

Prova 24
01/04/2023 - 9:40

Femin., 400m Livres

Open
Resultados Elimin

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	Tamila Hryhorivna HOLUB	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	Marta Andreia FERREIRA	POR	Berlim (GER)	04/08/2002
RN S9	5:00.92	Susana Pereira VEIGA	POR	Funchal	16/06/2022

JO Absoluto: 4:07.90 / CMPL 19 +: 4:10.57 / CESub23 19 - 23: 4:16.58 / CEJun_Fem 14 - 17: 4:23.44 / TAC Sen 50m: 4:39.70 - 25m: 4:31.76; Jun 50m: 4:46.69 - 25m: 4:38.55

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisca Soares MARTINS <i>Minimos CE Sub23</i>	03	Foca Quinta da Lixa CNF	4:13.76	+0,66	808	A
	50m: 29.23 29.23	150m: 1:32.45	31.80	250m: 2:37.17	32.36	350m: 3:42.39	32.46
	100m: 1:00.65 31.42	200m: 2:04.81	32.36	300m: 3:09.93	32.76	400m: 4:13.76	31.37
2.	Tamila Hryhorivna HOLUB	99	Braga	4:24.87	+0,77	710	A
	50m: 30.96 30.96	150m: 1:37.07	33.06	250m: 2:43.19	32.55	350m: 3:51.30	34.24
	100m: 1:04.01 33.05	200m: 2:10.64	33.57	300m: 3:17.06	33.87	400m: 4:24.87	33.57
3.	Ema Jeronimo CONCEICAO	03	Benfica	4:27.12	+0,80	693	A
	50m: 30.35 30.35	150m: 1:36.33	33.40	250m: 2:44.29	34.06	350m: 3:53.08	34.31
	100m: 1:02.93 32.58	200m: 2:10.23	33.90	300m: 3:18.77	34.48	400m: 4:27.12	34.04
4.	Anna FOMINA	02	Sporting	4:28.08	+0,78	685	A
	50m: 30.88 30.88	150m: 1:37.91	33.90	250m: 2:45.80	33.83	350m: 3:54.11	34.34
	100m: 1:04.01 33.13	200m: 2:11.97	34.06	300m: 3:19.77	33.97	400m: 4:28.08	33.97
5.	Carolina Pereira VIANA	04	Sporting	4:31.24	+0,70	662	A
	50m: 31.03 31.03	150m: 1:37.92	33.72	250m: 2:46.51	34.10	350m: 3:56.56	34.89
	100m: 1:04.20 33.17	200m: 2:12.41	34.49	300m: 3:21.67	35.16	400m: 4:31.24	34.68
6.	Ines Santos AMORIM	06	Desportiva de Viana	4:31.98	+0,76	656	A
	50m: 30.88 30.88	150m: 1:38.39	34.02	250m: 2:47.96	34.68	350m: 3:58.03	35.06
	100m: 1:04.37 33.49	200m: 2:13.28	34.89	300m: 3:22.97	35.01	400m: 4:31.98	33.95
7.	Ana Catarina MONTEIRO	93	Vilacondense	4:32.05	+0,67	656	A
	50m: 31.09 31.09	150m: 1:38.25	33.96	250m: 2:47.32	34.37	350m: 3:57.42	35.22
	100m: 1:04.29 33.20	200m: 2:12.95	34.70	300m: 3:22.20	34.88	400m: 4:32.05	34.63
8.	Beatriz Silva LOURO	07	Louletano / Loule Concelho	4:34.12	+0,65	641	A
	50m: 30.62 30.62	150m: 1:38.23	34.12	250m: 2:48.03	35.09	350m: 3:58.78	35.25
	100m: 1:04.11 33.49	200m: 2:12.94	34.71	300m: 3:23.53	35.50	400m: 4:34.12	35.34
9.	Mafalda Martins MESQUITA	07	Famalicao	4:34.79	+0,78	636	A
	50m: 31.58 31.58	150m: 1:41.53	34.98	250m: 2:51.77	35.17	350m: 4:01.71	34.56
	100m: 1:06.55 34.97	200m: 2:16.60	35.07	300m: 3:27.15	35.38	400m: 4:34.79	33.08
10.	Maria Ornelas ARMAS	98	Vikings	4:35.92	+0,85	628	A
	50m: 31.50 31.50	150m: 1:39.59	34.44	250m: 2:49.29	34.90	350m: 4:00.70	35.84
	100m: 1:05.15 33.65	200m: 2:14.39	34.80	300m: 3:24.86	35.57	400m: 4:35.92	35.22
11.	Margaux Verger GOURSON	95	Fluvial Portuense	4:37.92	+0,70	615	B
	50m: 31.98 31.98	150m: 1:41.56	34.97	250m: 2:53.15	35.60	350m: 4:04.00	34.94
	100m: 1:06.59 34.61	200m: 2:17.55	35.99	300m: 3:29.06	35.91	400m: 4:37.92	33.92
12.	Margarida Vieira PINTO	07	Braga	4:38.31	+0,75	612	B
	50m: 30.76 30.76	150m: 1:38.86	34.60	250m: 2:50.63	36.24	350m: 4:03.50	36.24
	100m: 1:04.26 33.50	200m: 2:14.39	35.53	300m: 3:27.26	36.63	400m: 4:38.31	34.81

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 24, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Maria Leonor COELHO	06		Benfica	4:38.33	+0,76	612	B
	50m: 31.19 31.19	150m: 1:40.22	34.79	250m: 2:52.34	35.68	350m: 4:03.62	35.20	
	100m: 1:05.43 34.24	200m: 2:16.66	36.44	300m: 3:28.42	36.08	400m: 4:38.33	34.71	
14.	Carolina Esteves PEIXOTO	06		Braga	4:40.18	+0,78	600	B
	50m: 31.87 31.87	150m: 1:40.99	35.01	250m: 2:52.17	35.58	350m: 4:04.95	36.33	
	100m: 1:05.98 34.11	200m: 2:16.59	35.60	300m: 3:28.62	36.45	400m: 4:40.18	35.23	
15.	Daniela Magalhaes LOPES	05		Famalicao	4:40.33	+0,79	599	B
	50m: 31.11 31.11	150m: 1:40.08	34.84	250m: 2:51.78	36.17	350m: 4:04.73	36.42	
	100m: 1:05.24 34.13	200m: 2:15.61	35.53	300m: 3:28.31	36.53	400m: 4:40.33	35.60	
16.	Leonor Verissimo FARIA	06		Nucleo de Pombal	4:40.35	+0,70	599	B
	50m: 31.83 31.83	150m: 1:41.25	35.17	250m: 2:53.51	36.11	350m: 4:06.18	36.17	
	100m: 1:06.08 34.25	200m: 2:17.40	36.15	300m: 3:30.01	36.50	400m: 4:40.35	34.17	
17.	Ana Beatriz VIEIRA	07		Foca Quinta da Lixa CNF	4:40.48	+0,70	598	B
	50m: 31.53 31.53	150m: 1:40.70	35.21	250m: 2:52.91	36.08	350m: 4:05.42	35.84	
	100m: 1:05.49 33.96	200m: 2:16.83	36.13	300m: 3:29.58	36.67	400m: 4:40.48	35.06	
18.	Carolina Vizinho CABRAL	07		Natacao de Vagos	4:40.73	+0,74	597	B
	50m: 31.46 31.46	150m: 1:40.82	35.25	250m: 2:53.25	36.28	350m: 4:06.18	36.64	
	100m: 1:05.57 34.11	200m: 2:16.97	36.15	300m: 3:29.54	36.29	400m: 4:40.73	34.55	
	Francisca Macedo LOPES	05		Vilacondense	4:40.73	+0,78	597	B
	50m: 31.24 31.24	150m: 1:40.89	35.10	250m: 2:52.76	35.64	350m: 4:05.44	36.22	
	100m: 1:05.79 34.55	200m: 2:17.12	36.23	300m: 3:29.22	36.46	400m: 4:40.73	35.29	
20.	Bianca Filipa ALMEIDA	07		Alges e Agueda XXI	4:41.28	+0,74	593	B
	50m: 31.51 31.51	150m: 1:41.09	35.18	250m: 2:52.43	35.85	350m: 4:05.53	36.57	
	100m: 1:05.91 34.40	200m: 2:16.58	35.49	300m: 3:28.96	36.53	400m: 4:41.28	35.75	
21.	Maria Neto FERREIRA	06		Nautico Academico	4:41.46	+0,78	592	R
	50m: 31.86 31.86	150m: 1:41.96	35.27	250m: 2:54.34	36.42	350m: 4:06.85	35.73	
	100m: 1:06.69 34.83	200m: 2:17.92	35.96	300m: 3:31.12	36.78	400m: 4:41.46	34.61	
22.	Mariana Marques MERCEDES	03		Vikings	4:41.59	+0,67	591	R
	50m: 31.41 31.41	150m: 1:42.00	35.80	250m: 2:54.70	35.73	350m: 4:06.55	35.75	
	100m: 1:06.20 34.79	200m: 2:18.97	36.97	300m: 3:30.80	36.10	400m: 4:41.59	35.04	
23.	Ines Miranda DIOGO	07		Nautico Academico	4:44.47	+0,72	573	
	50m: 31.76 31.76	150m: 1:42.90	36.28	250m: 2:55.72	36.71	350m: 4:08.79	36.59	
	100m: 1:06.62 34.86	200m: 2:19.01	36.11	300m: 3:32.20	36.48	400m: 4:44.47	35.68	
24.	Catarina Gaspar PIRES	06		Porto	4:44.60	+0,85	573	
	50m: 32.33 32.33	150m: 1:41.75	35.13	250m: 2:54.19	36.45	350m: 4:08.45	37.20	
	100m: 1:06.62 34.29	200m: 2:17.74	35.99	300m: 3:31.25	37.06	400m: 4:44.60	36.15	
25.	Joana Silva ALVES	05		Benedita	4:45.30	+0,72	568	
	50m: 32.48 32.48	150m: 1:44.32	35.92	250m: 2:57.00	36.21	350m: 4:09.68	36.18	
	100m: 1:08.40 35.92	200m: 2:20.79	36.47	300m: 3:33.50	36.50	400m: 4:45.30	35.62	
26.	Leonor Castanho SANTOS	07		Sporting	4:45.48	+0,82	567	
	50m: 32.62 32.62	150m: 1:44.19	36.07	250m: 2:56.97	36.08	350m: 4:09.58	36.36	
	100m: 1:08.12 35.50	200m: 2:20.89	36.70	300m: 3:33.22	36.25	400m: 4:45.48	35.90	
27.	Mariana Carmo ROSA	05		Condeixa Clube	4:45.88	+0,70	565	
	50m: 32.31 32.31	150m: 1:42.49	35.20	250m: 2:55.10	36.45	350m: 4:09.73	37.35	
	100m: 1:07.29 34.98	200m: 2:18.65	36.16	300m: 3:32.38	37.28	400m: 4:45.88	36.15	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 24, Femin., 400m Livres, Elimim, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
28.	Leonor Mil MANO	07	Nautico Academico	4:46.13	+0,70	563
	50m: 31.78 31.78	150m: 1:42.95	35.77 250m: 2:55.44	35.74 350m: 4:09.60	4:09.60	37.20
	100m: 1:07.18 35.40	200m: 2:19.70	36.75 300m: 3:32.40	36.96 400m: 4:46.13	4:46.13	36.53
29.	Marta Andre AGUILAR	07	Nautico Academico	4:46.39	+0,68	562
	50m: 32.96 32.96	150m: 1:44.65	35.69 250m: 2:57.24	36.14 350m: 4:10.81	4:10.81	36.37
	100m: 1:08.96 36.00	200m: 2:21.10	36.45 300m: 3:34.44	37.20 400m: 4:46.39	4:46.39	35.58
30.	Rita Sofia NUNES	05	Colegio Efanor	4:47.56	+0,82	555
	50m: 32.10 32.10	150m: 1:43.77	36.02 250m: 2:57.37	36.43 350m: 4:11.46	4:11.46	36.81
	100m: 1:07.75 35.65	200m: 2:20.94	37.17 300m: 3:34.65	37.28 400m: 4:47.56	4:47.56	36.10
31.	Alice Jesus MORGADO	04	Sporting	4:47.74	+0,78	554
	50m: 32.71 32.71	150m: 1:44.30	36.34 250m: 2:57.75	36.83 350m: 4:11.64	4:11.64	37.17
	100m: 1:07.96 35.25	200m: 2:20.92	36.62 300m: 3:34.47	36.72 400m: 4:47.74	4:47.74	36.10
32.	Joana Barbas RAMOS	06	Gafanha da Encarnacao	4:47.92	+0,77	553
	50m: 33.02 33.02	150m: 1:45.36	36.78 250m: 2:58.99	36.91 350m: 4:12.59	4:12.59	36.63
	100m: 1:08.58 35.56	200m: 2:22.08	36.72 300m: 3:35.96	36.97 400m: 4:47.92	4:47.92	35.33
33.	Miriam Mortagua SOARES	06	Galitos / Bresimar	4:49.37	+0,74	545
	50m: 32.01 32.01	150m: 1:43.23	36.09 250m: 2:56.98	37.15 350m: 4:12.32	4:12.32	37.97
	100m: 1:07.14 35.13	200m: 2:19.83	36.60 300m: 3:34.35	37.37 400m: 4:49.37	4:49.37	37.05
34.	Lia Beatriz GOMES	06	Vitoria Guimaraes	4:52.25	+0,75	529
	50m: 32.25 32.25	150m: 1:44.04	36.60 250m: 2:59.05	37.73 350m: 4:14.92	4:14.92	38.10
	100m: 1:07.44 35.19	200m: 2:21.32	37.28 300m: 3:36.82	37.77 400m: 4:52.25	4:52.25	37.33
35.	Leonor Carreiro RODRIGUES	07	Benfica	4:55.41	+0,71	512
	50m: 31.82 31.82	150m: 1:44.27	36.65 250m: 3:00.04	37.80 350m: 4:17.55	4:17.55	38.23
	100m: 1:07.62 35.80	200m: 2:22.24	37.97 300m: 3:39.32	39.28 400m: 4:55.41	4:55.41	37.86

DNS Diana Margarida DURAES 96 Benfica

Prova 24 Femin., 400m Livres Juvenis Resultados Elimin

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	Tamila Hryhorivna HOLUB	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	Maria Francisca CABRAL	FCP	Oeiras	26/07/2014
RN S9	5:00.92	Susana Pereira VEIGA	POR	Funchal	16/06/2022

JO Absoluto: 4:07.90 / CEJun_Fem 14 - 17: 4:23.44 / TAC 50m: 4:59.28 - 25m: 4:50.78

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Q
1.	Maria Gomes NEVES	08	Braga	4:40.44	+0,72	598	Q
	50m: 31.62 31.62	150m: 1:41.73	35.33 250m: 2:53.62	35.68 350m: 4:05.72	4:05.72	35.85	
	100m: 1:06.40 34.78	200m: 2:17.94	36.21 300m: 3:29.87	36.25 400m: 4:40.44	4:40.44	34.72	
2.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	4:45.77	+0,71	566	Q
	50m: 31.27 31.27	150m: 1:44.34	37.01 250m: 2:57.77	36.47 350m: 4:11.35	4:11.35	36.33	
	100m: 1:07.33 36.06	200m: 2:21.30	36.96 300m: 3:35.02	37.25 400m: 4:45.77	4:45.77	34.42	
3.	Lara Catarina MAIA	09	Estarreja/PROZINCO	4:46.08	+0,62	564	Q
	50m: 32.26 32.26	150m: 1:44.35	36.37 250m: 2:58.44	37.07 350m: 4:12.30	4:12.30	36.75	
	100m: 1:07.98 35.72	200m: 2:21.37	37.02 300m: 3:35.55	37.11 400m: 4:46.08	4:46.08	33.78	

Prova 24, Femin., 400m Livres, Elimim, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
4.	Carolina Amadeu FERREIRA	08		Leixoes	4:46.36	+0,75	562	Q
	50m: 32.41 32.41	150m: 1:44.28	36.51	250m: 2:57.80	36.96	350m: 4:11.05	36.38	
	100m: 1:07.77 35.36	200m: 2:20.84	36.56	300m: 3:34.67	36.87	400m: 4:46.36	35.31	
5.	Margarida Maria LUIZ	08		Lagoa AC	4:47.59	+0,79	555	Q
	50m: 32.83 32.83	150m: 1:43.98	35.76	250m: 2:57.15	36.73	350m: 4:11.09	37.11	
	100m: 1:08.22 35.39	200m: 2:20.42	36.44	300m: 3:33.98	36.83	400m: 4:47.59	36.50	
6.	Maria Carvalho PINTO	09		Viana Natacao	4:50.54	+0,91	538	Q
	50m: 32.01 32.01	150m: 1:44.73	36.65	250m: 2:58.86	36.88	350m: 4:13.87	37.11	
	100m: 1:08.08 36.07	200m: 2:21.98	37.25	300m: 3:36.76	37.90	400m: 4:50.54	36.67	
7.	Ana Carolina CRUZ	08		Famalicao	4:50.85	+0,85	536	Q
	50m: 32.15 32.15	150m: 1:46.40	37.63	250m: 3:01.43	37.31	350m: 4:15.67	36.54	
	100m: 1:08.77 36.62	200m: 2:24.12	37.72	300m: 3:39.13	37.70	400m: 4:50.85	35.18	
8.	Luana Ferreira CRAVEIRO	09		Nautico Marinha Grande	4:51.43	+0,74	533	Q
	50m: 32.30 32.30	150m: 1:45.04	37.08	250m: 3:00.39	37.73	350m: 4:15.55	37.40	
	100m: 1:07.96 35.66	200m: 2:22.66	37.62	300m: 3:38.15	37.76	400m: 4:51.43	35.88	
9.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgada	4:51.57	+0,78	532	Q
	50m: 32.74 32.74	150m: 1:45.53	36.56	250m: 3:00.47	37.32	350m: 4:15.67	37.09	
	100m: 1:08.97 36.23	200m: 2:23.15	37.62	300m: 3:38.58	38.11	400m: 4:51.57	35.90	
10.	Madalena Valente MOREIRA	09		Colegio Efanor	4:51.88	+0,74	531	Q
	50m: 32.93 32.93	150m: 1:46.69	37.19	250m: 3:01.74	37.60	350m: 4:16.31	37.00	
	100m: 1:09.50 36.57	200m: 2:24.14	37.45	300m: 3:39.31	37.57	400m: 4:51.88	35.57	
11.	Catarina Maria LOPES	08		BUZIOS-Coruche	4:53.19	+0,77	524	R
	50m: 32.77 32.77	150m: 1:44.97	36.75	250m: 3:01.24	38.27	350m: 4:16.85	37.86	
	100m: 1:08.22 35.45	200m: 2:22.97	38.00	300m: 3:38.99	37.75	400m: 4:53.19	36.34	
12.	Constanca Baptista TOMAS	09		Alcobaca	4:53.24	+0,72	523	R
	50m: 32.67 32.67	150m: 1:47.37	37.52	250m: 3:02.25	36.97	350m: 4:16.43	37.06	
	100m: 1:09.85 37.18	200m: 2:25.28	37.91	300m: 3:39.37	37.12	400m: 4:53.24	36.81	
13.	Filipa Carvalho GALANTE	09		Vilacondense	4:53.27	+0,85	523	
	50m: 33.85 33.85	150m: 1:49.20	37.71	250m: 3:03.76	37.16	350m: 4:18.16	37.53	
	100m: 1:11.49 37.64	200m: 2:26.60	37.40	300m: 3:40.63	36.87	400m: 4:53.27	35.11	
14.	Beatriz Silva JORDAO	09		Vikings	4:53.64	+0,71	521	
	50m: 33.65 33.65	150m: 1:46.35	35.43	250m: 3:01.70	37.74	350m: 4:17.44	38.06	
	100m: 1:10.92 37.27	200m: 2:23.96	37.61	300m: 3:39.38	37.68	400m: 4:53.64	36.20	
15.	Diana Gomes FREITAS	08		Amigos da Montanha	4:54.38	+0,86	517	
	50m: 32.90 32.90	150m: 1:46.02	37.21	250m: 3:01.53	37.55	350m: 4:17.38	37.77	
	100m: 1:08.81 35.91	200m: 2:23.98	37.96	300m: 3:39.61	38.08	400m: 4:54.38	37.00	
16.	Sofia Teixeira BARBOSA	08		Porto	4:54.74	+0,85	515	
	50m: 33.44 33.44	150m: 1:48.57	38.16	250m: 3:03.56	37.08	350m: 4:17.98	36.51	
	100m: 1:10.41 36.97	200m: 2:26.48	37.91	300m: 3:41.47	37.91	400m: 4:54.74	36.76	
17.	Leonor Queiroz GONCALVES	09		Braga	4:56.08	+0,82	508	
	50m: 32.52 32.52	150m: 1:46.03	37.41	250m: 3:03.00	38.69	350m: 4:19.31	38.13	
	100m: 1:08.62 36.10	200m: 2:24.31	38.28	300m: 3:41.18	38.18	400m: 4:56.08	36.77	
18.	Constanca Lopes CRUZ	09		Colegio Monte Maior	4:56.86		504	
	50m: 33.94 33.94	150m: 1:48.24	37.48	250m: 3:04.24	38.06	350m: 4:20.15	37.77	
	100m: 1:10.76 36.82	200m: 2:26.18	37.94	300m: 3:42.38	38.14	400m: 4:56.86	36.71	

Prova 24, Femin., 400m Livres, Elimina, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
19.	Bruna Filipa LOURENCO	08		O Crasto	4:56.92	+0,78	504
	50m: 34.31 34.31	150m: 1:49.87	38.27	250m: 3:06.35	38.20	350m: 4:21.88	37.61
	100m: 1:11.60 37.29	200m: 2:28.15	38.28	300m: 3:44.27	37.92	400m: 4:56.92	35.04
20.	Ana Carolina NEVES	08		Fluvial Portuense	4:57.04	+0,63	504
	50m: 31.77 31.77	150m: 1:45.94	37.81	250m: 3:04.26	39.20	350m: 4:21.62	38.15
	100m: 1:08.13 36.36	200m: 2:25.06	39.12	300m: 3:43.47	39.21	400m: 4:57.04	35.42
21.	Ana Beatriz PIRES	08		Uniao Piedense	4:57.23	+0,78	503
	50m: 33.44 33.44	150m: 1:48.28	38.04	250m: 3:05.49	38.52	350m: 4:21.42	37.06
	100m: 1:10.24 36.80	200m: 2:26.97	38.69	300m: 3:44.36	38.87	400m: 4:57.23	35.81
22.	Alana Costa MATIAS	09		Uniao Coimbra	4:57.34	+0,71	502
	50m: 32.44 32.44	150m: 1:46.89	37.67	250m: 3:03.19	38.25	350m: 4:20.71	38.92
	100m: 1:09.22 36.78	200m: 2:24.94	38.05	300m: 3:41.79	38.60	400m: 4:57.34	36.63
23.	Maria Joao COSTA	08		Vilacondense	4:57.36	+0,74	502
	50m: 32.68 32.68	150m: 1:47.37	37.87	250m: 3:04.98	38.85	350m: 4:21.56	37.91
	100m: 1:09.50 36.82	200m: 2:26.13	38.76	300m: 3:43.65	38.67	400m: 4:57.36	35.80
24.	Anastacia PROTOLYUK	09		Columbofila Cantanhedense	4:57.81	+0,70	500
	50m: 32.48 32.48	150m: 1:44.56	36.75	250m: 3:01.64	39.54	350m: 4:19.67	39.24
	100m: 1:07.81 35.33	200m: 2:22.10	37.54	300m: 3:40.43	38.79	400m: 4:57.81	38.14
25.	Joana Almeida SANTOS	09		Galitos / Bresimar	5:00.57	+0,60	486
	50m: 33.61 33.61	150m: 1:49.37	37.75	250m: 3:06.53	38.14	350m: 4:24.78	38.58
	100m: 1:11.62 38.01	200m: 2:28.39	39.02	300m: 3:46.20	39.67	400m: 5:00.57	35.79
26.	Marta Oliveira SILVA	09		Sanjoanense/FEPSA	5:00.60	+0,85	486
	50m: 33.86 33.86	150m: 1:48.85	37.92	250m: 3:05.33	38.31	350m: 4:23.13	38.49
	100m: 1:10.93 37.07	200m: 2:27.02	38.17	300m: 3:44.64	39.31	400m: 5:00.60	37.47
27.	Maria Manuel CORTESAO	08		Nautico Academico	5:00.81	+0,78	485
	50m: 33.31 33.31	150m: 1:49.18	37.81	250m: 3:06.37	38.33	350m: 4:24.18	38.54
	100m: 1:11.37 38.06	200m: 2:28.04	38.86	300m: 3:45.64	39.27	400m: 5:00.81	36.63
28.	Raquel Santos BAIONA	08		Colegio Monte Maior	5:03.69	+0,87	471
	50m: 33.39 33.39	150m: 1:47.62	38.04	250m: 3:06.06	39.56	350m: 4:25.00	39.50
	100m: 1:09.58 36.19	200m: 2:26.50	38.88	300m: 3:45.50	39.44	400m: 5:03.69	38.69
29.	Matilde Rodrigues MARQUES	08		Viana Natacao	5:04.78	+0,71	466
	50m: 33.33 33.33	150m: 1:49.32	38.49	250m: 3:07.59	38.86	350m: 4:25.77	38.91
	100m: 1:10.83 37.50	200m: 2:28.73	39.41	300m: 3:46.86	39.27	400m: 5:04.78	39.01
30.	Sofia Vega GOMES	08		Naval do Funchal	5:07.43	+0,83	454
	50m: 33.54 33.54	150m: 1:48.83	38.36	250m: 3:08.18	40.41	350m: 4:28.67	40.49
	100m: 1:10.47 36.93	200m: 2:27.77	38.94	300m: 3:48.18	40.00	400m: 5:07.43	38.76
31.	Sofia Pereira JORGE	08		Galitos / Bresimar	5:08.63	+0,74	449
	50m: 33.91 33.91	150m: 1:51.76	39.49	250m: 3:11.61	39.59	350m: 4:30.36	39.05
	100m: 1:12.27 38.36	200m: 2:32.02	40.26	300m: 3:51.31	39.70	400m: 5:08.63	38.27
32.	Teresa Oliveira SANTOS	08		Alges	5:09.09	+0,86	447
	50m: 33.54 33.54	150m: 1:51.05	39.72	250m: 3:10.66	40.31	350m: 4:32.09	41.18
	100m: 1:11.33 37.79	200m: 2:30.35	39.30	300m: 3:50.91	40.25	400m: 5:09.09	37.00

Prova 24, Femin., 400m Livres, Elimin

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA					
EXH	Susana Pereira VEIGA	00	S9	9	Colegio Vasco da Gama	4:59.78	+0,81	490				
<i>Recorde Nacional S9</i>												
	50m:	33.46	33.46	150m:	1:46.68	37.06	250m:	3:02.65	38.49	350m:	4:20.75	39.41
	100m:	1:09.62	36.16	200m:	2:24.16	37.48	300m:	3:41.34	38.69	400m:	4:59.78	39.03

ORGANIZAÇÃO 		PARCEIROS INSTITUCIONAIS LOCAIS 			
PATROCINADOR PRINCIPAL 	PATROCINADOR OFICIAL 	PARCEIROS INSTITUCIONAIS 		PARCEIROS 	