

Prova 1 Femin., 400m Livres Infantis  
22/07/2022 - 15:30 Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27/07/1979

TAC Inf B 50m: 5:58.47 - 25m: 5:55.32; Inf A 50m: 5:36.82 - 25m: 5:33.89

Pontos: Rudolph Table 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
1.	GONCALVES Leonor Queiroz	09	Braga	<b>4:53.57</b>	+0,83	11,1	-
	50m: 33.61 33.61	150m: 1:48.29	38.00	250m: 3:02.76	37.27	350m: 4:17.16	37.20
	100m: 1:10.29 36.68	200m: 2:25.49	37.20	300m: 3:39.96	37.20	400m: 4:53.57	36.41
2.	PROTOLYUK Anastacia	09	Columbofila Cantanhedense	<b>4:56.70</b>	+0,83	10,3	-
	50m: 34.17 34.17	150m: 1:48.28	37.46	250m: 3:03.57	37.64	350m: 4:20.37	38.46
	100m: 1:10.82 36.65	200m: 2:25.93	37.65	300m: 3:41.91	38.34	400m: 4:56.70	36.33
3.	GALANTE Filipa Carvalho	09	Vilacondense	<b>4:58.70</b>	+0,70	9,8	-
	50m: 34.09 34.09	150m: 1:48.43	37.06	250m: 3:05.23	38.41	350m: 4:22.38	37.99
	100m: 1:11.37 37.28	200m: 2:26.82	38.39	300m: 3:44.39	39.16	400m: 4:58.70	36.32
4.	MAIA Lara Catarina	09	Estarreja	<b>4:59.04</b>	+0,75	9,7	-
	50m: 33.09 33.09	150m: 1:48.96	38.52	250m: 3:06.59	38.60	350m: 4:23.39	38.17
	100m: 1:10.44 37.35	200m: 2:27.99	39.03	300m: 3:45.22	38.63	400m: 4:59.04	35.65
5.	MOREIRA Madalena Valente	09	Colegio Efanor	<b>4:59.63</b>	+0,91	9,6	-
	50m: 33.54 33.54	150m: 1:48.61	37.85	250m: 3:06.17	38.91	350m: 4:23.82	38.59
	100m: 1:10.76 37.22	200m: 2:27.26	38.65	300m: 3:45.23	39.06	400m: 4:59.63	35.81
6.	MATIAS Alana Costa	09	Academica de Coimbra	<b>5:02.26</b>	+0,80	8,9	-
	50m: 34.19 34.19	150m: 1:50.44	38.45	250m: 3:08.46	38.92	350m: 4:25.98	37.86
	100m: 1:11.99 37.80	200m: 2:29.54	39.10	300m: 3:48.12	39.66	400m: 5:02.26	36.28
7.	CARDOSO Raquel Campos	09	Bombeiros de Ponta Delgada	<b>5:02.27</b>	+0,77	8,9	-
	50m: 34.93 34.93	150m: 1:52.54	38.62	250m: 3:09.26	38.29	350m: 4:26.05	38.14
	100m: 1:13.92 38.99	200m: 2:30.97	38.43	300m: 3:47.91	38.65	400m: 5:02.27	36.22
8.	AMBRUS Beatriz Alves	09	Porto	<b>5:02.84</b>	+0,88	8,8	-
	50m: 35.29 35.29	150m: 1:51.74	38.83	250m: 3:09.50	39.08	350m: 4:26.72	38.59
	100m: 1:12.91 37.62	200m: 2:30.42	38.68	300m: 3:48.13	38.63	400m: 5:02.84	36.12
9.	BAPTISTA Carolina Sofia	09	Estarreja	<b>5:03.79</b>	+0,88	8,5	-
	50m: 33.66 33.66	150m: 1:49.86	38.65	250m: 3:08.09	39.14	400m: 5:03.79	1:16.48
	100m: 1:11.21 37.55	200m: 2:28.95	39.09	300m: 3:47.31	39.22		
10.	RODRIGUES Teresa Isabel	09	Foca Quinta da Lixa CNF	<b>5:03.86</b>	+0,93	8,5	-
	50m: 34.71 34.71	150m: 1:50.77	38.21	250m: 3:08.38	38.67	350m: 4:26.61	38.89
	100m: 1:12.56 37.85	200m: 2:29.71	38.94	300m: 3:47.72	39.34	400m: 5:03.86	37.25
11.	COSTA Laura Brites	09	Rio Maior	<b>5:04.27</b>	+0,66	8,4	-
	50m: 34.85 34.85	150m: 1:51.97	38.82	250m: 3:09.45	38.08	350m: 4:27.06	38.75
	100m: 1:13.15 38.30	200m: 2:31.37	39.40	300m: 3:48.31	38.86	400m: 5:04.27	37.21

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
12.	ANTUNES Ana Moreira	09	Famalicao	<b>5:04.53</b>	+0,93	8,4	-
	50m: 34.60 34.60	150m: 1:52.12	39.53	250m: 3:10.03	39.17	350m: 4:28.77	39.25
	100m: 1:12.59 37.99	200m: 2:30.86	38.74	300m: 3:49.52	39.49	400m: 5:04.53	35.76
13.	CRAVEIRO Luana Ferreira	09	Nautico Marinha Grande	<b>5:05.32</b>	+0,82	8,2	-
	50m: 34.15 34.15	150m: 1:51.46	39.25	250m: 3:09.28	38.90	350m: 4:27.96	38.37
	100m: 1:12.21 38.06	200m: 2:30.38	38.92	300m: 3:49.59	40.31	400m: 5:05.32	37.36
14.	CLARA Beatriz Belo	09	Ba-Leiria	<b>5:06.00</b>	+0,85	8,0	-
	50m: 34.78 34.78	150m: 1:53.14	39.48	250m: 3:11.60	39.17	350m: 4:30.13	38.84
	100m: 1:13.66 38.88	200m: 2:32.43	39.29	300m: 3:51.29	39.69	400m: 5:06.00	35.87
15.	SANTOS Joana Almeida	09	Estarreja	<b>5:06.38</b>	+0,82	7,9	-
	50m: 34.09 34.09	150m: 1:50.77	38.95	250m: 3:10.24	39.36	350m: 4:29.63	39.46
	100m: 1:11.82 37.73	200m: 2:30.88	40.11	300m: 3:50.17	39.93	400m: 5:06.38	36.75
16.	PINTO Maria Carvalho	09	Viana Natacao	<b>5:06.45</b>	+0,87	7,9	-
	50m: 34.47 34.47	150m: 1:51.41	38.72	250m: 3:10.20	39.32	350m: 4:29.27	39.71
	100m: 1:12.69 38.22	200m: 2:30.88	39.47	300m: 3:49.56	39.36	400m: 5:06.45	37.18
17.	TOMAS Constanca Baptista	09	Alcobaca	<b>5:06.49</b>	+0,81	7,9	-
	50m: 33.57 33.57	150m: 1:50.52	38.97	250m: 3:09.15	39.42	350m: 4:28.36	38.87
	100m: 1:11.55 37.98	200m: 2:29.73	39.21	300m: 3:49.49	40.34	400m: 5:06.49	38.13
18.	PEREIRA Beatriz Maciel	09	Desportiva de Viana	<b>5:06.71</b>	+0,80	7,8	-
	50m: 34.72 34.72	150m: 1:50.55	38.33	250m: 3:08.39	39.03	350m: 4:27.56	39.48
	100m: 1:12.22 37.50	200m: 2:29.36	38.81	300m: 3:48.08	39.69	400m: 5:06.71	39.15
19.	CAVALEIRO Leonor Mercês	09	Columbifila Cantanhedense	<b>5:08.71</b>	+0,90	7,3	-
	50m: 34.75 34.75	150m: 1:51.93	38.58	250m: 3:10.55	39.46	350m: 4:30.24	39.55
	100m: 1:13.35 38.60	200m: 2:31.09	39.16	300m: 3:50.69	40.14	400m: 5:08.71	38.47
20.	COSTA Uxia Romero	09	Fluvial Portuense	<b>5:09.14</b>	+0,78	7,2	-
	50m: 33.80 33.80	150m: 1:51.71	38.97	250m: 3:11.14	39.58	350m: 4:30.68	39.30
	100m: 1:12.74 38.94	200m: 2:31.56	39.85	300m: 3:51.38	40.24	400m: 5:09.14	38.46
21.	FIALHO Matilde Lopes	09	Palmela Desporto	<b>5:09.36</b>	+0,86	7,1	-
	50m: 33.43 33.43	150m: 1:49.75	38.84	250m: 3:08.77	39.53	350m: 4:29.90	40.48
	100m: 1:10.91 37.48	200m: 2:29.24	39.49	300m: 3:49.42	40.65	400m: 5:09.36	39.46
22.	GONCALVES Vera Andrade	09	Juventude Atlantico	<b>5:09.47</b>	+0,76	7,1	-
	50m: 34.60 34.60	150m: 1:51.87	38.79	250m: 3:12.23	39.90	350m: 4:32.62	39.71
	100m: 1:13.08 38.48	200m: 2:32.33	40.46	300m: 3:52.91	40.68	400m: 5:09.47	36.85
23.	RICARDO Francisca Martingo	09	Porto	<b>5:09.52</b>	+0,98	7,1	-
	50m: 34.00 34.00	150m: 1:50.79	38.77	250m: 3:10.46	39.86	350m: 4:30.56	39.70
	100m: 1:12.02 38.02	200m: 2:30.60	39.81	300m: 3:50.86	40.40	400m: 5:09.52	38.96
24.	CRUZ Constanca Lopes	09	Colegio Monte Maior	<b>5:09.79</b>	+0,88	7,0	-
	50m: 34.97 34.97	150m: 1:54.86	40.82	250m: 3:14.66	39.65	350m: 4:32.98	38.88
	100m: 1:14.04 39.07	200m: 2:35.01	40.15	300m: 3:54.10	39.44	400m: 5:09.79	36.81

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
25.	FARCAS Annabela Veronika	09	Naval de Faro	<b>5:10.72</b>	+0,90	6,8	-
	50m: 32.65 32.65 150m: 1:49.46 39.86 250m: 3:10.62 40.46 350m: 4:32.31 40.81						
	100m: 1:09.60 36.95 200m: 2:30.16 40.70 300m: 3:51.50 40.88 400m: 5:10.72 38.41						
26.	MADEIRA Carolina Marques	09	Nacional de Natacao	<b>5:11.38</b>	+0,97	6,6	-
	50m: 34.24 34.24 150m: 1:51.63 39.31 250m: 3:10.37 39.15 350m: 4:31.09 40.81						
	100m: 1:12.32 38.08 200m: 2:31.22 39.59 300m: 3:50.28 39.91 400m: 5:11.38 40.29						
27.	SANTOS Joana Pereira	09	Rio Maior	<b>5:12.02</b>	+0,86	6,5	-
	50m: 35.44 35.44 150m: 1:54.32 39.35 250m: 3:13.08 38.77 350m: 4:32.60 39.83						
	100m: 1:14.97 39.53 200m: 2:34.31 39.99 300m: 3:52.77 39.69 400m: 5:12.02 39.42						
28.	MESSIAS Madalena Azevedo	09	Sporting	<b>5:12.56</b>	+0,89	6,3	-
	50m: 33.50 33.50 150m: 1:50.86 39.52 250m: 3:12.39 40.86 350m: 4:34.92 40.91						
	100m: 1:11.34 37.84 200m: 2:31.53 40.67 300m: 3:54.01 41.62 400m: 5:12.56 37.64						
29.	RAPOSO Eduarda Galvao	09	Natacao do Fundao	<b>5:12.66</b>	+0,94	6,3	-
	50m: 34.62 34.62 150m: 1:53.66 40.10 250m: 3:14.70 40.63 350m: 4:34.62 39.35						
	100m: 1:13.56 38.94 200m: 2:34.07 40.41 300m: 3:55.27 40.57 400m: 5:12.66 38.04						
30.	SILVA Leonor Carnide	09	Ginasio de Vila Real	<b>5:13.67</b>	+0,87	6,1	-
	50m: 35.26 35.26 150m: 1:57.53 41.27 250m: 3:18.71 40.53 350m: 4:37.01 38.51						
	100m: 1:16.26 41.00 200m: 2:38.18 40.65 300m: 3:58.50 39.79 400m: 5:13.67 36.66						
31.	ARAUJO Catarina Soares	09	Penafiel	<b>5:14.14</b>	+0,88	5,9	-
	50m: 34.08 34.08 150m: 1:52.30 39.44 250m: 3:13.48 40.24 350m: 4:35.17 40.35						
	100m: 1:12.86 38.78 200m: 2:33.24 40.94 300m: 3:54.82 41.34 400m: 5:14.14 38.97						
32.	SILVA Marta Oliveira	09	Sanjoanense/FEPSA	<b>5:14.16</b>	+0,86	5,9	-
	50m: 34.79 34.79 150m: 1:54.04 40.22 250m: 3:15.88 40.86 350m: 4:35.95 39.53						
	100m: 1:13.82 39.03 200m: 2:35.02 40.98 300m: 3:56.42 40.54 400m: 5:14.16 38.21						
33.	UVA Sofia Monteiro	09	Alges	<b>5:14.95</b>	+0,74	5,7	-
	50m: 36.40 36.40 150m: 1:55.33 39.93 250m: 3:16.18 40.91 350m: 4:36.73 39.91						
	100m: 1:15.40 39.00 200m: 2:35.27 39.94 300m: 3:56.82 40.64 400m: 5:14.95 38.22						
34.	SANTOS Carlota Ganito	09	Galitos / Bresimar	<b>5:15.65</b>	+0,93	5,6	-
	50m: 36.91 36.91 150m: 1:56.21 40.07 250m: 3:16.39 39.93 350m: 4:36.84 40.02						
	100m: 1:16.14 39.23 200m: 2:36.46 40.25 300m: 3:56.82 40.43 400m: 5:15.65 38.81						
35.	PEDREIRO Francisca Soreto	09	Galitos / Bresimar	<b>5:15.74</b>	+0,78	5,5	-
	50m: 36.46 36.46 150m: 1:55.41 40.34 250m: 3:16.66 40.90 350m: 4:37.83 40.36						
	100m: 1:15.07 38.61 200m: 2:35.76 40.35 300m: 3:57.47 40.81 400m: 5:15.74 37.91						
36.	PEREIRA Eduarda Ribeiro	09	Caminhense	<b>5:16.27</b>	+0,90	5,4	-
	50m: 34.10 34.10 150m: 1:53.12 39.97 250m: 3:15.71 41.33 350m: 4:37.21 39.68						
	100m: 1:13.15 39.05 200m: 2:34.38 41.26 300m: 3:57.53 41.82 400m: 5:16.27 39.06						
37.	AREDE Sofia Carlos	09	Sporting	<b>5:16.52</b>	+0,89	5,4	-
	50m: 34.31 34.31 150m: 1:53.64 40.62 250m: 3:16.85 41.86 350m: 4:37.93 40.56						
	100m: 1:13.02 38.71 200m: 2:34.99 41.35 300m: 3:57.37 40.52 400m: 5:16.52 38.59						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
38.	BRAZ Maria Manuel	09	Ginasio de Vila Real	<b>5:16.79</b>	+0,90	5,3	-
	50m: 36.15 36.15	150m: 1:57.05	40.45	250m: 3:18.67	40.44	350m: 4:38.58	39.92
	100m: 1:16.60 40.45	200m: 2:38.23	41.18	300m: 3:58.66	39.99	400m: 5:16.79	38.21
39.	CALCADA Maria Leonor	09	Sporting	<b>5:17.00</b>	+0,82	5,2	-
	50m: 35.42 35.42	150m: 1:56.14	40.97	250m: 3:18.42	40.94	350m: 4:38.82	38.92
	100m: 1:15.17 39.75	200m: 2:37.48	41.34	300m: 3:59.90	41.48	400m: 5:17.00	38.18
40.	NETO Maria Ines	09	Bombeiros de Ponta Delgada	<b>5:17.23</b>	+0,79	5,2	-
	50m: 34.31 34.31	150m: 1:53.55	40.45	250m: 3:16.00	41.25	350m: 4:38.55	41.32
	100m: 1:13.10 38.79	200m: 2:34.75	41.20	300m: 3:57.23	41.23	400m: 5:17.23	38.68
41.	NUNES Francisca Ramos	09	Naval de Peniche	<b>5:17.58</b>	+0,92	5,1	-
	50m: 35.70 35.70	150m: 1:56.00	40.71	250m: 3:18.32	41.07	350m: 4:39.66	40.34
	100m: 1:15.29 39.59	200m: 2:37.25	41.25	300m: 3:59.32	41.00	400m: 5:17.58	37.92
42.	JORDAO Beatriz Silva	09	Fisica Torres Vedras	<b>5:17.67</b>	+0,84	5,1	-
	50m: 33.94 33.94	150m: 1:52.89	39.83	250m: 3:13.93	40.94	350m: 4:37.52	42.27
	100m: 1:13.06 39.12	200m: 2:32.99	40.10	300m: 3:55.25	41.32	400m: 5:17.67	40.15
43.	MARTINS Carolina Correia	09	Porto	<b>5:17.68</b>	+0,99	5,1	-
	50m: 34.60 34.60	150m: 1:52.61	39.60	250m: 3:14.15	41.18	350m: 4:36.83	41.48
	100m: 1:13.01 38.41	200m: 2:32.97	40.36	300m: 3:55.35	41.20	400m: 5:17.68	40.85
44.	GASPAR Joana Melo	09	Nacional de Natacao	<b>5:17.78</b>	+0,86	5,0	-
	50m: 35.63 35.63	150m: 1:56.25	40.77	250m: 3:17.68	40.61	350m: 4:39.49	40.65
	100m: 1:15.48 39.85	200m: 2:37.07	40.82	300m: 3:58.84	41.16	400m: 5:17.78	38.29
45.	MIRANDA Margarida Faria	09	Palmela Desporto	<b>5:17.81</b>	+0,79	5,0	-
	50m: 36.71 36.71	150m: 1:57.43	40.21	250m: 3:18.42	40.03	350m: 4:38.74	39.15
	100m: 1:17.22 40.51	200m: 2:38.39	40.96	300m: 3:59.59	41.17	400m: 5:17.81	39.07
46.	FERNANDES Joana Sofia	09	Nacional de Natacao	<b>5:18.26</b>	+0,89	4,9	-
	50m: 32.95 32.95	150m: 1:51.26	40.12	250m: 3:14.51	41.46	350m: 4:37.82	41.28
	100m: 1:11.14 38.19	200m: 2:33.05	41.79	300m: 3:56.54	42.03	400m: 5:18.26	40.44
47.	FERREIRA Patricia Anjo	09	Nautico Marinha Grande	<b>5:19.19</b>	+0,77	4,7	-
	50m: 35.76 35.76	150m: 1:56.29	41.20	250m: 3:18.02	40.31	350m: 4:39.97	40.62
	100m: 1:15.09 39.33	200m: 2:37.71	41.42	300m: 3:59.35	41.33	400m: 5:19.19	39.22
48.	SANTOS Mariana Silva	09	Porto	<b>5:19.54</b>	+0,98	4,6	-
	50m: 35.90 35.90	150m: 1:55.00	40.09	250m: 3:16.74	40.86	350m: 4:39.22	41.31
	100m: 1:14.91 39.01	200m: 2:35.88	40.88	300m: 3:57.91	41.17	400m: 5:19.54	40.32
49.	OLIVEIRA Francisca Pinto	09	Galitos / Bresimar	<b>5:19.68</b>	+0,82	4,6	-
	50m: 35.60 35.60	150m: 1:55.66	40.91	250m: 3:17.93	41.30	350m: 4:40.01	41.12
	100m: 1:14.75 39.15	200m: 2:36.63	40.97	300m: 3:58.89	40.96	400m: 5:19.68	39.67
50.	FARIA Ines Maria	09	Porto	<b>5:20.10</b>	+0,99	4,5	-
	50m: 35.94 35.94	150m: 1:56.35	40.47	250m: 3:17.60	40.66	350m: 4:39.63	41.20
	100m: 1:15.88 39.94	200m: 2:36.94	40.59	300m: 3:58.43	40.83	400m: 5:20.10	40.47

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
51.	MAGALHAES Matilde Esteves	09	Caminhense	<b>5:21.41</b>	+0,87	4,1	-
	50m: 36.18 36.18 150m: 1:58.36 40.93 250m: 3:21.20 41.22 350m: 4:42.75 40.31			41.22		40.31	
	100m: 1:17.43 41.25 200m: 2:39.98 41.62 300m: 4:02.44 41.24 400m: 5:21.41 38.66			41.24		38.66	
52.	GONCALVES Beatriz Santos	09	Nacional de Natacao	<b>5:21.62</b>	+0,95	4,1	-
	50m: 36.15 36.15 150m: 1:57.19 40.80 250m: 3:20.09 41.36 350m: 4:42.59 41.04			41.36		41.04	
	100m: 1:16.39 40.24 200m: 2:38.73 41.54 300m: 4:01.55 41.46 400m: 5:21.62 39.03			41.46		39.03	
53.	INACIO Mariana Santos	09	Alcobaca	<b>5:22.22</b>	+0,87	3,9	-
	50m: 35.44 35.44 150m: 1:55.58 40.13 250m: 3:18.35 41.21 350m: 4:41.49 41.28			41.21		41.28	
	100m: 1:15.45 40.01 200m: 2:37.14 41.56 300m: 4:00.21 41.86 400m: 5:22.22 40.73			41.86		40.73	
54.	LANCA Ines Maria	09	Uniao Piedense	<b>5:23.29</b>	+0,88	3,7	-
	50m: 34.85 34.85 150m: 1:55.19 40.63 250m: 3:18.78 41.84 350m: 4:42.79 41.94			41.84		41.94	
	100m: 1:14.56 39.71 200m: 2:36.94 41.75 300m: 4:00.85 42.07 400m: 5:23.29 40.50			42.07		40.50	
55.	PEIXOTO Mafalda Coelho	09	Vitoria Guimaraes	<b>5:24.53</b>	+0,76	3,3	-
	50m: 35.53 35.53 150m: 1:55.87 40.88 250m: 3:19.38 42.01 350m: 4:44.06 42.54			42.01		42.54	
	100m: 1:14.99 39.46 200m: 2:37.37 41.50 300m: 4:01.52 42.14 400m: 5:24.53 40.47			42.14		40.47	
56.	CANCELA Raquel Alexandra	09	Miranda do Corvo	<b>5:24.82</b>	+0,80	3,3	-
	50m: 37.59 37.59 150m: 2:01.48 42.23 250m: 3:22.50 40.59 350m: 4:45.63 41.44			40.59		41.44	
	100m: 1:19.25 41.66 200m: 2:41.91 40.43 300m: 4:04.19 41.69 400m: 5:24.82 39.19			41.69		39.19	
57.	JESUS Margarida Santos	09	Natacao Olhao	<b>5:25.32</b>	+0,99	3,1	-
	50m: 35.29 35.29 150m: 1:55.36 41.07 250m: 3:20.44 42.61 350m: 4:45.13 43.09			42.61		43.09	
	100m: 1:14.29 39.00 200m: 2:37.83 42.47 300m: 4:02.04 41.60 400m: 5:25.32 40.19			41.60		40.19	
58.	SOARES Vera Marques	09	Famalicao	<b>5:25.91</b>	+0,75	3,0	-
	50m: 35.84 35.84 150m: 1:58.82 41.76 250m: 3:22.06 41.56 350m: 4:45.68 41.74			41.56		41.74	
	100m: 1:17.06 41.22 200m: 2:40.50 41.68 300m: 4:03.94 41.88 400m: 5:25.91 40.23			41.88		40.23	
59.	MARGARIDO Paula Aguiar	09	Juventude Atlantico	<b>5:26.13</b>	+0,89	2,9	-
	50m: 38.92 38.92 150m: 2:02.81 42.45 250m: 3:24.98 40.44 350m: 4:47.37 40.63			40.44		40.63	
	100m: 1:20.36 41.44 200m: 2:44.54 41.73 300m: 4:06.74 41.76 400m: 5:26.13 38.76			41.76		38.76	
60.	LOPES Teresa Maria	09	Benedita	<b>5:26.22</b>	+0,79	2,9	-
	50m: 35.58 35.58 150m: 1:57.71 41.72 250m: 3:21.36 42.03 350m: 4:46.78 42.76			42.03		42.76	
	100m: 1:15.99 40.41 200m: 2:39.33 41.62 300m: 4:04.02 42.66 400m: 5:26.22 39.44			42.66		39.44	
61.	MELIM Sara Beatriz	09	Desportivo Nacional	<b>5:26.86</b>	+0,70	2,8	-
	50m: 37.28 37.28 150m: 2:00.00 41.64 250m: 3:24.17 41.90 350m: 4:48.16 41.69			41.90		41.69	
	100m: 1:18.36 41.08 200m: 2:42.27 42.27 300m: 4:06.47 42.30 400m: 5:26.86 38.70			42.30		38.70	
62.	SOUSA Ines Fernandes	09	Colegio Efanor	<b>5:27.03</b>	+0,90	2,7	-
	50m: 34.79 34.79 150m: 1:56.49 41.43 250m: 3:22.00 42.66 350m: 4:47.09 41.90			42.66		41.90	
	100m: 1:15.06 40.27 200m: 2:39.34 42.85 300m: 4:05.19 43.19 400m: 5:27.03 39.94			43.19		39.94	
63.	MORAIS Laura Prates	09	BUZIOS-Coruche	<b>5:27.11</b>		2,7	-
	50m: 35.42 35.42 150m: 1:58.15 41.77 250m: 3:23.00 42.17 350m: 4:48.68 43.30			42.17		43.30	
	100m: 1:16.38 40.96 200m: 2:40.83 42.68 300m: 4:05.38 42.38 400m: 5:27.11 38.43			42.38		38.43	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
64.	SOUSA Marta Rebelo	09	Porto	<b>5:27.35</b>	+0,98	2,6	-
	50m: 36.64 36.64	150m: 1:58.00	40.87	250m: 3:21.83	41.76	350m: 4:45.78	41.81
	100m: 1:17.13 40.49	200m: 2:40.07	42.07	300m: 4:03.97	42.14	400m: 5:27.35	41.57
65.	COSTA Catarina Ribeiro	09	Vitoria Guimaraes	<b>5:27.36</b>	+0,92	2,6	-
	50m: 36.12 36.12	150m: 1:57.05	40.99	250m: 3:22.60	43.22	350m: 4:47.49	42.16
	100m: 1:16.06 39.94	200m: 2:39.38	42.33	300m: 4:05.33	42.73	400m: 5:27.36	39.87
66.	LIMA Beatriz Ribeiro	09	Geslourses	<b>5:27.75</b>	+0,98	2,5	-
	50m: 35.08 35.08	150m: 1:56.27	41.09	250m: 3:21.03	42.38	350m: 4:46.12	41.68
	100m: 1:15.18 40.10	200m: 2:38.65	42.38	300m: 4:04.44	43.41	400m: 5:27.75	41.63
67.	MATEUS Eleine Vieira	09	Desportivo Nacional	<b>5:28.25</b>	+0,83	2,4	-
	50m: 37.19 37.19	150m: 2:02.98	43.28	250m: 3:26.27	40.80	350m: 4:50.34	41.91
	100m: 1:19.70 42.51	200m: 2:45.47	42.49	300m: 4:08.43	42.16	400m: 5:28.25	37.91
68.	BATISTA Beatriz Ferreira	09	CPCD-Povoa St Iria	<b>5:28.45</b>	+0,92	2,4	-
	50m: 36.63 36.63	150m: 1:59.32	41.94	250m: 3:23.18	41.66	350m: 4:47.29	41.97
	100m: 1:17.38 40.75	200m: 2:41.52	42.20	300m: 4:05.32	42.14	400m: 5:28.45	41.16
69.	CAMPOS Catarina Silva	09	Laranjeiro	<b>5:28.52</b>	+0,94	2,3	-
	50m: 35.83 35.83	150m: 1:57.04	41.81	250m: 3:21.97	42.72	350m: 4:47.96	43.30
	100m: 1:15.23 39.40	200m: 2:39.25	42.21	300m: 4:04.66	42.69	400m: 5:28.52	40.56
70.	MARINHO Isa Bianca	09	Foca Quinta da Lixa CNF	<b>5:28.73</b>		2,3	-
	50m: 38.18 38.18	150m: 2:00.65	41.73	250m: 3:24.16	41.52	350m: 4:47.96	41.71
	100m: 1:18.92 40.74	200m: 2:42.64	41.99	300m: 4:06.25	42.09	400m: 5:28.73	40.77
71.	RATINHO Rita Antunes	09	Naval Setubalense	<b>5:29.03</b>	+0,99	2,2	-
	50m: 35.22 35.22	150m: 1:58.17	42.01	250m: 3:22.30	41.73	350m: 4:47.92	42.92
	100m: 1:16.16 40.94	200m: 2:40.57	42.40	300m: 4:05.00	42.70	400m: 5:29.03	41.11
72.	PRIMO Sofia Fonseca	09	Academica de Coimbra	<b>5:29.25</b>	+0,75	2,2	-
	50m: 37.43 37.43	150m: 2:00.75	42.10	250m: 3:25.44	42.32	350m: 4:49.44	41.87
	100m: 1:18.65 41.22	200m: 2:43.12	42.37	300m: 4:07.57	42.13	400m: 5:29.25	39.81
73.	SANTOS Matilde Maria	09	Leixoes	<b>5:29.41</b>	+0,92	2,1	-
	50m: 37.93 37.93	150m: 2:00.06	42.09	250m: 3:24.61	42.72	350m: 4:48.72	41.88
	100m: 1:17.97 40.04	200m: 2:41.89	41.83	300m: 4:06.84	42.23	400m: 5:29.41	40.69
74.	REIS Mafalda Brandao	09	Famalicão	<b>5:29.60</b>	+0,64	2,1	-
	50m: 35.13 35.13	150m: 1:56.54	41.45	250m: 3:21.64	42.88	350m: 4:47.21	42.91
	100m: 1:15.09 39.96	200m: 2:38.76	42.22	300m: 4:04.30	42.66	400m: 5:29.60	42.39
75.	COSTA Leonor Martins	09	Natacao de Lagos	<b>5:30.25</b>	+0,90	1,9	-
	50m: 36.51 36.51	150m: 1:59.13	42.03	250m: 3:25.73	42.85	350m: 4:51.18	42.13
	100m: 1:17.10 40.59	200m: 2:42.88	43.75	300m: 4:09.05	43.32	400m: 5:30.25	39.07
76.	PORTELA Leonor Borges	09	Fluvial Portuense	<b>5:30.91</b>	+0,73	1,7	-
	50m: 36.99 36.99	150m: 2:00.94	42.21	250m: 3:24.83	41.62	350m: 4:49.80	42.27
	100m: 1:18.73 41.74	200m: 2:43.21	42.27	300m: 4:07.53	42.70	400m: 5:30.91	41.11

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
77.	SANTOS Ines Sousa	09	Vilacondense	<b>5:31.81</b>	+0,85	1,5	-
	50m: 36.18 36.18	150m: 2:00.64 43.03	250m: 3:26.08 42.90	350m: 4:50.95 41.24	400m: 5:31.81 40.86		
	100m: 1:17.61 41.43	200m: 2:43.18 42.54	300m: 4:09.71 43.63				
78.	LOPES Margarida Maia	09	Geslours	<b>5:31.95</b>	+0,80	1,5	-
	50m: 35.72 35.72	150m: 1:58.30 41.99	250m: 3:24.63 43.21	350m: 4:51.34 43.35	400m: 5:31.95 40.61		
	100m: 1:16.31 40.59	200m: 2:41.42 43.12	300m: 4:07.99 43.36				
79.	VICENTE Clara Alexandra	09	Lagoa AC	<b>5:32.10</b>	+0,91	1,4	-
	50m: 37.23 37.23	150m: 1:59.85 42.64	250m: 3:25.03 43.08	350m: 4:51.63 43.16	400m: 5:32.10 40.47		
	100m: 1:17.21 39.98	200m: 2:41.95 42.10	300m: 4:08.47 43.44				
80.	DINIS Maria Luisa	09	Alges	<b>5:32.40</b>	+0,80	1,4	-
	50m: 36.21 36.21	150m: 1:59.76 42.48	250m: 3:25.80 42.69	350m: 4:50.45 41.50	400m: 5:32.40 41.95		
	100m: 1:17.28 41.07	200m: 2:43.11 43.35	300m: 4:08.95 43.15				
81.	RIBEIRO Ines Carvalhinho	09	Natacao da Maia	<b>5:34.04</b>	+0,78		-
	50m: 36.40 36.40	150m: 2:01.18 43.02	250m: 3:28.12 42.93	350m: 4:53.67 42.25	400m: 5:34.04 40.37		
	100m: 1:18.16 41.76	200m: 2:45.19 44.01	300m: 4:11.42 43.30				
82.	CARLOS Lara Castanheira	09	Laranjeiro	<b>5:34.34</b>	+0,96		-
	50m: 36.17 36.17	150m: 2:00.67 42.57	250m: 3:27.10 43.01	350m: 4:52.83 42.81	400m: 5:34.34 41.51		
	100m: 1:18.10 41.93	200m: 2:44.09 43.42	300m: 4:10.02 42.92				
83.	MEDINA Gabriela Leonardo	09	Condeixa Clube	<b>5:34.72</b>	+0,83		-
	50m: 39.30 39.30	150m: 2:05.31 43.04	250m: 3:31.42 42.82	350m: 4:55.51 41.17	400m: 5:34.72 39.21		
	100m: 1:22.27 42.97	200m: 2:48.60 43.29	300m: 4:14.34 42.92				
84.	OLIVEIRA Maria Rita	09	Academico Viseu	<b>5:36.25</b>	+0,84		-
	50m: 37.45 37.45	150m: 2:00.30 42.94	250m: 3:28.04 43.92	350m: 4:54.82 42.16	400m: 5:36.25 41.43		
	100m: 1:17.36 39.91	200m: 2:44.12 43.82	300m: 4:12.66 44.62				
85.	IGREJAS Beatriz Maria	09	Ginasio de Vila Real	<b>5:36.32</b>	+0,86		-
	50m: 38.40 38.40	150m: 2:05.29 43.76	250m: 3:31.43 42.73	350m: 4:55.35 42.42	400m: 5:36.32 40.97		
	100m: 1:21.53 43.13	200m: 2:48.70 43.41	300m: 4:12.93 41.50				
86.	SA Vanessa Fernandes	09	Naval do Funchal	<b>5:36.59</b>	+0,83		-
	50m: 37.79 37.79	150m: 2:02.85 43.11	250m: 3:30.06 44.21	350m: 4:56.45 43.15	400m: 5:36.59 40.14		
	100m: 1:19.74 41.95	200m: 2:45.85 43.00	300m: 4:13.30 43.24				
87.	RODRIGUES Daniela Pina	09	Geslours	<b>5:37.02</b>	+0,69		-
	50m: 36.66 36.66	150m: 2:01.36 43.17	250m: 3:28.02 43.65	350m: 4:54.93 43.65	400m: 5:37.02 42.09		
	100m: 1:18.19 41.53	200m: 2:44.37 43.01	300m: 4:11.28 43.26				
88.	MONTEIRO Margarida Pessoa	09	Columbifila Cantanhedense	<b>5:37.56</b>	+0,93		-
	50m: 37.56 37.56	150m: 2:02.53 41.77	250m: 3:28.43 41.93	350m: 4:54.95 41.80	400m: 5:37.56 42.61		
	100m: 1:20.76 43.20	200m: 2:46.50 43.97	300m: 4:13.15 44.72				
89.	BRASIL Sara Cabaco	09	Fisica Torres Vedras	<b>5:37.64</b>	+0,74		-
	50m: 34.99 34.99	150m: 1:59.07 42.76	250m: 3:27.41 44.15	350m: 4:55.21 43.49	400m: 5:37.64 42.43		
	100m: 1:16.31 41.32	200m: 2:43.26 44.19	300m: 4:11.72 44.31				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
90.	CRUZ Rita Calado	09	Academica de Coimbra	<b>5:37.78</b>	+0,89		-
	50m: 39.20 39.20	150m: 2:03.80 42.66	250m: 3:30.06 43.21	350m: 4:56.37 42.95			
	100m: 1:21.14 41.94	200m: 2:46.85 43.05	300m: 4:13.42 43.36	400m: 5:37.78 41.41			
91.	ALVES Iara Filipa	09	Natacao do Fundao	<b>5:38.58</b>	+0,86		-
	50m: 37.31 37.31	150m: 2:02.89 44.24	250m: 3:31.41 44.70	350m: 4:59.15 43.27			
	100m: 1:18.65 41.34	200m: 2:46.71 43.82	300m: 4:15.88 44.47	400m: 5:38.58 39.43			
92.	SILVA Helena Casimiro	09	Famalicao	<b>5:38.60</b>	+0,73		-
	50m: 35.46 35.46	150m: 2:01.37 44.21	250m: 3:28.25 43.37	350m: 4:56.39 44.19			
	100m: 1:17.16 41.70	200m: 2:44.88 43.51	300m: 4:12.20 43.95	400m: 5:38.60 42.21			
93.	TEIXEIRA Matilde Castro	09	Sporting	<b>5:38.65</b>	+0,82		-
	50m: 35.54 35.54	150m: 1:58.95 42.17	250m: 3:27.21 44.35	350m: 4:55.29 42.77			
	100m: 1:16.78 41.24	200m: 2:42.86 43.91	300m: 4:12.52 45.31	400m: 5:38.65 43.36			
94.	MARTINEZ Emma Sofia	09	Caminhense	<b>5:38.86</b>	+0,84		-
	50m: 36.63 36.63	150m: 1:59.46 41.91	250m: 3:26.36 44.13	350m: 4:55.19 44.41			
	100m: 1:17.55 40.92	200m: 2:42.23 42.77	300m: 4:10.78 44.42	400m: 5:38.86 43.67			
95.	MARQUES Mariana Sousa	09	Alcobaca	<b>5:39.26</b>	+0,99		-
	50m: 37.23 37.23	150m: 2:02.67 42.99	250m: 3:30.54 43.79	350m: 4:57.67 42.58			
	100m: 1:19.68 42.45	200m: 2:46.75 44.08	300m: 4:15.09 44.55	400m: 5:39.26 41.59			
96.	SANTOS Caetana Amado	09	Miranda do Corvo	<b>5:39.63</b>	+0,85		-
	50m: 37.58 37.58	150m: 2:05.75 44.63	250m: 3:32.56 43.32	350m: 4:59.37 43.01			
	100m: 1:21.12 43.54	200m: 2:49.24 43.49	300m: 4:16.36 43.80	400m: 5:39.63 40.26			
97.	CASTRO Marta Antunes	09	Sporting de Aveiro	<b>5:39.77</b>	+0,98		-
	50m: 36.16 36.16	150m: 2:03.66 44.25	250m: 3:31.31 44.18	350m: 4:59.34 43.64			
	100m: 1:19.41 43.25	200m: 2:47.13 43.47	300m: 4:15.70 44.39	400m: 5:39.77 40.43			
	PATRICIO Ines Castro	09	Vilacondense	<b>5:39.77</b>	+0,78		-
	50m: 39.30 39.30	150m: 2:05.22 43.01	250m: 3:32.45 43.70	350m: 4:58.82 42.15			
	100m: 1:22.21 42.91	200m: 2:48.75 43.53	300m: 4:16.67 44.22	400m: 5:39.77 40.95			
99.	RODRIGUES Clara Sobreiro	09	Pimpoes/Cimai	<b>5:40.25</b>	+0,79		-
	50m: 38.26 38.26	150m: 2:04.41 43.46	250m: 3:32.05 43.66	350m: 4:58.59 42.43			
	100m: 1:20.95 42.69	200m: 2:48.39 43.98	300m: 4:16.16 44.11	400m: 5:40.25 41.66			
	SILVA Matilde Lopes	09	Sao Joao Ver	<b>5:40.25</b>	+0,86		-
	50m: 36.22 36.22	150m: 2:02.51 44.47	250m: 3:30.98 43.99	350m: 4:59.25 43.90			
	100m: 1:18.04 41.82	200m: 2:46.99 44.48	300m: 4:15.35 44.37	400m: 5:40.25 41.00			
101.	BRAS Raquel Sofia	09	Belenenses	<b>5:40.69</b>	+0,91		-
	50m: 36.18 36.18	150m: 2:02.34 44.18	250m: 3:31.44 44.71	350m: 4:59.53 43.67			
	100m: 1:18.16 41.98	200m: 2:46.73 44.39	300m: 4:15.86 44.42	400m: 5:40.69 41.16			
102.	PEDRO Alice Lucas	09	Natacao Triatlo Lisboa	<b>5:40.80</b>	+0,94		-
	50m: 36.39 36.39	150m: 2:02.52 44.17	250m: 3:30.80 43.96	350m: 4:59.50 43.71			
	100m: 1:18.35 41.96	200m: 2:46.84 44.32	300m: 4:15.79 44.99	400m: 5:40.80 41.30			

ORGANIZAÇÃO



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS





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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
103.	CRUZ Ana Margarida	09	Nautico Academico	<b>5:41.57</b>	+0,99		-
	50m: 36.71 36.71	150m: 2:01.63	43.71	250m: 3:30.87	45.48	350m: 5:00.23	44.63
	100m: 1:17.92 41.21	200m: 2:45.39	43.76	300m: 4:15.60	44.73	400m: 5:41.57	41.34
104.	CRAVEIRO Leonor Moca	09	Naval Povoense	<b>5:42.51</b>	+0,79		-
	50m: 36.84 36.84	150m: 2:02.29	43.05	250m: 3:30.03	44.01	350m: 4:59.94	45.82
	100m: 1:19.24 42.40	200m: 2:46.02	43.73	300m: 4:14.12	44.09	400m: 5:42.51	42.57
105.	CAMARINHA Gabriela Vieira	09	Braga	<b>5:42.56</b>	+0,89		-
	50m: 37.60 37.60	150m: 2:03.88	43.84	250m: 3:31.80	43.88	350m: 5:00.08	43.81
	100m: 1:20.04 42.44	200m: 2:47.92	44.04	300m: 4:16.27	44.47	400m: 5:42.56	42.48
106.	TEIXEIRA Ana Beatriz	09	Natacao da Maia	<b>5:42.73</b>	+0,99		-
	50m: 37.12 37.12	150m: 2:05.11	45.09	250m: 3:34.06	45.07	350m: 5:02.13	43.89
	100m: 1:20.02 42.90	200m: 2:48.99	43.88	300m: 4:18.24	44.18	400m: 5:42.73	40.60
107.	MALHAO Beatriz Maria	09	Caminhense	<b>5:43.54</b>			-
	50m: 36.62 36.62	150m: 2:02.05	43.87	250m: 3:31.28	45.11	350m: 5:01.18	44.81
	100m: 1:18.18 41.56	200m: 2:46.17	44.12	300m: 4:16.37	45.09	400m: 5:43.54	42.36
108.	BARROS Rita Sequeira	09	Natacao Triatlo Lisboa	<b>5:44.09</b>	+0,72		-
	50m: 38.50 38.50	150m: 2:05.12	43.66	250m: 3:33.73	44.74	350m: 5:02.38	43.97
	100m: 1:21.46 42.96	200m: 2:48.99	43.87	300m: 4:18.41	44.68	400m: 5:44.09	41.71
109.	DANIEL Carolina Teixeira	09	Louletano / Loule Concelho	<b>5:44.19</b>	+0,80		-
	50m: 38.64 38.64	150m: 2:04.63	43.69	250m: 3:32.97	44.27	350m: 5:02.27	44.28
	100m: 1:20.94 42.30	200m: 2:48.70	44.07	300m: 4:17.99	45.02	400m: 5:44.19	41.92
110.	SOUSA Clara Tonel	09	Naval Praia da Vitoria	<b>5:44.56</b>	+0,83		-
	50m: 38.39 38.39	150m: 2:05.50	44.36	250m: 3:34.65	45.09	350m: 5:04.04	44.36
	100m: 1:21.14 42.75	200m: 2:49.56	44.06	300m: 4:19.68	45.03	400m: 5:44.56	40.52
111.	ALMEIDA Maria Ines	09	Natacao do Fundao	<b>5:44.65</b>	+0,89		-
	50m: 39.95 39.95	150m: 2:06.54	43.71	250m: 3:34.99	44.79	350m: 5:03.92	44.35
	100m: 1:22.83 42.88	200m: 2:50.20	43.66	300m: 4:19.57	44.58	400m: 5:44.65	40.73
112.	FERNANDES Catarina Moreira	09	Aljustrelense	<b>5:44.75</b>	+0,75		-
	50m: 35.28 35.28	150m: 2:01.27	44.12	250m: 3:30.30	44.42	350m: 5:00.82	47.18
	100m: 1:17.15 41.87	200m: 2:45.88	44.61	300m: 4:13.64	43.34	400m: 5:44.75	43.93
113.	FERNANDES Gabriela Lopes	09	O Crasto	<b>5:44.80</b>	+0,98		-
	50m: 37.59 37.59	150m: 2:04.57	44.50	250m: 3:34.33	45.14	350m: 5:03.59	43.90
	100m: 1:20.07 42.48	200m: 2:49.19	44.62	300m: 4:19.69	45.36	400m: 5:44.80	41.21
114.	LARETH Maria Novais	09	CLIP Teams	<b>5:45.07</b>			-
	50m: 37.09 37.09	150m: 2:04.31	44.17	250m: 3:34.59	46.03	350m: 5:04.32	45.06
	100m: 1:20.14 43.05	200m: 2:48.56	44.25	300m: 4:19.26	44.67	400m: 5:45.07	40.75
115.	VERISSIMO Ines Maria	09	Alges	<b>5:48.57</b>	+0,96		-
	50m: 39.01 39.01	150m: 2:08.19	44.61	250m: 3:39.28	46.02	350m: 5:07.70	43.39
	100m: 1:23.58 44.57	200m: 2:53.26	45.07	300m: 4:24.31	45.03	400m: 5:48.57	40.87

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
116.	SOUSA Teresa Moreira	09	Sporting	<b>5:49.39</b>	+0,99		-
	50m: 38.93 38.93	150m: 2:07.78 44.96	250m: 3:37.53 44.14	350m: 5:06.25 43.56			
	100m: 1:22.82 43.89	200m: 2:53.39 45.61	300m: 4:22.69 45.16	400m: 5:49.39 43.14			
117.	CABRAL Laura Vieira	09	Bombeiros de Ponta Delgada	<b>5:50.76</b>	+0,96		-
	50m: 36.36 36.36	150m: 2:03.60 43.66	250m: 3:33.88 45.34	350m: 5:06.58 46.30			
	100m: 1:19.94 43.58	200m: 2:48.54 44.94	300m: 4:20.28 46.40	400m: 5:50.76 44.18			
118.	COUTINHO Eva Alexandra	09	Peso da Regua	<b>5:51.83</b>	+0,99		-
	50m: 37.67 37.67	150m: 2:03.58 44.32	250m: 3:35.51 46.04	350m: 5:07.12 45.15			
	100m: 1:19.26 41.59	200m: 2:49.47 45.89	300m: 4:21.97 46.46	400m: 5:51.83 44.71			
119.	KOSTENKO Ana	09	Naval Setubalense	<b>5:52.57</b>			-
	50m: 40.32 40.32	150m: 2:11.43 45.84	250m: 3:41.41 44.78	350m: 5:11.00 43.45			
	100m: 1:25.59 45.27	200m: 2:56.63 45.20	300m: 4:27.55 46.14	400m: 5:52.57 41.57			
120.	GAIBU Daria Taturevici	09	Portinado	<b>5:53.61</b>	+0,89		-
	50m: 38.63 38.63	150m: 2:08.76 45.91	250m: 3:38.86 45.19	350m: 5:09.90 45.70			
	100m: 1:22.85 44.22	200m: 2:53.67 44.91	300m: 4:24.20 45.34	400m: 5:53.61 43.71			
121.	NOVAIS Mariana Silvestre	09	Portinado	<b>5:53.99</b>	+0,79		-
	50m: 37.61 37.61	150m: 2:05.77 44.99	250m: 3:38.31 46.24	350m: 5:10.83 45.98			
	100m: 1:20.78 43.17	200m: 2:52.07 46.30	300m: 4:24.85 46.54	400m: 5:53.99 43.16			
DNF	PIRES Rita Lobo	09	Natacao do Fundao				-

Infantis B

1.	MARCELO Camila Duarte	10	Condeixa Clube	<b>5:04.32</b>	+0,82	11,4	-
	50m: 33.47 33.47	150m: 1:48.70 38.60	250m: 3:07.44 39.34	350m: 4:26.41 39.39			
	100m: 1:10.10 36.63	200m: 2:28.10 39.40	300m: 3:47.02 39.58	400m: 5:04.32 37.91			
2.	TAVEIRA Carolina Ratola	10	Galitos / Bresimar	<b>5:05.66</b>	+0,74	11,0	-
	50m: 34.00 34.00	150m: 1:52.22 39.29	250m: 3:10.50 38.94	350m: 4:28.44 38.47			
	100m: 1:12.93 38.93	200m: 2:31.56 39.34	300m: 3:49.97 39.47	400m: 5:05.66 37.22			
3.	CARDEAL Leonor Nunes	10	Academico Viseu	<b>5:05.99</b>	+0,82	11,0	-
	50m: 34.36 34.36	150m: 1:52.87 39.67	250m: 3:11.83 38.84	350m: 4:30.19 38.86			
	100m: 1:13.20 38.84	200m: 2:32.99 40.12	300m: 3:51.33 39.50	400m: 5:05.99 35.80			
4.	SANTOS Rita Lucas	10	Condeixa Clube	<b>5:06.33</b>	+0,77	10,9	-
	50m: 34.70 34.70	150m: 1:53.64 39.40	250m: 3:13.00 39.68	350m: 4:30.88 38.60			
	100m: 1:14.24 39.54	200m: 2:33.32 39.68	300m: 3:52.28 39.28	400m: 5:06.33 35.45			
5.	SIMOES Maria Neto	10	Condeixa Clube	<b>5:06.87</b>	+0,71	10,7	-
	50m: 33.62 33.62	150m: 1:51.59 39.77	250m: 3:11.01 39.76	350m: 4:29.04 37.93			
	100m: 1:11.82 38.20	200m: 2:31.25 39.66	300m: 3:51.11 40.10	400m: 5:06.87 37.83			
6.	CUNHA Maria Rita	10	Colegio Efanor	<b>5:12.76</b>	+0,77	9,3	-
	50m: 35.83 35.83	150m: 1:54.95 39.99	250m: 3:13.87 39.73	350m: 4:33.70 39.73			
	100m: 1:14.96 39.13	200m: 2:34.14 39.19	300m: 3:53.97 40.10	400m: 5:12.76 39.06			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
7.	NOGUEIRA Ana Laura	10	Braga	<b>5:13.98</b>		9,0	-
	50m: 35.75 35.75	150m: 1:53.87	39.74	250m: 3:13.50	39.79	350m: 4:33.83	39.99
	100m: 1:14.13 38.38	200m: 2:33.71	39.84	300m: 3:53.84	40.34	400m: 5:13.98	40.15
8.	MENDES Bianca Balbino	10	Naval de Peniche	<b>5:14.28</b>	+0,91	9,0	-
	50m: 36.46 36.46	150m: 1:55.83	39.90	250m: 3:16.35	39.87	350m: 4:35.03	38.38
	100m: 1:15.93 39.47	200m: 2:36.48	40.65	300m: 3:56.65	40.30	400m: 5:14.28	39.25
9.	NOGUEIRA Cloe Canadas	10	Colegio Efanor	<b>5:15.86</b>	+0,88	8,6	-
	50m: 34.87 34.87	150m: 1:54.27	40.53	250m: 3:15.17	40.80	350m: 4:35.37	39.80
	100m: 1:13.74 38.87	200m: 2:34.37	40.10	300m: 3:55.57	40.40	400m: 5:15.86	40.49
10.	OLIVEIRA Leonor Silva	10	Galitos / Bresimar	<b>5:16.71</b>	+0,85	8,4	-
	50m: 35.63 35.63	150m: 1:55.12	40.37	250m: 3:16.54	41.01	350m: 4:38.32	40.55
	100m: 1:14.75 39.12	200m: 2:35.53	40.41	300m: 3:57.77	41.23	400m: 5:16.71	38.39
11.	MARTINS Leonor Sombreireiro	10	BUZIOS-Coruche	<b>5:17.39</b>	+0,92	8,2	-
	50m: 36.04 36.04	150m: 1:57.64	41.38	250m: 3:19.32	41.09	350m: 4:39.85	39.91
	100m: 1:16.26 40.22	200m: 2:38.23	40.59	300m: 3:59.94	40.62	400m: 5:17.39	37.54
12.	COSTA Mariana Varela	10	Nacional de Natacao	<b>5:18.08</b>		8,0	-
	50m: 35.19 35.19	150m: 1:54.66	40.46	250m: 3:17.07	42.04	350m: 4:38.88	40.27
	100m: 1:14.20 39.01	200m: 2:35.03	40.37	300m: 3:58.61	41.54	400m: 5:18.08	39.20
13.	AMORIM Laura Helena	10	Nautico Marinha Grande	<b>5:20.48</b>	+0,83	7,5	-
	50m: 36.64 36.64	150m: 1:56.17	39.95	250m: 3:18.34	40.73	350m: 4:40.73	40.67
	100m: 1:16.22 39.58	200m: 2:37.61	41.44	300m: 4:00.06	41.72	400m: 5:20.48	39.75
14.	CARVALHO Matilde Brandao	10	Fluvial Portuense	<b>5:21.13</b>	+0,80	7,3	-
	50m: 33.39 33.39	150m: 1:52.53	41.31	250m: 3:16.11	41.99	350m: 4:40.98	42.22
	100m: 1:11.22 37.83	200m: 2:34.12	41.59	300m: 3:58.76	42.65	400m: 5:21.13	40.15
15.	MENDES Barbara Balbino	10	Naval de Peniche	<b>5:21.85</b>	+0,85	7,1	-
	50m: 35.56 35.56	150m: 1:56.73	41.15	250m: 3:20.18	41.68	350m: 4:43.21	40.77
	100m: 1:15.58 40.02	200m: 2:38.50	41.77	300m: 4:02.44	42.26	400m: 5:21.85	38.64
16.	PARREIRA Gabriela	10	Sporting	<b>5:21.99</b>		7,1	-
	50m: 37.15 37.15	150m: 1:58.11	40.94	250m: 3:21.38	41.22	350m: 4:43.82	40.66
	100m: 1:17.17 40.02	200m: 2:40.16	42.05	300m: 4:03.16	41.78	400m: 5:21.99	38.17
17.	COSTA Sofia Rodrigues	10	Porto	<b>5:22.45</b>	+0,95	7,0	-
	50m: 36.96 36.96	150m: 1:59.36	41.45	250m: 3:21.34	40.48	350m: 4:43.82	41.11
	100m: 1:17.91 40.95	200m: 2:40.86	41.50	300m: 4:02.71	41.37	400m: 5:22.45	38.63
18.	MENDES Ana Nabais	10	Laranjeiro	<b>5:22.62</b>	+0,89	7,0	-
	50m: 35.36 35.36	150m: 1:56.56	41.01	250m: 3:21.28	42.10	350m: 4:44.26	41.01
	100m: 1:15.55 40.19	200m: 2:39.18	42.62	300m: 4:03.25	41.97	400m: 5:22.62	38.36
19.	RIBEIRO Francisca Ramos	10	Desportiva de Viana	<b>5:22.66</b>	+0,94	6,9	-
	50m: 35.44 35.44	150m: 1:57.45	41.50	250m: 3:21.59	41.96	350m: 4:44.57	41.13
	100m: 1:15.95 40.51	200m: 2:39.63	42.18	300m: 4:03.44	41.85	400m: 5:22.66	38.09

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
20.	RIBEIRO Guida Drumond	10	Naval do Funchal	<b>5:23.62</b>	+0,78	6,7	-
	50m: 38.22 38.22	150m: 1:58.72	40.19	250m: 3:20.48	41.24	350m: 4:44.34	41.67
	100m: 1:18.53 40.31	200m: 2:39.24	40.52	300m: 4:02.67	42.19	400m: 5:23.62	39.28
21.	JESUS Leonor Silva	10	Galitos / Bresimar	<b>5:24.83</b>	+0,81	6,4	-
	50m: 37.60 37.60	150m: 2:02.18	42.56	250m: 3:25.14	41.47	350m: 4:46.93	41.21
	100m: 1:19.62 42.02	200m: 2:43.67	41.49	300m: 4:05.72	40.58	400m: 5:24.83	37.90
22.	VASCONCELOS Sofia Rodrigues	10	Galitos / Bresimar	<b>5:25.60</b>	+0,90	6,2	-
	50m: 37.59 37.59	150m: 2:01.32	43.25	250m: 3:24.35	42.03	350m: 4:47.82	41.45
	100m: 1:18.07 40.48	200m: 2:42.32	41.00	300m: 4:06.37	42.02	400m: 5:25.60	37.78
23.	FERNANDES Maria Miguel	10	Columbifila Cantanhedense	<b>5:25.78</b>	+0,84	6,2	-
	50m: 37.03 37.03	150m: 1:59.93	41.98	250m: 3:23.64	42.41	350m: 4:46.47	40.70
	100m: 1:17.95 40.92	200m: 2:41.23	41.30	300m: 4:05.77	42.13	400m: 5:25.78	39.31
24.	PEDROSO Madalena Gracio	10	Nautico Marinha Grande	<b>5:25.96</b>	+0,82	6,1	-
	50m: 37.93 37.93	150m: 2:02.54	42.98	250m: 3:25.85	40.55	350m: 4:46.99	40.27
	100m: 1:19.56 41.63	200m: 2:45.30	42.76	300m: 4:06.72	40.87	400m: 5:25.96	38.97
25.	OLIVEIRA Catarina Sousa	10	Colegio Efanor	<b>5:26.24</b>	+0,95	6,1	-
	50m: 36.72 36.72	150m: 2:00.85	42.88	250m: 3:25.94	41.99	350m: 4:48.91	40.63
	100m: 1:17.97 41.25	200m: 2:43.95	43.10	300m: 4:08.28	42.34	400m: 5:26.24	37.33
26.	SILVA Joana Alexandra	10	CPCD-Povoa St Iria	<b>5:27.03</b>	+0,95	5,9	-
	50m: 35.83 35.83	150m: 1:57.38	41.69	250m: 3:21.83	42.28	350m: 4:47.43	42.65
	100m: 1:15.69 39.86	200m: 2:39.55	42.17	300m: 4:04.78	42.95	400m: 5:27.03	39.60
27.	FERNANDES Marta Silva	10	Porto	<b>5:27.17</b>		5,9	-
	50m: 37.98 37.98	150m: 2:00.35	41.66	250m: 3:23.93	41.47	350m: 4:47.50	41.65
	100m: 1:18.69 40.71	200m: 2:42.46	42.11	300m: 4:05.85	41.92	400m: 5:27.17	39.67
28.	KOPTEVA Cristina	10	Colegio Monte Maior	<b>5:27.27</b>	+0,92	5,8	-
	50m: 36.01 36.01	150m: 1:58.74	42.17	250m: 3:23.55	42.70	350m: 4:47.52	41.94
	100m: 1:16.57 40.56	200m: 2:40.85	42.11	300m: 4:05.58	42.03	400m: 5:27.27	39.75
29.	LOPES Jessica Bernardino	10	Sporting	<b>5:27.67</b>	+0,82	5,7	-
	50m: 36.30 36.30	150m: 1:59.29	43.01	250m: 3:25.10	42.94	350m: 4:48.64	41.32
	100m: 1:16.28 39.98	200m: 2:42.16	42.87	300m: 4:07.32	42.22	400m: 5:27.67	39.03
30.	AZEVEDO Constanca Lourenco	10	Lagoa AC	<b>5:27.78</b>	+0,99	5,7	-
	50m: 37.62 37.62	150m: 2:00.57	41.45	250m: 3:26.21	42.47	350m: 4:48.92	40.43
	100m: 1:19.12 41.50	200m: 2:43.74	43.17	300m: 4:08.49	42.28	400m: 5:27.78	38.86
31.	GOMES Rita Braga	10	Sporting	<b>5:27.92</b>	+0,86	5,7	-
	50m: 37.59 37.59	150m: 2:01.57	42.15	250m: 3:26.70	42.80	350m: 4:49.18	39.91
	100m: 1:19.42 41.83	200m: 2:43.90	42.33	300m: 4:09.27	42.57	400m: 5:27.92	38.74
32.	MARQUES Ana Jose	10	Braga	<b>5:28.50</b>	+0,93	5,5	-
	50m: 36.51 36.51	150m: 1:57.99	41.12	250m: 3:22.50	42.23	350m: 4:47.95	42.86
	100m: 1:16.87 40.36	200m: 2:40.27	42.28	300m: 4:05.09	42.59	400m: 5:28.50	40.55

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
33.	BARROSO Juliana Bushe	10	FC Ferreiras/AlgarExperience	<b>5:28.74</b>	+0,91	5,5	-
	50m: 37.27 37.27	150m: 2:00.50	41.37	250m: 3:25.81	42.34	350m: 4:49.30	40.02
	100m: 1:19.13 41.86	200m: 2:43.47	42.97	300m: 4:09.28	43.47	400m: 5:28.74	39.44
34.	GUIMARAES Filipa Esteves	10	Vilacondense	<b>5:29.70</b>	+0,74	5,2	-
	50m: 37.23 37.23	150m: 2:02.12	42.69	250m: 3:27.01	42.50	350m: 4:50.65	40.39
	100m: 1:19.43 42.20	200m: 2:44.51	42.39	300m: 4:10.26	43.25	400m: 5:29.70	39.05
35.	SOARES Beatriz Guerra	10	Leixoes	<b>5:30.59</b>		5,0	-
	50m: 35.87 35.87	150m: 1:59.35	42.50	250m: 3:24.37	41.99	350m: 4:49.16	40.93
	100m: 1:16.85 40.98	200m: 2:42.38	43.03	300m: 4:08.23	43.86	400m: 5:30.59	41.43
36.	TEIXEIRA Maria Leonor	10	Naval do Funchal	<b>5:32.10</b>	+0,85	4,7	-
	50m: 36.27 36.27	150m: 1:57.47	41.50	250m: 3:24.29	43.76	350m: 4:52.48	43.60
	100m: 1:15.97 39.70	200m: 2:40.53	43.06	300m: 4:08.88	44.59	400m: 5:32.10	39.62
37.	RE Raquel Domingues	10	Sporting de Aveiro	<b>5:32.45</b>	+0,92	4,6	-
	50m: 36.00 36.00	150m: 2:01.33	42.80	250m: 3:27.22	42.33	350m: 4:52.26	41.93
	100m: 1:18.53 42.53	200m: 2:44.89	43.56	300m: 4:10.33	43.11	400m: 5:32.45	40.19
38.	DINIZ Beatriz Costa	10	Sporting	<b>5:32.68</b>	+0,88	4,5	-
	50m: 37.43 37.43	150m: 2:01.24	42.28	250m: 3:27.34	42.87	350m: 4:52.48	41.95
	100m: 1:18.96 41.53	200m: 2:44.47	43.23	300m: 4:10.53	43.19	400m: 5:32.68	40.20
39.	FERREIRA Flor Fortunata	10	Gualdim Pais	<b>5:33.10</b>	+0,94	4,4	-
	50m: 38.37 38.37	150m: 2:03.76	42.65	250m: 3:30.00	42.59	350m: 4:54.28	41.40
	100m: 1:21.11 42.74	200m: 2:47.41	43.65	300m: 4:12.88	42.88	400m: 5:33.10	38.82
40.	BERNAT Alicia Del Rio	10	Alges	<b>5:33.31</b>		4,4	-
	50m: 38.02 38.02	150m: 2:02.56	42.63	250m: 3:29.42	43.58	350m: 4:54.42	41.80
	100m: 1:19.93 41.91	200m: 2:45.84	43.28	300m: 4:12.62	43.20	400m: 5:33.31	38.89
41.	ROCHA Jael Alves	10	Viana Natacao	<b>5:34.00</b>	+0,93	4,2	-
	50m: 38.42 38.42	150m: 2:02.73	42.14	250m: 3:29.15	42.92	350m: 4:54.70	42.32
	100m: 1:20.59 42.17	200m: 2:46.23	43.50	300m: 4:12.38	43.23	400m: 5:34.00	39.30
42.	PETERSSON Violeta Reis	10	Naval de Faro	<b>5:34.12</b>	+0,92	4,2	-
	50m: 35.92 35.92	150m: 1:58.26	41.76	250m: 3:24.53	43.38	350m: 4:52.47	44.25
	100m: 1:16.50 40.58	200m: 2:41.15	42.89	300m: 4:08.22	43.69	400m: 5:34.12	41.65
43.	ALVES Diana Isabel	10	Benedita	<b>5:34.39</b>	+0,73	4,1	-
	50m: 36.75 36.75	150m: 2:02.72	43.62	250m: 3:30.15	43.42	350m: 4:55.45	42.01
	100m: 1:19.10 42.35	200m: 2:46.73	44.01	300m: 4:13.44	43.29	400m: 5:34.39	38.94
44.	LOPES Carolina Melo	10	Portinado	<b>5:34.86</b>	+0,98	4,0	-
	50m: 36.28 36.28	150m: 2:00.60	43.03	250m: 3:26.93	42.72	350m: 4:53.58	43.32
	100m: 1:17.57 41.29	200m: 2:44.21	43.61	300m: 4:10.26	43.33	400m: 5:34.86	41.28
45.	FERNANDES Maria Perico	10	AONDA-Azeitao	<b>5:35.35</b>	+0,94	3,9	-
	50m: 37.02 37.02	150m: 1:59.95	41.94	250m: 3:24.53	42.09	350m: 4:52.02	44.45
	100m: 1:18.01 40.99	200m: 2:42.44	42.49	300m: 4:07.57	43.04	400m: 5:35.35	43.33

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
46.	MATEUS Ines Filipa	10	Lagoa AC	<b>5:35.66</b>	+0,98	3,8	-
	50m: 35.69 35.69	150m: 1:59.90	43.38	250m: 3:25.88	42.72	350m: 4:54.19	43.57
	100m: 1:16.52 40.83	200m: 2:43.16	43.26	300m: 4:10.62	44.74	400m: 5:35.66	41.47
47.	FRYXELL Maria Ines	10	AONDA-Azeitao	<b>5:36.04</b>	+0,79	3,7	-
	50m: 38.38 38.38	150m: 2:04.06	43.38	250m: 3:30.22	43.39	350m: 4:55.74	42.58
	100m: 1:20.68 42.30	200m: 2:46.83	42.77	300m: 4:13.16	42.94	400m: 5:36.04	40.30
48.	GUERRA Carolina Escrevente	10	Alges	<b>5:36.21</b>	+0,93	3,7	-
	50m: 37.60 37.60	150m: 2:03.73	43.29	250m: 3:31.12	43.48	350m: 4:56.50	41.83
	100m: 1:20.44 42.84	200m: 2:47.64	43.91	300m: 4:14.67	43.55	400m: 5:36.21	39.71
49.	CASTRO Leticia Alves	10	Braga	<b>5:36.28</b>	+0,92	3,7	-
	50m: 37.06 37.06	150m: 2:02.40	43.67	250m: 3:28.34	42.73	350m: 4:54.46	43.07
	100m: 1:18.73 41.67	200m: 2:45.61	43.21	300m: 4:11.39	43.05	400m: 5:36.28	41.82
50.	SANTOS Carolina Brito	10	Naval de Faro	<b>5:38.68</b>	+0,88	3,1	-
	50m: 38.76 38.76	150m: 2:04.48	43.29	250m: 3:31.87	43.89	350m: 4:58.38	42.54
	100m: 1:21.19 42.43	200m: 2:47.98	43.50	300m: 4:15.84	43.97	400m: 5:38.68	40.30
51.	MOREIRA Beatriz Ribeiro	10	Sporting de Espinho	<b>5:38.80</b>		3,1	-
	50m: 37.18 37.18	150m: 2:01.50	43.00	250m: 3:28.46	43.51	350m: 4:56.02	43.92
	100m: 1:18.50 41.32	200m: 2:44.95	43.45	300m: 4:12.10	43.64	400m: 5:38.80	42.78
52.	LEITAO Isabel Gouveia	10	Naval do Funchal	<b>5:40.21</b>	+0,93	2,7	-
	50m: 38.16 38.16	150m: 2:03.97	43.06	250m: 3:32.10	43.99	350m: 4:59.91	42.89
	100m: 1:20.91 42.75	200m: 2:48.11	44.14	300m: 4:17.02	44.92	400m: 5:40.21	40.30
53.	COSTA Francisca Teixeira	10	Foca Quinta da Lixa CNF	<b>5:41.00</b>	+0,76	2,5	-
	50m: 38.41 38.41	150m: 2:03.72	43.65	250m: 3:31.65	44.51	350m: 4:59.75	44.55
	100m: 1:20.07 41.66	200m: 2:47.14	43.42	300m: 4:15.20	43.55	400m: 5:41.00	41.25
54.	SIMOES Bruna Sofia	10	Sporting	<b>5:41.06</b>		2,5	-
	50m: 37.86 37.86	150m: 2:04.28	43.95	250m: 3:34.37	45.40	350m: 5:00.88	41.85
	100m: 1:20.33 42.47	200m: 2:48.97	44.69	300m: 4:19.03	44.66	400m: 5:41.06	40.18
55.	SILVA Leonor Mosca	10	Columbofila Cantanhedense	<b>5:41.56</b>	+0,74	2,4	-
	50m: 39.31 39.31	200m: 2:48.84	43.95	300m: 4:15.98	44.06	400m: 5:41.56	42.02
	150m: 2:04.89 1:25.58	250m: 3:31.92	43.08	350m: 4:59.54	43.56		
56.	MONTEIRO Laura Nobre	10	Columbofila Cantanhedense	<b>5:41.69</b>	+0,83	2,4	-
	50m: 38.70 38.70	150m: 2:05.08	44.23	250m: 3:33.40	44.42	350m: 5:00.57	43.59
	100m: 1:20.85 42.15	200m: 2:48.98	43.90	300m: 4:16.98	43.58	400m: 5:41.69	41.12
57.	SILVESTRE Mariana Bernardo	10	Nautico Academico	<b>5:42.30</b>	+0,98	2,2	-
	50m: 37.55 37.55	150m: 2:05.55	44.69	250m: 3:33.99	44.37	350m: 5:03.14	44.54
	100m: 1:20.86 43.31	200m: 2:49.62	44.07	300m: 4:18.60	44.61	400m: 5:42.30	39.16
58.	ROSA Isabel Silva	10	Naval da Horta	<b>5:42.62</b>	+0,89	2,1	-
	50m: 37.26 37.26	150m: 2:00.88	42.18	250m: 3:28.78	44.13	350m: 4:59.04	44.71
	100m: 1:18.70 41.44	200m: 2:44.65	43.77	300m: 4:14.33	45.55	400m: 5:42.62	43.58

ORGANIZAÇÃO



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
59.	TRINDADE Adriana Resende	10	Sporting de Espinho	<b>5:42.63</b>	+0,75	2,1	-
	50m: 38.31 38.31 150m: 2:03.95 43.16 250m: 3:31.77 43.71 350m: 5:00.21 44.16						
	100m: 1:20.79 42.48 200m: 2:48.06 44.11 300m: 4:16.05 44.28 400m: 5:42.63 42.42						
60.	MESQUITA Maria Ines	10	Ginasio de Vila Real	<b>5:42.83</b>	+0,77	2,1	-
	50m: 40.25 40.25 150m: 2:07.87 43.88 250m: 3:34.91 42.79 350m: 5:00.94 41.73						
	100m: 1:23.99 43.74 200m: 2:52.12 44.25 300m: 4:19.21 44.30 400m: 5:42.83 41.89						
61.	PROENCA Victoria Sales	10	Benfica	<b>5:42.89</b>	+0,72	2,1	-
	50m: 37.74 37.74 150m: 2:04.67 43.85 250m: 3:32.83 43.93 350m: 5:01.25 43.57						
	100m: 1:20.82 43.08 200m: 2:48.90 44.23 300m: 4:17.68 44.85 400m: 5:42.89 41.64						
62.	SILVA Lara Paixao	10	Rio Maior	<b>5:43.13</b>	+0,85	2,0	-
	50m: 37.79 37.79 150m: 2:04.00 43.67 250m: 3:34.21 44.83 350m: 5:01.75 42.84						
	100m: 1:20.33 42.54 200m: 2:49.38 45.38 300m: 4:18.91 44.70 400m: 5:43.13 41.38						
63.	FERNANDES Mariana Mesquita	10	Braga	<b>5:43.66</b>	+0,98	1,9	-
	50m: 38.31 38.31 150m: 2:04.11 44.23 250m: 3:32.37 44.89 350m: 5:01.04 44.66						
	100m: 1:19.88 41.57 200m: 2:47.48 43.37 300m: 4:16.38 44.01 400m: 5:43.66 42.62						
64.	RIBEIRO Catarina Alexandra	10	Natacao de Valongo	<b>5:43.86</b>		1,8	-
	50m: 38.01 38.01 150m: 2:05.00 43.28 250m: 3:33.06 43.85 350m: 5:02.59 44.83						
	100m: 1:21.72 43.71 200m: 2:49.21 44.21 300m: 4:17.76 44.70 400m: 5:43.86 41.27						
65.	VALENTE Luana Silva	10	Estarreja	<b>5:44.08</b>		1,8	-
	50m: 38.15 38.15 150m: 2:03.77 43.49 250m: 3:32.02 44.31 350m: 5:01.21 44.14						
	100m: 1:20.28 42.13 200m: 2:47.71 43.94 300m: 4:17.07 45.05 400m: 5:44.08 42.87						
66.	FERREIRA Leonor Fonseca	10	Estarreja	<b>5:44.15</b>	+0,59	1,8	-
	50m: 37.46 37.46 150m: 2:03.62 43.45 250m: 3:32.91 44.65 350m: 5:02.79 44.31						
	100m: 1:20.17 42.71 200m: 2:48.26 44.64 300m: 4:18.48 45.57 400m: 5:44.15 41.36						
67.	PAIVA Leonor Antunes	10	Nautico Academico	<b>5:45.20</b>	+0,87	1,5	-
	50m: 38.28 38.28 150m: 2:04.89 43.71 250m: 3:34.15 44.63 400m: 5:45.20 1:25.70						
	100m: 1:21.18 42.90 200m: 2:49.52 44.63 300m: 4:19.50 45.35						
68.	MARTINS Vitoria Silva	10	Famalicão	<b>5:45.63</b>	+0,88	1,4	-
	50m: 38.78 38.78 150m: 2:06.47 44.11 250m: 3:35.07 43.93 350m: 5:03.76 44.11						
	100m: 1:22.36 43.58 200m: 2:51.14 44.67 300m: 4:19.65 44.58 400m: 5:45.63 41.87						
69.	BRANCO Beatriz Paiva	10	Laranjeiro	<b>5:45.78</b>	+0,83	1,4	-
	50m: 38.21 38.21 150m: 2:05.92 43.50 250m: 3:35.16 43.58 350m: 5:04.08 43.85						
	100m: 1:22.42 44.21 200m: 2:51.58 45.66 300m: 4:20.23 45.07 400m: 5:45.78 41.70						
70.	SANTO Ana Filipa	10	Gesloures	<b>5:46.15</b>	+0,86	1,3	-
	50m: 37.06 37.06 150m: 2:03.72 44.32 250m: 3:32.75 44.44 350m: 5:02.56 44.63						
	100m: 1:19.40 42.34 200m: 2:48.31 44.59 300m: 4:17.93 45.18 400m: 5:46.15 43.59						
71.	ROMAO Filipa Santos	10	Vilacondense	<b>5:46.20</b>	+0,87	1,3	-
	50m: 39.29 39.29 150m: 2:09.40 45.56 250m: 3:39.08 44.92 350m: 5:06.10 42.99						
	100m: 1:23.84 44.55 200m: 2:54.16 44.76 300m: 4:23.11 44.03 400m: 5:46.20 40.10						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
72.	RIBEIRO Catarina Costa	10	Naval de Faro	<b>5:46.52</b>	+0,88	1,2	-
	50m: 38.73 38.73	150m: 2:06.08	44.43	250m: 3:35.16	44.28	350m: 5:03.81	43.27
	100m: 1:21.65 42.92	200m: 2:50.88	44.80	300m: 4:20.54	45.38	400m: 5:46.52	42.71
73.	ALMEIDA Leonor Sobreiro	10	Amigos da Escola	<b>5:46.78</b>	+0,84	1,1	-
	50m: 40.13 40.13	150m: 2:07.51	44.09	250m: 3:36.57	44.97	400m: 5:46.78	1:24.82
	100m: 1:23.42 43.29	200m: 2:51.60	44.09	300m: 4:21.96	45.39		
74.	SILVESTRE Matilde Faria	10	Penafiel	<b>5:46.97</b>	+0,85	1,1	-
	50m: 37.83 37.83	150m: 2:05.88	44.38	250m: 3:36.13	45.12	350m: 5:04.56	44.65
	100m: 1:21.50 43.67	200m: 2:51.01	45.13	300m: 4:19.91	43.78	400m: 5:46.97	42.41
75.	BRITO Madalena Pinto	10	Naval do Funchal	<b>5:47.98</b>	+0,74		-
	50m: 37.12 37.12	150m: 2:05.60	44.96	250m: 3:36.67	45.78	350m: 5:05.92	43.85
	100m: 1:20.64 43.52	200m: 2:50.89	45.29	300m: 4:22.07	45.40	400m: 5:47.98	42.06
	LOPES Isabella Scavone	10	Miranda do Corvo	<b>5:47.98</b>			-
	50m: 38.01 38.01	150m: 2:06.49	45.09	250m: 3:35.62	44.03	350m: 5:04.21	43.76
	100m: 1:21.40 43.39	200m: 2:51.59	45.10	300m: 4:20.45	44.83	400m: 5:47.98	43.77
77.	GANTE Maria Ines	10	Nautico Academico	<b>5:48.08</b>			-
	50m: 37.64 37.64	150m: 2:06.10	44.41	250m: 3:36.11	44.85	350m: 5:05.57	43.94
	100m: 1:21.69 44.05	200m: 2:51.26	45.16	300m: 4:21.63	45.52	400m: 5:48.08	42.51
78.	ANDREZ Marta Afonso	10	Braga	<b>5:48.33</b>	+0,80		-
	50m: 38.47 38.47	150m: 2:06.12	44.78	250m: 3:36.33	45.82	350m: 5:07.09	45.91
	100m: 1:21.34 42.87	200m: 2:50.51	44.39	300m: 4:21.18	44.85	400m: 5:48.33	41.24
79.	PEREIRA Mariana Dias	10	Alges e Agueda XXI	<b>5:48.38</b>	+0,88		-
	50m: 37.35 37.35	150m: 2:03.57	43.98	250m: 3:33.54	44.85	350m: 5:03.80	45.58
	100m: 1:19.59 42.24	200m: 2:48.69	45.12	300m: 4:18.22	44.68	400m: 5:48.38	44.58
80.	FERNANDES Maria Madalena	10	Alges	<b>5:49.30</b>	+0,75		-
	50m: 38.78 38.78	150m: 2:05.44	43.89	250m: 3:35.47	45.68	350m: 5:05.21	44.41
	100m: 1:21.55 42.77	200m: 2:49.79	44.35	300m: 4:20.80	45.33	400m: 5:49.30	44.09
81.	TEIXEIRA Camila Isabel	10	Leixoes	<b>5:49.81</b>	+0,85		-
	50m: 37.76 37.76	150m: 2:07.62	45.57	250m: 3:38.19	45.00	350m: 5:05.70	43.58
	100m: 1:22.05 44.29	200m: 2:53.19	45.57	300m: 4:22.12	43.93	400m: 5:49.81	44.11
82.	PIMENTEL Eduarda Dias	10	Porto	<b>5:50.08</b>	+0,93		-
	50m: 38.87 38.87	150m: 2:05.68	44.24	250m: 3:36.01	45.69	350m: 5:06.37	44.66
	100m: 1:21.44 42.57	200m: 2:50.32	44.64	300m: 4:21.71	45.70	400m: 5:50.08	43.71
83.	ALVES Maria Carolina	10	Ba-Leiria	<b>5:50.25</b>	+0,83		-
	50m: 37.94 37.94	150m: 2:04.50	43.69	250m: 3:34.85	45.15	350m: 5:06.20	46.13
	100m: 1:20.81 42.87	200m: 2:49.70	45.20	300m: 4:20.07	45.22	400m: 5:50.25	44.05
84.	SILVA Leonor Pereira	10	Obidos Criativa	<b>5:50.33</b>	+0,88		-
	50m: 38.10 38.10	150m: 2:07.11	45.57	250m: 3:37.41	45.95	350m: 5:07.80	45.26
	100m: 1:21.54 43.44	200m: 2:51.46	44.35	300m: 4:22.54	45.13	400m: 5:50.33	42.53



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
85.	RIBEIRO Estela Couto	10	Sporting	<b>5:50.36</b>	+0,87		-
	50m: 38.50 38.50	150m: 2:08.16 45.10	250m: 3:39.99 46.05	350m: 5:08.72 44.35			
	100m: 1:23.06 44.56	200m: 2:53.94 45.78	300m: 4:24.37 44.38	400m: 5:50.36 41.64			
86.	SILVA Ines Senhorinha	10	Natacao da Maia	<b>5:50.44</b>	+0,82		-
	50m: 38.68 38.68	150m: 2:08.96 45.14	250m: 3:39.77 45.25	350m: 5:08.65 44.44			
	100m: 1:23.82 45.14	200m: 2:54.52 45.56	300m: 4:24.21 44.44	400m: 5:50.44 41.79			
87.	BRANCO Francisca Sousa	10	Sporting de Espinho	<b>5:50.82</b>			-
	50m: 39.35 39.35	150m: 2:09.03 45.40	250m: 3:39.64 45.35	350m: 5:10.75 45.02			
	100m: 1:23.63 44.28	200m: 2:54.29 45.26	300m: 4:25.73 46.09	400m: 5:50.82 40.07			
88.	FERREIRA Eva Santos	10	O Crasto	<b>5:51.45</b>	+0,92		-
	50m: 38.20 38.20	150m: 2:09.05 45.73	250m: 3:39.81 45.23	350m: 5:10.08 44.10			
	100m: 1:23.32 45.12	200m: 2:54.58 45.53	300m: 4:25.98 46.17	400m: 5:51.45 41.37			
89.	FRISCHKNECHT Luisa Anjos	10	Naval Setubalense	<b>5:51.47</b>	+0,79		-
	50m: 38.13 38.13	150m: 2:05.88 44.27	250m: 3:36.51 45.28	350m: 5:07.86 45.20			
	100m: 1:21.61 43.48	200m: 2:51.23 45.35	300m: 4:22.66 46.15	400m: 5:51.47 43.61			
90.	GOMES Mariana Rosado	10	Aminata	<b>5:52.16</b>	+0,84		-
	50m: 39.86 39.86	150m: 2:09.41 46.01	250m: 3:41.44 46.53	350m: 5:11.76 45.28			
	100m: 1:23.40 43.54	200m: 2:54.91 45.50	300m: 4:26.48 45.04	400m: 5:52.16 40.40			
91.	POETA Maria Silva	10	Ginasio de Vila Real	<b>5:52.64</b>	+0,74		-
	50m: 40.04 40.04	150m: 2:09.60 45.09	250m: 3:39.03 44.11	350m: 5:08.60 43.71			
	100m: 1:24.51 44.47	200m: 2:54.92 45.32	300m: 4:24.89 45.86	400m: 5:52.64 44.04			
92.	AFONSO Maria Barafusta	10	Naval Setubalense	<b>5:52.86</b>	+0,93		-
	50m: 38.89 38.89	150m: 2:08.55 44.50	250m: 3:39.15 44.64	350m: 5:09.72 44.16			
	100m: 1:24.05 45.16	200m: 2:54.51 45.96	300m: 4:25.56 46.41	400m: 5:52.86 43.14			
93.	BARBOSA Matilde Franco	10	Propaganda da Natacao	<b>5:52.97</b>	+0,83		-
	50m: 37.30 37.30	150m: 2:06.94 46.19	250m: 3:38.90 46.49	350m: 5:10.86 45.18			
	100m: 1:20.75 43.45	200m: 2:52.41 45.47	300m: 4:25.68 46.78	400m: 5:52.97 42.11			
94.	ESTRELA Ema Ferreira	10	Leixoes	<b>5:53.30</b>	+0,92		-
	50m: 37.81 37.81	150m: 2:05.70 45.19	250m: 3:38.32 46.49	350m: 5:10.42 46.23			
	100m: 1:20.51 42.70	200m: 2:51.83 46.13	300m: 4:24.19 45.87	400m: 5:53.30 42.88			
95.	INACIO Debora Silva	10	Pimpoes/Cimai	<b>5:54.59</b>	+0,84		-
	50m: 41.72 41.72	150m: 2:14.12 45.45	250m: 3:45.89 46.15	350m: 5:14.71 42.71			
	100m: 1:28.67 46.95	200m: 2:59.74 45.62	300m: 4:32.00 46.11	400m: 5:54.59 39.88			
96.	MELO Maria Leticia	10	Fluvial Portuense	<b>5:54.70</b>	+0,85		-
	50m: 40.45 40.45	150m: 2:10.18 45.42	250m: 3:41.68 46.18	350m: 5:12.88 45.34			
	100m: 1:24.76 44.31	200m: 2:55.50 45.32	300m: 4:27.54 45.86	400m: 5:54.70 41.82			
97.	FILIPE Maria Rita	10	Geslours	<b>5:55.11</b>			-
	50m: 39.93 39.93	150m: 2:10.44 45.16	250m: 3:40.90 44.63	350m: 5:11.27 44.33			
	100m: 1:25.28 45.35	200m: 2:56.27 45.83	300m: 4:26.94 46.04	400m: 5:55.11 43.84			

ORGANIZAÇÃO



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
98.	SILVA Xiana Castro	10	Flavitus	<b>5:55.36</b>			-
	50m: 38.69 38.69	150m: 2:09.96 46.08	250m: 3:43.97 46.81	400m: 5:55.36	1:26.11		
	100m: 1:23.88 45.19	200m: 2:57.16 47.20	300m: 4:29.25 45.28				
99.	LOPES Carolina Macedo	10	Vilacondense	<b>5:55.53</b>	+0,75		-
	50m: 39.78 39.78	150m: 2:10.21 45.50	250m: 3:41.38 45.83	350m: 5:12.05 44.95			
	100m: 1:24.71 44.93	200m: 2:55.55 45.34	300m: 4:27.10 45.72	400m: 5:55.53 43.48			
100.	BRITO Rita Canas	10	Naval Setubalense	<b>5:56.00</b>	+0,92		-
	50m: 39.41 39.41	150m: 2:10.94 46.04	250m: 3:42.82 46.13	400m: 5:56.00	1:27.50		
	100m: 1:24.90 45.49	200m: 2:56.69 45.75	300m: 4:28.50 45.68				
101.	RIBEIRO Carolina Loureiro	10	Porto	<b>5:56.07</b>	+0,90		-
	50m: 39.61 39.61	150m: 2:09.22 45.58	250m: 3:40.92 45.98	350m: 5:12.36 45.24			
	100m: 1:23.64 44.03	200m: 2:54.94 45.72	300m: 4:27.12 46.20	400m: 5:56.07 43.71			
102.	FREITAS Carlota Silva	10	Estarreja	<b>5:56.19</b>	+0,78		-
	50m: 40.40 40.40	150m: 2:10.30 45.75	250m: 3:42.84 45.74	350m: 5:14.74 44.70			
	100m: 1:24.55 44.15	200m: 2:57.10 46.80	300m: 4:30.04 47.20	400m: 5:56.19 41.45			
103.	GONCALVES Laura Samora	10	Nautico Marinha Grande	<b>5:57.42</b>	+0,90		-
	50m: 40.82 40.82	150m: 2:11.89 45.89	250m: 3:44.13 45.99	350m: 5:14.85 44.14			
	100m: 1:26.00 45.18	200m: 2:58.14 46.25	300m: 4:30.71 46.58	400m: 5:57.42 42.57			
104.	ROCHA Leonor Delgadinho	10	Feirense	<b>5:57.52</b>	+0,81		-
	50m: 37.47 37.47	150m: 2:07.24 45.15	250m: 3:40.13 46.88	350m: 5:13.83 48.06			
	100m: 1:22.09 44.62	200m: 2:53.25 46.01	300m: 4:25.77 45.64	400m: 5:57.52 43.69			
105.	RODRIGUES Maria Ines	10	Nautico Academico	<b>5:57.82</b>	+0,82		-
	50m: 39.38 39.38	150m: 2:10.79 45.59	250m: 3:40.90 43.71	350m: 5:14.14 46.94			
	100m: 1:25.20 45.82	200m: 2:57.19 46.40	300m: 4:27.20 46.30	400m: 5:57.82 43.68			
106.	CARVALHO Mariana Bagagem	10	Miranda do Corvo	<b>5:57.87</b>	+0,96		-
	50m: 40.90 40.90	150m: 2:12.52 46.50	250m: 3:45.33 45.12	350m: 5:15.85 44.80			
	100m: 1:26.02 45.12	200m: 3:00.21 47.69	300m: 4:31.05 45.72	400m: 5:57.87 42.02			
107.	LOPES Maria Leonor	10	Torres Novas	<b>5:58.00</b>	+0,78		-
	50m: 39.20 39.20	150m: 2:10.21 46.65	250m: 3:44.42 46.99	350m: 5:14.70 44.73			
	100m: 1:23.56 44.36	200m: 2:57.43 47.22	300m: 4:29.97 45.55	400m: 5:58.00 43.30			
108.	OLIVEIRA Rita Sousa	10	Colegio Efanor	<b>5:58.66</b>	+0,81		-
	50m: 38.42 38.42	150m: 2:09.42 46.55	250m: 3:42.48 46.08	350m: 5:14.91 46.22			
	100m: 1:22.87 44.45	200m: 2:56.40 46.98	300m: 4:28.69 46.21	400m: 5:58.66 43.75			
109.	GOMES Carolina Frois	10	Portinado	<b>5:58.78</b>	+0,96		-
	50m: 39.63 39.63	150m: 2:09.14 44.95	250m: 3:42.65 47.14	350m: 5:15.31 45.48			
	100m: 1:24.19 44.56	200m: 2:55.51 46.37	300m: 4:29.83 47.18	400m: 5:58.78 43.47			
110.	FERREIRA Sofia Daniela	10	Uniao Coimbra	<b>5:58.97</b>	+0,85		-
	50m: 39.73 39.73	150m: 2:11.56 46.34	250m: 3:44.85 46.50	350m: 5:15.90 44.44			
	100m: 1:25.22 45.49	200m: 2:58.35 46.79	300m: 4:31.46 46.61	400m: 5:58.97 43.07			

ORGANIZAÇÃO



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
111.	CARVALHO Maria Duarte	10	Benfica	<b>5:59.27</b>			-
	50m: 39.52 39.52	150m: 2:11.63 46.65	250m: 3:44.39 45.61	350m: 5:16.05 45.29			
	100m: 1:24.98 45.46	200m: 2:58.78 47.15	300m: 4:30.76 46.37	400m: 5:59.27 43.22			
112.	SILVA Rita Mota	10	Palmela Desporto	<b>6:00.16</b>	+0,72		-
	50m: 39.62 39.62	150m: 2:12.74 47.37	250m: 3:46.19 47.06	350m: 5:21.81 47.02			
	100m: 1:25.37 45.75	200m: 2:59.13 46.39	300m: 4:34.79 48.60	400m: 6:00.16 38.35			
113.	BARBARA Victoria Souza	10	Aquatico Silves	<b>6:01.14</b>	+0,95		-
	50m: 39.51 39.51	150m: 2:10.28 46.29	250m: 3:45.67 47.84	400m: 6:01.14 1:28.15			
	100m: 1:23.99 44.48	200m: 2:57.83 47.55	300m: 4:32.99 47.32				
114.	SILVA Catia Sofia	10	Sporting de Aveiro	<b>6:01.28</b>	+0,92		-
	50m: 38.72 38.72	150m: 2:09.14 45.69	250m: 3:42.24 45.79	350m: 5:15.77 45.86			
	100m: 1:23.45 44.73	200m: 2:56.45 47.31	300m: 4:29.91 47.67	400m: 6:01.28 45.51			
115.	MONTEIRO Luana Raquel	10	Palmela Desporto	<b>6:02.37</b>	+0,80		-
	50m: 39.83 39.83	150m: 2:11.88 46.50	250m: 3:46.51 47.60	400m: 6:02.37 1:29.31			
	100m: 1:25.38 45.55	200m: 2:58.91 47.03	300m: 4:33.06 46.55				
116.	ROCHA Mariana Nobrega	10	CLIP Teams	<b>6:02.64</b>	+0,76		-
	50m: 39.44 39.44	150m: 2:11.40 46.14	250m: 3:46.58 46.81	350m: 5:21.14 46.08			
	100m: 1:25.26 45.82	200m: 2:59.77 48.37	300m: 4:35.06 48.48	400m: 6:02.64 41.50			
117.	FERREIRA Rita Rocha	10	Benfica	<b>6:02.86</b>	+0,77		-
	50m: 39.49 39.49	150m: 2:12.21 46.60	250m: 3:44.61 46.08	350m: 5:18.52 46.12			
	100m: 1:25.61 46.12	200m: 2:58.53 46.32	300m: 4:32.40 47.79	400m: 6:02.86 44.34			
118.	RODRIGUES Leonor Teixeira	10	Feirense	<b>6:02.96</b>	+0,85		-
	50m: 38.25 38.25	150m: 2:08.97 45.86	250m: 3:44.25 47.48	350m: 5:18.93 47.47			
	100m: 1:23.11 44.86	200m: 2:56.77 47.80	300m: 4:31.46 47.21	400m: 6:02.96 44.03			
119.	AREDE Madalena Pereira	10	Nacional de Natacao	<b>6:03.28</b>	+0,84		-
	50m: 40.86 40.86	150m: 2:16.77 48.70	250m: 3:49.20 44.94	350m: 5:19.42 44.79			
	100m: 1:28.07 47.21	200m: 3:04.26 47.49	300m: 4:34.63 45.43	400m: 6:03.28 43.86			
120.	FERREIRA Mariana Ramos	10	Miranda do Corvo	<b>6:03.79</b>	+0,98		-
	50m: 39.61 39.61	150m: 2:11.28 46.81	250m: 3:45.53 47.89	350m: 5:20.66 47.84			
	100m: 1:24.47 44.86	200m: 2:57.64 46.36	300m: 4:32.82 47.29	400m: 6:03.79 43.13			
121.	SILVA Ana Filipa	10	O Crasto	<b>6:04.72</b>	+0,98		-
	50m: 39.05 39.05	150m: 2:09.07 45.75	250m: 3:45.02 48.02	350m: 5:20.60 46.64			
	100m: 1:23.32 44.27	200m: 2:57.00 47.93	300m: 4:33.96 48.94	400m: 6:04.72 44.12			
122.	FALEIRO Sira Valentim	10	Aquatico Silves	<b>6:04.78</b>	+0,90		-
	50m: 40.08 40.08	150m: 2:11.96 46.58	250m: 3:46.77 46.95	350m: 5:20.81 45.89			
	100m: 1:25.38 45.30	200m: 2:59.82 47.86	300m: 4:34.92 48.15	400m: 6:04.78 43.97			
123.	FERREIRA Leonor Soares	10	Braga	<b>6:09.73</b>	+0,82		-
	50m: 38.81 38.81	150m: 2:13.68 48.47	250m: 3:49.30 46.50	350m: 5:25.08 48.87			
	100m: 1:25.21 46.40	200m: 3:02.80 49.12	300m: 4:36.21 46.91	400m: 6:09.73 44.65			

ORGANIZAÇÃO



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts Rud	Pts
124.	SILVA Rafaela Sofia	10	CPCD-Povoa St Iria	<b>6:11.71</b>	+0,92		-
	50m: 39.57 39.57	150m: 2:11.33	46.87	250m: 3:47.33	48.03	400m: 6:11.71	1:35.50
	100m: 1:24.46 44.89	200m: 2:59.30	47.97	300m: 4:36.21	48.88		
125.	GUERREIRO Lara Alexandra	10	Portinado	<b>6:11.73</b>	+0,93		-
	50m: 38.39 38.39	150m: 2:10.09	47.40	250m: 3:46.91	48.03	350m: 5:24.74	48.93
	100m: 1:22.69 44.30	200m: 2:58.88	48.79	300m: 4:35.81	48.90	400m: 6:11.73	46.99
126.	FREITAS Sofia Oliveira	10	O Crasto	<b>6:20.96</b>	+0,78		-
	50m: 40.60 40.60	150m: 2:18.92	50.29	250m: 3:58.67	49.30	350m: 5:36.32	48.79
	100m: 1:28.63 48.03	200m: 3:09.37	50.45	300m: 4:47.53	48.86	400m: 6:20.96	44.64
DSQ	MELO Ines Ribeiro	10	Galitos / Bresimar				-
	<i>403 - Falsa partida - SW 4.4</i>						
EXH	FRITSCHÉ Zoe	09	Natacao de Valongo	<b>5:27.76</b>		2,5	-
	50m: 36.70 36.70	150m: 1:59.32	41.88	250m: 3:24.66	42.66	350m: 4:48.21	40.85
	100m: 1:17.44 40.74	200m: 2:42.00	42.68	300m: 4:07.36	42.70	400m: 5:27.76	39.55