

Prova 16
 29/07/2023

Femin., 400m Livres

 Open
 Resultados

Recordes Nacionais 50m Open	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Recordes Nacionais 50m Sen	4:08.77	MARTINS, Francisca Soares	FOCA	Canet-en-Roussillon (FRA)	14/05/2023
Recordes Nacionais 50m Jun17	4:14.67	HOLUB, Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m Jun16	4:20.37	FERREIRA, Marta Andreia	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m Juv A	4:20.78	HOLUB, Tamila Hryhorivna	POR	Porto	07/06/2014
Recordes Nacionais 50m Juv B	4:26.20	CABRAL, Maria Francisca	FCP	Oeiras	26/07/2014
Recordes Nacionais 50m Inf A	4:31.53	SILVA, Alexandra Maria	POR	Skovde (SWE)	08/08/1980
Recordes Nacionais 50m Inf B	4:43.70	SILVA, Alexandra Maria	FCP	Funchal	27/07/1979

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	CRAVEIRO, Luana Ferreira	09		Nautico Marinha Grande	4:42.40	+0,72	586	
	50m: 31.36 31.36	150m: 1:41.73	36.17	250m: 2:54.57	36.16	350m: 4:07.46	36.38	
	100m: 1:05.56 34.20	200m: 2:18.41	36.68	300m: 3:31.08	36.51	400m: 4:42.40	34.94	
2.	TOMAS, Constanca Baptista	09		Alcobaca	4:44.30	+0,77	574	
	50m: 32.53 32.53	150m: 1:44.97	36.74	250m: 2:57.63	36.39	350m: 4:10.06	36.01	
	100m: 1:08.23 35.70	200m: 2:21.24	36.27	300m: 3:34.05	36.42	400m: 4:44.30	34.24	
3.	MAIA, Lara Catarina	09		Estarreja/PROZINCO	4:44.60	+0,31	573	
	50m: 31.15 31.15	150m: 1:41.93	36.50	250m: 2:55.79	37.17	350m: 4:09.43	36.76	
	100m: 1:05.43 34.28	200m: 2:18.62	36.69	300m: 3:32.67	36.88	400m: 4:44.60	35.17	
4.	BAPTISTA, Carolina Sofia	09		Estarreja/PROZINCO	4:45.49	+0,69	567	
	50m: 31.94 31.94	150m: 1:43.81	36.28	250m: 2:57.95	37.13	350m: 4:11.01	36.76	
	100m: 1:07.53 35.59	200m: 2:20.82	37.01	300m: 3:34.25	36.30	400m: 4:45.49	34.48	
5.	MOREIRA, Madalena Valente	09		Colegio Efanor	4:45.96	+0,70	564	
	50m: 31.62 31.62	150m: 1:42.63	35.41	250m: 2:55.63	36.23	350m: 4:10.11	36.61	
	100m: 1:07.22 35.60	200m: 2:19.40	36.77	300m: 3:33.50	37.87	400m: 4:45.96	35.85	
6.	PINTO, Maria Carvalho	09		Viana Natacao	4:46.28	+0,90	563	
	50m: 32.06 32.06	150m: 1:44.15	36.77	250m: 2:57.65	36.58	350m: 4:11.57	37.01	
	100m: 1:07.38 35.32	200m: 2:21.07	36.92	300m: 3:34.56	36.91	400m: 4:46.28	34.71	
7.	GONCALVES, Leonor Queiroz	09		Braga	4:48.47	+0,56	550	
	50m: 32.43 32.43	150m: 1:45.01	36.98	250m: 2:59.48	37.39	350m: 4:12.61	36.41	
	100m: 1:08.03 35.60	200m: 2:22.09	37.08	300m: 3:36.20	36.72	400m: 4:48.47	35.86	
8.	JORDAO, Beatriz Silva	09		Vikings	4:52.65	+0,69	527	
	50m: 32.99 32.99	150m: 1:45.20	36.39	250m: 2:59.77	37.63	350m: 4:15.25	38.03	
	100m: 1:08.81 35.82	200m: 2:22.14	36.94	300m: 3:37.22	37.45	400m: 4:52.65	37.40	
9.	CARDOSO, Raquel Campos	09		Bombeiros de Ponta Delgada	4:55.37	+0,73	512	
	50m: 32.85 32.85	150m: 1:46.32	37.19	250m: 3:02.17	38.22	350m: 4:18.69	38.29	
	100m: 1:09.13 36.28	200m: 2:23.95	37.63	300m: 3:40.40	38.23	400m: 4:55.37	36.68	

Prova 16, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MADEIRA, Carolina Marques	09		Nacional de Natacao	4:55.84	+0,84	510	
	50m: 33.08 33.08 150m: 1:47.50 38.24 250m: 3:03.93 38.29 350m: 4:20.17 38.38							
	100m: 1:09.26 36.18 200m: 2:25.64 38.14 300m: 3:41.79 37.86 400m: 4:55.84 35.67							
11.	NUNES, Francisca Ramos	09		Naval de Peniche	4:55.98	+0,71	509	
	50m: 33.37 33.37 150m: 1:48.12 37.46 250m: 3:04.61 38.46 350m: 4:21.21 37.99							
	100m: 1:10.66 37.29 200m: 2:26.15 38.03 300m: 3:43.22 38.61 400m: 4:55.98 34.77							
12.	MARTINS, Carolina Correia	09		Porto	4:56.29	+0,69	507	
	50m: 32.57 32.57 150m: 1:43.83 36.25 250m: 2:59.56 38.47 350m: 4:18.43 39.85							
	100m: 1:07.58 35.01 200m: 2:21.09 37.26 300m: 3:38.58 39.02 400m: 4:56.29 37.86							
13.	SILVA, Marta Oliveira	09		Sanjoanense/FEPSA	4:56.49	+0,80	506	
	50m: 33.10 33.10 150m: 1:47.88 37.46 250m: 3:03.93 37.75 350m: 4:19.35 37.36							
	100m: 1:10.42 37.32 200m: 2:26.18 38.30 300m: 3:41.99 38.06 400m: 4:56.49 37.14							
14.	SANTOS, Joana Pereira	09		Rio Maior	4:57.73	+0,77	500	
	50m: 34.64 34.64 150m: 1:50.05 37.71 250m: 3:05.97 37.68 350m: 4:21.18 37.54							
	100m: 1:12.34 37.70 200m: 2:28.29 38.24 300m: 3:43.64 37.67 400m: 4:57.73 36.55							
15.	GALANTE, Filipa Carvalho	09		Vilacondense	4:58.66	+0,80	495	
	50m: 33.80 33.80 150m: 1:48.65 37.86 250m: 3:03.82 37.13 350m: 4:20.52 37.75							
	100m: 1:10.79 36.99 200m: 2:26.69 38.04 300m: 3:42.77 38.95 400m: 4:58.66 38.14							
16.	PEDREIRO, Francisca Soreto	09		Galitos / Bresimar	4:59.76	+0,69	490	
	50m: 33.76 33.76 150m: 1:48.40 38.03 250m: 3:05.41 38.44 350m: 4:22.71 38.59							
	100m: 1:10.37 36.61 200m: 2:26.97 38.57 300m: 3:44.12 38.71 400m: 4:59.76 37.05							
17.	FARIA, Ines Maria	09		Porto	4:59.84	+0,78	490	
	50m: 33.09 33.09 150m: 1:48.26 37.61 250m: 3:04.76 38.23 350m: 4:22.15 38.42							
	100m: 1:10.65 37.56 200m: 2:26.53 38.27 300m: 3:43.73 38.97 400m: 4:59.84 37.69							
18.	RICARDO, Francisca Martingo	09		Porto	5:00.21	+0,65	488	
	50m: 33.07 33.07 150m: 1:48.57 38.06 250m: 3:05.73 38.51 350m: 4:22.67 38.47							
	100m: 1:10.51 37.44 200m: 2:27.22 38.65 300m: 3:44.20 38.47 400m: 5:00.21 37.54							
19.	COSTA, Laura Brites	09		Rio Maior	5:01.41	+0,66	482	
	50m: 33.96 33.96 150m: 1:50.09 38.42 250m: 3:06.51 37.55 350m: 4:23.58 38.07							
	100m: 1:11.67 37.71 200m: 2:28.96 38.87 300m: 3:45.51 39.00 400m: 5:01.41 37.83							
20.	FARCAS, Annabela Veronika	09		Naval de Faro	5:02.36	+0,77	477	
	50m: 34.47 34.47 150m: 1:50.69 38.05 250m: 3:08.43 38.27 350m: 4:25.48 38.14							
	100m: 1:12.64 38.17 200m: 2:30.16 39.47 300m: 3:47.34 38.91 400m: 5:02.36 36.88							
21.	SANTOS, Joana Almeida	09		Galitos / Bresimar	5:03.32	+0,81	473	
	50m: 34.23 34.23 150m: 1:50.47 38.52 250m: 3:08.24 38.93 350m: 4:27.10 39.29							
	100m: 1:11.95 37.72 200m: 2:29.31 38.84 300m: 3:47.81 39.57 400m: 5:03.32 36.22							

Prova 16, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	CRUZ, Constanca Lopes	09		Colegio Monte Maior	5:03.46	+0,85	472	
	50m: 34.76 34.76	150m: 1:52.22	38.94	250m: 3:10.02	38.90	350m: 4:27.17	38.65	
	100m: 1:13.28 38.52	200m: 2:31.12	38.90	300m: 3:48.52	38.50	400m: 5:03.46	36.29	
23.	GASPAR, Joana Melo	09		Nacional de Natacao	5:06.44	+0,73	459	
	50m: 33.86 33.86	150m: 1:51.38	39.62	250m: 3:10.69	39.40	350m: 4:29.41	38.73	
	100m: 1:11.76 37.90	200m: 2:31.29	39.91	300m: 3:50.68	39.99	400m: 5:06.44	37.03	
24.	LANCA, Ines Maria	09		Uniao Piedense	5:06.65	+0,88	458	
	50m: 34.26 34.26	150m: 1:50.46	38.11	250m: 3:08.34	38.55	350m: 4:27.00	39.13	
	100m: 1:12.35 38.09	200m: 2:29.79	39.33	300m: 3:47.87	39.53	400m: 5:06.65	39.65	
25.	JESUS, Margarida Santos	09		Natacao Olhao	5:16.67	+0,59	416	
	50m: 34.63 34.63	150m: 1:54.17	40.63	250m: 3:15.77	41.02	350m: 4:38.02	41.23	
	100m: 1:13.54 38.91	200m: 2:34.75	40.58	300m: 3:56.79	41.02	400m: 5:16.67	38.65	

Juvenis A

1.	FREITAS, Diana Gomes	08		Amigos da Montanha	4:42.00	+0,84	589	
	50m: 32.28 32.28	150m: 1:43.05	35.71	250m: 2:55.67	36.53	350m: 4:08.13	35.94	
	100m: 1:07.34 35.06	200m: 2:19.14	36.09	300m: 3:32.19	36.52	400m: 4:42.00	33.87	
2.	FERREIRA, Carolina Amadeu	08		Leixoes	4:42.80	+0,71	584	
	50m: 32.16 32.16	150m: 1:43.70	36.38	250m: 2:56.84	36.69	350m: 4:08.97	35.64	
	100m: 1:07.32 35.16	200m: 2:20.15	36.45	300m: 3:33.33	36.49	400m: 4:42.80	33.83	
3.	LOPES, Catarina Maria	08		BUZIOS-Coruche	4:48.27	+0,61	551	
	50m: 33.03 33.03	150m: 1:45.81	36.79	250m: 3:00.38	37.24	350m: 4:14.19	36.22	
	100m: 1:09.02 35.99	200m: 2:23.14	37.33	300m: 3:37.97	37.59	400m: 4:48.27	34.08	
4.	CRUZ, Ana Carolina	08		Famalicao	4:49.70	+0,78	543	
	50m: 33.20 33.20	150m: 1:47.03	37.09	250m: 3:01.30	37.12	350m: 4:15.59	37.18	
	100m: 1:09.94 36.74	200m: 2:24.18	37.15	300m: 3:38.41	37.11	400m: 4:49.70	34.11	
5.	BARBOSA, Sofia Teixeira	08		Colegio Efanor	4:49.71	+0,75	543	
	50m: 33.31 33.31	150m: 1:46.43	36.99	250m: 3:00.58	36.78	350m: 4:14.37	36.81	
	100m: 1:09.44 36.13	200m: 2:23.80	37.37	300m: 3:37.56	36.98	400m: 4:49.71	35.34	
6.	LUIZ, Margarida Maria	08		Lagoa AC	4:49.94	+0,64	542	
	50m: 33.32 33.32	150m: 1:45.69	36.63	250m: 2:59.72	37.09	350m: 4:14.00	37.22	
	100m: 1:09.06 35.74	200m: 2:22.63	36.94	300m: 3:36.78	37.06	400m: 4:49.94	35.94	
7.	COSTA, Maria Joao	08		Vilacondense	4:52.49	+0,71	527	
	50m: 32.97 32.97	150m: 1:47.14	37.32	250m: 3:02.83	37.72	350m: 4:17.19	36.70	
	100m: 1:09.82 36.85	200m: 2:25.11	37.97	300m: 3:40.49	37.66	400m: 4:52.49	35.30	
8.	SANTOS, Emilly Gabrieli	08		Natacao Triatlo Lisboa	4:52.86	+0,85	525	
	50m: 31.98 31.98	150m: 1:44.91	36.78	250m: 3:00.42	37.72	350m: 4:16.65	37.48	
	100m: 1:08.13 36.15	200m: 2:22.70	37.79	300m: 3:39.17	38.75	400m: 4:52.86	36.21	

Prova 16, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CORTESAO, Maria Manuel	08		Nautico Academico	4:54.23	+0,72	518	
	50m: 32.85 32.85	150m: 1:46.38	37.25	250m: 3:01.80	37.68	350m: 4:17.25	37.88	
	100m: 1:09.13 36.28	200m: 2:24.12	37.74	300m: 3:39.37	37.57	400m: 4:54.23	36.98	
10.	MARQUES, Matilde Rodrigues	08		Viana Natacao	4:56.41	+0,88	507	
	50m: 32.96 32.96	150m: 1:47.28	37.60	250m: 3:03.42	38.28	350m: 4:19.26	37.75	
	100m: 1:09.68 36.72	200m: 2:25.14	37.86	300m: 3:41.51	38.09	400m: 4:56.41	37.15	
11.	NEVES, Ana Carolina	08		Fluvial Portuense	5:04.88	+0,52	466	
	50m: 31.93 31.93	150m: 1:46.09	38.26	250m: 3:05.51	40.67	350m: 4:25.95	40.48	
	100m: 1:07.83 35.90	200m: 2:24.84	38.75	300m: 3:45.47	39.96	400m: 5:04.88	38.93	

Juniores

1.	AMORIM, Ines Santos	06		Desportiva de Viana	4:27.10	+0,65	693	
	50m: 30.70 30.70	150m: 1:37.45	33.42	250m: 2:44.90	33.73	350m: 3:53.79	34.29	
	100m: 1:04.03 33.33	200m: 2:11.17	33.72	300m: 3:19.50	34.60	400m: 4:27.10	33.31	
2.	CABRAL, Carolina Vizinho	07		Natacao de Vagos	4:31.28	+0,74	661	
	50m: 31.30 31.30	150m: 1:39.59	33.79	250m: 2:48.41	34.01	350m: 3:57.45	34.41	
	100m: 1:05.80 34.50	200m: 2:14.40	34.81	300m: 3:23.04	34.63	400m: 4:31.28	33.83	
3.	FERREIRA, Maria Neto	06		Nautico Academico	4:31.90	+0,79	657	
	50m: 30.72 30.72	150m: 1:38.87	34.15	250m: 2:47.97	34.38	350m: 3:57.92	34.70	
	100m: 1:04.72 34.00	200m: 2:13.59	34.72	300m: 3:23.22	35.25	400m: 4:31.90	33.98	
4.	MESQUITA, Mafalda Martins	07		Famalicao	4:33.64	+0,78	644	
	50m: 31.71 31.71	150m: 1:40.37	34.89	250m: 2:50.49	35.45	350m: 4:00.61	34.95	
	100m: 1:05.48 33.77	200m: 2:15.04	34.67	300m: 3:25.66	35.17	400m: 4:33.64	33.03	
5.	PINTO, Margarida Vieira	07		Braga	4:35.59	+0,75	631	
	50m: 31.63 31.63	150m: 1:40.61	34.92	250m: 2:50.92	35.15	350m: 4:01.40	35.02	
	100m: 1:05.69 34.06	200m: 2:15.77	35.16	300m: 3:26.38	35.46	400m: 4:35.59	34.19	
6.	FARIA, Leonor Verissimo	06		Nucleo de Pombal	4:38.50	+0,73	611	
	50m: 31.73 31.73	150m: 1:41.17	35.23	250m: 2:52.66	35.66	350m: 4:04.13	35.69	
	100m: 1:05.94 34.21	200m: 2:17.00	35.83	300m: 3:28.44	35.78	400m: 4:38.50	34.37	
7.	PEIXOTO, Carolina Esteves	06		Braga	4:39.07	+0,79	607	
	50m: 31.77 31.77	150m: 1:41.05	34.88	250m: 2:51.97	35.29	350m: 4:04.38	36.05	
	100m: 1:06.17 34.40	200m: 2:16.68	35.63	300m: 3:28.33	36.36	400m: 4:39.07	34.69	
8.	AGUILAR, Marta Andre	07		Nautico Academico	4:40.28	+0,68	600	
	50m: 32.56 32.56	150m: 1:42.56	35.11	250m: 2:53.24	35.21	350m: 4:05.10	35.88	
	100m: 1:07.45 34.89	200m: 2:18.03	35.47	300m: 3:29.22	35.98	400m: 4:40.28	35.18	
9.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	4:40.40	+0,76	599	
	50m: 32.67 32.67	150m: 1:42.71	35.59	250m: 2:54.34	36.02	350m: 4:06.01	35.95	
	100m: 1:07.12 34.45	200m: 2:18.32	35.61	300m: 3:30.06	35.72	400m: 4:40.40	34.39	

Prova 16, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	PIRES, Catarina Gaspar	06		Porto	4:41.00	+0,81	595	
	50m: 32.08 32.08	150m: 1:41.07	34.91	250m: 2:52.43	35.97	350m: 4:05.68	37.04	
	100m: 1:06.16 34.08	200m: 2:16.46	35.39	300m: 3:28.64	36.21	400m: 4:41.00	35.32	
11.	DIOGO, Ines Miranda	07		Nautico Academico	4:45.33	+0,77	568	
	50m: 32.34 32.34	150m: 1:43.49	35.86	250m: 2:55.98	36.18	350m: 4:09.28	36.80	
	100m: 1:07.63 35.29	200m: 2:19.80	36.31	300m: 3:32.48	36.50	400m: 4:45.33	36.05	
12.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	4:47.26	+0,60	557	
	50m: 32.46 32.46	150m: 1:43.42	35.67	250m: 2:56.06	36.40	350m: 4:10.98	37.68	
	100m: 1:07.75 35.29	200m: 2:19.66	36.24	300m: 3:33.30	37.24	400m: 4:47.26	36.28	
13.	GOMES, Lia Beatriz	06		Vitoria Guimaraes	4:49.22	+0,67	546	
	50m: 32.36 32.36	150m: 1:43.59	36.36	250m: 2:57.41	37.15	350m: 4:12.76	37.79	
	100m: 1:07.23 34.87	200m: 2:20.26	36.67	300m: 3:34.97	37.56	400m: 4:49.22	36.46	
14.	VALENTE, Maria Esteves	06		Benfica	4:50.41	+0,74	539	
	50m: 33.13 33.13	150m: 1:45.09	36.66	250m: 2:58.86	37.34	350m: 4:14.25	38.03	
	100m: 1:08.43 35.30	200m: 2:21.52	36.43	300m: 3:36.22	37.36	400m: 4:50.41	36.16	
15.	SANTOS, Leonor Castanho	07		Sporting	4:52.38	+0,78	528	
	50m: 32.94 32.94	150m: 1:45.27	36.52	250m: 2:59.68	37.43	350m: 4:15.29	37.79	
	100m: 1:08.75 35.81	200m: 2:22.25	36.98	300m: 3:37.50	37.82	400m: 4:52.38	37.09	
16.	VIANA, Matilde Violante	07		Nautico de Leiria	4:59.28	+0,80	492	
	50m: 32.88 32.88	150m: 1:47.38	37.23	250m: 3:03.70	37.54	350m: 4:20.96	38.42	
	100m: 1:10.15 37.27	200m: 2:26.16	38.78	300m: 3:42.54	38.84	400m: 4:59.28	38.32	

Seniores

1.	CONCEICAO, Ema Jeronimo	03		Benfica	4:21.87	+0,77	735	
	50m: 30.39 30.39	150m: 1:36.35	33.19	250m: 2:43.79	33.85	350m: 3:49.50	32.51	
	100m: 1:03.16 32.77	200m: 2:09.94	33.59	300m: 3:16.99	33.20	400m: 4:21.87	32.37	
2.	HENRIQUES, Ines Jacinto	00		Louzan Natacao/EFAPEL	4:22.70	+0,65	728	
	50m: 30.45 30.45	150m: 1:36.86	33.37	250m: 2:43.46	33.25	350m: 3:50.16	33.34	
	100m: 1:03.49 33.04	200m: 2:10.21	33.35	300m: 3:16.82	33.36	400m: 4:22.70	32.54	
3.	FIDALGO, Aroa Silva	02		Nautico Sevilla	4:22.72	+0,77	728	
	50m: 30.90 30.90	150m: 1:37.11	33.38	250m: 2:43.54	33.27	350m: 3:50.94	33.77	
	100m: 1:03.73 32.83	200m: 2:10.27	33.16	300m: 3:17.17	33.63	400m: 4:22.72	31.78	
4.	CARDEAL, Beatriz Nunes	04		Academico Viseu	4:24.40	+0,67	714	
	50m: 29.82 29.82	150m: 1:36.11	33.41	250m: 2:43.71	33.42	350m: 3:51.10	33.49	
	100m: 1:02.70 32.88	200m: 2:10.29	34.18	300m: 3:17.61	33.90	400m: 4:24.40	33.30	
5.	FOMINA, Anna	02		Sporting	4:26.82	+0,79	695	
	50m: 30.21 30.21	150m: 1:35.94	33.40	250m: 2:43.98	34.16	350m: 3:52.50	34.25	
	100m: 1:02.54 32.33	200m: 2:09.82	33.88	300m: 3:18.25	34.27	400m: 4:26.82	34.32	

Prova 16, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	VIANA, Carolina Pereira	04		Sporting	4:26.99	+0,69	694	
	50m: 30.18 30.18	150m: 1:36.00	33.39	250m: 2:44.09	34.22	350m: 3:52.86	34.63	
	100m: 1:02.61 32.43	200m: 2:09.87	33.87	300m: 3:18.23	34.14	400m: 4:26.99	34.13	
7.	MENDES, Mariana Amaral	02		Sporting	4:28.94	+0,76	679	
	50m: 31.35 31.35	150m: 1:38.72	33.96	250m: 2:47.13	34.32	350m: 3:55.63	34.37	
	100m: 1:04.76 33.41	200m: 2:12.81	34.09	300m: 3:21.26	34.13	400m: 4:28.94	33.31	
8.	MOURA, Maria Ferreira	04		Sporting	4:32.89	+0,77	650	
	50m: 30.79 30.79	150m: 1:39.20	34.55	250m: 2:49.08	34.85	350m: 3:58.97	34.77	
	100m: 1:04.65 33.86	200m: 2:14.23	35.03	300m: 3:24.20	35.12	400m: 4:32.89	33.92	
9.	LOPES, Daniela Magalhaes	05		Famalicao	4:33.51	+0,78	645	
	50m: 30.47 30.47	150m: 1:38.49	34.03	250m: 2:48.62	34.81	350m: 3:59.05	34.92	
	100m: 1:04.46 33.99	200m: 2:13.81	35.32	300m: 3:24.13	35.51	400m: 4:33.51	34.46	
10.	LOPES, Francisca Macedo	05		Vilacondense	4:37.06	+0,72	621	
	50m: 31.47 31.47	150m: 1:41.15	35.16	250m: 2:51.72	35.56	350m: 4:02.94	35.91	
	100m: 1:05.99 34.52	200m: 2:16.16	35.01	300m: 3:27.03	35.31	400m: 4:37.06	34.12	
11.	ARMAS, Maria Ornelas	98		Vikings	4:37.10	+0,88	620	
	50m: 31.27 31.27	150m: 1:39.90	34.87	250m: 2:50.14	35.43	350m: 4:01.88	35.93	
	100m: 1:05.03 33.76	200m: 2:14.71	34.81	300m: 3:25.95	35.81	400m: 4:37.10	35.22	
12.	NUNES, Rita Sofia	05		Colegio Efanor	4:40.21	+0,79	600	
	50m: 32.37 32.37	150m: 1:42.45	35.48	250m: 2:54.31	35.93	350m: 4:05.94	35.65	
	100m: 1:06.97 34.60	200m: 2:18.38	35.93	300m: 3:30.29	35.98	400m: 4:40.21	34.27	
13.	RODRIGUES, Joana Francisca	04		Condeixa Clube	4:43.10	+0,55	582	
	50m: 31.59 31.59	150m: 1:42.38	36.02	250m: 2:54.91	36.42	350m: 4:07.93	36.33	
	100m: 1:06.36 34.77	200m: 2:18.49	36.11	300m: 3:31.60	36.69	400m: 4:43.10	35.17	
14.	URIBE, Ainhoa Sobrado	04		Louletano / Loule Concelho	4:43.53	+0,72	579	
	50m: 31.99 31.99	150m: 1:42.99	35.55	250m: 2:55.09	35.81	350m: 4:08.39	36.66	
	100m: 1:07.44 35.45	200m: 2:19.28	36.29	300m: 3:31.73	36.64	400m: 4:43.53	35.14	
15.	RODRIGUEZ DEL CORRAL, M.V.	99		Nautico Sevilla	4:47.73	+0,77	554	
	50m: 32.59 32.59	150m: 1:44.77	36.54	250m: 2:58.28	36.84	350m: 4:12.05	36.91	
	100m: 1:08.23 35.64	200m: 2:21.44	36.67	300m: 3:35.14	36.86	400m: 4:47.73	35.68	
16.	ALVES, Joana Silva	05		Benedita	4:49.64	+0,69	543	
	50m: 33.20 33.20	150m: 1:45.65	36.73	250m: 2:58.97	36.73	350m: 4:13.29	37.41	
	100m: 1:08.92 35.72	200m: 2:22.24	36.59	300m: 3:35.88	36.91	400m: 4:49.64	36.35	
DNS	GOURSON, Margaux Verger	95		Fluvial Portuense				

Prova 16, Femin., 400m Livres

Open

1.	CONCEICAO, Ema Jeronimo	03	Benfica	4:21.87	+0,77	735
	50m: 30.39 30.39	150m: 1:36.35 33.19	250m: 2:43.79 33.85	350m: 3:49.50 32.51		
	100m: 1:03.16 32.77	200m: 2:09.94 33.59	300m: 3:16.99 33.20	400m: 4:21.87 32.37		
2.	HENRIQUES, Ines Jacinto	00	Louzan Natacao/EFAPEL	4:22.70	+0,65	728
	50m: 30.45 30.45	150m: 1:36.86 33.37	250m: 2:43.46 33.25	350m: 3:50.16 33.34		
	100m: 1:03.49 33.04	200m: 2:10.21 33.35	300m: 3:16.82 33.36	400m: 4:22.70 32.54		
3.	FIDALGO, Aroa Silva	02	Nautico Sevilla	4:22.72	+0,77	728
	50m: 30.90 30.90	150m: 1:37.11 33.38	250m: 2:43.54 33.27	350m: 3:50.94 33.77		
	100m: 1:03.73 32.83	200m: 2:10.27 33.16	300m: 3:17.17 33.63	400m: 4:22.72 31.78		
4.	CARDEAL, Beatriz Nunes	04	Academico Viseu	4:24.40	+0,67	714
	50m: 29.82 29.82	150m: 1:36.11 33.41	250m: 2:43.71 33.42	350m: 3:51.10 33.49		
	100m: 1:02.70 32.88	200m: 2:10.29 34.18	300m: 3:17.61 33.90	400m: 4:24.40 33.30		
5.	FOMINA, Anna	02	Sporting	4:26.82	+0,79	695
	50m: 30.21 30.21	150m: 1:35.94 33.40	250m: 2:43.98 34.16	350m: 3:52.50 34.25		
	100m: 1:02.54 32.33	200m: 2:09.82 33.88	300m: 3:18.25 34.27	400m: 4:26.82 34.32		
6.	VIANA, Carolina Pereira	04	Sporting	4:26.99	+0,69	694
	50m: 30.18 30.18	150m: 1:36.00 33.39	250m: 2:44.09 34.22	350m: 3:52.86 34.63		
	100m: 1:02.61 32.43	200m: 2:09.87 33.87	300m: 3:18.23 34.14	400m: 4:26.99 34.13		
7.	AMORIM, Ines Santos	06	Desportiva de Viana	4:27.10	+0,65	693
	50m: 30.70 30.70	150m: 1:37.45 33.42	250m: 2:44.90 33.73	350m: 3:53.79 34.29		
	100m: 1:04.03 33.33	200m: 2:11.17 33.72	300m: 3:19.50 34.60	400m: 4:27.10 33.31		
8.	MENDES, Mariana Amaral	02	Sporting	4:28.94	+0,76	679
	50m: 31.35 31.35	150m: 1:38.72 33.96	250m: 2:47.13 34.32	350m: 3:55.63 34.37		
	100m: 1:04.76 33.41	200m: 2:12.81 34.09	300m: 3:21.26 34.13	400m: 4:28.94 33.31		
9.	CABRAL, Carolina Vizinho	07	Natacao de Vagos	4:31.28	+0,74	661
	50m: 31.30 31.30	150m: 1:39.59 33.79	250m: 2:48.41 34.01	350m: 3:57.45 34.41		
	100m: 1:05.80 34.50	200m: 2:14.40 34.81	300m: 3:23.04 34.63	400m: 4:31.28 33.83		
10.	FERREIRA, Maria Neto	06	Nautico Academico	4:31.90	+0,79	657
	50m: 30.72 30.72	150m: 1:38.87 34.15	250m: 2:47.97 34.38	350m: 3:57.92 34.70		
	100m: 1:04.72 34.00	200m: 2:13.59 34.72	300m: 3:23.22 35.25	400m: 4:31.90 33.98		
11.	MOURA, Maria Ferreira	04	Sporting	4:32.89	+0,77	650
	50m: 30.79 30.79	150m: 1:39.20 34.55	250m: 2:49.08 34.85	350m: 3:58.97 34.77		
	100m: 1:04.65 33.86	200m: 2:14.23 35.03	300m: 3:24.20 35.12	400m: 4:32.89 33.92		
12.	LOPES, Daniela Magalhaes	05	Famalicao	4:33.51	+0,78	645
	50m: 30.47 30.47	150m: 1:38.49 34.03	250m: 2:48.62 34.81	350m: 3:59.05 34.92		
	100m: 1:04.46 33.99	200m: 2:13.81 35.32	300m: 3:24.13 35.51	400m: 4:33.51 34.46		

Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MESQUITA, Mafalda Martins	07		Famalicao	4:33.64	+0,78	644	
	50m: 31.71 31.71	150m: 1:40.37	34.89	250m: 2:50.49	35.45	350m: 4:00.61	34.95	
	100m: 1:05.48 33.77	200m: 2:15.04	34.67	300m: 3:25.66	35.17	400m: 4:33.64	33.03	
14.	PINTO, Margarida Vieira	07		Braga	4:35.59	+0,75	631	
	50m: 31.63 31.63	150m: 1:40.61	34.92	250m: 2:50.92	35.15	350m: 4:01.40	35.02	
	100m: 1:05.69 34.06	200m: 2:15.77	35.16	300m: 3:26.38	35.46	400m: 4:35.59	34.19	
15.	LOPES, Francisca Macedo	05		Vilacondense	4:37.06	+0,72	621	
	50m: 31.47 31.47	150m: 1:41.15	35.16	250m: 2:51.72	35.56	350m: 4:02.94	35.91	
	100m: 1:05.99 34.52	200m: 2:16.16	35.01	300m: 3:27.03	35.31	400m: 4:37.06	34.12	
16.	ARMAS, Maria Omelas	98		Vikings	4:37.10	+0,88	620	
	50m: 31.27 31.27	150m: 1:39.90	34.87	250m: 2:50.14	35.43	350m: 4:01.88	35.93	
	100m: 1:05.03 33.76	200m: 2:14.71	34.81	300m: 3:25.95	35.81	400m: 4:37.10	35.22	
17.	FARIA, Leonor Verissimo	06		Nucleo de Pombal	4:38.50	+0,73	611	
	50m: 31.73 31.73	150m: 1:41.17	35.23	250m: 2:52.66	35.66	350m: 4:04.13	35.69	
	100m: 1:05.94 34.21	200m: 2:17.00	35.83	300m: 3:28.44	35.78	400m: 4:38.50	34.37	
18.	PEIXOTO, Carolina Esteves	06		Braga	4:39.07	+0,79	607	
	50m: 31.77 31.77	150m: 1:41.05	34.88	250m: 2:51.97	35.29	350m: 4:04.38	36.05	
	100m: 1:06.17 34.40	200m: 2:16.68	35.63	300m: 3:28.33	36.36	400m: 4:39.07	34.69	
19.	NUNES, Rita Sofia	05		Colegio Efanor	4:40.21	+0,79	600	
	50m: 32.37 32.37	150m: 1:42.45	35.48	250m: 2:54.31	35.93	350m: 4:05.94	35.65	
	100m: 1:06.97 34.60	200m: 2:18.38	35.93	300m: 3:30.29	35.98	400m: 4:40.21	34.27	
20.	AGUILAR, Marta Andre	07		Nautico Academico	4:40.28	+0,68	600	
	50m: 32.56 32.56	150m: 1:42.56	35.11	250m: 2:53.24	35.21	350m: 4:05.10	35.88	
	100m: 1:07.45 34.89	200m: 2:18.03	35.47	300m: 3:29.22	35.98	400m: 4:40.28	35.18	
21.	RAMOS, Joana Barbas	06		Gafanha da Encarnacao	4:40.40	+0,76	599	
	50m: 32.67 32.67	150m: 1:42.71	35.59	250m: 2:54.34	36.02	350m: 4:06.01	35.95	
	100m: 1:07.12 34.45	200m: 2:18.32	35.61	300m: 3:30.06	35.72	400m: 4:40.40	34.39	
22.	PIRES, Catarina Gaspar	06		Porto	4:41.00	+0,81	595	
	50m: 32.08 32.08	150m: 1:41.07	34.91	250m: 2:52.43	35.97	350m: 4:05.68	37.04	
	100m: 1:06.16 34.08	200m: 2:16.46	35.39	300m: 3:28.64	36.21	400m: 4:41.00	35.32	
23.	FREITAS, Diana Gomes	08		Amigos da Montanha	4:42.00	+0,84	589	
	50m: 32.28 32.28	150m: 1:43.05	35.71	250m: 2:55.67	36.53	350m: 4:08.13	35.94	
	100m: 1:07.34 35.06	200m: 2:19.14	36.09	300m: 3:32.19	36.52	400m: 4:42.00	33.87	
24.	CRAVEIRO, Luana Ferreira	09		Nautico Marinha Grande	4:42.40	+0,72	586	
	50m: 31.36 31.36	150m: 1:41.73	36.17	250m: 2:54.57	36.16	350m: 4:07.46	36.38	
	100m: 1:05.56 34.20	200m: 2:18.41	36.68	300m: 3:31.08	36.51	400m: 4:42.40	34.94	

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

Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	FERREIRA, Carolina Amadeu	08		Leixoes	4:42.80	+0,71	584	
	50m: 32.16 32.16 150m: 1:43.70 36.38 250m: 2:56.84 36.69 350m: 4:08.97 35.64							
	100m: 1:07.32 35.16 200m: 2:20.15 36.45 300m: 3:33.33 36.49 400m: 4:42.80 33.83							
26.	RODRIGUES, Joana Francisca	04		Condeixa Clube	4:43.10	+0,55	582	
	50m: 31.59 31.59 150m: 1:42.38 36.02 250m: 2:54.91 36.42 350m: 4:07.93 36.33							
	100m: 1:06.36 34.77 200m: 2:18.49 36.11 300m: 3:31.60 36.69 400m: 4:43.10 35.17							
27.	URIBE, Ainhoa Sobrado	04		Louletano / Loule Concelho	4:43.53	+0,72	579	
	50m: 31.99 31.99 150m: 1:42.99 35.55 250m: 2:55.09 35.81 350m: 4:08.39 36.66							
	100m: 1:07.44 35.45 200m: 2:19.28 36.29 300m: 3:31.73 36.64 400m: 4:43.53 35.14							
28.	TOMAS, Constanca Baptista	09		Alcobaca	4:44.30	+0,77	574	
	50m: 32.53 32.53 150m: 1:44.97 36.74 250m: 2:57.63 36.39 350m: 4:10.06 36.01							
	100m: 1:08.23 35.70 200m: 2:21.24 36.27 300m: 3:34.05 36.42 400m: 4:44.30 34.24							
29.	MAIA, Lara Catarina	09		Estarreja/PROZINCO	4:44.60	+0,31	573	
	50m: 31.15 31.15 150m: 1:41.93 36.50 250m: 2:55.79 37.17 350m: 4:09.43 36.76							
	100m: 1:05.43 34.28 200m: 2:18.62 36.69 300m: 3:32.67 36.88 400m: 4:44.60 35.17							
30.	DIOGO, Ines Miranda	07		Nautico Academico	4:45.33	+0,77	568	
	50m: 32.34 32.34 150m: 1:43.49 35.86 250m: 2:55.98 36.18 350m: 4:09.28 36.80							
	100m: 1:07.63 35.29 200m: 2:19.80 36.31 300m: 3:32.48 36.50 400m: 4:45.33 36.05							
31.	BAPTISTA, Carolina Sofia	09		Estarreja/PROZINCO	4:45.49	+0,69	567	
	50m: 31.94 31.94 150m: 1:43.81 36.28 250m: 2:57.95 37.13 350m: 4:11.01 36.76							
	100m: 1:07.53 35.59 200m: 2:20.82 37.01 300m: 3:34.25 36.30 400m: 4:45.49 34.48							
32.	MOREIRA, Madalena Valente	09		Colegio Efanor	4:45.96	+0,70	564	
	50m: 31.62 31.62 150m: 1:42.63 35.41 250m: 2:55.63 36.23 350m: 4:10.11 36.61							
	100m: 1:07.22 35.60 200m: 2:19.40 36.77 300m: 3:33.50 37.87 400m: 4:45.96 35.85							
33.	PINTO, Maria Carvalho	09		Viana Natacao	4:46.28	+0,90	563	
	50m: 32.06 32.06 150m: 1:44.15 36.77 250m: 2:57.65 36.58 350m: 4:11.57 37.01							
	100m: 1:07.38 35.32 200m: 2:21.07 36.92 300m: 3:34.56 36.91 400m: 4:46.28 34.71							
34.	ALMEIDA, Bianca Filipa	07		Alges e Agueda XXI	4:47.26	+0,60	557	
	50m: 32.46 32.46 150m: 1:43.42 35.67 250m: 2:56.06 36.40 350m: 4:10.98 37.68							
	100m: 1:07.75 35.29 200m: 2:19.66 36.24 300m: 3:33.30 37.24 400m: 4:47.26 36.28							
35.	RODRIGUEZ DEL CORRAL, M.V.	99		Nautico Sevilla	4:47.73	+0,77	554	
	50m: 32.59 32.59 150m: 1:44.77 36.54 250m: 2:58.28 36.84 350m: 4:12.05 36.91							
	100m: 1:08.23 35.64 200m: 2:21.44 36.67 300m: 3:35.14 36.86 400m: 4:47.73 35.68							
36.	LOPES, Catarina Maria	08		BUZIOS-Coruche	4:48.27	+0,61	551	
	50m: 33.03 33.03 150m: 1:45.81 36.79 250m: 3:00.38 37.24 350m: 4:14.19 36.22							
	100m: 1:09.02 35.99 200m: 2:23.14 37.33 300m: 3:37.97 37.59 400m: 4:48.27 34.08							

Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	GONCALVES, Leonor Queiroz	09		Braga	4:48.47	+0,56	550	
	50m: 32.43 32.43	150m: 1:45.01	36.98	250m: 2:59.48	37.39	350m: 4:12.61	36.41	
	100m: 1:08.03 35.60	200m: 2:22.09	37.08	300m: 3:36.20	36.72	400m: 4:48.47	35.86	
38.	GOMES, Lia Beatriz	06		Vitoria Guimaraes	4:49.22	+0,67	546	
	50m: 32.36 32.36	150m: 1:43.59	36.36	250m: 2:57.41	37.15	350m: 4:12.76	37.79	
	100m: 1:07.23 34.87	200m: 2:20.26	36.67	300m: 3:34.97	37.56	400m: 4:49.22	36.46	
39.	ALVES, Joana Silva	05		Benedita	4:49.64	+0,69	543	
	50m: 33.20 33.20	150m: 1:45.65	36.73	250m: 2:58.97	36.73	350m: 4:13.29	37.41	
	100m: 1:08.92 35.72	200m: 2:22.24	36.59	300m: 3:35.88	36.91	400m: 4:49.64	36.35	
40.	CRUZ, Ana Carolina	08		Famalicao	4:49.70	+0,78	543	
	50m: 33.20 33.20	150m: 1:47.03	37.09	250m: 3:01.30	37.12	350m: 4:15.59	37.18	
	100m: 1:09.94 36.74	200m: 2:24.18	37.15	300m: 3:38.41	37.11	400m: 4:49.70	34.11	
41.	BARBOSA, Sofia Teixeira	08		Colegio Efanor	4:49.71	+0,75	543	
	50m: 33.31 33.31	150m: 1:46.43	36.99	250m: 3:00.58	36.78	350m: 4:14.37	36.81	
	100m: 1:09.44 36.13	200m: 2:23.80	37.37	300m: 3:37.56	36.98	400m: 4:49.71	35.34	
42.	LUIZ, Margarida Maria	08		Lagoa AC	4:49.94	+0,64	542	
	50m: 33.32 33.32	150m: 1:45.69	36.63	250m: 2:59.72	37.09	350m: 4:14.00	37.22	
	100m: 1:09.06 35.74	200m: 2:22.63	36.94	300m: 3:36.78	37.06	400m: 4:49.94	35.94	
43.	VALENTE, Maria Esteves	06		Benfica	4:50.41	+0,74	539	
	50m: 33.13 33.13	150m: 1:45.09	36.66	250m: 2:58.86	37.34	350m: 4:14.25	38.03	
	100m: 1:08.43 35.30	200m: 2:21.52	36.43	300m: 3:36.22	37.36	400m: 4:50.41	36.16	
44.	SANTOS, Leonor Castanho	07		Sporting	4:52.38	+0,78	528	
	50m: 32.94 32.94	150m: 1:45.27	36.52	250m: 2:59.68	37.43	350m: 4:15.29	37.79	
	100m: 1:08.75 35.81	200m: 2:22.25	36.98	300m: 3:37.50	37.82	400m: 4:52.38	37.09	
45.	COSTA, Maria Joao	08		Vilacondense	4:52.49	+0,71	527	
	50m: 32.97 32.97	150m: 1:47.14	37.32	250m: 3:02.83	37.72	350m: 4:17.19	36.70	
	100m: 1:09.82 36.85	200m: 2:25.11	37.97	300m: 3:40.49	37.66	400m: 4:52.49	35.30	
46.	JORDAO, Beatriz Silva	09		Vikings	4:52.65	+0,69	527	
	50m: 32.99 32.99	150m: 1:45.20	36.39	250m: 2:59.77	37.63	350m: 4:15.25	38.03	
	100m: 1:08.81 35.82	200m: 2:22.14	36.94	300m: 3:37.22	37.45	400m: 4:52.65	37.40	
47.	SANTOS, Emilly Gabrieli	08		Natacao Triatlo Lisboa	4:52.86	+0,85	525	
	50m: 31.98 31.98	150m: 1:44.91	36.78	250m: 3:00.42	37.72	350m: 4:16.65	37.48	
	100m: 1:08.13 36.15	200m: 2:22.70	37.79	300m: 3:39.17	38.75	400m: 4:52.86	36.21	
48.	CORTESAO, Maria Manuel	08		Nautico Academico	4:54.23	+0,72	518	
	50m: 32.85 32.85	150m: 1:46.38	37.25	250m: 3:01.80	37.68	350m: 4:17.25	37.88	
	100m: 1:09.13 36.28	200m: 2:24.12	37.74	300m: 3:39.37	37.57	400m: 4:54.23	36.98	

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

Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	CARDOSO, Raquel Campos	09		Bombeiros de Ponta Delgada	4:55.37	+0,73	512	
	50m: 32.85 32.85 150m: 1:46.32 37.19 250m: 3:02.17 38.22 350m: 4:18.69 38.29							
	100m: 1:09.13 36.28 200m: 2:23.95 37.63 300m: 3:40.40 38.23 400m: 4:55.37 36.68							
50.	MADEIRA, Carolina Marques	09		Nacional de Natacao	4:55.84	+0,84	510	
	50m: 33.08 33.08 150m: 1:47.50 38.24 250m: 3:03.93 38.29 350m: 4:20.17 38.38							
	100m: 1:09.26 36.18 200m: 2:25.64 38.14 300m: 3:41.79 37.86 400m: 4:55.84 35.67							
51.	NUNES, Francisca Ramos	09		Naval de Peniche	4:55.98	+0,71	509	
	50m: 33.37 33.37 150m: 1:48.12 37.46 250m: 3:04.61 38.46 350m: 4:21.21 37.99							
	100m: 1:10.66 37.29 200m: 2:26.15 38.03 300m: 3:43.22 38.61 400m: 4:55.98 34.77							
52.	MARTINS, Carolina Correia	09		Porto	4:56.29	+0,69	507	
	50m: 32.57 32.57 150m: 1:43.83 36.25 250m: 2:59.56 38.47 350m: 4:18.43 39.85							
	100m: 1:07.58 35.01 200m: 2:21.09 37.26 300m: 3:38.58 39.02 400m: 4:56.29 37.86							
53.	MARQUES, Matilde Rodrigues	08		Viana Natacao	4:56.41	+0,88	507	
	50m: 32.96 32.96 150m: 1:47.28 37.60 250m: 3:03.42 38.28 350m: 4:19.26 37.75							
	100m: 1:09.68 36.72 200m: 2:25.14 37.86 300m: 3:41.51 38.09 400m: 4:56.41 37.15							
54.	SILVA, Marta Oliveira	09		Sanjoanense/FEPSA	4:56.49	+0,80	506	
	50m: 33.10 33.10 150m: 1:47.88 37.46 250m: 3:03.93 37.75 350m: 4:19.35 37.36							
	100m: 1:10.42 37.32 200m: 2:26.18 38.30 300m: 3:41.99 38.06 400m: 4:56.49 37.14							
55.	SANTOS, Joana Pereira	09		Rio Maior	4:57.73	+0,77	500	
	50m: 34.64 34.64 150m: 1:50.05 37.71 250m: 3:05.97 37.68 350m: 4:21.18 37.54							
	100m: 1:12.34 37.70 200m: 2:28.29 38.24 300m: 3:43.64 37.67 400m: 4:57.73 36.55							
56.	GALANTE, Filipa Carvalho	09		Vilacondense	4:58.66	+0,80	495	
	50m: 33.80 33.80 150m: 1:48.65 37.86 250m: 3:03.82 37.13 350m: 4:20.52 37.75							
	100m: 1:10.79 36.99 200m: 2:26.69 38.04 300m: 3:42.77 38.95 400m: 4:58.66 38.14							
57.	VIANA, Matilde Violante	07		Nautico de Leiria	4:59.28	+0,80	492	
	50m: 32.88 32.88 150m: 1:47.38 37.23 250m: 3:03.70 37.54 350m: 4:20.96 38.42							
	100m: 1:10.15 37.27 200m: 2:26.16 38.78 300m: 3:42.54 38.84 400m: 4:59.28 38.32							
58.	PEDREIRO, Francisca Soreto	09		Galitos / Bresimar	4:59.76	+0,69	490	
	50m: 33.76 33.76 150m: 1:48.40 38.03 250m: 3:05.41 38.44 350m: 4:22.71 38.59							
	100m: 1:10.37 36.61 200m: 2:26.97 38.57 300m: 3:44.12 38.71 400m: 4:59.76 37.05							
59.	FARIA, Ines Maria	09		Porto	4:59.84	+0,78	490	
	50m: 33.09 33.09 150m: 1:48.26 37.61 250m: 3:04.76 38.23 350m: 4:22.15 38.42							
	100m: 1:10.65 37.56 200m: 2:26.53 38.27 300m: 3:43.73 38.97 400m: 4:59.84 37.69							
60.	RICARDO, Francisca Martingo	09		Porto	5:00.21	+0,65	488	
	50m: 33.07 33.07 150m: 1:48.57 38.06 250m: 3:05.73 38.51 350m: 4:22.67 38.47							
	100m: 1:10.51 37.44 200m: 2:27.22 38.65 300m: 3:44.20 38.47 400m: 5:00.21 37.54							

Prova 16, Femin., 400m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
61.	COSTA, Laura Brites	09		Rio Maior	5:01.41	+0,66	482	
	50m: 33.96 33.96	150m: 1:50.09	38.42	250m: 3:06.51	37.55	350m: 4:23.58	38.07	
	100m: 1:11.67 37.71	200m: 2:28.96	38.87	300m: 3:45.51	39.00	400m: 5:01.41	37.83	
62.	FARCAS, Annabela Veronika	09		Naval de Faro	5:02.36	+0,77	477	
	50m: 34.47 34.47	150m: 1:50.69	38.05	250m: 3:08.43	38.27	350m: 4:25.48	38.14	
	100m: 1:12.64 38.17	200m: 2:30.16	39.47	300m: 3:47.34	38.91	400m: 5:02.36	36.88	
63.	SANTOS, Joana Almeida	09		Galitos / Bresimar	5:03.32	+0,81	473	
	50m: 34.23 34.23	150m: 1:50.47	38.52	250m: 3:08.24	38.93	350m: 4:27.10	39.29	
	100m: 1:11.95 37.72	200m: 2:29.31	38.84	300m: 3:47.81	39.57	400m: 5:03.32	36.22	
64.	CRUZ, Constanca Lopes	09		Colegio Monte Maior	5:03.46	+0,85	472	
	50m: 34.76 34.76	150m: 1:52.22	38.94	250m: 3:10.02	38.90	350m: 4:27.17	38.65	
	100m: 1:13.28 38.52	200m: 2:31.12	38.90	300m: 3:48.52	38.50	400m: 5:03.46	36.29	
65.	NEVES, Ana Carolina	08		Fluvial Portuense	5:04.88	+0,52	466	
	50m: 31.93 31.93	150m: 1:46.09	38.26	250m: 3:05.51	40.67	350m: 4:25.95	40.48	
	100m: 1:07.83 35.90	200m: 2:24.84	38.75	300m: 3:45.47	39.96	400m: 5:04.88	38.93	
66.	GASPAR, Joana Melo	09		Nacional de Natacao	5:06.44	+0,73	459	
	50m: 33.86 33.86	150m: 1:51.38	39.62	250m: 3:10.69	39.40	350m: 4:29.41	38.73	
	100m: 1:11.76 37.90	200m: 2:31.29	39.91	300m: 3:50.68	39.99	400m: 5:06.44	37.03	
67.	LANCA, Ines Maria	09		Uniao Piedense	5:06.65	+0,88	458	
	50m: 34.26 34.26	150m: 1:50.46	38.11	250m: 3:08.34	38.55	350m: 4:27.00	39.13	
	100m: 1:12.35 38.09	200m: 2:29.79	39.33	300m: 3:47.87	39.53	400m: 5:06.65	39.65	
68.	JESUS, Margarida Santos	09		Natacao Olhao	5:16.67	+0,59	416	
	50m: 34.63 34.63	150m: 1:54.17	40.63	250m: 3:15.77	41.02	350m: 4:38.02	41.23	
	100m: 1:13.54 38.91	200m: 2:34.75	40.58	300m: 3:56.79	41.02	400m: 5:16.67	38.65	
DNS	GOURSON, Margaux Verger	95		Fluvial Portuense				