

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



Prova 35 Femin., 400m Livres Juvenis
03-08-2019 - 11:35 Resultados Elimin

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

TAC Juv A 50m: 4:51.86 - 25m: 4:45.86; Juv B 50m: 4:56.05 - 25m: 4:50.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:32.30	+0,65	654	
	50m: 31.50 31.50	150m: 1:38.46 33.79	250m: 2:47.81 34.68	350m: 3:57.75 34.89			
	100m: 1:04.67 33.17	200m: 2:13.13 34.67	300m: 3:22.86 35.05	400m: 4:32.30 34.55			
2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:37.19	+0,68	620	
	50m: 31.80 31.80	150m: 1:40.77 35.31	250m: 2:52.08 35.75	350m: 4:03.10 35.34			
	100m: 1:05.46 33.66	200m: 2:16.33 35.56	300m: 3:27.76 35.68	400m: 4:37.19 34.09			
3.	LOPES Daniela Magalhaes	05	Famalicao	4:38.22	+0,80	613	
	50m: 32.11 32.11	150m: 1:41.86 34.81	250m: 2:53.28 35.79	350m: 4:04.11 35.10			
	100m: 1:07.05 34.94	200m: 2:17.49 35.63	300m: 3:29.01 35.73	400m: 4:38.22 34.11			
4.	PIRES Marta Joao	05	Alges	4:38.79	+0,75	610	
	50m: 32.63 32.63	150m: 1:43.70 35.53	250m: 2:54.15 34.59	350m: 4:04.35 35.11			
	100m: 1:08.17 35.54	200m: 2:19.56 35.86	300m: 3:29.24 35.09	400m: 4:38.79 34.44			
5.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	4:39.27	+0,73	607	
	50m: 31.93 31.93	150m: 1:41.60 35.02	250m: 2:52.52 35.69	350m: 4:04.14 35.85			
	100m: 1:06.58 34.65	200m: 2:16.83 35.23	300m: 3:28.29 35.77	400m: 4:39.27 35.13			
6.	SEBASTIAO Sofia Antunes	05	Amadora	4:39.35	+0,81	606	
	50m: 31.90 31.90	150m: 1:41.85 34.66	250m: 2:52.53 35.53	350m: 4:04.14 35.29			
	100m: 1:07.19 35.29	200m: 2:17.00 35.15	300m: 3:28.85 36.32	400m: 4:39.35 35.21			
7.	SANTOS Leonor Esteves	04	Avancado EUL	4:40.06	+0,77	601	
	50m: 32.43 32.43	150m: 1:43.53 35.71	250m: 2:54.68 35.37	350m: 4:05.24 35.28			
	100m: 1:07.82 35.39	200m: 2:19.31 35.78	300m: 3:29.96 35.28	400m: 4:40.06 34.82			
8.	PINHO Carolina Teixeira	04	Porto	4:40.96	+0,66	596	
	50m: 32.23 32.23	150m: 1:42.63 35.49	250m: 2:53.92 35.57	350m: 4:05.62 35.61			
	100m: 1:07.14 34.91	200m: 2:18.35 35.72	300m: 3:30.01 36.09	400m: 4:40.96 35.34			
9.	PRETO Filipa Manso	04	Porto	4:41.72	+0,77	591	
	50m: 33.04 33.04	150m: 1:43.92 35.67	250m: 2:55.36 35.76	350m: 4:06.71 35.63			
	100m: 1:08.25 35.21	200m: 2:19.60 35.68	300m: 3:31.08 35.72	400m: 4:41.72 35.01			
10.	SIMOES Ana Beatriz	05	Sporting	4:42.22	+0,78	588	
	50m: 33.10 33.10	150m: 1:45.38 36.18	250m: 2:56.54 35.32	350m: 4:07.70 35.54			
	100m: 1:09.20 36.10	200m: 2:21.22 35.84	300m: 3:32.16 35.62	400m: 4:42.22 34.52			
11.	MARQUES Maria Alexandra	04	Albicastrense	4:43.43	+0,64	580	
	50m: 33.77 33.77	150m: 1:45.88 36.31	250m: 2:57.08 35.39	350m: 4:08.39 35.59			
	100m: 1:09.57 35.80	200m: 2:21.69 35.81	300m: 3:32.80 35.72	400m: 4:43.43 35.04			
12.	ALVES Joana Silva	05	Benedita	4:44.36	+0,77	574	
	50m: 31.78 31.78	150m: 1:42.70 35.82	250m: 2:56.37 36.70	350m: 4:09.56 35.96			
	100m: 1:06.88 35.10	200m: 2:19.67 36.97	300m: 3:33.60 37.23	400m: 4:44.36 34.80			
13.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:45.08	+0,71	570	
	50m: 33.50 33.50	150m: 1:45.68 36.24	250m: 2:58.48 36.39	350m: 4:10.77 36.03			
	100m: 1:09.44 35.94	200m: 2:22.09 36.41	300m: 3:34.74 36.26	400m: 4:45.08 34.31			

Splash Meet Manager, 11.60446

Registered to Federacao Portuguesa de Natacao

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	VIANA Margarida Violante 50m: 32.21 32.21 100m: 1:07.74 35.53	04	Bairro dos Anjos/ Leiria	4:45.29	+0,78	569	36.62 350m: 4:10.36 36.40 36.77 400m: 4:45.29 34.93
15.	PIMENTEL Marta Lima 50m: 32.35 32.35 100m: 1:07.56 35.21	04	Fluvial Portuense	4:45.34	+0,83	569	36.52 350m: 4:10.25 36.77 36.90 400m: 4:45.34 35.09
16.	SILVA Ines Martins 50m: 32.46 32.46 100m: 1:07.66 35.20	04	Vilacondense	4:47.12	+0,83	558	36.83 350m: 4:10.89 37.05 37.17 400m: 4:47.12 36.23
17.	MOITEIRO Bruna Silva 50m: 32.15 32.15 100m: 1:08.12 35.97	04	Nautico Marinha Grande	4:47.68	+0,72	555	36.67 350m: 4:11.88 36.55 36.82 400m: 4:47.68 35.80
18.	COSTA Mariana Martins 50m: 33.34 33.34 100m: 1:09.77 36.43	05	Famalicao	4:47.71	+0,79	555	36.65 350m: 4:12.74 36.43 36.40 400m: 4:47.71 34.97
19.	CABRAL Ana Matos 50m: 32.49 32.49 100m: 1:08.17 35.68	05	Condeixa Clube	4:47.94	+0,74	553	36.51 350m: 4:12.33 36.54 37.41 400m: 4:47.94 35.61
20.	MONTEIRO Ines Maria 50m: 32.82 32.82 100m: 1:08.98 36.16	04	Naval Praia da Vitoria	4:48.59	+0,71	550	36.77 350m: 4:12.83 36.53 36.89 400m: 4:48.59 35.76
21.	TROIA Beatriz Rosa 50m: 33.11 33.11 100m: 1:08.83 35.72	04	Vilacondense	4:48.76	+0,74	549	37.20 350m: 4:13.56 37.04 37.08 400m: 4:48.76 35.20
22.	ALMEIDA Catarina Nunes 50m: 33.25 33.25 100m: 1:09.58 36.33	04	Galitos / Bresimar	4:48.88	+0,67	548	36.70 350m: 4:13.88 36.47 36.98 400m: 4:48.88 35.00
23.	GALANTE Ines Carvalho 50m: 32.48 32.48 100m: 1:08.31 35.83	04	Vilacondense	4:49.12	+0,86	547	37.49 350m: 4:13.75 36.51 37.23 400m: 4:49.12 35.37
24.	CANINHAS Maria Pinto 50m: 32.76 32.76 100m: 1:08.83 36.07	05	Natacao do Fundao	4:49.27	+0,84	546	37.02 350m: 4:13.93 36.78 37.31 400m: 4:49.27 35.34
25.	PEREIRA Carolina Rei 50m: 32.46 32.46 100m: 1:08.25 35.79	05	Natacao de Vagos	4:49.87	+0,67	542	37.41 350m: 4:13.69 36.84 37.54 400m: 4:49.87 36.18
26.	HUTYY Adriana Carolina 50m: 33.00 33.00 100m: 1:08.77 35.77	05	Braga	4:50.23	+0,81	540	36.95 350m: 4:13.75 37.09 37.25 400m: 4:50.23 36.48
27.	COSTA Mafalda Santos 50m: 32.39 32.39 100m: 1:08.03 35.64	05	Colegio Monte Maior	4:50.95	+0,86	536	37.36 350m: 4:14.73 37.64 37.77 400m: 4:50.95 36.22
28.	NOGUEIRA Nara Soraia 50m: 32.55 32.55 100m: 1:08.07 35.52	05	Natacao de Valongo	4:51.66	+0,76	532	38.04 350m: 4:15.64 37.53 37.74 400m: 4:51.66 36.02

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	INACIO Marta Macedo	04	Sporting	4:51.68	+0,76	532	
	50m: 33.58 33.58 150m: 1:46.41 36.48 250m: 2:59.81 36.61 350m: 4:14.60 37.57						
	100m: 1:09.93 36.35 200m: 2:23.20 36.79 300m: 3:37.03 37.22 400m: 4:51.68 37.08						
30.	SANTOS Mariana Marques	05	Gesloures	4:51.71	+0,65	532	
	50m: 33.27 33.27 150m: 1:47.30 37.28 250m: 3:01.04 36.85 350m: 4:15.29 36.74						
	100m: 1:10.02 36.75 200m: 2:24.19 36.89 300m: 3:38.55 37.51 400m: 4:51.71 36.42						
31.	NARRA Vera Figueiredo	04	Amadora	4:51.94	+0,70	531	
	50m: 33.15 33.15 150m: 1:46.59 37.04 250m: 3:00.38 36.39 350m: 4:14.69 37.41						
	100m: 1:09.55 36.40 200m: 2:23.99 37.40 300m: 3:37.28 36.90 400m: 4:51.94 37.25						
32.	NICOLAU Margarida Claudino	05	Torres Novas	4:52.23	+0,72	529	
	50m: 31.90 31.90 150m: 1:45.05 37.62 250m: 3:00.43 37.59 350m: 4:15.77 37.75						
	100m: 1:07.43 35.53 200m: 2:22.84 37.79 300m: 3:38.02 37.59 400m: 4:52.23 36.46						
33.	RINO Maria Pedro	05	Academia Acores	4:52.43	+0,83	528	
	50m: 33.27 33.27 150m: 1:46.41 37.11 250m: 3:00.53 36.96 350m: 4:16.14 37.56						
	100m: 1:09.30 36.03 200m: 2:23.57 37.16 300m: 3:38.58 38.05 400m: 4:52.43 36.29						
34.	NEVES Natalia Passeira	05	Natacao de Valongo	4:53.01	+0,88	525	
	50m: 33.42 33.42 150m: 1:48.35 37.66 250m: 3:03.64 37.07 350m: 4:17.88 36.47						
	100m: 1:10.69 37.27 200m: 2:26.57 38.22 300m: 3:41.41 37.77 400m: 4:53.01 35.13						
35.	LOPES Francisca Macedo	05	Vilacondense	4:53.09	+0,85	525	
	50m: 32.16 32.16 150m: 1:44.81 36.71 250m: 3:00.33 37.98 350m: 4:16.15 37.78						
	100m: 1:08.10 35.94 200m: 2:22.35 37.54 300m: 3:38.37 38.04 400m: 4:53.09 36.94						
36.	LIGEIRO Daniela Silva	04	Viana Natacao	4:53.33	+0,73	523	
	50m: 32.49 32.49 150m: 1:45.24 36.71 250m: 3:00.49 37.72 350m: 4:16.15 37.51						
	100m: 1:08.53 36.04 200m: 2:22.77 37.53 300m: 3:38.64 38.15 400m: 4:53.33 37.18						
37.	FERNANDES Maria Elias	04	Desportiva Viana	4:54.05	+0,92	520	
	50m: 32.77 32.77 150m: 1:46.49 37.50 250m: 3:02.26 38.03 350m: 4:17.96 37.49						
	100m: 1:08.99 36.22 200m: 2:24.23 37.74 300m: 3:40.47 38.21 400m: 4:54.05 36.09						
38.	FERREIRA Joana Rocha	05	Benfica	4:56.94	+0,84	504	
	50m: 33.56 33.56 150m: 1:48.11 38.14 250m: 3:05.53 38.63 350m: 4:21.38 37.63						
	100m: 1:09.97 36.41 200m: 2:26.90 38.79 300m: 3:43.75 38.22 400m: 4:56.94 35.56						
39.	ARAUJO Maria Clara	05	Naval do Funchal	4:56.99	+0,60	504	
	50m: 32.79 32.79 150m: 1:47.46 37.72 250m: 3:04.61 38.44 350m: 4:21.35 38.25						
	100m: 1:09.74 36.95 200m: 2:26.17 38.71 300m: 3:43.10 38.49 400m: 4:56.99 35.64						
40.	PIRES Laura Joao	05	Natacao do Fundao	4:57.98	+0,78	499	
	50m: 34.36 34.36 150m: 1:48.39 37.56 250m: 3:04.65 38.14 350m: 4:21.24 38.31						
	100m: 1:10.83 36.47 200m: 2:26.51 38.12 300m: 3:42.93 38.28 400m: 4:57.98 36.74						
41.	LIMA Eduarda Filipa	04	Vilacondense	4:58.89	+0,81	495	
	50m: 33.58 33.58 150m: 1:49.20 38.59 250m: 3:05.21 38.45 350m: 4:22.80 38.89						
	100m: 1:10.61 37.03 200m: 2:26.76 37.56 300m: 3:43.91 38.70 400m: 4:58.89 36.09						
42.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	4:59.17	+0,82	493	
	50m: 32.57 32.57 150m: 1:47.37 38.09 250m: 3:03.88 37.94 350m: 4:22.31 39.17						
	100m: 1:09.28 36.71 200m: 2:25.94 38.57 300m: 3:43.14 39.26 400m: 4:59.17 36.86						
43.	PEDRO Daniela Alexandra	04	Sporting	4:59.46	+0,72	492	
	50m: 32.43 32.43 150m: 1:47.55 38.27 250m: 3:04.28 37.94 350m: 4:22.52 38.79						
	100m: 1:09.28 36.85 200m: 2:26.34 38.79 300m: 3:43.73 39.45 400m: 4:59.46 36.94						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	5:02.20	+0,59	479	
	50m: 33.02 33.02	150m: 1:47.87 37.85	250m: 3:05.11	38.67	350m: 4:23.27	39.37	
	100m: 1:10.02 37.00	200m: 2:26.44 38.57	300m: 3:43.90	38.79	400m: 5:02.20	38.93	

Prova 35 Femin., 400m Livres Open
03-08-2019 - 11:35 Resultados Elimin

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

TAC Sen 50m: 4:36.53 - 25m: 4:31.22; Jun 50m: 4:44.93 - 25m: 4:37.84; Juv A 50m: 4:51.86 - 25m: 4:45.86; Juv B 50m: 4:56.05 - 25m: 4:50.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:23.02	+0,72	726	
	50m: 30.44 30.44	150m: 1:36.34 33.08	250m: 2:43.11	33.14	350m: 3:50.01	33.35	
	100m: 1:03.26 32.82	200m: 2:09.97 33.63	300m: 3:16.66	33.55	400m: 4:23.02	33.01	
2.	HOLUB Tamila Hryhorivna	99	Braga	4:24.10	+0,73	717	
	50m: 30.95 30.95	150m: 1:37.16 33.04	250m: 2:43.89	33.33	350m: 3:50.88	33.41	
	100m: 1:04.12 33.17	200m: 2:10.56 33.40	300m: 3:17.47	33.58	400m: 4:24.10	33.22	
3.	MARTINS Francisca Soares	03	Foca	4:25.00	+0,64	710	
	50m: 30.27 30.27	150m: 1:36.68 33.43	250m: 2:44.19	33.71	350m: 3:52.04	33.61	
	100m: 1:03.25 32.98	200m: 2:10.48 33.80	300m: 3:18.43	34.24	400m: 4:25.00	32.96	
4.	HENRIQUES Ines Jacinto	00	Sporting	4:29.49	+0,66	675	
	50m: 31.45 31.45	150m: 1:39.31 34.06	250m: 2:47.04	33.84	350m: 3:55.39	34.26	
	100m: 1:05.25 33.80	200m: 2:13.20 33.89	300m: 3:21.13	34.09	400m: 4:29.49	34.10	
5.	RAMOS Ana Rita	02	Porto	4:29.74	+0,72	673	
	50m: 31.59 31.59	150m: 1:39.03 33.79	250m: 2:47.53	33.88	350m: 3:56.06	34.23	
	100m: 1:05.24 33.65	200m: 2:13.65 34.62	300m: 3:21.83	34.30	400m: 4:29.74	33.68	
6.	ANDRE Leticia Maia	02	Benfica	4:30.54	+0,68	667	
	50m: 31.03 31.03	150m: 1:39.79 34.82	250m: 2:49.01	34.39	350m: 3:57.51	34.07	
	100m: 1:04.97 33.94	200m: 2:14.62 34.83	300m: 3:23.44	34.43	400m: 4:30.54	33.03	
7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	4:32.30	+0,65	654	
	50m: 31.50 31.50	150m: 1:38.46 33.79	250m: 2:47.81	34.68	350m: 3:57.75	34.89	
	100m: 1:04.67 33.17	200m: 2:13.13 34.67	300m: 3:22.86	35.05	400m: 4:32.30	34.55	
8.	FARIA Ana Rita	00	Porto	4:32.71	+0,73	651	
	50m: 31.36 31.36	150m: 1:40.06 34.79	250m: 2:49.31	34.60	350m: 3:58.84	35.01	
	100m: 1:05.27 33.91	200m: 2:14.71 34.65	300m: 3:23.83	34.52	400m: 4:32.71	33.87	
9.	VELOSO Teresa Miguel	00	Sporting	4:33.31	+0,72	647	
	50m: 31.94 31.94	150m: 1:40.26 34.44	250m: 2:48.79	34.29	350m: 3:58.48	35.05	
	100m: 1:05.82 33.88	200m: 2:14.50 34.24	300m: 3:23.43	34.64	400m: 4:33.31	34.83	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:33.59	+0,75	645	
	50m: 31.53 31.53 150m: 1:40.56 34.63 250m: 2:50.05 34.77 350m: 4:00.37 35.15						
	100m: 1:05.93 34.40 200m: 2:15.28 34.72 300m: 3:25.22 35.17 400m: 4:33.59 33.22						
11.	CARDEAL Joana Nunes	02	Academico Viseu	4:35.06	+0,77	635	
	50m: 31.48 31.48 150m: 1:40.52 34.85 250m: 2:50.54 34.97 350m: 4:01.17 35.10						
	100m: 1:05.67 34.19 200m: 2:15.57 35.05 300m: 3:26.07 35.53 400m: 4:35.06 33.89						
12.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:35.41	+0,75	632	
	50m: 31.83 31.83 150m: 1:40.66 34.53 250m: 2:50.93 34.92 350m: 4:01.41 35.38						
	100m: 1:06.13 34.30 200m: 2:16.01 35.35 300m: 3:26.03 35.10 400m: 4:35.41 34.00						
13.	AMORIM Maria Leonor	03	Porto	4:35.46	+0,71	632	
	50m: 31.74 31.74 150m: 1:40.57 34.80 250m: 2:49.89 34.09 350m: 4:00.86 35.49						
	100m: 1:05.77 34.03 200m: 2:15.80 35.23 300m: 3:25.37 35.48 400m: 4:35.46 34.60						
14.	QUEIROZ Ana Rita	02	Condeixa Clube	4:35.67	+0,69	631	
	50m: 31.72 31.72 150m: 1:40.54 34.89 250m: 2:50.54 35.36 350m: 4:00.62 35.37						
	100m: 1:05.65 33.93 200m: 2:15.18 34.64 300m: 3:25.25 34.71 400m: 4:35.67 35.05						
15.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:36.33	+0,74	626	
	50m: 31.82 31.82 150m: 1:40.55 34.53 250m: 2:50.78 34.96 350m: 4:01.81 35.62						
	100m: 1:06.02 34.20 200m: 2:15.82 35.27 300m: 3:26.19 35.41 400m: 4:36.33 34.52						
16.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:37.19	+0,68	620	
	50m: 31.80 31.80 150m: 1:40.77 35.31 250m: 2:52.08 35.75 350m: 4:03.10 35.34						
	100m: 1:05.46 33.66 200m: 2:16.33 35.56 300m: 3:27.76 35.68 400m: 4:37.19 34.09						
17.	PINA Ana Sofia	02	O Crasto	4:37.59	+0,71	618	
	50m: 31.48 31.48 150m: 1:40.30 34.61 250m: 2:50.97 35.44 350m: 4:02.71 36.12						
	100m: 1:05.69 34.21 200m: 2:15.53 35.23 300m: 3:26.59 35.62 400m: 4:37.59 34.88						
18.	FRAZAO Alexandra Couto	02	Condeixa Clube	4:37.78	+0,74	616	
	50m: 32.12 32.12 150m: 1:41.76 34.94 250m: 2:52.66 35.28 350m: 4:03.59 35.12						
	100m: 1:06.82 34.70 200m: 2:17.38 35.62 300m: 3:28.47 35.81 400m: 4:37.78 34.19						
19.	LOPES Daniela Magalhaes	05	Famalicao	4:38.22	+0,80	613	
	50m: 32.11 32.11 150m: 1:41.86 34.81 250m: 2:53.28 35.79 350m: 4:04.11 35.10						
	100m: 1:07.05 34.94 200m: 2:17.49 35.63 300m: 3:29.01 35.73 400m: 4:38.22 34.11						
20.	GIGON Meryl	95	Turrita Nuoto	4:38.33	+0,72	613	
	50m: 31.56 31.56 150m: 1:42.24 35.66 250m: 2:54.39 35.92 350m: 4:03.82 34.65						
	100m: 1:06.58 35.02 200m: 2:18.47 36.23 300m: 3:29.17 34.78 400m: 4:38.33 34.51						
21.	PIRES Marta Joao	05	Alges	4:38.79	+0,75	610	
	50m: 32.63 32.63 150m: 1:43.70 35.53 250m: 2:54.15 34.59 350m: 4:04.35 35.11						
	100m: 1:08.17 35.54 200m: 2:19.56 35.86 300m: 3:29.24 35.09 400m: 4:38.79 34.44						
22.	AMADOR Joana Costa	01	Galitos / Bresimar	4:38.93	+0,66	609	
	50m: 31.42 31.42 150m: 1:40.84 34.90 250m: 2:51.58 35.37 350m: 4:03.67 35.87						
	100m: 1:05.94 34.52 200m: 2:16.21 35.37 300m: 3:27.80 36.22 400m: 4:38.93 35.26						
23.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	4:39.27	+0,73	607	
	50m: 31.93 31.93 150m: 1:41.60 35.02 250m: 2:52.52 35.69 350m: 4:04.14 35.85						
	100m: 1:06.58 34.65 200m: 2:16.83 35.23 300m: 3:28.29 35.77 400m: 4:39.27 35.13						
24.	SEBASTIAO Sofia Antunes	05	Amadora	4:39.35	+0,81	606	
	50m: 31.90 31.90 150m: 1:41.85 34.66 250m: 2:52.53 35.53 350m: 4:04.14 35.29						
	100m: 1:07.19 35.29 200m: 2:17.00 35.15 300m: 3:28.85 36.32 400m: 4:39.35 35.21						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	SANTOS Leonor Esteves	04	Avancado EUL	4:40.06	+0,77	601	
	50m: 32.43 32.43	150m: 1:43.53 35.71	250m: 2:54.68 35.37	350m: 4:05.24 35.28			
	100m: 1:07.82 35.39	200m: 2:19.31 35.78	300m: 3:29.96 35.28	400m: 4:40.06 34.82			
26.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:40.91	+0,77	596	
	50m: 32.76 32.76	150m: 1:43.47 35.18	250m: 2:54.35 35.42	350m: 4:05.47 35.34			
	100m: 1:08.29 35.53	200m: 2:18.93 35.46	300m: 3:30.13 35.78	400m: 4:40.91 35.44			
27.	PINHO Carolina Teixeira	04	Porto	4:40.96	+0,66	596	
	50m: 32.23 32.23	150m: 1:42.63 35.49	250m: 2:53.92 35.57	350m: 4:05.62 35.61			
	100m: 1:07.14 34.91	200m: 2:18.35 35.72	300m: 3:30.01 36.09	400m: 4:40.96 35.34			
28.	PRETO Filipa Manso	04	Porto	4:41.72	+0,77	591	
	50m: 33.04 33.04	150m: 1:43.92 35.67	250m: 2:55.36 35.76	350m: 4:06.71 35.63			
	100m: 1:08.25 35.21	200m: 2:19.60 35.68	300m: 3:31.08 35.72	400m: 4:41.72 35.01			
29.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:42.15	+0,66	588	
	50m: 32.38 32.38	150m: 1:43.41 36.18	250m: 2:56.14 36.39	350m: 4:08.93 36.24			
	100m: 1:07.23 34.85	200m: 2:19.75 36.34	300m: 3:32.69 36.55	400m: 4:42.15 33.22			
30.	SIMOES Ana Beatriz	05	Sporting	4:42.22	+0,78	588	
	50m: 33.10 33.10	150m: 1:45.38 36.18	250m: 2:56.54 35.32	350m: 4:07.70 35.54			
	100m: 1:09.20 36.10	200m: 2:21.22 35.84	300m: 3:32.16 35.62	400m: 4:42.22 34.52			
31.	ROLAO Sofia Alexandra	98	Benfica	4:43.02	+0,77	583	
	50m: 31.79 31.79	150m: 1:41.58 34.95	250m: 2:53.65 35.88	350m: 4:06.79 36.40			
	100m: 1:06.63 34.84	200m: 2:17.77 36.19	300m: 3:30.39 36.74	400m: 4:43.02 36.23			
32.	SOARES Carolina Silva	03	Natacao de Valongo	4:43.13	+0,74	582	
	50m: 31.65 31.65	150m: 1:42.15 35.54	250m: 2:54.67 36.05	350m: 4:07.77 36.36			
	100m: 1:06.61 34.96	200m: 2:18.62 36.47	300m: 3:31.41 36.74	400m: 4:43.13 35.36			
33.	MARQUES Maria Alexandra	04	Albicastrense	4:43.43	+0,64	580	
	50m: 33.77 33.77	150m: 1:45.88 36.31	250m: 2:57.08 35.39	350m: 4:08.39 35.59			
	100m: 1:09.57 35.80	200m: 2:21.69 35.81	300m: 3:32.80 35.72	400m: 4:43.43 35.04			
34.	ALVES Joana Silva	05	Benedita	4:44.36	+0,77	574	
	50m: 31.78 31.78	150m: 1:42.70 35.82	250m: 2:56.37 36.70	350m: 4:09.56 35.96			
	100m: 1:06.88 35.10	200m: 2:19.67 36.97	300m: 3:33.60 37.23	400m: 4:44.36 34.80			
35.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:45.08	+0,71	570	
	50m: 33.50 33.50	150m: 1:45.68 36.24	250m: 2:58.48 36.39	350m: 4:10.77 36.03			
	100m: 1:09.44 35.94	200m: 2:22.09 36.41	300m: 3:34.74 36.26	400m: 4:45.08 34.31			
36.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	4:45.29	+0,78	569	
	50m: 32.21 32.21	150m: 1:43.68 35.94	250m: 2:57.19 36.62	350m: 4:10.36 36.40			
	100m: 1:07.74 35.53	200m: 2:20.57 36.89	300m: 3:33.96 36.77	400m: 4:45.29 34.93			
37.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:45.34	+0,83	569	
	50m: 32.35 32.35	150m: 1:43.49 35.93	250m: 2:56.58 36.52	350m: 4:10.25 36.77			
	100m: 1:07.56 35.21	200m: 2:20.06 36.57	300m: 3:33.48 36.90	400m: 4:45.34 35.09			
38.	SILVA Ines Martins	04	Vilacondense	4:47.12	+0,83	558	
	50m: 32.46 32.46	150m: 1:43.55 35.89	250m: 2:56.67 36.83	350m: 4:10.89 37.05			
	100m: 1:07.66 35.20	200m: 2:19.84 36.29	300m: 3:33.84 37.17	400m: 4:47.12 36.23			
39.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	4:47.68	+0,72	555	
	50m: 32.15 32.15	150m: 1:44.70 36.58	250m: 2:58.51 36.67	350m: 4:11.88 36.55			
	100m: 1:08.12 35.97	200m: 2:21.84 37.14	300m: 3:35.33 36.82	400m: 4:47.68 35.80			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	COSTA Mariana Martins	05	Famalicao	4:47.71	+0,79	555	
	50m: 33.34 33.34	150m: 1:46.36 36.59	250m: 2:59.91 36.65	350m: 4:12.74 36.43			
	100m: 1:09.77 36.43	200m: 2:23.26 36.90	300m: 3:36.31 36.40	400m: 4:47.71 34.97			
41.	DIAS Ana Leonor	02	Natacao Olhao	4:47.94	+0,73	553	
	50m: 33.05 33.05	150m: 1:44.78 35.90	250m: 2:56.81 35.52	350m: 4:11.12 37.17			
	100m: 1:08.88 35.83	200m: 2:21.29 36.51	300m: 3:33.95 37.14	400m: 4:47.94 36.82			
	CABRAL Ana Matos	05	Condeixa Clube	4:47.94	+0,74	553	
	50m: 32.49 32.49	150m: 1:44.48 36.31	250m: 2:58.38 36.51	350m: 4:12.33 36.54			
	100m: 1:08.17 35.68	200m: 2:21.87 37.39	300m: 3:35.79 37.41	400m: 4:47.94 35.61			
43.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	4:48.59	+0,71	550	
	50m: 32.82 32.82	150m: 1:45.66 36.68	250m: 2:59.41 36.77	350m: 4:12.83 36.53			
	100m: 1:08.98 36.16	200m: 2:22.64 36.98	300m: 3:36.30 36.89	400m: 4:48.59 35.76			
44.	TROIA Beatriz Rosa	04	Vilacondense	4:48.76	+0,74	549	
	50m: 33.11 33.11	150m: 1:45.29 36.46	250m: 2:59.44 37.20	350m: 4:13.56 37.04			
	100m: 1:08.83 35.72	200m: 2:22.24 36.95	300m: 3:36.52 37.08	400m: 4:48.76 35.20			
45.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	4:48.88	+0,67	548	
	50m: 33.25 33.25	150m: 1:46.65 37.07	250m: 3:00.43 36.70	350m: 4:13.88 36.47			
	100m: 1:09.58 36.33	200m: 2:23.73 37.08	300m: 3:37.41 36.98	400m: 4:48.88 35.00			
46.	GALANTE Ines Carvalho	04	Vilacondense	4:49.12	+0,86	547	
	50m: 32.48 32.48	150m: 1:44.89 36.58	250m: 3:00.01 37.49	350m: 4:13.75 36.51			
	100m: 1:08.31 35.83	200m: 2:22.52 37.63	300m: 3:37.24 37.23	400m: 4:49.12 35.37			
47.	CANINHAS Maria Pinto	05	Natacao do Fundao	4:49.27	+0,84	546	
	50m: 32.76 32.76	150m: 1:45.59 36.76	250m: 2:59.84 37.02	350m: 4:13.93 36.78			
	100m: 1:08.83 36.07	200m: 2:22.82 37.23	300m: 3:37.15 37.31	400m: 4:49.27 35.34			
48.	PEREIRA Carolina Rei	05	Natacao de Vagos	4:49.87	+0,67	542	
	50m: 32.46 32.46	150m: 1:44.51 36.26	250m: 2:59.31 37.41	350m: 4:13.69 36.84			
	100m: 1:08.25 35.79	200m: 2:21.90 37.39	300m: 3:36.85 37.54	400m: 4:49.87 36.18			
49.	HUTYY Adriana Carolina	05	Braga	4:50.23	+0,81	540	
	50m: 33.00 33.00	150m: 1:45.76 36.99	250m: 2:59.41 36.95	350m: 4:13.75 37.09			
	100m: 1:08.77 35.77	200m: 2:22.46 36.70	300m: 3:36.66 37.25	400m: 4:50.23 36.48			
50.	COSTA Mafalda Santos	05	Colegio Monte Maior	4:50.95	+0,86	536	
	50m: 32.39 32.39	150m: 1:44.60 36.57	250m: 2:59.32 37.36	350m: 4:14.73 37.64			
	100m: 1:08.03 35.64	200m: 2:21.96 37.36	300m: 3:37.09 37.77	400m: 4:50.95 36.22			
51.	SOUSA Ines Matos	03	Uniao Coimbra	4:50.96	+0,71	536	
	50m: 32.74 32.74	150m: 1:44.77 36.25	250m: 2:59.05 36.94	350m: 4:13.97 37.33			
	100m: 1:08.52 35.78	200m: 2:22.11 37.34	300m: 3:36.64 37.59	400m: 4:50.96 36.99			
52.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	4:51.66	+0,76	532	
	50m: 32.55 32.55	150m: 1:44.71 36.64	250m: 3:00.37 38.04	350m: 4:15.64 37.53			
	100m: 1:08.07 35.52	200m: 2:22.33 37.62	300m: 3:38.11 37.74	400m: 4:51.66 36.02			
53.	INACIO Marta Macedo	04	Sporting	4:51.68	+0,76	532	
	50m: 33.58 33.58	150m: 1:46.41 36.48	250m: 2:59.81 36.61	350m: 4:14.60 37.57			
	100m: 1:09.93 36.35	200m: 2:23.20 36.79	300m: 3:37.03 37.22	400m: 4:51.68 37.08			
54.	SANTOS Mariana Marques	05	Gesloures	4:51.71	+0,65	532	
	50m: 33.27 33.27	150m: 1:47.30 37.28	250m: 3:01.04 36.85	350m: 4:15.29 36.74			
	100m: 1:10.02 36.75	200m: 2:24.19 36.89	300m: 3:38.55 37.51	400m: 4:51.71 36.42			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	NARRA Vera Figueiredo	04	Amadora	4:51.94	+0,70	531	
	50m: 33.15 33.15	150m: 1:46.59 37.04	250m: 3:00.38 36.39	350m: 4:14.69 37.41			
	100m: 1:09.55 36.40	200m: 2:23.99 37.40	300m: 3:37.28 36.90	400m: 4:51.94 37.25			
56.	NICOLAU Margarida Claudino	05	Torres Novas	4:52.23	+0,72	529	
	50m: 31.90 31.90	150m: 1:45.05 37.62	250m: 3:00.43 37.59	350m: 4:15.77 37.75			
	100m: 1:07.43 35.53	200m: 2:22.84 37.79	300m: 3:38.02 37.59	400m: 4:52.23 36.46			
57.	RINO Maria Pedro	05	Academia Acores	4:52.43	+0,83	528	
	50m: 33.27 33.27	150m: 1:46.41 37.11	250m: 3:00.53 36.96	350m: 4:16.14 37.56			
	100m: 1:09.30 36.03	200m: 2:23.57 37.16	300m: 3:38.58 38.05	400m: 4:52.43 36.29			
58.	FOMINA Anna	02	Louletano / Loule Concelho	4:52.83	+0,75	526	
	50m: 33.07 33.07	150m: 1:45.06 36.52	250m: 2:59.86 37.66	350m: 4:15.55 38.42			
	100m: 1:08.54 35.47	200m: 2:22.20 37.14	300m: 3:37.13 37.27	400m: 4:52.83 37.28			
59.	NEVES Natalia Passeira	05	Natacao de Valongo	4:53.01	+0,88	525	
	50m: 33.42 33.42	150m: 1:48.35 37.66	250m: 3:03.64 37.07	350m: 4:17.88 36.47			
	100m: 1:10.69 37.27	200m: 2:26.57 38.22	300m: 3:41.41 37.77	400m: 4:53.01 35.13			
60.	LOPES Francisca Macedo	05	Vilacondense	4:53.09	+0,85	525	
	50m: 32.16 32.16	150m: 1:44.81 36.71	250m: 3:00.33 37.98	350m: 4:16.15 37.78			
	100m: 1:08.10 35.94	200m: 2:22.35 37.54	300m: 3:38.37 38.04	400m: 4:53.09 36.94			
61.	LIGEIRO Daniela Silva	04	Viana Natacao	4:53.33	+0,73	523	
	50m: 32.49 32.49	150m: 1:45.24 36.71	250m: 3:00.49 37.72	350m: 4:16.15 37.51			
	100m: 1:08.53 36.04	200m: 2:22.77 37.53	300m: 3:38.64 38.15	400m: 4:53.33 37.18			
62.	FERNANDES Maria Elias	04	Desportiva Viana	4:54.05	+0,92	520	
	50m: 32.77 32.77	150m: 1:46.49 37.50	250m: 3:02.26 38.03	350m: 4:17.96 37.49			
	100m: 1:08.99 36.22	200m: 2:24.23 37.74	300m: 3:40.47 38.21	400m: 4:54.05 36.09			
63.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:54.20	+0,73	519	
	50m: 32.41 32.41	150m: 1:44.33 36.27	250m: 2:59.47 37.43	350m: 4:16.15 38.49			
	100m: 1:08.06 35.65	200m: 2:22.04 37.71	300m: 3:37.66 38.19	400m: 4:54.20 38.05			
64.	FERREIRA Joana Rocha	05	Benfica	4:56.94	+0,84	504	
	50m: 33.56 33.56	150m: 1:48.11 38.14	250m: 3:05.53 38.63	350m: 4:21.38 37.63			
	100m: 1:09.97 36.41	200m: 2:26.90 38.79	300m: 3:43.75 38.22	400m: 4:56.94 35.56			
65.	ARAUJO Maria Clara	05	Naval do Funchal	4:56.99	+0,60	504	
	50m: 32.79 32.79	150m: 1:47.46 37.72	250m: 3:04.61 38.44	350m: 4:21.35 38.25			
	100m: 1:09.74 36.95	200m: 2:26.17 38.71	300m: 3:43.10 38.49	400m: 4:56.99 35.64			
66.	PIRES Laura Joao	05	Natacao do Fundao	4:57.98	+0,78	499	
	50m: 34.36 34.36	150m: 1:48.39 37.56	250m: 3:04.65 38.14	350m: 4:21.24 38.31			
	100m: 1:10.83 36.47	200m: 2:26.51 38.12	300m: 3:42.93 38.28	400m: 4:57.98 36.74			
67.	LIMA Eduarda Filipa	04	Vilacondense	4:58.89	+0,81	495	
	50m: 33.58 33.58	150m: 1:49.20 38.59	250m: 3:05.21 38.45	350m: 4:22.80 38.89			
	100m: 1:10.61 37.03	200m: 2:26.76 37.56	300m: 3:43.91 38.70	400m: 4:58.89 36.09			
68.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	4:59.17	+0,82	493	
	50m: 32.57 32.57	150m: 1:47.37 38.09	250m: 3:03.88 37.94	350m: 4:22.31 39.17			
	100m: 1:09.28 36.71	200m: 2:25.94 38.57	300m: 3:43.14 39.26	400m: 4:59.17 36.86			
69.	PEDRO Daniela Alexandra	04	Sporting	4:59.46	+0,72	492	
	50m: 32.43 32.43	150m: 1:47.55 38.27	250m: 3:04.28 37.94	350m: 4:22.52 38.79			
	100m: 1:09.28 36.85	200m: 2:26.34 38.79	300m: 3:43.73 39.45	400m: 4:59.46 36.94			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
70.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	5:02.20	+0,59	479	
	50m: 33.02 33.02	150m: 1:47.87 37.85	250m: 3:05.11 38.67	350m: 4:23.27 39.37			
	100m: 1:10.02 37.00	200m: 2:26.44 38.57	300m: 3:43.90 38.79	400m: 5:02.20 38.93			

Prova 35 Femin., 400m Livres Absolutos
03-08-2019 - 11:35 Resultados Elimin

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

TAC Sen 50m: 4:36.53 - 25m: 4:31.22; Jun 50m: 4:44.93 - 25m: 4:37.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	4:23.02	+0,72	726	
	50m: 30.44 30.44	150m: 1:36.34 33.08	250m: 2:43.11 33.14	350m: 3:50.01 33.35			
	100m: 1:03.26 32.82	200m: 2:09.97 33.63	300m: 3:16.66 33.55	400m: 4:23.02 33.01			
2.	HOLUB Tamila Hryhorivna	99	Braga	4:24.10	+0,73	717	
	50m: 30.95 30.95	150m: 1:37.16 33.04	250m: 2:43.89 33.33	350m: 3:50.88 33.41			
	100m: 1:04.12 33.17	200m: 2:10.56 33.40	300m: 3:17.47 33.58	400m: 4:24.10 33.22			
3.	MARTINS Francisca Soares	03	Foca	4:25.00	+0,64	710	
	50m: 30.27 30.27	150m: 1:36.68 33.43	250m: 2:44.19 33.71	350m: 3:52.04 33.61			
	100m: 1:03.25 32.98	200m: 2:10.48 33.80	300m: 3:18.43 34.24	400m: 4:25.00 32.96			
4.	HENRIQUES Ines Jacinto	00	Sporting	4:29.49	+0,66	675	
	50m: 31.45 31.45	150m: 1:39.31 34.06	250m: 2:47.04 33.84	350m: 3:55.39 34.26			
	100m: 1:05.25 33.80	200m: 2:13.20 33.89	300m: 3:21.13 34.09	400m: 4:29.49 34.10			
5.	RAMOS Ana Rita	02	Porto	4:29.74	+0,72	673	
	50m: 31.59 31.59	150m: 1:39.03 33.79	250m: 2:47.53 33.88	350m: 3:56.06 34.23			
	100m: 1:05.24 33.65	200m: 2:13.65 34.62	300m: 3:21.83 34.30	400m: 4:29.74 33.68			
6.	ANDRE Leticia Maia	02	Benfica	4:30.54	+0,68	667	
	50m: 31.03 31.03	150m: 1:39.79 34.82	250m: 2:49.01 34.39	350m: 3:57.51 34.07			
	100m: 1:04.97 33.94	200m: 2:14.62 34.83	300m: 3:23.44 34.43	400m: 4:30.54 33.03			
7.	FARIA Ana Rita	00	Porto	4:32.71	+0,73	651	
	50m: 31.36 31.36	150m: 1:40.06 34.79	250m: 2:49.31 34.60	350m: 3:58.84 35.01			
	100m: 1:05.27 33.91	200m: 2:14.71 34.65	300m: 3:23.83 34.52	400m: 4:32.71 33.87			
8.	VELOSO Teresa Miguel	00	Sporting	4:33.31	+0,72	647	
	50m: 31.94 31.94	150m: 1:40.26 34.44	250m: 2:48.79 34.29	350m: 3:58.48 35.05			
	100m: 1:05.82 33.88	200m: 2:14.50 34.24	300m: 3:23.43 34.64	400m: 4:33.31 34.83			
9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:33.59	+0,75	645	
	50m: 31.53 31.53	150m: 1:40.56 34.63	250m: 2:50.05 34.77	350m: 4:00.37 35.15			
	100m: 1:05.93 34.40	200m: 2:15.28 34.72	300m: 3:25.22 35.17	400m: 4:33.59 33.22			
10.	CARDEAL Joana Nunes	02	Academico Viseu	4:35.06	+0,77	635	
	50m: 31.48 31.48	150m: 1:40.52 34.85	250m: 2:50.54 34.97	350m: 4:01.17 35.10			
	100m: 1:05.67 34.19	200m: 2:15.57 35.05	300m: 3:26.07 35.53	400m: 4:35.06 33.89			
11.	ALVES Sara Sofia	01	Columbofila Cantanhedense	4:35.41	+0,75	632	
	50m: 31.83 31.83	150m: 1:40.66 34.53	250m: 2:50.93 34.92	350m: 4:01.41 35.38			
	100m: 1:06.13 34.30	200m: 2:16.01 35.35	300m: 3:26.03 35.10	400m: 4:35.41 34.00			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	AMORIM Maria Leonor	03	Porto	4:35.46	+0,71	632	
	50m: 31.74 31.74	150m: 1:40.57 34.80	250m: 2:49.89 34.09	350m: 4:00.86 35.49			
	100m: 1:05.77 34.03	200m: 2:15.80 35.23	300m: 3:25.37 35.48	400m: 4:35.46 34.60			
13.	QUEIROZ Ana Rita	02	Condeixa Clube	4:35.67	+0,69	631	
	50m: 31.72 31.72	150m: 1:40.54 34.89	250m: 2:50.54 35.36	350m: 4:00.62 35.37			
	100m: 1:05.65 33.93	200m: 2:15.18 34.64	300m: 3:25.25 34.71	400m: 4:35.67 35.05			
14.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	4:36.33	+0,74	626	
	50m: 31.82 31.82	150m: 1:40.55 34.53	250m: 2:50.78 34.96	350m: 4:01.81 35.62			
	100m: 1:06.02 34.20	200m: 2:15.82 35.27	300m: 3:26.19 35.41	400m: 4:36.33 34.52			
15.	PINA Ana Sofia	02	O Crasto	4:37.59	+0,71	618	
	50m: 31.48 31.48	150m: 1:40.30 34.61	250m: 2:50.97 35.44	350m: 4:02.71 36.12			
	100m: 1:05.69 34.21	200m: 2:15.53 35.23	300m: 3:26.59 35.62	400m: 4:37.59 34.88			
16.	FRAZAO Alexandra Couto	02	Condeixa Clube	4:37.78	+0,74	616	
	50m: 32.12 32.12	150m: 1:41.76 34.94	250m: 2:52.66 35.28	350m: 4:03.59 35.12			
	100m: 1:06.82 34.70	200m: 2:17.38 35.62	300m: 3:28.47 35.81	400m: 4:37.78 34.19			
17.	AMADOR Joana Costa	01	Galitos / Bresimar	4:38.93	+0,66	609	
	50m: 31.42 31.42	150m: 1:40.84 34.90	250m: 2:51.58 35.37	350m: 4:03.67 35.87			
	100m: 1:05.94 34.52	200m: 2:16.21 35.37	300m: 3:27.80 36.22	400m: 4:38.93 35.26			
18.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:40.91	+0,77	596	
	50m: 32.76 32.76	150m: 1:43.47 35.18	250m: 2:54.35 35.42	350m: 4:05.47 35.34			
	100m: 1:08.29 35.53	200m: 2:18.93 35.46	300m: 3:30.13 35.78	400m: 4:40.91 35.44			
19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:42.15	+0,66	588	
	50m: 32.38 32.38	150m: 1:43.41 36.18	250m: 2:56.14 36.39	350m: 4:08.93 36.24			
	100m: 1:07.23 34.85	200m: 2:19.75 36.34	300m: 3:32.69 36.55	400m: 4:42.15 33.22			
20.	ROLAO Sofia Alexandra	98	Benfica	4:43.02	+0,77	583	
	50m: 31.79 31.79	150m: 1:41.58 34.95	250m: 2:53.65 35.88	350m: 4:06.79 36.40			
	100m: 1:06.63 34.84	200m: 2:17.77 36.19	300m: 3:30.39 36.74	400m: 4:43.02 36.23			
21.	SOARES Carolina Silva	03	Natacao de Valongo	4:43.13	+0,74	582	
	50m: 31.65 31.65	150m: 1:42.15 35.54	250m: 2:54.67 36.05	350m: 4:07.77 36.36			
	100m: 1:06.61 34.96	200m: 2:18.62 36.47	300m: 3:31.41 36.74	400m: 4:43.13 35.36			
22.	DIAS Ana Leonor	02	Natacao Olhao	4:47.94	+0,73	553	
	50m: 33.05 33.05	150m: 1:44.78 35.90	250m: 2:56.81 35.52	350m: 4:11.12 37.17			
	100m: 1:08.88 35.83	200m: 2:21.29 36.51	300m: 3:33.95 37.14	400m: 4:47.94 36.82			
23.	SOUSA Ines Matos	03	Uniao Coimbra	4:50.96	+0,71	536	
	50m: 32.74 32.74	150m: 1:44.77 36.25	250m: 2:59.05 36.94	350m: 4:13.97 37.33			
	100m: 1:08.52 35.78	200m: 2:22.11 37.34	300m: 3:36.64 37.59	400m: 4:50.96 36.99			
24.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	4:54.20	+0,73	519	
	50m: 32.41 32.41	150m: 1:44.33 36.27	250m: 2:59.47 37.43	350m: 4:16.15 38.49			
	100m: 1:08.06 35.65	200m: 2:22.04 37.71	300m: 3:37.66 38.19	400m: 4:54.20 38.05			