

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 17 Femin., 400m Livres Absolutos
29-05-2021 - 18:25 Resultados

RN50 Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN50 Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN50 Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN50 Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RN50 Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RN50 Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

TAC Sen19+ 50m: 4:37.41 - 25m: 4:29.70; Sen18 50m: 4:43.04 - 25m: 4:37.18; Jun17 50m: 4:44.46 - 25m: 4:38.56; Jun16 50m: 4:52.31 - 25m: 4:45.52; Juv A 50m: 5:03.30 - 25m: 4:57.35; Juv B 50m: 5:12.05 - 25m: 5:05.93

Pontos: FINA 2021

Lugar Nome Ano Clube Tempo Final TReac FINA PARA

Juvenis B

1.	FRANCO Catarina Andrade	07	Geslours	4:46.35	563
	50m: 31.80 31.80 150m: 1:45.30 37.49 250m: 2:59.56 36.64 350m: 4:12.85 35.92				
	100m: 1:07.81 36.01 200m: 2:22.92 37.62 300m: 3:36.93 37.37 400m: 4:46.35 33.50				
2.	RODRIGUES Leonor Carreiro	07	Benfica	4:55.59	511
	50m: 33.15 33.15 150m: 1:47.64 37.60 250m: 3:02.63 37.47 350m: 4:18.22 38.29				
	100m: 1:10.04 36.89 200m: 2:25.16 37.52 300m: 3:39.93 37.30 400m: 4:55.59 37.37				
3.	VIANA Matilde Violante	07	Ba-Leiria	5:02.44	477
	50m: 33.61 33.61 150m: 1:48.32 37.50 250m: 3:05.15 38.15 350m: 4:23.52 38.64				
	100m: 1:10.82 37.21 200m: 2:27.00 38.68 300m: 3:44.88 39.73 400m: 5:02.44 38.92				
4.	CAMARA Ines Cruz	07	Desportivo Nacional	5:05.07	465
	50m: 33.80 33.80 150m: 1:49.83 38.65 250m: 3:08.33 39.26 350m: 4:27.31 39.15				
	100m: 1:11.18 37.38 200m: 2:29.07 39.24 300m: 3:48.16 39.83 400m: 5:05.07 37.76				
5.	SIMAO Laura Roque	07	Nautico Marinha Grande	5:05.26	464
	50m: 32.98 32.98 150m: 1:47.63 38.60 250m: 3:06.53 39.90 350m: 4:26.88 40.44				
	100m: 1:09.03 36.05 200m: 2:26.63 39.00 300m: 3:46.44 39.91 400m: 5:05.26 38.38				
6.	MACEDO Laura Pinheiro	07	Albicastrense	5:05.87	462
	50m: 33.76 33.76 150m: 1:50.36 39.16 250m: 3:10.43 40.13 350m: 4:28.89 39.28				
	100m: 1:11.20 37.44 200m: 2:30.30 39.94 300m: 3:49.61 39.18 400m: 5:05.87 36.98				
7.	ALVES Sara Sofia	07	Naval Setubalense	5:06.77	457
	50m: 34.21 34.21 150m: 1:50.50 38.67 250m: 3:09.47 39.59 350m: 4:28.39 39.31				
	100m: 1:11.83 37.62 200m: 2:29.88 39.38 300m: 3:49.08 39.61 400m: 5:06.77 38.38				
8.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	5:07.06	456
	50m: 33.54 33.54 150m: 1:48.98 38.48 250m: 3:07.89 39.73 350m: 4:28.05 40.18				
	100m: 1:10.50 36.96 200m: 2:28.16 39.18 300m: 3:47.87 39.98 400m: 5:07.06 39.01				
9.	MIDOES Madalena Maria	07	20Km de Almeirim	5:09.52	445
	50m: 34.52 34.52 150m: 1:50.67 37.98 250m: 3:09.98 39.51 350m: 4:30.80 40.35				
	100m: 1:12.69 38.17 200m: 2:30.47 39.80 300m: 3:50.45 40.47 400m: 5:09.52 38.72				

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 17, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	SANTOS Rita Machita	07	Naval Setubalense	5:09.83		444	
	50m: 34.96 34.96 150m: 1:52.19 39.44 250m: 3:12.61 40.52 350m: 4:33.05 40.23						
	100m: 1:12.75 37.79 200m: 2:32.09 39.90 300m: 3:52.82 40.21 400m: 5:09.83 36.78						
11.	RODRIGUES Catarina Ferreira	07	Geslours	5:11.59		437	
	50m: 36.67 36.67 150m: 1:55.82 39.91 250m: 3:15.61 39.94 350m: 4:34.30 38.90						
	100m: 1:15.91 39.24 200m: 2:35.67 39.85 300m: 3:55.40 39.79 400m: 5:11.59 37.29						
12.	ESTEVES Maria Leonor	07	Nautico Marinha Grande	5:16.00		418	
	50m: 34.98 34.98 150m: 1:53.47 40.38 250m: 3:15.01 40.59 350m: 4:36.30 40.59						
	100m: 1:13.09 38.11 200m: 2:34.42 40.95 300m: 3:55.71 40.70 400m: 5:16.00 39.70						
13.	GONCALVES Valentina Jose	07	Desportivo Nacional	5:19.66		404	
	50m: 34.25 34.25 150m: 1:53.44 40.76 250m: 3:16.38 41.78 350m: 4:39.86 41.32						
	100m: 1:12.68 38.43 200m: 2:34.60 41.16 300m: 3:58.54 42.16 400m: 5:19.66 39.80						
DSQ	MALFEITO Maria Francisca	07	Natacao de Lisboa				
	403 - Falsa partida - SW 4.4						

Juvenis A

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:38.67		610	
	50m: 31.80 31.80 150m: 1:42.67 35.52 250m: 2:54.01 35.59 350m: 4:04.87 34.99						
	100m: 1:07.15 35.35 200m: 2:18.42 35.75 300m: 3:29.88 35.87 400m: 4:38.67 33.80						
2.	COELHO Maria Leonor	06	Benfica	4:40.20		600	
	50m: 31.64 31.64 150m: 1:43.53 36.50 250m: 2:56.10 36.54 350m: 4:06.19 35.26						
	100m: 1:07.03 35.39 200m: 2:19.56 36.03 300m: 3:30.93 34.83 400m: 4:40.20 34.01						
3.	DINIS Filipa Paiva	06	Ba-Leiria	4:42.13		588	
	50m: 31.73 31.73 150m: 1:42.09 35.62 250m: 2:54.10 36.18 350m: 4:06.82 36.13						
	100m: 1:06.47 34.74 200m: 2:17.92 35.83 300m: 3:30.69 36.59 400m: 4:42.13 35.31						
4.	VALENTE Maria Esteves	06	Benfica	4:46.19		564	
	50m: 33.57 33.57 150m: 1:45.96 36.85 250m: 2:59.23 36.67 350m: 4:11.51 36.17						
	100m: 1:09.11 35.54 200m: 2:22.56 36.60 300m: 3:35.34 36.11 400m: 4:46.19 34.68						
5.	ANTUNES Rebeca Leonor	06	Alges	4:50.54		539	
	50m: 32.46 32.46 150m: 1:43.93 36.25 250m: 2:58.84 37.49 350m: 4:14.37 37.81						
	100m: 1:07.68 35.22 200m: 2:21.35 37.42 300m: 3:36.56 37.72 400m: 4:50.54 36.17						
6.	COSTA Maria Jardim	06	Desportivo Nacional	4:52.16		530	
	50m: 32.15 32.15 150m: 1:44.76 36.77 250m: 2:59.08 36.95 350m: 4:15.05 37.74						
	100m: 1:07.99 35.84 200m: 2:22.13 37.37 300m: 3:37.31 38.23 400m: 4:52.16 37.11						
7.	PARREIRA Carolina	06	Sporting	4:52.76		526	
	50m: 33.12 33.12 150m: 1:46.66 37.40 250m: 3:01.98 37.89 350m: 4:17.57 37.88						
	100m: 1:09.26 36.14 200m: 2:24.09 37.43 300m: 3:39.69 37.71 400m: 4:52.76 35.19						

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 17, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	4:53.62		522	
	50m: 33.79 33.79	150m: 1:47.74	37.63	250m: 3:02.95	37.47	350m: 4:17.30	36.99
	100m: 1:10.11 36.32	200m: 2:25.48	37.74	300m: 3:40.31	37.36	400m: 4:53.62	36.32
9.	TEIXEIRA Ines Correia	06	Amadora	4:56.29		508	
	50m: 33.21 33.21	150m: 1:46.80	37.66	250m: 3:03.45	37.91	350m: 4:20.02	38.56
	100m: 1:09.14 35.93	200m: 2:25.54	38.74	300m: 3:41.46	38.01	400m: 4:56.29	36.27
10.	MENDES Erica Candeias	06	Geslours	4:58.01		499	
	50m: 33.57 33.57	150m: 1:48.61	37.77	250m: 3:03.50	37.66	350m: 4:20.10	38.49
	100m: 1:10.84 37.27	200m: 2:25.84	37.23	300m: 3:41.61	38.11	400m: 4:58.01	37.91
11.	BERNARDINO Dalila Leal	06	Nucleo de Pombal	4:58.46		497	
	50m: 33.32 33.32	150m: 1:47.88	37.81	250m: 3:04.25	38.62	350m: 4:21.83	38.91
	100m: 1:10.07 36.75	200m: 2:25.63	37.75	300m: 3:42.92	38.67	400m: 4:58.46	36.63
12.	ROMAO Ana Teresa	06	Louletano / Loule Concelho	4:58.73		495	
	50m: 33.07 33.07	150m: 1:49.09	38.64	250m: 3:05.45	38.20	350m: 4:22.37	38.37
	100m: 1:10.45 37.38	200m: 2:27.25	38.16	300m: 3:44.00	38.55	400m: 4:58.73	36.36
13.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	4:59.32		493	
	50m: 31.93 31.93	150m: 1:46.11	37.51	250m: 3:03.10	38.67	350m: 4:21.83	39.47
	100m: 1:08.60 36.67	200m: 2:24.43	38.32	300m: 3:42.36	39.26	400m: 4:59.32	37.49
14.	NEVES Diana Patricia	06	Naval da Horta	5:02.04		479	
	50m: 34.32 34.32	150m: 1:50.23	38.59	250m: 3:07.48	38.54	350m: 4:25.41	38.77
	100m: 1:11.64 37.32	200m: 2:28.94	38.71	300m: 3:46.64	39.16	400m: 5:02.04	36.63
15.	TRINDADE Constanca Arinto	06	Alcobaca	5:02.13		479	
	50m: 34.75 34.75	150m: 1:49.89	37.75	250m: 3:06.58	38.44	350m: 4:24.14	38.86
	100m: 1:12.14 37.39	200m: 2:28.14	38.25	300m: 3:45.28	38.70	400m: 5:02.13	37.99
16.	MARQUES Margarida Barbara	06	Alges	5:04.52		468	
	50m: 33.39 33.39	150m: 1:47.55	37.77	250m: 3:05.39	39.66	350m: 4:25.96	40.44
	100m: 1:09.78 36.39	200m: 2:25.73	38.18	300m: 3:45.52	40.13	400m: 5:04.52	38.56
17.	SERRA Rita Joao	06	Vikings	5:06.78		457	
	50m: 33.43 33.43	150m: 1:49.51	38.52	250m: 3:08.22	39.06	350m: 4:28.45	39.64
	100m: 1:10.99 37.56	200m: 2:29.16	39.65	300m: 3:48.81	40.59	400m: 5:06.78	38.33
18.	DIAS Madalena Graca	06	Natacao de Lisboa	5:09.57		445	
	50m: 34.32 34.32	150m: 1:52.57	39.52	250m: 3:12.72	40.21	350m: 4:32.12	39.47
	100m: 1:13.05 38.73	200m: 2:32.51	39.94	300m: 3:52.65	39.93	400m: 5:09.57	37.45
19.	FERRO Maria Leonor	06	Naval do Funchal	5:09.71		445	
	50m: 34.66 34.66	150m: 1:51.22	38.70	250m: 3:10.44	40.17	350m: 4:30.89	40.86
	100m: 1:12.52 37.86	200m: 2:30.27	39.05	300m: 3:50.03	39.59	400m: 5:09.71	38.82
20.	NIZA Beatriz Mocego	06	Amadora	5:15.05		422	
	50m: 34.31 34.31	150m: 1:52.16	39.94	250m: 3:13.47	40.70	350m: 4:35.45	40.64
	100m: 1:12.22 37.91	200m: 2:32.77	40.61	300m: 3:54.81	41.34	400m: 5:15.05	39.60

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Prova 17, Femin., 400m Livres

Juniores

1. PIRES Marta Joao	05	Alges	4:29.29	677
50m: 31.40 31.40	150m: 1:40.37	34.56 250m: 2:48.93	33.77 350m: 3:56.36	33.23
100m: 1:05.81 34.41	200m: 2:15.16	34.79 300m: 3:23.13	34.20 400m: 4:29.29	32.93
2. ALVES Joana Silva	05	Benedita	4:37.31	619
50m: 31.45 31.45	150m: 1:40.64	34.73 250m: 2:51.14	35.40 350m: 4:02.65	35.92
100m: 1:05.91 34.46	200m: 2:15.74	35.10 300m: 3:26.73	35.59 400m: 4:37.31	34.66
3. AMADO Maria Lopes	04	Nautico Marinha Grande	4:38.68	610
50m: 31.23 31.23	150m: 1:40.36	35.36 250m: 2:50.88	35.39 350m: 4:03.04	36.40
100m: 1:05.00 33.77	200m: 2:15.49	35.13 300m: 3:26.64	35.76 400m: 4:38.68	35.64
4. CANINHAS Maria Pinto	05	Natacao do Fundao	4:46.08	564
50m: 31.77 31.77	150m: 1:44.16	36.60 250m: 2:57.85	37.26 350m: 4:11.85	36.83
100m: 1:07.56 35.79	200m: 2:20.59	36.43 300m: 3:35.02	37.17 400m: 4:46.08	34.23
5. FERNANDES Maria Teresa	05	Alges	4:46.56	561
50m: 32.65 32.65	150m: 1:45.51	36.93 250m: 2:58.34	35.99 350m: 4:12.03	36.82
100m: 1:08.58 35.93	200m: 2:22.35	36.84 300m: 3:35.21	36.87 400m: 4:46.56	34.53
6. RINO Maria Pedro	05	Naval Praia da Vitoria	4:48.37	551
50m: 33.44 33.44	150m: 1:45.90	36.45 250m: 2:58.43	36.38 350m: 4:11.77	36.90
100m: 1:09.45 36.01	200m: 2:22.05	36.15 300m: 3:34.87	36.44 400m: 4:48.37	36.60
7. GOMES Carolina Fonseca	05	Sporting	4:51.16	535
50m: 33.32 33.32	150m: 1:46.92	37.26 250m: 3:01.15	37.20 350m: 4:15.44	37.37
100m: 1:09.66 36.34	200m: 2:23.95	37.03 300m: 3:38.07	36.92 400m: 4:51.16	35.72
8. FERREIRA Joana Rocha	05	Benfica	4:52.02	530
50m: 32.83 32.83	150m: 1:46.06	36.91 250m: 2:59.55	36.42 350m: 4:14.45	37.70
100m: 1:09.15 36.32	200m: 2:23.13	37.07 300m: 3:36.75	37.20 400m: 4:52.02	37.57
9. COSTA Mafalda Santos	05	Colegio Monte Maior	4:53.65	522
50m: 32.56 32.56	150m: 1:44.64	36.68 250m: 3:00.00	37.96 350m: 4:16.20	38.16
100m: 1:07.96 35.40	200m: 2:22.04	37.40 300m: 3:38.04	38.04 400m: 4:53.65	37.45
10. CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:56.82	505
50m: 32.45 32.45	150m: 1:46.57	37.83 250m: 3:02.74	38.22 350m: 4:19.30	38.12
100m: 1:08.74 36.29	200m: 2:24.52	37.95 300m: 3:41.18	38.44 400m: 4:56.82	37.52
11. SANTOS Mariana Marques	05	Geslours	5:02.99	475
50m: 33.86 33.86	150m: 1:47.82	37.70 250m: 3:05.21	39.17 350m: 4:24.39	39.46
100m: 1:10.12 36.26	200m: 2:26.04	38.22 300m: 3:44.93	39.72 400m: 5:02.99	38.60
12. ARAUJO Maria Clara	05	Naval do Funchal	5:06.34	459
50m: 33.24 33.24	150m: 1:48.34	38.44 250m: 3:08.28	40.00 350m: 4:28.20	40.13
100m: 1:09.90 36.66	200m: 2:28.28	39.94 300m: 3:48.07	39.79 400m: 5:06.34	38.14

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 17, Femin., 400m Livres

Absolutos

1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:23.54	722
	50m: 30.61 30.61	150m: 1:36.53 32.94	250m: 2:43.65 33.69	350m: 3:51.20 33.91	
	100m: 1:03.59 32.98	200m: 2:09.96 33.43	300m: 3:17.29 33.64	400m: 4:23.54 32.34	
2.	ANDRE Leticia Maia	02	Benfica	4:23.97	718
	50m: 30.43 30.43	150m: 1:37.39 33.59	250m: 2:44.28 33.37	350m: 3:52.31 33.73	
	100m: 1:03.80 33.37	200m: 2:10.91 33.52	300m: 3:18.58 34.30	400m: 4:23.97 31.66	
3.	PIRES Marta Joao	05	Alges	4:29.29	677
	50m: 31.40 31.40	150m: 1:40.37 34.56	250m: 2:48.93 33.77	350m: 3:56.36 33.23	
	100m: 1:05.81 34.41	200m: 2:15.16 34.79	300m: 3:23.13 34.20	400m: 4:29.29 32.93	
4.	ALVES Joana Silva	05	Benedita	4:37.31	619
	50m: 31.45 31.45	150m: 1:40.64 34.73	250m: 2:51.14 35.40	350m: 4:02.65 35.92	
	100m: 1:05.91 34.46	200m: 2:15.74 35.10	300m: 3:26.73 35.59	400m: 4:37.31 34.66	
5.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:38.67	610
	50m: 31.80 31.80	150m: 1:42.67 35.52	250m: 2:54.01 35.59	350m: 4:04.87 34.99	
	100m: 1:07.15 35.35	200m: 2:18.42 35.75	300m: 3:29.88 35.87	400m: 4:38.67 33.80	
6.	AMADO Maria Lopes	04	Nautico Marinha Grande	4:38.68	610
	50m: 31.23 31.23	150m: 1:40.36 35.36	250m: 2:50.88 35.39	350m: 4:03.04 36.40	
	100m: 1:05.00 33.77	200m: 2:15.49 35.13	300m: 3:26.64 35.76	400m: 4:38.68 35.64	
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:39.80	603
	50m: 33.16 33.16	150m: 1:43.82 35.55	250m: 2:54.78 35.65	350m: 4:05.46 35.47	
	100m: 1:08.27 35.11	200m: 2:19.13 35.31	300m: 3:29.99 35.21	400m: 4:39.80 34.34	
8.	COELHO Maria Leonor	06	Benfica	4:40.20	600
	50m: 31.64 31.64	150m: 1:43.53 36.50	250m: 2:56.10 36.54	350m: 4:06.19 35.26	
	100m: 1:07.03 35.39	200m: 2:19.56 36.03	300m: 3:30.93 34.83	400m: 4:40.20 34.01	
9.	DINIS Filipa Paiva	06	Ba-Leiria	4:42.13	588
	50m: 31.73 31.73	150m: 1:42.09 35.62	250m: 2:54.10 36.18	350m: 4:06.82 36.13	
	100m: 1:06.47 34.74	200m: 2:17.92 35.83	300m: 3:30.69 36.59	400m: 4:42.13 35.31	
10.	CANINHAS Maria Pinto	05	Natacao do Fundao	4:46.08	564
	50m: 31.77 31.77	150m: 1:44.16 36.60	250m: 2:57.85 37.26	350m: 4:11.85 36.83	
	100m: 1:07.56 35.79	200m: 2:20.59 36.43	300m: 3:35.02 37.17	400m: 4:46.08 34.23	
11.	VALENTE Maria Esteves	06	Benfica	4:46.19	564
	50m: 33.57 33.57	150m: 1:45.96 36.85	250m: 2:59.23 36.67	350m: 4:11.51 36.17	
	100m: 1:09.11 35.54	200m: 2:22.56 36.60	300m: 3:35.34 36.11	400m: 4:46.19 34.68	
12.	FRANCO Catarina Andrade	07	Geslours	4:46.35	563
	50m: 31.80 31.80	150m: 1:45.30 37.49	250m: 2:59.56 36.64	350m: 4:12.85 35.92	
	100m: 1:07.81 36.01	200m: 2:22.92 37.62	300m: 3:36.93 37.37	400m: 4:46.35 33.50	
13.	FERNANDES Maria Teresa	05	Alges	4:46.56	561
	50m: 32.65 32.65	150m: 1:45.51 36.93	250m: 2:58.34 35.99	350m: 4:12.03 36.82	
	100m: 1:08.58 35.93	200m: 2:22.35 36.84	300m: 3:35.21 36.87	400m: 4:46.56 34.53	

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Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	RINO Maria Pedro	05	Naval Praia da Vitoria	4:48.37		551	
	50m: 33.44 33.44	150m: 1:45.90	36.45	250m: 2:58.43	36.38	350m: 4:11.77	36.90
	100m: 1:09.45 36.01	200m: 2:22.05	36.15	300m: 3:34.87	36.44	400m: 4:48.37	36.60
15.	ANTUNES Rebeca Leonor	06	Alges	4:50.54		539	
	50m: 32.46 32.46	150m: 1:43.93	36.25	250m: 2:58.84	37.49	350m: 4:14.37	37.81
	100m: 1:07.68 35.22	200m: 2:21.35	37.42	300m: 3:36.56	37.72	400m: 4:50.54	36.17
16.	GOMES Carolina Fonseca	05	Sporting	4:51.16		535	
	50m: 33.32 33.32	150m: 1:46.92	37.26	250m: 3:01.15	37.20	350m: 4:15.44	37.37
	100m: 1:09.66 36.34	200m: 2:23.95	37.03	300m: 3:38.07	36.92	400m: 4:51.16	35.72
17.	FERREIRA Joana Rocha	05	Benfica	4:52.02		530	
	50m: 32.83 32.83	150m: 1:46.06	36.91	250m: 2:59.55	36.42	350m: 4:14.45	37.70
	100m: 1:09.15 36.32	200m: 2:23.13	37.07	300m: 3:36.75	37.20	400m: 4:52.02	37.57
18.	COSTA Maria Jardim	06	Desportivo Nacional	4:52.16		530	
	50m: 32.15 32.15	150m: 1:44.76	36.77	250m: 2:59.08	36.95	350m: 4:15.05	37.74
	100m: 1:07.99 35.84	200m: 2:22.13	37.37	300m: 3:37.31	38.23	400m: 4:52.16	37.11
19.	PARREIRA Carolina	06	Sporting	4:52.76		526	
	50m: 33.12 33.12	150m: 1:46.66	37.40	250m: 3:01.98	37.89	350m: 4:17.57	37.88
	100m: 1:09.26 36.14	200m: 2:24.09	37.43	300m: 3:39.69	37.71	400m: 4:52.76	35.19
20.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	4:53.62		522	
	50m: 33.79 33.79	150m: 1:47.74	37.63	250m: 3:02.95	37.47	350m: 4:17.30	36.99
	100m: 1:10.11 36.32	200m: 2:25.48	37.74	300m: 3:40.31	37.36	400m: 4:53.62	36.32
21.	COSTA Mafalda Santos	05	Colegio Monte Maior	4:53.65		522	
	50m: 32.56 32.56	150m: 1:44.64	36.68	250m: 3:00.00	37.96	350m: 4:16.20	38.16
	100m: 1:07.96 35.40	200m: 2:22.04	37.40	300m: 3:38.04	38.04	400m: 4:53.65	37.45
22.	RODRIGUES Leonor Carreiro	07	Benfica	4:55.59		511	
	50m: 33.15 33.15	150m: 1:47.64	37.60	250m: 3:02.63	37.47	350m: 4:18.22	38.29
	100m: 1:10.04 36.89	200m: 2:25.16	37.52	300m: 3:39.93	37.30	400m: 4:55.59	37.37
23.	TEIXEIRA Ines Correia	06	Amadora	4:56.29		508	
	50m: 33.21 33.21	150m: 1:46.80	37.66	250m: 3:03.45	37.91	350m: 4:20.02	38.56
	100m: 1:09.14 35.93	200m: 2:25.54	38.74	300m: 3:41.46	38.01	400m: 4:56.29	36.27
24.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	4:56.82		505	
	50m: 32.45 32.45	150m: 1:46.57	37.83	250m: 3:02.74	38.22	350m: 4:19.30	38.12
	100m: 1:08.74 36.29	200m: 2:24.52	37.95	300m: 3:41.18	38.44	400m: 4:56.82	37.52
25.	MENDES Erica Candeias	06	Geslours	4:58.01		499	
	50m: 33.57 33.57	150m: 1:48.61	37.77	250m: 3:03.50	37.66	350m: 4:20.10	38.49
	100m: 1:10.84 37.27	200m: 2:25.84	37.23	300m: 3:41.61	38.11	400m: 4:58.01	37.91
26.	BERNARDINO Dalila Leal	06	Nucleo de Pombal	4:58.46		497	
	50m: 33.32 33.32	150m: 1:47.88	37.81	250m: 3:04.25	38.62	350m: 4:21.83	38.91
	100m: 1:10.07 36.75	200m: 2:25.63	37.75	300m: 3:42.92	38.67	400m: 4:58.46	36.63

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
27.	ROMAO Ana Teresa	06	Louletano / Loule Concelho	4:58.73		495	
	50m: 33.07 33.07	150m: 1:49.09	38.64 250m: 3:05.45	38.20 350m: 4:22.37	38.37		
	100m: 1:10.45 37.38	200m: 2:27.25	38.16 300m: 3:44.00	38.55 400m: 4:58.73	36.36		
28.	FLORINDO Helena Neto	06	Electrico Clube/ FGil.pt	4:59.32		493	
	50m: 31.93 31.93	150m: 1:46.11	37.51 250m: 3:03.10	38.67 350m: 4:21.83	39.47		
	100m: 1:08.60 36.67	200m: 2:24.43	38.32 300m: 3:42.36	39.26 400m: 4:59.32	37.49		
29.	NEVES Diana Patricia	06	Naval da Horta	5:02.04		479	
	50m: 34.32 34.32	150m: 1:50.23	38.59 250m: 3:07.48	38.54 350m: 4:25.41	38.77		
	100m: 1:11.64 37.32	200m: 2:28.94	38.71 300m: 3:46.64	39.16 400m: 5:02.04	36.63		
30.	TRINDADE Constanca Arinto	06	Alcobaca	5:02.13		479	
	50m: 34.75 34.75	150m: 1:49.89	37.75 250m: 3:06.58	38.44 350m: 4:24.14	38.86		
	100m: 1:12.14 37.39	200m: 2:28.14	38.25 300m: 3:45.28	38.70 400m: 5:02.13	37.99		
31.	VIANA Matilde Violante	07	Ba-Leiria	5:02.44		477	
	50m: 33.61 33.61	150m: 1:48.32	37.50 250m: 3:05.15	38.15 350m: 4:23.52	38.64		
	100m: 1:10.82 37.21	200m: 2:27.00	38.68 300m: 3:44.88	39.73 400m: 5:02.44	38.92		
32.	SANTOS Mariana Marques	05	Geslours	5:02.99		475	
	50m: 33.86 33.86	150m: 1:47.82	37.70 250m: 3:05.21	39.17 350m: 4:24.39	39.46		
	100m: 1:10.12 36.26	200m: 2:26.04	38.22 300m: 3:44.93	39.72 400m: 5:02.99	38.60		
33.	MARQUES Margarida Barbara	06	Alges	5:04.52		468	
	50m: 33.39 33.39	150m: 1:47.55	37.77 250m: 3:05.39	39.66 350m: 4:25.96	40.44		
	100m: 1:09.78 36.39	200m: 2:25.73	38.18 300m: 3:45.52	40.13 400m: 5:04.52	38.56		
34.	CAMARA Ines Cruz	07	Desportivo Nacional	5:05.07		465	
	50m: 33.80 33.80	150m: 1:49.83	38.65 250m: 3:08.33	39.26 350m: 4:27.31	39.15		
	100m: 1:11.18 37.38	200m: 2:29.07	39.24 300m: 3:48.16	39.83 400m: 5:05.07	37.76		
35.	SIMAO Laura Roque	07	Nautico Marinha Grande	5:05.26		464	
	50m: 32.98 32.98	150m: 1:47.63	38.60 250m: 3:06.53	39.90 350m: 4:26.88	40.44		
	100m: 1:09.03 36.05	200m: 2:26.63	39.00 300m: 3:46.44	39.91 400m: 5:05.26	38.38		
36.	MACEDO Laura Pinheiro	07	Albicastrense	5:05.87		462	
	50m: 33.76 33.76	150m: 1:50.36	39.16 250m: 3:10.43	40.13 350m: 4:28.89	39.28		
	100m: 1:11.20 37.44	200m: 2:30.30	39.94 300m: 3:49.61	39.18 400m: 5:05.87	36.98		
37.	ARAUJO Maria Clara	05	Naval do Funchal	5:06.34		459	
	50m: 33.24 33.24	150m: 1:48.34	38.44 250m: 3:08.28	40.00 350m: 4:28.20	40.13		
	100m: 1:09.90 36.66	200m: 2:28.28	39.94 300m: 3:48.07	39.79 400m: 5:06.34	38.14		
38.	ALVES Sara Sofia	07	Naval Setubalense	5:06.77		457	
	50m: 34.21 34.21	150m: 1:50.50	38.67 250m: 3:09.47	39.59 350m: 4:28.39	39.31		
	100m: 1:11.83 37.62	200m: 2:29.88	39.38 300m: 3:49.08	39.61 400m: 5:06.77	38.38		
39.	SERRA Rita Joao	06	Vikings	5:06.78		457	
	50m: 33.43 33.43	150m: 1:49.51	38.52 250m: 3:08.22	39.06 350m: 4:28.45	39.64		
	100m: 1:10.99 37.56	200m: 2:29.16	39.65 300m: 3:48.81	40.59 400m: 5:06.78	38.33		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
40.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	5:07.06		456	
	50m: 33.54 34.54	150m: 1:48.98	38.48	250m: 3:07.89	39.73	350m: 4:28.05	40.18
	100m: 1:10.50 36.96	200m: 2:28.16	39.18	300m: 3:47.87	39.98	400m: 5:07.06	39.01
41.	MIDOES Madalena Maria	07	20Km de Almeirim	5:09.52		445	
	50m: 34.52 34.52	150m: 1:50.67	37.98	250m: 3:09.98	39.51	350m: 4:30.80	40.35
	100m: 1:12.69 38.17	200m: 2:30.47	39.80	300m: 3:50.45	40.47	400m: 5:09.52	38.72
42.	DIAS Madalena Graca	06	Natacao de Lisboa	5:09.57		445	
	50m: 34.32 34.32	150m: 1:52.57	39.52	250m: 3:12.72	40.21	350m: 4:32.12	39.47
	100m: 1:13.05 38.73	200m: 2:32.51	39.94	300m: 3:52.65	39.93	400m: 5:09.57	37.45
43.	FERRO Maria Leonor	06	Naval do Funchal	5:09.71		445	
	50m: 34.66 34.66	150m: 1:51.22	38.70	250m: 3:10.44	40.17	350m: 4:30.89	40.86
	100m: 1:12.52 37.86	200m: 2:30.27	39.05	300m: 3:50.03	39.59	400m: 5:09.71	38.82
44.	SANTOS Rita Machita	07	Naval Setubalense	5:09.83		444	
	50m: 34.96 34.96	150m: 1:52.19	39.44	250m: 3:12.61	40.52	350m: 4:33.05	40.23
	100m: 1:12.75 37.79	200m: 2:32.09	39.90	300m: 3:52.82	40.21	400m: 5:09.83	36.78
45.	RODRIGUES Catarina Ferreira	07	Geslours	5:11.59		437	
	50m: 36.67 36.67	150m: 1:55.82	39.91	250m: 3:15.61	39.94	350m: 4:34.30	38.90
	100m: 1:15.91 39.24	200m: 2:35.67	39.85	300m: 3:55.40	39.79	400m: 5:11.59	37.29
46.	NIZA Beatriz Mocego	06	Amadora	5:15.05		422	
	50m: 34.31 34.31	150m: 1:52.16	39.94	250m: 3:13.47	40.70	350m: 4:35.45	40.64
	100m: 1:12.22 37.91	200m: 2:32.77	40.61	300m: 3:54.81	41.34	400m: 5:15.05	39.60
47.	ESTEVES Maria Leonor	07	Nautico Marinha Grande	5:16.00		418	
	50m: 34.98 34.98	150m: 1:53.47	40.38	250m: 3:15.01	40.59	350m: 4:36.30	40.59
	100m: 1:13.09 38.11	200m: 2:34.42	40.95	300m: 3:55.71	40.70	400m: 5:16.00	39.70
48.	GONCALVES Valentina Jose	07	Desportivo Nacional	5:19.66		404	
	50m: 34.25 34.25	150m: 1:53.44	40.76	250m: 3:16.38	41.78	350m: 4:39.86	41.32
	100m: 1:12.68 38.43	200m: 2:34.60	41.16	300m: 3:58.54	42.16	400m: 5:19.66	39.80
DSQ	MALFEITO Maria Francisca	07	Natacao de Lisboa				
	403 - Falsa partida - SW 4.4						

Seniores

1.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:23.54		722	
	50m: 30.61 30.61	150m: 1:36.53	32.94	250m: 2:43.65	33.69	350m: 3:51.20	33.91
	100m: 1:03.59 32.98	200m: 2:09.96	33.43	300m: 3:17.29	33.64	400m: 4:23.54	32.34
2.	ANDRE Leticia Maia	02	Benfica	4:23.97		718	
	50m: 30.43 30.43	150m: 1:37.39	33.59	250m: 2:44.28	33.37	350m: 3:52.31	33.73
	100m: 1:03.80 33.37	200m: 2:10.91	33.52	300m: 3:18.58	34.30	400m: 4:23.97	31.66

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:39.80		603	
	50m: 33.16 33.16	150m: 1:43.82 35.55	250m: 2:54.78 35.65	350m: 4:05.46 35.47			
	100m: 1:08.27 35.11	200m: 2:19.13 35.31	300m: 3:29.99 35.21	400m: 4:39.80 34.34			