



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



Prova 4 Femin., 400m Livres  
26-07-2019 - 18:00 Infantis Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
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

Pontos: Rudolph Table 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
<b>Infantis B</b>							
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	<b>5:02.06</b>	+0,86	11,9	-
	50m: 35.95 35.95	150m: 1:51.38 37.97	250m: 3:07.71 38.26	350m: 4:24.80 38.86			
	100m: 1:13.41 37.46	200m: 2:29.45 38.07	300m: 3:45.94 38.23	400m: 5:02.06 37.26			
2.	MESQUITA Mafalda Martins	07	Famalicao	<b>5:05.25</b>	+0,80	11,1	-
	50m: 34.67 34.67	150m: 1:51.70 39.47	250m: 3:10.16 39.10	350m: 4:28.35 39.25			
	100m: 1:12.23 37.56	200m: 2:31.06 39.36	300m: 3:49.10 38.94	400m: 5:05.25 36.90			
3.	MANO Leonor Mil	07	Fundacao Beatriz Santos	<b>5:06.00</b>	+0,79	11,0	-
	50m: 33.87 33.87	150m: 1:51.45 39.04	250m: 3:10.16 39.21	350m: 4:28.04 38.77			
	100m: 1:12.41 38.54	200m: 2:30.95 39.50	300m: 3:49.27 39.11	400m: 5:06.00 37.96			
4.	RODEIA Mariana Figueira	07	Natacao de Faro	<b>5:07.66</b>	+0,76	10,6	-
	50m: 35.37 35.37	150m: 1:53.74 39.21	250m: 3:11.47 38.54	350m: 4:29.88 39.21			
	100m: 1:14.53 39.16	200m: 2:32.93 39.19	300m: 3:50.67 39.20	400m: 5:07.66 37.78			
5.	GOMES Barbara Sofia	07	Leixoes	<b>5:09.26</b>	+0,74	10,2	-
	50m: 35.00 35.00	150m: 1:54.00 40.18	250m: 3:12.45 39.33	350m: 4:31.01 38.52			
	100m: 1:13.82 38.82	200m: 2:33.12 39.12	300m: 3:52.49 40.04	400m: 5:09.26 38.25			
6.	REBELO Angela Rodrigues	07	Louzan Natacao/EFAPEL	<b>5:10.69</b>	+0,82	9,8	-
	50m: 35.20 35.20	150m: 1:53.02 39.46	250m: 3:12.42 39.88	350m: 4:32.07 39.75			
	100m: 1:13.56 38.36	200m: 2:32.54 39.52	300m: 3:52.32 39.90	400m: 5:10.69 38.62			
7.	ALMEIDA Ines Filipa	07	Sanjoanense/FEPSA	<b>5:12.16</b>	+0,91	9,5	-
	50m: 34.17 34.17	150m: 1:54.33 40.75	250m: 3:16.17 40.74	350m: 4:36.54 39.92			
	100m: 1:13.58 39.41	200m: 2:35.43 41.10	300m: 3:56.62 40.45	400m: 5:12.16 35.62			
8.	ALVES Sara Sofia	07	Naval Setubalense	<b>5:12.54</b>	+0,90	9,4	-
	50m: 35.71 35.71	150m: 1:56.25 41.02	250m: 3:16.09 39.98	350m: 4:35.19 38.89			
	100m: 1:15.23 39.52	200m: 2:36.11 39.86	300m: 3:56.30 40.21	400m: 5:12.54 37.35			
9.	FERRARI Maria Carlotta	07	Geslours	<b>5:13.19</b>	+1,12	9,2	-
	50m: 34.38 34.38	150m: 1:53.17 40.46	250m: 3:13.88 40.14	350m: 4:35.58 40.46			
	100m: 1:12.71 38.33	200m: 2:33.74 40.57	300m: 3:55.12 41.24	400m: 5:13.19 37.61			
10.	GARCELL Maria Teresa	07	Fisica Torres Vedras	<b>5:14.03</b>	+0,87	9,0	-
	50m: 34.20 34.20	150m: 1:52.04 39.92	250m: 3:13.79 41.20	350m: 4:35.60 40.68			
	100m: 1:12.12 37.92	200m: 2:32.59 40.55	300m: 3:54.92 41.13	400m: 5:14.03 38.43			
11.	PINA Laura Almeida	07	O Crasto	<b>5:14.69</b>	+0,99	8,9	-
	50m: 34.52 34.52	150m: 1:53.22 40.04	250m: 3:14.47 41.23	350m: 4:35.53 40.04			
	100m: 1:13.18 38.66	200m: 2:33.24 40.02	300m: 3:55.49 41.02	400m: 5:14.69 39.16			
12.	SANTOS Juliana Soromenho	07	Benfica	<b>5:15.18</b>	+1,01	8,7	-
	50m: 36.21 36.21	150m: 1:55.54 39.97	250m: 3:16.17 40.54	350m: 4:37.16 40.37			
	100m: 1:15.57 39.36	200m: 2:35.63 40.09	300m: 3:56.79 40.62	400m: 5:15.18 38.02			

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Prova 4, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
13.	SOUSA Maria Rita	07	Desportiva de Viana	<b>5:16.10</b>	+1,05	8,5	-
	50m: 35.68 35.68	150m: 1:54.49 40.63	250m: 3:15.94 40.91	350m: 4:38.03 41.23			
	100m: 1:13.86 38.18	200m: 2:35.03 40.54	300m: 3:56.80 40.86	400m: 5:16.10 38.07			
14.	VALE Teresa Pinto	07	Braga	<b>5:18.18</b>		8,0	-
	50m: 35.61 35.61	150m: 1:55.38 40.96	250m: 3:17.21 41.51	350m: 4:39.05 41.01			
	100m: 1:14.42 38.81	200m: 2:35.70 40.32	300m: 3:58.04 40.83	400m: 5:18.18 39.13			
15.	BERNAT Elena Del	07	Alges	<b>5:19.38</b>	+0,78	7,7	-
	50m: 35.32 35.32	150m: 1:54.52 40.14	250m: 3:16.62 41.45	350m: 4:39.11 41.37			
	100m: 1:14.38 39.06	200m: 2:35.17 40.65	300m: 3:57.74 41.12	400m: 5:19.38 40.27			
16.	MALFEITO Maria Francisca	07	Sporting	<b>5:19.54</b>	+0,89	7,7	-
	50m: 35.77 35.77	150m: 1:56.46 40.96	250m: 3:18.38 41.15	350m: 4:40.18 40.94			
	100m: 1:15.50 39.73	200m: 2:37.23 40.77	300m: 3:59.24 40.86	400m: 5:19.54 39.36			
17.	PINTO Mariana Alexandra	07	Braga	<b>5:23.45</b>	+0,98	6,8	-
	50m: 35.73 35.73	150m: 1:57.65 41.42	250m: 3:19.90 41.48	350m: 4:43.02 41.55			
	100m: 1:16.23 40.50	200m: 2:38.42 40.77	300m: 4:01.47 41.57	400m: 5:23.45 40.43			
18.	MAGALHAES Leticia Rodrigues	07	Palmela	<b>5:23.71</b>	+0,79	6,7	-
	50m: 34.97 34.97	150m: 1:55.48 40.94	250m: 3:19.03 42.04	350m: 4:44.00 42.55			
	100m: 1:14.54 39.57	200m: 2:36.99 41.51	300m: 4:01.45 42.42	400m: 5:23.71 39.71			

Infantis A

1.	COELHO Maria Leonor	06	Benfica	<b>4:47.29</b>	+0,82	12,7	-
	50m: 32.90 32.90	150m: 1:43.72 36.18	250m: 2:57.02 37.16	350m: 4:11.42 37.48			
	100m: 1:07.54 34.64	200m: 2:19.86 36.14	300m: 3:33.94 36.92	400m: 4:47.29 35.87			
2.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	<b>4:51.39</b>	+0,89	11,7	-
	50m: 32.55 32.55	150m: 1:46.08 37.04	250m: 3:01.27 37.99	350m: 4:16.06 36.87			
	100m: 1:09.04 36.49	200m: 2:23.28 37.20	300m: 3:39.19 37.92	400m: 4:51.39 35.33			
3.	CATALAO Leonor Tavares	06	Sporting	<b>4:51.58</b>	+0,90	11,6	-
	50m: 33.82 33.82	150m: 1:48.14 37.68	250m: 3:02.89 37.22	350m: 4:16.33 36.42			
	100m: 1:10.46 36.64	200m: 2:25.67 37.53	300m: 3:39.91 37.02	400m: 4:51.58 35.25			
4.	SILVA Ana Francisca	06	Alcobaca	<b>4:51.66</b>	+0,90	11,6	-
	50m: 33.75 33.75	150m: 1:47.71 36.79	250m: 3:01.59 36.38	350m: 4:15.48 36.58			
	100m: 1:10.92 37.17	200m: 2:25.21 37.50	300m: 3:38.90 37.31	400m: 4:51.66 36.18			
5.	GOMES Lia Beatriz	06	Vitoria Guimaraes	<b>4:52.24</b>	+0,77	11,4	-
	50m: 32.27 32.27	150m: 1:44.83 37.05	250m: 3:00.14 37.81	350m: 4:15.77 38.06			
	100m: 1:07.78 35.51	200m: 2:22.33 37.50	300m: 3:37.71 37.57	400m: 4:52.24 36.47			
6.	ANTUNES Rebeca Leonor	06	Colegio Vasco da Gama	<b>4:53.38</b>	+0,85	11,2	-
	50m: 32.42 32.42	150m: 1:45.73 37.61	250m: 3:01.53 37.96	350m: 4:17.17 37.42			
	100m: 1:08.12 35.70	200m: 2:23.57 37.84	300m: 3:39.75 38.22	400m: 4:53.38 36.21			
7.	COSTA Maria Jardim	06	Desportivo Nacional	<b>4:54.35</b>	+0,87	10,9	-
	50m: 33.37 33.37	150m: 1:46.19 36.97	250m: 3:01.86 38.56	350m: 4:18.77 38.86			
	100m: 1:09.22 35.85	200m: 2:23.30 37.11	300m: 3:39.91 38.05	400m: 4:54.35 35.58			
8.	DINIS Filipa Paiva	06	Bairro dos Anjos/ Leiria	<b>4:54.81</b>	+0,97	10,8	-
	50m: 31.83 31.83	150m: 1:45.66 37.80	250m: 3:01.78 37.94	350m: 4:18.23 37.99			
	100m: 1:07.86 36.03	200m: 2:23.84 38.18	300m: 3:40.24 38.46	400m: 4:54.81 36.58			

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Prova 4, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
9.	FROIS Maria Francisca	06	Bairro dos Anjos/ Leiria	<b>4:56.38</b>	+0,86	10,4	-
	50m: 32.06 32.06	150m: 1:47.02 38.38	250m: 3:02.84 37.61	350m: 4:19.18 37.91			
	100m: 1:08.64 36.58	200m: 2:25.23 38.21	300m: 3:41.27 38.43	400m: 4:56.38 37.20			
10.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>4:56.62</b>	+0,93	10,3	-
	50m: 33.71 33.71	150m: 1:47.06 36.93	250m: 3:02.52 38.07	350m: 4:18.85 38.35			
	100m: 1:10.13 36.42	200m: 2:24.45 37.39	300m: 3:40.50 37.98	400m: 4:56.62 37.77			
11.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>4:56.71</b>	+0,79	10,3	-
	50m: 33.50 33.50	150m: 1:46.79 37.41	250m: 3:03.03 38.53	350m: 4:19.54 38.12			
	100m: 1:09.38 35.88	200m: 2:24.50 37.71	300m: 3:41.42 38.39	400m: 4:56.71 37.17			
12.	TINOCO Diana Silva	06	Columbofila Cantanhedense	<b>4:56.89</b>	+0,74	10,3	-
	50m: 32.43 32.43	150m: 1:46.30 37.64	250m: 3:02.84 38.27	350m: 4:19.83 38.36			
	100m: 1:08.66 36.23	200m: 2:24.57 38.27	300m: 3:41.47 38.63	400m: 4:56.89 37.06			
13.	ALVES Maria Madalena	06	Bairro dos Anjos/ Leiria	<b>4:57.76</b>	+0,98	10,1	-
	50m: 32.14 32.14	150m: 1:47.11 38.65	250m: 3:03.91 38.54	350m: 4:21.47 38.04			
	100m: 1:08.46 36.32	200m: 2:25.37 38.26	300m: 3:43.43 39.52	400m: 4:57.76 36.29			
14.	COSTA Anita Gouveia	06	Uniao Coimbra	<b>4:57.89</b>	+0,88	10,0	-
	50m: 33.60 33.60	150m: 1:49.84 38.57	250m: 3:05.76 37.33	350m: 4:21.29 37.32			
	100m: 1:11.27 37.67	200m: 2:28.43 38.59	300m: 3:43.97 38.21	400m: 4:57.89 36.60			
15.	FERREIRA Maria Joao	06	Foca	<b>4:58.37</b>	+0,91	9,9	-
	50m: 33.47 33.47	150m: 1:48.07 37.68	250m: 3:04.27 37.67	350m: 4:21.09 38.00			
	100m: 1:10.39 36.92	200m: 2:26.60 38.53	300m: 3:43.09 38.82	400m: 4:58.37 37.28			
16.	NEVES Gabriela Ferreira	06	Foca	<b>4:59.04</b>	+0,91	9,7	-
	50m: 33.62 33.62	150m: 1:48.61 37.90	250m: 3:05.43 38.69	350m: 4:23.42 38.89			
	100m: 1:10.71 37.09	200m: 2:26.74 38.13	300m: 3:44.53 39.10	400m: 4:59.04 35.62			
17.	FERREIRA Francisca Santos	06	Alges	<b>4:59.77</b>	+0,78	9,6	-
	50m: 33.57 33.57	150m: 1:48.50 37.99	250m: 3:05.09 38.46	350m: 4:23.03 38.77			
	100m: 1:10.51 36.94	200m: 2:26.63 38.13	300m: 3:44.26 39.17	400m: 4:59.77 36.74			
18.	CRAVEIRO Matilde Neves	06	Academica de Coimbra	<b>4:59.86</b>	+0,86	9,5	-
	50m: 33.48 33.48	150m: 1:47.67 37.67	250m: 3:03.89 38.20	350m: 4:22.22 39.05			
	100m: 1:10.00 36.52	200m: 2:25.69 38.02	300m: 3:43.17 39.28	400m: 4:59.86 37.64			
19.	LOPES Matilde Nunes	06	Benfica	<b>5:00.05</b>	+0,81	9,5	-
	50m: 33.42 33.42	150m: 1:48.09 38.42	250m: 3:06.83 39.81	350m: 4:23.89 38.75			
	100m: 1:09.67 36.25	200m: 2:27.02 38.93	300m: 3:45.14 38.31	400m: 5:00.05 36.16			
20.	SIMOES Filipa Mendes	06	Bairro dos Anjos/ Leiria	<b>5:00.66</b>	+0,80	9,3	-
	50m: 34.40 34.40	150m: 1:49.77 37.96	250m: 3:06.23 38.19	350m: 4:23.53 38.52			
	100m: 1:11.81 37.41	200m: 2:28.04 38.27	300m: 3:45.01 38.78	400m: 5:00.66 37.13			
21.	AMORIM Ines Santos	06	Desportiva de Viana	<b>5:00.75</b>	+0,86	9,3	-
	50m: 33.95 33.95	150m: 1:48.44 37.91	250m: 3:06.68 39.60	350m: 4:24.65 38.46			
	100m: 1:10.53 36.58	200m: 2:27.08 38.64	300m: 3:46.19 39.51	400m: 5:00.75 36.10			
22.	NOVAIS Regina Correia	06	Foca	<b>5:01.50</b>	+0,91	9,1	-
	50m: 33.73 33.73	150m: 1:50.45 38.95	250m: 3:08.34 38.70	350m: 4:25.02 37.90			
	100m: 1:11.50 37.77	200m: 2:29.64 39.19	300m: 3:47.12 38.78	400m: 5:01.50 36.48			

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Prova 4, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
23.	TEIXEIRA Ines Correia	06	Amadora	<b>5:01.67</b>	+0,91	9,1	-
	50m: 32.60 32.60	150m: 1:46.41 37.57	250m: 3:05.00 39.77	350m: 4:23.30 38.57			
	100m: 1:08.84 36.24	200m: 2:25.23 38.82	300m: 3:44.73 39.73	400m: 5:01.67 38.37			
24.	SANTOS Marta Bailarote	06	Naval Setubalense	<b>5:02.09</b>	+0,82	9,0	-
	50m: 34.23 34.23	150m: 1:51.50 39.53	250m: 3:08.74 38.28	350m: 4:26.58 38.85			
	100m: 1:11.97 37.74	200m: 2:30.46 38.96	300m: 3:47.73 38.99	400m: 5:02.09 35.51			
25.	HERMOSA Beatriz Carvalho	06	Porto	<b>5:02.60</b>	+0,91	8,8	-
	50m: 33.77 33.77	150m: 1:49.61 38.58	250m: 3:07.55 38.88	350m: 4:25.37 38.45			
	100m: 1:11.03 37.26	200m: 2:28.67 39.06	300m: 3:46.92 39.37	400m: 5:02.60 37.23			
26.	DOMINGOS Filipa Ferraz	06	Sporting	<b>5:02.67</b>	+0,88	8,8	-
	50m: 33.91 33.91	150m: 1:49.00 37.93	250m: 3:06.31 38.84	350m: 4:24.46 39.13			
	100m: 1:11.07 37.16	200m: 2:27.47 38.47	300m: 3:45.33 39.02	400m: 5:02.67 38.21			
27.	BRITES Marta Lopes	06	Naval de Ponta Delgada	<b>5:03.03</b>	+0,70	8,7	-
	50m: 31.17 31.17	150m: 1:45.63 38.58	250m: 3:04.26 39.60	350m: 4:24.41 40.12			
	100m: 1:07.05 35.88	200m: 2:24.66 39.03	300m: 3:44.29 40.03	400m: 5:03.03 38.62			
28.	BRIZIDA Filipa Roma	06	Bairro dos Anjos/ Leiria	<b>5:03.24</b>	+0,88	8,7	-
	50m: 32.96 32.96	150m: 1:48.65 38.61	250m: 3:06.29 38.85	350m: 4:25.98 39.90			
	100m: 1:10.04 37.08	200m: 2:27.44 38.79	300m: 3:46.08 39.79	400m: 5:03.24 37.26			
29.	MESQUITA Carolina Mestre	06	Nautico do Guadiana	<b>5:03.45</b>	+0,88	8,6	-
	50m: 33.28 33.28	150m: 1:47.29 38.08	250m: 3:06.65 40.36	350m: 4:26.03 40.01			
	100m: 1:09.21 35.93	200m: 2:26.29 39.00	300m: 3:46.02 39.37	400m: 5:03.45 37.42			
30.	NIZA Beatriz Mocego	06	Amadora	<b>5:03.76</b>	+0,91	8,6	-
	50m: 32.50 32.50	150m: 1:46.96 38.03	250m: 3:06.01 40.20	350m: 4:25.03 39.62			
	100m: 1:08.93 36.43	200m: 2:25.81 38.85	300m: 3:45.41 39.40	400m: 5:03.76 38.73			
31.	DOMINGUES Vitoria Cruz	06	Natacao de Vagos	<b>5:03.79</b>	+0,79	8,5	-
	50m: 35.09 35.09	150m: 1:50.22 37.95	250m: 3:06.75 38.50	350m: 4:25.62 39.66			
	100m: 1:12.27 37.18	200m: 2:28.25 38.03	300m: 3:45.96 39.21	400m: 5:03.79 38.17			
32.	ASCENSO Maria Joao	06	Nautico Marinha Grande	<b>5:03.92</b>	+0,88	8,5	-
	50m: 32.73 32.73	150m: 1:47.79 38.27	250m: 3:06.57 39.57	350m: 4:26.27 39.92			
	100m: 1:09.52 36.79	200m: 2:27.00 39.21	300m: 3:46.35 39.78	400m: 5:03.92 37.65			
33.	NEVES Diana Patricia	06	Naval da Horta	<b>5:04.44</b>	+0,77	8,4	-
	50m: 33.30 33.30	150m: 1:50.54 39.85	250m: 3:10.06 39.32	350m: 4:28.62 39.26			
	100m: 1:10.69 37.39	200m: 2:30.74 40.20	300m: 3:49.36 39.30	400m: 5:04.44 35.82			
34.	DIAS Julia Alves	06	Desportivo Nacional	<b>5:04.62</b>	+0,94	8,3	-
	50m: 33.54 33.54	150m: 1:50.56 39.38	250m: 3:09.78 40.11	350m: 4:28.44 39.25			
	100m: 1:11.18 37.64	200m: 2:29.67 39.11	300m: 3:49.19 39.41	400m: 5:04.62 36.18			
35.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>5:04.80</b>	+0,93	8,3	-
	50m: 33.94 33.94	150m: 1:49.83 38.43	250m: 3:07.06 38.69	350m: 4:26.49 39.38			
	100m: 1:11.40 37.46	200m: 2:28.37 38.54	300m: 3:47.11 40.05	400m: 5:04.80 38.31			
36.	COSTA Daniela Alexandra	06	Leixoes	<b>5:05.91</b>	+0,91	8,0	-
	50m: 33.60 33.60	150m: 1:50.98 39.65	250m: 3:10.17 39.52	350m: 4:28.70 38.62			
	100m: 1:11.33 37.73	200m: 2:30.65 39.67	300m: 3:50.08 39.91	400m: 5:05.91 37.21			

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



Prova 4, Femin., 400m Livres, Infantis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
37.	MARTINS Ana Rita	06	Foca	<b>5:06.45</b>	<b>+1,05</b>	7,9	-
	50m: 34.22 34.22	150m: 1:51.92	39.72	250m: 3:10.43	39.41	350m: 4:28.45	38.84
	100m: 1:12.20 37.98	200m: 2:31.02	39.10	300m: 3:49.61	39.18	400m: 5:06.45	38.00
38.	FREITAS Margarida Ramos	06	Desportivo Nacional	<b>5:09.64</b>	<b>+0,82</b>	7,1	-
	50m: 33.85 33.85	150m: 1:53.08	40.67	250m: 3:13.18	39.99	350m: 4:32.69	39.79
	100m: 1:12.41 38.56	200m: 2:33.19	40.11	300m: 3:52.90	39.72	400m: 5:09.64	36.95
39.	VALE Ines Barbosa	06	Famalicao	<b>5:12.00</b>	<b>+0,83</b>	6,5	-
	50m: 34.22 34.22	150m: 1:52.09	39.95	250m: 3:11.99	40.34	350m: 4:32.50	40.51
	100m: 1:12.14 37.92	200m: 2:31.65	39.56	300m: 3:51.99	40.00	400m: 5:12.00	39.50
40.	SILVA Maria Seixeira	06	Viana Natacao	<b>5:13.58</b>	<b>+1,00</b>	6,1	-
	50m: 34.16 34.16	150m: 1:50.42	38.81	250m: 3:12.15	41.49	350m: 4:34.70	42.03
	100m: 1:11.61 37.45	200m: 2:30.66	40.24	300m: 3:52.67	40.52	400m: 5:13.58	38.88
41.	RIBAS Ema Monteiro	06	Fluvial Portuense	<b>5:14.13</b>	<b>+0,80</b>	6,0	-
	50m: 34.91 34.91	150m: 1:53.49	39.98	250m: 3:13.94	40.48	350m: 4:35.69	40.86
	100m: 1:13.51 38.60	200m: 2:33.46	39.97	300m: 3:54.83	40.89	400m: 5:14.13	38.44
42.	SILVA Eva Perdigao	06	Clube de Vouzela	<b>5:23.59</b>	<b>+0,80</b>	3,6	-
	50m: 33.08 33.08	150m: 1:53.88	41.31	250m: 3:18.66	42.78	350m: 4:42.63	41.78
	100m: 1:12.57 39.49	200m: 2:35.88	42.00	300m: 4:00.85	42.19	400m: 5:23.59	40.96

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