

Prova 9
22/07/2023 - 9:00

Femin., 400m Livres

Infantis A
Resultados

Rec Nac Open 4:08.77 Francisca Soares MARTINS FOCA Canet-en-Roussillon (FRA) 14/05/2023
Rec Nac Inf A 4:31.53 Alexandra Maria SILVA POR Skovde (SWE) 08/08/1980

TAC 50m: 5:32.78 - 25m: 5:29.20

Pontos: Rudolph Table 2023

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph |
|-------|---|--|---------|--|--|----------------|---------|
| 1. | Camila Duarte MARCELO | +0,77 | 208416 | 10 | Condeixa Aqua Clube | 4:52.66 | 11,3 |
| | 50m: 34.19 34.19 100m: 1:11.00 36.81 | 150m: 1:48.37 37.37 200m: 2:25.89 37.52 | | 250m: 3:03.69 37.80 300m: 3:41.22 37.53 | 350m: 4:18.17 36.95 400m: 4:52.66 34.49 | | |
| 2. | Leonor Nunes CARDEAL | +0,92 | 201021 | 10 | Academico Viseu Futebol Club | 4:52.78 | 11,3 |
| | 50m: 32.51 32.51 100m: 1:08.95 36.44 | 150m: 1:46.49 37.54 200m: 2:24.76 38.27 | | 250m: 3:02.47 37.71 300m: 3:40.22 37.75 | 350m: 4:17.40 37.18 400m: 4:52.78 35.38 | | |
| 3. | Carolina Ratola TAVEIRA | +0,73 | 209341 | 10 | Galitos / Bresimar | 4:53.81 | 11,0 |
| | 50m: 32.21 32.21 100m: 1:08.24 36.03 | 150m: 1:45.47 37.23 200m: 2:23.03 37.56 | | 250m: 3:01.07 38.04 300m: 3:38.93 37.86 | 350m: 4:17.14 38.21 400m: 4:53.81 36.67 | | |
| 4. | Ana Jose MARQUES | +0,99 | 210414 | 10 | Braga | 4:58.68 | 9,8 |
| | 50m: 33.74 33.74 100m: 1:10.95 37.21 | 150m: 1:48.50 37.55 200m: 2:26.39 37.89 | | 250m: 3:04.93 38.54 300m: 3:43.55 38.62 | 350m: 4:21.84 38.29 400m: 4:58.68 36.84 | | |
| 5. | Rita Lucas SANTOS | +0,87 | 208356 | 10 | Condeixa Aqua Clube | 4:58.91 | 9,7 |
| | 50m: 34.93 34.93 100m: 1:12.85 37.92 | 150m: 1:51.67 38.82 200m: 2:29.90 38.23 | | 250m: 3:08.18 38.28 300m: 3:46.58 38.40 | 350m: 4:24.55 37.97 400m: 4:58.91 34.36 | | |
| 6. | Maria Neto SIMOES | +0,79 | 208358 | 10 | Condeixa Aqua Clube | 4:59.98 | 9,5 |
| | 50m: 35.00 35.00 100m: 1:12.94 37.94 | 150m: 1:51.67 38.73 200m: 2:30.46 38.79 | | 250m: 3:08.94 38.48 300m: 3:47.04 38.10 | 350m: 4:24.49 37.45 400m: 4:59.98 35.49 | | |
| 7. | Ana Laura NOGUEIRA | +0,83 | 209772 | 10 | Braga | 5:00.38 | 9,4 |
| | 50m: 34.22 34.22 100m: 1:11.69 37.47 | 150m: 1:50.29 38.60 200m: 2:29.15 38.86 | | 250m: 3:07.81 38.66 300m: 3:46.39 38.58 | 350m: 4:24.53 38.14 400m: 5:00.38 35.85 | | |
| 8. | Bianca Balbino MENDES | +0,78 | 206074 | 10 | Naval de Peniche | 5:06.49 | 7,8 |
| | 50m: 34.69 34.69 100m: 1:12.62 37.93 | 150m: 1:51.93 39.31 200m: 2:31.42 39.49 | | 250m: 3:11.00 39.58 300m: 3:50.20 39.20 | 350m: 4:28.63 38.43 400m: 5:06.49 37.86 | | |
| 9. | Leonor Sombreiro MARTINS | +0,86 | 211313 | 10 | BUZIOS - Coruche | 5:06.76 | 7,8 |
| | 50m: 33.35 33.35 100m: 1:10.98 37.63 | 150m: 1:50.52 39.54 200m: 2:30.47 39.95 | | 250m: 3:10.22 39.75 300m: 3:49.97 39.75 | 350m: 4:29.33 39.36 400m: 5:06.76 37.43 | | |
| 10. | Maria Rita CUNHA | +0,79 | 206403 | 10 | Colegio Efanor | 5:07.79 | 7,5 |
| | 50m: 34.85 34.85 100m: 1:13.06 38.21 | 150m: 1:52.13 39.07 200m: 2:31.47 39.34 | | 250m: 3:11.12 39.65 300m: 3:50.75 39.63 | 350m: 4:29.60 38.85 400m: 5:07.79 38.19 | | |
| 11. | Cassandra Fatima PEREIRA | +0,81 | 219756 | 10 | Ginasio Vila Real | 5:07.85 | 7,5 |
| | 50m: 34.43 34.43 100m: 1:13.41 38.98 | 150m: 1:53.35 39.94 200m: 2:33.54 40.19 | | 250m: 3:12.59 39.05 300m: 3:52.34 39.75 | 350m: 4:31.07 38.73 400m: 5:07.85 36.78 | | |
| 12. | Barbara Balbino MENDES | +0,98 | 206073 | 10 | Naval de Peniche | 5:08.83 | 7,2 |
| | 50m: 35.62 35.62 100m: 1:14.52 38.90 | 150m: 1:54.07 39.55 200m: 2:33.39 39.32 | | 250m: 3:12.72 39.33 300m: 3:51.88 39.16 | 350m: 4:31.20 39.32 400m: 5:08.83 37.63 | | |
| 13. | Rita Braga GOMES | +0,79 | 213921 | 10 | Sporting | 5:09.25 | 7,1 |
| | 50m: 34.61 34.61 100m: 1:12.89 38.28 | 150m: 1:52.16 39.27 200m: 2:32.21 40.05 | | 250m: 3:12.16 39.95 300m: 3:52.55 40.39 | 350m: 4:31.60 39.05 400m: 5:09.25 37.65 | | |
| 14. | Ines Ribeiro MELO | +0,87 | 140527 | 10 | Galitos / Bresimar | 5:10.92 | 6,7 |
| | 50m: 35.68 35.68 100m: 1:15.43 39.75 | 150m: 1:55.80 40.37 200m: 2:35.66 39.86 | | 250m: 3:15.50 39.84 300m: 3:55.22 39.72 | 350m: 4:33.40 38.18 400m: 5:10.92 37.52 | | |
| 15. | Juliana Bushe BARROSO | +0,89 | 201862 | 10 | FC Ferreiras/AlgarExperience | 5:10.96 | 6,7 |
| | 50m: 36.12 36.12 100m: 1:15.52 39.40 | 150m: 1:56.54 41.02 200m: 2:36.31 39.77 | | 250m: 3:17.18 40.87 300m: 3:56.83 39.65 | 350m: 4:35.16 38.33 400m: 5:10.96 35.80 | | |
| 16. | Sofia Rodrigues COSTA | +0,86 | 206179 | 10 | Porto | 5:11.52 | 6,6 |
| | 50m: 36.11 36.11 100m: 1:15.63 39.52 | 150m: 1:55.73 40.10 200m: 2:35.75 40.02 | | 250m: 3:15.09 39.34 300m: 3:54.41 39.32 | 350m: 4:33.16 38.75 400m: 5:11.52 38.36 | | |

Splash Meet Manager, 11.78086

Registered to Federacao Portuguesa De Natacao

18/01/2024 16:39 - Página 1

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL

PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 9, Femin., 400m Livres, Infantis A

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph |
|-------|--|---|--------------------------|-----|-----------------------------|---|-----------------------|
| 17. | Leonor Silva OLIVEIRA 50m: 34.44 34.44 100m: 1:12.54 38.10 | +0,89 150m: 1:52.53 200m: 2:32.90 | 140320 39.99 40.37 | 10 | Galitos / Bresimar | 5:12.83 250m: 3:13.92 41.02 300m: 3:55.09 41.17 350m: 4:35.60 400m: 5:12.83 | 6,2 40.51 37.23 |
| 18. | Ana Nabais MENDES 50m: 35.44 35.44 100m: 1:13.45 38.01 | +0,88 150m: 1:53.56 200m: 2:33.91 | 211556 40.11 40.35 | 10 | Laranjeiro | 5:12.86 250m: 3:14.34 40.43 300m: 3:54.97 40.63 350m: 4:35.13 400m: 5:12.86 | 6,2 40.16 37.73 |
| 19. | Mariana Mesquita FERNANDES 50m: 33.37 33.37 100m: 1:10.19 36.82 | +0,92 150m: 1:49.57 200m: 2:30.04 | 212451 39.38 40.47 | 10 | Braga | 5:14.01 250m: 3:10.87 40.83 300m: 3:52.28 41.41 350m: 4:33.39 400m: 5:14.01 | 5,9 41.11 40.62 |
| 20. | Maria Miguel FERNANDES 50m: 35.62 35.62 100m: 1:14.18 38.56 | +0,91 150m: 1:54.56 200m: 2:34.69 | 214491 40.38 40.13 | 10 | Cumbobofila Cantanhedense | 5:14.58 250m: 3:15.43 40.74 300m: 3:56.12 40.69 350m: 4:36.47 400m: 5:14.58 | 5,8 40.35 38.11 |
| 21. | Catarina Sousa OLIVEIRA 50m: 35.21 35.21 100m: 1:15.31 40.10 | +0,79 150m: 1:55.90 200m: 2:37.19 | 206388 40.59 41.29 | 10 | Colegio Efanor | 5:15.33 250m: 3:17.46 40.27 300m: 3:58.77 41.31 350m: 4:38.64 400m: 5:15.33 | 5,6 39.87 36.69 |
| 22. | Diana Isabel ALVES 50m: 35.66 35.66 100m: 1:15.51 39.85 | +0,91 150m: 1:55.48 200m: 2:35.98 | 205555 39.97 40.50 | 10 | Benedita Sport Club Natação | 5:15.60 250m: 3:16.67 40.69 300m: 3:57.57 40.90 350m: 4:38.27 400m: 5:15.60 | 5,5 40.70 37.33 |
| 23. | Sofia Rodrigues VASCONCELOS 50m: 35.49 35.49 100m: 1:15.07 39.58 | +0,95 150m: 1:55.23 200m: 2:36.06 | 201422 40.16 40.83 | 10 | Galitos / Bresimar | 5:17.27 250m: 3:15.94 39.88 300m: 3:56.23 40.29 350m: 4:36.36 400m: 5:17.27 | 5,1 40.13 40.91 |
| 24. | Cloe Canadas NOGUEIRA 50m: 35.61 35.61 100m: 1:14.97 39.36 | +0,88 150m: 1:54.96 200m: 2:35.95 | 209151 39.99 40.99 | 10 | Colegio Efanor | 5:17.31 250m: 3:17.29 41.34 300m: 3:57.68 40.39 350m: 4:38.19 400m: 5:17.31 | 5,1 40.51 39.12 |
| 25. | Ines Filipa MATEUS 50m: 34.90 34.90 100m: 1:13.77 38.87 | +0,98 150m: 1:54.04 200m: 2:34.11 | 212937 40.27 40.07 | 10 | Lagoa Academico Clube | 5:17.32 250m: 3:15.07 40.96 300m: 3:57.36 42.29 350m: 4:37.95 400m: 5:17.32 | 5,1 40.59 39.37 |
| 26. | Bruna Bacelar GREGORIO 50m: 34.98 34.98 100m: 1:15.10 40.12 | +0,73 150m: 1:56.00 200m: 2:37.77 | 214610 40.90 41.77 | 10 | Vilacondense | 5:18.12 250m: 3:18.93 41.16 300m: 4:00.55 41.62 350m: 4:39.83 400m: 5:18.12 | 4,9 39.28 38.29 |
| 27. | Leticia Alves CASTRO 50m: 35.53 35.53 100m: 1:14.97 39.44 | +0,81 150m: 1:56.15 200m: 2:38.07 | 209781 41.18 41.92 | 10 | Braga | 5:18.21 250m: 3:19.14 41.07 300m: 3:59.85 40.71 350m: 4:39.81 400m: 5:18.21 | 4,9 39.96 38.40 |
| 28. | Leonor Antunes PAIVA 50m: 35.68 35.68 100m: 1:15.49 39.81 | +0,81 150m: 1:56.65 200m: 2:37.75 | 211155 41.16 41.10 | 10 | Clube Náutico Académico | 5:18.61 250m: 3:18.86 41.11 300m: 3:59.81 40.95 350m: 4:39.89 400m: 5:18.61 | 4,8 40.08 38.72 |
| 29. | Leonor Silva JESUS 50m: 35.12 35.12 100m: 1:14.41 39.29 | +0,87 150m: 1:55.48 200m: 2:36.88 | 206656 41.07 41.40 | 10 | Galitos / Bresimar | 5:18.67 250m: 3:18.10 41.22 300m: 3:58.95 40.85 350m: 4:39.91 400m: 5:18.67 | 4,8 40.96 38.76 |
| 30. | Carolina Melo LOPES 50m: 35.59 35.59 100m: 1:14.53 38.94 | +0,93 150m: 1:55.17 200m: 2:36.01 | 211880 40.64 40.84 | 10 | Portinado | 5:18.75 250m: 3:17.58 41.57 300m: 3:59.05 41.47 350m: 4:39.43 400m: 5:18.75 | 4,8 40.38 39.32 |
| 31. | Beatriz Costa DINIZ 50m: 35.57 35.57 100m: 1:14.99 39.42 | +0,91 150m: 1:55.71 200m: 2:36.75 | 150966 40.72 41.04 | 10 | Sporting | 5:19.14 250m: 3:17.88 41.13 300m: 3:59.34 41.46 350m: 4:40.15 400m: 5:19.14 | 4,7 40.81 38.99 |
| 32. | Marta Silva FERNANDES 50m: 35.99 35.99 100m: 1:16.13 40.14 | +0,96 150m: 1:57.55 200m: 2:38.54 | 210702 41.42 40.99 | 10 | Porto | 5:19.21 250m: 3:19.34 40.80 300m: 4:00.38 41.04 350m: 4:40.16 400m: 5:19.21 | 4,6 39.78 39.05 |
| 33. | Gabriela PARREIRA 50m: 35.51 35.51 100m: 1:15.26 39.75 | +0,89 150m: 1:56.63 200m: 2:37.38 | 213920 41.37 40.75 | 10 | Sporting | 5:19.75 250m: 3:18.42 41.04 300m: 3:59.29 40.87 350m: 4:40.58 400m: 5:19.75 | 4,5 41.29 39.17 |
| 34. | Victoria Sales PROENÇA 50m: 35.54 35.54 100m: 1:15.63 40.09 | +0,69 150m: 1:56.56 200m: 2:37.54 | 211478 40.93 40.98 | 10 | Benfica | 5:20.03 250m: 3:18.62 41.08 300m: 4:00.26 41.64 350m: 4:40.88 400m: 5:20.03 | 4,4 40.62 39.15 |

ORGANIZAÇÃO



PARCEIROS



Prova 9, Femin., 400m Livres, Infantis A

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph |
|-------|---|---|--------------------------|-----|----------------------------|--|---------|
| 35. | Carolina Brito SANTOS 50m: 36.79 36.79 100m: 1:17.77 40.98 | +0,81 150m: 1:58.56 40.79 200m: 2:40.18 41.62 | 212564 40.79 41.62 | 10 | Naval de Faro | 5:20.27 250m: 3:22.06 41.88 350m: 4:42.81 40.08 400m: 5:20.27 37.46 | 4,4 |
| 36. | Laura Helena AMORIM 50m: 34.97 34.97 100m: 1:13.89 38.92 | +0,91 150m: 1:54.38 40.49 200m: 2:35.47 41.09 | 208832 40.49 41.09 | 10 | Nautico Marinha Grande | 5:20.32 250m: 3:16.82 41.35 350m: 4:40.25 41.98 400m: 5:20.32 40.07 | 4,4 |
| 37. | Constanca Lourenco AZEVEDO 50m: 35.33 35.33 100m: 1:15.13 39.80 | +0,94 150m: 1:55.47 40.34 200m: 2:36.69 41.22 | 213367 40.34 41.22 | 10 | Lagoa Academico Clube | 5:20.75 250m: 3:18.09 41.40 350m: 4:41.18 41.41 400m: 5:20.75 39.57 | 4,3 |
| 38. | Francisca Ramos RIBEIRO 50m: 36.14 36.14 100m: 1:16.02 39.88 | +0,90 150m: 1:57.93 41.91 200m: 2:39.95 42.02 | 207263 41.91 42.02 | 10 | Escola Desportiva de Viana | 5:21.31 250m: 3:21.11 41.16 350m: 4:43.51 40.79 400m: 5:21.31 37.80 | 4,1 |
| 39. | Maria Madalena FERNANDES 50m: 37.20 37.20 100m: 1:17.66 40.46 | +0,67 150m: 1:58.82 41.16 200m: 2:39.70 40.88 | 212757 41.16 40.88 | 10 | Alges | 5:21.33 250m: 3:21.08 41.38 350m: 4:42.27 39.78 400m: 5:21.33 39.06 | 4,1 |
| 40. | Maria Ines MESQUITA 50m: 37.22 37.22 100m: 1:18.21 40.99 | +0,66 150m: 2:00.37 42.16 200m: 2:42.58 42.21 | 214677 42.16 42.21 | 10 | Ginasio Vila Real | 5:21.37 250m: 3:22.54 39.96 350m: 4:43.06 39.52 400m: 5:21.37 38.31 | 4,1 |
| 41. | Filipa Correia REGO 50m: 36.26 36.26 100m: 1:16.77 40.51 | +0,78 150m: 1:59.28 42.51 200m: 2:41.28 42.00 | 216769 42.51 42.00 | 10 | Vilacondense | 5:22.21 250m: 3:22.70 41.42 350m: 4:44.00 39.81 400m: 5:22.21 38.21 | 3,9 |
| 42. | Leonor Pereira SILVA 50m: 36.26 36.26 100m: 1:15.78 39.52 | +0,83 150m: 1:56.66 40.88 200m: 2:38.33 41.67 | 210858 40.88 41.67 | 10 | Obidos Criativa, EEM | 5:22.63 250m: 3:19.49 41.16 350m: 4:43.24 41.65 400m: 5:22.63 39.39 | 3,8 |
| 43. | Isabel Silva ROSA 50m: 35.85 35.85 100m: 1:15.68 39.83 | +0,84 150m: 1:55.95 40.27 200m: 2:37.08 41.13 | 212420 40.27 41.13 | 10 | Naval da Horta | 5:22.71 250m: 3:18.20 41.12 350m: 4:41.91 41.56 400m: 5:22.71 40.80 | 3,8 |
| 44. | Lara Paixao SILVA 50m: 35.46 35.46 100m: 1:15.00 39.54 | +0,77 150m: 1:56.00 41.00 200m: 2:38.02 42.02 | 210801 41.00 42.02 | 10 | Rio Maior | 5:23.26 250m: 3:19.60 41.58 350m: 4:43.18 41.90 400m: 5:23.26 40.08 | 3,6 |
| 45. | Jessica Bernardino LOPES 50m: 36.96 36.96 100m: 1:17.58 40.62 | +0,81 150m: 1:59.48 41.90 200m: 2:41.28 41.80 | 212317 41.90 41.80 | 10 | Fisica Torres Vedras | 5:23.36 250m: 3:22.42 41.14 350m: 4:44.98 40.88 400m: 5:23.36 38.38 | 3,6 |
| 46. | Maria Ines GANTE 50m: 35.95 35.95 100m: 1:16.42 40.47 | +0,54 150m: 1:58.07 41.65 200m: 2:39.90 41.83 | 211156 41.65 41.83 | 10 | Clube Náutico Académico | 5:24.10 250m: 3:22.41 42.51 350m: 4:45.00 41.12 400m: 5:24.10 39.10 | 3,4 |
| 47. | Madalena Gracio PEDROSO 50m: 37.18 37.18 100m: 1:17.33 40.15 | +0,61 150m: 1:58.31 40.98 200m: 2:39.79 41.48 | 144100 40.98 41.48 | 10 | Nautico Marinha Grande | 5:24.16 250m: 3:20.81 41.02 350m: 4:44.26 41.22 400m: 5:24.16 39.90 | 3,4 |
| 48. | Mariana Bernardo SILVESTRE 50m: 37.20 37.20 100m: 1:18.18 40.98 | +0,81 150m: 2:00.29 42.11 200m: 2:42.52 42.23 | 208132 42.11 42.23 | 10 | Clube Náutico Académico | 5:24.49 250m: 3:24.32 41.80 350m: 4:46.60 40.80 400m: 5:24.49 37.89 | 3,3 |
| 49. | Beatriz Guerra SOARES 50m: 36.12 36.12 100m: 1:17.14 41.02 | +0,91 150m: 1:59.47 42.33 200m: 2:41.12 41.65 | 206400 42.33 41.65 | 10 | Leixões Sport Clube | 5:25.09 250m: 3:22.51 41.39 350m: 4:46.28 41.69 400m: 5:25.09 38.81 | 3,2 |
| 50. | Camila Isabel TEIXEIRA 50m: 36.41 36.41 100m: 1:17.23 40.82 | +0,90 150m: 1:58.71 41.48 200m: 2:40.76 42.05 | 211195 41.48 42.05 | 10 | Leixões Sport Clube | 5:25.10 250m: 3:22.42 41.66 350m: 4:45.24 39.02 400m: 5:25.10 39.86 | 3,2 |
| 51. | Mariana Varela COSTA 50m: 37.05 37.05 100m: 1:17.12 40.07 | +0,89 150m: 1:58.16 41.04 200m: 2:40.24 42.08 | 208738 41.04 42.08 | 10 | Clube Nacional de Natação | 5:25.18 250m: 3:21.53 41.29 350m: 4:44.78 41.09 400m: 5:25.18 40.40 | 3,1 |
| 52. | Beatriz Paiva BRANCO 50m: 36.60 36.60 100m: 1:17.60 41.00 | +0,93 150m: 1:59.39 41.79 200m: 2:41.55 42.16 | 213992 41.79 42.16 | 10 | Laranjeiro | 5:25.39 250m: 3:22.97 41.42 350m: 4:45.64 40.93 400m: 5:25.39 39.75 | 3,1 |

Prova 9, Femin., 400m Livres, Infantis A

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph |
|-------|--------------------------|---------------------|---------------------|---------------------|------------------------------|----------------|---------|
| 53. | Leonor Sobreiro ALMEIDA | +0,84 | 213045 | 10 | Centro Apoio Soc Pais Amigos | 5:25.47 | 3,1 |
| | 50m: 37.10 37.10 | 150m: 1:58.93 41.60 | 250m: 3:23.20 42.05 | 350m: 4:46.70 41.40 | | | |
| | 100m: 1:17.33 40.23 | 200m: 2:41.15 42.22 | 300m: 4:05.30 42.10 | 400m: 5:25.47 38.77 | | | |
| 54. | Francisca Teixeira COSTA | +0,71 | 209140 | 10 | Foca Quinta da Lixa CNF | 5:26.84 | 2,7 |
| | 50m: 36.48 36.48 | 150m: 1:58.94 42.12 | 250m: 3:23.74 42.28 | 350m: 4:48.53 42.15 | | | |
| | 100m: 1:16.82 40.34 | 200m: 2:41.46 42.52 | 300m: 4:06.38 42.64 | 400m: 5:26.84 38.31 | | | |
| 55. | Matilde Faria SILVESTRE | +0,80 | 209233 | 10 | Penafiel | 5:27.04 | 2,7 |
| | 50m: 35.59 35.59 | 150m: 1:58.32 42.26 | 250m: 3:23.04 42.41 | 350m: 4:46.76 41.45 | | | |
| | 100m: 1:16.06 40.47 | 200m: 2:40.63 42.31 | 300m: 4:05.31 42.27 | 400m: 5:27.04 40.28 | | | |
| 56. | Jael Alves ROCHA | | 212029 | 10 | Viana Natacao | 5:28.93 | 2,2 |
| | 50m: 36.57 36.57 | 150m: 1:58.22 41.54 | 250m: 3:23.36 42.37 | 350m: 4:48.40 41.99 | | | |
| | 100m: 1:16.68 40.11 | 200m: 2:40.99 42.77 | 300m: 4:06.41 43.05 | 400m: 5:28.93 40.53 | | | |
| 57. | Guida Drumond RIBEIRO | +0,79 | 208351 | 10 | Cnf | 5:29.26 | 2,1 |
| | 50m: 36.57 36.57 | 150m: 1:58.78 41.55 | 250m: 3:24.24 42.63 | 350m: 4:46.06 38.84 | | | |
| | 100m: 1:17.23 40.66 | 200m: 2:41.61 42.83 | 300m: 4:07.22 42.98 | 400m: 5:29.26 43.20 | | | |
| 58. | Joana Alexandra SILVA | +0,89 | 207187 | 10 | Povoa Sta Iria | 5:30.36 | 1,8 |
| | 50m: 35.90 35.90 | 150m: 1:57.57 41.53 | 250m: 3:23.24 42.83 | 350m: 4:48.74 42.66 | | | |
| | 100m: 1:16.04 40.14 | 200m: 2:40.41 42.84 | 300m: 4:06.08 42.84 | 400m: 5:30.36 41.62 | | | |
| 59. | Maria Silva POETA | +0,82 | 212032 | 10 | Ginasio Vila Real | 5:30.46 | 1,8 |
| | 50m: 38.68 38.68 | 150m: 2:03.18 42.18 | 250m: 3:26.80 40.67 | 350m: 4:49.83 40.06 | | | |
| | 100m: 1:21.00 42.32 | 200m: 2:46.13 42.95 | 300m: 4:09.77 42.97 | 400m: 5:30.46 40.63 | | | |
| 60. | Alicia Del Rio BERNAT | +0,88 | 212723 | 10 | Alges | 5:31.16 | 1,6 |
| | 50m: 36.99 36.99 | 150m: 2:01.68 42.67 | 250m: 3:27.18 42.56 | 350m: 4:52.24 42.74 | | | |
| | 100m: 1:19.01 42.02 | 200m: 2:44.62 42.94 | 300m: 4:09.50 42.32 | 400m: 5:31.16 38.92 | | | |
| 61. | Beatriz Peginho SIMOES | +0,77 | 218944 | 10 | Academica de Coimbra | 5:31.27 | 1,6 |
| | 50m: 37.02 37.02 | 150m: 2:02.60 43.38 | 250m: 3:27.67 42.09 | 350m: 4:52.18 41.82 | | | |
| | 100m: 1:19.22 42.20 | 200m: 2:45.58 42.98 | 300m: 4:10.36 42.69 | 400m: 5:31.27 39.09 | | | |
| 62. | Maria Duarte CARVALHO | +0,83 | 211475 | 10 | Benfica | 5:31.59 | 1,5 |
| | 50m: 37.45 37.45 | 150m: 2:01.44 42.91 | 250m: 3:27.24 42.74 | 350m: 4:51.34 41.88 | | | |
| | 100m: 1:18.53 41.08 | 200m: 2:44.50 43.06 | 300m: 4:09.46 42.22 | 400m: 5:31.59 40.25 | | | |
| 63. | Maria Ines RODRIGUES | +0,87 | 207574 | 10 | Clube Náutico Académico | 5:31.70 | 1,5 |
| | 50m: 36.85 36.85 | 150m: 2:01.62 43.39 | 250m: 3:26.69 42.23 | 350m: 4:51.36 41.85 | | | |
| | 100m: 1:18.23 41.38 | 200m: 2:44.46 42.84 | 300m: 4:09.51 42.82 | 400m: 5:31.70 40.34 | | | |
| 64. | Isabel Gouveia LEITAO | +0,75 | 208852 | 10 | Cnf | 5:31.97 | 1,4 |
| | 50m: 36.00 36.00 | 150m: 2:01.00 43.46 | 250m: 3:26.84 43.19 | 350m: 4:50.69 41.28 | | | |
| | 100m: 1:17.54 41.54 | 200m: 2:43.65 42.65 | 300m: 4:09.41 42.57 | 400m: 5:31.97 41.28 | | | |
| 65. | Adriana Resende TRINDADE | +0,86 | 208543 | 10 | Sporting de Espinho | 5:32.84 | 1,2 |
| | 50m: 36.35 36.35 | 150m: 1:59.55 42.03 | 250m: 3:25.02 42.77 | 350m: 4:51.52 42.40 | | | |
| | 100m: 1:17.52 41.17 | 200m: 2:42.25 42.70 | 300m: 4:09.12 44.10 | 400m: 5:32.84 41.32 | | | |
| 66. | Luisa Anjos FRISCHKNECHT | +0,69 | 210973 | 10 | Clube Naval Setubalense | 5:32.99 | 1,2 |
| | 50m: 36.99 36.99 | 150m: 2:00.87 42.51 | 250m: 3:27.16 43.16 | 350m: 4:51.72 41.76 | | | |
| | 100m: 1:18.36 41.37 | 200m: 2:44.00 43.13 | 300m: 4:09.96 42.80 | 400m: 5:32.99 41.27 | | | |
| 67. | Bruna Sofia SIMOES | +0,86 | 213754 | 10 | Sporting | 5:33.06 | 1,2 |
| | 50m: 37.20 37.20 | 150m: 2:01.34 42.81 | 250m: 3:27.97 43.16 | 350m: 4:53.28 42.20 | | | |
| | 100m: 1:18.53 41.33 | 200m: 2:44.81 43.47 | 300m: 4:11.08 43.11 | 400m: 5:33.06 39.78 | | | |
| 68. | Ema Ferreira ESTRELA | +0,84 | 212145 | 10 | Leixões Sport Clube | 5:33.14 | 1,2 |
| | 50m: 37.43 37.43 | 150m: 2:01.72 42.60 | 250m: 3:28.33 43.79 | 350m: 4:54.82 43.00 | | | |
| | 100m: 1:19.12 41.69 | 200m: 2:44.54 42.82 | 300m: 4:11.82 43.49 | 400m: 5:33.14 38.32 | | | |
| 69. | Mariana Dias PEREIRA | +0,89 | 214437 | 10 | Algés e Águeda XXI | 5:33.50 | 1,1 |
| | 50m: 36.13 36.13 | 150m: 1:58.49 41.63 | 250m: 3:24.02 42.62 | 350m: 4:50.93 43.02 | | | |
| | 100m: 1:16.86 40.73 | 200m: 2:41.40 42.91 | 300m: 4:07.91 43.89 | 400m: 5:33.50 42.57 | | | |
| 70. | Mariana Rei OLIVEIRA | +0,89 | 213909 | 10 | Leixões Sport Clube | 5:33.65 | 1,0 |
| | 50m: 36.75 36.75 | 150m: 2:01.73 42.99 | 250m: 3:27.64 43.12 | 350m: 4:52.86 41.61 | | | |
| | 100m: 1:18.74 41.99 | 200m: 2:44.52 42.79 | 300m: 4:11.25 43.61 | 400m: 5:33.65 40.79 | | | |

Prova 9, Femin., 400m Livres, Infantis A

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph |
|-------|---|---|---------|-----|------------------------------|--|----------------|
| 71. | Maria Leonor TEIXEIRA 50m: 36.57 36.57 100m: 1:17.67 41.10 | +0,80 150m: 1:59.93 42.26 200m: 2:43.13 43.20 | 209687 | 10 | Cnf | 5:33.71 250m: 3:27.08 43.95 300m: 4:10.15 43.07 350m: 4:53.24 43.09 400m: 5:33.71 40.47 | 1,0 |
| 72. | Sara Marques LIMA 50m: 38.23 38.23 100m: 1:20.20 41.97 | +0,72 150m: 2:03.00 42.80 200m: 2:46.39 43.39 | 210508 | 10 | Centro Apoio Soc Pais Amigos | 5:33.79 250m: 3:29.47 43.08 300m: 4:12.52 43.05 350m: 4:54.90 42.38 400m: 5:33.79 38.89 | 42.38 38.89 |
| 73. | Maria Rita FILIPE 50m: 36.09 36.09 100m: 1:15.95 39.86 | +0,87 150m: 1:58.12 42.17 200m: 2:41.43 43.31 | 211565 | 10 | Geslours | 5:33.81 250m: 3:24.28 42.85 300m: 4:08.46 44.18 350m: 4:51.63 43.17 400m: 5:33.81 42.18 | 43.17 42.18 |
| 74. | Sofia Roma BRIZIDA 50m: 36.27 36.27 100m: 1:17.91 41.64 | +0,93 150m: 2:00.78 42.87 200m: 2:44.68 43.90 | 207308 | 10 | Ba-Leiria | 5:34.32 250m: 3:28.55 43.87 300m: 4:11.67 43.12 350m: 4:54.44 42.77 400m: 5:34.32 39.88 | 42.77 39.88 |
| 75. | Ines Senhorinha SILVA 50m: 36.70 36.70 100m: 1:18.82 42.12 | +0,90 150m: 2:01.22 42.40 200m: 2:44.16 42.94 | 205529 | 10 | Natacao da Maia | 5:34.72 250m: 3:27.39 43.23 300m: 4:11.30 43.91 350m: 4:53.66 42.36 400m: 5:34.72 41.06 | 42.36 41.06 |
| 76. | Eva Santos JARDIM 50m: 36.98 36.98 100m: 1:19.23 42.25 | +0,92 150m: 2:02.20 42.97 200m: 2:45.02 42.82 | 211350 | 10 | Juventude Atlantico Clube | 5:35.23 250m: 3:27.58 42.56 300m: 4:11.37 43.79 350m: 4:54.97 43.60 400m: 5:35.23 40.26 | 43.60 40.26 |
| 77. | Maria Carolina ALVES 50m: 36.80 36.80 100m: 1:18.84 42.04 | +0,86 150m: 2:01.52 42.68 200m: 2:44.00 42.48 | 210804 | 10 | Ba-Leiria | 5:35.40 250m: 3:27.73 43.73 300m: 4:11.15 43.42 350m: 4:54.79 43.64 400m: 5:35.40 40.61 | 43.64 40.61 |
| 78. | Catarina Nobre PARDELHA 50m: 37.38 37.38 100m: 1:18.48 41.10 | +0,87 150m: 1:59.87 41.39 200m: 2:43.04 43.17 | 212287 | 10 | Adrimm | 5:35.45 250m: 3:26.51 43.47 300m: 4:10.65 44.14 350m: 4:53.91 43.26 400m: 5:35.45 41.54 | 43.26 41.54 |
| 79. | Beatriz Nunes LEAO 50m: 38.54 38.54 100m: 1:20.69 42.15 | +0,79 150m: 2:04.27 43.58 200m: 2:47.41 43.14 | 213997 | 10 | Laranjeiro | 5:35.88 250m: 3:30.06 42.65 300m: 4:13.66 43.60 350m: 4:55.48 41.82 400m: 5:35.88 40.40 | 41.82 40.40 |
| 80. | Leonor Mosca SILVA 50m: 37.08 37.08 100m: 1:18.50 41.42 | +0,75 150m: 2:01.53 43.03 200m: 2:44.65 43.12 | 210811 | 10 | Columbofila Cantanhedense | 5:36.08 250m: 3:27.76 43.11 300m: 4:11.60 43.84 350m: 4:54.31 42.71 400m: 5:36.08 41.77 | 42.71 41.77 |
| 81. | Matilde Santos VIEIRA 50m: 37.63 37.63 100m: 1:19.99 42.36 | +0,76 150m: 2:03.01 43.02 200m: 2:46.20 43.19 | 214518 | 10 | Nautico Marinha Grande | 5:36.11 250m: 3:28.19 41.99 300m: 4:07.72 39.53 350m: 4:55.19 47.47 400m: 5:36.11 40.92 | 47.47 40.92 |
| 82. | Eduarda Dias PIMENTEL 50m: 38.46 38.46 100m: 1:20.60 42.14 | +0,76 150m: 2:04.58 43.98 200m: 2:48.34 43.76 | 209153 | 10 | Porto | 5:36.36 250m: 3:30.59 42.25 300m: 4:13.78 43.19 350m: 4:55.42 41.64 400m: 5:36.36 40.94 | 41.64 40.94 |
| 83. | Luana Raquel MONTEIRO 50m: 37.49 37.49 100m: 1:18.40 40.91 | +0,94 150m: 2:01.59 43.19 200m: 2:44.64 43.05 | 210983 | 10 | Palmela Desporto | 5:37.04 250m: 3:28.32 43.68 300m: 4:12.07 43.75 350m: 4:54.89 42.82 400m: 5:37.04 42.15 | 42.82 42.15 |
| 84. | Francisca Sousa BRANCO 50m: 37.01 37.01 100m: 1:18.78 41.77 | +0,88 150m: 2:02.64 43.86 200m: 2:45.31 42.67 | 203800 | 10 | Sporting de Espinho | 5:37.05 250m: 3:30.07 44.76 300m: 4:14.06 43.99 350m: 4:57.06 43.00 400m: 5:37.05 39.99 | 43.00 39.99 |
| 85. | Raquel Domingues RE 50m: 35.86 35.86 100m: 1:19.63 43.77 | +0,78 150m: 2:03.05 43.42 200m: 2:47.81 44.76 | 209377 | 10 | Sporting Clube de Aveiro | 5:38.38 250m: 3:31.78 43.97 300m: 4:16.67 44.89 350m: 4:59.19 42.52 400m: 5:38.38 39.19 | 42.52 39.19 |
| 86. | Mariana Nobrega ROCHA 50m: 37.43 37.43 100m: 1:19.17 41.74 | +0,74 150m: 2:02.97 43.80 200m: 2:47.52 44.55 | 206374 | 10 | CLIP Teams | 5:38.54 250m: 3:31.54 44.02 300m: 4:14.91 43.37 350m: 4:59.03 44.12 400m: 5:38.54 39.51 | 44.12 39.51 |
| 87. | Leonor Fonseca FERREIRA 50m: 37.30 37.30 100m: 1:19.12 41.82 | +0,74 150m: 2:02.51 43.39 200m: 2:45.52 43.01 | 210794 | 10 | Estarreja/PROZINCO | 5:38.56 250m: 3:29.20 43.68 300m: 4:12.88 43.68 350m: 4:56.84 43.96 400m: 5:38.56 41.72 | 43.96 41.72 |
| 88. | Carolina Escrevente GUERRA 50m: 36.98 36.98 100m: 1:19.01 42.03 | +0,69 150m: 2:02.81 43.80 200m: 2:46.04 43.23 | 212746 | 10 | Alges | 5:38.62 250m: 3:28.98 42.94 300m: 4:12.27 43.29 350m: 4:56.13 43.86 400m: 5:38.62 42.49 | 43.86 42.49 |

Prova 9, Femin., 400m Livres, Infantis A

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph |
|-------|---|---|---------|-----|---------------------------|--|---------|
| 89. | Camila Bezerra VIEIRA 50m: 36.62 36.62 100m: 1:18.37 41.75 | +0,85 150m: 2:01.59 43.22 200m: 2:45.00 43.41 | 219493 | 10 | Fluvial Portuense | 5:38.71 250m: 3:29.18 44.18 300m: 4:13.35 44.17 350m: 4:57.13 43.78 400m: 5:38.71 41.58 | |
| 90. | Mariana Rosado GOMES 50m: 38.82 38.82 100m: 1:20.85 42.03 | +0,88 150m: 2:05.03 44.18 200m: 2:48.26 43.23 | 212857 | 10 | Aminata | 5:38.82 250m: 3:32.95 44.69 300m: 4:16.82 43.87 350m: 4:59.72 42.90 400m: 5:38.82 39.10 | |
| 91. | Laura Nobre MONTEIRO 50m: 36.82 36.82 100m: 1:18.16 41.34 | +0,78 150m: 2:00.61 42.45 200m: 2:44.51 43.90 | 208207 | 10 | Columbofila Cantanhedense | 5:38.98 250m: 3:27.74 43.23 300m: 4:12.91 45.17 350m: 4:56.24 43.33 400m: 5:38.98 42.74 | |
| 92. | Beatriz Ribeiro MOREIRA 50m: 37.79 37.79 100m: 1:20.13 42.34 | +0,89 150m: 2:03.20 43.07 200m: 2:47.23 44.03 | 209179 | 10 | Sporting de Espinho | 5:40.28 250m: 3:30.43 43.20 300m: 4:14.38 43.95 350m: 4:58.39 44.01 400m: 5:40.28 41.89 | |
| 93. | Luana Filipe REIS 50m: 37.91 37.91 100m: 1:20.66 42.75 | +0,79 150m: 2:04.10 43.44 200m: 2:48.39 44.29 | 207464 | 10 | Alcobaca | 5:41.01 250m: 3:31.77 43.38 300m: 4:15.76 43.99 350m: 4:59.10 43.34 400m: 5:41.01 41.91 | |
| 94. | Estela Couto RIBEIRO 50m: 38.93 38.93 100m: 1:22.18 43.25 | +0,88 150m: 2:05.93 43.75 200m: 2:50.89 44.96 | 141878 | 10 | Sporting | 5:41.14 250m: 3:34.42 43.53 300m: 4:17.31 42.89 350m: 4:59.85 42.54 400m: 5:41.14 41.29 | |
| 95. | Violeta Reis PETERSSON 50m: 36.21 36.21 100m: 1:19.02 42.81 | +0,87 150m: 2:03.19 44.17 200m: 2:47.59 44.40 | 213282 | 10 | Naval de Faro | 5:41.17 250m: 3:31.62 44.03 300m: 4:16.05 44.43 350m: 4:59.20 43.15 400m: 5:41.17 41.97 | |
| 96. | Rita Canas BRITO 50m: 37.59 37.59 100m: 1:19.45 41.86 | +0,60 150m: 2:03.17 43.72 200m: 2:47.70 44.53 | 210978 | 10 | Clube Naval Setubalense | 5:43.32 250m: 3:32.55 44.85 300m: 4:17.51 44.96 350m: 5:01.85 44.34 400m: 5:43.32 41.47 | |
| 97. | Rita Rocha FERREIRA 50m: 39.77 39.77 100m: 1:22.64 42.87 | +0,77 150m: 2:06.91 44.27 200m: 2:50.87 43.96 | 211468 | 10 | Benfica | 5:43.97 250m: 3:34.80 43.93 300m: 4:18.86 44.06 350m: 5:01.26 42.40 400m: 5:43.97 42.71 | |
| 98. | Mariana Bagagem CARVALHO 50m: 37.12 37.12 100m: 1:20.28 43.16 | +0,91 150m: 2:04.61 44.33 200m: 2:48.81 44.20 | 211148 | 10 | Miranda do Corvo | 5:44.11 250m: 3:33.30 44.49 300m: 4:17.48 44.18 350m: 5:01.35 43.87 400m: 5:44.11 42.76 | |
| 99. | Matilde Brandao CARVALHO 50m: 35.17 35.17 100m: 1:14.97 39.80 | +0,72 150m: 1:58.97 44.00 200m: 2:42.60 43.63 | 211099 | 10 | Fluvial Portuense | 5:44.80 250m: 3:26.98 44.38 300m: 4:13.85 46.87 350m: 5:00.63 46.78 400m: 5:44.80 44.17 | |
| 100. | Bianca Pinto COELHO 50m: 37.45 37.45 100m: 1:19.78 42.33 | +0,96 150m: 2:04.09 44.31 200m: 2:48.24 44.15 | 213908 | 10 | Leixões Sport Clube | 5:44.93 250m: 3:32.63 44.39 300m: 4:17.32 44.69 350m: 5:03.20 45.88 400m: 5:44.93 41.73 | |
| 101. | Clara Sofia ROSA 50m: 39.01 39.01 100m: 1:23.25 44.24 | +0,89 150m: 2:07.29 44.04 200m: 2:51.58 44.29 | 210050 | 10 | Clube Desportivo Nacional | 5:45.06 250m: 3:37.72 46.14 300m: 4:21.39 43.67 350m: 5:05.89 44.50 400m: 5:45.06 39.17 | |
| 102. | Margarida Ramos MARTINS 50m: 36.72 36.72 100m: 1:18.63 41.91 | +0,87 150m: 2:02.14 43.51 200m: 2:47.48 45.34 | 207241 | 10 | Náutico do Guadiana | 5:45.34 250m: 3:32.83 45.35 300m: 4:18.51 45.68 350m: 5:03.32 44.81 400m: 5:45.34 42.02 | |
| 103. | Madalena Pinto BRITO 50m: 37.52 37.52 100m: 1:19.62 42.10 | +0,80 150m: 2:03.96 44.34 200m: 2:48.47 44.51 | 208850 | 10 | Cnf | 5:46.22 250m: 3:33.63 45.16 300m: 4:18.46 44.83 350m: 5:04.24 45.78 400m: 5:46.22 41.98 | |
| 104. | Filipa Esteves GUIMARAES 50m: 36.19 36.19 100m: 1:19.81 43.62 | +0,73 150m: 2:05.77 45.96 200m: 2:50.94 45.17 | 208435 | 10 | Vilacondense | 5:46.28 250m: 3:34.74 43.80 300m: 4:20.46 45.72 350m: 5:05.06 44.60 400m: 5:46.28 41.22 | |
| 105. | Ana Filipa SILVA 50m: 36.65 36.65 100m: 1:19.51 42.86 | +0,88 150m: 2:03.30 43.79 200m: 2:48.89 45.59 | 211629 | 10 | O Crasto | 5:47.12 250m: 3:33.41 44.52 300m: 4:18.65 45.24 350m: 5:02.93 44.28 400m: 5:47.12 44.19 | |
| 106. | Catarina Costa RIBEIRO 50m: 39.83 39.83 100m: 1:23.17 43.34 | +0,88 150m: 2:07.60 44.43 200m: 2:51.94 44.34 | 209175 | 10 | Naval de Faro | 5:50.26 250m: 3:36.32 44.38 300m: 4:22.07 45.75 350m: 5:07.49 45.42 400m: 5:50.26 42.77 | |

Prova 9, Femin., 400m Livres, Infantis A

| Lugar | Nome | T. Reação | Licença | Ano | Clube | Tempo Final | Rudolph | |
|-------|------------------------|-----------|---------------|-------|------------------|----------------|---------------|-------|
| 107. | Rita Mota SILVA | +0,88 | 208180 | 10 | Palmela Desporto | 5:51.70 | | |
| | 50m: 37.36 | 37.36 | 150m: 2:02.04 | 43.99 | 250m: 3:33.32 | 46.16 | 350m: 5:06.77 | 47.32 |
| | 100m: 1:18.05 | 40.69 | 200m: 2:47.16 | 45.12 | 300m: 4:19.45 | 46.13 | 400m: 5:51.70 | 44.93 |
| 108. | Xiana Castro SILVA | | 209951 | 10 | Flavitus Natacao | 5:53.12 | | |
| | 50m: 38.85 | 38.85 | 150m: 2:07.68 | 44.89 | 250m: 3:39.62 | 46.00 | 350m: 5:08.96 | 44.51 |
| | 100m: 1:22.79 | 43.94 | 200m: 2:53.62 | 45.94 | 300m: 4:24.45 | 44.83 | 400m: 5:53.12 | 44.16 |
| 109. | Matilde Franco BARBOSA | +0,86 | 206290 | 10 | Natacao da Maia | 5:53.57 | | |
| | 50m: 38.20 | 38.20 | 150m: 2:07.28 | 45.48 | 250m: 3:39.23 | 45.13 | 350m: 5:09.45 | 44.13 |
| | 100m: 1:21.80 | 43.60 | 200m: 2:54.10 | 46.82 | 300m: 4:25.32 | 46.09 | 400m: 5:53.57 | 44.12 |
| EXH | Isabel BARFIELD | +0,71 | 210363 | 10 | C.N.L. | 5:36.93 | | |
| | 50m: 37.79 | 37.79 | 150m: 2:03.41 | 42.86 | 250m: 3:30.03 | 44.02 | 350m: 4:56.03 | 42.56 |
| | 100m: 1:20.55 | 42.76 | 200m: 2:46.01 | 42.60 | 300m: 4:13.47 | 43.44 | 400m: 5:36.93 | 40.90 |

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS

