

Prova 1 Femin., 400m Livres  
24-07-2021 - 9:00 Infantis B  
Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

Pontos: Rudolph Table 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
1.	BAPTISTA Carolina Sofia	09	Estarreja	<b>5:06.81</b>	+0,82	10,8	-
	50m: 34.24 34.24	150m: 1:51.31	38.54	250m: 3:09.92	38.58	350m: 4:29.02	39.09
	100m: 1:12.77 38.53	200m: 2:31.34	40.03	300m: 3:49.93	40.01	400m: 5:06.81	37.79
2.	PROTOLYUK Anastacia	09	Columbofila Cantanhedense	<b>5:13.46</b>	+0,78	9,2	-
	50m: 34.98 34.98	150m: 1:54.07	40.03	250m: 3:14.73	40.07	350m: 4:35.29	39.92
	100m: 1:14.04 39.06	200m: 2:34.66	40.59	300m: 3:55.37	40.64	400m: 5:13.46	38.17
3.	GONCALVES Vera Andrade	09	Juventude Atlantico	<b>5:18.48</b>	+0,91	7,9	-
	50m: 34.43 34.43	150m: 1:54.73	40.33	250m: 3:17.49	41.09	350m: 4:40.47	41.45
	100m: 1:14.40 39.97	200m: 2:36.40	41.67	300m: 3:59.02	41.53	400m: 5:18.48	38.01
4.	MOREIRA Madalena Valente	09	Leixoes	<b>5:19.23</b>	+0,97	7,8	-
	50m: 36.40 36.40	150m: 1:58.21	41.12	250m: 3:20.22	40.79	350m: 4:40.94	39.73
	100m: 1:17.09 40.69	200m: 2:39.43	41.22	300m: 4:01.21	40.99	400m: 5:19.23	38.29
5.	JESUS Margarida Santos	09	Natacao Olhao	<b>5:19.31</b>	+1,13	7,7	-
	50m: 36.89 36.89	150m: 1:55.79	40.33	250m: 3:17.60	41.00	350m: 4:40.16	41.16
	100m: 1:15.46 38.57	200m: 2:36.60	40.81	300m: 3:59.00	41.40	400m: 5:19.31	39.15
6.	FIALHO Matilde Lopes	09	Palmela	<b>5:20.04</b>	+0,96	7,6	-
	50m: 34.63 34.63	150m: 1:55.03	40.79	250m: 3:17.45	40.70	350m: 4:39.74	41.31
	100m: 1:14.24 39.61	200m: 2:36.75	41.72	300m: 3:58.43	40.98	400m: 5:20.04	40.30
7.	GONCALVES Leonor Queiroz	09	Braga	<b>5:20.26</b>	+1,01	7,5	-
	50m: 35.60 35.60	150m: 1:55.92	40.92	250m: 3:18.68	41.25	350m: 4:40.69	40.55
	100m: 1:15.00 39.40	200m: 2:37.43	41.51	300m: 4:00.14	41.46	400m: 5:20.26	39.57
8.	MAIA Lara Catarina	09	Estarreja	<b>5:21.71</b>	+0,67	7,2	-
	50m: 33.99 33.99	150m: 1:55.76	40.83	250m: 3:18.30	40.59	350m: 4:41.61	40.99
	100m: 1:14.93 40.94	200m: 2:37.71	41.95	300m: 4:00.62	42.32	400m: 5:21.71	40.10
9.	CAVALEIRO Leonor Mercês	09	Columbofila Cantanhedense	<b>5:21.89</b>	+0,94	7,1	-
	50m: 36.14 36.14	150m: 1:56.73	40.53	250m: 3:19.19	40.85	350m: 4:41.32	40.34
	100m: 1:16.20 40.06	200m: 2:38.34	41.61	300m: 4:00.98	41.79	400m: 5:21.89	40.57
10.	COSTA Uxia Romero	09	Fluvial Portuense	<b>5:21.92</b>	+0,93	7,1	-
	50m: 35.80 35.80	150m: 1:58.53	41.58	250m: 3:20.95	41.16	350m: 4:42.96	40.80
	100m: 1:16.95 41.15	200m: 2:39.79	41.26	300m: 4:02.16	41.21	400m: 5:21.92	38.96
11.	PEREIRA Beatriz Maciel	09	Desportiva de Viana	<b>5:22.71</b>	+0,90	6,9	-
	50m: 35.38 35.38	150m: 1:55.85	40.92	250m: 3:18.86	41.75	350m: 4:42.48	41.91
	100m: 1:14.93 39.55	200m: 2:37.11	41.26	300m: 4:00.57	41.71	400m: 5:22.71	40.23
12.	JORDAO Beatriz Silva	09	Fisica Torres Vedras	<b>5:24.13</b>	+0,87	6,6	-
	50m: 35.18 35.18	150m: 1:56.57	42.21	250m: 3:20.78	42.12	350m: 4:44.23	41.90
	100m: 1:14.36 39.18	200m: 2:38.66	42.09	300m: 4:02.33	41.55	400m: 5:24.13	39.90



Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
13.	COSTA Laura Brites	09	Rio Maior	<b>5:25.82</b>	+0,92	6,2	-
	50m: 37.69 37.69	150m: 2:01.32	41.89	250m: 3:23.72	40.92	350m: 4:46.14	40.67
	100m: 1:19.43 41.74	200m: 2:42.80	41.48	300m: 4:05.47	41.75	400m: 5:25.82	39.68
14.	PINTO Maria Carvalho	09	Viana Natacao	<b>5:26.77</b>	+1,23	6,0	-
	50m: 36.83 36.83	150m: 1:59.69	41.70	250m: 3:23.95	42.42	350m: 4:48.89	42.37
	100m: 1:17.99 41.16	200m: 2:41.53	41.84	300m: 4:06.52	42.57	400m: 5:26.77	37.88
15.	AMBRUS Beatriz Alves	09	Porto	<b>5:27.41</b>	+0,69	5,8	-
	50m: 35.92 35.92	150m: 2:00.36	43.41	250m: 3:25.96	43.37	350m: 4:49.70	41.81
	100m: 1:16.95 41.03	200m: 2:42.59	42.23	300m: 4:07.89	41.93	400m: 5:27.41	37.71
16.	MAGALHAES Matilde Esteves	09	Sporting Caminha	<b>5:27.47</b>	+1,10	5,8	-
	50m: 35.98 35.98	150m: 1:58.25	41.87	250m: 3:22.54	42.12	350m: 4:46.65	41.44
	100m: 1:16.38 40.40	200m: 2:40.42	42.17	300m: 4:05.21	42.67	400m: 5:27.47	40.82
17.	CARDOSO Raquel Campos	09	Bombeiros Ponta Delgada	<b>5:27.96</b>	+0,79	5,7	-
	50m: 36.25 36.25	150m: 1:59.05	42.03	250m: 3:22.90	42.22	350m: 4:47.54	41.43
	100m: 1:17.02 40.77	200m: 2:40.68	41.63	300m: 4:06.11	43.21	400m: 5:27.96	40.42
18.	COSTA Maria Leonor	09	Ginasio Santo Tirso	<b>5:28.05</b>	+0,96	5,6	-
	50m: 36.10 36.10	150m: 1:59.70	42.15	250m: 3:24.11	42.01	350m: 4:48.80	42.30
	100m: 1:17.55 41.45	200m: 2:42.10	42.40	300m: 4:06.50	42.39	400m: 5:28.05	39.25
19.	RODRIGUES Teresa Isabel	09	Foca Quinta da Lixa CNF	<b>5:28.49</b>	+0,98	5,5	-
	50m: 36.69 36.69	150m: 1:59.00	41.93	250m: 3:23.72	42.49	350m: 4:47.64	41.58
	100m: 1:17.07 40.38	200m: 2:41.23	42.23	300m: 4:06.06	42.34	400m: 5:28.49	40.85
20.	MATIAS Alana Costa	09	Academica de Coimbra	<b>5:28.70</b>	+0,85	5,5	-
	50m: 35.63 35.63	150m: 1:56.78	41.12	250m: 3:22.92	43.06	350m: 4:47.45	40.40
	100m: 1:15.66 40.03	200m: 2:39.86	43.08	300m: 4:07.05	44.13	400m: 5:28.70	41.25
21.	SANTOS Joana Pereira	09	Rio Maior	<b>5:28.80</b>	+0,92	5,5	-
	50m: 37.77 37.77	150m: 2:01.27	42.05	250m: 3:25.52	42.00	350m: 4:48.70	41.82
	100m: 1:19.22 41.45	200m: 2:43.52	42.25	300m: 4:06.88	41.36	400m: 5:28.80	40.10
22.	CLARA Beatriz Belo	09	Ba-Leiria	<b>5:28.93</b>	+0,90	5,4	-
	50m: 37.41 37.41	150m: 2:00.52	42.20	250m: 3:25.18	42.42	350m: 4:49.43	42.08
	100m: 1:18.32 40.91	200m: 2:42.76	42.24	300m: 4:07.35	42.17	400m: 5:28.93	39.50
23.	SILVA Marta Oliveira	09	Sanjoanense/FEPSA	<b>5:28.99</b>	+1,19	5,4	-
	50m: 36.75 36.75	150m: 1:59.52	42.12	250m: 3:24.40	42.10	350m: 4:48.19	41.67
	100m: 1:17.40 40.65	200m: 2:42.30	42.78	300m: 4:06.52	42.12	400m: 5:28.99	40.80
24.	GALANTE Filipa Carvalho	09	Vilacondense	<b>5:29.43</b>	+0,76	5,3	-
	50m: 36.44 36.44	150m: 2:01.46	43.48	250m: 3:25.78	42.84	350m: 4:48.63	41.73
	100m: 1:17.98 41.54	200m: 2:42.94	41.48	300m: 4:06.90	41.12	400m: 5:29.43	40.80
25.	BRAZ Maria Manuel	09	Ginasio de Vila Real	<b>5:29.75</b>	+0,82	5,2	-
	50m: 37.05 37.05	150m: 2:01.89	43.00	250m: 3:25.73	41.34	350m: 4:49.24	40.44
	100m: 1:18.89 41.84	200m: 2:44.39	42.50	300m: 4:08.80	43.07	400m: 5:29.75	40.51



Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
26.	ARAUJO Catarina Soares	09	Penafiel	<b>5:30.55</b>	+1,18	5,0	-
	50m: 36.68 36.68	150m: 2:00.81 42.62	250m: 3:25.48 42.50	350m: 4:49.43 41.77			
	100m: 1:18.19 41.51	200m: 2:42.98 42.17	300m: 4:07.66 42.18	400m: 5:30.55 41.12			
27.	MIRANDA Margarida Faria	09	Palmela	<b>5:30.66</b>	+0,86	5,0	-
	50m: 34.34 34.34	150m: 1:56.21 42.22	250m: 3:22.30 43.13	350m: 4:48.58 42.71			
	100m: 1:13.99 39.65	200m: 2:39.17 42.96	300m: 4:05.87 43.57	400m: 5:30.66 42.08			
28.	FERNANDES Joana Sofia	09	Nacional de Natacao	<b>5:31.17</b>	+1,07	4,9	-
	50m: 37.33 37.33	150m: 2:03.44 43.88	250m: 3:28.34 41.76	350m: 4:50.24 39.74			
	100m: 1:19.56 42.23	200m: 2:46.58 43.14	300m: 4:10.50 42.16	400m: 5:31.17 40.93			
29.	PIRES Matilde Domingues	09	Columbifila Cantanhedense	<b>5:31.18</b>	+0,91	4,9	-
	50m: 36.72 36.72	150m: 1:59.57 41.72	250m: 3:24.68 42.53	350m: 4:49.52 41.87			
	100m: 1:17.85 41.13	200m: 2:42.15 42.58	300m: 4:07.65 42.97	400m: 5:31.18 41.66			
30.	SOUZA Ines Fernandes	09	Leixoes	<b>5:31.57</b>	+0,87	4,8	-
	50m: 36.64 36.64	150m: 2:02.81 43.38	250m: 3:27.63 42.50	350m: 4:52.88 42.90			
	100m: 1:19.43 42.79	200m: 2:45.13 42.32	300m: 4:09.98 42.35	400m: 5:31.57 38.69			
31.	SANTOS Mariana Silva	09	Porto	<b>5:31.82</b>	+0,96	4,7	-
	50m: 36.17 36.17	150m: 1:59.65 42.72	250m: 3:25.57 42.69	350m: 4:51.30 43.16			
	100m: 1:16.93 40.76	200m: 2:42.88 43.23	300m: 4:08.14 42.57	400m: 5:31.82 40.52			
32.	MARTINS Carolina Correia	09	Porto	<b>5:33.27</b>	+0,94	4,4	-
	50m: 38.49 38.49	150m: 2:02.74 42.83	250m: 3:28.94 43.24	350m: 4:53.94 41.84			
	100m: 1:19.91 41.42	200m: 2:45.70 42.96	300m: 4:12.10 43.16	400m: 5:33.27 39.33			
33.	FERREIRA Patricia Anjo	09	Nautico Marinha Grande	<b>5:33.37</b>	+0,88	4,4	-
	50m: 35.38 35.38	150m: 1:59.13 42.72	250m: 3:24.71 41.92	350m: 4:51.17 43.01			
	100m: 1:16.41 41.03	200m: 2:42.79 43.66	300m: 4:08.16 43.45	400m: 5:33.37 42.20			
34.	LIMA Beatriz Ribeiro	09	Geslours	<b>5:33.65</b>	+1,13	4,3	-
	50m: 37.36 37.36	150m: 2:00.33 42.43	250m: 3:24.93 42.71	350m: 4:51.45 43.36			
	100m: 1:17.90 40.54	200m: 2:42.22 41.89	300m: 4:08.09 43.16	400m: 5:33.65 42.20			
35.	NETO Maria Ines	09	Bombeiros Ponta Delgada	<b>5:33.92</b>	+0,76	4,2	-
	50m: 37.47 37.47	150m: 2:01.98 42.61	250m: 3:27.81 42.05	350m: 4:53.36 41.91			
	100m: 1:19.37 41.90	200m: 2:45.76 43.78	300m: 4:11.45 43.64	400m: 5:33.92 40.56			
36.	FARCAS Annabela Veronika	09	Louletano / Loule Concelho	<b>5:34.03</b>	+0,86	4,2	-
	50m: 36.13 36.13	150m: 2:00.32 43.44	250m: 3:26.86 43.44	350m: 4:52.47 42.12			
	100m: 1:16.88 40.75	200m: 2:43.42 43.10	300m: 4:10.35 43.49	400m: 5:34.03 41.56			
37.	PEREIRA Eduarda Ribeiro	09	Sporting Caminha	<b>5:36.57</b>	+0,87	3,6	-
	50m: 37.59 37.59	150m: 2:03.53 43.30	250m: 3:29.47 42.36	350m: 4:54.76 41.84			
	100m: 1:20.23 42.64	200m: 2:47.11 43.58	300m: 4:12.92 43.45	400m: 5:36.57 41.81			
38.	GONCALVES Beatriz Santos	09	Nacional de Natacao	<b>5:36.88</b>	+1,09	3,5	-
	50m: 38.42 38.42	150m: 2:05.12 44.33	250m: 3:30.95 42.45	350m: 4:56.53 42.24			
	100m: 1:20.79 42.37	200m: 2:48.50 43.38	300m: 4:14.29 43.34	400m: 5:36.88 40.35			



Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
39.	MESSIAS Madalena Azevedo	09	Sporting	<b>5:37.94</b>	+0,79	3,3	-
	50m: 36.99 36.99 150m: 2:01.48 43.62 250m: 3:29.55 43.84 350m: 4:57.42 43.97						
	100m: 1:17.86 40.87 200m: 2:45.71 44.23 300m: 4:13.45 43.90 400m: 5:37.94 40.52						
40.	MADEIRA Carolina Marques	09	Nacional de Natacao	<b>5:38.30</b>	+1,01	3,2	-
	50m: 37.44 37.44 150m: 2:03.68 43.23 250m: 3:30.75 42.57 350m: 4:58.01 43.91						
	100m: 1:20.45 43.01 200m: 2:48.18 44.50 300m: 4:14.10 43.35 400m: 5:38.30 40.29						
41.	RICARDO Francisca Martingo	09	Porto	<b>5:40.56</b>	+1,01	2,6	-
	50m: 37.52 37.52 150m: 2:02.62 43.33 250m: 3:30.61 43.79 350m: 4:58.81 43.72						
	100m: 1:19.29 41.77 200m: 2:46.82 44.20 300m: 4:15.09 44.48 400m: 5:40.56 41.75						
42.	MORAIS Laura Prates	09	BUZIOS-Coruche	<b>5:40.82</b>	+1,10	2,6	-
	50m: 37.08 37.08 150m: 2:04.48 44.79 250m: 3:32.71 43.25 350m: 5:00.13 41.71						
	100m: 1:19.69 42.61 200m: 2:49.46 44.98 300m: 4:18.42 45.71 400m: 5:40.82 40.69						
43.	RAPOSO Eduarda Galvao	09	Natacao do Fundao	<b>5:40.92</b>	+1,02	2,5	-
	50m: 39.04 39.04 150m: 2:04.94 43.27 250m: 3:32.93 43.73 350m: 5:00.68 43.28						
	100m: 1:21.67 42.63 200m: 2:49.20 44.26 300m: 4:17.40 44.47 400m: 5:40.92 40.24						
44.	TOMAS Constanca Baptista	09	Alcobaca	<b>5:41.54</b>	+0,81	2,4	-
	50m: 37.68 37.68 150m: 2:03.31 43.01 250m: 3:29.98 43.30 350m: 4:57.31 43.93						
	100m: 1:20.30 42.62 200m: 2:46.68 43.37 300m: 4:13.38 43.40 400m: 5:41.54 44.23						
45.	REIS Mafalda Brandao	09	Famalicao	<b>5:42.08</b>	+0,80	2,3	-
	50m: 37.03 37.03 150m: 2:05.10 44.52 250m: 3:33.40 44.67 350m: 5:01.29 43.32						
	100m: 1:20.58 43.55 200m: 2:48.73 43.63 300m: 4:17.97 44.57 400m: 5:42.08 40.79						
46.	SANTOS Ines Sousa	09	Vilacondense	<b>5:42.13</b>	+0,84	2,3	-
	50m: 36.82 36.82 150m: 2:04.67 44.93 250m: 3:32.68 44.40 350m: 5:00.10 43.00						
	100m: 1:19.74 42.92 200m: 2:48.28 43.61 300m: 4:17.10 44.42 400m: 5:42.13 42.03						
47.	BATISTA Beatriz Ferreira	09	CPCD-Povoa St Iria	<b>5:42.42</b>	+0,96	2,2	-
	50m: 37.05 37.05 150m: 2:02.26 43.53 250m: 3:31.26 44.89 350m: 5:00.09 44.03						
	100m: 1:18.73 41.68 200m: 2:46.37 44.11 300m: 4:16.06 44.80 400m: 5:42.42 42.33						
48.	AREDE Sofia Carlos	09	Benfica	<b>5:42.53</b>	+0,89	2,2	-
	50m: 38.57 38.57 150m: 2:06.22 44.66 250m: 3:34.87 44.45 350m: 5:02.09 42.32						
	100m: 1:21.56 42.99 200m: 2:50.42 44.20 300m: 4:19.77 44.90 400m: 5:42.53 40.44						
49.	SILVA Leonor Carnide	09	Ginasio de Vila Real	<b>5:42.60</b>	+0,93	2,1	-
	50m: 38.09 38.09 150m: 2:06.53 44.59 250m: 3:33.88 42.79 350m: 5:01.25 42.91						
	100m: 1:21.94 43.85 200m: 2:51.09 44.56 300m: 4:18.34 44.46 400m: 5:42.60 41.35						
50.	PORTELA Leonor Borges	09	Fluvial Portuense	<b>5:43.76</b>	+0,84	1,9	-
	50m: 37.35 37.35 150m: 2:02.46 42.82 250m: 3:30.45 44.14 350m: 5:00.76 45.12						
	100m: 1:19.64 42.29 200m: 2:46.31 43.85 300m: 4:15.64 45.19 400m: 5:43.76 43.00						
51.	BRAS Raquel Sofia	09	Belenenses	<b>5:44.19</b>	+0,86	1,8	-
	50m: 36.75 36.75 150m: 2:03.92 44.38 250m: 3:33.74 44.85 350m: 5:03.62 44.92						
	100m: 1:19.54 42.79 200m: 2:48.89 44.97 300m: 4:18.70 44.96 400m: 5:44.19 40.57						



Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
52.	SANTOS Matilde Maria	09	Leixoes	<b>5:45.67</b>	+1,10	1,4	-
	50m: 39.72 39.72	150m: 2:08.05 44.07	250m: 3:35.71 43.56	350m: 5:03.04 42.79			
	100m: 1:23.98 44.26	200m: 2:52.15 44.10	300m: 4:20.25 44.54	400m: 5:45.67 42.63			
53.	INACIO Mariana Santos	09	Alcobaca	<b>5:46.51</b>	+0,87	1,2	-
	50m: 36.89 36.89	150m: 2:03.99 44.66	250m: 3:33.65 45.12	350m: 5:01.95 44.76			
	100m: 1:19.33 42.44	200m: 2:48.53 44.54	300m: 4:17.19 43.54	400m: 5:46.51 44.56			
54.	MONTEIRO Margarida Pessoa	09	Columbofila Cantanhedense	<b>5:46.72</b>	+0,96	1,1	-
	50m: 39.44 39.44	150m: 2:08.20 43.48	250m: 3:35.50 43.63	350m: 5:03.75 43.69			
	100m: 1:24.72 45.28	200m: 2:51.87 43.67	300m: 4:20.06 44.56	400m: 5:46.72 42.97			
55.	PEIXOTO Mafalda Coelho	09	Vitoria Guimaraes	<b>5:47.11</b>	+0,83	1,1	-
	50m: 38.01 38.01	150m: 2:05.45 44.96	250m: 3:35.24 44.82	350m: 5:04.78 44.61			
	100m: 1:20.49 42.48	200m: 2:50.42 44.97	300m: 4:20.17 44.93	400m: 5:47.11 42.33			
56.	CRUZ Constanca Lopes	09	Colegio Monte Maior	<b>5:47.48</b>	+0,88		-
	50m: 37.53 37.53	150m: 2:04.83 45.16	250m: 3:34.81 45.03	350m: 5:04.76 44.62			
	100m: 1:19.67 42.14	200m: 2:49.78 44.95	300m: 4:20.14 45.33	400m: 5:47.48 42.72			
57.	UVA Sofia Monteiro	09	Alges	<b>5:48.46</b>	+0,75		-
	50m: 39.01 39.01	150m: 2:06.74 44.71	250m: 3:37.88 45.54	350m: 5:07.56 44.81			
	100m: 1:22.03 43.02	200m: 2:52.34 45.60	300m: 4:22.75 44.87	400m: 5:48.46 40.90			
58.	MALHAO Beatriz Maria	09	Sporting Caminha	<b>5:48.61</b>	+1,27		-
	50m: 37.02 37.02	150m: 2:04.75 44.40	250m: 3:36.37 45.82	350m: 5:06.29 44.21			
	100m: 1:20.35 43.33	200m: 2:50.55 45.80	300m: 4:22.08 45.71	400m: 5:48.61 42.32			
59.	SANTOS Joana Almeida	09	Estarreja	<b>5:48.67</b>	+0,81		-
	50m: 37.40 37.40	150m: 2:06.28 44.68	250m: 3:36.22 45.17	350m: 5:06.18 45.24			
	100m: 1:21.60 44.20	200m: 2:51.05 44.77	300m: 4:20.94 44.72	400m: 5:48.67 42.49			
60.	PRIMO Sofia Fonseca	09	Miranda do Corvo	<b>5:48.89</b>	+0,97		-
	50m: 38.68 38.68	150m: 2:07.62 45.58	250m: 3:37.52 45.03	350m: 5:05.92 43.76			
	100m: 1:22.04 43.36	200m: 2:52.49 44.87	300m: 4:22.16 44.64	400m: 5:48.89 42.97			
61.	CUNHA Lara Beatriz	09	Foca Quinta da Lixa CNF	<b>5:49.27</b>	+1,17		-
	50m: 40.50 40.50	150m: 2:09.57 44.22	250m: 3:38.21 44.06	350m: 5:06.83 44.35			
	100m: 1:25.35 44.85	200m: 2:54.15 44.58	300m: 4:22.48 44.27	400m: 5:49.27 42.44			
62.	RIBEIRO Ines Carvalhinho	09	Natacao da Maia	<b>5:49.48</b>	+0,82		-
	50m: 37.28 37.28	150m: 2:06.09 44.90	250m: 3:36.89 44.73	350m: 5:06.81 44.72			
	100m: 1:21.19 43.91	200m: 2:52.16 46.07	300m: 4:22.09 45.20	400m: 5:49.48 42.67			
63.	COSTA Leonor Martins	09	Natacao de Lagos	<b>5:49.49</b>	+1,01		-
	50m: 38.10 38.10	150m: 2:05.35 44.21	250m: 3:36.11 45.17	350m: 5:06.27 44.85			
	100m: 1:21.14 43.04	200m: 2:50.94 45.59	300m: 4:21.42 45.31	400m: 5:49.49 43.22			
64.	MARGARIDO Paula Aguiar	09	Juventude Atlantico	<b>5:49.80</b>	+0,80		-
	50m: 37.01 37.01	150m: 2:04.59 44.25	250m: 3:34.95 44.67	350m: 5:06.09 44.93			
	100m: 1:20.34 43.33	200m: 2:50.28 45.69	300m: 4:21.16 46.21	400m: 5:49.80 43.71			



Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
65.	PIRES Rita Lobo	09	Natacao do Fundao	<b>5:50.17</b>	+1,00		-
	50m: 40.03 40.03	150m: 2:09.15 45.16	250m: 3:37.79 45.32	350m: 5:07.65 45.11			
	100m: 1:23.99 43.96	200m: 2:52.47 43.32	300m: 4:22.54 44.75	400m: 5:50.17 42.52			
66.	BONFIM Maria Eliza	09	Porto	<b>5:50.47</b>	+1,01		-
	50m: 38.07 38.07	150m: 2:06.14 44.65	250m: 3:36.85 45.59	350m: 5:07.87 45.54			
	100m: 1:21.49 43.42	200m: 2:51.26 45.12	300m: 4:22.33 45.48	400m: 5:50.47 42.60			
67.	CRUZ Rita Calado	09	Fundacao Beatriz Santos	<b>5:51.22</b>	+1,01		-
	50m: 37.30 37.30	150m: 2:05.12 44.67	250m: 3:36.00 45.43	350m: 5:07.14 45.27			
	100m: 1:20.45 43.15	200m: 2:50.57 45.45	300m: 4:21.87 45.87	400m: 5:51.22 44.08			
68.	PACHECO Zofie	09	Naval de Peniche	<b>5:51.85</b>	+0,99		-
	50m: 36.77 36.77	150m: 2:06.99 44.81	250m: 3:38.77 45.91	350m: 5:10.89 46.09			
	100m: 1:22.18 45.41	200m: 2:52.86 45.87	300m: 4:24.80 46.03	400m: 5:51.85 40.96			
69.	OLIVEIRA Francisca Pinto	09	Galitos / Bresimar	<b>5:52.29</b>	+0,85		-
	50m: 37.89 37.89	150m: 2:05.41 44.85	250m: 3:36.39 45.84	350m: 5:07.82 45.60			
	100m: 1:20.56 42.67	200m: 2:50.55 45.14	300m: 4:22.22 45.83	400m: 5:52.29 44.47			
70.	BRASIL Sara Cabaco	09	Fisica Torres Vedras	<b>5:52.78</b>	+0,64		-
	50m: 38.18 38.18	150m: 2:07.11 45.69	250m: 3:39.73 46.88	350m: 5:08.72 43.93			
	100m: 1:21.42 43.24	200m: 2:52.85 45.74	300m: 4:24.79 45.06	400m: 5:52.78 44.06			
71.	CALCADA Maria Leonor	09	Sporting	<b>5:52.90</b>	+0,85		-
	50m: 37.46 37.46	150m: 2:06.28 45.31	250m: 3:39.06 47.17	350m: 5:09.70 45.26			
	100m: 1:20.97 43.51	200m: 2:51.89 45.61	300m: 4:24.44 45.38	400m: 5:52.90 43.20			
72.	MELIM Sara Beatriz	09	Desportivo Nacional	<b>5:53.42</b>	+0,89		-
	50m: 38.80 38.80	150m: 2:07.14 45.37	250m: 3:39.20 46.57	350m: 5:10.07 45.78			
	100m: 1:21.77 42.97	200m: 2:52.63 45.49	300m: 4:24.29 45.09	400m: 5:53.42 43.35			
73.	PEDREIRO Francisca Soreto	09	Galitos / Bresimar	<b>5:53.58</b>	+0,98		-
	50m: 39.08 39.08	150m: 2:08.23 44.92	250m: 3:38.73 45.05	350m: 5:09.90 45.64			
	100m: 1:23.31 44.23	200m: 2:53.68 45.45	300m: 4:24.26 45.53	400m: 5:53.58 43.68			
74.	LANCA Ines Maria	09	Uniao Piedense	<b>5:53.84</b>	+0,90		-
	50m: 38.63 38.63	150m: 2:05.78 44.01	250m: 3:36.11 45.57	350m: 5:07.85 45.56			
	100m: 1:21.77 43.14	200m: 2:50.54 44.76	300m: 4:22.29 46.18	400m: 5:53.84 45.99			
75.	MELO Carolina Mortagua	09	Estarreja	<b>5:53.92</b>	+0,85		-
	50m: 36.97 36.97	150m: 2:06.30 45.91	250m: 3:39.14 46.78	350m: 5:11.37 45.19			
	100m: 1:20.39 43.42	200m: 2:52.36 46.06	300m: 4:26.18 47.04	400m: 5:53.92 42.55			
76.	SOARES Vera Marques	09	Famalicao	<b>5:54.21</b>	+0,93		-
	50m: 38.07 38.07	150m: 2:07.94 45.40	250m: 3:40.52 46.53	350m: 5:10.58 44.89			
	100m: 1:22.54 44.47	200m: 2:53.99 46.05	300m: 4:25.69 45.17	400m: 5:54.21 43.63			
77.	GASPAR Joana Melo	09	Nacional de Natacao	<b>5:55.27</b>	+1,09		-
	50m: 38.19 38.19	150m: 2:08.94 47.15	250m: 3:39.92 45.03	350m: 5:11.95 46.13			
	100m: 1:21.79 43.60	200m: 2:54.89 45.95	300m: 4:25.82 45.90	400m: 5:55.27 43.32			

Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
78.	SILVA Helena Casimiro	09	Famalicao	<b>5:55.32</b>	+0,74	-	-
	50m: 38.46 38.46	150m: 2:08.34 46.44	250m: 3:40.16 45.76	350m: 5:12.11 45.67			
	100m: 1:21.90 43.44	200m: 2:54.40 46.06	300m: 4:26.44 46.28	400m: 5:55.32 43.21			
79.	BERNARDO Gabriela Sousa	09	Leixoes	<b>5:55.78</b>	+0,93	-	-
	50m: 38.66 38.66	150m: 2:08.96 46.25	250m: 3:41.82 46.93	350m: 5:12.35 46.09			
	100m: 1:22.71 44.05	200m: 2:54.89 45.93	300m: 4:26.26 44.44	400m: 5:55.78 43.43			
80.	CARLOS Lara Castanheira	09	Laranjeiro	<b>5:55.90</b>	+0,94	-	-
	50m: 38.13 38.13	150m: 2:08.88 46.54	250m: 3:40.42 45.90	350m: 5:13.39 46.20			
	100m: 1:22.34 44.21	200m: 2:54.52 45.64	300m: 4:27.19 46.77	400m: 5:55.90 42.51			
81.	FARIA Ines Maria	09	Porto	<b>5:57.68</b>	+1,07	-	-
	50m: 39.38 39.38	150m: 2:09.45 45.97	250m: 3:43.09 47.25	350m: 5:14.24 44.85			
	100m: 1:23.48 44.10	200m: 2:55.84 46.39	300m: 4:29.39 46.30	400m: 5:57.68 43.44			
82.	MATEUS Eleine Vieira	09	Desportivo Nacional	<b>5:58.02</b>	+0,86	-	-
	50m: 39.33 39.33	150m: 2:12.54 47.34	250m: 3:44.31 45.77	350m: 5:15.00 45.13			
	100m: 1:25.20 45.87	200m: 2:58.54 46.00	300m: 4:29.87 45.56	400m: 5:58.02 43.02			
83.	RATINHO Rita Antunes	09	Naval Setubalense	<b>5:58.16</b>	+1,03	-	-
	50m: 39.44 39.44	150m: 2:10.72 46.53	250m: 3:42.89 45.71	350m: 5:15.44 46.79			
	100m: 1:24.19 44.75	200m: 2:57.18 46.46	300m: 4:28.65 45.76	400m: 5:58.16 42.72			
84.	SOUSA Marta Rebelo	09	Porto	<b>5:58.69</b>	+0,99	-	-
	50m: 38.78 38.78	150m: 2:08.58 45.64	250m: 3:41.61 46.18	350m: 5:13.49 44.84			
	100m: 1:22.94 44.16	200m: 2:55.43 46.85	300m: 4:28.65 47.04	400m: 5:58.69 45.20			
85.	SOUSA Leonor Rocha	09	Juventude Atlantico	<b>5:58.89</b>	+0,72	-	-
	50m: 38.65 38.65	150m: 2:10.13 46.29	250m: 3:43.71 46.45	350m: 5:16.59 46.14			
	100m: 1:23.84 45.19	200m: 2:57.26 47.13	300m: 4:30.45 46.74	400m: 5:58.89 42.30			
86.	LOPES Teresa Maria	09	Benedita	<b>5:59.30</b>	+0,85	-	-
	50m: 38.02 38.02	150m: 2:09.08 46.43	250m: 3:42.46 46.16	350m: 5:14.73 45.52			
	100m: 1:22.65 44.63	200m: 2:56.30 47.22	300m: 4:29.21 46.75	400m: 5:59.30 44.57			
87.	ANTUNES Ana Moreira	09	Famalicao	<b>5:59.33</b>		-	-
	50m: 38.78 38.78	150m: 2:11.36 46.37	250m: 3:43.67 44.69	350m: 5:14.77 45.19			
	100m: 1:24.99 46.21	200m: 2:58.98 47.62	300m: 4:29.58 45.91	400m: 5:59.33 44.56			
88.	COSTA Catarina Ribeiro	09	Vitoria Guimaraes	<b>6:00.85</b>	+1,15	-	-
	50m: 41.16 41.16	150m: 2:15.28 47.15	250m: 3:49.05 47.03	350m: 5:20.01 43.25			
	100m: 1:28.13 46.97	200m: 3:02.02 46.74	300m: 4:36.76 47.71	400m: 6:00.85 40.84			
89.	SANTOS Carlota Ganito	09	Galitos / Bresimar	<b>6:01.09</b>	+0,85	-	-
	50m: 39.38 39.38	150m: 2:09.60 46.17	250m: 3:43.90 46.86	350m: 5:18.20 47.17			
	100m: 1:23.43 44.05	200m: 2:57.04 47.44	300m: 4:31.03 47.13	400m: 6:01.09 42.89			
90.	BARROS Rita Sequeira	09	Natacao Triatlo Lisboa	<b>6:01.66</b>	+0,88	-	-
	50m: 39.83 39.83	150m: 2:10.37 46.30	250m: 3:43.95 46.81	350m: 5:17.97 47.03			
	100m: 1:24.07 44.24	200m: 2:57.14 46.77	300m: 4:30.94 46.99	400m: 6:01.66 43.69			

Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
91.	MARTINEZ Emma Sofia	09	Sporting Caminha	<b>6:03.74</b>	+1,11		-
	50m: 39.01 39.01	150m: 2:11.31 47.00	250m: 3:45.61 47.28	350m: 5:20.13 46.45	400m: 6:03.74 43.61		
	100m: 1:24.31 45.30	200m: 2:58.33 47.02	300m: 4:33.68 48.07				
92.	SA Vanessa Fernandes	09	Naval do Funchal	<b>6:04.14</b>	+0,84		-
	50m: 39.44 39.44	150m: 2:12.35 46.68	250m: 3:45.68 46.67	350m: 5:19.86 46.38	400m: 6:04.14 44.28		
	100m: 1:25.67 46.23	200m: 2:59.01 46.66	300m: 4:33.48 47.80				
93.	CASTRO Marta Antunes	09	Sporting de Aveiro	<b>6:04.66</b>	+1,00		-
	50m: 40.09 40.09	150m: 2:13.20 47.82	250m: 3:47.69 47.66	350m: 5:21.98 46.72	400m: 6:04.66 42.68		
	100m: 1:25.38 45.29	200m: 3:00.03 46.83	300m: 4:35.26 47.57				
94.	NUNES Francisca Ramos	09	Naval de Peniche	<b>6:04.78</b>	+1,12		-
	50m: 38.68 38.68	150m: 2:10.55 47.19	250m: 3:46.21 47.88	350m: 5:20.57 46.65	400m: 6:04.78 44.21		
	100m: 1:23.36 44.68	200m: 2:58.33 47.78	300m: 4:33.92 47.71				
95.	MARINHO Isa Bianca	09	Foca Quinta da Lixa CNF	<b>6:06.55</b>	+1,04		-
	50m: 40.55 40.55	150m: 2:13.36 46.72	250m: 3:47.19 46.85	350m: 5:21.54 46.89	400m: 6:06.55 45.01		
	100m: 1:26.64 46.09	200m: 3:00.34 46.98	300m: 4:34.65 47.46				
96.	VIEIRA Maria Brum	09	Agua de Pau	<b>6:06.71</b>	+0,93		-
	50m: 38.94 38.94	150m: 2:11.44 47.53	250m: 3:47.30 48.00	350m: 5:21.79 46.28	400m: 6:06.71 44.92		
	100m: 1:23.91 44.97	200m: 2:59.30 47.86	300m: 4:35.51 48.21				
97.	SOUSA Clara Tonel	09	Naval Praia da Vitoria	<b>6:06.90</b>	+0,87		-
	50m: 40.40 40.40	150m: 2:13.04 46.89	250m: 3:46.34 46.48	350m: 5:21.45 46.33	400m: 6:06.90 45.45		
	100m: 1:26.15 45.75	200m: 2:59.86 46.82	300m: 4:35.12 48.78				
98.	ALVES Iara Filipa	09	Natacao do Fundao	<b>6:07.30</b>	+0,58		-
	50m: 41.26 41.26	150m: 2:13.43 47.14	250m: 3:48.76 48.06	350m: 5:21.71 45.84	400m: 6:07.30 45.59		
	100m: 1:26.29 45.03	200m: 3:00.70 47.27	300m: 4:35.87 47.11				
99.	SANTOS Caetana Amado	09	Miranda do Corvo	<b>6:08.75</b>	+1,03		-
	50m: 40.13 40.13	150m: 2:12.85 47.02	250m: 3:47.91 46.85	350m: 5:22.95 46.60	400m: 6:08.75 45.80		
	100m: 1:25.83 45.70	200m: 3:01.06 48.21	300m: 4:36.35 48.44				
100.	LARETH Maria Novais	09	CLIP Teams	<b>6:12.51</b>	+1,09		-
	50m: 39.73 39.73	150m: 2:12.68 46.98	250m: 3:49.61 48.68	350m: 5:26.63 48.52	400m: 6:12.51 45.88		
	100m: 1:25.70 45.97	200m: 3:00.93 48.25	300m: 4:38.11 48.50				
101.	CHELEU Ines Ferreira	09	Ba-Leiria	<b>6:13.17</b>	+1,04		-
	50m: 41.17 41.17	150m: 2:14.43 48.31	250m: 3:51.54 48.93	350m: 5:27.36 48.11	400m: 6:13.17 45.81		
	100m: 1:26.12 44.95	200m: 3:02.61 48.18	300m: 4:39.25 47.71				
102.	DANIEL Carolina Teixeira	09	Louletano / Loule Concelho	<b>6:14.82</b>	+0,79		-
	50m: 40.05 40.05	150m: 2:13.76 47.51	250m: 3:50.11 48.21	350m: 5:27.86 47.26	400m: 6:14.82 46.96		
	100m: 1:26.25 46.20	200m: 3:01.90 48.14	300m: 4:40.60 50.49				
103.	ALMEIDA Maria Ines	09	Natacao do Fundao	<b>6:19.47</b>	+0,89		-
	50m: 43.81 43.81	150m: 2:20.27 48.96	250m: 3:58.31 50.57	350m: 5:36.44 48.94	400m: 6:19.47 43.03		
	100m: 1:31.31 47.50	200m: 3:07.74 47.47	300m: 4:47.50 49.19				



Prova 1, Femin., 400m Livres, Infantis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Rudolph	Pts
104.	CAMPOS Catarina Silva	09	Laranjeiro	<b>6:19.75</b>	<b>+0,89</b>		-
	50m: 40.10 40.10	150m: 2:14.79 49.02	250m: 3:53.79 48.80	350m: 5:32.03 48.71			
	100m: 1:25.77 45.67	200m: 3:04.99 50.20	300m: 4:43.32 49.53	400m: 6:19.75 47.72			
105.	MESQUITA Maria Francisca	09	Natacao do Fundao	<b>6:26.59</b>	<b>+1,16</b>		-
	50m: 41.32 41.32	150m: 2:18.18 49.44	250m: 3:59.16 49.85	350m: 5:39.59 48.15			
	100m: 1:28.74 47.42	200m: 3:09.31 51.13	300m: 4:51.44 52.28	400m: 6:26.59 47.00			
106.	OLIVEIRA Maria Margarida	09	Ba-Leiria	<b>6:29.49</b>	<b>+0,79</b>		-
	50m: 43.44 43.44	150m: 2:21.38 49.57	250m: 4:02.10 50.80	350m: 5:42.30 49.48			
	100m: 1:31.81 48.37	200m: 3:11.30 49.92	300m: 4:52.82 50.72	400m: 6:29.49 47.19			
107.	RODRIGUES Daniela Pina	09	Geslourses	<b>6:34.50</b>	<b>+0,72</b>		-
	50m: 40.68 40.68	150m: 2:20.25 51.18	250m: 4:04.47 51.72	350m: 5:47.27 50.44			
	100m: 1:29.07 48.39	200m: 3:12.75 52.50	300m: 4:56.83 52.36	400m: 6:34.50 47.23			
108.	NOVAIS Mariana Silvestre	09	Portinado	<b>6:37.28</b>	<b>+0,76</b>		-
	50m: 41.93 41.93	150m: 2:21.92 51.03	250m: 4:05.66 52.02	350m: 5:49.77 51.79			
	100m: 1:30.89 48.96	200m: 3:13.64 51.72	300m: 4:57.98 52.32	400m: 6:37.28 47.51			
DSQ	CANCELA Raquel Alexandra 403 - Falsa partida - SW 4.4	09	Miranda do Corvo				-
DNS	COUTINHO Eva Alexandra	09	Peso da Regua				-