

Prova 10	Femin., 400m Estilos					Open
28/07/2023 - 19:25						Resultados
Recordes Nacionais 50m Open	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017	
Recordes Nacionais 50m Sen	4:40.11	KAMINSKAYA, Victoria	POR	Pontevedra (ESP)	09/04/2017	
Recordes Nacionais 50m Jun17	4:52.12	KAMINSKAYA, Victoria	PIMP	Oeiras	27/07/2012	
Recordes Nacionais 50m Jun16	4:54.00	ROCHA, Ines Neto	SANNP	Gijón (ESP)	20/05/2017	
Recordes Nacionais 50m Juv A	4:58.08	DURAES, Diana Margarida	FOCA	Povoa de Varzim	05/08/2011	
Recordes Nacionais 50m Juv B	5:01.00	ROCHA, Ines Neto	CAP	Coimbra	24/07/2015	
Recordes Nacionais 50m Inf A	5:11.29	ROCHA, Diana Ramos	EDV	Faro	20/07/2007	
Recordes Nacionais 50m Inf B	5:14.05	RUIVO, Filipa Vilas	DNMG	S. Joao da Madeira	24/07/2009	

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Juvenis B</b>								
1.	AMBRUS, Beatriz Alves	09		Porto	<b>5:23.15</b>	+0,65	560	
	50m: 34.35 34.35	150m: 1:55.00	40.95	250m: 3:22.64	47.88	350m: 4:47.04	37.20	
	100m: 1:14.05 39.70	200m: 2:34.76	39.76	300m: 4:09.84	47.20	400m: 5:23.15	36.11	
2.	CRAVEIRO, Luana Ferreira	09		Nautico Marinha Grande	<b>5:27.55</b>	+0,69	537	
	50m: 34.59 34.59	150m: 2:01.07	42.79	250m: 3:28.24	45.76	350m: 4:51.91	37.43	
	100m: 1:18.28 43.69	200m: 2:42.48	41.41	300m: 4:14.48	46.24	400m: 5:27.55	35.64	
3.	RODRIGUES, Teresa Isabel	09		Foca Quinta da Lixa CNF	<b>5:28.31</b>	+0,68	534	
	50m: 35.53 35.53	150m: 2:01.49	45.11	250m: 3:30.36	45.74	350m: 4:53.13	36.89	
	100m: 1:16.38 40.85	200m: 2:44.62	43.13	300m: 4:16.24	45.88	400m: 5:28.31	35.18	
4.	BRAS, Raquel Sofia	09		Belenenses	<b>5:32.86</b>	+0,72	512	
	50m: 34.44 34.44	150m: 2:00.37	45.88	250m: 3:30.89	46.48	350m: 4:56.47	38.78	
	100m: 1:14.49 40.05	200m: 2:44.41	44.04	300m: 4:17.69	46.80	400m: 5:32.86	36.39	
5.	CAVALEIRO, Leonor Mercês	09		Columbofila Cantanhedense	<b>5:35.52</b>	+0,64	500	
	50m: 35.06 35.06	150m: 1:59.13	42.42	250m: 3:29.54	50.00	350m: 4:58.30	39.30	
	100m: 1:16.71 41.65	200m: 2:39.54	40.41	300m: 4:19.00	49.46	400m: 5:35.52	37.22	
6.	COSTA, Laura Brites	09		Rio Maior	<b>5:41.90</b>	+0,69	472	
	50m: 34.38 34.38	150m: 2:02.99	45.93	250m: 3:35.38	47.43	350m: 5:03.30	39.02	
	100m: 1:17.06 42.68	200m: 2:47.95	44.96	300m: 4:24.28	48.90	400m: 5:41.90	38.60	
7.	FIALHO, Matilde Lopes	09		Palmela Desporto	<b>5:43.16</b>	+0,83	467	
	50m: 35.27 35.27	150m: 1:58.05	41.13	250m: 3:28.54	49.69	350m: 5:02.36	40.88	
	100m: 1:16.92 41.65	200m: 2:38.85	40.80	300m: 4:21.48	52.94	400m: 5:43.16	40.80	
8.	LOPES, Teresa Maria	09		Benedita	<b>5:44.81</b>	+0,75	460	
	50m: 34.90 34.90	150m: 2:02.59	45.22	250m: 3:36.36	49.22	350m: 5:06.33	38.88	
	100m: 1:17.37 42.47	200m: 2:47.14	44.55	300m: 4:27.45	51.09	400m: 5:44.81	38.48	
9.	MATEUS, Eleine Vieira	09		Desportivo Nacional	<b>5:45.71</b>	+0,72	457	
	50m: 34.72 34.72	150m: 1:59.30	44.67	250m: 3:34.43	51.36	350m: 5:06.55	41.28	
	100m: 1:14.63 39.91	200m: 2:43.07	43.77	300m: 4:25.27	50.84	400m: 5:45.71	39.16	

Campeonato Nacional Juvenis, Juniores e Seniores-Open  
Campeonato Nacional Juvenis, Juniores e Seniores  
Coimbra, 28 - 30 de Julho de 2023

**Prova 10, Femin., 400m Estilos, Juvenis B**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SILVA, Marta Oliveira	09		Sanjoanense/FEPSA	<b>5:50.46</b>	+0,79	439	
	50m: 34.37 34.37	150m: 2:02.70	46.48	250m: 3:39.09	50.71	350m: 5:10.60	40.03	
	100m: 1:16.22 41.85	200m: 2:48.38	45.68	300m: 4:30.57	51.48	400m: 5:50.46	39.86	
11.	NETO, Maria Ines	09		Bombeiros de Ponta Delgada	<b>5:52.15</b>	+0,71	432	
	50m: 34.69 34.69	150m: 2:04.84	47.89	250m: 3:43.14	50.38	350m: 5:14.51	39.73	
	100m: 1:16.95 42.26	200m: 2:52.76	47.92	300m: 4:34.78	51.64	400m: 5:52.15	37.64	
12.	OLIVEIRA, Francisca Pinto	09		Galitos / Bresimar	<b>5:53.78</b>	+0,82	426	
	50m: 36.25 36.25	150m: 2:04.73	46.03	250m: 3:39.38	50.79	350m: 5:13.08	42.31	
	100m: 1:18.70 42.45	200m: 2:48.59	43.86	300m: 4:30.77	51.39	400m: 5:53.78	40.70	
13.	AREDE, Sofia Carlos	09		Sporting	<b>5:56.51</b>	+0,81	417	
	50m: 33.89 33.89	150m: 2:03.51	46.64	250m: 3:42.07	50.36	350m: 5:15.69	40.65	
	100m: 1:16.87 42.98	200m: 2:51.71	48.20	300m: 4:35.04	52.97	400m: 5:56.51	40.82	
DSQ	TOMAS, Constanca Baptista	09		Alcobaca				
	<i>9.5 - O(A) nadador(a) não executou a chegada dos 200 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4</i>							

**Juvenis A**

1.	FERREIRA, Constanca Santos	08		Alges	<b>5:20.96</b>	+0,67	571	
	50m: 31.76 31.76	150m: 1:50.02	40.62	250m: 3:16.39	46.14	350m: 4:43.08	39.13	
	100m: 1:09.40 37.64	200m: 2:30.25	40.23	300m: 4:03.95	47.56	400m: 5:20.96	37.88	
2.	BARROS, Adriana Ribeiro	08		Braga	<b>5:27.82</b>	+0,77	536	
	50m: 33.91 33.91	150m: 1:56.64	42.77	250m: 3:26.15	46.67	350m: 4:50.89	37.14	
	100m: 1:13.87 39.96	200m: 2:39.48	42.84	300m: 4:13.75	47.60	400m: 5:27.82	36.93	
3.	COSTA, Maria Joao	08		Vilacondense	<b>5:29.08</b>	+0,72	530	
	50m: 33.28 33.28	150m: 1:56.61	44.18	250m: 3:27.61	48.01	350m: 4:53.94	37.70	
	100m: 1:12.43 39.15	200m: 2:39.60	42.99	300m: 4:16.24	48.63	400m: 5:29.08	35.14	
4.	NUNES, Carolina Mendes	08		Estarreja/PROZINCO	<b>5:29.62</b>	+0,77	527	
	50m: 33.41 33.41	150m: 1:57.18	44.60	250m: 3:28.10	47.67	350m: 4:52.83	36.93	
	100m: 1:12.58 39.17	200m: 2:40.43	43.25	300m: 4:15.90	47.80	400m: 5:29.62	36.79	
5.	SILVA, Rita Rocha	08		Alcobaca	<b>5:35.95</b>	+0,74	498	
	50m: 34.38 34.38	150m: 2:00.25	43.75	250m: 3:28.86	45.14	350m: 4:56.43	39.21	
	100m: 1:16.50 42.12	200m: 2:43.72	43.47	300m: 4:17.22	48.36	400m: 5:35.95	39.52	
6.	PINTO, Lara Filipa	08		Porto	<b>5:38.06</b>	+0,74	489	
	50m: 35.44 35.44	150m: 1:59.41	42.84	250m: 3:31.22	50.29	350m: 4:59.71	39.20	
	100m: 1:16.57 41.13	200m: 2:40.93	41.52	300m: 4:20.51	49.29	400m: 5:38.06	38.35	
7.	SILVA, Francisca Lamas	08		Colegio Efanor	<b>5:41.34</b>	+0,77	475	
	50m: 35.57 35.57	150m: 2:02.93	45.61	250m: 3:33.37	48.00	350m: 5:02.59	40.29	
	100m: 1:17.32 41.75	200m: 2:45.37	42.44	300m: 4:22.30	48.93	400m: 5:41.34	38.75	

## Prova 10, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PINTO, Luciana Filipa	08		Porto	<b>5:45.45</b>	+0,70	458	
	50m: 36.71 36.71	150m: 2:06.44	45.15	250m: 3:37.81	47.57	350m: 5:06.65	40.68	
	100m: 1:21.29 44.58	200m: 2:50.24	43.80	300m: 4:25.97	48.16	400m: 5:45.45	38.80	

## Juniores

1.	LOPES, Matilde Nunes	06		Benfica	<b>5:09.21</b>	+0,72	639	
	50m: 32.28 32.28	150m: 1:49.61	40.61	250m: 3:15.07	44.82	350m: 4:34.42	34.62	
	100m: 1:09.00 36.72	200m: 2:30.25	40.64	300m: 3:59.80	44.73	400m: 5:09.21	34.79	
2.	PINTO, Margarida Vieira	07		Braga	<b>5:12.14</b>	+0,72	621	
	50m: 33.29 33.29	150m: 1:55.03	41.94	250m: 3:19.22	43.63	350m: 4:37.86	34.42	
	100m: 1:13.09 39.80	200m: 2:35.59	40.56	300m: 4:03.44	44.22	400m: 5:12.14	34.28	
3.	PINTO, Leonor Filipa	06		Porto	<b>5:14.63</b>	+0,79	606	
	50m: 32.95 32.95	150m: 1:52.42	40.95	250m: 3:17.37	45.55	350m: 4:39.00	36.36	
	100m: 1:11.47 38.52	200m: 2:31.82	39.40	300m: 4:02.64	45.27	400m: 5:14.63	35.63	
4.	ALMEIDA, Maria Emilia	07		Colegio Efanor	<b>5:16.83</b>	+0,78	594	
	50m: 31.60 31.60	150m: 1:49.97	41.43	250m: 3:17.66	47.05	350m: 4:40.85	36.69	
	100m: 1:08.54 36.94	200m: 2:30.61	40.64	300m: 4:04.16	46.50	400m: 5:16.83	35.98	
5.	CAMARA, Ines Cruz	07		Desportivo Nacional	<b>5:19.07</b>	+0,75	581	
	50m: 32.94 32.94	150m: 1:53.02	42.04	250m: 3:19.55	45.08	350m: 4:43.23	37.27	
	100m: 1:10.98 38.04	200m: 2:34.47	41.45	300m: 4:05.96	46.41	400m: 5:19.07	35.84	
6.	SANTOS, Rita Machita	07		Naval Setubalense	<b>5:20.63</b>	+0,83	573	
	50m: 32.84 32.84	150m: 1:54.27	43.46	250m: 3:20.40	44.37	350m: 4:43.49	38.78	
	100m: 1:10.81 37.97	200m: 2:36.03	41.76	300m: 4:04.71	44.31	400m: 5:20.63	37.14	
7.	RODRIGUES, Leonor Carreiro	07		Benfica	<b>5:23.29</b>	+0,68	559	
	50m: 34.10 34.10	150m: 1:55.91	41.97	250m: 3:22.95	45.93	350m: 4:47.74	38.11	
	100m: 1:13.94 39.84	200m: 2:37.02	41.11	300m: 4:09.63	46.68	400m: 5:23.29	35.55	
8.	SA, Madalena Correa	06		Benfica	<b>5:23.46</b>	+0,80	558	
	50m: 35.27 35.27	150m: 2:00.70	45.17	250m: 3:27.34	44.82	350m: 4:47.75	36.13	
	100m: 1:15.53 40.26	200m: 2:42.52	41.82	300m: 4:11.62	44.28	400m: 5:23.46	35.71	
9.	SILVA, Ana Francisca	06		Alcobaca	<b>5:23.56</b>	+0,76	557	
	50m: 33.55 33.55	150m: 1:53.35	41.17	250m: 3:20.75	47.07	350m: 4:47.75	37.06	
	100m: 1:12.18 38.63	200m: 2:33.68	40.33	300m: 4:10.69	49.94	400m: 5:23.56	35.81	
10.	MARQUES, Barbara Nunes	06		Estarreja/PROZINCO	<b>5:30.01</b>	+0,75	525	
	50m: 34.09 34.09	150m: 1:56.83	43.50	250m: 3:25.44	47.12	350m: 4:51.75	38.72	
	100m: 1:13.33 39.24	200m: 2:38.32	41.49	300m: 4:13.03	47.59	400m: 5:30.01	38.26	
11.	FROIS, Maria Francisca	06		Nautico de Leiria	<b>5:31.28</b>	+0,74	519	
	50m: 32.93 32.93	150m: 1:59.11	45.31	250m: 3:27.57	45.50	350m: 4:54.47	38.89	
	100m: 1:13.80 40.87	200m: 2:42.07	42.96	300m: 4:15.58	48.01	400m: 5:31.28	36.81	

Campeonato Nacional Juvenis, Juniores e Seniores-Open  
Campeonato Nacional Juvenis, Juniores e Seniores  
Coimbra, 28 - 30 de Julho de 2023

**Prova 10, Femin., 400m Estilos, Juniores**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	<b>5:31.57</b>	+0,80	518	
	50m: 33.64 33.64	150m: 1:56.62	42.31	250m: 3:28.03	49.43	350m: 4:54.92	37.12	
	100m: 1:14.31 40.67	200m: 2:38.60	41.98	300m: 4:17.80	49.77	400m: 5:31.57	36.65	
13.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	<b>5:31.94</b>	+0,80	516	
	50m: 32.59 32.59	150m: 2:00.03	41.95	250m: 3:29.48	48.40	350m: 4:55.47	37.21	
	100m: 1:18.08 45.49	200m: 2:41.08	41.05	300m: 4:18.26	48.78	400m: 5:31.94	36.47	
14.	ALVES, Sara Sofia	07		Naval Setubalense	<b>5:36.70</b>	+0,84	495	
	50m: 34.44 34.44	150m: 2:00.71	44.56	250m: 3:32.69	49.91	350m: 5:00.25	37.31	
	100m: 1:16.15 41.71	200m: 2:42.78	42.07	300m: 4:22.94	50.25	400m: 5:36.70	36.45	
15.	ALVES, Catarina Alexandra	07		Geslours	<b>5:38.21</b>	+0,76	488	
	50m: 34.77 34.77	150m: 1:59.51	44.47	250m: 3:32.12	49.05	350m: 4:59.47	38.64	
	100m: 1:15.04 40.27	200m: 2:43.07	43.56	300m: 4:20.83	48.71	400m: 5:38.21	38.74	

DSQ MAGALHAES, Leticia Rodrigues 07 Naval Setubalense

*9.4 - O(A) nadador(a) não executou a viragem dos 200 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4*

**Seniores**

1.	ANDRE, Angelica Maria	94		Porto	<b>4:53.25</b>	+0,70	749	
	50m: 31.23 31.23	150m: 1:44.56	38.71	250m: 3:04.36	41.89	350m: 4:20.36	34.08	
	100m: 1:05.85 34.62	200m: 2:22.47	37.91	300m: 3:46.28	41.92	400m: 4:53.25	32.89	
2.	HENRIQUES, Ines Jacinto	00		Louzan Natacao/EFAPEL	<b>4:58.87</b>	+0,71	707	
	50m: 29.92 29.92	150m: 1:43.53	39.81	250m: 3:06.98	44.18	350m: 4:25.38	34.73	
	100m: 1:03.72 33.80	200m: 2:22.80	39.27	300m: 3:50.65	43.67	400m: 4:58.87	33.49	
3.	MENDES, Mariana Amaral	02		Sporting	<b>5:00.06</b>	+0,77	699	
	50m: 31.95 31.95	150m: 1:48.60	41.57	250m: 3:11.73	43.37	350m: 4:27.83	34.14	
	100m: 1:07.03 35.08	200m: 2:28.36	39.76	300m: 3:53.69	41.96	400m: 5:00.06	32.23	
4.	LOPES, Daniela Magalhaes	05		Famalicao	<b>5:03.57</b>	+0,87	675	
	50m: 32.02 32.02	150m: 1:49.66	41.11	250m: 3:12.77	42.90	350m: 4:30.45	34.35	
	100m: 1:08.55 36.53	200m: 2:29.87	40.21	300m: 3:56.10	43.33	400m: 5:03.57	33.12	
5.	CARDEAL, Beatriz Nunes	04		Academico Viseu	<b>5:03.77</b>	+0,53	674	
	50m: 30.01 30.01	150m: 1:45.30	40.52	250m: 3:10.34	44.45	350m: 4:30.30	35.01	
	100m: 1:04.78 34.77	200m: 2:25.89	40.59	300m: 3:55.29	44.95	400m: 5:03.77	33.47	
6.	VEIGA, Ana Filipa	01		Gafanha da Encarnacao	<b>5:12.05</b>	+0,80	621	
	50m: 32.90 32.90	150m: 1:53.61	42.18	250m: 3:17.89	42.44	350m: 4:36.71	35.92	
	100m: 1:11.43 38.53	200m: 2:35.45	41.84	300m: 4:00.79	42.90	400m: 5:12.05	35.34	
7.	LOPES, Francisca Macedo	05		Vilacondense	<b>5:14.15</b>	+0,73	609	
	50m: 32.57 32.57	150m: 1:52.52	42.16	250m: 3:18.64	45.28	350m: 4:39.52	35.75	
	100m: 1:10.36 37.79	200m: 2:33.36	40.84	300m: 4:03.77	45.13	400m: 5:14.15	34.63	

## Prova 10, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	DIAZ, Sofia Salamanca	00		Nautico Sevilla	<b>5:17.78</b>	+0,79	588	
	50m: 34.63 34.63	150m: 1:53.58	40.52	250m: 3:19.61	45.98	350m: 4:42.00	36.66	
	100m: 1:13.06 38.43	200m: 2:33.63	40.05	300m: 4:05.34	45.73	400m: 5:17.78	35.78	
9.	MORGADO, Alice Jesus	04		Sporting	<b>5:17.93</b>	+0,82	588	
	50m: 32.84 32.84	150m: 1:51.17	40.31	250m: 3:17.68	45.24	350m: 4:41.61	36.08	
	100m: 1:10.86 38.02	200m: 2:32.44	41.27	300m: 4:05.53	47.85	400m: 5:17.93	36.32	
10.	MONTEIRO, Margarida Cabral	02		Galitos / Bresimar	<b>5:19.40</b>	+0,80	579	
	50m: 33.35 33.35	150m: 1:54.15	41.56	250m: 3:20.99	44.94	350m: 4:43.81	36.68	
	100m: 1:12.59 39.24	200m: 2:36.05	41.90	300m: 4:07.13	46.14	400m: 5:19.40	35.59	
DNS	MESQUITA, Francisca Salvador	02		Sporting				

## Open

1.	ANDRE, Angelica Maria	94		Porto	<b>4:53.25</b>	+0,70	749	
	50m: 31.23 31.23	150m: 1:44.56	38.71	250m: 3:04.36	41.89	350m: 4:20.36	34.08	
	100m: 1:05.85 34.62	200m: 2:22.47	37.91	300m: 3:46.28	41.92	400m: 4:53.25	32.89	
2.	HENRIQUES, Ines Jacinto	00		Louzan Natacao/EFAPEL	<b>4:58.87</b>	+0,71	707	
	50m: 29.92 29.92	150m: 1:43.53	39.81	250m: 3:06.98	44.18	350m: 4:25.38	34.73	
	100m: 1:03.72 33.80	200m: 2:22.80	39.27	300m: 3:50.65	43.67	400m: 4:58.87	33.49	
3.	MENDES, Mariana Amaral	02		Sporting	<b>5:00.06</b>	+0,77	699	
	50m: 31.95 31.95	150m: 1:48.60	41.57	250m: 3:11.73	43.37	350m: 4:27.83	34.14	
	100m: 1:07.03 35.08	200m: 2:28.36	39.76	300m: 3:53.69	41.96	400m: 5:00.06	32.23	
4.	LOPES, Daniela Magalhaes	05		Famalicao	<b>5:03.57</b>	+0,87	675	
	50m: 32.02 32.02	150m: 1:49.66	41.11	250m: 3:12.77	42.90	350m: 4:30.45	34.35	
	100m: 1:08.55 36.53	200m: 2:29.87	40.21	300m: 3:56.10	43.33	400m: 5:03.57	33.12	
5.	CARDEAL, Beatriz Nunes	04		Academico Viseu	<b>5:03.77</b>	+0,53	674	
	50m: 30.01 30.01	150m: 1:45.30	40.52	250m: 3:10.34	44.45	350m: 4:30.30	35.01	
	100m: 1:04.78 34.77	200m: 2:25.89	40.59	300m: 3:55.29	44.95	400m: 5:03.77	33.47	
6.	LOPES, Matilde Nunes	06		Benfica	<b>5:09.21</b>	+0,72	639	
	50m: 32.28 32.28	150m: 1:49.61	40.61	250m: 3:15.07	44.82	350m: 4:34.42	34.62	
	100m: 1:09.00 36.72	200m: 2:30.25	40.64	300m: 3:59.80	44.73	400m: 5:09.21	34.79	
7.	VEIGA, Ana Filipa	01		Gafanha da Encarnacao	<b>5:12.05</b>	+0,80	621	
	50m: 32.90 32.90	150m: 1:53.61	42.18	250m: 3:17.89	42.44	350m: 4:36.71	35.92	
	100m: 1:11.43 38.53	200m: 2:35.45	41.84	300m: 4:00.79	42.90	400m: 5:12.05	35.34	
8.	PINTO, Margarida Vieira	07		Braga	<b>5:12.14</b>	+0,72	621	
	50m: 33.29 33.29	150m: 1:55.03	41.94	250m: 3:19.22	43.63	350m: 4:37.86	34.42	
	100m: 1:13.09 39.80	200m: 2:35.59	40.56	300m: 4:03.44	44.22	400m: 5:12.14	34.28	

## Prova 10, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	LOPES, Francisca Macedo	05		Vilacondense	<b>5:14.15</b>	+0,73	609	
	50m: 32.57 32.57	150m: 1:52.52	42.16	250m: 3:18.64	45.28	350m: 4:39.52	35.75	
	100m: 1:10.36 37.79	200m: 2:33.36	40.84	300m: 4:03.77	45.13	400m: 5:14.15	34.63	
10.	PINTO, Leonor Filipa	06		Porto	<b>5:14.63</b>	+0,79	606	
	50m: 32.95 32.95	150m: 1:52.42	40.95	250m: 3:17.37	45.55	350m: 4:39.00	36.36	
	100m: 1:11.47 38.52	200m: 2:31.82	39.40	300m: 4:02.64	45.27	400m: 5:14.63	35.63	
11.	ALMEIDA, Maria Emilia	07		Colegio Efanor	<b>5:16.83</b>	+0,78	594	
	50m: 31.60 31.60	150m: 1:49.97	41.43	250m: 3:17.66	47.05	350m: 4:40.85	36.69	
	100m: 1:08.54 36.94	200m: 2:30.61	40.64	300m: 4:04.16	46.50	400m: 5:16.83	35.98	
12.	DIAZ, Sofia Salamanca	00		Nautico Sevilla	<b>5:17.78</b>	+0,79	588	
	50m: 34.63 34.63	150m: 1:53.58	40.52	250m: 3:19.61	45.98	350m: 4:42.00	36.66	
	100m: 1:13.06 38.43	200m: 2:33.63	40.05	300m: 4:05.34	45.73	400m: 5:17.78	35.78	
13.	MORGADO, Alice Jesus	04		Sporting	<b>5:17.93</b>	+0,82	588	
	50m: 32.84 32.84	150m: 1:51.17	40.31	250m: 3:17.68	45.24	350m: 4:41.61	36.08	
	100m: 1:10.86 38.02	200m: 2:32.44	41.27	300m: 4:05.53	47.85	400m: 5:17.93	36.32	
14.	CAMARA, Ines Cruz	07		Desportivo Nacional	<b>5:19.07</b>	+0,75	581	
	50m: 32.94 32.94	150m: 1:53.02	42.04	250m: 3:19.55	45.08	350m: 4:43.23	37.27	
	100m: 1:10.98 38.04	200m: 2:34.47	41.45	300m: 4:05.96	46.41	400m: 5:19.07	35.84	
15.	MONTEIRO, Margarida Cabral	02		Galitos / Bresimar	<b>5:19.40</b>	+0,80	579	
	50m: 33.35 33.35	150m: 1:54.15	41.56	250m: 3:20.99	44.94	350m: 4:43.81	36.68	
	100m: 1:12.59 39.24	200m: 2:36.05	41.90	300m: 4:07.13	46.14	400m: 5:19.40	35.59	
16.	SANTOS, Rita Machita	07		Naval Setubalense	<b>5:20.63</b>	+0,83	573	
	50m: 32.84 32.84	150m: 1:54.27	43.46	250m: 3:20.40	44.37	350m: 4:43.49	38.78	
	100m: 1:10.81 37.97	200m: 2:36.03	41.76	300m: 4:04.71	44.31	400m: 5:20.63	37.14	
17.	FERREIRA, Constanca Santos	08		Alges	<b>5:20.96</b>	+0,67	571	
	50m: 31.76 31.76	150m: 1:50.02	40.62	250m: 3:16.39	46.14	350m: 4:43.08	39.13	
	100m: 1:09.40 37.64	200m: 2:30.25	40.23	300m: 4:03.95	47.56	400m: 5:20.96	37.88	
18.	AMBRUS, Beatriz Alves	09		Porto	<b>5:23.15</b>	+0,65	560	
	50m: 34.35 34.35	150m: 1:55.00	40.95	250m: 3:22.64	47.88	350m: 4:47.04	37.20	
	100m: 1:14.05 39.70	200m: 2:34.76	39.76	300m: 4:09.84	47.20	400m: 5:23.15	36.11	
19.	RODRIGUES, Leonor Carreiro	07		Benfica	<b>5:23.29</b>	+0,68	559	
	50m: 34.10 34.10	150m: 1:55.91	41.97	250m: 3:22.95	45.93	350m: 4:47.74	38.11	
	100m: 1:13.94 39.84	200m: 2:37.02	41.11	300m: 4:09.63	46.68	400m: 5:23.29	35.55	
20.	SA, Madalena Correa	06		Benfica	<b>5:23.46</b>	+0,80	558	
	50m: 35.27 35.27	150m: 2:00.70	45.17	250m: 3:27.34	44.82	350m: 4:47.75	36.13	
	100m: 1:15.53 40.26	200m: 2:42.52	41.82	300m: 4:11.62	44.28	400m: 5:23.46	35.71	

## Prova 10, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	SILVA, Ana Francisca	06		Alcobaca	<b>5:23.56</b>	+0,76	557	
	50m: 33.55 33.55	150m: 1:53.35	41.17	250m: 3:20.75	47.07	350m: 4:47.75	37.06	
	100m: 1:12.18 38.63	200m: 2:33.68	40.33	300m: 4:10.69	49.94	400m: 5:23.56	35.81	
22.	CRAVEIRO, Luana Ferreira	09		Nautico Marinha Grande	<b>5:27.55</b>	+0,69	537	
	50m: 34.59 34.59	150m: 2:01.07	42.79	250m: 3:28.24	45.76	350m: 4:51.91	37.43	
	100m: 1:18.28 43.69	200m: 2:42.48	41.41	300m: 4:14.48	46.24	400m: 5:27.55	35.64	
23.	BARROS, Adriana Ribeiro	08		Braga	<b>5:27.82</b>	+0,77	536	
	50m: 33.91 33.91	150m: 1:56.64	42.77	250m: 3:26.15	46.67	350m: 4:50.89	37.14	
	100m: 1:13.87 39.96	200m: 2:39.48	42.84	300m: 4:13.75	47.60	400m: 5:27.82	36.93	
24.	RODRIGUES, Teresa Isabel	09		Foca Quinta da Lixa CNF	<b>5:28.31</b>	+0,68	534	
	50m: 35.53 35.53	150m: 2:01.49	45.11	250m: 3:30.36	45.74	350m: 4:53.13	36.89	
	100m: 1:16.38 40.85	200m: 2:44.62	43.13	300m: 4:16.24	45.88	400m: 5:28.31	35.18	
25.	COSTA, Maria Joao	08		Vilacondense	<b>5:29.08</b>	+0,72	530	
	50m: 33.28 33.28	150m: 1:56.61	44.18	250m: 3:27.61	48.01	350m: 4:53.94	37.70	
	100m: 1:12.43 39.15	200m: 2:39.60	42.99	300m: 4:16.24	48.63	400m: 5:29.08	35.14	
26.	NUNES, Carolina Mendes	08		Estarreja/PROZINCO	<b>5:29.62</b>	+0,77	527	
	50m: 33.41 33.41	150m: 1:57.18	44.60	250m: 3:28.10	47.67	350m: 4:52.83	36.93	
	100m: 1:12.58 39.17	200m: 2:40.43	43.25	300m: 4:15.90	47.80	400m: 5:29.62	36.79	
27.	MARQUES, Barbara Nunes	06		Estarreja/PROZINCO	<b>5:30.01</b>	+0,75	525	
	50m: 34.09 34.09	150m: 1:56.83	43.50	250m: 3:25.44	47.12	350m: 4:51.75	38.72	
	100m: 1:13.33 39.24	200m: 2:38.32	41.49	300m: 4:13.03	47.59	400m: 5:30.01	38.26	
28.	FROIS, Maria Francisca	06		Nautico de Leiria	<b>5:31.28</b>	+0,74	519	
	50m: 32.93 32.93	150m: 1:59.11	45.31	250m: 3:27.57	45.50	350m: 4:54.47	38.89	
	100m: 1:13.80 40.87	200m: 2:42.07	42.96	300m: 4:15.58	48.01	400m: 5:31.28	36.81	
29.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	<b>5:31.57</b>	+0,80	518	
	50m: 33.64 33.64	150m: 1:56.62	42.31	250m: 3:28.03	49.43	350m: 4:54.92	37.12	
	100m: 1:14.31 40.67	200m: 2:38.60	41.98	300m: 4:17.80	49.77	400m: 5:31.57	36.65	
30.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	<b>5:31.94</b>	+0,80	516	
	50m: 32.59 32.59	150m: 2:00.03	41.95	250m: 3:29.48	48.40	350m: 4:55.47	37.21	
	100m: 1:18.08 45.49	200m: 2:41.08	41.05	300m: 4:18.26	48.78	400m: 5:31.94	36.47	
31.	BRAS, Raquel Sofia	09		Belenenses	<b>5:32.86</b>	+0,72	512	
	50m: 34.44 34.44	150m: 2:00.37	45.88	250m: 3:30.89	46.48	350m: 4:56.47	38.78	
	100m: 1:14.49 40.05	200m: 2:44.41	44.04	300m: 4:17.69	46.80	400m: 5:32.86	36.39	
32.	CAVALEIRO, Leonor Mercês	09		Columbofila Cantanhedense	<b>5:35.52</b>	+0,64	500	
	50m: 35.06 35.06	150m: 1:59.13	42.42	250m: 3:29.54	50.00	350m: 4:58.30	39.30	
	100m: 1:16.71 41.65	200m: 2:39.54	40.41	300m: 4:19.00	49.46	400m: 5:35.52	37.22	

## Prova 10, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	SILVA, Rita Rocha	08		Alcobaca	<b>5:35.95</b>	+0,74	498	
	50m: 34.38 34.38	150m: 2:00.25	43.75	250m: 3:28.86	45.14	350m: 4:56.43	39.21	
	100m: 1:16.50 42.12	200m: 2:43.72	43.47	300m: 4:17.22	48.36	400m: 5:35.95	39.52	
34.	ALVES, Sara Sofia	07		Naval Setubalense	<b>5:36.70</b>	+0,84	495	
	50m: 34.44 34.44	150m: 2:00.71	44.56	250m: 3:32.69	49.91	350m: 5:00.25	37.31	
	100m: 1:16.15 41.71	200m: 2:42.78	42.07	300m: 4:22.94	50.25	400m: 5:36.70	36.45	
35.	PINTO, Lara Filipa	08		Porto	<b>5:38.06</b>	+0,74	489	
	50m: 35.44 35.44	150m: 1:59.41	42.84	250m: 3:31.22	50.29	350m: 4:59.71	39.20	
	100m: 1:16.57 41.13	200m: 2:40.93	41.52	300m: 4:20.51	49.29	400m: 5:38.06	38.35	
36.	ALVES, Catarina Alexandra	07		Geslours	<b>5:38.21</b>	+0,76	488	
	50m: 34.77 34.77	150m: 1:59.51	44.47	250m: 3:32.12	49.05	350m: 4:59.47	38.64	
	100m: 1:15.04 40.27	200m: 2:43.07	43.56	300m: 4:20.83	48.71	400m: 5:38.21	38.74	
37.	SILVA, Francisca Lamas	08		Colegio Efanor	<b>5:41.34</b>	+0,77	475	
	50m: 35.57 35.57	150m: 2:02.93	45.61	250m: 3:33.37	48.00	350m: 5:02.59	40.29	
	100m: 1:17.32 41.75	200m: 2:45.37	42.44	300m: 4:22.30	48.93	400m: 5:41.34	38.75	
38.	COSTA, Laura Brites	09		Rio Maior	<b>5:41.90</b>	+0,69	472	
	50m: 34.38 34.38	150m: 2:02.99	45.93	250m: 3:35.38	47.43	350m: 5:03.30	39.02	
	100m: 1:17.06 42.68	200m: 2:47.95	44.96	300m: 4:24.28	48.90	400m: 5:41.90	38.60	
39.	FIALHO, Matilde Lopes	09		Palmela Desporto	<b>5:43.16</b>	+0,83	467	
	50m: 35.27 35.27	150m: 1:58.05	41.13	250m: 3:28.54	49.69	350m: 5:02.36	40.88	
	100m: 1:16.92 41.65	200m: 2:38.85	40.80	300m: 4:21.48	52.94	400m: 5:43.16	40.80	
40.	LOPES, Teresa Maria	09		Benedita	<b>5:44.81</b>	+0,75	460	
	50m: 34.90 34.90	150m: 2:02.59	45.22	250m: 3:36.36	49.22	350m: 5:06.33	38.88	
	100m: 1:17.37 42.47	200m: 2:47.14	44.55	300m: 4:27.45	51.09	400m: 5:44.81	38.48	
41.	PINTO, Luciana Filipa	08		Porto	<b>5:45.45</b>	+0,70	458	
	50m: 36.71 36.71	150m: 2:06.44	45.15	250m: 3:37.81	47.57	350m: 5:06.65	40.68	
	100m: 1:21.29 44.58	200m: 2:50.24	43.80	300m: 4:25.97	48.16	400m: 5:45.45	38.80	
42.	MATEUS, Eleine Vieira	09		Desportivo Nacional	<b>5:45.71</b>	+0,72	457	
	50m: 34.72 34.72	150m: 1:59.30	44.67	250m: 3:34.43	51.36	350m: 5:06.55	41.28	
	100m: 1:14.63 39.91	200m: 2:43.07	43.77	300m: 4:25.27	50.84	400m: 5:45.71	39.16	
43.	SILVA, Marta Oliveira	09		Sanjoanense/FEPSA	<b>5:50.46</b>	+0,79	439	
	50m: 34.37 34.37	150m: 2:02.70	46.48	250m: 3:39.09	50.71	350m: 5:10.60	40.03	
	100m: 1:16.22 41.85	200m: 2:48.38	45.68	300m: 4:30.57	51.48	400m: 5:50.46	39.86	
44.	NETO, Maria Ines	09		Bombeiros de Ponta Delgada	<b>5:52.15</b>	+0,71	432	
	50m: 34.69 34.69	150m: 2:04.84	47.89	250m: 3:43.14	50.38	350m: 5:14.51	39.73	
	100m: 1:16.95 42.26	200m: 2:52.76	47.92	300m: 4:34.78	51.64	400m: 5:52.15	37.64	



## Prova 10, Femin., 400m Estilos, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
45.	OLIVEIRA, Francisca Pinto	09		Galitos / Bresimar	<b>5:53.78</b>	+0,82	426	
	50m: 36.25 36.25	150m: 2:04.73	46.03	250m: 3:39.38	50.79	350m: 5:13.08	42.31	
	100m: 1:18.70 42.45	200m: 2:48.59	43.86	300m: 4:30.77	51.39	400m: 5:53.78	40.70	
46.	AREDE, Sofia Carlos	09		Sporting	<b>5:56.51</b>	+0,81	417	
	50m: 33.89 33.89	150m: 2:03.51	46.64	250m: 3:42.07	50.36	350m: 5:15.69	40.65	
	100m: 1:16.87 42.98	200m: 2:51.71	48.20	300m: 4:35.04	52.97	400m: 5:56.51	40.82	
DSQ	TOMAS, Constanca Baptista	09		Alcobaca				
	<i>9.5 - O(A) nadador(a) não executou a chegada dos 200 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4</i>							
DSQ	MAGALHAES, Leticia Rodrigues	07		Naval Setubalense				
	<i>9.4 - O(A) nadador(a) não executou a viragem dos 200 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4</i>							
DNS	MESQUITA, Francisca Salvador	02		Sporting				