

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 16 Femin., 400m Estilos Juvenis
02-08-2019 - 9:50 Resultados Elimin

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

TAC Juv A 50m: 5:40.41 - 25m: 5:26.20; Juv B 50m: 5:44.75 - 25m: 5:32.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	5:11.91	+0,75	622	
	50m: 32.10 32.10 150m: 1:51.43 41.82 250m: 3:17.94 44.68 350m: 4:37.44 34.97						
	100m: 1:09.61 37.51 200m: 2:33.26 41.83 300m: 4:02.47 44.53 400m: 5:11.91 34.47						
2.	DELGADO Soraia Alexandra	05	Sporting	5:13.18	+0,70	615	
	50m: 32.70 32.70 150m: 1:52.03 41.87 250m: 3:15.45 43.17 350m: 4:36.32 36.16						
	100m: 1:10.16 37.46 200m: 2:32.28 40.25 300m: 4:00.16 44.71 400m: 5:13.18 36.86						
3.	REIS Erica Cristina	05	Sporting	5:17.62	+0,64	589	
	50m: 33.45 33.45 150m: 1:55.44 43.31 250m: 3:20.80 44.34 350m: 4:42.50 36.18						
	100m: 1:12.13 38.68 200m: 2:36.46 41.02 300m: 4:06.32 45.52 400m: 5:17.62 35.12						
4.	SANTOS Leonor Esteves	04	Avancado EUL	5:18.60	+0,80	584	
	50m: 34.52 34.52 150m: 1:57.66 44.37 250m: 3:22.15 42.72 350m: 4:42.77 36.69						
	100m: 1:13.29 38.77 200m: 2:39.43 41.77 300m: 4:06.08 43.93 400m: 5:18.60 35.83						
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:19.71	+0,71	578	
	50m: 33.08 33.08 150m: 1:53.40 42.40 250m: 3:20.55 45.62 350m: 4:44.16 36.82						
	100m: 1:11.00 37.92 200m: 2:34.93 41.53 300m: 4:07.34 46.79 400m: 5:19.71 35.55						
6.	RODRIGUES Lidiana Correia	04	Belenenses	5:23.06	+0,77	560	
	50m: 33.27 33.27 150m: 1:56.83 44.19 250m: 3:22.62 43.37 350m: 4:46.11 38.18						
	100m: 1:12.64 39.37 200m: 2:39.25 42.42 300m: 4:07.93 45.31 400m: 5:23.06 36.95						
7.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	5:26.43	+0,69	543	
	50m: 33.88 33.88 150m: 1:56.59 41.98 250m: 3:25.92 48.53 350m: 4:51.73 35.83						
	100m: 1:14.61 40.73 200m: 2:37.39 40.80 300m: 4:15.90 49.98 400m: 5:26.43 34.70						
8.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	5:28.08	+0,57	535	
	50m: 34.70 34.70 150m: 1:57.53 42.59 250m: 3:25.37 45.89 350m: 4:51.77 38.70						
	100m: 1:14.94 40.24 200m: 2:39.48 41.95 300m: 4:13.07 47.70 400m: 5:28.08 36.31						
9.	ESTEVEENS Laura Fabiana	05	Natacao Olhao	5:28.27	+0,72	534	
	50m: 33.48 33.48 150m: 1:57.20 44.16 250m: 3:25.86 45.80 350m: 4:50.97 37.98						
	100m: 1:13.04 39.56 200m: 2:40.06 42.86 300m: 4:12.99 47.13 400m: 5:28.27 37.30						
10.	NUNES Margarida Domingues	05	Avancado EUL	5:28.61	+0,77	532	
	50m: 35.48 35.48 150m: 2:01.60 45.08 250m: 3:28.70 42.89 350m: 4:52.12 37.79						
	100m: 1:16.52 41.04 200m: 2:45.81 44.21 300m: 4:14.33 45.63 400m: 5:28.61 36.49						
11.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	5:29.35	+0,76	528	
	50m: 33.32 33.32 150m: 1:54.35 42.84 250m: 3:24.59 48.11 350m: 4:52.61 39.26						
	100m: 1:11.51 38.19 200m: 2:36.48 42.13 300m: 4:13.35 48.76 400m: 5:29.35 36.74						
12.	LOURO Ariana Espirito	05	Gualdim Pais	5:29.79	+0,59	526	
	50m: 34.78 34.78 150m: 1:58.61 44.12 250m: 3:25.88 46.37 350m: 4:52.36 39.49						
	100m: 1:14.49 39.71 200m: 2:39.51 40.90 300m: 4:12.87 46.99 400m: 5:29.79 37.43						
13.	MORGADO Alice Jesus	04	Geslours	5:31.86	+0,84	517	
	50m: 33.90 33.90 150m: 1:55.97 43.09 250m: 3:26.62 47.32 350m: 4:54.25 38.59						
	100m: 1:12.88 38.98 200m: 2:39.30 43.33 300m: 4:15.66 49.04 400m: 5:31.86 37.61						

Splash Meet Manager, 11.60220

Registered to Federacao Portuguesa de Natacao

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Campeonato Nacional de Juvenis
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Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	LAMAS Maria Caetano	04	Miranda do Corvo	5:31.91	+0,91	516	
	50m: 33.79 33.79	150m: 2:00.00 46.32	250m: 3:30.14 46.41	350m: 4:55.36 38.74			
	100m: 1:13.68 39.89	200m: 2:43.73 43.73	300m: 4:16.62 46.48	400m: 5:31.91 36.55			
15.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:32.65	+0,77	513	
	50m: 35.18 35.18	150m: 2:02.26 45.49	250m: 3:32.38 46.23	350m: 4:56.18 37.35			
	100m: 1:16.77 41.59	200m: 2:46.15 43.89	300m: 4:18.83 46.45	400m: 5:32.65 36.47			
16.	RIOS Maria Manuel	04	Leixoes	5:33.18	+0,64	510	
	50m: 32.82 32.82	150m: 1:57.57 44.71	250m: 3:28.39 47.36	350m: 4:55.60 37.98			
	100m: 1:12.86 40.04	200m: 2:41.03 43.46	300m: 4:17.62 49.23	400m: 5:33.18 37.58			
17.	INACIO Marta Macedo	04	Sporting	5:33.95	+0,81	507	
	50m: 33.20 33.20	150m: 1:55.65 43.03	250m: 3:26.10 48.31	350m: 4:56.10 39.30			
	100m: 1:12.62 39.42	200m: 2:37.79 42.14	300m: 4:16.80 50.70	400m: 5:33.95 37.85			
18.	MORGANHO Leonor Alves	04	Alges	5:34.05	+0,81	506	
	50m: 35.18 35.18	150m: 2:01.74 47.01	250m: 3:32.03 46.06	350m: 4:56.84 38.29			
	100m: 1:14.73 39.55	200m: 2:45.97 44.23	300m: 4:18.55 46.52	400m: 5:34.05 37.21			
19.	GAMA Joana Fernandes	05	Sporting	5:34.08	+0,81	506	
	50m: 34.89 34.89	150m: 2:01.66 46.36	250m: 3:32.31 46.60	350m: 4:58.07 37.84			
	100m: 1:15.30 40.41	200m: 2:45.71 44.05	300m: 4:20.23 47.92	400m: 5:34.08 36.01			
20.	CRUZ Jessica Catarina	04	Aquatico Pacense	5:34.28	+0,88	505	
	50m: 33.41 33.41	150m: 1:55.46 44.25	250m: 3:26.35 48.28	350m: 4:54.96 40.41			
	100m: 1:11.21 37.80	200m: 2:38.07 42.61	300m: 4:14.55 48.20	400m: 5:34.28 39.32			
21.	COSTA Catarina Nunes	04	Geslours	5:34.37	+0,83	505	
	50m: 34.58 34.58	150m: 2:01.84 46.83	250m: 3:32.32 46.52	350m: 4:58.16 38.72			
	100m: 1:15.01 40.43	200m: 2:45.80 43.96	300m: 4:19.44 47.12	400m: 5:34.37 36.21			
22.	SOUSA Joana Francisca	04	Sao Roque	5:34.50	+0,68	504	
	50m: 33.50 33.50	150m: 1:56.31 42.87	250m: 3:26.77 47.67	350m: 4:55.72 39.64			
	100m: 1:13.44 39.94	200m: 2:39.10 42.79	300m: 4:16.08 49.31	400m: 5:34.50 38.78			
23.	CANINHAS Maria Pinto	05	Natacao do Fundao	5:35.06	+0,77	502	
	50m: 34.46 34.46	150m: 1:57.41 42.18	250m: 3:28.87 51.22	350m: 4:59.30 37.91			
	100m: 1:15.23 40.77	200m: 2:37.65 40.24	300m: 4:21.39 52.52	400m: 5:35.06 35.76			
24.	MONTEIRO Barbara Oliveira	04	Braga	5:35.55	+0,96	500	
	50m: 35.87 35.87	150m: 2:03.15 45.71	250m: 3:35.22 47.36	350m: 5:00.27 36.56			
	100m: 1:17.44 41.57	200m: 2:47.86 44.71	300m: 4:23.71 48.49	400m: 5:35.55 35.28			
25.	LOPES Francisca Macedo	05	Vilacondense	5:35.58	+0,80	500	
	50m: 34.38 34.38	150m: 2:00.51 43.26	250m: 3:30.97 47.82	350m: 4:58.23 37.75			
	100m: 1:17.25 42.87	200m: 2:43.15 42.64	300m: 4:20.48 49.51	400m: 5:35.58 37.35			
26.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	5:35.64	+0,68	499	
	50m: 32.89 32.89	150m: 1:57.03 45.38	250m: 3:30.53 48.59	350m: 4:58.17 38.36			
	100m: 1:11.65 38.76	200m: 2:41.94 44.91	300m: 4:19.81 49.28	400m: 5:35.64 37.47			
27.	RINO Maria Pedro	05	Academia Acores	5:36.06	+0,80	497	
	50m: 33.21 33.21	150m: 1:55.52 43.47	250m: 3:26.56 47.95	350m: 4:57.14 39.61			
	100m: 1:12.05 38.84	200m: 2:38.61 43.09	300m: 4:17.53 50.97	400m: 5:36.06 38.92			
28.	HENRIQUES Carolina Porem	04	Sporting	5:36.23	+0,66	497	
	50m: 34.56 34.56	150m: 2:00.88 45.57	250m: 3:32.98 47.17	350m: 4:58.68 37.60			
	100m: 1:15.31 40.75	200m: 2:45.81 44.93	300m: 4:21.08 48.10	400m: 5:36.23 37.55			

Splash Meet Manager, 11.60220

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Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	TAVARES Mariana Silva	04	Estarreja	5:38.24	+0,93	488	
	50m: 33.90 33.90	150m: 1:58.46 42.98	250m: 3:32.16 50.90	350m: 5:01.70 38.96			
	100m: 1:15.48 41.58	200m: 2:41.26 42.80	300m: 4:22.74 50.58	400m: 5:38.24 36.54			
30.	PIMENTEL Marta Lima	04	Fluvial Portuense	5:38.44	+0,92	487	
	50m: 35.39 35.39	150m: 2:01.62 44.49	250m: 3:34.89 50.74	350m: 5:02.98 36.99			
	100m: 1:17.13 41.74	200m: 2:44.15 42.53	300m: 4:25.99 51.10	400m: 5:38.44 35.46			
31.	FERREIRA Joana Rosa	05	Naval de Peniche	5:39.67	+0,81	482	
	50m: 34.52 34.52	150m: 2:02.08 45.55	250m: 3:33.49 47.10	350m: 5:01.06 40.28			
	100m: 1:16.53 42.01	200m: 2:46.39 44.31	300m: 4:20.78 47.29	400m: 5:39.67 38.61			
32.	SILVA Joana Ferreira	05	Leixoes	5:42.71	+0,67	469	
	50m: 33.79 33.79	150m: 1:59.48 45.16	250m: 3:32.45 49.16	350m: 5:03.75 40.02			
	100m: 1:14.32 40.53	200m: 2:43.29 43.81	300m: 4:23.73 51.28	400m: 5:42.71 38.96			
33.	FRANCO Barbara Garrido	04	Elvense	5:43.96	+0,78	464	
	50m: 34.82 34.82	150m: 2:02.87 46.04	250m: 3:35.30 47.46	350m: 5:04.26 40.90			
	100m: 1:16.83 42.01	200m: 2:47.84 44.97	300m: 4:23.36 48.06	400m: 5:43.96 39.70			
34.	SILVA Mariana Azevedo	05	Sanjoanense/FEPSA	5:44.94	+0,81	460	
	50m: 35.31 35.31	150m: 2:03.03 44.41	250m: 3:35.46 50.28	350m: 5:07.53 40.68			
	100m: 1:18.62 43.31	200m: 2:45.18 42.15	300m: 4:26.85 51.39	400m: 5:44.94 37.41			
35.	LIMA Eduarda Filipa	04	Vilacondense	5:47.58	+0,86	450	
	50m: 34.78 34.78	150m: 1:59.72 43.84	250m: 3:35.95 52.00	350m: 5:08.41 39.87			
	100m: 1:15.88 41.10	200m: 2:43.95 44.23	300m: 4:28.54 52.59	400m: 5:47.58 39.17			
36.	MARQUES Maria Ines	05	Alcobaca	5:48.10	+0,73	448	
	50m: 36.24 36.24	150m: 2:06.49 46.16	250m: 3:39.63 49.39	350m: 5:09.38 39.75			
	100m: 1:20.33 44.09	200m: 2:50.24 43.75	300m: 4:29.63 50.00	400m: 5:48.10 38.72			
37.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	5:49.31	+0,72	443	
	50m: 34.50 34.50	150m: 2:03.88 48.57	250m: 3:39.37 49.08	350m: 5:10.04 40.70			
	100m: 1:15.31 40.81	200m: 2:50.29 46.41	300m: 4:29.34 49.97	400m: 5:49.31 39.27			
38.	MARTINS Margarida Carvalho	05	Famalicao	5:49.73	+0,72	441	
	50m: 35.65 35.65	150m: 2:04.80 45.72	250m: 3:39.14 51.47	350m: 5:12.30 41.51			
	100m: 1:19.08 43.43	200m: 2:47.67 42.87	300m: 4:30.79 51.65	400m: 5:49.73 37.43			
39.	SILVA Alexandra Cordeiro	04	Alcobaca	6:00.02	+0,78	404	
	50m: 37.48 37.48	150m: 2:13.60 49.16	250m: 3:48.97 49.09	350m: 5:20.84 42.26			
	100m: 1:24.44 46.96	200m: 2:59.88 46.28	300m: 4:38.58 49.61	400m: 6:00.02 39.18			

Prova 16, Femin., 400m Estilos, Elimin

Prova 16
02-08-2019 - 9:50

Femin., 400m Estilos

Open
Resultados Elimin

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

TAC Sen 50m: 5:18.97 - 25m: 5:09.44; Jun 50m: 5:30.09 - 25m: 5:19.73; Juv A 50m: 5:40.41 - 25m: 5:26.20; Juv B 50m: 5:44.75 - 25m: 5:32.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	4:54.19	+0,74	742	
	50m: 30.14 30.14	150m: 1:43.18 39.24	250m: 3:02.36 40.68	350m: 4:19.33 35.49			
	100m: 1:03.94 33.80	200m: 2:21.68 38.50	300m: 3:43.84 41.48	400m: 4:54.19 34.86			
2.	DURAES Diana Margarida	96	Benfica	4:58.79	+0,77	708	
	50m: 31.96 31.96	150m: 1:48.18 40.04	250m: 3:08.56 42.09	350m: 4:25.42 34.64			
	100m: 1:08.14 36.18	200m: 2:26.47 38.29	300m: 3:50.78 42.22	400m: 4:58.79 33.37			
3.	MACHADO Luisa Maria	01	Uniao Piedense	5:01.92	+0,77	686	
	50m: 31.13 31.13	150m: 1:49.20 41.68	250m: 3:10.10 41.17	350m: 4:27.83 35.64			
	100m: 1:07.52 36.39	200m: 2:28.93 39.73	300m: 3:52.19 42.09	400m: 5:01.92 34.09			
4.	SOUSA Ana Reis	02	Alges	5:03.04	+0,69	679	
	50m: 31.70 31.70	150m: 1:48.32 40.12	250m: 3:10.62 43.46	350m: 4:29.18 35.32			
	100m: 1:08.20 36.50	200m: 2:27.16 38.84	300m: 3:53.86 43.24	400m: 5:03.04 33.86			
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:03.85	+0,68	673	
	50m: 30.45 30.45	150m: 1:47.67 41.53	250m: 3:10.95 43.34	350m: 4:29.57 35.25			
	100m: 1:06.14 35.69	200m: 2:27.61 39.94	300m: 3:54.32 43.37	400m: 5:03.85 34.28			
6.	ANDRE Angelica Maria	94	Fluvial Portuense	5:07.31	+0,70	651	
	50m: 32.33 32.33	150m: 1:50.85 41.82	250m: 3:14.41 42.80	350m: 4:32.43 35.47			
	100m: 1:09.03 36.70	200m: 2:31.61 40.76	300m: 3:56.96 42.55	400m: 5:07.31 34.88			
7.	CARDEAL Joana Nunes	02	Academico Viseu	5:08.52	+0,79	643	
	50m: 31.53 31.53	150m: 1:48.71 40.79	250m: 3:13.04 45.13	350m: 4:34.14 35.43			
	100m: 1:07.92 36.39	200m: 2:27.91 39.20	300m: 3:58.71 45.67	400m: 5:08.52 34.38			
8.	MONTEIRO Ana Catarina	93	Vilacondense	5:09.00	+0,68	640	
	50m: 30.20 30.20	150m: 1:44.72 40.71	250m: 3:09.41 44.88	350m: 4:32.55 37.58			
	100m: 1:04.01 33.81	200m: 2:24.53 39.81	300m: 3:54.97 45.56	400m: 5:09.00 36.45			
9.	LOPES Daniela Magalhaes	05	Famalicao	5:11.91	+0,75	622	
	50m: 32.10 32.10	150m: 1:51.43 41.82	250m: 3:17.94 44.68	350m: 4:37.44 34.97			
	100m: 1:09.61 37.51	200m: 2:33.26 41.83	300m: 4:02.47 44.53	400m: 5:11.91 34.47			
10.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	5:12.03	+0,70	622	
	50m: 31.73 31.73	150m: 1:50.31 41.50	250m: 3:15.43 44.06	350m: 4:36.57 36.46			
	100m: 1:08.81 37.08	200m: 2:31.37 41.06	300m: 4:00.11 44.68	400m: 5:12.03 35.46			
11.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:12.77	+0,74	617	
	50m: 32.63 32.63	150m: 1:52.17 42.56	250m: 3:17.29 43.22	350m: 4:37.44 36.98			
	100m: 1:09.61 36.98	200m: 2:34.07 41.90	300m: 4:00.46 43.17	400m: 5:12.77 35.33			

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Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VELOSO Teresa Miguel	00	Sporting	5:12.81	+0,76	617	
	50m: 31.99 31.99 150m: 1:51.63 41.85 250m: 3:16.46 43.85 350m: 4:37.21 36.05						
	100m: 1:09.78 37.79 200m: 2:32.61 40.98 300m: 4:01.16 44.70 400m: 5:12.81 35.60						
13.	DELGADO Soraia Alexandra	05	Sporting	5:13.18	+0,70	615	
	50m: 32.70 32.70 150m: 1:52.03 41.87 250m: 3:15.45 43.17 350m: 4:36.32 36.16						
	100m: 1:10.16 37.46 200m: 2:32.28 40.25 300m: 4:00.16 44.71 400m: 5:13.18 36.86						
14.	AMORIM Maria Leonor	03	Porto	5:16.95	+0,73	593	
	50m: 33.01 33.01 150m: 1:53.62 40.44 250m: 3:19.10 45.88 350m: 4:41.90 35.61						
	100m: 1:13.18 40.17 200m: 2:33.22 39.60 300m: 4:06.29 47.19 400m: 5:16.95 35.05						
15.	REIS Erica Cristina	05	Sporting	5:17.62	+0,64	589	
	50m: 33.45 33.45 150m: 1:55.44 43.31 250m: 3:20.80 44.34 350m: 4:42.50 36.18						
	100m: 1:12.13 38.68 200m: 2:36.46 41.02 300m: 4:06.32 45.52 400m: 5:17.62 35.12						
16.	SANTOS Leonor Esteves	04	Avancado EUL	5:18.60	+0,80	584	
	50m: 34.52 34.52 150m: 1:57.66 44.37 250m: 3:22.15 42.72 350m: 4:42.77 36.69						
	100m: 1:13.29 38.77 200m: 2:39.43 41.77 300m: 4:06.08 43.93 400m: 5:18.60 35.83						
17.	RIBEIRO Margarida Messias	98	Geslours	5:19.17	+0,65	581	
	50m: 33.57 33.57 150m: 1:54.82 42.14 250m: 3:19.37 43.89 350m: 4:43.20 38.12						
	100m: 1:12.68 39.11 200m: 2:35.48 40.66 300m: 4:05.08 45.71 400m: 5:19.17 35.97						
18.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:19.41	+0,69	579	
	50m: 33.87 33.87 150m: 1:54.85 41.98 250m: 3:22.32 45.59 350m: 4:44.42 35.93						
	100m: 1:12.87 39.00 200m: 2:36.73 41.88 300m: 4:08.49 46.17 400m: 5:19.41 34.99						
19.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:19.71	+0,71	578	
	50m: 33.08 33.08 150m: 1:53.40 42.40 250m: 3:20.55 45.62 350m: 4:44.16 36.82						
	100m: 1:11.00 37.92 200m: 2:34.93 41.53 300m: 4:07.34 46.79 400m: 5:19.71 35.55						
20.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	5:20.60	+0,53	573	
	50m: 31.81 31.81 150m: 1:50.96 42.05 250m: 3:16.70 44.44 350m: 4:42.13 38.71						
	100m: 1:08.91 37.10 200m: 2:32.26 41.30 300m: 4:03.42 46.72 400m: 5:20.60 38.47						
21.	NEVES Sara Dias	03	Miranda do Corvo	5:20.80	+0,67	572	
	50m: 33.56 33.56 150m: 1:53.02 41.17 250m: 3:19.88 46.13 350m: 4:44.29 37.80						
	100m: 1:11.85 38.29 200m: 2:33.75 40.73 300m: 4:06.49 46.61 400m: 5:20.80 36.51						
22.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	5:20.84	+0,80	572	
	50m: 32.48 32.48 150m: 1:53.30 43.03 250m: 3:21.70 47.72 350m: 4:45.69 36.47						
	100m: 1:10.27 37.79 200m: 2:33.98 40.68 300m: 4:09.22 47.52 400m: 5:20.84 35.15						
23.	SILVA Natacha Sofia	02	Benfica	5:21.54	+0,77	568	
	50m: 32.95 32.95 150m: 1:55.74 44.74 250m: 3:23.01 43.18 350m: 4:45.30 37.73						
	100m: 1:11.00 38.05 200m: 2:39.83 44.09 300m: 4:07.57 44.56 400m: 5:21.54 36.24						
24.	RODRIGUES Lidiana Correia	04	Belenenses	5:23.06	+0,77	560	
	50m: 33.27 33.27 150m: 1:56.83 44.19 250m: 3:22.62 43.37 350m: 4:46.11 38.18						
	100m: 1:12.64 39.37 200m: 2:39.25 42.42 300m: 4:07.93 45.31 400m: 5:23.06 36.95						
25.	MATOS Ana Rita	02	Belenenses	5:23.92	+0,70	556	
	50m: 33.24 33.24 150m: 1:52.46 41.53 250m: 3:19.73 46.87 350m: 4:45.74 38.54						
	100m: 1:10.93 37.69 200m: 2:32.86 40.40 300m: 4:07.20 47.47 400m: 5:23.92 38.18						
26.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	5:26.43	+0,69	543	
	50m: 33.88 33.88 150m: 1:56.59 41.98 250m: 3:25.92 48.53 350m: 4:51.73 35.83						
	100m: 1:14.61 40.73 200m: 2:37.39 40.80 300m: 4:15.90 49.98 400m: 5:26.43 34.70						

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Registered to Federacao Portuguesa de Natacao

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MARQUES Mariana Nunes	03	Estarreja	5:27.91	+0,71	535	
	50m: 33.29 33.29 150m: 1:55.06 42.87 250m: 3:25.65 49.63 350m: 4:51.91 37.33						
	100m: 1:12.19 38.90 200m: 2:36.02 40.96 300m: 4:14.58 48.93 400m: 5:27.91 36.00						
28.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	5:28.08	+0,57	535	
	50m: 34.70 34.70 150m: 1:57.53 42.59 250m: 3:25.37 45.89 350m: 4:51.77 38.70						
	100m: 1:14.94 40.24 200m: 2:39.48 41.95 300m: 4:13.07 47.70 400m: 5:28.08 36.31						
29.	ESTEVEENS Laura Fabiana	05	Natacao Olhao	5:28.27	+0,72	534	
	50m: 33.48 33.48 150m: 1:57.20 44.16 250m: 3:25.86 45.80 350m: 4:50.97 37.98						
	100m: 1:13.04 39.56 200m: 2:40.06 42.86 300m: 4:12.99 47.13 400m: 5:28.27 37.30						
30.	NUNES Margarida Domingues	05	Avancado EUL	5:28.61	+0,77	532	
	50m: 35.48 35.48 150m: 2:01.60 45.08 250m: 3:28.70 42.89 350m: 4:52.12 37.79						
	100m: 1:16.52 41.04 200m: 2:45.81 44.21 300m: 4:14.33 45.63 400m: 5:28.61 36.49						
31.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	5:29.35	+0,76	528	
	50m: 33.32 33.32 150m: 1:54.35 42.84 250m: 3:24.59 48.11 350m: 4:52.61 39.26						
	100m: 1:11.51 38.19 200m: 2:36.48 42.13 300m: 4:13.35 48.76 400m: 5:29.35 36.74						
32.	LOURO Ariana Espirito	05	Gualdim Pais	5:29.79	+0,59	526	
	50m: 34.78 34.78 150m: 1:58.61 44.12 250m: 3:25.88 46.37 350m: 4:52.36 39.49						
	100m: 1:14.49 39.71 200m: 2:39.51 40.90 300m: 4:12.87 46.99 400m: 5:29.79 37.43						
33.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	5:31.40	+0,72	519	
	50m: 34.14 34.14 150m: 1:55.79 41.51 250m: 3:25.99 49.98 350m: 4:54.42 37.80						
	100m: 1:14.28 40.14 200m: 2:36.01 40.22 300m: 4:16.62 50.63 400m: 5:31.40 36.98						
34.	HENRIQUES Daniela Mascarenhas	03	Geslours	5:31.42	+0,75	519	
	50m: 33.42 33.42 150m: 1:55.75 43.74 250m: 3:25.90 46.96 350m: 4:53.62 39.83						
	100m: 1:12.01 38.59 200m: 2:38.94 43.19 300m: 4:13.79 47.89 400m: 5:31.42 37.80						
35.	MORGADO Alice Jesus	04	Geslours	5:31.86	+0,84	517	
	50m: 33.90 33.90 150m: 1:55.97 43.09 250m: 3:26.62 47.32 350m: 4:54.25 38.59						
	100m: 1:12.88 38.98 200m: 2:39.30 43.33 300m: 4:15.66 49.04 400m: 5:31.86 37.61						
36.	LAMAS Maria Caetano	04	Miranda do Corvo	5:31.91	+0,91	516	
	50m: 33.79 33.79 150m: 2:00.00 46.32 250m: 3:30.14 46.41 350m: 4:55.36 38.74						
	100m: 1:13.68 39.89 200m: 2:43.73 43.73 300m: 4:16.62 46.48 400m: 5:31.91 36.55						
37.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	5:32.65	+0,77	513	
	50m: 35.18 35.18 150m: 2:02.26 45.49 250m: 3:32.38 46.23 350m: 4:56.18 37.35						
	100m: 1:16.77 41.59 200m: 2:46.15 43.89 300m: 4:18.83 46.45 400m: 5:32.65 36.47						
38.	RIOS Maria Manuel	04	Leixoes	5:33.18	+0,64	510	
	50m: 32.82 32.82 150m: 1:57.57 44.71 250m: 3:28.39 47.36 350m: 4:55.60 37.98						
	100m: 1:12.86 40.04 200m: 2:41.03 43.46 300m: 4:17.62 49.23 400m: 5:33.18 37.58						
39.	INACIO Marta Macedo	04	Sporting	5:33.95	+0,81	507	
	50m: 33.20 33.20 150m: 1:55.65 43.03 250m: 3:26.10 48.31 350m: 4:56.10 39.30						
	100m: 1:12.62 39.42 200m: 2:37.79 42.14 300m: 4:16.80 50.70 400m: 5:33.95 37.85						
40.	MORGANHO Leonor Alves	04	Alges	5:34.05	+0,81	506	
	50m: 35.18 35.18 150m: 2:01.74 47.01 250m: 3:32.03 46.06 350m: 4:56.84 38.29						
	100m: 1:14.73 39.55 200m: 2:45.97 44.23 300m: 4:18.55 46.52 400m: 5:34.05 37.21						
41.	GAMA Joana Fernandes	05	Sporting	5:34.08	+0,81	506	
	50m: 34.89 34.89 150m: 2:01.66 46.36 250m: 3:32.31 46.60 350m: 4:58.07 37.84						
	100m: 1:15.30 40.41 200m: 2:45.71 44.05 300m: 4:20.23 47.92 400m: 5:34.08 36.01						

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Registered to Federacao Portuguesa de Natacao

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Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	CRUZ Jessica Catarina	04	Aquatico Pacense	5:34.28	+0,88	505	
	50m: 33.41 33.41	150m: 1:55.46 44.25	250m: 3:26.35 48.28	350m: 4:54.96 40.41			
	100m: 1:11.21 37.80	200m: 2:38.07 42.61	300m: 4:14.55 48.20	400m: 5:34.28 39.32			
43.	COSTA Catarina Nunes	04	Geslours	5:34.37	+0,83	505	
	50m: 34.58 34.58	150m: 2:01.84 46.83	250m: 3:32.32 46.52	350m: 4:58.16 38.72			
	100m: 1:15.01 40.43	200m: 2:45.80 43.96	300m: 4:19.44 47.12	400m: 5:34.37 36.21			
44.	SOUSA Joana Francisca	04	Sao Roque	5:34.50	+0,68	504	
	50m: 33.50 33.50	150m: 1:56.31 42.87	250m: 3:26.77 47.67	350m: 4:55.72 39.64			
	100m: 1:13.44 39.94	200m: 2:39.10 42.79	300m: 4:16.08 49.31	400m: 5:34.50 38.78			
45.	CANINHAS Maria Pinto	05	Natacao do Fundao	5:35.06	+0,77	502	
	50m: 34.46 34.46	150m: 1:57.41 42.18	250m: 3:28.87 51.22	350m: 4:59.30 37.91			
	100m: 1:15.23 40.77	200m: 2:37.65 40.24	300m: 4:21.39 52.52	400m: 5:35.06 35.76			
46.	MONTEIRO Barbara Oliveira	04	Braga	5:35.55	+0,96	500	
	50m: 35.87 35.87	150m: 2:03.15 45.71	250m: 3:35.22 47.36	350m: 5:00.27 36.56			
	100m: 1:17.44 41.57	200m: 2:47.86 44.71	300m: 4:23.71 48.49	400m: 5:35.55 35.28			
47.	LOPES Francisca Macedo	05	Vilacondense	5:35.58	+0,80	500	
	50m: 34.38 34.38	150m: 2:00.51 43.26	250m: 3:30.97 47.82	350m: 4:58.23 37.75			
	100m: 1:17.25 42.87	200m: 2:43.15 42.64	300m: 4:20.48 49.51	400m: 5:35.58 37.35			
48.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	5:35.64	+0,68	499	
	50m: 32.89 32.89	150m: 1:57.03 45.38	250m: 3:30.53 48.59	350m: 4:58.17 38.36			
	100m: 1:11.65 38.76	200m: 2:41.94 44.91	300m: 4:19.81 49.28	400m: 5:35.64 37.47			
49.	RINO Maria Pedro	05	Academia Acores	5:36.06	+0,80	497	
	50m: 33.21 33.21	150m: 1:55.52 43.47	250m: 3:26.56 47.95	350m: 4:57.14 39.61			
	100m: 1:12.05 38.84	200m: 2:38.61 43.09	300m: 4:17.53 50.97	400m: 5:36.06 38.92			
50.	HENRIQUES Carolina Porem	04	Sporting	5:36.23	+0,66	497	
	50m: 34.56 34.56	150m: 2:00.88 45.57	250m: 3:32.98 47.17	350m: 4:58.68 37.60			
	100m: 1:15.31 40.75	200m: 2:45.81 44.93	300m: 4:21.08 48.10	400m: 5:36.23 37.55			
51.	TAVARES Mariana Silva	04	Estarreja	5:38.24	+0,93	488	
	50m: 33.90 33.90	150m: 1:58.46 42.98	250m: 3:32.16 50.90	350m: 5:01.70 38.96			
	100m: 1:15.48 41.58	200m: 2:41.26 42.80	300m: 4:22.74 50.58	400m: 5:38.24 36.54			
52.	PIMENTEL Marta Lima	04	Fluvial Portuense	5:38.44	+0,92	487	
	50m: 35.39 35.39	150m: 2:01.62 44.49	250m: 3:34.89 50.74	350m: 5:02.98 36.99			
	100m: 1:17.13 41.74	200m: 2:44.15 42.53	300m: 4:25.99 51.10	400m: 5:38.44 35.46			
53.	FERREIRA Joana Rosa	05	Naval de Peniche	5:39.67	+0,81	482	
	50m: 34.52 34.52	150m: 2:02.08 45.55	250m: 3:33.49 47.10	350m: 5:01.06 40.28			
	100m: 1:16.53 42.01	200m: 2:46.39 44.31	300m: 4:20.78 47.29	400m: 5:39.67 38.61			
54.	SILVA Joana Ferreira	05	Leixoes	5:42.71	+0,67	469	
	50m: 33.79 33.79	150m: 1:59.48 45.16	250m: 3:32.45 49.16	350m: 5:03.75 40.02			
	100m: 1:14.32 40.53	200m: 2:43.29 43.81	300m: 4:23.73 51.28	400m: 5:42.71 38.96			
55.	FRANCO Barbara Garrido	04	Elvense	5:43.96	+0,78	464	
	50m: 34.82 34.82	150m: 2:02.87 46.04	250m: 3:35.30 47.46	350m: 5:04.26 40.90			
	100m: 1:16.83 42.01	200m: 2:47.84 44.97	300m: 4:23.36 48.06	400m: 5:43.96 39.70			
56.	SILVA Mariana Azevedo	05	Sanjoanense/FEPSA	5:44.94	+0,81	460	
	50m: 35.31 35.31	150m: 2:03.03 44.41	250m: 3:35.46 50.28	350m: 5:07.53 40.68			
	100m: 1:18.62 43.31	200m: 2:45.18 42.15	300m: 4:26.85 51.39	400m: 5:44.94 37.41			

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Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	LIMA Eduarda Filipa	04	Vilacondense	5:47.58	+0,86	450	
	50m: 34.78 34.78	150m: 1:59.72 43.84	250m: 3:35.95 52.00	350m: 5:08.41 39.87			
	100m: 1:15.88 41.10	200m: 2:43.95 44.23	300m: 4:28.54 52.59	400m: 5:47.58 39.17			
58.	MARQUES Maria Ines	05	Alcobaca	5:48.10	+0,73	448	
	50m: 36.24 36.24	150m: 2:06.49 46.16	250m: 3:39.63 49.39	350m: 5:09.38 39.75			
	100m: 1:20.33 44.09	200m: 2:50.24 43.75	300m: 4:29.63 50.00	400m: 5:48.10 38.72			
59.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	5:49.31	+0,72	443	
	50m: 34.50 34.50	150m: 2:03.88 48.57	250m: 3:39.37 49.08	350m: 5:10.04 40.70			
	100m: 1:15.31 40.81	200m: 2:50.29 46.41	300m: 4:29.34 49.97	400m: 5:49.31 39.27			
60.	MARTINS Margarida Carvalho	05	Famalicao	5:49.73	+0,72	441	
	50m: 35.65 35.65	150m: 2:04.80 45.72	250m: 3:39.14 51.47	350m: 5:12.30 41.51			
	100m: 1:19.08 43.43	200m: 2:47.67 42.87	300m: 4:30.79 51.65	400m: 5:49.73 37.43			
61.	SILVA Alexandra Cordeiro	04	Alcobaca	6:00.02	+0,78	404	
	50m: 37.48 37.48	150m: 2:13.60 49.16	250m: 3:48.97 49.09	350m: 5:20.84 42.26			
	100m: 1:24.44 46.96	200m: 2:59.88 46.28	300m: 4:38.58 49.61	400m: 6:00.02 39.18			
DNS	HENRIQUES Ines Jacinto	00	Sporting				

Prova 16 Femin., 400m Estilos Absolutos
02-08-2019 - 9:50 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
TAC Sen 50m: 5:18.97 - 25m: 5:09.44; Jun 50m: 5:30.09 - 25m: 5:19.73					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	4:54.19	+0,74	742	
	50m: 30.14 30.14	150m: 1:43.18 39.24	250m: 3:02.36 40.68	350m: 4:19.33 35.49			
	100m: 1:03.94 33.80	200m: 2:21.68 38.50	300m: 3:43.84 41.48	400m: 4:54.19 34.86			
2.	DURAES Diana Margarida	96	Benfica	4:58.79	+0,77	708	
	50m: 31.96 31.96	150m: 1:48.18 40.04	250m: 3:08.56 42.09	350m: 4:25.42 34.64			
	100m: 1:08.14 36.18	200m: 2:26.47 38.29	300m: 3:50.78 42.22	400m: 4:58.79 33.37			
3.	MACHADO Luisa Maria	01	Uniao Piedense	5:01.92	+0,77	686	
	50m: 31.13 31.13	150m: 1:49.20 41.68	250m: 3:10.10 41.17	350m: 4:27.83 35.64			
	100m: 1:07.52 36.39	200m: 2:28.93 39.73	300m: 3:52.19 42.09	400m: 5:01.92 34.09			
4.	SOUZA Ana Reis	02	Alges	5:03.04	+0,69	679	
	50m: 31.70 31.70	150m: 1:48.32 40.12	250m: 3:10.62 43.46	350m: 4:29.18 35.32			
	100m: 1:08.20 36.50	200m: 2:27.16 38.84	300m: 3:53.86 43.24	400m: 5:03.04 33.86			
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	5:03.85	+0,68	673	
	50m: 30.45 30.45	150m: 1:47.67 41.53	250m: 3:10.95 43.34	350m: 4:29.57 35.25			
	100m: 1:06.14 35.69	200m: 2:27.61 39.94	300m: 3:54.32 43.37	400m: 5:03.85 34.28			
6.	ANDRE Angelica Maria	94	Fluvial Portuense	5:07.31	+0,70	651	
	50m: 32.33 32.33	150m: 1:50.85 41.82	250m: 3:14.41 42.80	350m: 4:32.43 35.47			
	100m: 1:09.03 36.70	200m: 2:31.61 40.76	300m: 3:56.96 42.55	400m: 5:07.31 34.88			

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	CARDEAL Joana Nunes	02	Academico Viseu	5:08.52	+0,79	643	
	50m: 31.53 31.53	150m: 1:48.71 40.79	250m: 3:13.04 45.13	350m: 4:34.14 35.43			
	100m: 1:07.92 36.39	200m: 2:27.91 39.20	300m: 3:58.71 45.67	400m: 5:08.52 34.38			
8.	MONTEIRO Ana Catarina	93	Vilacondense	5:09.00	+0,68	640	
	50m: 30.20 30.20	150m: 1:44.72 40.71	250m: 3:09.41 44.88	350m: 4:32.55 37.58			
	100m: 1:04.01 33.81	200m: 2:24.53 39.81	300m: 3:54.97 45.56	400m: 5:09.00 36.45			
9.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	5:12.03	+0,70	622	
	50m: 31.73 31.73	150m: 1:50.31 41.50	250m: 3:15.43 44.06	350m: 4:36.57 36.46			
	100m: 1:08.81 37.08	200m: 2:31.37 41.06	300m: 4:00.11 44.68	400m: 5:12.03 35.46			
10.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:12.77	+0,74	617	
	50m: 32.63 32.63	150m: 1:52.17 42.56	250m: 3:17.29 43.22	350m: 4:37.44 36.98			
	100m: 1:09.61 36.98	200m: 2:34.07 41.90	300m: 4:00.46 43.17	400m: 5:12.77 35.33			
11.	VELOSO Teresa Miguel	00	Sporting	5:12.81	+0,76	617	
	50m: 31.99 31.99	150m: 1:51.63 41.85	250m: 3:16.46 43.85	350m: 4:37.21 36.05			
	100m: 1:09.78 37.79	200m: 2:32.61 40.98	300m: 4:01.16 44.70	400m: 5:12.81 35.60			
12.	AMORIM Maria Leonor	03	Porto	5:16.95	+0,73	593	
	50m: 33.01 33.01	150m: 1:53.62 40.44	250m: 3:19.10 45.88	350m: 4:41.90 35.61			
	100m: 1:13.18 40.17	200m: 2:33.22 39.60	300m: 4:06.29 47.19	400m: 5:16.95 35.05			
13.	RIBEIRO Margarida Messias	98	Geslours	5:19.17	+0,65	581	
	50m: 33.57 33.57	150m: 1:54.82 42.14	250m: 3:19.37 43.89	350m: 4:43.20 38.12			
	100m: 1:12.68 39.11	200m: 2:35.48 40.66	300m: 4:05.08 45.71	400m: 5:19.17 35.97			
14.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:19.41	+0,69	579	
	50m: 33.87 33.87	150m: 1:54.85 41.98	250m: 3:22.32 45.59	350m: 4:44.42 35.93			
	100m: 1:12.87 39.00	200m: 2:36.73 41.88	300m: 4:08.49 46.17	400m: 5:19.41 34.99			
15.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	5:20.60	+0,53	573	
	50m: 31.81 31.81	150m: 1:50.96 42.05	250m: 3:16.70 44.44	350m: 4:42.13 38.71			
	100m: 1:08.91 37.10	200m: 2:32.26 41.30	300m: 4:03.42 46.72	400m: 5:20.60 38.47			
16.	NEVES Sara Dias	03	Miranda do Corvo	5:20.80	+0,67	572	
	50m: 33.56 33.56	150m: 1:53.02 41.17	250m: 3:19.88 46.13	350m: 4:44.29 37.80			
	100m: 1:11.85 38.29	200m: 2:33.75 40.73	300m: 4:06.49 46.61	400m: 5:20.80 36.51			
17.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	5:20.84	+0,80	572	
	50m: 32.48 32.48	150m: 1:53.30 43.03	250m: 3:21.70 47.72	350m: 4:45.69 36.47			
	100m: 1:10.27 37.79	200m: 2:33.98 40.68	300m: 4:09.22 47.52	400m: 5:20.84 35.15			
18.	SILVA Natacha Sofia	02	Benfica	5:21.54	+0,77	568	
	50m: 32.95 32.95	150m: 1:55.74 44.74	250m: 3:23.01 43.18	350m: 4:45.30 37.73			
	100m: 1:11.00 38.05	200m: 2:39.83 44.09	300m: 4:07.57 44.56	400m: 5:21.54 36.24			
19.	MATOS Ana Rita	02	Belenenses	5:23.92	+0,70	556	
	50m: 33.24 33.24	150m: 1:52.46 41.53	250m: 3:19.73 46.87	350m: 4:45.74 38.54			
	100m: 1:10.93 37.69	200m: 2:32.86 40.40	300m: 4:07.20 47.47	400m: 5:23.92 38.18			
20.	MARQUES Mariana Nunes	03	Estarreja	5:27.91	+0,71	535	
	50m: 33.29 33.29	150m: 1:55.06 42.87	250m: 3:25.65 49.63	350m: 4:51.91 37.33			
	100m: 1:12.19 38.90	200m: 2:36.02 40.96	300m: 4:14.58 48.93	400m: 5:27.91 36.00			
21.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	5:31.40	+0,72	519	
	50m: 34.14 34.14	150m: 1:55.79 41.51	250m: 3:25.99 49.98	350m: 4:54.42 37.80			
	100m: 1:14.28 40.14	200m: 2:36.01 40.22	300m: 4:16.62 50.63	400m: 5:31.40 36.98			

Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	HENRIQUES Daniela Mascarenhas03		Gesloures	5:31.42	+0,75	519	
	50m: 33.42 33.42 150m: 1:55.75 43.74 250m: 3:25.90 46.96 350m: 4:53.62 39.83						
	100m: 1:12.01 38.59 200m: 2:38.94 43.19 300m: 4:13.79 47.89 400m: 5:31.42 37.80						
DNS	HENRIQUES Ines Jacinto	00	Sporting				