68	6,4	-
	50m: 38.11 38.11	150m: 2:12.65 45.84	250m: 3:45.64 50.84	350m: 5:14.88 40.51			
	100m: 1:26.81 48.70	200m: 2:54.80 42.15	300m: 4:34.37 48.73	400m: 5:54.58 39.70			
29.	MESQUITA Carolina Mestre	06	Nautico do Guadiana	<b>5:55.15</b>	+0,88	6,3	-
	50m: 35.83 35.83	150m: 2:03.98 46.17	250m: 3:43.20 53.98	350m: 5:15.80 39.78			
	100m: 1:17.81 41.98	200m: 2:49.22 45.24	300m: 4:36.02 52.82	400m: 5:55.15 39.35			
30.	FERREIRA Matilde Batista	06	Fundacao Beatriz Santos	<b>5:55.35</b>	+0,87	6,2	-
	50m: 36.09 36.09	150m: 2:12.11 51.18	250m: 3:48.74 49.28	350m: 5:18.04 40.88			
	100m: 1:20.93 44.84	200m: 2:59.46 47.35	300m: 4:37.16 48.42	400m: 5:55.35 37.31			

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Campeonato Nacional de Infantis PL- CIMAI/MYRTHA  
Loulé, 26- - 28-7-2019



Prova 24, Femin., 400m Estilos, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
31.	NOGUEIRA Ines Aires	06	Fluvial Portuense	<b>5:56.38</b>	+0,89	6,0	-
	50m: 37.18 37.18	150m: 2:12.40 48.90	250m: 3:49.33 50.33	350m: 5:19.64 38.07			
	100m: 1:23.50 46.32	200m: 2:59.00 46.60	300m: 4:41.57 52.24	400m: 5:56.38 36.74			
32.	VALE Ines Barbosa	06	Famalicao	<b>5:56.73</b>	+0,82	5,9	-
	50m: 36.42 36.42	150m: 2:07.48 45.74	250m: 3:45.24 53.22	350m: 5:17.90 39.26			
	100m: 1:21.74 45.32	200m: 2:52.02 44.54	300m: 4:38.64 53.40	400m: 5:56.73 38.83			
33.	TASHKULOVA Diana	06	Galitos / Bresimar	<b>5:56.97</b>	+0,92	5,9	-
	50m: 37.81 37.81	150m: 2:11.49 46.93	250m: 3:47.42 49.05	350m: 5:18.68 41.65			
	100m: 1:24.56 46.75	200m: 2:58.37 46.88	300m: 4:37.03 49.61	400m: 5:56.97 38.29			
34.	NEVES Diana Patricia	06	Naval da Horta	<b>5:57.37</b>	+0,80	5,8	-
	50m: 39.00 39.00	150m: 2:12.05 46.37	250m: 3:50.03 53.39	350m: 5:20.49 39.66			
	100m: 1:25.68 46.68	200m: 2:56.64 44.59	300m: 4:40.83 50.80	400m: 5:57.37 36.88			
35.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>5:57.82</b>	+0,81	5,7	-
	50m: 41.33 41.33	150m: 2:14.72 46.31	250m: 3:49.62 50.74	350m: 5:19.25 39.59			
	100m: 1:28.41 47.08	200m: 2:58.88 44.16	300m: 4:39.66 50.04	400m: 5:57.82 38.57			
36.	CUNHA Margarida Pinto	06	Sanjoanense/FEPSA	<b>5:58.35</b>	+0,84	5,6	-
	50m: 36.91 36.91	150m: 2:09.46 48.38	250m: 3:45.38 50.32	350m: 5:18.58 40.65			
	100m: 1:21.08 44.17	200m: 2:55.06 45.60	300m: 4:37.93 52.55	400m: 5:58.35 39.77			
37.	ROMAO Ana Teresa	06	Louletano / Loule Concelho	<b>5:58.95</b>	+0,87	5,4	-
	50m: 35.03 35.03	150m: 2:06.29 47.80	250m: 3:45.07 53.69	350m: 5:19.81 41.97			
	100m: 1:18.49 43.46	200m: 2:51.38 45.09	300m: 4:37.84 52.77	400m: 5:58.95 39.14			
38.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>5:59.91</b>	+0,88	5,2	-
	50m: 41.27 41.27	150m: 2:16.42 46.12	250m: 3:48.52 47.65	350m: 5:19.70 41.20			
	100m: 1:30.30 49.03	200m: 3:00.87 44.45	300m: 4:38.50 49.98	400m: 5:59.91 40.21			
39.	FERRO Maria Leonor	06	Naval do Funchal	<b>5:59.95</b>	+0,77	5,2	-
	50m: 38.00 38.00	150m: 2:11.37 48.91	250m: 3:49.71 52.23	350m: 5:21.68 39.99			
	100m: 1:22.46 44.46	200m: 2:57.48 46.11	300m: 4:41.69 51.98	400m: 5:59.95 38.27			
40.	BROCHADO Mariana Goncalves	06	Viana Natacao	<b>6:00.57</b>	+1,24	5,1	-
	50m: 37.63 37.63	150m: 2:10.62 48.04	250m: 3:46.98 51.09	350m: 5:21.19 40.96			
	100m: 1:22.58 44.95	200m: 2:55.89 45.27	300m: 4:40.23 53.25	400m: 6:00.57 39.38			
41.	PINTO Joana Filipa	06	Fluvial Portuense	<b>6:01.06</b>	+0,84	5,0	-
	50m: 37.79 37.79	150m: 2:07.00 45.01	250m: 3:45.45 55.58	350m: 5:19.84 39.13			
	100m: 1:21.99 44.20	200m: 2:49.87 42.87	300m: 4:40.71 55.26	400m: 6:01.06 41.22			
42.	BUCHA Marta Filipa	06	Viver Santarem	<b>6:04.00</b>	+1,00	4,3	-
	50m: 36.39 36.39	150m: 2:09.11 47.17	250m: 3:48.87 53.20	350m: 5:23.82 40.11			
	100m: 1:21.94 45.55	200m: 2:55.67 46.56	300m: 4:43.71 54.84	400m: 6:04.00 40.18			
43.	OLIVEIRA Marina Alexandra	06	Naval Setubalense	<b>6:08.46</b>	+0,86	3,3	-
	50m: 40.66 40.66	150m: 2:15.44 46.31	250m: 3:53.12 53.24	350m: 5:27.11 39.88			
	100m: 1:29.13 48.47	200m: 2:59.88 44.44	300m: 4:47.23 54.11	400m: 6:08.46 41.35			
DSQ	CARNEIRO Sofia Soares	06	Benfica				-
	<i>720 - Toque alternado na viragem aos 300 m - SW 7.6</i>						

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